

REVEREND JULIA'S REFLECTION

SEED THOUGHTS

Recently I was at a clergy retreat. The theme was around seeds and what we as clergy and humans want to grow in our lives. Below are some "seed thoughts" from Christian Mystics that I really enjoyed.

"Be no more than God hath made thee. Give over thine own willing; give over thine own running; give over thine own desiring to know or to be any thing, and sink down to the seed which God sows in the heart, and let that grow in thee, and be in thee and be in thee, and breathe in thee, and act in thee, and thou shalt find by sweet experience that the Lord knows that, and loves and owns that, and will lead it to the inheritance of life." by Isaac Penington (one of the first Quakers from the 1600's).



What touches me about this is that Penington is telling us just to be our authentic selves--shaky, wondrous, miraculous, struggling, anxious, angry, joyful selves! And to relax. Ahhh. Just relax into ourselves trusting that God is there and if we let God grow in us we will find LIFE. What does it mean that "God will grow in us?" God for me is our soul, our spirit, our Presence within. You feel it when you see your first born baby, when you see the stars, when you feel compassion for someone, when you feel alive, when you are present. It is simply being yourself. To stop, pause and say to yourself, "Hello Self. How are you today? What are you feeling? What do you want from life today?"

Finally, from Meister Eckhart (German theologian and mystic from the 1200's):

"The seed of God is in us.
Now the seed of a pear tree grows into a pear tree;
and a hazel seed grows in a hazel tree.
A seed of God grows into God."

May this season of spring create some space inside of you--to simply ask that the seed of God, your true self, shine through all the masks, letting your tree light shine.

The following letter from a friend of a friend in Japan after the earthquake reminds us all of the God seed blooming.

Hello My Lovely Family and Friends,

Things here in Sendai have been rather surreal. But I am very blessed to have wonderful friends who are helping me a lot. Since my shack is even more worthy of that name, I am now staying at a friend's home. We share supplies like water, food and a kerosene heater. We sleep lined up in one room, eat by candlelight, share stories. It is warm, friendly, and beautiful.

During the day we help each other clean up the mess in our homes. People sit in their cars, looking at news on their navigation screens, or line up to get drinking water when a source is open. If someone has water running in their home, they put out sign so people can come to fill up their jugs and buckets.

Utterly amazingly where I am there has been no looting, no pushing in lines. People leave their front door open, as it is safer when an earthquake strikes. People keep saying, "Oh, this is how it used to be in the old days when everyone helped one another."

Quakes keep coming. Last night they struck about every 15 minutes. Sirens are constant and helicopters pass overhead often.

*We got water for a few hours in our homes last night, and now it is for half a day. Electricity came on this afternoon. Gas has not yet come on. But all of this is by area. Some people have these things, others do not. No one has washed for several days. We feel grubby, but there are so much more important concerns than that for us now. I love this peeling away of non-essentials. **Living fully on the level of instinct, of intuition, of caring, of what is needed for survival, not just of me, but of the entire group.***

There are strange parallel universes happening. Houses a mess in some places, yet then a house with futons or laundry out drying in the sun. People lining up for water and food, and yet a few people out walking their dogs. All happening at the same time.

Other unexpected touches of beauty are first, the silence at night. No cars. No one out on the streets. And the heavens at night are scattered with stars. I usually can see about two, but now the whole sky is filled. The mountains of Sendai are solid and with the crisp air we can see them silhouetted against the sky magnificently.

And the Japanese themselves are so wonderful. I come back to my shack to check on it each day, now to send this e-mail since the electricity is on, and I find food and water left in my entranceway. I have no idea from whom, but it is there. Old men in green hats go from door to door checking to see if everyone is OK. People talk to complete strangers asking if they need help. I see no signs of fear. Resignation, yes, but fear or panic, no.

They tell us we can expect aftershocks, and even other major quakes, for another month or more. And we are getting constant tremors, rolls, shaking, rumbling. I am blessed in that I live in a part of Sendai that is a bit elevated, a bit more solid than other parts. So, so far this area is better off than others. Last night my friend's husband came in from the country, bringing food and water. Blessed again.

Somehow at this time I realize from direct experience that there is indeed an enormous Cosmic evolutionary step that is occurring all over the world right at this moment. And somehow as I experience the events happening now in Japan, I can feel my heart opening very wide. My brother asked me if I felt so small because of all that is happening. I don't. Rather, I feel as part of something happening that is much larger than myself. This wave of birthing (worldwide) is hard, and yet magnificent.

Thank you again for your care and Love of me,

*With Love in return to you all,
Anne Thomas*

IFFP ANNUAL MEMBERSHIP MEETING APRIL 3RD, EARLY - 9:45AM!!!

Dying to know what's going on at IFFP? Don't miss the annual membership meeting on April 3rd! We will begin at 9:45AM this year so we have enough time to get to the Politics & Prose bookstore event at 1:00pm. The membership meeting is a great way to understand the behind-the-scenes ins and outs of IFFP. This year, the meeting will include an introduction of new board members, a discussion of the budget for the 2011-2012 year, a brief "State of IFFP" with an update on on-going programs and initiatives. Plus, we will have break out groups to discuss the role of community service at IFFP and/or an "ask the board" session to learn more of what goes on behind-the-scenes. The nursery will be open and we'll have the Kids Community Service Day activities for Pre-K's – 6th grade (with COA & COA Prep students assisting if they volunteer) in the cafeteria (Pre-K 3's & 4's and K will be in separate area down the hall with Susan Ryder). The membership meeting will be in the large gym. Don't forget...immediately following the membership meeting is the exciting event with Steve and Cokie Roberts and Rabbi White at Politics and Prose at 1:00!

Of course, there are always plenty of opportunities to volunteer at IFFP. If you haven't yet signed up for a committee or otherwise volunteered, please consider how you can contribute to our community and get involved; ask questions at the membership meeting.

As always, if you have any questions or suggestions, please do not hesitate to contact me or another Board member.

DONATIONS & HONORARIA

Thank you to Melissa & Gabe Helicke for their donation in honor of IFFP's 15th Anniversary.

Thank you Diane Katz for flowers for the March 13 6th Grade Gathering in honor of the second year anniversary of her father's passing.

NEW FORMAT FOR SPECIAL EVENTS**SUSAN RYDER**

IFFP has continued to offer more and more special events throughout the year that we all love, however, each event requires a lot of help setting up and cleaning up and so we have recently started a new process for getting that help and getting everyone to participate!

Each Sunday School grade, Couples, and Lifetime Members will be assigned to help set up and clean up at one special event during the year and to prepare food for one teacher lunch (of course teachers don't prepare for themselves!) or special event. These assignments will remain constant with the same grade doing the same event each year, so you don't have to be concerned about getting the same event two years in a row (unless your kids are in two consecutive grades!). It's always possible to volunteer for more than one event or to find a family/couple to swap with you if date conflicts arise.

All families will be expected to help. Susan Ryder will coordinate this (no room parents or teacher responsibility). She will start contacting you a month in advance regarding the time needed to come for set up and will also post reminders in the weekly bulletins.

We hope that this will make everyone feel more a part of IFFP and will certainly offer a lot of needed support to the staff and volunteers who plan and organize these great events. The following is a list of the events and assignments left in the rest of this year:

Event Set Up & Clean Up with Assignments		
Membership Meeting	Grade 4	4/3/2011
Seder	Pre-K 4's, and Couples	4/9/2011
Easter Service & Pancake Breakfast	Grade 2	4/24/2011
Teachers' Lunch #2	Grade COA Prep	5/22/2011
Food Preparation with Assignments		
Teachers' Lunch #2	Pre-K 3's, Kindergarten, and Grade 5	5/22/2011

Thank you very much for all your help!

GATHERING THEMES

REV. JULIA

March 27	Third Sunday in Lent; Sabbath was made for us--What will we do with it?
April 3	Membership Meeting and Peace Camp for the kids
April 10	Fifth Sunday in Lent; Death and Dying
April 24	IFFP's 2 nd Annual Easter Gathering: Rabbi and Rev. Julia will have an Easter dialogue, along with music/poetry
May 1	Coming of Age Ceremony for our eight COAers
May 15	IFFP Baby Ceremony and High School Graduation Blessing
May 22	IFFP Teacher and Volunteer Appreciation
June 5	End of Year Gathering

ADULT GROUP THEMES

HEIDI FRIEDMAN

March 27: We will have two Adult Groups. Rabbi White will lead one on the relationship between Passover and Easter and celebrating both in the same family. In the 2nd Group, [Eric Maring](#) will share music on Eco Justice and talk about his new project.

April 3: Membership Meeting and Kids Community Service Day Peace Camp will be the special events for the day. MJ and Jerry Parks, local Peace Activists will be coming to IFFP for their second time to lead a Peace Camp for all our kids while we are in the Membership Meeting, meeting peacefully. MJ and Jerry, along with their assistants, will teach the kids about how to play cooperatively and how to work out conflicts.

April 10: Rabbi White and Rev. Julia will discuss Death & Dying, which will tie into the discussion we had of a few weeks ago.

There is no Adult Group on **April 24**. Join us instead for our Second Annual Easter Pancake Breakfast.

There is no Adult Group on **May 1**. Join us instead for our Coming of Age Ceremony.

May 15: Rabbi White will discuss writings of Abraham Joshua Heschel, Martin Buber and other scholars on the meaning of Sabbath.

May 22: Track #1 - Guest speakers from the Parent Encouragement Program (PEP). PEP is a non-profit educational organization for parents, teachers and others who want

to deal constructively with children and teens. PEP is dedicated to the building and strengthening of healthy, harmonious adult-child relationships in the home or classroom. Many IFFP members have found PEP classes to be very valuable. At this session we will explore member interest in and options for hosting a series of PEP classes next year. **Track #2** - Bible Study with Larry Bostian

IFFP CALENDAR

SUSAN RYDER

MARCH

March 27: 3rd Sunday in Lent

Adult Group Two Tracks:

#1: Easter/Passover

#2: Eric Maring & Eco Justice

Sunday School

COA AM

COA Prep AM

Yoga

APRIL

April 3: Membership Meeting

Kids Community Service Day:

Peace Camp for kids

April 9: COA Wilderness Retreat

April 9: Passover Seder, 4:30pm

Margaret Schweinhaut Senior Center

April 10: Gathering: 5th Sunday in Lent

Adult Group: Death & Dying

Sunday School

COA: None

COA Prep AM

April 16: N Street Village event

Click on the  button on the top right side of the IFFP homepage to learn more and to sign up to serve a meal.

Location: Luther Place Mem. Church

April 17: No Gathering

April 19: Passover 2nd Night Seder with Rabbi White (see Upcoming Events)

April 24: Easter Gathering

Pancake Breakfast & Easter Egg Hunt

MAY

May 1: Coming of Age Ceremony & Luncheon

May 8: No Gathering

May 15: Gathering: Baby Naming Ceremony & High School Graduation

Adult Group: The Meaning of Sabbath

COA Prep field trip

May 21: N Street Village event

Location: Luther Place Mem. Church

May 22: Gathering: Teacher & Volunteer Appreciation

Adult Group Two Tracks:

#1 Parent Encouragement Program

#2 Bible Study with Larry Bostian

Sunday School

COA Prep AM

May 29: No Gathering

JUNE

June 5: End of Year Gathering & Potluck

No Sunday School

DETAILS ON UPCOMING EVENTS

SUSAN RYDER

GRANDPARENTS SPECIAL SESSION WITH RABBI, JULIA, & BETH MARCH 27TH

As a result of several conversations with members, we recognize that there is a need for grandparents to have an opportunity to express personal concerns as grandparents of children who are being exposed to the tenets of both Christianity and Judaism. *These concerns we feel should be best expressed in a more private mode of conversation than what is possible at Grandparents Days. Therefore, Rabbi White, Julia & Beth are providing a session of this nature following our March 27th Passover/ Easter Adult Group. The Grandparent session will begin at 12 noon and end at 1:30 pm and will include lunch. We welcome grandparents' questions and concerns and would be happy*

to provide a follow up session April 10. Please let us know if your parents would want to be invited to this session or if you have spoken to them and know they want to come (those who attended received a letter with the invitation to this session). If you want them to receive an invitation, please email their names & street address or email address to Susan Ryder.

KIDS COMMUNITY SERVICE DAY APRIL 3RD 9:45 -11:30 AM

While the adults are at the Membership Meeting, we are pleased to have MJ and Jerry Park of the Little Friends for Peace return to IFFP for a children's Peace Building Workshop. They did a wonderful session on peace about 4 years ago. They will do a mini Peace Presentation for the kids, followed by two rotations: cooperative games and peace journal – art, as well as a 'close up' peace circle to bring it all together. Children in 1st grade to 6th grades will be with them in the cafeteria. COA and COA Prep students may volunteer to assist them. All children will first gather in the cafeteria and then the 3-5 year olds will accompany Susan Ryder down the hall to do other peace focused craft activities, stories and songs. Please RSVP to Susan Ryder if your children will be attending, including their names, grades and if you would help with the younger group.

Little Friends for Peace
4405 29th Street
Mount Rainier, MD 20712
240 838-4549 www.LFFP.org

COKIE AND STEVE ROBERTS WITH RABBI HAROLD WHITE – APRIL 3RD 1-3PM

Please join us for this great event Sunday, April 3rd at 1:00 pm when Rabbi White will be in conversation with the Steve and Cokie Roberts about their new book, Our Haggadah-Uniting Traditions for Interfaith Families. This is a wonderful opportunity to spread the word about IFFP! The Membership Meeting will end early at 11:30 am to allow time to get to event. Location: Politics & Prose bookstore, 5015 Connecticut Avenue, NW, Washington, DC 20008.

IFFP MEN'S CLUB – SUNDAY EVENING APRIL 10TH, 5:00 – 8:30 PM

Come Celebrate Spring with IFFP Men - Frisbee/Cookout/Sharing/Camaraderie!

Meet us on the Boston Avenue field (Takoma Park - by Montgomery College) at 5:00 pm for Ultimate Frisbee. Enjoy a potluck cookout in the backyard at Philip Bregstone's house. Then gather at 7:00 pm in the music room for stories, photos, videos, songs (a potpourri of possibilities).

This sharing part is to learn more about each other's lives and families. Prepare a bit in advance -- if you like. People can bring special photographs (wedding -- baby - parents - grandparents) to tell stories about, or a very short video (5 mins. or less) as a springboard for telling a family story. You could also bring a special song with a good life story behind it, or photos and stories about meeting our wives and how you got all the way to marriage. Bring photos and stories about our kids, who they are and what it's like for us parenting. If you'd like to come but aren't sure about sharing, you're totally welcome to hang out and listen.

PASSOVER SEDER SATURDAY APRIL 9TH – NEW EARLIER TIME 4:30 -7:30 PM

Celebrate Passover with IFFP on Saturday, April 9th at 4:30 pm at the Margaret Schweinhaut Center, 1000 Forest Glen Road, Silver Spring 20901. We are starting earlier than usual this year, so please note the new starting time. Rabbi White will lead our wonderful, child-friendly, family Seder. This year we plan to use Cokie & Steve Roberts new Haggadah for interfaith families. Several afikomen will be hidden for the kids to find and there's always great food!

After dinner we'll have lots of fun and work off the calories with some Israeli folk dancing, led by Mona's Israeli folkdance. Mona has been our favorite for years and we're happy to have her back! It's a lovely way to welcome Passover. This is also a great event for you to share with your family and friends, especially other interfaith families/couples. Please let them know that it's a potluck and everyone needs to bring food!

Between dinner and dancing, Eric Vistnes will lead the children in a community service project. We will have craft tables set up so that the children can make Happy Spring cards for the women at the N Street Village.

Since this is a potluck event and there will be good kitchen facilities, bring your favorite Passover dish. IFFP provides paper goods, wine, and other beverages. **We also need about 5 volunteers to bring matzo ball soup and 2 volunteers to bring charoset in addition to the food assignment below. We will also need help setting up, cleaning up and in the kitchen.** Food assignments follow below:

FOOD ASSIGNMENTS FOR THE PASSOVER SEDER

- A-G – Main dish. If last name of female head of your household begins with A-G, please bring a main dish to feed 15 people.
- H-P – Side dish. If last name of female head of your household begins with H-P, please bring a side dish to feed 15 people.
- Q-Z – Dessert. If last name of female head of your household begins with Q-Z, please bring a dessert to feed 15 people.

Please RSVP to Jessica Vistnes BY APRIL 1st with the numbers that will attend in your family and also to let us know if you can help with soup, charoset, setup or cleanup. We must know the headcount for this event, simply due to logistics.

Once again, the third graders are asking our community to bring boxes of pasta to use as groggers during the play. Then, after the carnival, we will bring the pasta to Manna Food Center. Last year, we donated over 50 lbs. of food from this one, simple collection!

Invite friends and family, and join us for a festive day. We ask everyone to please pitch in to help resurrect the cafeteria after our festival. We look forward to seeing everyone and having fun—please remember to bring your hamantaschen, costumes, and groggers.

PASSOVER SEDER SATURDAY APRIL 19TH

IFFP is increasingly celebrating holy days – like Easter – on the actual day. In keeping with this trend, Rabbi White will lead a Seder on Tuesday, April 19th, the actual second night of Passover. Please respond to Heidi Friedman if you are interested in attending. The location will depend on the number of people who respond.

EASTER GATHERING & PANCAKE BREAKFAST APRIL 24TH

Back by popular demand! The IFFP Easter Gathering, Pancake Breakfast, and Easter Egg Hunt will be held at Einstein High School on April 24th. Make sure you invite all your friends and family! We will have a Gathering with an Easter dialogue by our Rabbi and Rev. Julia at 10:00 a.m. The Easter Egg Hunt for the kids will follow immediately after, then the pancakes.

Hoping no one goes away hungry? Wanting to make sure your kids get to hunt for lots of eggs? Then we need your help! As always, this is a totally volunteer run event. We are looking for pancake flippers, a clean-up crew and a team to organize the Easter egg hunt. Of course, we'll also be tapping into the fabulous IFFP community for the other goodies that make a breakfast great (info. on that to come via email).

If you are able to help in ANY way please contact Sarah Erdman right away.

BABY/CHILD WELCOMING AT THE GATHERING MAY 15TH

This is a beautiful ceremony when the new babies and older children who have not participated in a prior ceremony are welcomed into the community. These children and their families stand before the community while Julia and the Rabbi bless and welcome each of the children into the IFFP community. If you would like your child(ren) to be included, please email Susan Ryder with the names and birthdates of the children as well as their Hebrew names if they have one.

END OF YEAR POTLUCK JUNE 5TH

Please join us for our end of the year Potluck following our Gathering. We will have a potluck either in the cafeteria or at the park across from Einstein High School. Please bring lunch foods for 10-15 people: quiche, tuna/egg/chicken salad, cold cuts/rolls, fruit salad, desserts (please bring cooling bags). IFFP will provide paper goods and drinks. More details will come closer to the potluck via email.

COMMUNITY SERVICE

N STREET VILLAGE AT LUTHER PLACE MONTHLY DINNERS

N Street Village at Luther Place Memorial Church, 1226 Vermont Avenue, NW in Washington DC 20005, offers comprehensive services to homeless women including substance abuse recovery, employment resources, case management, affordable housing, and health services. They focus on women only because they saw a great need for this population. **We need approximately 4 people per month to make and serve dinner for 30 women on the 3rd Saturday of each month.**

N Street prefers no more than 4 people at a time because the kitchen is small, and that's a good number of people for going out to sit with the women after you serve. They like to

offer well balanced meals that have plenty of non-red meat and vegetarian options. Lis Fost Maring sends out monthly emails to enlist families to cook and serve meals monthly. This is a wonderful opportunity for you and your children! You can find all the information you need to know about N Street Village on the following website: <http://www.signupgenius.com/go/iffp>

Here are all the dates for 2010-2011 at N Street Village dates (all Saturdays):

Remaining dates in 2011: 04/16/2011
 05/21/2011

Please consider sharing your time and your cooking talents.

WASHINGTON ANIMAL RESCUE LEAGUE DONATIONS

The 6th grade class is collecting donations for the Washington Animal Rescue League (WARL) as part of their community service projects for this year. If you happen to have any items that you no longer need and that you think the shelter could use, please bring them to the Gatherings in the coming weeks and months: towels, bowls/dishes, crates/carriers, beds, litter boxes, leashes, collars, brushes, unopened flea medicine (such as Frontline). If you have items, please either find Martin Glusker (who is spearheading this effort) or Anne Glusker or simply leave the items behind the bagel table, near the wall, and the Gluskers will collect them. Anne and Martin feel that WARL is a great facility -- clean, light, well-organized. They adopted two kittens from them last year and found them to be an organization well worth supporting. Please contact Anne & Martin Glusker for more information.

Sunday School & Teens

NOTES FROM THE DIRECTOR OF RELIGIOUS EDUCATION

TEACHING NEXT YEAR?

It's hard to believe, but we only have a handful of Sunday School sessions left, so we are recruiting teachers for the 2011-2012 school year. We have many returning teachers, **but need more volunteers to help us round out the teacher roster.**

Don't feel you know enough about Christianity of Judaism to teach Sunday School? Don't worry! There is curriculum at each level to guide you, and learning as you go along is strongly encouraged. We also provide a training day in the fall before Sunday School begins that provides (among other things) information to help you get ready for class and feel confident when you meet your students on the first day.

You don't have to do it alone! You will be part of a teaching team, with at least one adult co-teacher or adult teaching assistant to help plan and teach classes.

And there are PERKS! In addition to the undying gratitude of the IFFP community and the warm fuzzy feeling of contributing to IFFP's mission, teachers receive a partial or whole Sunday School waiver for their valuable contribution to our community. If you don't have children in Sunday School, you can apply the waiver to membership fees.

These are the positions we need to fill:

- 1 Pre-K 3s co-teacher
- 2 Pre-K 4s co-teachers
- 2 Kindergarten quarter-time teachers
- 1st Grade Godly Play co-teacher (in charge of crafts)
- 1 2nd Grade lead teacher or 2 co-teachers
- 4th Grade assistant teacher
- COA Prep lead teacher
- COA assistant or lead teacher

We also encourage teens to volunteer as teen teaching assistants!

If you are interested, please contact Rev. Beth McCracken-Harness for more information!

EMERGENCY DRILLS

To prepare for emergencies, we'll practice evacuating the building once every spring and fall. We are scheduling our first emergency drill on **March 27th** from 11:45am to 12:05pm. A parent's natural instinct is to run to their kids' side during an emergency, but that would make the children less safe. The hallways would be crowded with rushing parents and children, people would feel more frantic and make less safe decisions, and we would not be sure we had evacuated all children and adults. So during the drill--and in any real emergency at IFFP, parents should go straight outside to meet their kids--instead of picking up their kids in the classrooms. Teachers, adult group leaders and hall helpers will have detailed instructions about what to do. Parents, please practice these instructions along with your kids.

TEACHERS APPRECIATION AND LUNCH

We have a wonderful group of teachers who prepare lessons and teach our children week after week. We will take time to celebrate them on **May 22nd**, Teacher Appreciation Sunday. For several Sundays in April and May, we'll have a table set up with typing paper and art supplies. Please ask your children to stop there and draw a picture or write a note to their teachers. We'll put their pages in books and give them to the teaching teams at Teacher Appreciation Sunday.

Part of our gift to the teachers is a wonderful luncheon on Teacher Appreciation Sunday. The COA Prep class parents are in charge of setting up this event. The pre-K 3s, K and 5th grade classes are bringing food. Both this year's teachers and next year's teachers are invited. It is a chance for teachers from this year to meet teachers from next year and to exchange ideas.

Set up: COA Prep

Food: Pre-K 3's, K & 5th

COA CEREMONY

Please join the IFFP Coming of Age students, mentors, parents and teachers for the annual COA ceremony in the Einstein High School auditorium on Sunday, May 1, 2011 at 10:00am. Students will each give a short presentation or speech reflecting on their personal beliefs and experiences. Watch for more details to be sent via the IFFP listserve and weekly emails in April.

ODDS AND ENDS

SUSAN RYDER

INCLEMENT WEATHER

IFFP follows Montgomery County Public Schools for closure due to weather. In case of icy conditions, snow, or storms call the County at (301) 279-3673, or check their website at <http://www.mcps.k12.md.us>.

Our website, www.iffp.net, has a listing of events and dates on the home page as well as a more detailed calendar of events that members can access at any time:

JOIN THE LIST-SERVE

The IFFP List-Serve is our only way to contact every member with important announcements, bulletins, updates, and information requests.

All members should sign on to the list serve by sending a blank email to: iffplistserve-subscribe@yahoogleroups.com.

We would like to have 100% of our community read our weekly Thursday bulletins to keep up with timely information. If you have signed up but are not receiving our Thursday bulletins, please contact Susan Ryder.

In case of email address change:

- Unsubscribe from your old address to iffplistserve-unsubscribe@yahoogleroups.com
- Then subscribe from your new email address to iffplistserve-subscribe@yahoogleroups.com

Members can also pass on information to other members by sending an email to: iffplistserve@yahoogleroups.com. Please include "Off Topic" in the email heading if your message is not related to an IFFP matter.