

November 2010

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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How do we accommodate change gracefully into our lives? So often change seems to come to us unbidden. It summons our fears and our anger. It brings up our earliest memories of shifts where beloved people, animals, objects or routines were taken from us. Change catches our breath. It embodies itself as constriction or inflammation in our physical being. Experts on death and dying inform us that apart from the actual loss of a loved one we also experience grief reactions in and around change, even when the change is ultimately to our benefit.

Astrologers tell us that we are in the midst of major societal structural change. Existing structures will fail and break up. New structures will emerge.

Environmental scientists report that we are in the midst of climate change. This week the UN is sponsoring a two-week meeting in Nagoya, Japan of delegates from nearly 200 countries. The intent is to map out goals to protect oceans, forests and rivers as the world faces the worst extinction rate since the dinosaurs vanished 65 million years ago. 1/5 of all vertebrates now face potential extinction. Although we are spiritual beings having a physical experience, we breathe the air and drink the water that this planet supplies. This change touches us.

Dr. Erica Stearns, speaker at this year's Minnesota Occupational Therapy Association annual conference, identified 3 common responses to change: Fight, Flight or Lead.

"Fighting" can take the obvious form of verbal or physical attack. But it can also show up in us as covert resistance, gossip, hostile demeanor. "Flight" she defined as any type of withdrawal, physical or emotional. Denial or addictions are flight response to change.

"Leading" she defined as a willingness to participate. When we participate we are more likely to be granted realistic, positive choices for our future.

As we move through this period of change we benefit ourselves if we stay present, keep informed and remain in community. We stay present with our breath. In meditation we open ourselves to be fully in the moment and connected in Spirit. We seek to stay informed. On October 22 Nancy Azara led an art workshop that assisted participants in tapping into the reservoir of the unconscious where both our deeper resistances and the seeds of our future selves lie. On Sunday, November 7 Steve Plasa will report on a vibrational shift or attunement and assistance from the greater Universe. On Saturday, Nov. 13 Kathleen Abel will initiate a 13-15 week discussion on Feminine Archetypes and how these illuminate our present lives. On January 2 Coni Sharp will present a workshop on the principals of affirmative prayer to assist in changing our lives. We support community by being present to those around us, acknowledging our unity and working at common goals.

Namaste,

Ann McKie

Get Ready!!



Upcoming Events

2nd Sunday of each month
Board Meeting

Nov. 7th
Steve Plasa
Workshop to follow service
See ad

"Building the Sanctuary of the Open Heart."

Beginning Nov 13 4-5:30 p.m. LSICC
13 Saturdays - see ad

Nov. 13
Superior Public Library 12 - 1:30 p.m.
Free Book & CD - Spiritual Discussion of
Past Lives, Dreams, Soul Travel
Sponsored by: ECKANKAR

Dec. 17th 7 p. m. Equinox Drumming

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.

Gathering before Sunday service
9:30 - 10:30 a.m.
Circle Meeting

Well, it is that time of year again. Time to be grateful that we have a place to stay warm. A place to gather with friends. During this busy time- take some of that time to help someone out in some way. Bring some used clothing (warm & clean) to a center. Ask around to see where you might be able to help out those less fortunate. You will find a place to help and it will be very much appreciated. Remember the Golden Rule. It is a great one.



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

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

"Building the Sanctuary of the Open Heart."

Instructor: Kathleen Abel

Suggested Donation: \$5.00 - \$8.00/Session

15 Saturday Sessions, 4-5:30 p.m. starting November 13, 2010

Location: **LSICC**

As loving and justice-seeking men and women, let us draw insights, healing, learning, and power from Cross Cultural, Interfaith Feminine Archetypes, so that we may have expanded Inner Strength, Wisdom, and Nurture to nourish our Sacred work in this beautiful world.

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.

Since LSICC has an abundance of gifted members who I am guessing have studied Divine Feminine Energies for many years, I would encourage those who wish to contribute their own readings, music, art, favorite archetypes from any stream to do so each week, as time permits. **This is an experiential, collective, embodied learning.**

Workshop Presented by Steve Plasa November 7th

Interdimensional beings from an ascended civilization have been offering their perspective and healing sound energies for the past 6 years to aid us in this critical time of evolutionary challenge. Their messages and predictions align with truth as I see it. The Seattle workshop I attended the last weekend in October combines a personal tuning and activation of the inner library of light anchored in the pineal gland with a worldwide meditation on Sunday the 31st. The purpose is to increase humanity's access to esoteric knowledge and spiritual **inspiration** beyond the constraints of religious dogma. I will share my discoveries with you on Sunday Nov. 7. Since there is more to share than our service allows, I hope you will join me for a longer presentation later that Sunday afternoon. A free will offering is requested. Bring a blank CD if you would like a copy of the sound healing attunements channeled by Tom Kenyon.

You can find their messages and sound attunements on www.tomkenyon.com

Friendly Reminder

It is flu season and, please, take extra precautions Wash your hands, cough into the crook of the elbow vs. coughing into one's hands.

Breathe In Me

Breathe in me the way to love You,
That I may learn to faultlessly love You.
Pour me the wisdom-wine
By which I become intoxicated with You.
Whisper in my ears of silence
The way to be with You always.
Speak to my wandering senses
And lead them back to Your sanctuary
within.
Call the marauding mind and counsel it
How to retrace its steps to Your home.
With Your silent eyes, just look at me,
And I will know where to find You.

You may hide behind the ocean,
You may hide behind delusion,
You may hide behind Life,
You may hide behind dualities,
You may hide behind theological conundrums,
You may hide behind unanswered prayers,
But you cannot hide behind my love,
For in mirroring light of my love,
You are revealed

Paramhansa Yogananda
Songs of the Soul

Food Sensitivity Support and Education Group

Sensitivities, intolerance and allergies

Could you use some support, resources and ideas for greater ease and success? Gluten, dairy, yeast, corn, Wheat and beyond!!

Location: 1302 Rice Lake Road, Duluth, MN

Meeting Room across from Veritae Wellness. Entrance left of Sylvan Cost: Free Event

Last two sessions of Fall 2010

TUESDAY, Nov. 9th - Part One TUESDAY, Nov 23rd - Part Two Times: 6:00 - 7:30 P>M>

Join us for one or both nights

Get many answers about wheat, gluten, gluten intolerance. DVD & DISCUSS:

“UNLOCKING THE MYSTERY OF WHEAT AND GLUTEN INTOLERANCE”

DVD by Dr. O’Bryan

Amazing information: “This 2-pus hour DVD of the June 17,2006 seminar at College of DuPage, Glen Ellyn, IL is a valuable learning tool for those interested in gluten intolerance and the connection to autoimmune diseases. Learn how to implement and follow a gluten free diet for improved health and wellness. In sensitive individuals, gluten intolerance triggers Auto-immune Diseases, Attention Deficient Disorders, Epilepsy, Multiple Sclerosis, Migraines, Chronic Fatigue Syndrome and more. During this seminar, learn how all may be related to gluten intolerance.”

Please contact Judy to find out about future session(s)

Judy 651-231-1371 or email: Judy@GlutenFreeAndOtherSpecialDiets.com

What’s Cooking?

Speaking of changes, since the first week in June Jeanne Oman has taken over the role long held by Audrey Fischer and Barb Gudowski. Jeanne has been preparing a delicious variety of meals for “our communion”, our meal after the service. She loves to dream up menus and she loves to cook. But she has been doing the food preparation largely by herself. Carol Kari and Chuck Sharp who for the past several years have helped with the clean-up have also felt the loss of Audrey and Barb on that side of the meal. To support the wonderful contributions of Jeanne, Carol and Chuck we are asking for volunteers for food preparation and for clean-up. Accommodating special diets, i.e. gluten-free and vegetarian, has also presented a challenge. So we are posting menus in advance of the meal to allow those with special diets to plan how to contribute to and participate in the meal. The third Sunday will continue as pot luck Sunday. Volunteer cooks are also needed one Sunday a month.

Date	Menu	Food Prep	Clean-up	Cook
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Thank you to everyone who has agreed to help with one of the tasks. If you enjoy the meal, please consider helping out on one of these Sundays. Use this - fill out and give to Ann McKie, Board member or someone on the kitchen crew. OR Look for the sign up sheet at church & sign up!!

Happy Thanksgiving



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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

November	December
Nov. 7 11:00 a.m. Speaker & Healer Steve Plasa Following lunch: Workshop - see ad	Dec. 5 11:00 a.m. Speaker - Cheryl Larson Healer - Rev. Jean Kwako
Nov 14 11:00 a.m. Speaker - Chuck Crom Healer - Linda Kirchmaier	Dec. 12 11:00 a.m. Speaker - Rev. Phyllis McCoy Healer - Jean Captain Conferences
Nov 21 11:00 a.m. Speaker - Rev. Sharon Manns "Miracles" Healer - Sue Brewer Pot Luck	Dec. 19 11:00 a.m. Speaker - Rev. Sharon Szukis Healer - Rev. Sharon Manns Pot Luck
Nov 28 11:00 a.m. Speaker - Kathleen Abel Healer - Rebecca Lee Fold newsletter 9:30 a.m.	Dec. 26 11:00 a.m. Speaker- Healer - Rev. Jerome Kwako Fold newsletter 9:30 a.m.
Happy Thanksgiving 	Merry Christmas 

<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!