



April 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

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Spring. Ahhh! The days are lengthening!!! Eagles have started to course their way along the north shore heading to their summer homes. The fragrance of earth wafts from the dark soil of the unplanted garden. Robins can be heard in the hollows of the creeks that descend into Lake Superior. Green is popping up beneath the snow. Spring! Yes! Its arrival is a reminder of the processes that continue year after year ....hope, birth, reemergence. Thank you God for these visible reminders of change and renewal!

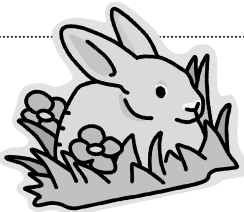
As each of us experiences the joy of spring's arrival, we simultaneously feel the acceleration of chaos and fear in the world. It is in the air. We are sensitive beings open to the human experience of all. Our hearts ache with the families in Japan who have lost homes, health, property, and loved ones. We feel kinship too with the individuals in North Africa and Egypt who are courageously seeking freedom from oppression and rule by fear. We are reminded to breathe through these shared emotions. We must allow ourselves to cry, to yell, and to release what comes forward...and to keep breathing.

When seen from the larger perspective of the world, our own problems may seem to trifle by comparison. Spirit reminds us that the immediate world, the world each of us inhabits is the world we create and, ideally, Co-create moment to moment. Creating our world with the help of Spirit is our work on this planet. Spirit is the Voice within that calls us again and again to Love, to Peace, to Trust, to complete Faith, to speak Truth with Courage. It is our Guiding Light. We simply need to ask ... to listen...and to act. As each of us creates our world centered in love and peace and joy we bring light to our corner of the planet. When we operate from love and from peace we not only create a local vibrational resonance but we also intensify the resonance of peace and love planet wide.

Namaste, Ann McKie

I want to acknowledge and thank *everyone* who helped to do the moving, prep and deconstruction during this past week to allow the builders to come in on Monday to begin construction of the multipurpose space we are calling the "new library". Carol Gieseke, Sue Brewer, Jasmine Phoenix, John Zupansic, Mike Anderson, Louise Pell, Mike Cassady and Steve Plasa all helped to box up and haul items. John, Mike A, Mike C, Louise, Steve and Chuck Crom all worked together to remove the existing walls, ceiling and floor ..... and left the place neat as a pin (Thanks Louise)!! Jean Captain came in the same day I called her and replaced the lock on the office door because we will have many strangers coming and going in the next week or so. Regrettably, I didn't mention Jean's name during the service, but Thank you Jean!!! Jean is being drawn to her mother's home in Wisconsin and so her help is especially appreciated.

Please when you see any of these individuals, say thanks. Ann McKie



#### MARRIAGE MATTERS

Join the LGBT Rally in St. Paul, April 14th

Some members and friends of LSICC are being denied civil rights! Because they cannot legally marry their partners, they cannot claim the 1000+ federal rights and 400+ state rights granted to heterosexual married couples. The Minnesota Family Council is raising \$4.7 million to fund an amendment making it illegal for same sex partners to marry in Minnesota. This amendment will make it nearly impossible to gain marriage rights for all in our state.

Those of us who believe in equality are massing in St. Paul on Thursday, April 14th, to show our strong support for our LGBT friends and neighbors. A bus leaves UMD at 7:30 am and will return at 5:30. The cost is \$20 per person (or whatever you can afford). If you cannot go, please consider a donation to help cover cost of the bus. Please call 525-3220 or email [jmorgan4801@gmail.com](mailto:jmorgan4801@gmail.com) (Julie Morgan) for more info.

Submitted by MaryAnn Starus

## Piano - You Haul - It's Yours!

In order to complete construction on the new library, we need to find a new home for the upright piano in the church basement. Interested? The LSICC music committee (Bernadette Savage is the chairperson) is the contact person. You would be responsible for moving the piano. Call the church office if you need any further information (218-724-6554).



## Speaker Bios

**April 3: John Beyer** John Beyer is a long-time member of LSICC. He retired as deputy chief of the Duluth Police Department in June of 2010. He is currently consulting and providing training on domestic and sexual violence issues with a national group in Washington, D.C. John has titled his talk "Wisdom Tooth"

**April 10: Rev. Phyllis McCoy** An intuitive counselor since 1983, Phyllis McCoy provides a channel through which the client is gently and firmly led into their own Wisdom.

Phyllis offers a loving exchange to bring insight and tools to relationships and life conditions where the client is seeking growth and understanding. Phyllis will be offering a workshop on April 9th. Please see ad.

**April 17: Shelia Packa and Kathy McTavish** Sheila Packa is the Poet Laureate of Duluth (for 2010-2012). She and Kathy often perform together. Sheila has two books of poems, The Mother Tongue and Echo & Lightning, several chapbooks/audio CDs and her poetry is include in 4 anthologies.

Kathy McTavish is a composer/free-style cellist. Her music has been used behind spoken word, theater, visual art/sound installations, and film. They have titled their service "Wheel/Turning"

**April 24: Rev. Kathleen Abel** Kathleen Abel is a teacher, musician and minister. She graduated from Andover Newton Theological School in Boston in 2009 and is currently in the process, with young parents, of founding a Waldorf-Methods K-8 public charter school in Duluth. She is passionate about helping everyone find, in freedom, their way Home to the Great I AM and to authentically share their Divine Gifts with the world. Kathleen's service on 4-24 is titled "The Resurrection of Each Individual Christ Within".

**May 1: Dr. Lynn Woodland:** Rev. Dr. Lynn Woodland is an award-winning author, international teacher and human potential expert with a 35+-year career in transpersonal psychology, human motivation, spiritual healing and mind-body psychology. Her particular expertise is in what gives rise to miracles and in teaching ordinary people to live extraordinary lives so that miracles become, not just possible, but natural. Learn more at [www.LynnWoodland.com](http://www.LynnWoodland.com).

**May 8: Dr. Jocelyn Zentz.** Dr. Zentz is a Naturopathic Physician, trained at Bastyr University in Seattle, WA. She has also trained with a variety of spiritual teachers, and feels as though her deepest healing has come from these practices. In her Medical practice, Dr. Zentz is dedicated to treating all aspects of health.

**May 15: TBA**

**May 22: Dan Rogers** Dan Rogers has been a psychologist for 33 years and currently works in the medical clinic on the Fond du Lac reservation. For nearly 10 years, Dan has been having experiences with angels. Periodically, he needs to share these experiences in order to augment and focus them. He has titled his talk "Soaring with Angels"

**May 29: Debbie Gitar** Born and raised in Superior, Debbie Gitar has lived in the Twin Cities for about 15 years. She is a student of spiritualism, healing and shamanism. She is a Reiki Master Teacher. She has been doing readings and healings for about 10 years.

## Community Introduction

"My Name is Pat Foley. I am an Intuitive Bodyworker and Chiropractor and own Pathway Chiropractic. I moved to Duluth about a year ago. My work is very gentle and unique to each session. Each person has within ourselves the inner knowledge that let's us know exactly what can be done and in what order to help bring us back into a state of balance and health in the most efficient way. I tune into this energy system to find out the cause behind a person's pain or discomfort, then let it guide me through the session. I have been able to achieve this with myself and believe my purpose is to help others in the same way."

You may contact me at 320-293-4154 for any questions you might have. Thank You.

Introduction: This material has been channeled through Audrey .

**What happens to the physical body at the time of death?** At the time of death, the physical body gradually loses its hold on the consciousness of the deceased and becomes an empty shell. In some cases, the newly deceased may feel a momentary nostalgia and may wish to return, but generally the feeling of freedom is so intoxicating that all thought of the physical is released. What is left to the individual is pure consciousness. Imagine no more feelings of heaviness, of aches and pains, of tension and yet the sure knowledge that "you" are still you. You continue to have your feelings and memories, and yet no longer experience any physical incumbrances. Very few, at this point, would ask to be reunited with a body which only held back and held down the now soaring spirit. The feeling of invincibility arrives and the death experience becomes the beginning of the grand adventure.

### **Dreams and Consciousness**

A Journey with Phyllis McCoy  
Saturday, April 9, 2011 1-4:30 p.m.

Join us for a group journey into our dreams: what they are, what they mean, how to remember them and how to interpret the Wisdom of them. Consciousness is a body of energy which binds us all together. We will explore this fascinating realm of the human condition; learn how we can be more effective in using it and how we can direct it to change our lives and offer service to others. A meditation will enhance what we learn.

A Fair Exchange Offering\* will be accepted following the workshop.

\*I will happily accept a fee for the workshop, amount to be decided by each person attending.

I call it a Fair Exchange Offering, a portion of which is shared with our church. Thank you!

Phyllis will be speaking on April 10 and doing conferences following lunch.

#### Opening Prayer - Service 3-13 by JD Durwood

Thanks be to you oh God - For the stirrings of new life in me today. - For rising from the dreams of this night - To fresh flowing of energy - For the vitality that awakened my body and the desires that stir my soul. Let me know the power for life that is in me; the life force that is in my heart; Let me know You as a source of such force and be wise to its true streams and false currents. Let me serve love with my strength in heart and mind and body this day - Let me serve love.

#### **Journey into Joy**

Review by Chauncy Opshal

This is a very special book. It is a small book of not many pages. I think of it as two books. There is the text. There are the poems. I find the poems to be enchanting, exquisite. I reach for them often to help shift my thinking to a more gentle and constructive place. They are visual. You can close your eyes and see more peaceful options. They bring to mind those things in life we so strive for: freedom, gratitude, peacefulness and friendship. And, they suggest, in their simplicity, that can be true. The text lets us know the author has had adversity in her life, and much adversity, in fact. And, it shows us, with the lightest touch, that we can still live in a place of acceptance and peace, of hopefulness and joy, despite, or with, adversities. The personal closeness of the text is not something everyone can achieve. I'll bet that most of us wish, with the reading of this small book., that we could, though. This book rather shines. I find it to be like a bright light. I can pick it up at most any time to reread a page, or a poem, and know that I will feel lighter.



Jill's journey of self discovery is a great guide for anyone who desires to live in the Light.

Available at Local Bookstores; [www.savpress.com](http://www.savpress.com);  
Amazon.com, and from the author.  
For more info Email: [mail@savpress.com](mailto:mail@savpress.com)

# The Miracle Experiment with Rev. Dr. Lynn Woodland

Sunday, May 22, 1-3:30(?) at LSICC Cost: self-determined donation

To register, sign up at LSICC or leave a message on Lynn's Events Line: 651-642-5405.

Have you been noticing more frequent serendipities? Do you feel on the verge of something? You may have already sent these experiences back through time to yourself by attending this event!

Drawn from Lynn Woodland's new book, *Holding a Butterfly—an Experiment in Miracle-Making*,

The Miracle Experiment will boggle your mind, touch your heart and change reality as you have known it.

A healing service—yet more; a manifesting exercise—and still more.... Even though miracles may result in healings and manifestations, they take us beyond our needs, our wants and beyond the limitations of our thinking. Miracles are such a direct experience of God that they change us. They awaken us to dreams we never thought to dream before, things our heart has always longed for but our minds have never known how to name. This event will sweep you up in a collaborative experiment that pushes all the boundaries of human potential. Curious? Be part of the experiment—it may just change your life!

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## Introduction to Feng Shui

Cost \$15.00 Place LSICC May 15th @ 1:00 - 2:30 p.m.

Presenter: Christy Mesojedec

Feng Shui is the study of how to arrange your environment to enhance the quality of your life.

Learn the history, three basic principles of Feng Shui, and how to apply Feng Shui to your home.

Christy is a graduate of both the Western School of Feng Shui Interior and of the Alignment Feng Shui study group.

Christy can be contacted at 218-984-2034

or [fengshui@rangenet.com](mailto:fengshui@rangenet.com)



5080 Hwy. 21 • Embarrass, MN 55732

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# Rummage Sale

Rummage Sale Time- Start Cleaning Out / Remember: **One person's trash is another's treasure!**

Our annual rummage sale is coming up again. This year it will be held on Saturday, May 6th from 8:30 - 1:00 p.m.

We welcome your recyclable items. (Except: shoes, computers, printers and non-working items, encyclopedias)

You may bring your items to church: Sunday, May 1st

**PLEASE SAVE YOUR Books, CDs, Videos & DVDs FOR THE FALL BOOK SALE!**

We will be pricing on Friday, May 6, from 8:30 - 1:00 p.m. If you can help, it would be greatly appreciated.

Please contact Jasmine Phoenix with questions

Thanks to everyone who contributed ideas to how to get volunteers for our Communion, the meal we share .  
After gathering in the meditation room and visualizing a SEED and SOIL we reviewed what the tables had written.  
This is the list of ideas. We prayed to find ways to make them FLOWER INTO JOYOUS SERVICE OPORTUNITIES

Suggestions offered by group at lunch


- Lack of space in the kitchen, don't want to be in the way
- Obligations before or after keep me from doing it
- Other church obligations
- Music in kitchen would make it more enjoyable
- Daunting task
- Hire a chef (for a reasonable amount of money)
- Ask people to take charge for a month, lining up others a month at a time
- Buy ahead and have things on hand (cheese, lunch meat, chips, etc.)
- Pot Luck every Sunday except Circle Sunday No Food that Sunday
- Manager will get \$20. for being in charge of opening up and closing up
- Open - get coffee going Close -clean up and close up
- Have kitchen volunteers join the ending greeting so they can get hugs
- Number off at each table and #'s 1's, 2's etc. from each table clean the table and help in the kitchen clean up

- Make it easier, possibly a production line process
- Circle upstairs is at the same time of food prep time
- Too lengthy for clean up
- Needs leadership
- I will sign up more often and find volunteers like me and keep it fun
- Offer a gas card (\$10 maybe) for getting lunch together
- Keep it simple
- Have 2 people take one month & do both prep & clean up
- Someone has to be a coordinator-get people to sign up

Our meeting ended with a consensus to keep going with seeking volunteers, following safe kitchen rules, teaching those who want help how to go about using the kitchen, and accepting how things go for now with some continued help by those already working out of love in doing it until someone comes by and says HOW CAN I HELP!

Carol Kondrath

***Timing Is Everything***  
*Explore the predictability of life experiences*




**Intuitive Consultations**  
**By Pam**  
**218-341-5335**  
[www.intuitivepam.com](http://www.intuitivepam.com)

NUMEROLOGY AND THE WHEEL OF PREDICTABILITY  
Explore the predictability of life experiences as revealed through the ancient arts and science of Astrology, Numerology and Tarot. Each student will receive the 2011 Wheel of Predictability workbook. **April 4th 6-8:30 p.m.**  
The cost for the workshop is \$20.00 = \$15.00 for the workbook payable to the instructor the night of the class and \$5.00 registration fee to Woodland Community Education.  
Call Woodland at 728-7463 to register.  
Pam Losasso, Instructor



Pray for Peace, Love and Light

***The Nature of Being***  
**Phyllis McCoy**  
*Intuitive Life Coach*  
**612-789-8309**  
(Telephone Sessions By Appointment)  
phyle11@gmail.com  
2015 Central Ave. N.E. #422  
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If you have something of interest to share - email to the above address

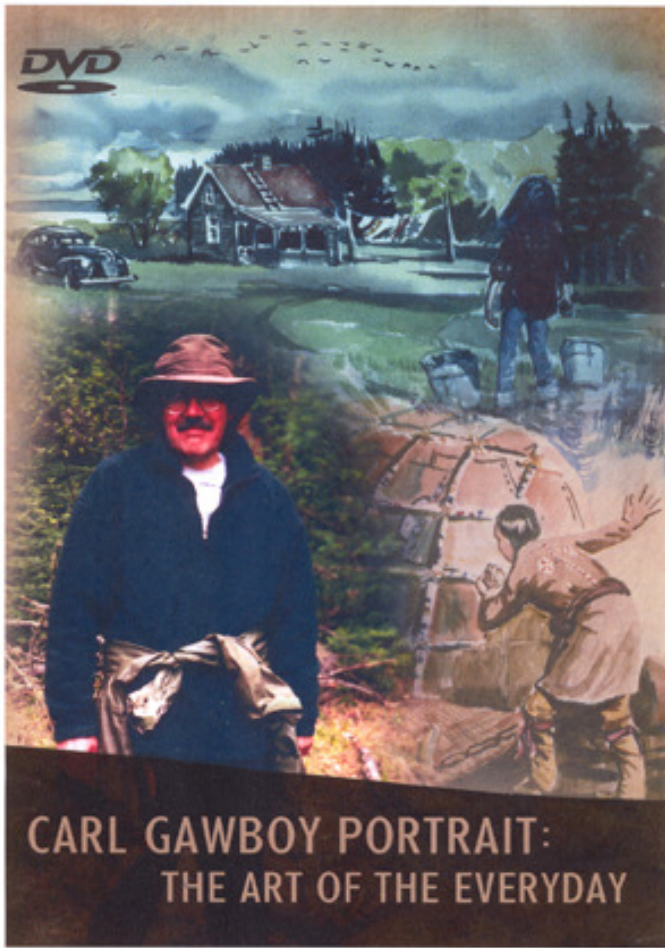
Showing of the Documentary Film:  
"Carl Gawboy Portrait:  
The Art of the Everyday"

By Emmy Award Winning Director Lorraine Norrgard

Friday, April 1- 7:00pm-

Lake Superior Interfaith Community Church, 1414 East 9<sup>th</sup> Street, Duluth

Free will Donation Accepted



*This project has been financed in part with funds provided by the State of Minnesota from the Arts and Cultural Heritage Fund through the Minnesota Historical Society.*

Title: *Carl Gawboy Portrait: The Art of the Everyday*

Often considered the most treasured artist in Ojibwe Country, Carl Gawboy (Bois Forte Band of Chippewa) has been called the "Norman Rockwell" of Ojibwe(Chippewa/Anishinaabeg) artists because his work includes realistic depictions of Native American life in the Northern Great Lakes Region from the dawn of mythological time to the present day. Heavily influenced by his own place and time in history, Carl captures and honors an intimate view of Chippewa life he calls "*the art of the everyday*". His fresh and distinct style is as unique as his subject material and his work has become increasingly admired, appreciated, and collected.

In this video, *Carl Gawboy Portrait*, viewers hear Carl tell stories of his childhood in a Finnish-Ojibwe family that practiced seasonal activities on the Bois Forte reservation, going to school in Ely, MN, attending college, and then working to balance employment and artistic endeavors. Visual images from his paintings enrich the narrative as he shares his deep familiarity with his cultural roots and his affinity for the land. He speaks candidly about critical personal decisions, about his own creative process, about the many different formats he has used, and about the legacy he hopes to leave.

Created by Emmy award winning director, Lorraine Norrgard, this video is a beautiful tribute to Carl Gawboy, an artist often overlooked by the commercial art world, but held in high esteem by his contemporaries and community members. It is meant to be a footnote to the work of an artist whose career has made an invaluable contribution to contemporary American culture by representing visual scenes not part of the homogenized American experience.

Discussion immediately following with filmmaker, Lorraine Norrgard

Please call 218-720-2844 for further information

# APRIL 2011

## Schedule of Events

- **April 1 Movie:Carl Gawboy Portrait**  
See ad / 7:00 p.m. at LSICC
- **Circle Service Meeting** April 3, 12:30 - 1:30 p.m. Anyone interested in creating the circle service is welcome to attend this 2nd meeting. Dan Conely chairs the meeting.
- **Creating Art Through Meditation** This workshop has moved to the Duluth Art Institute.
- **Work Shop with Rev. Phyllis McCoy**  
Will be held on Saturday, April 9th 1-4:30 p.m. "Dreams and Consciousness"  
See Ad
- **Rummage Sale** 5-7-11 8:30 - 1:00 p.m.  
Pricing will be on Friday, May 6 8:30-1:00
- **The Miracle Experiment with Rev. Dr. Lynn Woodland** Sunday 5-22 1-3:30  
See ad
- **Christy Mesojedec, Feng Shui Practitioner** will present a workshop 5-15-11 at 1:00 pm. The cost is \$15.00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Speaker/Healer</b>					<b>1</b> Pricing for Rummage Sale 8:30 -1:00 pm <b>Movie:Carl Gawboy Portrait</b> 7:00 pm see ad	<b>2</b>
<b>3</b> <b>John Beyer/Sue Brewer</b> Meditation 9:30am Circle Service Mtg. at 12:30	<b>4</b>	<b>5</b>	<b>6</b> GA 6:00 pm	<b>7</b>	<b>8</b>	<b>9</b> 1-4:30 p.m. Dream Workshop with Phyllis
<b>10</b> <b>Rev. Phyllis McCoy/Jasmine Phoenix</b> Conferences after lunch with Phyllis Meditation 9:30 Board Meeting	<b>11</b>	<b>12</b>	<b>13</b> GA 6:00 pm	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> <b>Shelia Packa/Kathy McTavish</b> Pot Luck Meditation 9:30am	<b>18</b>	<b>19</b>	<b>20</b> GA 6:00 pm	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> <b>Rev. Kathleen Abel</b> Meditation 9:30am Fold newsletter	<b>25</b>	<b>26</b>	<b>27</b> GA 6:00 pm	<b>28</b>	<b>29</b>	<b>30</b>

Lake Superior Interfaith Community Church  
 1414 E. 9th St.  
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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)**

April 2011	May 2011 <i>(Time Change 5-29 to 10:00 a.m.)</i>
April 3 11:00 a.m. Speaker - John Beyer "Wisdom Tooth" Healer - Sue Brewer	May 1 11:00 a.m. Speaker - Lynn Woodland Healer - Workshop with Lynn @ 1:00 p.m.
April 10 11:00 a.m. Speaker - Rev. Phyllis McCoy Healer - Jasmine Phoenix 9:00 a.m. Board Meeting / Conferences after lunch Workshop with Phyllis 4-9 @ 1 pm (see ad)	May 8 11:00 a.m. Speaker - Dr, Jocelyn Zenta "The Mind Body Connection and Healing" Healer - 9:00 a.m. Board Meeting
April 17 11:00 a.m. Speakers & Healers - Shelia Packa & Kathy McTavish "Wheel/Turning" Pot Luck	May 15 11:00 a.m. Speaker Healers Pot Luck Christy Mesojedec - Feng Shui Workshop 1:00 \$15.00
April 24 11:00 a.m. <b>"Happy Easter"</b> Speaker - Rev. Kathleen Abel "The Resurrection of Each Individual Christ Within" Healer - TBA/ Fold Newsletter 9:30 a.m.	May 22 11:00 a.m. Speaker - Dan Rogers "Soaring With Angels" Healer - TBA
	<i>Time Change</i> May 29 <b>10:00 a.m.</b> Speaker - Deb Gitar Healer Fold Newsletter 9:30 am 