

March 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

### CHURCH BOARD

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Every month, I calmly (as possible) wait for inspiration for this letter. A couple of weeks ago, in trying to bring clarity to the dream of having Circle Services, I was handed the book Peacemaking Circles: From Crime to Community. This is one of the books individuals working in the justice system have used to argue for and implement an alternate means of working with criminal offenders. It brings together all parties, individuals working in the justice system, victims, offenders and invested community members, to sit in a circle and to speak from their hearts directly to one another.

Of course, what is difficult about putting people coming from different perspectives is that it lays open the possibility of conflict. To this point, the book excerpts the writings of Caroline A Westerhoff, an Episcopalian clergywoman:

“To be who we are ---creators in the image of the Creator--- we must be actively engaged in the setting free of every other person to be who she or he is intended: someone different from who we are, someone who will see the world from another perspective, someone who will not agree with us. ....

Conflict is not just inevitable, .... Instead, it is part of the Divine Plan, a Gift. Disruption is integral to God's order. Conflict doesn't sometimes provide us with energy, insight, and new possibility as reluctant by-products; newness cannot come *without* conflict. It is not a price to be paid and endured, but a condition to be sought and welcomed and nurtured.”

When we agree to sit in conflict, our deeper shared spiritual values guard against bald attack, violence, bullying or coercion. These values include: Respect, honesty, trust, humility, sharing, inclusivity, empathy, forgiveness, and love. “Sharing” means releasing “the urge to control people and situations. Sharing calls us to shift our stance from angling for control to recognizing the interests of others.” [from Peacemaking Circles, page 37]

As I take time to breathe deeply into each moment I allow myself to simply be who God intended me to be. I end with a meditation from DailyWord, January 29, 2011. “In the midst of a health challenge or troubled relationship I may feel limited, burdened or out of control. These situations, however, give me a chance to consider another way.

When I remain centered in Truth, the love of Spirit flows through me, healing my body, easing my mind, and quieting my heart. I do not focus on ‘can’t’, ‘shouldn’t’ or ‘won’t’. Through the lens of Truth, I see possibilities; limitations fall away.

What I previously viewed as lack or impossibility no longer seems so. I am free to make choices and decisions that support my highest good. I soar, unencumbered by fear, worry doubt or regret. I am free. Joy fills my soul and blesses my heart.”

**You were called to freedom, brothers and sisters. –Galatians 5:13**

Blessings to each of us. May we each live our days expressing our authentic selves while honoring the truths of those around us.

Ann McKie

Community Meeting Sunday, March 6, 2011

You are invited to participate in an LSICC community meeting on Sunday, March 6 in the basement of the church following our lunch. Three topics will be up for discussion. **1)**The first is whether and how we wish to continue with our lunches following the service. As most are aware Jeanne Oman has moved on and is no longer preparing some of the Sunday meals. We have volunteers to make the meals through the early part of March but we need to decide as a community if we have the desire and the manpower to continue. **2)**The second issue is the construction of the new library. The board decided to seek bids to complete construction of the new library. We have been informed by one of the potential builders that they would be willing to reduce the cost of building if we could do some of the labor. For instance if we could do the deconstruction, we could significantly reduce the cost of construction. **3)**The third topic is that of the possibility of one Sunday a month for a Circle gathering as explained on another page. We will use the talking stick and will form a circle for this community meeting. If there are other issues that anyone feels the community needs to address please speak to Ann McKie prior to the meeting.

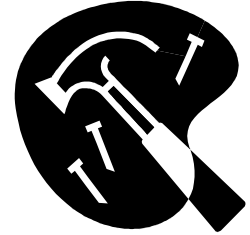


## Piano for Sale

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 taking closed bids. You would be responsible for moving the piano. Call the church office if you need any further information (218-724-6554).

## Requesting Bids on the Church Library

We are taking construction bids on the church library. Drawings of the proposed construction are available. Interested builders must be bonded and insured. Please contact Ann McKie at 218-720-2844.



## Speaker Bios

**March 6: Sister Jean Maher** is the director of the McCabe Renewal Center, a Benedictine retreat center in Duluth. In addition Sr. Jean offers individual spiritual direction. Her topic is "Prayer".

**March 13: John Durwood**

**March 20: Rev. Sharon Szukis** is a former teacher, a former LSICC president and current owner of The Essence of Health. Sharon earned her title of reverend through the International Institute of Integrated Human Science in Montreal. She will be doing conferences after the service.

**March 27: Merle Borchers** Merle and Lynda have been studying the mysteries of healing for over 35 years. Lynda is a licensed psychologist with special interest in mind/body/spirit relationships. Merle has studied and practiced shamanism for over 30 years. They currently are working with their home church in West St Paul to develop a healing circle using rattles, drums and a singing bowl. They are looking forward to seeing you again.

**April 6: 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.

**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.

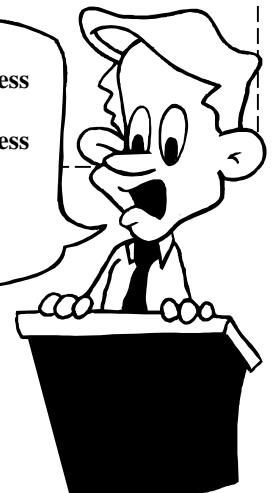
Phyllis offers a loving exchange to bring insight and tools to relationships and life conditions where the client is seeking growth and understanding.

**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.

**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.

Love  
Forgiveness  
Love  
Forgiveness  
Love  
Love  
Love  
Love  
Love



Hang on - Spring is coming!



A circle has been meeting over the past year at 9:30 every Sunday. It's been open to anyone. The circle has been a source of healing for many of the participants and has visibly raised the energies within the church. In the past week the concept of moving the circle to the larger community was birthed out of that original circle. Dan Conley provided this initial proposal for all of us to consider:

**CIRCLE SERVICE- (Please note: This will be discussed during the Community meeting 3-6-11)**

Sacred Circles have been used by many cultures in the past. The circle we're proposing will not be a structure from the past but in the moment with the ability to grow as we do. All things must change or crystallization into a predictable event that will fade into boredom. So any start-up structure will grow like a tree into new branches and forms.

There may be many different types of Circle Services. For example, one may be where a presenter starts out with a presentation and the talking stick will be passed so everyone could give their input into what was talked about. Another could be where there is no set presenter and it could be about the energy in the moment completely. Another may be where a healer moves in the circle, stands in the middle or dances washing energy. Preplanning the event is fine but allowing spirit to change the plans makes it powerful. Ego dancers that talk about their power and educations will not fit. People need to express themselves with their own words, not with what someone else has written or said in the past.

The structure that will have some constancy is the opening and closing. For instance, the meditation could be the opening and the holding of hands the closing. Spirit readings may be included. We have many powerful people in our circle that are no longer students.

It is time to create something new and powerful. If someone is disruptive, disrespectful and rude we will need to wash these people in a circle of love, face them front on in the circle and find the source of their pain. Agreements, plans, conflict resolutions and healings can be done in these circles.

So we will start this process slowly once a month for four months starting in May or June. Because we don't yet have flexible seating upstairs the service will be held in the basement. We will meet and see where it goes. The tables will be pushed back and we will make a circle of chairs to accommodate all present. There will be no lunch that day. After having 4 Sacred Circle Services we will decide whether we would like to continue them. A committee will be formed to address changes as needed.

We can ask members to recruit new people to come to this and encourage them to come even though they may feel a little uncomfortable with it. This not a circle just for people who need help but for all levels

**Sacred Circle Structure**

- a. Respect the circle and the center of the circle.
- b. No talking unless you have the stick
- c. Leaving the circle should be avoided but do so in a respectful way.
- d. Come on time as much as possible.
- e. Pass the stick only to the left.
- f. Be brief when talking as to allow others to talk
- g. Process stuff in the circle and do not share what is said in circle.

**CIRCLES**

I think circles are like clouds, the wind or the energy of the people in the circle form it. The form is constantly changing each moment. As a season circle person you pay attention to the energy in the moment. A person who has been in less circles their attention may be completely different. A new person spends a lot of their energy worrying about their words or remembering what another said. They curse the talking stick and see it as a interference. We sit in the circle and have all these thoughts rush into our minds like someone turning a station on a radio/ talk radio. At first the thoughts come from our internal ego and then they come from energy we are picking up from others. As we tune our station to the present moment than something amazing happens, our connection to the source clears & opens up. If one person reaches this level the circle vibrates at a very high frequency. If two or more reach it, a fluid like energy appears in the middle of the circle that is very intense. This is source energy and it's power is limitless. Now it is a healing circle that is holding a powerful frequency. Someone coming late into the circle can pull the plug on this energy or other distractions but seconds in this state is priceless. This is the level we should seek for our new circles and after this starts happening another level with more intensity will present it's self. Some say a circle will vibrate at the level of the lowest dense energy of a person in a circle but I disagree. The vibration of a circle can both bring one up or down. At a higher frequency there is no polarities. Danger, fear and other emotions cannot live in that cloud. Everything written in this message will be void in the future as our circle tree grows. Submitted by Dan Conley

**Prayer Request**



My daughter Chelsea's health has become more compromised in the last year. On February 22nd she is going down to Gillette's Children's hospital for a sleep study to look at her sleep patterns and if she is having any breathing or any other kind of difficulties when she sleeps. Then on April 14th she is having a Baclofin pump put in. This requires a tube to go directly into her spinal fluid. The greatest risk is infection after surgery. The neurosurgeon has concerns about her compromised health. She will be at the hospital for a minimum of five days. I am asking for people to keep Chelsea and my family in their prayers and healing circles. If you wish to know how she is doing we started a website for her [caringbridge.org/visit/chelseabockovich](http://caringbridge.org/visit/chelseabockovich) Again my family and I thank you for your thoughts and prayers. Betty Bockovich

Introduction: For many years, Audrey Fischer , Jerry Kwako and June Johnson met weekly to rescue those lost souls who, for one reason or another, had become earthbound and need help finding the Light. The spirit guides who help them have asked the group to inform those still living what to expect in the after death experience so that they can go directly to the Light. This material has been channeled through Audrey .

**Grief** It is natural to grieve the newly departed and in some ways it gives recognition to the love one feels for that person. However, excessive grief can be detrimental to the new spirit and can hold him literally tied to the earth plane. In many cases, he feels obligated to console his loved ones and will stay with them longer than is good for his own progression. In these cases, it is necessary for those still in the physical to "let go" - in other words, give permission for the loved one to move on - to say good-bye, knowing that in some distant future a reunion will most certainly occur.

**Afterlife** The truth about the afterlife can only be partially explained. Each spirit who communicates to someone on the physical plane gives his own interpretation of what he personally has experienced. There are many planes of existence on the other side and no one spirit necessarily has access to all of them. One can only glimpse the other side from various descriptions and know that, some time future time, each soul will discover for himself what is to be his own after death experience.

Suffice it to say that life does continue. It is never ending and the joys of living are only enhanced as one advances in the spiritual realms. All things become possible for those who desire to learn and grow.



# 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](http://www.savpress.com);  
Amazon.com, and from the author.  
For more info [Emailmail@savpress.com](mailto:Emailmail@savpress.com)

## 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.



Pray for Peace, Love and Light

After reading Jill's first book, I knew I had to read her second -- and I did so cover to cover in one evening. Jill has had more spiritual experiences than anyone I have ever encountered or read about. She has the ability to travel on the astral plane, talk to animals, speak with those who have passed over... and hear what they, and other spirit beings have to share. Her journey has spanned years and her experiences are many. If anything, I wish she would share more details about those experiences and the wisdom she has gained from them with her readers -- because this book, like her first, left me hungry for more. *Beth Johnson*

## A Benefit for Matt Massie Spaghetti Dinner & Silent Auction

Mr. D's 5622 Grand Ave. Duluth

Saturday, March 12, 2011, From 1-4pm

\$10.00 per adult / \$5.00 per child

Donations can be made at the Hermantown Federal Credit Union to Matt's Benefit  
Or online at [www.operationkidney.com](http://www.operationkidney.com)

Watch the website for silent auction updates.



Matt is an accomplished outdoorsman who loves all types of hunting, fishing, and camping. He'll clean and cook your catch, and keep you entertained all the while with his many stories. He is truly one of a kind. Matt had kidney disease at age 12, and after years of recovery, he experienced kidney failure in June of 2009, just shy of his 23<sup>rd</sup> birthday. In the last year and a half, Matt underwent 4-hour long dialysis treatments 3 days per week, he completed the donor recipient qualifications at U of M Fairview Transplant Center in Minneapolis, was placed on a deceased donor waiting list in Dec. 2009, was interviewed by channel 10/13 news, participated in the 2010 National Kidney Foundation's kidney walk, and after much prayer, hope, and generosity received a much needed kidney transplant on October 22nd, 2010. We, as a family, are eternally grateful to Matt's generous (anonymous) living donor. We've helped Matt in every way we can, but he still needs additional help to get back on his feet while he recovers and finds a job that will suit his new lifestyle. The travel expenses, lack of work, and lifetime of medications ahead are the reasons Matt needs your help. Please show this young man your support!

### 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

Celebrate the Spring Equinox with the Dances of Universal Peace, Poetry and Music making. Bring homemade rattles of dried corn and sunflower seeds; drums; instruments and your poems and verse to rebirth, renewal, spring inspired, etc. We'll have a fun-filled deepening enlightening sun-good time.

Sunday, March 20, 2011, 3 to 5 PM,  
Rooted Folks Community Wellness  
10 E. Superior St. (above Electric  
Fetus)

Donations accepted - More info  
218-391-0260 All ages welcome.

### The Nature of Being

Phyllis McCoy

Intuitive Life Coach

612-789-8309

(Telephone Sessions By Appointment)

[phyle11@gmail.com](mailto:phyle11@gmail.com)

2015 Central Ave. N.E. #422

Minneapolis, MN 55418

[www.thenatureofbeing.blogspot.com](http://www.thenatureofbeing.blogspot.com)



Rebecca Lee, PT  
(218) 722-3800

Medical Arts Building  
Suite 428, 324 W. Superior St.  
Duluth, MN 55802

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Contact Newsletter Coordinator Barb Gudowski at 715-394-9246 or [bgudowski@aol.com](mailto:bgudowski@aol.com)

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

# MARCH 2011

## Schedule of Events

- **Creating Art Through Meditation**  
Workshop - an ongoing workshop open to everyone interested in creating art from a deeper level. We meet every 3rd Saturday from 12:15 - 3:15 p.m. Bring your own art supplies and maybe an arty supply you are willing to share with others. Cost is \$2.00 Church basement. Class limited to 14. Contact Ann McKie 720-2844 or ann@mckiesplints.com

- **The Thirteen Feminine Archetypes**  
Instructor: Kathleen Abel Suggested Donation: \$5.00 - \$8.00/Session 15 Saturday Sessions, 4-5:30 p.m. Location: LSICC  
Each week we will discuss the qualities of each archetype, do a short meditation exploring her gifts/energies, explore how mass culture, religion, and personal perceptions have veiled her relationship with us, experience art (visually or in song) and offer home study ideas, and journaling possibilities for building a deeper, more dynamic, personal relationship with each archetype.

- **Healing Circle** Healing Circle with Merle and Lynda Borches March 27 at 1:00 p.m.

**Movie: Food Inc** Movie will be shown at LSICC Friday, March 4 at 7:00 p.m. **Food, Inc.** reveals surprising – and often shocking truths – about what we eat, how it's produced and who we have become as a nation. We're accepting a donation of \$2 to help pay for heat and lights during the showing of this film.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Speaker/Healer</b>		1	2 GA 6:00 pm	3	4 7p.m. Movie: Food Inc Donation \$2.00	5 4 PM Fem Arch. Island
<b>6 Sr. Jean Maher "Prayer" Carolyn Brooks</b> Community Mtg 12:30 p.m. Meditation 9:30am	7	8	9 GA 6:00 pm	10	11	12 4 PM Fem Arch
<b>13 John Durwood Jean Kwako</b> Meditation 9:30 Board Meeting	14	15	16 GA 6:00 pm	16	18	19 4 PM Fem Arch. 12:15 Creating Art
<b>20 Rev. Sharon Szukis Steve Plasa</b> Pot Luck / Conferences Meditation 9:30am	21	22	23 GA 6:00 pm	24	25	26 4 PM Fem Arch
<b>27 Merle Borchers Michael Anderson</b> Healing Circle with Lynda & Merle 1pm Meditation 9:30am Fold newsletter	28					

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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](http://www.lsicc.org)**

March 2011	April 2011
<p>March 6 11:00 a.m.            Speaker - Sr. Jean Maher "Prayer"            Healer - Carolyn Brooks            Community member meeting 12:30 p.m.</p>	<p>April 3 11:00 a.m.            Speaker - John Beyer "Wisdom Tooth"            Healer - Sue Brewer</p>
<p>March 13 11:00 a.m.            Speaker - John Durwood            Healer - Jean Kwako            9:00 a.m. Board Meeting</p>	<p>April 10 11:00 a.m.            Speaker - Rev. Phyllis McCoy            Healer - Jasmine Phoenix            Conferences after lunch/ Workshop 4-9 @1:00 p.m. (see ad)            9:00 a.m. Board Meeting</p>
<p>March 20 11:00 a.m.            Speaker - Rev. Sharon Szukis            Healer - Steve Plasa            Pot Luck/Conferences</p>	<p>April 17 11:00 a.m.            Speaker &amp; Healers            Shelia Packa &amp; Kathy McTavish             Pot Luck</p>
<p>March 27 11:00 a.m.            Speaker - Merle Borchers            Healer - Michael Anderson            Healing Circle with demonstration with Lynda &amp; Merle at 1:00 pm / Fold Newsletter 9:30 a.m.</p>	<p>April 24 11:00 a.m.            Speaker - Rev. Kathleen Abel            Healer - TBA            Fold newsletter 9:30 a.m</p>

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

web site: [www.lsicc.org](http://www.lsicc.org) Featuring calendar of speakers & healers, newsletters, links, pictures, Mission Statement, and more!