

YOUR FAITH

Hope is a lifeline

Jesus had little else but the hope that the presence of Christ would continue.

Considerations

Several things need to be taken into consideration when one loses hope: help with world view and reality testing as to what is going on around him. Very often one must struggle to integrate what is believed with what is experienced. Such integration is often the place where one might need to seek the help of a pastoral psychotherapist. Helping one to find a hopeful attitude, in times of physical, emotional, relational, even national crisis is important just to survive and come through a process better than if one had no hope at all.

Even the smallest positive effect of hoping, a gift to the one in despair, can make a huge difference in the next step or in the future. Friends or professionals are often present to give or bring hope, in a way grounded in one's personal experience. The ultimate hope can be in the God who holds the creation in divine and loving care. Helping one find the hope that comes from life and is guided by one's faith holds a person safe in their time of calamity. Don't promise the moon; don't just look for the positive or only think positively. But, be in the moment with the one in despair or who lacks hope so you can make that walk in the process of life; with your presence that person will know and feel the promise of the divine hope.

The Rev. Paul Melrose is a staff therapist at Samaritan Counseling Center, 474-4701 or at www.metanoia.org/paulmelrose.

ADAT SHALOM

Adat Shalom Synagogue is at 29901 Middlebelt Road in Farmington Hills. Phone 851-5100.

Clergy includes Daniel Nevins, rabbi; Herbert Yoskowitz, rabbi; Jody Strein, rabbi; Efray Spectre, rabbi emeritus; Howard Glantz, cantor; and Larry Vieder, cantor emeritus.

Services Friday at 5:30 p.m. Saturday at 9 a.m. and 5:45 p.m. Weekdays at 7:30 a.m. and 5:45 p.m. and Sundays at 8:30 a.m. Youth main sanctuary Shabbat service.

NARDIN PARK UNITED METHODIST

The Classical Belle in a free concert on Sunday, Feb. 11 at 4 p.m. 13 musicians create music by mixing six octaves of English handbells and six octaves of choir chimes. A pre-concert reception at 3 p.m.

Also on Sunday, Feb. 11, the teens of Nardin Park will plan and lead worship services at 9:15 and 11 a.m. This year's theme is "Seven Habits of a Spiritual Life." Teens in grades 6-12 will plan the services, present the message and act as ushers and greeters. The New Generation Youth Choir and Handbell Choir will lead the music and Lyric Expression will provide liturgical dance.

Nardin Park United Methodist Church is on W. 11 Mile Road, west of Middlebelt. Sunday

BELIEFS

Values

School, child care and nursery are available. For more information, call 476-8860.

FARMINGTON LIGHTHOUSE

Farmington Lighthouse welcomes Aglow's southeast area president Phyllis Bargo on Monday, Feb. 12 at 6:30 p.m. at Best Western Hotel, 31525 W. 12 Mile corner of Orchard Lake. Dinner at 7 p.m. Dinner reservations (\$10.50) are necessary; or just come to the free meeting. Aglow International's mission statement is: To lead women to Christ and provide opportunity for Christian women to grow in faith and minister to others. Call Linda Boone at 476-1053 for more information.

FIRST BAPTIST

The historic First Baptist Church of Farmington will celebrate its 175th anniversary on Sunday, Feb. 11. Dr. Doug McLachlan, senior pastor of Fourth Baptist Church in Plymouth, Minn., will be keynote speaker at 9:45 a.m. Sunday services are at 11 a.m. and 6 p.m. The church is at the corner of Shiawassee and Farmington roads. Rev. Fred Froman is pastor; he is assisted by Rev. Scott Mikol. Call 474-0350 for more

information.

WILLIAM TYNDALE

Tyndale College of Farmington Hills will sponsor two *SoNlife* seminars: a strategy seminar for youth pastors designed to help grow a healthy youth ministry; and a foundations seminar for adult and student leaders to learn how to facilitate a ministry's vision and philosophy. On Saturday, Feb. 10 from 9 a.m. to 5 p.m. on Tyndale's main campus, 35700 W. 12 Mile, just west of Drake. Cost for the strategy seminar is \$79. Registration is necessary at www.sonlife.com. Foundations seminar is \$35. Call Jenni Knowles at 553-7200, ext. 529.

FIRST UNITED METHODIST

Are you looking for something entertaining for the family during winter break? First United Methodist Church invites you on Thursday, Feb. 22, at 7:30 p.m. to meet David Cain — one of the most successful jugglers in the world. He has won nine gold medals at the Juggling World Championships and has developed a program that uses juggling, comedy and audience participation to share God's word in a creative and memorable way.

First United Methodist Church is on Grand River east of Farmington Road. No reservations necessary. A free will offering will be received.

FARMINGTON UNITARIAN

"Generations" Sunday, Feb. 11. Universalist Unitarian Church of Farmington. We each see the world through different perspectives, and considerably research shows that each generation has its own way of seeing and doing. Rev. Bob Renjilias will explore what we might learn, as individuals and as a church. Meet the Minister will be held after each service for those who wish to learn more about our religion and church services. Sunday school, and nursery at 9 and 11 a.m. 25301 Halsted Rd. (north of Grand River). Info: 248-478-7272 or www.uunfarmington.org

HARVEST MINISTRIES

Young people are invited to enjoy an enthusiastic evening. Fresh Fire Youth Explosion. Featuring the new upcoming band True and a nationally known motivational speaker who has a passion for youth, Tom Madden. Feb. 24 at 6 p.m. Cost is \$4 and includes pizza and pop. Harvest Ministries Church is at 23223 Drake Road in Farmington Hills. Call 478-1611 for more information.

AAUW poster exhibit focuses on black women

The Oakland and Wayne branches of American Association of University Women hosts a reception Monday, Feb. 12, of a poster exhibit: "Black Women: Achievements Against the Odds."

It will be 5:30-7:30 p.m. at the University of Detroit-Mercy

Library, Outer Drive campus.

The 20-poster set was created by the Smithsonian Institution in celebration of Black History Month and of 2001 as Detroit's 300th birthday.

After the reception, the posters will be up for viewing during regular campus hours for the

rest of the month. The Outer Drive campus is at Outer Drive and the Southfield Expressway, between Six and Seven Mile in Detroit.

AAUW of Michigan owns and loans the poster set and has been circulating it across the state since 1994. Sojourner

Truth and Rosa Parks are prominent

shown. For more information on the exhibit or AAUW, call 248-684-1439.



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Take time to explore your love of art, architecture, history and gardening by becoming a volunteer tour guide at Cranbrook, the world-renowned educational community in Bloomfield Hills. We'll train you to give extensive tours of Cranbrook House and Gardens. The 14-week training program begins March 5, 2001, and includes fascinating details about the founders, the art and architecture in the home as well as the beautiful landscaped gardens.
To become a Cranbrook docent, you must successfully complete all training and volunteer about one morning or afternoon each week (including some weekends) from May through October. Applicants should be enthusiastic, outgoing, and comfortable speaking to groups.
Individuals interested in learning more about Cranbrook may attend the training course for the \$35 cost of joining the Cranbrook House and Gardens Auxiliary. For an application or information, call Mary Ann Kuyler at 248-645-3149.