

July 2011

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.

Circle Services

9:30 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

Sue Brewer

Harley Blake

Michael Walke

Bernadette Savage

A business trip in April took me to Philadelphia, Pennsylvania, our nation's first capitol. Walking the cobbled streets of the historic center of the city, I toured the home of Betsy Ross. Betsy Ross was born Jan 1, 1752, the 8th of 17 children. She was a fourth generation American, her family having arrived on America's shores to be part of William Penn's new spiritual community, the Quakers. Betsy went to school in a public Quaker School where she learned reading, writing and arithmetic. In her teens she apprenticed in an upholstery shop.

Betsy met and fell in love with another apprentice in the shop, John Ross, the son of an Episcopal assistant rector at Christ Church. The penalty for interdenominational unions was severe — the guilty party being "read out" of the Quaker meeting house. Getting "read out" meant being cut off emotionally and economically from both family and meeting house. One's entire history and community would be instantly dissolved. On a November night in 1773, 21-year-old Betsy eloped with John Ross.

Two years later, Betsy and John Ross opened an upholstery shop of their own in the lower level front of their home. Within a year of opening the business, the chaos of war made their supply of fabrics uncertain. Probably to make ends meet, John joined the militia. While guarding a stockpile of ammunition, John was mortally wounded in January, 1776. In June of that same year, now 24 years old, widowed, Betsy was visited by George Washington, George Ross and Robert Morris. The rebels needed a flag. In the safety of her upper bedroom she sewed the first U.S. flag. Betsy Ross went on to survive the war. She would be married and widowed twice more, bore 7 children, and ultimately lived to age 84. During her lifetime, Betsy Ross, as a woman, would never be granted the right to vote.

A couple months ago, the surviving son of our former next door neighbor knocked on the lower door of the church. He recounted that his parents defened, against the opposition of many neighbors, the building of the Spiritualist church at our present 1414 E 9th St. site. Clear plastic still covers all the older windows of the church, a protection from rocks that were regularly hurled at the building.

On a big scale and on a small scale, we evolve. We are now an interfaith church. We are deeply grateful to the visionaries who have brought us to this point in time. We honor them by using our freedoms and acting as those who came before, with courage and integrity, following the guiding voice from within.

"Today and every day, I celebrate the truth of who I am –a unique and precious child of God. I embrace and give thanks for the freedom to me!"

You will know the truth and the truth will make you free –John 8:32 [Daily Word, July 4, 2011] Have a wonderful and safe Independence Day.

Namaste, Ann

RE)JOIN UP NOW!

Lake Superior Interfaith Church announces the annual membership drive!

Each year you are asked to repledge your membership to our church because our by-laws tell us that's the way to do it. That means we request your membership info again and hope you will donate an amount appropriate to the value you have found as a member of our church community. No minimum, no maximum.

Don't be shy, we need your support. New members are welcome anytime but get the most value by joining now and we won't ask again till next summer. It is so important to our continued operation that your donation entitles you to vote at our annual election in September.

On your membership card, which you will find in this newsletter, you can choose to be in our Directory and get our monthly "Higher Ground" newsletter by snail mail or email. Keep informed about our monthly and upcoming events. Please send in the enclosed envelope with membership card or place it in the offering basket. Be in the know now!

Steven Plasa,

Designated unofficial church herald

Enjoy the 4th -
Be safe!



RESCUE GROUP Taken from the archives of LSICC newsletter May 1995 **RESCUE GROUP**

This material has been channeled through Audrey Fischer.

Wisdom can only be earned. It takes time and courage to do those things which can never be easy. Take time to ponder and all things will be manifested that are truly values. Be of sound mind and the body will follow.

Universal mind has created all things for the unfoldment of spiritual reality. To return to the source is the eventual goal of all things. Our lives are but a brief interlude before we reach our real home with the mind of God. Know that sorrow, being the means of convincing man of the need for inner life, is a spiritual teacher.

Wisdom comes in small increments over a long period of time. Do not attempt to force it. It cannot be purchased. It has its own price and that price is the result of personal experience. Those who never suffer, those who are unaware, cannot receive it though it may be everywhere. Trust that all experience has some kernel of wisdom hidden within the event.

Great Things are happening at Lake Superior Interfaith Community Church!
Workshops Circle Services Annual Picnic
Annual Meeting Fall Book Sale
Invite Your Friends!!

Deborah Lord, M.A.
Mystic Medicine Woman & Author
35 Yrs Healing Mind-Body-Heart-Spirit



Body-Centered Psychotherapy
Biodynamic Cranial Sacral Therapy
Emotional-Energy-Spiritual-Light Healing
Chi Kung + Shamanic Healing
Toltec Wisdom + Dream Mastery
Bach Flower + American Plant Essences
Vedic Chants, Polarity Therapy
Meridian-Visceral Balance, Trauma Release
Ayurvedic Mom+Baby Massage,
Kinesiology, Meditation, Yoga, Breathwork

Deborah brings her gifts of inner seeing, expansive awareness and unconditional love to meet your intent for healing, spiritual growth, and manifesting a new dream of life.

*"Deborah's apprentices are very fortunate to experience her love."
don Miguel Ruiz, MD
author The Four Agreements*

Contact her: 413 207 1821 EST
www.dlordhealing.com/blog

The Profound Peaceful Mind-Peaceful Heart Program
New Brain Activation Tools & Body-Mind-Heart-Spirit Integration
One-Day Transformational Workshop to Rise Through Life's Stress & Suffering
Sat. Sept. 17
Lake Superior Interfaith Community Church
Duluth, MN
10am-6pm

Joining together your intent, ancient wisdom and modern research to:

- > create new tools to ease your life
- > establish practical pathways of higher consciousness
- > bring forth new beliefs to support being truly yourself & fully alive now
- > live in the power, peace & contentment of the present moment

Do you feel...

Stressed, Stuck, Fear, Self Doubt, Confused, Tense, Anxious, Critical
Tired of Repeating Old Experiences, Suffering over Past, Present or Future,
Comparing Yourself to Others, Unable to Move Past Something, Not Good Enough,
Longing for What You Don't Have, Frustrated with Life, Yourself or Others,
Wishing Things Were Different, Trying to Push the River, Procrastination
Difficulty with Focus or Manifesting, Upset with Relationships,
Wanting to Grow Spiritually...

Join our Circle of Loving Support and Healing Tools to
Change Your Mind-Body - Change Your Life -
Live in the Fluid, Peace Available to You Now

Cost: \$100 for Advance Registration - Credit Cards accepted - Call to Register
Private Healing Sessions to Deepen your work, also available by appt. \$95.
Contact Deborah: 413-207-1821, dsl1201@aol.com
Bring: Your Lunch, Journal, & identify 1-3 things that cause you stress or suffering

Local Contact: Ann McKie 218-391-9737

Circle Service One

"Change" was the message Rev. Sharon Szukis received from Spirit as she led our first Circle Service on 6/26/11. She also received the message that she was to act as a facilitator rather than lecturer. Dan Conley had carved an eagle-like talking stick which was placed at the center altar atop a drum. More than 40 people participated in the service and at least 13 people shared a message they had received from Spirit. Below are some comments made by participants:

"I thought the circle service was wonderful and refreshing. I felt a much closer connection to people. I wouldn't change a thing."

"I liked how Spirit provided Sharon a word to focus on and whoever wanted could respond to it.... I appreciated the inspiration shared was short, succinct and personal. It felt somewhat like a Quaker gathering. In the end when we formed a circle and placed our hands on the next person's back... I thought of how we all had each other's back ... a deeper felt sense of connection amongst all of us in the form of support. A physical expression of that support ... like setting that as the intention at the end of each circle. We have each other's back. Perhaps a deeper bondingDid anyone else notice how fast our circle transformed into a dining area?"

"I like that the presenter has the ability to change the process as to follow Spirit. I also like the freedom of the person doing the meditations. I thought it went much better than I thought it would on most levels...*The next circle is likely to be very different so we need to be open to accept that.*"

"I would like to see the center of the circle reflect more of our interfaith tradition, [perhaps] some of the symbols from upstairs in a circle. Possibly the circle center [can] change with the presenter?"

"I liked the doing something new and giving folks an opportunity to express their present experience. Don't like setting things in stone, and it appears that it is possible to let the form fit the need. Very happy that I attended and hope we do it again, not all the time however. I do not want it to always have an American Indian overtone although it is very powerful. If we are truly an interfaith community it should take on other flavors perhaps."

If you missed our first circle service - be sure to try your best to attend the next!!!

Sharon
Szukis
9:30 am
June 26

Great Success!

Phyllis
McCoy
9:30 am
July 24

Spiritual Circle Service

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

Come and Join Our Newest Feature!
We are inviting you to experience the blessing of
an inspirational service. This is new to our area.

We will be having these circles on
the following dates

June 26th

July 24th

August 21st

September 25th

Chuck
Crom
10:30 am
September 25

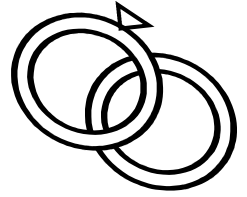
Jiavanna
Skolnick
9:30 am
August 21

Annual Church Picnic / Celebration of Jean & Jerry Kwako's 50th Anniversary



Where: Chambers Grove

When: August 28th - after church - ride share will be available.



***This year our annual picnic is a double party!
Jean and Jerry are going to sponsor the annual picnic.***

As they are going to cater this - they would like those who plan on attending to either call them at 218/525-1075 or email at jjkwako@chartermi.net to help with getting a close count for ordering food for the picnic. There will also be a sign up sheet on the bulletin board at church.

Speaker Bios

July 3: Jean Captain Jean trained in the Toltec tradition with Deborah Lord and is a teacher in the lineage of Don Miguel Ruiz (author of The Four Agreements). She spent her career in electronics; in the US Navy during the Viet Nam war, in Honeywell Residential Engineering, teaching at NEI, and working in a limnology research group at the University of MN. She currently lives in Duluth near the incredible lake that drew her here.

July 10: Rev. Jasmine Phoenix Jasmine has been consciously been on her spiritual journey for nearly thirty years. She is an ordained minister, spiritual director, and holds a Masters of Social Work; also past president of LSICC.

July 17& Aug 7: Kate Garvey Kate "Understanding the Shift" loves to research and explain the correlations between sound, science and sacred scriptures. She hold a BA in Music Ed from UW-S, is a level II Acutonics practitioner, and has been involved in Shamanic studies for many years. In Sept., she will be a panelist for a telesummit to help Empathics understand how the shift is affecting everything; our bodies, animals, thought patterns, the earth and what we can do to help ourselves and others through this highly charged transition. She works as a sound healer, self-care coach, workshop leader and speaker. Additionally, Kate is deeply concerned about animals and has had more than 50 articles published on animal care and welfare.

July 24 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.

July 31: Glenn Tobey Glen has worked for 40 years in the field of human services and is currently a psychotherapist in private practice in Duluth. He is a Spring Forest Qi Gong master healer and a level I and level II certified instructor.

Aug 14: Marcus Lovemore: Marcus was 26 years old when overnight he went from elite martial artist to dying of kidney failure. His 13 year journey through ailments that plaque kidney patients, including blindness, deafness, arrhythmia, dialysis, and a near-death experience led him down a of spiritual awakening, transformation and living in joy. [Http://www.marcuslovemore.com](http://www.marcuslovemore.com) **Katie Strand** has a Masters Degree in Spiritual Psychology, is a talented singer/songwriter an is an Emmy-nominated documentary film producer. www.katiestrand.com

Aug. 21:Jiavanni Skolnik: Jiavanna comes from the Ananda Center of Rhode Island, a spiritual sanctuary and resource center in Hopkinton. Before joining the Ananda Center, she had a private psychotherapy practice, taught yoga, meditation and led scared art workshops

August 28: Jill Downs: Jill is the author of two books-The Awakening of The Heart and Journey Into Joy. She has created and facilitated workshops on personal and spiritual growth, has worked in Spiritual counseling and taught meditation classes in the community. Jill is a former LSICC president.

Oct 9: Pam Lassaro Since 1996 Pam has been doing intuitive/spiritual counseling using Astrology, Numerology and Tarot. She is the author of "*The Wheel of Predictability*" which incorporates these 3 ancient tools to explore the predictability of life experiences. On October 9th she will talk about 10-21-11, the day Harold Campings predicts the end of the world.

We need a new **BOOKEEPER**

Our church is in need of a new bookkeeper. This is a part-time position, doing basic bookkeeping functions. A knowledge of Quick Books preferred but not required. For a job description and more details, call Board President Ann McKie at 218/720-2844 or leave a message on the church phone: 218/725-5443

Applications will be accepted no later than July 10th.

Thank You

Lake Superior Interfaith Community Church Elections for 2011

This fall we will be electing 4 trustees and a vice president. All board members must also be voting members of the church. Outgoing trustees include Sue Brewer, Rebecca Lee, Mike Walke and Louise Pell. (Rebecca is not completing her term as she will be moving from the area this fall.)

The duties of the Vice President and Trustees are as follows:

Vice President: Shall perform all the duties of the President in his/her absence or during disability and shall be responsible for scheduling the healing part of the service. Term of Service is one year with a maximum of 3 consecutive years served.

The Vice President has a vote on the Board of Directors

Trustee: There are 7 trustees. They, along with the President and Vice President, comprise the decision-making body for the church, the church Board of Directors. Scope of decisions include managing our money, maintenance and improvements to the building and grounds, assurance of continued operations of the music, meals, Sunday Service, website and educational programming along with interactions with the broader community. The 7 trustees elect a treasurer and a secretary from among themselves. Currently, the term for a trustee is 3 years. Trustees may not serve consecutive terms.

Sue Brewer is our current board secretary and Louise Pell is our current treasurer so both of these offices will be open in the fall.

Timing Is Everything

Explore the predictability of life experiences



Intuitive Consultations

By Pam

218-341-5335

www.intuitivepam.com



The Board is seeking someone who is willing to take on the duties of the newsletter publisher. Our current publisher feels that is time for her to put this aside for several reasons.

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

Minneapolis, MN 55418

www.thenatureofbeing.blogspot.com

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1/2 page

\$20.00 per month

Full page

\$36.00 per month


Contact Newsletter Coordinator Barb Gudowski at 715-394-9246 or bgudowski@aol.com

If you have something of interest to share - email to the above address

JULY 2011

Schedule of Events

- **July 3 Jean Captain** The First Agreement Workshop 12- 2:30 Releasing your story.
- **July 10 Rev. Jasmine Phoenix**
- **July 16 Kate Garvey** Saturday, July 17, Kate will have a workshop "Sound Healing & Self Care" 9 a.m.-noon \$49.
- **July 17 Kate Garvey**
- **July 24 9:30 Rev. Phyllis McCoy** Circle Service - Conferences to follow
- **July 31 Glen Tobey LICSW** workshop at noon Spring Forest Qi Gong with Glen and Katrina Tobey
- **August 7 KATE GARVEY**
- **August 14 Marcus Lovemore** How death & kidney disease saved my life
- **Aug 14 Marcus Lovemore & Katie Strand** will provide from 12-2 p.m. a 2 hour Q&A/ workshop "Joy Through Conscious Communication - will teach skills on choosing joy in the moment through conscious, loving and reflective communication. \$20. suggested fee.
- **August 21 9:30 JIAVANNA SKOLNIK** Workshop - See ads for Wednesday workshop and Friday & Saturday retreat.
- **August 28 Jill Downs**
- **August 28 Church Picnic** following service at Chambers Grove
_Will be celebration for Jean & Jerry Kwako's 50th Anniversary + picnic

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10:00 am Jean Captain Workshop 12:00-2:30 "Releasing your story" Meditation 8:30am	4 	5	6 GA 6:00 pm	7	8.	9
10 10:00 am Rev. Jasmine Phoenix Meditation 8:30 am Pot Luck	11	12	13 GA 6:00 pm	14	15	16 Kate Garvey 9 a.m. - noon Sound Healing & self care class
16 10:00am Kate Garvey Meditation 8:30am Pot Luck	17	18	20 GA 6:00 pm	21	22	23
24 9:30 a.m. Rev. Phyllis McCoy - Circle Service conferences to follow Meditation 8:30am	25	26	27 GA 6 p.m.	28	29	30
31 10:00 Glen Tobey Workshop Healing Love Energy to follow service						

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

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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, Ann McKie and submit a written proposal with dates and times.

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

July 2011	August 2011
July 3 10:00 a.m. Speaker -Jean Captain <i>The First Agreement</i> Healer - Mike Anderson Workshop with Jean 12- 2:30 p.m. "Releasing Your Story" 8:30 a.m. meditation	August 7 10:00 a.m. Speaker - Kate Garvey Healer - 8:30 a.m. meditation
July 10 10:00 a.m. Speaker & Healer Rev. Jasmine Phoenix (no Board meeting) 8:30 a.m. meditation	August 14 10:00 a.m. Speaker - Marcus Lovemore "How death & kidney disease saved my life" Healer - 12 pm "Joy Through Conscious Communication" with Marcus Lovemore & Katie Strand 8:30 a.m. Board Meeting / 8:30 meditation
July 17 10:00 a.m. Speakers Kate Garvey (see Sat. workshop info) Healer Carol Gieseke Pot Luck 8:30 a.m. meditation	August 21 <u>9:30 a.m. Circle Service</u> Speaker - Jiavanna Skolnick (See workshop & retreat info) Healer Pot Luck following service/ 8:30 meditation
July 24 <u>9:30 a.m. Circle Service</u> Speaker - Rev. Phyllis McCoy Healer - Jean Captain Conferences to follow lunch 8:30 a.m. meditation	August 28 10:00 a.m. Speaker - Jill Downs Healer - Jean Captain Fold Newsletter 8:30 a.m. / meditation Church Picnic & Kwako 50th Anniversary Party
July 31 10:00 a.m. Speaker Glenn Tobey / "Opening Your Heart" Healer Jerry Kwako Fold newsletter 8:30 a.m./Gathering with Glenn following lunch - Healing Love Energy	

Jean Captain Workshop

Jean will be doing the service on July 3 - She will be offering a 3 hour workshop (Releasing Your Story) Sunday afternoon, July 3rd from 12- 2:30 p.m. The cost will be \$20 and no one will be turned away for financial reasons.

Glen Tobey Workshop

Glen will be doing the service on July 31 - Following will be a workshop presented by Glen and his wife, Katrina, called "Healing Love Energy" . He, along with his wife, will teach the components of Spring Forest Qigong, a wonderful, simple, yet powerful energy practice, as a form of putting your love into action, that can help heal yourself and others." \$10.00 fee

Workshop's with Jivanna Skolnik

1. A Mandela workshop on Thursday night, Aug 18 at the church. Sacred Art Making: Mandela's of deep inner listening. Cost \$30. Includes art supplies.
2. A day and a half retreat using Whispers from Eternity along with chanting, movement, art, meditation and walking in nature up at one of the Spirit Mountain Villas, #15, the Robbins Nest. Friday night starts at 6:30 – 8 pm. Saturday, 9 a.m. to 5 pm. - August 19-20. Retreat Cost: \$95. If you wish to stay at the villa there is an addition \$20-\$30 fee per night. There are only 5 beds, so sleeping space is limited. A copy of the book is included in the retreat fee. The space is the sized so that about 12 could attend the workshop. This villa has an additional 'sleeping porch' with a pull out sofa sleeper. It has 2 bathrooms and it seems to be in the quietest spot. [this should be really a great experience!!!]
3. Dances of Universal Peace on Sunday night 7 pm. Suggested freewill donation of \$8-\$10



SOUND HEALING AND SELF-CARE CLASS

Sunday, July 16 2011 Duluth 9 a.m. - noon

What do sound, science and ancient scriptures have in common?

How do words affect our neurology and body? What if sound could help you heal?

What if sound and thought could help our planet heal?

You'll also learn some new ways to improve your health, reduce stress and encourage your optimal wellness.

Attend this event and I'll Help You:

Learn new grounding and meditation strategies

Learn to read and rebalance your major chakras

Learn how to select music for optimal wellness

Learn about food allergies and intolerances

Experience Sound Healing mediation

Redirect negative thinking and negative speaking behaviors



Sound Healer Kate Garvey

When I experienced a painful back injury that left me struggling to walk, I sought help on many levels-western doctors, chiropractic care, and dietary changes. My chiropractor labeled me as disabled as I was unable to work a regular shift. A healer and mentor suggested a sound therapy treatment. Since I had a degree in music education I understood the power of music but to my surprise most of my pain left after that first treatment. Shortly after that I changed careers and pursued further training. I now conduct workshops all over the US on the use of healing and vibration for wellness, pain management and teach others what they can do at home to improve health.

Testimonials

"Kate helped me more than she'll ever know. I used to lie awake at night thinking negative thoughts but now I know how to stop." John C., retired.

"I can't wait to share this experience with my clients," Michelle, Massage Therapist.

"Kate offers profound insights and explains things in ways that make sense and the workshop was fun too," Joy M., Nursing supervisor.

Seating is limited so please register immediately at www.instituteofsoundhealing.com or call 970-988-7413 to save a seat. Lake Superior Interfaith Community Church. \$49