

Brookville

Multifaith Campus News

One house, many faiths, endless opportunities for growth!

June
2026

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Muslim Renewal Community

[muslimrenewalcommunity](https://www.muslimrenewalcommunity.com)
[@outlook.com](https://www.muslimrenewalcommunity.com)

Dr. Syed Asad,
Co-Founder

mmsglobalfoundation.org/



Moin Haque
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Our Mission is to build a
multifaith community of
people from different faiths
who connect to one
another by embracing
similarities while celebrating
differences.

An Open and Affirming
Campus to the LBGTQIA+
community.

RfA
Room For All

Keeping the Faith in Family



In my sermon on Mother's Day, I put together 10 Tips for "Keeping the Faith in Family" based on the practical wisdom of my mom, Mary McBride. I would like to share the tips with you, the newsletter audience:

1. If it's laudable, make it audible.
2. Maturity is being your best self at all times.
3. Cleaning the house while the kids are still growing is like shoveling the walk while it's still snowing.
4. When in doubt, keep it out. (This ranges from everyday banter to formal speeches.)
5. Everybody has a story to celebrate.

6. Frustration provides great material for great comedy.
7. Give the gift of glee.
8. Habit overcomes habit. (When you are trying to break a bad habit, work on a good habit.)
9. Choose inspired words. (This follows the wisdom of the Sages who say "Choose words wisely because words can beget demons or words can beget angels...Choose words wisely.")
10. Jot things down. (The point is that it is helpful to have some physical reality that represents a spiritual experience, insight or story.)

~ Rev. Bill McBride

Major Grant Donated to Brookville Church in Honor of Rev. Bill McBride!

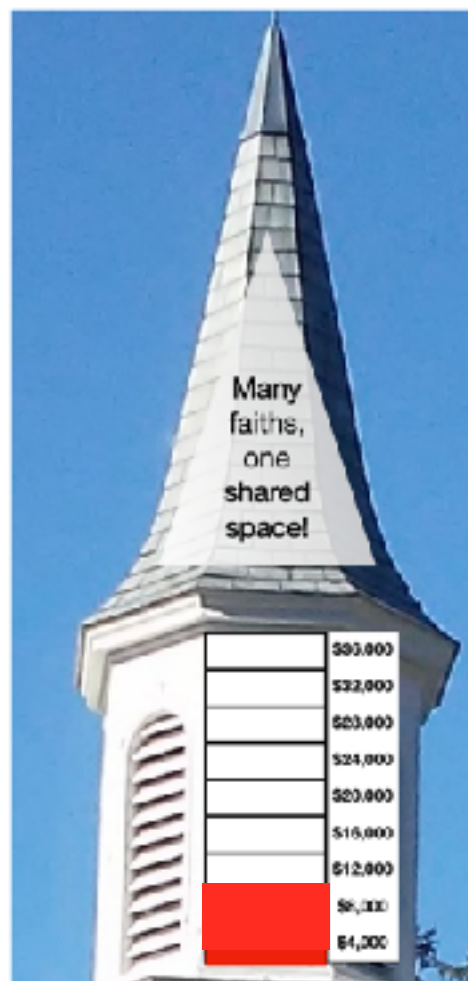
With great joy and pride we are pleased to announce that in honor of our own Rev. Bill McBride, Brookville Church has received a most generous grant in support of our mission from The William H. Pitt Foundation, Inc. The grant was given at the request of Dr. Samantha Boardman in honor of Rev. Bill. We are most grateful, but more than that we're deeply blessed to have someone like Rev. Bill modeling multifaith dialogue while he also leads us in worship each Sunday. His commitment to the Brookville Multifaith Campus and his IFC leadership, along with Rabbi Irene, continue to nourish and inspire us to build bridges and embrace interfaith respect and understanding.

Thank you, Rev. Bill, and may we be worthy of your faith in our future here at Brookville!

Donations for the Brookville Multifaith Campus Financial Appeal can be made via:

- Venmo @ Brookville-Church (0414)
- [Givebutter](#)
- Personal check made out to "Brookville Church" and sent to:
Brookville Church
2 Brookville Road
Glen Head, NY 11545

Every gift is greatly appreciated!



Raised so far:
\$8,930.00

Mental Health & Nervous System Care

A Science-Informed, Multifaith Guide to Inner Balance and Well-Being



Dr. Syed Asad

In an age of constant stimulation, uncertainty, and emotional overload, many people across all backgrounds are asking the same question: How do I find inner peace and stability in daily life?

At the Brookville Multifaith Campus (BMC), we recognize that this question is not limited to one tradition or belief system. It is a shared human concern. Across Islam, Christianity, Judaism, and other wisdom traditions, there is a common understanding: human well-being is not only physical, but also emotional, mental, and spiritual.

Modern neuroscience now offers a clearer understanding of what faith traditions have long emphasized—our inner life and our physical body are deeply connected. Mental health is not separate from the body, and neither is separate from meaning, purpose, and spiritually.

The Mind–Body System: One Integrated Reality

For many years, mental and physical health were treated as separate fields. Today, neuroscience confirms what lived experience has always suggested: the brain and body are in constant communication.

Stress hormones like cortisol help us respond to challenges, but when they remain elevated for too long, they can disrupt sleep, mood, immunity, and focus. The amygdala, the brain's threat-detection center, reacts quickly to perceived danger—sometimes even when no real danger exists. The HPA axis coordinates the body's stress response, while the vagus nerve helps regulate calm, recovery, and emotional balance.

This means something simple but powerful: your thoughts influence **your body**, and **your body influences your thoughts**.

From a spiritual perspective, many traditions describe this same reality in different language. The “heart,” the “soul,” or the “inner self” is understood as deeply affected by how we live, think, and connect with what we believe is sacred or meaningful.

The Nervous System and Emotional Balance

The autonomic nervous system regulates functions we do not consciously control—breathing, heart rate, digestion, and stress response. It operates in two primary states:

- **Sympathetic system (activation):** prepares the body for action and alertness
- **Parasympathetic system (calm and restoration):** supports rest, healing, and recovery

A healthy system moves fluidly between these states. However, many people today experience chronic stress activation—feeling constantly “on edge,” tired but unable to rest, or mentally overwhelmed.

This is not a personal failure. It is often the nervous system responding to modern pressures as if they are ongoing threats.

The path forward is not judgment, but regulation, awareness, and supportive practices

Science-Backed Tools for Regulation

Modern research offers practical ways to support nervous system balance:

Breath and Calm

Breathing practices are among the fastest ways to influence the nervous system. Slow, intentional breathing helps signal safety to the brain and reduces stress responses. Techniques such as extended exhales or rhythmic breathing patterns are now widely used in clinical and wellness settings.

Movement and Mental Health

Regular physical activity supports emotional well-being by releasing mood-regulating chemicals and improving brain function. Even simple daily movement—walking, stretching, or light exercise—can significantly reduce anxiety and improve mood.

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Mental Health & Nervous System Care, continued ...

Nature and Light

Time in nature has measurable effects on stress reduction. Exposure to natural environments and morning sunlight helps regulate sleep cycles, reduce cortisol levels, and restore mental clarity.

Restorative Practices

Mind-body practices such as mindfulness, guided relaxation, journaling, and deep rest techniques help calm the nervous system and improve emotional resilience.

Foundations of Mental and Emotional Health

Writing or reflecting on thoughts and emotions helps bring clarity and reduce internal tension. Across traditions, self-reflection is seen as an essential part of personal growth and ethical living.

Sleep is critical for emotional regulation. During deep sleep, the brain processes experiences and resets emotional responses. Poor sleep can intensify stress and reduce resilience.

Nutrition plays a direct role in mental health. The gut and brain communicate continuously, influencing mood and energy. Balanced diets rich in whole foods, fiber, and healthy fats support both physical and emotional stability.

The Role of Spirituality in Mental Well-Being

While science explains how the nervous system functions, spirituality speaks to meaning, purpose, and inner grounding.

Across traditions represented at BMC, there is a shared understanding:

- In Islam, remembrance of God (dhikr) brings inner peace
- In Christianity, prayer and trust in God bring comfort and strength
- In Judaism, bitachon (trust in God) and prayer provide grounding in uncertainty
- In other traditions, meditation, reflection, and sacred practice serve similar roles

Though expressed differently, these practices all cultivate something essential: a sense of connection beyond the self.

This sense of connection helps regulate fear, reduce anxiety, and provide emotional stability in uncertain times. Neuroscience increasingly recognizes that meaning, purpose, and belief systems play a measurable role in mental health and resilience.

Spirituality does not replace science—it complements it. One explains the mechanisms of the nervous system; the other provides a framework for meaning, values, and inner direction.

Together, they support a more complete understanding of human well-being. A balanced daily routine is built on simple, consistent habits rather than complexity. In the morning, starting with gratitude, a few minutes of quiet breathing or prayer, and exposure to natural light helps set a calm tone for the day. During the afternoon, short movement breaks, balanced meals, time outdoors, and meaningful connection with others support physical and emotional stability. In the evening, reducing screen time, reflecting through journaling or prayer, and consciously releasing stress help prepare the mind and body for restful sleep. Over time, these small, repeated practices strengthen emotional resilience and overall well-being.

A Shared Human Path Toward Inner Peace

Mental health is not only a clinical issue—it is a human one. It touches every culture, every faith tradition, and every community. At its core, well-being is about balance: between stress and rest, effort and reflection, action and stillness, self and meaning. At Brookville Multifaith Campus, we affirm this shared journey: that caring for the mind, body, and spirit is not only personal—it is deeply communal and profoundly human.

~Syed N Asad MD FACP
(mmsglobalfoundation.org)

Celebrating Community, Connection & an Amazing Year Together!



What a wonderful way to wrap up another year with the Interfaith Community of Long Island! Our final religious education class was filled with learning, laughter, music, and connection as students explored their different faith traditions. The morning concluded with shared songs of fellowship alongside their parents and family members.

Parents also had the chance to enjoy a fun Parent Night Out off campus, where there was plenty of food, conversation, and community to go around. Everyone loved the opportunity to relax, connect, and get to know one another better while talking about our families, hobbies, interests, and our own unique interfaith journeys. We also spent time sharing ideas and hopes for where our organization may grow in the future.

As this wonderful year comes to an end, we are looking forward to two special upcoming events — our Identity & Transition Ceremony on May 31st and our End-of-Year Picnic on June 7th!

The picnic will be a great chance for everyone to celebrate the end of another amazing year together with games, food, laughter, and of course Mr. Softee!

Thank you to all of our families for being part of such a caring and welcoming community this year. Have a fantastic summer, and don't forget to check your email sometime in August for information about the upcoming 2026–2027 school year!

~ *Christine Markes*



How can I stay informed?

EMAIL

Please check your email for updates. If you would like to be added to our email distribution list, please email ifcoflongisland@gmail.com

New members are always welcome!

Please send us an email at ifcoflongisland@gmail.com
or message us on our Instagram <https://www.facebook.com/ifcli/>
or Facebook pages. [@interfaithcommunityli](https://www.facebook.com/interfaithcommunityli)

Celebrating Rev. Vicky Eastland's Inspiring Leadership at Brookville Multifaith Campus



After more than 14 years of dedication, commitment, and compassionate service to the Brookville Multifaith Campus, we were blessed on May 3rd to celebrate the gift of Rev. Vicky Eastland. During a beautiful Sunday worship service led by Rev. Vicky, people came forward and spoke about her outstanding leadership.

Our Minister of Music, Carol Goglia, spoke eloquently about the history of Brookville Church and the role Rev. Vicky played in establishing the Brookville Multifaith Campus. Two young children also came forward thanking her for baptizing them as babies!

Much love and respect were expressed by many others, but particularly touching was testimony presented by Rabbi/Cantor Irene Failenbogen and Rev. Bill McBride, who together personify the very spirit of Brookville's multifaith life and experience. They presented Rev. Vicky with a pair of heart-shaped, rose-colored glasses, symbolizing her loving and forgiving perspective on life. And Rev. Bill, the "Dean of Acronyms," took the name "Vicky" and imagined what each letter represented: Visionary, Inclusion, Courage, Kindness, and finally Yes. He emphasized how she has consistently said "yes" to life despite all its obstacles and challenges!

Lastly, Rev., Julia Turner of the United Church of Christ, also commended Rev. Vicky for all she's accomplished. She highlighted the unique value of Brookville's Multifaith Community, especially during these times when division and misunderstanding among different religious traditions remain challenging. On behalf of the United Church of Christ, Rev. Julia wished Rev. Vicky "Farewell and Godspeed."

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Celebrating Rev. Vicky Eastland, continued...

Following the worship service, a beautiful luncheon reception was held. Rev. Vicky was feted with much love, many flowers, and together we laid hands on her and prayed that God will continue to nourish her spirit and provide new ways for her to proclaim the Gospel message.

Lastly, a plaque was presented, which acknowledged her creative gifts and many accomplishments. It ended with the statement "You Have Been the Change that We So Need in the World!"

Thank you, Rev. Vicky for shepherding us over these many years. May God be with you always and forever!



Learn, Pray, and Worship on Brookville Campus

Introducing Moin Haque who will lead the Muslim Renewal Community in Friday prayers, every third Friday (he will rotate with 2 other leaders).

Moin grew up on Long Island and has spent over 25 years under the spiritual guidance of Dr. Sultan Abdulhameed. His teachings deepened Moin's connection to living faith and introduced his family to the interfaith community at Brookville.



Grounded in that journey, he brings a heartfelt appreciation for the beauty found across traditions. He and his wife Ami—partners in both life and faith—are active members of the Unitarian Universalist Congregation at Shelter Rock, where they are raising their 13-year-old son. Their interfaith marriage has been its own ongoing lesson in listening, learning, and love.

He is honored to serve the Brookville congregation as a facilitator of Friday sermons and looks forward to growing together in community and spirit.

His upcoming sermon topics will include:

19-Jun: Live to Create Beauty

Description: God tells us that everything on Earth was made to enhance its beauty — and in the very next breath, that all of it will one day turn to dry dust. Two truths sit side by side here, and we live our whole lives in the space between them.

10-Jul: Religious Tolerance

Description: If all sincere worship reaches toward the same God-consciousness, then the differences in how we reach are not threats to be defeated but proof of how vast the Divine truly is.

Muslim Renewal Community
is pleased to announce the return of
In-person Friday Prayers
at 1:00 PM

<p>Come in-person: June 19 July 10 July 31 August 21</p>	<p>Join ANY Friday on line.</p> <p style="text-align: center;">CLICK HERE for Zoom Link</p>
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Brookville Multifaith Campus Fellowship Hall
2 Brookville Rd., Glen Head, NY 11545

Made with PosterMyWagon

Learn, Pray, and Worship on Brookville Campus



Muslim Renewal Community

Virtual Quran Study

10:30 AM - 12:00 PM
every other Sunday,

All are welcome!

For Zoom link,
please email
muslimrenewalcommunity@outlook.com

SYNAGOGUE OF THE MONTH SHABBAT SERVICE 5786

The New Synagogue of Long Island
The Synagogue for Spiritual Judaism
Rabbi Irene Failenbogen

Friday, June 5th at 7:00 PM

[Zoom Shabbat Service](#)
[Shabbat Service Booklet](#)

We have no membership dues or fees. All are welcome.

Please support The New Synagogue of Long Island as generously as you can. Your contributions are the lifeblood of The New Synagogue. Please help us keep alive our inspiring teachings of Spiritual Judaism.

To make an online donation, please [click here](#)
To print the form and mail it to us, please [click here](#)

newsynagogue.li@gmail.com. www.newsynagogue-li.org

The New Synagogue of Long Island10
Cuttermill Road, Suite 302 Great Neck, NY 11021

Pray On!

Brookville Multifaith Campus announces the return of the "Prayer Team" (formerly "Prayer Chain")

Prayer requests will be directed to the team through the church Administrative Assistant, Linda Hees.

If you have a need that you would like the team to pray for, please email brookvillemfc@gmail.com.

Additional Prayer Advocates are always welcome!

Brookville Multifaith Campus

invites you to come together to talk about some of the bigger questions in life in a comfortable, judgement-free setting, with people from various backgrounds.



New time: Thursdays
6:30-7:30 PM

2 Brookville Rd. Glen Head, NY 11545

For more info email: brookvillemfc@gmail.com

Learn, Pray, and Worship on Brookville Campus

Please Join Us on June 14th to Commemorate World Refugee Day!



Brookville Church invites our Multifaith Family to join us on Sunday June 14 at 10:00 AM for a worship service to honor and pray together in support of World Refugee Day. Reformed Church in America Missionary JJ TenClay will lead us in worship and share stories of the remarkable work being performed across the globe to assist the most fragile and the most vulnerable among us, refugees who are struggling to survive due to global upheaval. We have all heard it said: "to whom much has been given much is expected." This is especially true at our houses of worship where we espouse living by the Golden Rule and seek to be our brother's and sister's keeper.

Deacon JJ TenClay, LMSW, has worked as a tireless advocate since 2014 for the disenfranchised and has served people on the move from Africa and the Middle East to Europe, many who experienced forced displacement, human trafficking, and exploitation. She now works with local, national, and global partners to provide compassionate care for refugees. She facilitates conversations on global upheaval and its impact on people being forcibly displaced.

JJ is committed to shining a bright light on the needs of those living on the margins around our world today. She refers to her work in support of refugees as being a "sacred space," and she calls us to walk with her as invested partners because individual impact matters and helps to create change.

So please, mark your calendar, and join us for a riveting and inspiring morning with RCA's own JJ TenClay. You won't be disappointed!

Brookville Church invites you to our Worship Celebration every **Sunday at 10 AM** Come in person or on Zoom - for a link, email brookvillechurch@gmail.com
Brookville Church will be OPEN in July

Venmo @Brookville-Church (0414)
Givebuttr <https://givebuttr.com/Sh1iYB>



Find a Place to Belong

We invite you to discover a spiritual community made up of different religious groups. Each group maintains its own religious identity but fosters an open environment for learning, celebrating and honoring each distinct religion.

Online BIBLE STUDY

Beginning
2-11-2026

Brookville Multifaith Campus, and beyond..

To receive the Zoom link, email
brookvillechurch@gmail.com

Wednesdays, 7-8 PM



Learn more about the book of Acts

BRAG BOX

Congratulations to Michael McBride as he appears in the play "Cues" with the New York Theater Festival at the Latea Theater in NYC on June 3, 5 & 7. Additional information is available at newyorktheaterfestival.com/cues/



Talent runs deep in the Failenbogen / McBride family! On May 29 Rabbi/Cantor Irene gave a beautiful concert at the Glen Oaks library in Queens. She chose 12 songs that represent contributions from Jewish American composers, and she thoughtfully explained how Jewish tradition shaped the American musical landscape. Even Rev. Bill, singing Tevye's part, participated in a lovely rendition of "Sunrise Sunset" from Fiddler on the Roof. Irene received a standing ovation at the end, and a good time was had by all!

Rabbi Irene on Interfaith Panel Discussion

On May 3rd the Interfaith Institute held a panel discussion at the Jericho Public Library, on the topic "What do you do when your principles conflict?" There were three panelists, each from a different religious tradition, and Rabbi Irene was able to highlight the values and guiding tenets of the Jewish faith. Her thoughtful insights, as always, were appreciated and well received!



Living and Learning

Remembering My Dad



How is it that we find ourselves born into this particular family with these particular parents? Is there a divine plan that brings our spirits together as family or is it a completely random event? These are profound questions. Our lives are so dependent on the early influences we experience, along with the genetic makeup within us.

I was told growing up that I asked too many questions, but thankfully I never stopped. Questions I believe go to the core of our experience on this planet. Why are we here? What is being asked of us while we're in physical form? I was blessed for whatever reason with two special parents. They grew up during hard times with few financial supports but with deep cultural heritage that shaped them. Last month I spoke about my mom, and this month in honor of Father's Day, I want to speak about my dad. But for him, I think I'll need a book, rather than just a column!

Michael Vilk was indeed a colorful and unique human being. He loved my mom, my sister and me. He would say to people: "Have you met my babes?" He was extremely outgoing, affectionate, and proud of us. My mother was more reserved, maintained our family finances, and kept things focused, while my dad was apt to engage in a vice or two. While he never missed a day's work, he so enjoyed his network of family and friends. He also would say: "I know how to get around people," which was important in his line of work. He depended on the tips he made delivering cars to some of the rich and famous. He described himself as "a car jockey." One of our most amazing experiences was the day we were invited to visit the Southampton home of the Stanleys, as in Morgan Stanley Wealth Management! We were humble folk, but Mrs. Stanley invited us to spend a day with them when my dad told her we lived on Long Island. I don't know where my mother thought we were going, but once we drove past the hedges and saw the driveway and their amazing estate, it took her breath away, and she begged my dad not to drive in. But he insisted that the Stanleys were expecting us. Both Mr. and Mrs. Stanley and their son John were extremely gracious. It was a day we would long remember and demonstrated my father's amazing ability to connect with people.

I love this photo of Dad with me when I was a baby. It so typifies him. He was a rugged man, always a cigar in his mouth, holding onto those he loved at one of the places he most enjoyed, the West Sayville dock where he went crabbing. His cherished 1940 Chevy is in the background. Growing up with so little, one learns to appreciate so much. These pleasures to him were riches he would never take for granted.



When he and my mom moved to Lake Ronkonkoma, he felt like they had struck gold. Owning a piece of property out on Long Island, which was country in the early 50's, was a dream come true for a boy raised by immigrant parents. My grandparents had come through Ellis Island in 1907. Born in what was then the Austro-Hungarian Empire, they were Slovak. They settled in Coatesville, Pennsylvania, where my grandfather worked in a steel mill, an inherently dangerous job dealing with molten iron, toxic fumes, and heavy machinery. My grandmother never spoke a word of English, but my grandfather spoke broken English. Later they moved to Yorkville in Manhattan, where my grandfather got a job as a janitor. They had six children, and my dad, my grandfather's namesake, was the oldest boy. He frequently got into trouble and said his mother would sometimes chase after him with a broom. He went as far as the sixth grade although I think he was an intelligent person. I remember one Christmas when he saw the gifts that we had given our children, he said to them: "Do you kids know how lucky you are? When Grandpa was a little boy, he had nothing." I remember my aunt saying that if one of the kids got a new pair of shoes, the shoebox would be the toy that they all wanted to have. His family, like so many immigrant families, was just working to survive.

Yorkville back then was a place populated by many Slovak and Polish immigrants, and my dad had many friends who lived in the neighborhood. He was an excellent swimmer, which he learned by diving into the

continued next page...

Living and Learning

Remembering My Dad, continued ...

East River with his buddies. He met my mom in a dance hall. He and his friend Charlie, whom he called Gummy, with flasks in their back pockets, approached my mom and her friend Jean, a fellow telephone operator, and danced all night. When I asked my mom what she liked about my dad, she responded: "He always made me laugh." And he was also a great dancer. The two of them would wow lookers-on when they did the Peabody, a very difficult dance that required quick stepping and shifting from side to side.

There's so much I could say about my dad because he was such a colorfully authentic human being. When he stepped into a room, he lit things up. He had so many sayings, which I call "Mike-isms," silly things he would say that people remembered. One that I recall was: "Not today, not tomorrow, but, baby, right now!"

Everything he did, he did with gusto, which unfortunately included drinking. My mother would never call him an alcoholic because in her mind alcoholics were men in the Bowery, a place in Manhattan, where homeless men congregated. My dad had a strong work ethic and would wake up at 4 o'clock every morning, drive from Lake Ronkonkoma into Manhattan to the garage where he delivered cars, and then return home. He was never one to get drunk by himself, but he loved drinking with his buddies, some of whom had also purchased bungalows on adjacent streets in Lake Ronkonkoma. On his days off if Dad had time to himself, he would go to the home of one of his buddies, and they would proceed to drink.

We lived in a very communal place, and I remember the frequent get-togethers. After a day of crabbing or clamming a number of the families would order a barrel of beer, and as night fell, we kids would run around the yard with the aromatic scents of seafood and beer in the air as we chased fireflies. Since a number of the families were related, and all had either Slovak or Polish roots, they would begin to sing songs in their native language and then they would proceed to argue with one another. These were always robust and interesting dynamics!

My mom, thankfully, was not a heavy drinker. Of course, my father's drinking was an embarrassment to her and caused her pain, but she never considered leaving him. In those days that was not an option.

He did love her deeply. I remember before he died from cancer at age 70, knowing that his days were numbered, he said to me: "Dolores, always remember all Mother did for you and Rich." I knew he was telling me to take care of her when he was no longer around. He was a very good man. I remember once when I said something disrespectful to him, my mother dramatically said to me: "Dolores, you talk to your father like that? He would cut his arm off for you." She quickly put me in check and reminded me of who he was. Once when I was angry at him for being drunk the night before, the next morning when I didn't respond happily to his teasing, he said: "You know Dad loves you." In those days, people didn't understand alcoholism. I don't believe my father chose to be an alcoholic. It was also in his culture. He remembered my grandmother fermenting alcohol in their home during prohibition. They had so little to enjoy as they struggled to survive. One of the few times I saw my mom cry was because of my dad's drinking. Her tears led him to say: "I'm not going to drink anymore." Some days later, when as usual he was doing heavy work outside with sweat pouring off him, my mother, not understanding addiction, decided to make him a drink. I tell this story because it speaks to the love they had for one another, despite an illness which they didn't understand.

So many stories to tell, but one last thing I'd like to share. In 1980 I received my MSW at SUNY Stony Brook School of Social Welfare, noted to be a school of social change which drew me to it. At the school there were many anti-establishment and progressive people, very unlike my father who reminded me of Archie Bunker! During my graduation ceremony one of the speakers made what I considered very inappropriate remarks for such an event, but my dad sat through it, never commenting or reacting negatively. All he cared about was that his daughter was getting a graduate degree. Graduate level education and social work, two things he knew little about, but his daughter had accomplished something, and he was proud of her. I in turn was very proud of him, Michael Vilik, who had not even graduated from grammar school. I ask whose accomplishments in life were the greater? We stand on the shoulders of our ancestors who clearly did the heavy lifting to allow us to pursue our dreams!

~ Dolores Tibbets, Brookville Church Elder