

February 2011  
**HIGHER GROUND Newsletter**

Lake Superior Interfaith Community Church

1414 E. 9th St.

Duluth, MN 55805

218-724-6554

President's Message

Sunday Services

**11:00 a.m.**

Lunch after every service.

Potluck 3rd Sundays

CHURCH BOARD

President

Ann McKie

Vice President

Jean Kwako

Secretary

Sue Brewer

Treasurer

Louise Pell

Trustees

Carol Kari

Louise Pell

Rebecca Lee

Harley Blake

Michael Walke

Bernadette Savage

Last night Carolyn Brooks, Louise Pell and I drove 70 miles on a -20 degree night with a waning moon overhead to the Reif Center in Grand Rapids, MN. Musician Michael Monroe and National Geographic photographer Jim Brandenburg combined their visual and melodic creations into a unique work of art. Many of us are familiar with Michael's rich looping songs on acoustic guitar, flute and voice harmonies. He is inspired by the Natural World, the synchronicities, the balance and the cooperation that speak to him in the white pines, the scent of earth and the cycles of rain and rivers that surround his and wife Deb's forest home near Grand Marais.

Jim Brandenburg, although a world traveler, also finds resonance in *his* forest home in the western BWCA outside of Ely. Jim's camera eye captures the moment, the light, the ferocity, the playfulness, the balance that stills the observer to be present with the image. It is a gospel of light. When not graced with Michael's harmonies, Jim ambled across the stage narrating the large projected images of his photos. At age 14 he spent \$3 on his first camera, walked into a wild prairie near his family farm in Laverne, MN, crouched behind a rock and "squeaked like an injured mouse" to a young fox in the distance. To Jim's amazement, the fox reeled round and trotted directly toward him. With the advancing fox perhaps 6 feet from his lens, Jim sprung from his crouch and snapped his first wildlife photo. Despite poor performance and inattentiveness in school as a child, Jim followed his intuition. And that intuition ultimately brought him extraordinary success in college and even greater success as a ground-breaking wild life photographer. He said repeatedly: I could see what I wanted, I prepared, and the image would come into being. He spoke of the courage to be present at any moment, to trust and to follow. He talked of the courage of artists and performers who follow the call of their life's work and risk being present in the moment.

Today Carol Gieseke echoed that message. She read to us the quotation below (sent to her by Cheryl Larson). It reminds us that true beauty and joy can only be experienced when we listen to our Inner Voice, our Inner Vision.

**Be willing to go out on a limb with Me. If that is where I am leading you, it is the safest place to be. Your desire to live a risk-free life is a form of unbelief. Your longing to live close to Me is at odds with your attempts to minimize risk. .... Let Me lead you step by step through this day. If your primary focus is on Me, you can walk along perilous paths without being afraid. Eventually, you will learn to relax and enjoy the adventure of our journey together. As long as you stay close to Me, My sovereign Presence protects you wherever you go.** (Psalm 23:4, Psalm 9:10, John 12:26)

Blessings, beauty, joy .....and courage to each of us on Our Path.

Ann McKie

P.S. And of course hearts, kisses, flowers to each or us too. Happy Valentine's Day!



**February Giving Tree - For the Animals**

This month, we will be collecting items for pets, which will be donated to the CHUM Food Shelf. When folks who need assistance go to the food shelf, they can ask for and receive items for their companions animals - it the products are there. Please focus on basics like cat and dog food and litter. Treats and toys are okay too.

Our focus here is to support pet owners by helping them provide the necessities, and not have to give up a pet to the shelter. Of course, this reduces the number of pets in shelters, and people don't have to give up their beloved pet. It's great to contribute to a win/win situation, isn't it?

Thanks for whatever you can do.



***"To 'pay it forward,' consider a gift of lasting inspiration; please consider LSICC in your estate planning."***

***If you have any questions, please contact a Board member. Thank You***

### **From Phyllis McCoy's Blog:**

**News on Dreaming and 2011 Anomaly** Greetings 2011 Beings!

First the update on dreaming. This experience is already exponentially expanding MY consciousness, so I am both excited and intimidated by the scope of this birthing intention.

While I started out pondering the ways in which people dream, I've found the core of these thoughts takes me into reflections on collaborative or mutual dreaming that I introduced to a dream class and workshops many years ago. In the dream class we learned the techniques of recalling and recording our dreams first. Then, as we grew more adept, I introduced shared dreaming. We would agree on a night to dream together, then choose a place to meet in our dream, and state a goal we would try to achieve. This was phenomenal! What a journey to take with people who had similar interests.

The journey I am proposing now is on this theme, but with global proportions in service to the Earth, with an intention to expand Cosmic Consciousness. As we establish a common meeting venue, perhaps a chat venue like Big Tent, and agree on a set of intentions to guide us in this venture, I will be looking for folks who are interested in joining the group. I will moderate, but that does not mean I hold the group to strict controls. How could that happen anyway, with the global scope I can see developing.

Please let me know if you would be interested in a dream collective. You do not have to be a skillful dreamer to join. No. The practice in dreaming is part of the process. I will email to anyone interested, the techniques we learned in dream class to improve our dream skills. So if you are interested in trying it out - you are making no commitments - then email me at: phyle11@gmail.com. I will add you to my list and keep you informed of our progress. So be it.

Secondly, do you ever wonder when you observe an anomaly whether it is universal or just your own message? I'm observing an anomaly that really has me fascinated. I have seen three lighted commercial signs with either front or back missing or hanging in disrepair in the past two weeks. And in places you would expect to see rapid repair: Perkins Restaurant, Walgreens and McDonalds. Large, obvious, messy *signs* of disrepair.

The message for me seems to be that all the signs no longer apply as they once did. In this new Earth and since the first of this amazing new year, signs in my life which had meaning are part of the old. I take nothing for granted. Everything is under construction. We are in a state of renewal and all the rules are changing. I've spoken of this in earlier postings, so will not belabor it here.

Well, it's been a long day, so will call it good for now and thank you all for being such a significant part of how I am Becoming in 2011.

Until next time, I am Phyllis, still Becoming

### ***GOT THE WINTER DOLDRUMS? COME AND DANCE THEM AWAY!***

Let's get together and warm up the winter night. Come at **Feb. 12 @ 7:00** to help move furniture; dance starts at 7:30. Bring a CD or two to share. Cost is either \$2, or \$1 plus an item for the food shelf. Church will provide soda; bring a snack to share if you like. Stay to help re-place furniture. Wear your boogie shoes!

### **Movie Time!!**

You are invited to preview a thoughtful and engaging 90 minute DVD – **“Renewal”**. This film documents the responses of Jewish, Muslim, liberal and fundamentalist Christian, Indigenous, Hindu & Buddhist congregations to a variety of ecological challenges. The DVD will be shown at 7 pm on Friday, February 18 and at 12:45 pm on Sunday, February 20. Suggested donation: \$2 Follow the link to see the trailer: <http://www.renewalproject.net/>

## A Benefit for Matt Massie Spaghetti Dinner & Silent Auction

Mr. D's 5622 Grand Ave. Duluth

Saturday, March 12, 2011, From 1-4pm

\$10.00 per adult / \$5.00 per child

Donations can be made at the Hermantown Federal Credit Union to Matt's Benefit

Or online at [www.operationkidney.com](http://www.operationkidney.com)

Watch the website for silent auction updates.



Matt is an accomplished outdoorsman who loves all types of hunting, fishing, and camping. He'll clean and cook your catch, and keep you entertained all the while with his many stories. He is truly one of a kind. Matt had kidney disease at age 12, and after years of recovery, he experienced kidney failure in June of 2009, just shy of his 23<sup>rd</sup> birthday. In the last year and a half, Matt underwent 4-hour long dialysis treatments 3 days per week, he completed the donor recipient qualifications at U of M Fairview Transplant Center in Minneapolis, was placed on a deceased donor waiting list in Dec. 2009, was interviewed by channel 10/13 news, participated in the 2010 National Kidney Foundation's kidney walk, and after much prayer, hope, and generosity received a much needed kidney transplant on October 22nd, 2010. We, as a family, are eternally grateful to Matt's generous (anonymous) living donor. We've helped Matt in every-way we can, but he still needs additional help to get back on his feet while he recovers and finds a job that will suit his new lifestyle. The travel expenses, lack of work, and lifetime of medications ahead are the reasons Matt needs your help. Please show this young man your support!

To those who would like to see our newsletter progress!!!

We are looking forward to some of our friends and readers submitting articles of interest. They could be concerning an upcoming seminar or class, a recipe to share or a book review. You may bring them to church before the third Sunday of the month or you could email them to: [bgudowski@aol.com](mailto:bgudowski@aol.com)  
We look forward to hearing from you - it will enhance our newsletter. Thanks

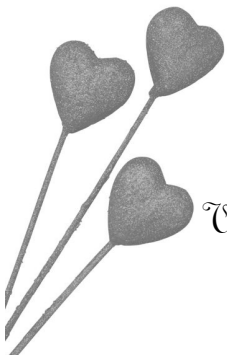
### Timing Is Everything

Explore the predictability of life experiences



**Intuitive Consultations**  
By Pam  
**218-341-5335**

[www.intuitivepam.com](http://www.intuitivepam.com)



Happy  
Valentine's  
Day

### The Nature of Being Phyllis McCoy

Intuitive Life Coach

**612-789-8309**

(Telephone Sessions By Appointment)

[phyle11@gmail.com](mailto:phyle11@gmail.com)

2015 Central Ave. N.E. #422

Minneapolis, MN 55418

[www.thenatureofbeing.blogspot.com](http://www.thenatureofbeing.blogspot.com)

Integrated  
Physical  
Therapy

Rebecca Lee, PT  
(218) 722-3800  
Medical Arts Building  
Suite 428, 324 W. Superior St.  
Duluth, MN 55802

Advertise in Newsletter

Business card size \$6.00 per month

1/4 page \$10.00 per month

1/2 page

Full page

\$20.00 per month

\$36.00 per month

Contact Barb Gudowski at 715-394-9246 or [bgudowski@aol.com](mailto:bgudowski@aol.com)

# FEBRUARY 2011

## Schedule of Events

- **Creating Art Through Meditation**  
Workshop - an ongoing workshop open to everyone interested in creating art from a deeper level. We meet every 3rd Saturday from 12:15 - 3:15 p.m. Bring your own art supplies and maybe an arty supply you are willing to share with others. Cost is \$2.00 Church basement. Class limited to 14. Contact Ann McKie 720-2844 or ann@mckiesplints.com
- **“Renewal” - a movie** -You are invited to preview a thoughtful and engaging 90 minute DVD – **“Renewal”**. This film documents the responses of Jewish, Muslim, liberal and fundamentalist Christian, Indigenous, Hindu & Buddhist congregations to a variety of ecological challenges. The DVD will be shown at 7 pm on Friday, February 18 and at 12:45 pm on Sunday, February 20. Suggested donation: \$2 Follow the link to see the trailer: <http://www.renewalproject.net/>
- **The Thirteen Feminine Archetypes**  
Instructor: Kathleen Abel Suggested Donation: \$5.00 - \$8.00/Session 15 Saturday Sessions, 4-5:30 p.m. Location: LSICC  
Each week we will discuss the qualities of each archetype, do a short meditation exploring her gifts/energies, explore how mass culture, religion, and personal perceptions have veiled her relationship with us, experience art (visually or in song) and offer home study ideas, and journaling possibilities for building a deeper, more dynamic, personal relationship with each archetype.
- **Winter Dance** - New! Feb. 12 @ 7 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Speaker/Healer</b>		1	2 GA 6:00 pm	3	4	5 4 PM Fem Arch. 10-5 Psychic Fair-Barkers
<b>6 Michael Walke Carol Gieseke</b>	7	8	9 GA 6:00 pm	10	11	12 4 PM Fem Arch 7 pm Winter Dance
<b>13 Salima / Sufi Universal Serv./New Member Recp.</b> Meditation 9:30 Board Meeting	14	15	16 GA 6:00 pm	16	18 7 pm Movie “Renewal”	19 4 PM Fem Arch. 12:15 Creating Art
<b>20 Jerry Kwako/ Carol Norcott Pot Luck / Movie “Renewal” 12:45 pm / Meditation (9:30 a.m.)</b>	21	22	23 GA 6:00 pm	24	25	26 4 PM Fem Arch
<b>27 Jean Captain/ Jerry Kwako Meditation (9:30 a.m.) Fold newsletter</b>	28					

## Church Scrapbook Help Needed

Over many years the church has accumulated a box full of pictures from the near and distant past. If you have any interest in helping to organize and put them in albums please let Ann McKie or one of the board members know. We will happily provide the albums if you are willing to give of your time and talent.

### Speaker Bios

**Feb. 6: Mike Walke** is a retired health care administrator. He currently sits on a number of community boards and has acted in several local plays. He has been a member of LSICC since it was a Spiritualist church and is a student and teacher of the Course in Miracles. His talk is entitled "Mr. Important".

**Feb 13: Salima Swenson** has worked as an occupational therapist and more recently as a hospital chaplain. She sits on the local Interfaith board, leads Sufi Dancing and teaches Yoga. She will direct us in a Universal Sufi Service which draws on phrasing and chanting from all great world religions.

**Feb. 20: Rev. Jerry Kwako** is a retired pediatrician. He feels a resonance with Native American spirituality, is a student and teacher of the Course in Miracles and initiated drumming circles at LSICC. His talk arises from reflections on 2 books: Marshall Summer's "Great Waves of Change" and Eckart Tolle's "Oneness of All Life".

**Feb. 27: Rev. Jean Captain** is a retired scientist and college instructor. She is a Course in Miracles student and teacher and has done intensive study around the Four Agreements.

**March 6: Sister Jean Maher** is the director of the McCabe Renewal Center, a Benedictine retreat center in Duluth. In addition Sr. Jean offers individual spiritual direction. Her topic is "Prayer".

**March 13: TBA**

**March 20: Rev. Sharon Szukis** is a former teacher, a former LSICC president and current owner of The Essence of Health. Sharon earned her title of reverend through the International Institute of Integrated Human Science in Montreal. She will be doing conferences after the service.

**March 27: Merle Borchers** has spoken many times at LSICC in the past. He leads a Healing Circle in his home church Augustana Lutheran Church in Inver Grove Heights and will be sharing that technique with us.



#### Dances of Universal Peace

10 East Superior St. -above the Electric Fetus.  
Sunday, February 13 3:00-5:00 pm  
Intergenerational-Interfaith-Multicultural  
Bring your kids, grandkids, friends, partners, yourself  
Dance ability not important - dress casual

### Changes in the Kitchen



We now need your help more than ever in preparing or cleaning up after our Sunday lunch. We have cooks lined up through the first Sunday in March.

(Cleaners are still needed)

February 6 will be the last Sunday that Jeanne Oman will cook for us. She provided a great service to our congregation and we are deeply grateful for all that she has done. Jeanne opened us to a variety of new menu items and started to reorganize and retool the kitchen. But the time commitment has been too much and Jeanne has recognized that her faith is in alignment with a more traditional Christian perspective.

We wish her every blessing on her life journey.



#### Winter In Love

♡ Valentine weekend is one of the busiest dining weekends of the year, and a Valentine dinner at a restaurant is lovely but won't hold a candle to the region's newest Valentine Celebration

#### Winter In Love.

Feb 11 & 12 Seating at 5:30 pm  
\$40. per person seating limited  
A delightful Valentine's celebration with a 4 course meal by Rita B, theater, music, comedy, dancing and a bit of Renaissance bawdiness.

Unitarian Universalist Church  
835 College St.  
Duluth, MN 218-724-0308

Lake Superior Interfaith Community Church  
 1414 E. 9th St.  
 Duluth, MN 55805

<p><b>Non-Profit Org.          U.S. Postage          PAID          Permit No. 408          Duluth, MN</b></p>
---

**RETURN SERVICE REQUESTED**

If this issue is addressed to an individual who no longer wishes to receive this newsletter, please contact the church office and leave message 724-6554 or drop us a note. Thank you

To schedule Church events, please contact the President, Ann McKie and submit a written proposal with dates and times.

Ann McKie: 218-720-2844/218-391-9737  
 Or ann@mckiesplints.com

**VISIT OUR WEBSITE [www.lsicc.org](http://www.lsicc.org)**

February 2011	March 2011
<p>Feb. 6 11:00 a.m.            Speaker - Michael Walke            "Mr. Important"            Healer - Carol Gieseke</p>	<p>March 6 11:00 a.m.            Speaker - Sr. Jean Maher "Prayer"            Healer -</p>
<p>Feb. 13 11:00 a.m.            Speaker/Healer - Salima Swenson            Universal Sufi Service            New Member Reception - during service</p>	<p>March 13 11:00 a.m.            Speaker -            Healer -</p>
<p>Feb. 20 11:00 a.m.            Speaker - Rev. Jerry Kwako            "Great Waves of Change"            Healer - Carol Northcott            Pot Luck</p>	<p>March 20 11:00 a.m.            Speaker - Rev. Sharon Szukis            Healer -            Pot Luck / Conferences with Sharon</p>
<p>Feb. 27 11:00 a.m.            Speaker - Rev. Jean Captain            Healer - Jerry Kwako            Fold Newsletter 9:30 a.m.</p>	<p>March 27 11:00 a.m.            Speaker - Merle Borchers            Healer -            Fold newsletter 9:30 a.m./1 pm Healing Circle            Demonstration with Lynda &amp; Merle Borchers</p>

<http://groups.yahoo.com/group/duluthlsicc> It's Free!

web site: [www.lsicc.org](http://www.lsicc.org) Featuring calendar of speakers & healers, newsletters, links, pictures, Mission Statement, and more!