

SEPTEMBER 2010

HIGHER GROUND Newsletter

Lake Superior Interfaith Community Church

1414 E. 9th St.

Duluth, MN 55805

218-724-6554

President's Message

Sunday Services

**Time Change 9-5-10
To 11:00 a.m.**

Lunch after every service.
Potluck 3rd Sundays

CHURCH BOARD

President

Jasmine Phoenix

Vice President

Jean Captain

Secretary

Sue Brewer

Treasurer

Roberta Tigerfuentes

Trustees

Louise Pell

Lisa Cerri

Carol Kari

Rebecca Lee

Michael Walke

Hi folks,

For this, my last letter as president of our board, I had been thinking for some time of writing about what I've learned during my term, both personally and as a part of our spiritual community. I'm going to do that, and here's the situation that prompted this particular lesson.

I think it's truly a blessing when our friends, family members, coworkers or whomever, are involved in a situation that we can learn from, allowed as we are to be a part of their journey. So when my friend Siobhan, as I'll call her, decided to foster a dog with special needs, I was graced by being witness to the process. And as you may know, I am always particularly vulnerable to animals in need.

Siobhan and I were in Minneapolis about a month ago to attend the memorial service of an old friend of hers, and the next day we visited an old friend who was fostering a beautiful black and white Sheltie. Gandhi (the dog) was shut down and seemed depressed; he also walked poorly, indicating a distinct problem in his hindquarters. In short, my friend and I felt he could benefit enormously from the chiropractic vet who lives just outside of Superior, so she became his foster mom.

We were talking over coffee a couple of weeks ago, when Gandhi had been with Siobhan for just a short while. She said to me, in a very down-to-earth manner, "Why, he just needs compassion, patience, and understanding." In an effort to remember her comment, I assigned it the cpu abbreviation. For some reason, I had still thought of cpu as being a computer term, but now my definition has changed; and I'm glad of that..

Of course, it's simple to state that the dog- or any of all of us, for that matter- 'just' needs compassion, patience and understanding. What may be more difficult is being able to supply those attributes at every moment, in every instance. Siobhan is keenly aware that she co-created this situation with Gandhi and Spirit, and is open to learning whatever she can as the journey continues.

So, I am blessed in many ways to be a part of this journey, this leap of faith. I have to believe that we are all blessed to be witness to the experiences of those who are important to us, and to take advantage-in the best possible sense- of the opportunities to grow and learn, wherever they are presented to us.

I thank Siobhan and Gandhi for allowing me to be a part of their adventure.

I thank my friend for a new definition for CPU: compassion, patience, understanding.

And I thank you all, my friends, for the journey we have shared these past two years, and which I trust we will continue to share.

Blessings,

Jasmine



Time Change 9-5-10 11a.m.

Upcoming Events

Sept 17
Equinox Drumming
Sept 19
Annual Meeting
Sept 19
Rev. Phyllis McCoy
Conferences to follow service
Sept 25
Annual Book Sale 9:00 a.m. (tentative)
Sept 26
James Ulness
“I have been to the mountain”
Workshop to follow service
Workshop - How Grace enters our lives
and alters our karma
Oct 22
Nancy Azara Workshop

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.
See article below
Gathering before Sunday service
9:30 - 10:30 a.m.
Exploring Our Universe/Consciousness
Upstairs Meditation Room

Things to Remember

Love & Forgiveness
The Present Moment
Nonjudgment

IT'S HERE!!!



James Ulness

Dr. James will be with us again on Sept 26.
The title of his morning service:
“I have been to the mountain”
The workshop following lunch:
“How Grace enters our lives and alters our karma”
Join us! He always has VERY interesting
information for us.

The Nature of Being **Phyllis McCoy**

Intuitive Life Coach

612-789-8309

(Telephone Sessions By Appointment)

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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

September - Time Change	October
Sept 5 11:00 a.m. Speaker - Rev. Jerome Kwako	Oct. 3 11:00 a.m. Speaker - Kim Luedtke
Sept 12 11:00 a.m. Speaker - Jasmine Phoenix	Oct. 10 11:00 a.m. Speaker -
Sept 19 11:00 a.m. Speaker - Rev. Phyllis McCoy Annual Meeting & Board Election Pot Luck / Conferences	Oct. 17 11:00 a.m. Speaker - Pot Luck
Sept 26 11:00 a.m. Speaker - James Ulness Workshop to follow service Fold Newsletter 9:30 a.m.	Oct 24 11:00 a.m. Speaker-
Time Change 9-5 Start 11:00 a.m.	Oct 31 11:00 A.M. Fold newsletter 9:30 a.m.

<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!

Annual Book Swap & Sale Sept 25 9 a.m.

Please be saving items for our 3rd Annual Book Swap and Sale, which will be held Sept 25 (at point of newsletter preparation - this time is subject to change). Any type of book is acceptable, as well as other items of a spiritual nature. These might be pictures, candles, figure, jewelry, CDs, or DVDs. If you wonder if a donation is appropriate, ask Carolyn or Jasmine. We will also be needing help with set up and pricing, the times have not been set yet - but we would appreciate any commitments for this help.

Thanks.

Your Help Is Needed

Volunteers are needed to do a number of summer's end tasks at church.

These include cleaning, working outside, painting the bathroom wall, varnishing the bathroom door, varnishing the 4 windows that were installed last year, and dealing with the storms at the upper level of the church. We will meet after church on Aug 28, Sept 5 and Sept 12. Bring working clothes, and work gloves.

Call Ann McKie with any questions.

Standing on the Side of Love

Interfaith Worship Service: Sunday, 9/5, 9:30 AM at UUCD, 835 W. College. Choir to gather at 8:45 AM. (See Karen Bauman to join the choir.) Breakfast to follow service.

Pride Parade: Sunday, 9/5, noon, leaving from Hammond & Broadway in Superior. Float decorating at 11:00; clergy have been invited to ride on the float. Marchers are appreciated to counteract potential negative demonstrators seen in the past.

Looking Ahead:

-- Coming Out Day, 10/11: discussion tabled till next meeting.

-- Transgender Day of Remembrance, 11/20: primary goal is to make people aware of this day.

-- SSL Retreat: Saturday, 11/6, 1:00 PM, UUCD. Leader: current UUCD pastor. Theme: Honoring the histories of OOD and SSL, melding the two groups, and finding continued growth through common ground.

Next Meeting: Monday, 9/13, St. Andrews by the Lake, 5:30 PM.


FYI

1. Please make a commitment to support our church with your membership.
2. Please fill out the survey form to help with Board make good decisions on our behalf.
3. Plan on supporting our Book Sale. It is so much fun to see what is new and available at a reasonable price. Also, it is a good place to donate books or related items. Have fun!
4. Check out the up coming workshops!
5. We are needing volunteer workers for fairly easy tasks around the church.

Thanks

Contact for Kate Garvey

www.InstituteOfSoundHealing.com



Families Dancing for Peace

10 East Superior Street – Above The Electric Fetus

**Sunday
September 12, 2010
3:00 - 5:00 p.m.**

Suggested Donation \$6.00-\$10.00
No one is turned away for inability to donate.
Newcomers Welcome!
Call 218.391.0260 for More Information

Let the Beauty we love, be what we do. – Rumi

No experience necessary. Join us in simple sacred circle dances for peace and unity using song and chant inspired by the world's religious and spiritual traditions. Experience the peace and joy inherent in each tradition while honoring one's own. The common thread is breath and compassion.

Making a Spiritual Practice of Making Art

Friday, October 22, 2:30-5:30 pm

Lake Superior Interfaith Community Church

1414 East 9th St

Cost: \$50.00

Instructor Nancy Azara

Sculptor, Feminist Artist and Author of Spirit Taking Form (<http://www.nancyazara.com>).

An introductory workshop for artists and others interested in art. Using meditation and artmaking, we will draw on our deeper instincts/intuitions/imagination to create images that tap the Source that lies within each of us.

Please contact Ann McKie at 218-720-2844

Surround Yourself With Possibilities: Making Visual Diaries

Saturday and Sunday, Oct 23 and 24, 9 am to 4 pm

Duluth Art Institute

LINCOLN PARK SITE

2229 West Second Street

Duluth, Minnesota 55806

218-723-1310

Cost: \$220 non-members, \$180, members

Instructor: Nancy Azara

This workshop will use meditation, discussion, painting and collage to develop a visual diary from ideas, ways of seeing, new visions, shadows from the past and hopes for the future. It will be based on Making Your Visual Diary (Pg. 26 through 30) from Nancy's book Spirit Taking Form

For the weekend (Oct. 23rd and 24th) contact Shannon Cousino at Duluth Institute at 218-723-1310.

ANNUAL MEETING NOTICE

Our annual meeting will take place on Sunday, Sept. 19th at 11:00, with Rev. Phyllis McCoy as our speaker. We will review our past year together, including financials and building improvements, and elect new board members.

Speaking of which, we will be voting for the following board positions: President (2-year term); Vice-President (1-year term); and 2 trustees (3-year term). You must be a member in order to vote for these positions.

Please consider serving our church community in this capacity. If you have any questions about what this entails, just ask any board member.

Remember, we are a volunteer organization. We make our church what it is, and will be, with our thoughts, intentions, prayers, and actions.

It's time to RENEW your membership!

Yes, folks, it's that time of year again. Our bylaws require that we each renew our membership annually, and make a pledge to support our church's expenses. You may make a donation now of any amount, and then of course continue your support throughout the year as you are able.

We need to know very soon what kind of funds we will have available in order to put together a budget for the next fiscal year, so please renew now as generously as you can!

Your donations support speakers and music during our services, as well as maintenance and improvement of our building. During the past year we replaced our hot water heater with a more efficient model, replaced carpet in the sanctuary, and expanded one of our bathrooms to be more accessible. Your support made these possible, and will allow us to continue improvements and repairs in the year to come.

If you have any ideas or energy for fundraising, please let a board member know. THANKS so much!

Please participate in our survey below! Thanks

Please fill out & return to Rebecca Lee or Jasmine Phoneix

This survey is intended to find out if there is interest within the community to develop discussion/education groups (in addition to the group Chuck & Dan are currently leading).

Are you interested in such a group? Yes ___ No ___

What topics would you like to discuss/learn

What time would be good for you

Who would you like to lead this group-

Would you be willing to lead? Yes _____ No _____

**Do you want a six week, eight week, or ten week program? Longer _____
Shorter _____**

Other Comments:

