

AUGUST 2010

HIGHER GROUND Newsletter

Lake Superior Interfaith Community Church

1414 E. 9th St.

Duluth, MN 55805

218-724-6554

President's Message

Sunday Services

10:00 A.M.

Time Change 9-5-10

To 11:00 a.m.

Lunch after every service.

Potluck 3rd Sundays

CHURCH BOARD

President

Jasmine Phoenix

Vice President

Jean Captain

Secretary

Sue Brewer

Treasurer

Roberta Tigerfuentes

Trustees

Louise Pell

Lisa Cerri

Carol Kari

Rebecca Lee

Michael Walke

Those of us of a certain age remember that author Erich Segal said in the book 'Love Story', 'Love means never having to say you're sorry.'

God loves you, and that is why you never have to say you're "sorry" to God. (She already knows.)

If you love someone, relieve them of the need to apologize to you for anything. The need for an apology is the signal of a person who is mistaken about him-or-herself.

You cannot be damaged by another; you only imagine that you can.

It is all in your head. It is all in your thought about it. Go back to LOVE and give up your need to forgive others for anything.

And since we co-create our reality, you agreed to be in the situation where you felt the need for an apology came from.

This concept relates directly to a situation we discussed in a healing circle at church recently. If you feel that someone owes you an apology, then almost certainly you have judged them, and found them wanting.

And if you have judged them, you would owe them an apology. So, then, no judgments mean no need for forgiveness - and no apologies.

Just be sure, as you wrap your head around this concept, that you do not judge yourself. If you reflect on your beliefs or behavior and find room for improvement, just move forward from that point. Embrace your human fallibility, for it is what allows us to learn and grow.

Thanks to Neale Donald Walsh for the idea for this letter.

Blessings, Jasmine

Please participate in our survey below! Thanks

This survey is intended to find out if there is interest within the community to develop discussion/education groups (in addition to the group Chuck Crom is currently leading).

Are you interested in such a group? Yes ___ No ___

What topics would you like to discuss/learn _____

What time would be good for you _____

Who would you like to lead this group _____

Would you be willing to lead? Yes _____ No _____

Do you want a six week, eight week, or ten week program? Longer _____ Shorter _____

Other Comments:

Please fill out survey and return to either Rebecca or Jasmine. Thanks!

Upcoming Events

August 1 - Barbara With

August 8 - Kate Garvey
Vibration Workshop to follow service

August 15
Edna Lange with Granddaughters and
Great-granddaughters

August 22 - James Ulness
Workshop to follow service

Sept 19
Rev. Phyllis McCoy
Conferences to follow service

Sept 26
James Ulness
Workshop to follow service

Ongoing Events

Debtors Anonymous Meeting
Tuesdays 7:00 p.m.
Contact Gary 728-4085

Gamblers Anonymous
Wednesdays 7:00 p.m.

Third Tuesday each month
Journey Circle
10:00 a.m.
See article below

Gathering before Sunday service
8:30-9:30 a.m.
Exploring Our Universe/Consciousness
Upstairs Meditation Room

Things to Remember

Love & Forgiveness

The Present Moment

Nonjudgment

New Groups at LSICC

JOURNEY CIRCLE

If interested, please contact Dan Conley at: _danjc6766@aol.com or 218-384-3639 The group will be started when a group of interested people is developed.

HEALING CIRCLES

This circle will be there for anyone who needs the support of a circle to move through a difficult time. It could be a loss, a conflict, a health problem or anything that a circle could help. This circle will be set up for the person who requests it. It will be open only for the members that this person needs to be in the circle. To develop this, contact Dan Conley at 218-384-3639.

Dan will help plan and facilitate this circle with you.

The Nature of Being **Phyllis McCoy**

Intuitive Life Coach

612-789-8309

(Telephone Sessions By Appointment)


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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, Jasmine Phoenix and submit a written proposal with dates and times.

Jasmine : 218-591-9747
 Or jphoenix1@charter.net

VISIT OUR WEBSITE www.lsicc.org

| August | Sept - Time Change |
|--|--|
| August 1 10:00 a.m. Speaker - Barbara With | Sept 5 11:00 a.m. Speaker - TBA |
| August 8 10:00 a.m. Speaker - Kate Garvey Workshop to follow service | Sept 12 11:00 a.m. Speaker - Rev. Jasmine Phoenix |
| August 15 10:00 a.m. Speaker - Edna Lange with granddaughters & great-grandbabies Pot Luck | Sept 19 11:00 a.m. Speaker - Rev. Phyllis McCoy Annual Meeting & Board Election Pot Luck / Conferences |
| August 22 10:00 a.m. Speaker - James Ulness Workshop to follow service | Sept 26 11:00 a.m. Speaker- James Ulness Fold newsletter 9:30 a.m. Workshop with James Ulness following service |
| August 29 10:00 a.m. Speaker - TBA Fold newsletter 8:30 a.m. | |

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

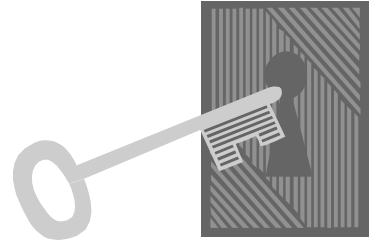
web site: www.lsicc.org Featuring calendar of speakers & healers, newsletters, links, pictures, Mission Statement, and more!

Prayer for the Gulf

by Dr. Masaru Emoto (from ho'oponopono)

*To whales, dolphins, manatees, pelicans, seagulls and all aquatic bird species, fishes, shellfish, planktons, coral, algae and all creatures in the Gulf of Mexico,
I am sorry. Please forgive me. Thank you. I love you.*

Church Locks to be Changed



The Board recently decided that the locks on the church exterior doors and office will be changed soon. We have no idea how many keys are out, or with whom. We may have been lucky to have had no problems and we want to avoid any possible liability issues.

New keys will be numbered and a sign out system will be initiated. Each person who receives a key will be required to provide contact information and keys to the office will be distributed at the discretion of the board treasurer. We will also ask that the keys be returned when their possession is no longer necessary, as for example when a board member's term expires.

We are compiling a list of individuals who we know will need a key on a regular basis. Please contact Jasmine or Tiger if you have any questions or feel that you need a key.

Thanks for your cooperation and understanding.

Meditation Class August 8th with Kate Garvey

Transformation through Sound and Vibration:

Did you know that vibration is the most powerful force in the Universe? On August 8th, Sound Healer Kate Garvey will discuss how sound, vibration and intention work together for personal and planetary transformation. She will share the scientific and scriptural facts explaining why sound healing is highly effective and relate these findings to individual health and emotional well being. She will also share tips about how we can raise our personal vibration, increase our joy and be a force for transformation.

On August 8th at 12:00, Kate will conduct a "Body Blessing Meditation" in the main sanctuary. This is an opportunity to reduce stress and achieve a greater appreciation for the body you've been given. While this meditation is a wonderful opportunity to experience a new meditation technique and relax, persons with body image issues, survivors of abuse and individuals with chronic pain or illness are highly encouraged to attend. The gathering will last approximately 1 hour. Bring a towel or blanket, eye cover or wash cloth and a notebook. Suggested donation of \$10

Kate Garvey is a native of the Twin Ports and frequently returns to teach Sound Healing Workshops (she resides in Colorado). She holds a bachelor of music from UWS and has studied sound healing with Kyros Institute of Sound Healing, Reiki from Antara Center and has been involved in Shamanic studies and ceremonies.

Kate is the founder and director of The Institute of Sound Healing and has published more than 50 articles. She is also a voice for animal welfare and pet care. For more information or to book a speaking engagement please visit:

www.InstituteOfSoundHealing.com

ANNUAL MEETING NOTICE

Our annual meeting will take place on Sunday, Sept. 19th at 11:00, with Rev. Phyllis McCoy as our speaker. We will review our past year together, including financials and building improvements, and elect new board members.

Speaking of which, we are seeking candidates for the following board positions: President (2-year term); Vice-President (1-year term); and 2 trustees (3-year term). You must be a member in order to vote for these positions.

Please consider serving our church community in this capacity. If you have any questions about what this entails, just ask any board member.

Remember, we are a volunteer organization. We make our church what it is, and will be, with our thoughts, intentions, prayers, and actions.

It's time to RENEW your membership!

Yes, folks, it's that time of year again. Our bylaws require that we each renew our membership annually, and make a pledge to support our church's expenses. You may make a donation now of any amount, and then of course continue your support throughout the year as you are able.

We need to know very soon what kind of funds we will have available in order to put together a budget for the next fiscal year, so please renew now as generously as you can!

Your donations support speakers and music during our services, as well as maintenance and improvement of our building. During the past year we replaced our hot water heater with a more efficient model, replaced carpet in the sanctuary, and expanded one of our bathrooms to be more accessible. Your support made these possible, and will allow us to continue improvements and repairs in the year to come.

If you have any ideas or energy for fundraising, please let a board member know. THANKS so much!

Annual Book Swap & Sale

Small item: Please be saving items for our 3rd Annual Book Swap and Sale, which will be held this fall. Any type of book is acceptable, as well as other items of a spiritual nature. These might be pictures, candles, figure, jewelry, CDs, or DVDs. If you wonder if a donation is appropriate, ask Carolyn or Jasmine.
Thanks.