

The Interfaith Temple

Explore • Experience • Evolve



An Inclusive, safe home for spiritual kinship, growth, evolution and loving support.

Newsletter



November 2021

Gratitude — Rev. Dr. Stacy

My son's scoutmaster of many years ago had a saying; "If I had but one prayer, let it be 'Thank you!'" Although this remarkable man had lost his wife in a horrific accident and suffered from health challenges, he was a pillar in the local scouting community, and lived every day in a state of gratitude.

Gratitude has the power to not only change our thought patterns and uplift our spirits, but also to actually enhance our physiology! It is truly a powerful energy. So when we are genuinely grateful for something, that energy connects us with the Source. When we share that gratitude, others can be uplifted as well. The more grateful we are, the more we have to be grateful for.

One of the practices that helps us be in a state of gratitude is being present in the moment. Being aware of who we are and our place in the world—and of the world around us—helps us appreciate each moment as the unique gift it is. It helps connect us to the sacredness of life. I talked about this last Sunday in the Every Day Sacred service (October 24th). If you missed it, you can catch the recording here (you can watch recordings of all our services here): [Past Services – The Interfaith Temple](#)

What are you grateful for? Do you have a practice of gratitude? How often do you think about it?

I want to challenge you to say a prayer or meditate on something you are grateful for each day this month. Share your thoughts on your preferred social media platform. Let's start a movement of appreciation for the beauty and the blessings of life. Extend the challenge to your friends and family, and watch the energy grow!

Come, give thanks with us!

Blessings, *Stacy*



Give Thanks



November Calendar:

- Nov 3** [Spiritual Fluidity Circle](#) — 7:30 PM *Rev. Dr. Samora & Rev. Jacquie Droescher* — Do you blend spiritual practices or float easily between different faiths? What does it mean to be "Spiritually Fluid"?
- Nov 7** [Alternative Sunday: Sacred Dance](#) — 10:00 AM — Join us this week and "let the spirit move you" as we discuss and experience this sacred art form.
- Nov 10** [Intention Circle](#) — 1:00 or 7:30 PM *Rev. Dr. Stacy* — Sending intentions to each other in a small group setting. Two new groups forming!
- Nov 14** [Regular Sunday: Refresh!](#) — 10:00 AM *Rev. Dr. Samora* — As we approach the end of a challenging year, let's take time to refresh our mental-emotional screens, reset and prepare for the winter months with clarity and purpose.
- Nov 17** [Sacred Relationship Circle](#) — 7:30 PM *Rev. Dr. Samora* — We are all in relationship to something. This circle encourages building healthy and harmonious relationships in all areas of your life.
- Nov 21** [Alternative Sunday: The Power of Gratitude](#) — 10:00 AM — Gratitude — good for the body and the soul! Let's share what we are grateful for and discover the Power of Gratitude!
- Nov 23** [Healing Circle](#) — 7:30 PM *Rev. Dr. Victor* — Guided healing meditation, discussion and collective healing.
- Nov 28** [Regular Sunday: It's All About the Light](#) — 10:00 AM *Rev. Dr. Stacy* — Bring your light and enjoy this luminous service! (Pre-recorded)

*We hope you will join us each week.
Check our online calendar for holy days and Temple events.*

[Calendar - The Interfaith Temple](#)



Circles, Circles, Circles

Attend one or all! Click the links for more information.



[Crossing Religious Boundaries: Spiritual Fluidity and Religious Multiplicity Today](#)

Wednesday, November 3rd

with Rev. Dr. Samora, Rev. Jacquelynn Droescher and TNS Students

Explore and create a safe space to share our understanding of what it means to be spiritually fluid, or to practice religious multiplicity and how it shapes our lives, our society, and the future of religion.

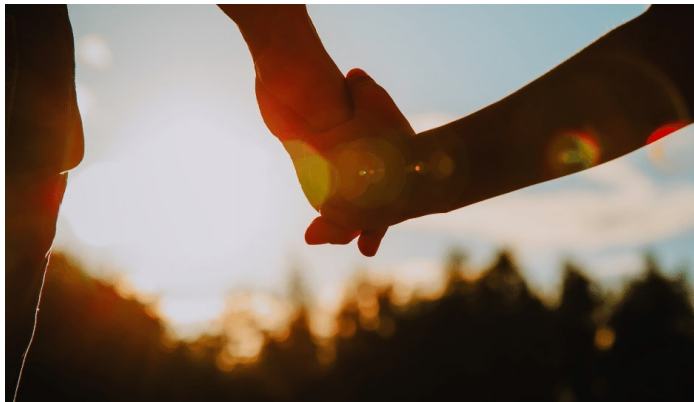


[Intention Circles](#)

Wednesday, November 10th 1:00 PM or 7:30 PM

with Rev. Dr. Stacy

Two times are offered for this powerful experience sending and receiving sacred energies to heal or manifest miracles in your life. A daily practice is requested, as we depend on each person in the circle. These groups also meet for an hour each week. Registration required.



[Sacred Relationships Circle](#)

Wednesday, November 17th, 7:30 PM

with Rev. Dr. Samora

As long as we are alive and breathing, we are in relationship to something. Having the tools to create and sustain healthy and vibrant relationships in your life brings inner-balance and harmony. Each month will cover a different area for your to gain insight and share in a safe and supportive environment.



[Healing Circle](#)

Tuesday, November 23rd, 7:30 PM

with Rev. Dr. Victor

Energy and Spiritual Healing have been practiced since ancient times. Shamans, medicine women and men, and practitioners of many different modalities have learned to work with the human energy field to promote natural healing for body, mind and spirit.

“Divine Order”

by Rev. Dr. Victor

In 1789, Benjamin Franklin sent a letter to his French friend, physicist, author and inventor, Jean-Baptiste Le Roy. In addition to their common interest in lightning and electricity, Franklin shared with his friend the developments in the fledgling United States of America. In the letter he wrote, “Our new Constitution is now established, and has an appearance that promises permanency; but in this world nothing can be said to be certain, except death and taxes.” In this column, I will focus on the former.

Most of us have experienced the transition of family and friends during our lifetime. Since the beginning of 2020, loss seems to have been hastened by the pandemic, other severe illness, tragic accidents and sadly, a rise in violence. When Franklin wrote of the certainty of death, he could not have envisioned the world of the 21st century, but his poignant note leads to the understanding that we will all eventually depart this life. The question is when?

One of the callings of many ministries is to officiate funerals and bring presence and comfort to grief-stricken family and friends. When I attended the New Seminary and was ordained 24 years ago this month, my “intention” was to be able to offer “laying on of hands” in hospitals as part of my spiritual healing practice. As I have shared in previous columns, Divine Order led me to many more ways of being of service.

In the first twenty-two years following ordination, I officiated about twenty funerals. Since January of 2020, I have officiated a dozen, starting with my mother’s on January 25th. One might wonder why I would officiate a funeral for family, especially as close as my mother, but my siblings knew that I was meant to do this.

Last month, I officiated another family funeral and a memorial service for a friend. One of the recurring themes that became evident was that often there are things left unsaid and undone, exacerbating grief, and sometimes resulting in guilt and depression. This led me to sharing these thoughts at both services and in a piece that I posted on social media. I offer this for your consideration now.

“Tomorrow is never guaranteed. If you love someone, tell them today. If they have enriched your life in any way, thank them today. If you have had a disagreement or a falling out, mend that today.

We all grieve loss differently, but the burden is lighter when every time we say, “Goodbye,” we have said it with love.

I love you.

I am grateful for you.

I am sorry if I have ever done anything to hurt you. Please forgive me.

I forgive you for any hurt, real, or perceived.

Peace...”

Many of us will be gathering for the holidays this month, especially at Thanksgiving. Use this as a golden opportunity to share these sentiments with family and friends.

May the words we share with everyone, each time we part, be words of love. This would truly reflect Divine Order.

Messages from the Mystics:

“We should be grateful to the poor because they allow us to help them.
We should be grateful that we are allowed to spread love and mercy in the world, because through loving we become perfect.”

Swami Vivekananda, Vedanta

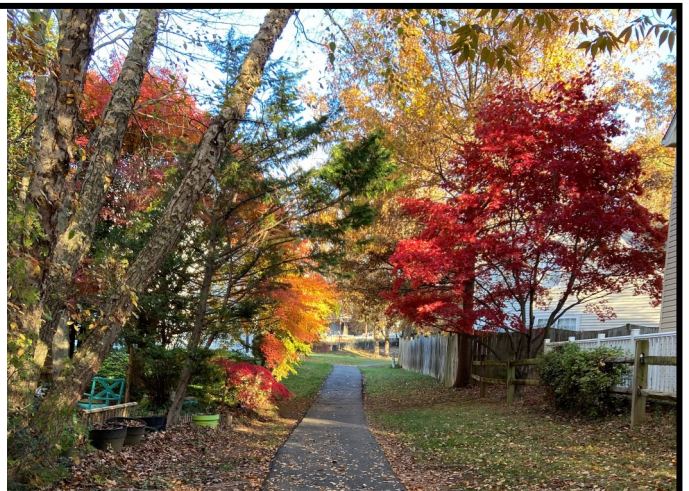


Image shared by Heidi Lahm-Huber, TNS Student

Today I Am Grateful

by Rev. Dr. Samora

Many of you have recited this prayer during some of our services, but this month is the perfect time to share it with you all.



Mulled Wine

Shared by Susana Molnar-Varghese, TNS Student

Mulled wine is a traditional drink in most German-speaking and northern countries. In Switzerland, it's called Gluehwein and is available in harvest-winter time outdoor stalls and most bars and restaurants starting the end of October till just after Christmas. A must in cold-sunless climes. A non-alcoholic version can be made with apple, grape or an apple-cranberry juice combo.

Ingredients:

- 7 1/2 dl full-bodied red wine (one bottle)
- 50 g cane sugar (about 1/4 Cup)
- 1 organic orange, halved and sliced
- 1 cinnamon stick
- 2 cloves
- 2 star anise
- 3 cardamom pods, seeds removed

Directions:

In a pan, bring the wine and all the ingredients up to and including the nutmeg, to just *below* boiling point, stirring occasionally. Remove the pan from the heat, cover and leave to infuse for approximately 10 minutes. Heat up again then pour into cups through a sieve.



I Am Grateful to the Earth that provides the fertile ground for me to thrive, to live, and to nourish myself and others.

Today I Am Grateful for my roots, my ancestors, my history, and my survival. I am safe, grounded, and protected.

Today I Am Grateful to be alive and for the gifts I have been given to share with the world. I trust and allow.

Today I Am Grateful for my power, my self-respect, and the motivation to live my best life. I am powerful.

Today I Am Grateful for my compassion and empathy. I allow myself to connect easily with myself and others. I practice loving-kindness.

Today I Am Grateful for the freedom of expression. I am empowered to speak my truth and communicate with others.

Today I Am Grateful to move beyond my ego and have clarity of thought and imagination. I am limitless.

Today I Am Grateful to know my soul's purpose and to have found a safe home here in this spiritual community. We are all connected and everything is love.

Today I Am Grateful.

Today I Am Grateful.

Today I Am Grateful.

I Am.





My Neighbor’s Tree by Rev. Dr. Stacy

Her father planted it 25 years ago. He was 91 years old at the time. She remembers him standing in the hole he had managed to dig through our rocky Connecticut soil to prepare for tiny tree. He must have envisioned how beautiful it would be, though he only saw it grow for a few years.

We moved across the street 24 years ago. It still wasn’t much more than a twig.

But over these years, this beautiful sugar maple has graced our little corner of the world. Every summer it provides a shady spot for the neighbors to sit and chat. Every fall blazing with reds and oranges before letting go of the year’s labors and preparing for a winter sleep. It’s one of the sights I’m grateful for every time I look out my window.

Gratitude comes in all shapes and sizes, all forms and textures and colors. Every year I’m grateful to Mr. Joe for this gift he gave the neighborhood, and for reminding me that you’re never too old to make the world a better place.

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