

October 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

President

Ann McKie

Vice President

Jean Kwako

Secretary

Sue Brewer

Treasurer

Trustees

Lisa Cerri

Carol Kari

Rebecca Lee

Harley Blake

Michael Walke

Bernadette Savage

Hello All,

I am excited and joyful at the prospect of serving as president of Lake Superior Interfaith Community Church. Thank you for the opportunity! And thank you to those who also stepped forward to serve this year, Bernadette Savage and Harley Blake as board members and Jean Kwako as vice president.

15 years ago I left Duluth to attend further schooling in Madison, WI. At the prospect of leaving my comfortable Duluth home and long-time friends, I prayed that I might be connected with kindred spirits and that I find a church to accommodate my expanding spirituality. Two years prior I had begun attending Dances of Universal Peace in Duluth, and as a result, had deepened my friendship with Andrea Gelb who was then the group's leader. It was Andrea who literally offered an answer to my prayer. She suggested I check out Unity church. And so, it was at the Madison Unity that I met my dearest Madison friends, meditated twice a week, became acquainted with the Unity literature and was inspired by positive healing prayer. It was there that the Course in Miracles first came into my awareness.

Three years later, upon return to Duluth, I prayed the same prayer. I ended up at Lake Superior Interfaith.

We are a church that welcomes all on their faith journey. We are a learning church so we invite different speakers every week. We acknowledge that each of us is on our own Path to the Divine. Every path is perfect. The meal after our service is our Communion because it is the holy and mundane moment where heart meets heart.

A couple weeks ago I finished reading Lorna Landvik's Welcome to the Great Mysteries. It is the story of a Broadway actress, Geneva Jordan, who agrees to provide respite care in a small Minnesota town for her thirteen-year-old nephew, a boy with Down Syndrome, while her twin sister travels in Italy. Though a light-hearted read, Landvik presents a surprisingly accurate picture of the speech, attitudes, problem-solving and physical challenges of children with this syndrome. Early in the story, when Geneva arrives at the airport to begin her respite service she is greeted warmly by her sister, brother-in-law, and Rich, her nephew. As the foursome walk through the airport to retrieve Geneva's luggage, Rich continues to greet people, strangers, saying, "Hey Pal!" ...And he mostly encounters positive responses. But after a sour-looking woman ignores him, Geneva chides, "You don't even know these people! They're not your pals." Rich's response: "Might be. Might be my pals some day."

And so I'm concluding by sending out a "Hey Pal!" to everyone I know and don't know who receives this newsletter. May we all be blessed with a vision of the Divine within the mundane. May we each walk with an open heart through our days.

Peace and joy on your journey!

Ann McKie

A HUGE thanks for the out going members of the Board: Jasmine Phoenix, Jean Captain, Roberta Tigerfuentes, Louise Pell, They have served our spiritual community very well.

A HUGE welcome to the new members of the Board. President: AnnMcKie, Vice-President: Jean Kwako, Trustees: Bernadette Savage and Harley Blake. We are behind you and when the need arises, don't hesitate to call upon us. And, we, as a congregation, must remember to support our Board members in any way that we can. Let them know how much we appreciate them for stepping up. A church like ours is hard to come by!

Upcoming Events

Oct 22
Nancy Azara Workshop
See ad

Food Sensitivity Support Group
See ad

2nd Sunday of each month
Board Meeting

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
9:15 - 10:30 a.m.
Exploring Our Universe/Consciousness
Upstairs Meditation Room

Things to Remember

Love & Forgiveness
The Present Moment
Nonjudgment

***Please support
our advertisers. Thanks***

College of St. Scholastica

Sacred Texts: Art, Interpretation, Performance

Thursday, October 14, 7 p.m.

Mitchell Auditorium

Cost: free

The Nature of Being

Phyllis McCoy

Intuitive Life Coach

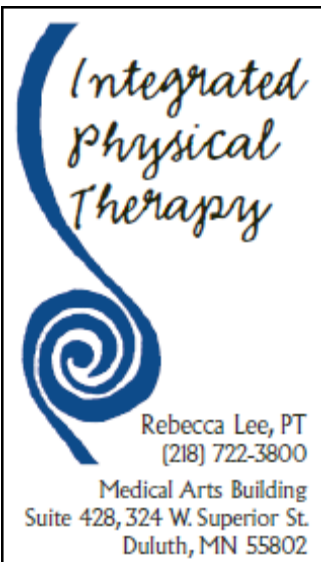
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Rebecca Lee, PT
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Suite 428, 324 W. Superior St.
Duluth, MN 55802

STANDING ON THE SIDE OF LOVE

Meeting Notes, 9/13/10

Congregational/Community Reports:

There was good participation in Pride events, the faith float won "best float" prize, and several people from LSICC volunteered at the faith booth. 152 people attended the interfaith service at UUCD; lots of non-UUs. There was good publicity--a story in the *Duluth News Tribune*. Eighteen people sang in the Pride Choir, which will continue. The service/breakfast will be held at Peace UCC next year. Would LSICC like to host it in 2012?

Looking Ahead:

Oct. 11--Coming Out Day, No special events at this time except for our next SSL meeting.

Oct. 13, 9:15 am--AIDS Vigil planning meeting, UUCD.

Oct. 26, 7 pm--Bullied: A Student, a School, and a Case that Made History (film), StageNorth, Washburn. Guest speakers: Jamie Nabozny, Liz Woodworth.

Nov. 6, 1 pm--SSL Retreat, UUCD, with the Rev. Gail Marriner. Focus: work on combining the goals and visions of SSL and Opening Our Doors, and forge a plan to move forward together.

Nov. 20--Transgender Day of Remembrance.

Nov. 30--24-hour AIDS Vigil, UUCD, with Honor Choir. More info at next meeting.

COMING IN NOV: CELEBRATE DIVERSITY ART EXHIBIT/SARA THOMSEN CONCERT <<<

Next Meeting: October 11, 5:30 pm, St. Michael's, 4901 E. Superior St.

Dear Diary : You Help My Immune System

There's a powerful health tonic sitting in your desk drawer: pen and paper. Writing down your pent-up feelings -- in a journal or letters to close friends - may help keep you well. Those are the results of a series of studies by psychologist James Pennebaker of South Methodist University in Dallas.

Compared with those who wrestle against their demons alone, people who confess traumatic experiences - even to a diary - have better immune functions, says Pennebaker. They make fewer doctor visits and enjoy overall better health, he reported at the annual American Psychological Association meeting in Washington, D.C.

In a five day study of fifty adults, Pennebaker and psychologists Janice Kiecolt-Glaser told half to write about disturbing life events and how they felt about them. The rest also kept journals but stuck to the superficial topics.

Results: People who bared all on paper showed strikingly improved immune function based on blood test. Those who jotted down their trivial pursuits got no such boost. Six weeks after the diarists stopped writing, the finding still held - and the expressive writers had made fewer doctor visits.

But the writing cure takes more than just emoting on paper. In a study with researcher Sandra Beall, Pennebaker found that people who wrote about both the facts of traumatic problem and their feelings about it were healthiest six month later.

Taken from: Self-Realization Magazine founded by Paramahansa Yogananda

Food Sensitivity Support 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!!

Next gathering: Tuesday, September 28 - 6:00-7:30 PM Location: 1301 Rice Lake Road -Duluth, MN

In the meeting room across from Veritae Wellness. Entrance left of Sylvan Learning

Suggested donation: \$10 or self determined as able.

Tues, September 28 - RESOURCE EXCHANGE

-Come and engage in discussion. Share needs, challenges, successes and solutions.

-Please bring 1 or 2 recipes you enjoy, to share (1 copy) And/or Resources that have helped you succeed with your food sensitivity/intolerance/allergy. (This might be the name of a book, a product, website, store, practitioner, etc.) And/or A cooking tip or product that has to do with your sensitivity. Examples being: The flour/food works best to replace wheat flour for making your favorite crust. Pea Butter is a great replacement for peanut butter! OR, I never thought SQUASH would taste good in a muffin, but it works really well!

Tues - October 12th - Whole Foods Co-op

What in the WORLD do food labels mean? (Organic, natural, etc.) Companies that focus on allergen free foods, and much more.

Gatherings - 2nd and 4th Tuesdays in Sept, Oct 12 & 26, and Nov 9 & 23.

(We will meet beyond, but will assess day of the week compatibility at that point. Please contact if you are interested in attending but have a schedule conflicts or additional support needs.)

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

Gluten Free and Other Special Diets

Please call or email to get on email list for future meetings!

Lake Superior Interfaith Community Church
 1414 E. 9th St.
 Duluth, MN 55805

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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

October	November
Oct. 3 11:00 a.m. Speaker - Rev. Kim Luedtke	Nov 7 11:00 a.m. Speaker -
Oct 12 11:00 a.m. Speaker - Rev. Jean Kwako Healer - Carolyn Brooks	Nov 14 11:00 a.m. Speaker -
Oct 17 11:00 a.m. Speaker - Debbie Gitar Pot Luck	Nov 21 11:00 a.m. Speaker - Pot Luck
Oct 24 11:00 a.m. Speaker - Amy Donnan	Nov 28 11:00 a.m. Speaker- Fold newsletter 9:30 a.m.
Oct. 31 11:-00 a.m. Lisa Cerri Fold newsletter 9:30 a.m.	

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

Some materials will be available at the workshop but please bring your own art-making supplies. The following is a list of supplies, some of which you may want to bring: oil pastels, crayons, charcoal sticks, a box of watercolors, 3B graphite pencils, 2 soft water color brushes, a small set of acrylic paints, a box of colored pencils, a collection of magazine photos for collage, colored papers, photocopies of family photos, scissors and glue, beads, fabric, papier-mache, leather scraps, clay, wood scraps.

Send your registration to Lake Superior Interfaith Community Church (LSICC), 1414 East 9th Street, Duluth, MN 55805. Although it may be possible to register on-site, space will be limited to 18 participants.

Name: _____

Phone: _____

Email: _____

Make checks out to: Nancy Azara

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.

Advertise in Newsletter

Business card size \$6.00 per month

1/4 page \$10.00 per month

1/2 page

Full page

\$20.00 per month

\$36.00 per month

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

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