

July 2010
HIGHER GROUND Newsletter
Lake Superior Interfaith Community Church
1414 E. 9th St.
Duluth, MN 55805
218-724-6554

President's Message



It's Time to Renew Your Membership!

Sunday Services
10:00 A.M.

Lunch after every service.
Potluck 3rd Sundays

CHURCH BOARD

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As I sit down to write today, the amazing energy from the summer solstice is just fading away, as the seasons turn. We will soon be observing the fall equinox, so that means it is time to discuss membership and board elections.

Our church bylaws require that we renew our membership each year, and now is the time. We put together our budget for the upcoming year in August, so in addition to normal income for operating our church, we need to know from you what we can plan on doing next.

Your membership can be in any amount, and then of course your donations throughout the year sustain our operations. Here are some of the things that your donations support:

Improvements to our building, such as our new windows, and new carpet in the sanctuary, as well as upcoming work on one of our bathrooms to make it more wheelchair-accessible;

The wonderful speakers and musicians who visit us, including Phyllis McCoy, Ulla Suokko, Michael Monroe, Sharon Szukis, Sara Thomsen, and more;

Our lunch after each service, which is both our communion and our social hour, for visiting and sharing;

Mowing our lawn, paying our utility bills, and making donations to community organizations which we choose to support; and much more, in order to maintain our spiritual gathering place.

Board elections come with our annual meeting on September 19th, and this year we need candidates for president, vice-president, and two trustees. Please consider serving our church in this capacity, and if you have any questions about what this would entail, stop me or any board member for details.

Thank YOU for all that you do to make our church the wonderful community that it is!

Blessings,
Jasmine



BASICS FOR STUDENTS OF TRUTH

Presented By Rev. Phyllis McCoy

When a client of 27 years asked me to explain what happens when we breathe, I realized that in all the years I've been trained to breathe and have encouraged others to do so, I may not have fully explained what System has taught me.

While deeply breathing we vacate all emotion and thought. Extended therapeutic breathing opens and maintains the open space in which there is no thought or emotion. This is Mind, the pure consciousness/spirit in which we thrive. Mind is Wisdom. Mind is not brain function. It is the connection to The All That Is. It is the place where we recall that we ARE The All That Is.

In this state, All That Is penetrates the density of physical, mental and emotional. These three are born of the density of Earth. They are the human envelope that both challenges us and provides the means by which this trio contributes to the Cosmic Whole.

Earth is the first time in all of Creation that these 3 elements have been combined; wrap that in Cosmic Mind and you have our unique human dynamic. Without breath to release us from the density of our human envelope, we would simply flail around in this world without hope of progressing. Think of what would happen to a fetus if it were suddenly separated from the umbilical cord. Breath is the means by which we exponentially expand into "the Mind of God," also expressed as Cosmic Consciousness.

The sensation we feel while breathing therapeutically can produce an emotion, but what we feel and can sustain with breath is not an emotion. The sensation is the extra-sensory Self awake. Every cell in our system holds consciousness which is awakened when we breathe. Breath provides the clear channel through which we recall that we are, indeed, more than we see, think and feel of ourselves.

While breathing we can focus on a person, place or situation and actually be there to make a difference. We connect through the channel we create and contribute, not according to our assessment, but in a manner correlating to the receiver's Plan. Karmic prayers of supplication are replaced by the dharmic pure connection activated on behalf of another through breath.

With breath we can connect also to serve ourselves. We can focus our attention on any part of ourselves to achieve change to - or release from - any physical, mental or emotional symptom. This is the most exciting thing; that while breathing we become bonded with Cosmic Mind through the channel we have created.

And so we do service to self and others. With breath we expand beyond this 3-dimensional self and world to do service and to become all that we can be. Breath is our magic key, and it is FREE.

For any of you who might be inspired, my blog can be found at this address: www.thenatureofbeing.blogspot.com (no dot after www) or go to our church website and click on the link provided there.

Thank you all! Phyllis

Upcoming Events

July 18 - Rev. Phyllis McCoy
Conferences to follow service

August 1 - Barbara With

August 8 - Kate Garvey
Vibration Workshop to follow service

August 22 - 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

New Groups at LSICC

JOURNEY CIRCLE

This circle will be at 10 am the third Tuesday of the month. The structure will ask only that people come on time and respect each other. This group will meet at the church but travel with our minds to healing places. Dan Conley will facilitate the circle.

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.



We'd like to thank Jeane Ohman for stepping up to the plate and taking on kitchen duties since Audrey Fischer and Barb Gudowski retired. But Jeane could use some help in the kitchen each week, with making coffee, serving food, cleanup, and so forth. So if you can help regularly- or even once in awhile- please talk to Jeane, or just show up!

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

July	August
July 4 10:00 a.m. Speaker - Coni Sharp Healer -	August 1 10:00 a.m. Speaker - Barbara With Healer-
July 11 10:00 a.m. Speaker - Rev. Kathleen Abel Healer - Steve Plasa	August 8 10:00 a.m. Speaker - Kate Garvey Healer -
July 18 10:00 a.m. Speaker - Rev Phyllis McCoy Healer - Pot Luck / Conferences.	August 15 10:00 a.m. Speaker - Edna Lange with granddaughters & great-grandbabies Healer- Pot Luck
July 25 10:00 a.m. Speaker - Rev. Jean Captain Healer- Fold newsletter 8:30 a.m.	August 22 10:00 a.m. Speaker- James Ulness Healer- Fold newsletter 8:30 a.m. Workshop with James Ulness following service
	August 29 10:00 a.m. Speaker - Healer 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!

Unity School of Christianity, in conjunction with Unity churches across the country, is launching 100 days of prayer affirming the recovery of the Gulf of Mexico. The 100 days will begin Sunday, June 20, and will conclude Thursday, September 9, the date of Unity's annual World Day of Prayer.

Rev. Patricia Reiter hopes the blessing service will help and support all those affected by the oil spill. "These prayers are a way to channel **positive** energy into this environmental crisis. I was feeling such anger, frustration and sadness, as I know many others are. What we know and teach in Unity is that our thoughts, words and feelings are creative. Negative energies will only channel more negativity. I believe this prayer event will give everyone involved a chance to feel they are doing something positive to make a difference for the Gulf and all its inhabitants."

In addition to prayers composed by Reiter, the blessing service will include a prayer written by Dr. Masaru Emoto, a Japanese researcher and author best known for his experiments with water crystals. Through high-speed photography of water at the moment of freezing, Emoto claims to show the direct consequences of destructive thoughts on the crystals and the positive effects of thoughts of love and appreciation on their formation. Emoto's findings suggest that thoughts can influence water.

"We know that the energy of love is the most powerful force on the planet for healing everything."

Prayer for the Gulf

by Rev. Patricia Reiter

In a state of divine union with God, I open my heart to allow the energy of pure love and appreciation to flow from me to everyone and everything. In the pure love of God, I am one with the earth, the air, the water, the soil, the trees, the plants and all their life-giving organisms.

In the pure love of God, I am one with all beings on the earth. I honor, respect and cherish all living things.

In the pure love of God, I release all thoughts, behaviors, beliefs and ideas that are not in harmony with the highest and best good for all.

In the pure love of God, I make wise choices and take right actions to preserve our planet for ourselves and all future generations.

In the pure love of God, I hold all countries, corporations, businesses, organizations, institutions and their leaders in prayer for harmony, peace, collaboration, wisdom and smart decisions for the highest and best good of our planet and its peoples.

In the pure love of God, I am united with all spiritually conscious beings. Together we hold the high watch for positive change for our world. In the name of all that is sacred, we daily lift our world family in prayer for health, peace, love, joy, wisdom, prosperity and safety.

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.

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