

May 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.

Lunch after every service.  
Potluck 3rd Sundays

### CHURCH BOARD

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This month, I decided to share some humorous insights from 'the mouths of babes'. I received this article titled "Children's Views on Love" from a friend, and hope you find both smiles and wisdom.

#### HOW DO PEOPLE IN LOVE TYPICALLY BEHAVE?

"When a person gets kissed for the first time, they fall down and they don't get up for at least an hour." (Wendy, age 8)

#### CONCERNING WHY LOVE HAPPENS BETWEEN TWO PARTICULAR PEOPLE

"One of the people has freckles and so he finds somebody else who has freckles too." (Andrew, age 6) "I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." (Manuel, age 8)

#### ON WHAT FALLING IN LOVE IS LIKE

"Like an avalanche where you have to run for your life." (John, age 9)

#### ON THE ROLE OF BEAUTY AND HANDSOMENESS IN LOVE

"It isn't always just how you look. Look at me. I'm handsome like anything and I haven't got anybody to marry me yet." (Brian, age 7)

#### REFLECTIONS ON THE NATURE OF LOVE

"Love is the most important thing in the world, but baseball is pretty good too." (Greg, age 8)

#### HOW DO PEOPLE IN LOVE TYPICALLY BEHAVE?

"Mooshy, like puppy dogs ... except puppy dogs don't wag their tails nearly as much." (Arnold, age 10)

"All of a sudden, the people get movie fever so they can sit together in the dark." (Sherm, age 8)

#### CONCERNING WHY LOVERS OFTEN HOLD HANDS

"They are just practicing for when they might have to walk down the aisle someday and do the holy matrimony thing." (John, age 9)

#### CONFIDENTIAL OPINIONS ABOUT LOVE

"Love is foolish ... but I still might try it sometime." (Floyd, age 9) "Love will find you, even if you are trying to hide from it. I been trying to hide from it since I was five, but the girls keep finding me." (Dave, age 8)

#### PERSONAL QUALITIES YOU NEED TO HAVE IN ORDER TO BE A GOOD LOVER

"Sensitivity don't hurt." (Robbie, age 8) {Amen, brother!}

#### SOME SUREFIRE WAYS TO MAKE A PERSON FALL IN LOVE WITH YOU

"Tell them that you own a whole bunch of candy stores." (Del, age 6)

"Shake your hips and hope for the best." (Camille, age 9) {Amen, sister!}

HOW CAN YOU TELL IF TWO ADULTS AT A RESTAURANT ARE IN LOVE? "It's love if they order one of those desserts that are on fire. They like to order those because it's just like how their hearts are --- on fire." (Christine, age 9)

#### HOW WAS KISSING INVENTED?

"I know one reason that kissing was created. It makes you feel warm all over, and they didn't always have electric heat or fireplaces or even stoves in their houses." (Gina, age 8)

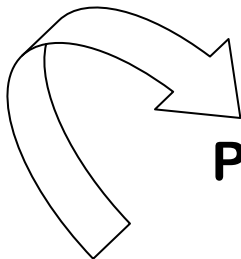
#### HOW A PERSON LEARNS TO KISS

"You learn it right on the spot when the gooshy feelings get the best of you." (Brian, age 7)

#### HOW TO MAKE LOVE ENDURE

"Spend most of your time loving instead of going to work." (Dick, age 7)

Love and Blessings, Jasmine



**Please Note - The time of the service  
will be changing on May 30th -  
from 11:00 a.m. to 10:00 a.m.!!!!**

Hope to see you there

## Upcoming Events

May 1st  
**Annual Rummage Sale**  
8:30 a.m. - 1:00 p.m.

May 9  
**Rev. Phyllis McCoy - conferences**

May 16  
**Satail Taylin - conferences**

May 23  
**Michael Monroe**

June 18  
**Equinox Drumming**  
7:00 p.m.

## Ongoing Events

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

Gamblers Anonymous  
Wednesdays 7:00 p.m.

Gathering with Chuck Crom  
Before Sunday service 8:30-9:30 a.m.  
Exploring Our Universe/Consciousness  
Upstairs Meditation Room



Melanie S. Olson, MSW, LICSW  
Well-Being Counseling and Services Center, LLC  
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www.wellbeingcounseling.com Melanie@wellbeingcounseling.com

**Well-Being Counseling and Services Center** offers a holistic psycho-therapeutic healing approach to achieving and maintaining mental, physical, emotional and spiritual well-being. The experience is a lifestyle approach aimed at facilitating transformation and positive, life-long change.

Services include: Holistic Psychotherapy, Traditional Psychotherapy (assessment, diagnosis, treatment planning), Eye Movement Desensitization and Reprocessing (EMDR), Clinical Hypnosis, Energy Psychology, Reconnective Energy Healing, Meditation, Guided Imagery, Breath Work, Relaxation and Stress Reduction Techniques; Problem solving; Psycho-education; Information and Referral.

Potentials: Relieve and/or eliminate psychological and emotional distress/dis-ease; Identify and transform negative thinking patterns and core beliefs; Realize creative potential and learn to create desired life; Enhance self-esteem and develop Unconditional Self Acceptance; Revitalize and improve the quality of relationships (identify and resolve repeated cycles, communicate more effectively, develop conflict resolution skills, etc.); Forgiveness; Learn alternative approaches to problem solving; Develop skills to achieve self-sufficiency, independence and autonomy; Receive support and guidance to cope and deal effectively with stressful life events such as divorce, death, loss, addictions, domestic violence, trauma, etc.; Develop insight and awareness of innermost sense of self and purpose; Clarify, explore, develop, rejuvenate spiritual journey/process; Foster wellness, clarity, gratitude, and peace as a way of life

Commercial Insurances, medical assistance, Medicare, TriCare and private pay welcome.

### **The Nature of Being**

**Phyllis McCoy**

*Intuitive Life Coach*

**612-789-8309**

(Telephone Sessions By Appointment)  
phyle11@gmail.com

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

May	June
May 2 11:00 a.m. Speaker - Jim Brown Healer - Jerome Kwako	June 6 10:00 a.m. Speaker - Carole Gieseke
May 9 11:00 a.m. Speaker - Rev. Phyllis McCoy Healer - Ann McKie Conferences	June 13 10:00 a.m. Speaker - John Duward
May 16 11:00 a.m. Speaker - Satail Taylin Healer - Carolyn Brooks Conferences / Pot Luck	June 20 10:00 a.m. Speaker - Cedric Littlewolf Healer Pot Luck
May 23 11:00 a.m. Speaker - Michael Monroe Healer -	June 27 10:00 a.m. Speaker- Healer Fold newsletter 8:30 a.m.
<i>Time Change!</i> May 30 10:00 a.m. Speaker - Mickie Brown Healer Fold newsletter 8:30 a.m.	



# Annual Rummage Sale and Fundraiser

Saturday, May 1st 8:30-1:00

Come and bring your friends and do some shopping!  
You will find some excellent bargains and at the same time,  
support our congregation. What a great way to do that!  
See you there!

## Grandmothers Gathering for Gitchigaaming

"Grandmother" is a fondness term referring to any woman over 50 with or without children. All women welcome.

August 12-15, 2010 Madeline Island - LaPointe, WI

\$285.00 - includes lodging and meals for 4 days and 3 nights. Call early - space is very limited

This is a completely non-profit event organized by the volunteers of the GGG committee.

For more information- google: [ggg2010LN@yahoo.com](mailto:ggg2010LN@yahoo.com) 218-879-2288

### STROKE: Remember the 1st Three Letters.. S.T.R. STROKE IDENTIFICATION

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics). She said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00PM Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this... A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

**RECOGNIZING A STROKE** Thank God for the sense to remember the '**3' steps, STR** . Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S \*Ask the individual to SMILE.
- T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (I.e. It is sunny out today.)
- R \*Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke. A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.

(this was reproduced from an email)

JOIN OUR CHURCH YAHOO GROUP WEBSITE VIA THE GROUP'S PAGE:

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

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