



Interfaith Council
of
Garden Grove, Stanton & Westminster
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For Web site & Newsletter on Line
urbandharma.org/gginterfaith

Issue #

December 2004

From the President . . .

I love this time of year . . .



because I am home with my family for a week and I get to reflect on the past year and the coming year. I have often tried to make a New Year's resolution with little success. This year I decided I would try to work on a day's resolution that could be repeated 365 times.

Here is my list of 10 things you can do to improve your own quality of life.

1. Upon waking spend a few minutes in stillness. For some this will be in meditation, others may choose a morning prayer, and others may go to a house of worship. Whatever you choose take this time to center yourself. See yourself as part of the Universe.
2. Make an effort to list 5 things for which you are grateful. Even on your worst day you will find something positive.
3. Make sure that you tell those closest to you that you love them. Do this mindfully. Do not assume that those closest to you know what you are thinking.
4. Put your heart into every thing you do. Try to make the same effort whatever the task.
5. Connect with the people with whom you come in contact. Recognize that you share many commonalities. Acknowledge these people and really try to get to know them.
6. Attempt to listen more and speak less
7. Try to learn one new thing. It may be a word, a greeting in another language, a computer trick, a game.
8. When something is not right, don't lose your temper. Come up with a mantra that will help you to focus only on the positive. Repeat the mantra as often as you need.
9. Share a smile. For some that you meet this will be the only positive thing that happens to them all day.
10. End the day the same way you started it in silence.

** I intend to copy this and put it on my refrigerator and on my computer as a reminder of what I need to do each day.

Happy New Year to each and everyone of you.
May 2005 see an end to the war in Iraq and violence



throughout the world.

Peace . . .
Ann



A Great Opportunity !!!

- Jan. 2nd
**6th Annual Procession of Light -
Huntington Beach Pier
2:30 p.m.**
- Jan. 4th **Alliance for Spirituality Meeting**
- Jan. 6th **Monthly Meeting**
Rev. Kusala — A Buddhist Approach to
Health Care
- Jan 6th **Epiphany**
- Jan. 18th **Week of Prayer of Christian
Unity**
- Jan, 21st **Eid al-Adha**
- Feb. 3rd **Monthly Meeting**
- May 7th **Interfaith Banquet**
Save the Date

Food for Thought . . .

**"We must Be the ChaNge we want
to see in the world." --**

Mahatma Gandhi

Miscellaneous . . .

Newsletter . . .

To have news published please send by the 20th of the month. Items always welcome. If you are getting this by snail mail and would like to have e-mail please send me your address.

Reply to: barbarageorge@highstream.net

Buddhist Approach to Healthcare . .

Rev. Kusala will share with us about the Buddhist prospective, He was a presenter at a health conference in Boston in December and will offer his insight.

Interfaith Banquet . . .

Time to save the Date. May 7th, 2005. It is always an uplifting and broadening experience. Tickets will be on sale in February. We urge you to pre purchase a block of tickets for your community at that time.

Celebration of Thanks . . .

A wonderful time

Music, Sharing, Thanks and Fellowship

No one wanted to leave!

In Memoriam . . .

Our thoughts and prayers go out to Fr. Ed Poettgen on the death of his father, Edward Lee (Blackie) Poettgen on Pearl Harbor Day.

“After a very long illness my Dad’s passing comes as a gift of peace to him and to the family. Please keep us in your prayers during this holy Season of Advent, a time of expectation of the gift of the Lord who saves us.”



Alliance for Spirituality . . .

invites you to join us as we unite
on Tuesday morning, January 4th, 2005 —7:30 a.m.
St. George's Episcopal Church
1234 De la Carlotta, Lake Forest
(corner of the 5 freeway and El Toro)

We share a community, we can now share our goals,
our missions, and a calendar
Share your ideas — Share your support
7:30 Meet and Greet

7:45 Welcome and Introduction — Opening prayer
8:00-8:30 Group Introductions
8:30 - 8:45 Presentation on Sudan
8:45-9:00 Closing with follow up suggestions

We invite you to bring information about your group including brochures and flyers. We invite you to speak for approximately 2 minutes about your organization.

Please RSVP to sandehart@cox.net
or call (949)584-7841

www.asc-spiritualcommunity.org

www.sarah4hope.org

Spirit in Action Award . . .

Please send in your nominations for our upcoming awards at the banquet. We need YOUR input. Only you know of some of the many worthwhile activities in our community. Someone who expresses in life the ideals and aspirations of our community. Please e-mail or send a note listing the organization or persons with a description of their activities. The final choice will be made by the selection committee.

barbarageorge@highstream.net



Procession of Light . . .

Sixth Annual Procession of Light celebration at the Huntington Beach Pier on Sunday, January 2, 2005 at 2:30 PM. It is a celebration of prayer, music and inspiration. Some of our guest speakers this year include Dr. Siddiqi, A representative from Bishop Tod Brown's office, Rev. Dr. Cathy Hearn, International Spiritual Leader of the United Church of Religious Science; a representative from the Episcopal Bishop Jon Bruno's office, and a Rabbi. There will be several musical groups and it promises to be a very exciting event.

This is sponsored by the Huntington Beach Interfaith group.

For info: r.revpeggyp@verizon.net

Thanks . . .

Thanks to Bill Dalton for his presentation on the vision for the city and the future. We wish him well in his new position as mayor of Garden Grove.

Congratulations . . .

Harry Krebs on your new position on the City Council.

Board of Directors — 2004

President: Ann Nguyen
Vice Pres: Rev. Kusala
Secretary: Barbara George
Treasurer: Neil Hicken

Directors at Large:

Shari Loveland
Steve LaFond
Rudy Torres
Pat Casey
Judy Cobb
Esther Friedman
Naziha Wareh
Harry Krebs

Next Meeting:

Garden Grove Community Center
11300 Stanford Ave., Garden Grove, 714-741-5262.
12:00 — Bring your own lunch & meet new friends.
Meeting 12:30 — 1:30 p.m.

January 6th

Rev. Kusala on Buddhist approach to health care. This should be both interesting and enlightening to us all.

See you there! ! !