

# BELIEFS Values

To have your church, temple or place of worship event listed in *Beliefs & Values*, send your information to: *Mary Rodrigue, Farmington Observer*, 33411 Grand River, Farmington MI 48355.

Info: 248-478-7272.

## UNITARIAN CHURCH OF FARMINGTON

The Unitarierist Unitarian Church of Farmington presents "Deliver Us Not," a humorous play directed by Donna Svoboda, featuring three "about to be born" individuals debating life after birth.

Actors include Svoboda, Dave Dufham and Lisa Hayhow. The church will be closed the month of July. June and August services are at 10 a.m. only, with no Sunday school, but child care will be available. 25301 Halsted Road (north of Grand River).

## ADAT SHALOM

Adat Shalom Synagogue is located at 28901 Middlebelt in Farmington Hills. Phone 851-6100. Clergy: Daniel Nevins, rabbi; Herbert Yoskowitz, rabbi; Jay Strear, rabbi; Efray Spectre, rabbi emeritus; Howard Glantz, cantor; Larry Viedor, cantor emeritus.

Services: Friday, 6 p.m.; Saturday, 9 a.m. and 9 p.m.; weekdays 7:30 a.m. and 6 p.m.; Sundays 8:30 a.m.

## FOREST PARK BAPTIST CHURCH

Come to "The Fantastic Good News Ocean Odyssey" at this year's Vacation Bible School program at Forest Park Baptist Church, 26805 Farmington Road, just south of I-696 and

west of the OCC-Orchard Ridge campus. The school runs July 17-21 from 8 p.m. to 9 p.m. It's free for children ages 3 through the completion of sixth grade.

## WILLIAM TYNDALE COLLEGE

Tyndale College will offer a course, "Historic Churches of Detroit: A Guided Tour," Saturdays July 15 to Aug. 19, from 9 to 6. It will be at various sites throughout the metro area. Tyndale College in Farmington Hills is an accredited, non-sectarian Christian college. Call Rev. P. Douglas Chapman at (800) 483-0707, ext. 614, for more information.

## FARMINGTON AGLOW

Farmington Aglow International presents Pop Up Praise Reports on Monday, July 10, 7:30-9:30 p.m. at the Farmington Hills Library, 32737 W. Twelve Mile. Refreshments at 7 p.m. For more information, call Karen at 682-3733 or Linda at 476-1053.

## THEOLOGY ON TAP — HOLY NAME

Holy Name Church concludes its June series of *Theology on Tap*, 7:30-9:30 p.m. Tuesday, June 27, with facilitator the Rev. Chip Farrar addressing *Sacred and Secular* at Dick O'Dowd Irish Public House in downtown Birmingham. Farrar focuses on the balance of the sacred and the secular in one's own life experience. He will offer challenging, yet consoling insights of how we can find the sacred in the midst of what is often called secular. The program is free and open to the public.

## NARDIN PARK

Nardin Park Methodist Church offers its Summer Music Series, "Wednesdays at Eight," for the ninth year. The 10 consecutive programs, which began June 21, are free of charge and held in the air conditioned sanctuary of the church, 29887 West Eleven Mile Road, just west of Middlebelt Road in Farmington Hills. Each concert begins at 8 p.m. and lasts about

one hour. The philosophy behind the series is to welcome the community to the church for a relaxed evening of musical entertainment. On June 28, Susan M. Anderson, mezzo soprano, will be featured. Accompanying her are Denis Hall, piano, Sarkis Halian, clarinet, Johanna Beth Senett, flute, and Melvin Rookus, piano.

## EILU V EILU

Eilu v Eilu, the adult Jewish learning project of the Michigan Conservative movement, offers a variety of day and evening adult Jewish learning opportunities. For more information, call (248)593-3490, e-mail eilulearn@aol.com, or visit the Eilu v Eilu website, <http://www.cbahm.org/eilu.htm>.

## ORCHARD UNITED METHODIST

United Methodist Church, 30460 Farmington Road, is holding SonZoo Discovery Center Vacation Bible School from 9 a.m. to noon, Monday, July 17 to

Friday, July 21. The closing program is at 10 a.m. Sunday, July 23, and is a musical event that's fun for the whole family. Advance registration is required, and ends July 7. \$12 per child, with a family maximum of \$24. For information and registration call (248)626-3920.

## BETHANY

Bethany, a Catholic non-profit organization, provides spiritual, social and educational assistance to divorced and separated Christians through peer-to-peer ministry. Bethany Rochester meets 7:30 p.m. Wednesdays in the lower level of St. Andrew Parish Center, 1234 Ingwood, Rochester. Contact Steve at (248)623-1304. St. Dennis is in the Oakland County Pontiac Vicariate. Bethany South Oakland meets the fourth Thursday of each month at St. Dennis Church Office, 12 Mile and Stephenson Highway, Royal Oak, at 7:30 p.m. Contact Betty Jean (248)24-9274. St. Dennis is in the Southeast Oakland Vicariate. Bethany has no formal membership or yearly fees.

## World religions seminar

The William Tyndale College department of history and Middle East studies and the Southfield Interfaith Clergy dialogue group will sponsor a free, three-session World Religions seminar. Judith Road, Ph.D., is course instructor.

Sessions will be held from 10 a.m. to noon Thursdays - July 13, 20 and Aug. 10. The course sessions are open to the public and free of charge. An optional lunch and discussion is available at noon for \$30 for all three sessions.

### Ancient to modern

Sessions will include "Ancient, Traditional and Tribal Religions (Animism, Polytheism and Hinduism)," "The Monotheistic Tradition (Judaism, Islam and Christianity)" and "Religions of Asia (Buddhism, Jainism and Sikhism)." Additional information and registration is available by calling Southfield Interfaith Clergy dialogue group facilitators Barbara Talley at 669-9279 or Dayse Andrews at (313) 865-3639. Road is an associate professor

of history and Middle Eastern studies and director of the Global Studies program at William Tyndale College. She holds a Ph.D. in Middle Eastern history from the University of Chicago, a master of arts degree in Arab studies from Georgetown and a bachelor of arts in history from North College.

### Many offerings

William Tyndale College is a four-year, accredited Christian-centered college offering degrees and certificates in humanities and social sciences, math and natural sciences, Christian studies, continuing education and professional studies, including an accelerated business degree program for returning adults.

The Southfield Interfaith Clergy dialogue group was founded in 1997 to bring about better understanding, respect and trust among the Southfield religious community. It meets monthly to help members learn from each other and exchange views on societal topics from a religious perspective.

## JCC summer special ends June 30

There's still time to get reduced rates on a Jewish Community Center membership.

Those who have not been a JCC member in the past 12 months are eligible to join at discounted rates during the summer membership special, which ends June 30. Reduced rates are available in all categories, including family, health club (35 and up) and young adult health club (18-34). The JCC D. Dan and Betty Kahn Building, located on the

Eugene and Marcia Applebaum Jewish Community Campus in West Bloomfield, will once again offer its summer swim club in June, July and August. Three-month swim club memberships are available, and yearly memberships are offered at greatly discounted rates.

The three-month swim club membership is valid through Labor Day. Swim club members may also use the tracks, gym, Olympic weight room and courts. Health Club members

will be entitled to use the state-of-art fitness center as well as amenities. JCC members receive discounts on classes.

The summer membership special also is available at the Jimmy Prentiss Morris Building on the A. Alfred Taubman Jewish Community Campus in Oak Park. Membership includes the use of the indoor pool, gym, tracks and reduced rates on classes. JPM health club members have access to the facility's fitness center.

■ The summer membership special is available at both the Morris and Kahn building campuses.

A JCC membership is valid at both locations. For more information, call the JPM Building at 967-4030 or the Kahn Building at 661-7621.

## Some advice on keeping stress to minimum

According to the American Institute of Stress, Americans are more stressed than ever before. Forty three percent of adults suffer adverse health effects as a result, and 75 to 80 percent of adult visits to primary care physicians are precipitated

by stress-related problems. Stress also causes approximately one million employees to be absent on any given workday, and ultimately is responsible for nearly 50 percent of employee burnout and 40 percent of worker turnover.

"Stress is an inescapable part of modern life," explains Todd Imholte, vice president of Hopkins, MN-based Environmental Graphics, the United States' largest producer of WallFurals. "Whether we like it or not, we're constantly juggling a myriad of professional and personal responsibilities, often with too little time to do any of them justice. Add in technology, which now allows us to be "on call" during our leisure time via cell phones, pagers and e-mail, and it's no wonder our stress levels are higher than ever before."

That's the bad news. The good

news is that there are a variety of stress management techniques that can be easily incorporated into the busiest daily routine. Imholte offers a few suggestions:

- Top five stress busters:
  - Go for a walk on the beach, in the mountains or around your neighborhood. Just 20 minutes a day can work wonders, both physically and mentally.
  - Bring the outdoors indoors. Decorate your home with nature-inspired décor to help you relax and soothe the soul.
  - Take up an enjoyable hobby. Whether it's painting, playing an instrument, knitting or fly-fishing, choose something that will force you to calm down and enjoy the moment.
  - Try Tai Chi, meditation or prayer. By focusing on within, you'll acquire a proper perspective and better control over the anxiety-riddled external world.
  - Hug your spouse. Kiss your children. Pet your dog. Laugh. Be playful ... spontaneous ... and have fun.
- Imholte emphasizes the importance of creating a peaceful, nurturing home environment.



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## Open House

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