

HIGHER GROUND NEWSLETTER

Lake Superior Interfaith Community Church

1414 E. 9th St.

Duluth MN 55805

218-724-6554

Sunday Services

11:00 a.m.

Lunch, our communion sacrament, following each service.

Potluck, 3rd Sundays

CHURCH BOARD

President

Ann McKie

Vice President

Sue Brewer

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TBA

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TBA

Trustees

Carol Kari

Michael Walke

Bernadette Savage

Harley Blake

Sharon Manns

John Beyer

Emily Hysjulien

With gratitude to those who have served and those elected, for your dedicated service.

President's Message

Each of us is experiencing a level of chaos in our lives, a loss of order and tranquility. For some it is the loss of a job or a relationship or good health. For me it has been the death this summer of my mother and now my Uncle Bill. My mother was a loving soul who listened closely, offered her gentle wisdom and kept our family in harmony. My Uncle Bill was a deep-voiced engineer who even into his 80's travelled from his home in Manitoba to attend every class reunion and every family gathering of import no matter the distance. He took time to honor the big transitions of not only his siblings but of his many step children, step grandchildren, nieces and nephews.

At Bill's funeral this last weekend, his grandson told how, when he purchased his first home and the family gathered to celebrate, Grandpa Bill showed up and promptly disappeared outside. An hour later a pad of paper, pencil and tape measure in hand, Bill reappeared. He had walked the perimeter of the home, measured and inspected every surface and written his measurements and observations, including a suggested maintenance schedule on all components of the home. "It was a marvelous and unexpected gift."

The 4th concept of Al-anon says, "Participation is the key to harmony." We had a very good time this year at our church picnic, I think, because so many contributed. Jill's inspirational poems, Mike and Bernadette's song, good vibes generated by the meditation group who met in the gazebo prior to the picnic, Jean's arranging for our food, Dan's fire, Mark's poem, Kay's accompaniment on the keyboards, and Jean and Jerry's loving example, to name just a few.

"I begin this day with harmony in my thoughts and feelings. I am calm in mind and body. Through all of my activities, I stay attuned to my feelings and emotions. The moment I feel anxious or afraid, I consider that God's peace is always here for me. I stop, breathe deeply and claim God's peace as my own...As I bring a supportive sense of calm to my interactions with others, I am guided to right thought and actions." (Daily Word, November 22, 2009)

May I listen deeply today to learn what unique action I need to take to bring about harmony.

Blessings, Ann

WORLD MEDITATION

Friday, November 11, 9 p.m.

(to synchronize with others across the planet)

Please plan to join us for the World Meditation on November 11 of this year (11/11/11).

In this meditation we will access the next Dimensional Attunement. This attunement will be a sound meditation created to transmit light into the pituitary gland, the master regulator of our endocrine system.

The Hathors will be transmitting etheric light during this event to raise the vibratory rates of our KA bodies (a second “energy body,” which was sometimes referred to as the etheric double or spiritual twin). to encourage a specific type of ascension. This form of ascension is not about escape from physical Earth-reality or from your life. It is, rather, about living your life more fully, empowering you to shape your own destiny with the abilities of an enlivened consciousness.

When your KA body rises up in vibration and this increase in vibratory rate is consciously embraced (as opposed to being resisted), your consciousness is raised up as well. Practical intuition improves, incidences of serendipity increase, and insights into spiritual truths (as well as spiritual lies) become self-evident.

The Hathors are a group of inter-dimensional beings who say to us, “We come in love, and with the sounding of a new dream reality for your Earth. If you are ready to build the new world, we invite you to join us on a journey of the mind and heart.”



From Jean and Jerry Kwako

We wish to thank everyone who came to the church picnic and to our 50-year wedding anniversary. We are very grateful to our little church. The church has been such a big part of our lives for so many years. We will let you know what we plan to do with the donations we were given. We thank you from the bottom of our hearts for that. The money will go for some church addition. Again, we are so very grateful to our church community and again thank you so very much for showing up. It was a wonderful party and a great picnic.

Blessings,

Jerry and Jean



OCTOBER & NOVEMBER SPEAKER SCHEDULE WITH BIOS

October 2: James Ulness: A longtime professor of psychology at Concordia College in Morehead, MN, Dr. Ulness developed a psychology in light of spiritual science. Dr. Ulness lectures in Anthroposophy throughout the US. and is deeply concerned with the role Anthroposophy could play in our lives and the world events of our time.

October 9: Pam Losasso: “Destiny vs. Free Will” Since 1996, Pam has been doing intuitive/spiritual counseling using Astrology, Numerology and Tarot. She is the author of “*The Wheel of Predictability*,” which incorporates these 3 ancient tools to explore the predictability of life experiences. On October 9, she will talk about the 10/21/11, the day Harold Camping predicted the end of the world.

October 16: 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 U.S. Navy during the Viet Nam war, in Honeywell Residential Engineering, teaching at NEI, and working in limnology research group at the University of MN. She currently lives in Duluth near the incredible lake that drew her here.

October 23: Rev. Kim Luedtke: Coach, Clairvoyant, Creative Genius. Kim was trained by our very own Helga Ragan, along with Marilyn and John Rossner in Montreal and Bob Proctor. Her topic will be something about human potential and personal transformation, with a glimmer of silliness.

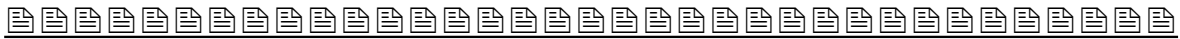
October 30: Lisa Cerri: Certified energy practitioner, Lightbody & Energy work; Awareness Release Technique (ART); Chakra Tuning & Balancing; Total Body Modification (TBM); Matrix Energetics. Lisa has over 20 years in alternative healing and conscious expansion. School of Healing Consciousness in Sedona, AZ, 1997-2000; Chakra Studies, Awareness Release Technique, Distant Healing. Certified Yoga instructor. Metaphysics 101 and Law of Attraction classes.

November 2: Coni Sharp has been a student of truth for over 25 years. She is a licensed Religious Science Practitioner and spiritual coach, now living in the Denver, CO area. She has taught a variety of workshops through the years as well as working with individuals as they change their thinking to change their life to embrace the world from a spiritual perspective. As a past president of L.S.I.C.C. she enjoys returning to Duluth to share her time and talent with the members of this community.

November 13: Rev. Phyllis McCoy: A member of LSICC since 1987, Phyllis opened to channel in 1983 and has since pursued a path of personal growth through the study of the God in all of us, teaching and offering counsel to others of like mind, with gratitude. She will speak on *The Authentic Self* this month.

November 20: Bart Sutter: Barton Sutter is the author of six books and has won the Minnesota Book Award in three different categories. He has written for public radio, adapted his poems for the stage, and regularly performs as one half of *The Sutter Brothers*, a poetry-and-music duo. The son of a Lutheran minister, he is a member of the Duluth Superior Quaker Meeting.

November 27: 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 ArchAngel Lady Charity/Chamuel and Quan Yin.



!! Our 4th Annual BOOK SALE !!

Saturday, October 8th

Bring your friends, bring your (empty) book bags!

The shopping is great at

Lake Superior Interfaith Community Church

- Books, CDs, tapes, DVDs -

if it's spiritual, metaphysical or simply entertaining,

YOU'LL FIND IT HERE!



**FOOD SENSITIVITY SUPPORT and
EDUCATIONAL GROUP**

Meets second Tuesday of most months.

LOCATION: 1301 Rice Lake Road

Marshall Professional Building

**(meeting room across from VERITAE WELLNESS
entrance, left of Sylvan)**

TIME: 6-7:30 p.m.

**October 11 - Chiropractor Dr. Anthony Macioce from
Associated Chiropractic Physicians**

**Various topics around nutrition, the sources of our food
and beyond.**



A FREE EVENT!

Robert Kenner, director of Food, Inc. will speak at Romano Gym, U.M.D.

Thursday, October 20th at 7 p.m.

sponsored by Access For All and many other U.M.D. and community supporters



A Note to Our Advertisers

My apologies to each of you who trusts us with your ad copy. My skills at translating your images to my Mac computer on this first attempt fell short of expectations.

I have recreated ads to represent your content as effectively as possible, with every intention to solve this technical lapse before our next issue.

Thank you for your patience. *Phyllis*



don't miss this chance to attend a book signing with our own

JILL DOWNS

and purchase a copy of her inspiring book

JOURNEY INTO JOY

Thursday, Oct. 20, 7 - 9 p.m.

Barnes and Noble, Duluth

a review by Phyllis McCoy...

Through a life punctuated with emotional, physical and mental challenges, Jill persists. Her recovery story alone is compelling enough, but her road through the pitfalls and gifts of her inter-dimensional travels fills us with hope, and her vivid exchange with the natural world guides our own path to that inspiring world. What Jill has survived inspires us to believe that anything is possible for any one of us. Jill's story, though, is not only a story of survival; it is a testament of the internal compass with which we are all born that points the way with light and provides expanding hope through faith in our Creator.

Joy is obvious, not only in Jill's victorious outcome, but in each phase of her journey. The compass was always there for Jill, as it is there for any of us who will breathe and reveal it. In her faith-filled book, Jill expresses uncommon insights which serve any reader who takes this journey with her. 📖

Timing is Everything

Explore the predictability of life experiences

**Intuitive Consultations
by Pam**

218-341-5335

www.intuitivepam.com

Sunshine Cafe

It's small, but you'll like it a lot!

5719 Grand Avenue

624-7013

Mon. - Sat. 6 a.m. to 3 p.m.

"The Best Omelets" Breakfast all day

Young-A & Steven, owners

bluestone zen practice community

Bluestone Zen

has begun meditation practice and classes at
Lake Superior Interfaith Community Church.

Meditation is offered on Sunday evening,
Thursday evening and Saturday morning;
Buddhist foundation studies classes
are conducted on Thursday evenings:

www.bluestonezen.com



THE HEALING POWER OF SOUND

a surprising, powerful and playful way to heal,
release stress & connect with your inner joy and wisdom
through drumming, laughter, and celestial sounds of
Tibetan Bowls, Crystals, Tuning Forks and Voice.

Sound healing is a powerful means to boost your immune system as well

Presented by Kay Grace, CAEH

Saturday, October 22, 1 - 4 p.m.

Lake Superior Interfaith Community Church

\$30

contact Louise Pell for more information @ 218-724-0644



YOUR energy as a Light Bringer,

as we approach 2012, is needed now more than ever.

Duluth has 86,000 people, many of whom do not realize yet that they are Divine Lights, too.

Let's help them feel/know this. What could be more fun?

Come and clarify your next steps as a teacher, within the St. Michael Spiritual Stream,
to awaken those around you. Join our 6-week inner power study.

I will integrate CDs with our Sacred Destiny workbook.

When? Tuesday evenings at LSICC, 7-8:30 p.m. and/or Sat., 4-5:30 p.m.

People may attend either time to make up missed dates through Nov. 5th.

Cost per person for 6 weeks, paid the first night: \$66 (with 10% going to LSICC)

****Kathleen Abel presenter****

If you choose, please order your own workbook, Scripting Your Destiny
available through Ronna Herman or online @ Amazon.com





THANK YOU, BARB GUDOWSKI!

Publishing a newsletter is no small thing, and, Barb, your service to our wonderful church will always stand out in Light. Others, notably Steve Plasa, have also published tirelessly in the past and continue to contribute.

All the investments of time and heart are gifts we have accepted without fully understanding these commitments.

Our newsletter keeps us bonded to one another and represents who we are to the community.

We are grateful.



New Ad Rates

We are now publishing our newsletter as a double issue, and it is available on-line as well, so each issue has a longer effective life and more exposure. Our board has voted to raise ad rates to reflect this change:

Business card size: \$12.00/issue

1/4 page: \$20.00/issue

1/2 page: \$40.00/issue

Full page: \$72.00/issue

Contact Newsletter Coordinator, Phyllis McCoy at 612-789-8309

or email: phylelr@gmail.com

Items of interest can also be emailed to the above address.

As always, if you wish to offer a class or to schedule an event, please contact our president Ann McKie.

Guidelines with her information are listed on the back page of each issue.



OCTOBER	NOVEMBER
OCTOBER 2, 11:00 a.m. Speaker: Dr. James Ulness Healer: Jasmine Phoenix 1:00 Workshop with Dr. Ulness	NOVEMBER 6, 11:00 a.m. Speaker: Coni Sharp 1:00 Workshop with Coni
OCTOBER 9, 11:00 a.m. Speaker: Pam Lossosso "Destiny vs. Free Will" 1:00 Workshop with Pam Lossosso	NOVEMBER 13, 11:00 a.m. Speaker: Phyllis McCoy "The Authentic Self"
OCTOBER 16, 11:00 a.m. Speaker: Jean Captain "The Second Agreement" POTLUCK, Please bring a dish to share	NOVEMBER 20, 11:00 a.m. Speaker: Bart Sutter "The Spirit of Poetry, Poetry with Spirit" POTLUCK, Please bring a dish to share.
OCTOBER 23, 11:00 a.m. Speaker: Kim Leudtke	NOVEMBER 27, 11:00 a.m. Speaker: Bruce Durwood 8:30 Newsletter folding before church
OCTOBER 30, 11:00 a.m. Speaker: Lisa Cerri	

LAKE SUPERIOR INTERFAITH COMMUNITY CHURCH
1414 E. 9TH ST.
DULUTH MN 55805

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 a message: 218-724-6554 – 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:

ann@mckiesplints.com

218-720-2844/218-391-9737

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