

June 2011
HIGHER GROUND Newsletter

Lake Superior Interfaith Community Church

1414 E. 9th St.

Duluth, MN 55805

218-724-6554

Sunday Services

10:00 a.m.

Circle Services

9:30 a.m.

Lunch after every service.
Potluck 3rd Sundays

CHURCH BOARD

President

Ann McKie

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Louise Pell

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President's Message

Last Saturday thunderstorms knocked out power to much of the Minneapolis airport and sent a small whirlwind of chaos into the lives of many travelers and their families. Flying home from White Plains, New York on that Saturday, I stood in line in the Detroit airport, waiting to board a plane bound for Minneapolis. Off-handedly I remarked to the woman beside me that I was going to wait as my seat was near the front of the plane. "Me too", she said, "I've got 7E" "7-E? I've got 7-E!" I replied. We headed together to the gate counter.

I had been re-routed for a direct flight into Duluth later in the day. The coincidence of conversing with a woman who held a ticket for "my" seat caused me to pause. I gathered up my satchel and carry-on bound for my new gate. Surveying the mostly empty waiting area I plunked down in the end seat of a row of chairs. When I did so, the young couple on the opposite end of the chairs popped into the air. We burst into laughter and began a long and interesting conversation. They were returning to the Range from a trip back to Pennsylvania for her grandpa's funeral. "How cool," I thought, when we finally boarded the little plane, "I have met some interesting people!"

Once boarded and buckled in, engines on, the captain's voice intoned. "There is going to be a slight delay in our flight". The equipment needed to land a plane in low visibility in Duluth was not functioning. The fog in Duluth was dense. We waited. The heavy fog did not lift. Ultimately, we disembarked. The flight cancelled. The next flight rescheduled for 8:30 a.m. *Sunday* morning. Clusters of passengers began to make plans. I connected first with 2 young women who were going to sleep in the airport, but when they headed for the bar I called for a room at a local hotel. I hooked up next with a family of 5 who, like me, were on a mission to find the airport shuttle service. The family was returning home from a Florida vacation and the daughter had just graduated in nursing and was scheduled to have her first job interview at 7 a.m. on Monday morning. We parted ways at the shuttles and I boarded a Comfort Inn shuttle where I encountered 3 more of my Duluth bound compatriots. More stories shared. On return to the airport in the morning we learned the flight was postponed and ultimately cancelled *again*. Duluth by plane was out. A gracious ticket agent then re-routed my flight to Minneapolis by way of Indianapolis, Indiana. One of my fellow passengers suggested the Duluth shuttle bus and retrieved their schedule and phone # from his laptop. [Blessings to you, sir]. En route to my next new gate, I stopped for lunch in a Japanese restaurant. One of the young women who slept in the airport sat alone at a table. So we ate our lunches together, shared our life stories and kept one another company until I finally boarded the plane for Indianapolis. On the final leg of my journey, a mother and daughter in the back of the shuttle said they owned Johnson's Berry farm. Last summer Mike, my friend Holly and I had picked berries on their farm and had taken pictures of our haul on my phone. I passed the pictures of luscious ripe strawberries to my fellow travelers.

The chaos that ensued from interrupted travel plans resulted in an expansion of awareness. As we dropped our cautious social veneers we reached out in support of one another. "When I expand my mind, my heart follows.....When my mind is open the light of Spirit enters in. I anticipate and invite only my highest good, and I am richly blessed." [Daily Word, May 16, 2011]

Blessings to each of us on our larger journey, Ann



June 19th
Happy
Father's
Day

Journey INTO Joy

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;
Amazon.com, and from the author.
For more info Email: mail@savpress.com

Journey into Joy

Review by Kim Luedtke

Rating: Excellent

Comments: Jill Downs is a resilient spirit who lives her life committed to joy. This isn't always easy, because the world is full of distractions and things that can scare us. In her spiritual autobiography, *Journey into Joy*, she chronicles her life, noting where joy comes with ease, especially around her family. She also explains how she has learned to get through the challenges in life by choosing joy over fear, no matter what.

In her spiritually-led writing, she shares with us everything from mystical experiences to funny stories from every day life. Reading this book will help you see your own experiences in a new light. If you are interested in expanding consciousness, recovery issues or learning how to increase your joy quotient, Jill Downs' heartfelt new book will be a welcome companion on your journey and it will leave you wanting more.

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

MOTHER EARTH
Water Walk
TUESDAY • JUNE 7 • 2011
DULUTH RECEPTION
 Celebrate the water as it passes through our community!

Four different waters from four directions will converge with the great lakes in Duluth, WI on June 12. Honor this spiritual and physical journey in Duluth on June 7.

Rain awareness and offer appreciation to our sacred gift of water, the life-giving blood of our mother, the earth. Welcome the wisdom, clear the feet and water therapy. Please bring your own cup and vessel.

LAFAYETTE SQUARE on PARK POINT at 1:00 P.M.

The 1st Annual Women's Water Walk took place in April 2009. Several women from different areas came together to raise awareness about the importance of clean water for all beings - two-legged, four-legged and the water itself. There is no separation between cultures, color or creed in the eyes of water. Water brings us together. Water is precious and sacred... it is one of the basic elements needed for all life to exist.

www.MotherEarthWaterWalk.com WATER OF REPRODUCTION

Peace de Lac (Lac Seul) - Ojibwe - Ojibwe Singers - Anishinabe Youth Chorus
 American Indian Community Housing Organization - Red Lake Indian Office



Sound Healing and Health Coaching

with **Kate Garvey-Duluth (970) 988-7413**

\$45 per session introductory rate(50 minutes)

*Back, neck and leg pain

- *Sinus and lung congestion
 - *Anxiety, ADHD, depression (children and adults)
 - *Recovery from surgery, accidents and trauma
- Coaching on food allergies/obesity, positive self-talk and overcoming negative patterns.



Sound forks on the central nervous system reduces stress and increases optimal wellness

Sharon Szukis
 9:30 am
 June 26

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

Jiavanna Skolnick
 9:30 am
 August 21

Chuck Crom
 10:30 am
 September 25

Jinjer Stanton - Yoga Workshop



Jinjer is the author of *Yoga for Every Room in Your House*.

Workshop info: **Bringing Yoga Home: Easy and convenient ways to fit yoga into life**. Jinjer presents a radically new approach to yoga that everyone from the most experienced yogis to the most resistant couch potatoes can use. Attendees will receive a copy of *Yoga for Every Room in Your House* as part of the workshop fee. Cost: \$25.00

Jinjer is our guest speaker on June 12th and is offering this great workshop after lunch.

Speaker Bios

June 5: Bruce Durwood “Earth Changes, Body Changes - How to cope with the new energies” Bruce Durwood lives in Ashland, WI. He is a mesa carrier and shamanic practitioner in the Peruvian tradition, and studies earth energies, crystals, and sacred geometry. He channels Arch Angel Lady Charity/Chamuel and Quan Yin.

June 12: Jinjer Stanton “Breath and Spirit” Jinjer Stanton has been a yoga student since college and has taught yoga for the last fifteen years or so. She is the author of *Yoga for Every Room in Your House*. She lives, teaches and writes in Minneapolis, Minnesota **Subject:** Workshop info **Bringing Yoga Home: Easy and convenient ways to fit yoga into life**. Jinjer presents a radically new approach to yoga that everyone from the most experienced yogis to the most resistant couch potatoes can use. Attendees will receive a copy of *Yoga for Every Room in Your House* as part of the workshop fee. Cost: \$25.00

June 19: Cedric Littlewolf Member of the Wolf Clan within the Chippawa/Ojibwa/Aanishinabe tribe. He is the descendent of 8 generations of chiefs and has done presentations from the Native American perspective to Headstart programs, to interfaith gatherings, college level classes and many more. He performs and is involved in Aanishinabe spiritual ceremonies and native rituals and has been the keeper of the Fire and keeper of the Feather. Miigwetch (Thank you).

June 26: Rev. Sharon Szukis The first of our Circle Service leaders. Sharon is a former teacher, a former LSICC president and currently the owner of Essence of Health. Sharon earned her title of Reverend through the International Institute of Integral Human Sciences in Montreal.

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. **Workshop:** Jean will be offering a 3 hour workshop (Releasing Your Story) on Sunday, July 3rd from 1:30 - 4:30 p.m. The cost will be \$20 and no one will be turned away for financial reasons.

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 hold a Masters of Social Work; also past president of LSICC.


July 17: 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 Circle Service with Conferences to follow. 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 Speaking on Opening Your Heart - Will speak on the power of opening your heart and the role it plays on improving physical, emotional, and spiritual health. The title and information on workshop after lunch is: Healing Love Energy - Glenn and his wife, Katrina, 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.

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.

FOOD SENSITIVITY SUPPORT AND EDUCATIONAL GROUP
Second TUESDAY of most Months



*Integrated
Physical
Therapy*

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

May 10th – WE'RE GOING OUT TO EAT!!!

Join us at the tables in the "library" At Sara's Table/Chester Creek Cafe

LOCATION: 1902 East 8th Street, Duluth, MN **TIME** 6-7:30 p.m.

June 14th – GUEST SPEAKER Deanna Ellestad "Let Food be Thy Medicine."

How using RAW/LIVE food can heal the body. Deanna is a Certified Raw Chef and Teacher, Medical Technologist, Registered Nurse, Massage Therapist, Yoga and Qigong Teacher.

But most importantly... "I have healed myself using food as my medicine".

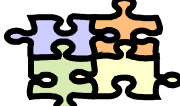
LOCATION: 1301 Rice Lake Road **TIME** 6-7:30 p.m.

Marshall Professional Bldg.- Meeting room across from VERITAE WELLNESS -entrance left of Sylvan

Contact for details, future events and topics. JUDY @ 651-231-1371 cell

Judy@GlutenFreeAndOtherSpecialDiets.com

We are all part
of the puzzle of life



Rummage Sale Info

Our rummage sale was, once again,
a successful adventure.
I would like to thank all that
participated with their help.
Jasmine

**Opening All Doors (Standing on the Side of Love)--
Update May 20,2011**

New group name is Opening All Doors. Mission statement: An interfaith group seeking equality in civil society and spiritual tradition for all LGBTQI people.

Community plan to respond to acts of violence--We want a "SWAT" team with someone responsible for media, community education, statements, meetings with public officials. Is training needed? Carri Hoagland is meeting with Human Rights Commission.

4th of July Marriage Equality event--First planning meeting was in May at Peace; goal = coalition of many organizations.

Festival for Peace and Justice July 9th at Bayfront--We may have a booth or volunteer.

June 1 meeting: with Peace Church Marriage Equality group, 7PM at Peace, 1111 N. 11 Ave. E.
See Alice Lahti, LSICC Opening Our Doors representative, for more info.

Timing Is Everything
Explore the predictability of life experiences



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By Pam**
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www.intuitivepam.com

The Nature of Being
Phyllis McCoy
Intuitive Life Coach

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Advertise in Newsletter

Business card size	\$6.00 per month	1/2 page	\$20.00 per month
1/4 page	\$10.00 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

JUNE 2011

Schedule of Events

- **June 5 Bruce Durwood** Earth Changes, Body Changes: How to Cope with the new energies.
- **June 7 Water Walk** 1:00 p.m. see ad
- **June 10-11 Welcoming of the Walking Grandmothers 5 p.m.**
- **June 12 Jinjer Stanton** "Breathe and Spirit" - Workshop 12 noon Yoga workshop and book signing.
- **June 17 Equinox Drumming 7 p.m.**
- **June 19 Cedric Littlewolf**
- **June 19 Community Mtg 11:45 a.m.**
- **June 26 First Circle Service lead by Rev. Sharon Szukis**
- **July 3 Jean Captain** The First Agreement
- **July 10 Rev. Jasmine Phoenix**
- **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 GRVEY**
- **August 14**
- **August 21 9:30 JIYANNA SKNOLNIK** Workshop @ noon "Sacred Writing"
- **August 28 Jill Downs**
- **August 28 Church Picnic**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5/ 10:00 am Bruce Durwood Meditation 8:30am Board Mtg 9 a.m.	6	7 1:00 p.m. Water Walk Lafayette Pk Park Point	8 GA 6:00 pm	9	10 5 p.m. Welcoming the Walking Grandmothers	11 Welcoming the Walking Grandmoth- ers
12 / 10:00 am Jinjer Straton Workshop -Yoga noon Meditation 8:30 am Pot Luck	13	14	15 GA 6:00 pm	16	17 7 p.m. Equinox Drumming	18
19 /10:00am Cedric Little- wolf Meditation 8:30am 11:35 Community Meeting Father's Day	20	21	22 GA 6:00 pm	23	24	25
26 9:30 a.m. Rev. Sharon Szukis Meditation 8:30am Fold newsletter 8:30	27	28	29 GA 6 p.m.	30		

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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

VISIT OUR WEBSITE www.lsicc.org

June 2011	July 2011
<p>June 5 10:00 a.m. Speaker -Bruce Durwood Earth Changes, Body Changes- How to Cope With the new energies Healer - Carol Gieseke</p>	<p>July 3 10:00 a.m. Speaker - Jean Captain The First Agreement Healer - Mike Anderson Workshop with Jean 1:30 - 4:30 - "Releasing Your Story" See Bio</p>
<p>June 12 10:00 a.m. Speaker - Jinjer Straton "Breath and Spirit" Healer - Steve Plasa 9:00 a.m. Board Meeting / 12 p.m. Yoga Workshop and book signing with Jinjer See Ad</p>	<p>July 10 10:00 a.m. Speaker - Rev. Jasmine Phoenix Healer - Carolyn Brooks 9:00 a.m. Board Meeting</p>
<p>June 19 10:00 a.m. Speakers Cedric Littlewolf Healer Sharon Manns Pot Luck / 11:45 A.M. Community Meeting Father's Day</p>	<p>July 17 10:00 a.m. Speaker - Kate Garvey Healer Jean Kwako Pot Luck</p>
<p>June 26 9:30 a.m. Circle Service Speaker - Rev. Sharon Szukis Healer - Lisa Cerri Fold Newsletter 8:30 a.m.</p>	<p>July 24 9:30 a.m. Circle Service Speaker - Rev. Phyllis McCoy Healer - Jean Captain Conferences to follow</p>
	<p>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</p>