

# 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

### Secretary

Michael Walke

### Treasurer

Emily Hysjulein

### Trustees

Carol Kari

Michael Walke

Bernadette Savage

Harley Blake

Sharon Manns

John Beyer

Emily Hysjulein



## Passages

Our winter has been unusual to say the least. We can hardly have a conversation in passing without mentioning the weather and the effect it is having on our attitudes, our energy, our activities and our economy. We reflect on the passages inevitable for each of us.

I love Robert Frost's, Stopping By Woods on a Snowy Evening. "The woods are lovely, dark and deep. But I have promises to keep. And miles to go before I sleep..." These phrases have a melancholy about them, but I also like the promise of the journey, the energy to continue even while being tempted to just go get lost in the dream.

What February and March will bring us is known only in the recesses of the Mother, but we will certainly see more winter. In our personal lives we also feel the winter. Several of us in our church have just recently lived through the loss of at least one who is well-loved. They who pass from this life do not go on to sleep. They are not lost in the dream. They continue a journey of such depth and richness, and they remain as close to us as our breath.

The Spiritualist tradition that founded this church, and our current church Principles, hold that all life continues and that we are available to one another between the worlds. A dear friend, Barbara, who passed suddenly from this life a few years ago, spoke to me as I was driving to Hayward, WI, for her service: "Phyllis, it's like stepping into the next room to put on something more comfortable." She emphasized that the work for our dear planet continues for all of them, absent of the burdens we carry while here in this body.

Even as we grieve our losses, we celebrate life! It is in loving that we can bear our grief. And loving, we are buoyed up by the comforting presence of those we have released to the next life. They hold the dream for, and with, all of us.

Breathing for Peace,

*Phyllis McCoy*

**Special Thanks to the following volunteers!**

**Harley Blake, Emily Hysjulien, Eric, Ann McKie, Sue Brewer and Mike Cassidy** moved furniture, taped and painted the church office over the December 4 weekend.

After the paint had dried, **Harley and Mike Cassidy** put up wall cabinets in the office.

**Harley and Ann** assembled the new shelving units in the storage area that was once our library.

**Steve Plasa** set up our new internet service!

**Lisa Cerri**, with able assistance from **Darlene Watson**, re-matted and re-framed several pieces of artwork, purchased and framed some additional pieces and hung them. **Mike Walke, Ken LaFave** and **Ann Mckie** donated artwork.

**Lisa Cerri, Louise Pell, Carol Northcott, Ann McKie** and **Darlene Watson** assisted in the process and rearranged the furniture to improve the flow of people-traffic on our lower level.

**Mike Walke** donated the two wing chairs for the library. **Louise Pell** donated 2 floor lamps for the library.

Thanks to **Bernadette Savage** for her service as secretary. She will retain her position as music committee chair. And thanks to **Mike Walke** for his service as treasurer. He has taken on the board secretary position. **Emily Hysjulein** has accepted the position as treasurer.

Thank you! to each of the food preparers and cleaners who help to create our lunch, our communion.

Thank you to everyone who has picked up a shovel on Sunday morning and cleared the walk!!



We open our hearts and fill the branches of

**OUR GIVING TREE**

dedicated

In February to pet supplies which will be donated to a shelter in our area. Such a happy way to give to our four-legged friends..

\*\*\*\*\* **JANUARY 8th COMMUNITY MEETING** \*\*\*\*\*

About 25 people attended our Community Meeting, joining in the intent to voice their dreams for our spiritual community. People expressed gratitude for \*finding a spiritual home, a place to worship with kindred spirits; \*for our meal (our communion) after the service; \*for the organic flow of the service; \*for the non-judgmental quality of the message and the democratic governance. \* We like the great new musicians contributing to the service and we want more.

\*Many commented how wonderful it is to have more young people attending and participating in leadership roles in the church. Several inspired ideas sprang from the group including: \*creating an herb garden; \*having a shared meal or potluck some evening(s); \*showing movies; \*doing a monthly healing circle after church around the full moon or new moon; \*being a non-alcoholic venue for young musicians; \*holding a drumming circle once a month.

Wow. The room crackled with energy!

Even if you weren't able to attend the meeting, be assured you can help to bring these inspirations to fruition. **The ideas will be posted on one of the bulletin boards.** Just put your contact info on a post-it note under the idea or event you want to support, then email or call the others who share your interest. A calendar of events is included in this newsletter, and it will help with your planning. **Please contact Ann to schedule an event at the church.**

**A COURSE IN MIRACLES**

We now have two regular *A Course in Miracles* groups meeting at LSICC. The two groups are meeting on alternate Saturdays, both from 9:30 to Noon. Both groups are open. New participants are welcome.

The first group:

- We've read *The Disappearance of the Universe* by Gary Renard, and - in *A Course in Miracles-The Manual for Teachers* and *The Text*. We're currently reading *The 50 Miracle Principles of The Course in Miracles - discussion* by Ken Wapnick.
- **Contact Steve Plasa:** [splasa@charter.net](mailto:splasa@charter.net).

The second group:

- This group was started a few weeks ago especially for people new to *The Course*. We've just begun reading *The Manual for Teachers*.
- To be added to the contact list for this group, please send an email to: [cheryltheosteopath@yahoo.com](mailto:cheryltheosteopath@yahoo.com)
- **Please call Cheryl Larson at 218-349-8138 to confirm your attendance in advance.** Although we schedule this meeting for every other week, we meet on a time-to-time basis, determined by participation for that day.

Because of the nature of *The Course*, there's no right or wrong point in the books to start. You are most welcome to join one or both groups at any time you wish.



**KICK UP YOUR HEELS!**  
**GET READY TO LAUGH, APPLAUD & CELEBRATE LIFE!**  
**IT'S THE**  
**LSICC TALENT SHOW!**  
**SATURDAY, FEBRUARY 25, 7 P.M.**  
**TO REGISTER YOUR ACT, CONTACT EMILY AT**  
**218-491-7037 or [emily@emilyheartacupuncure.com](mailto:emily@emilyheartacupuncure.com)**

### **LSICC Board Minutes, December Summary**

**December 11, 2011, quorum present, Pres. Ann McKie presiding**

- ~Finances reported without challenge and mic stand deferred until Emily researches further.
- ~Snow removal procedures are in place; Emily Hysjulein and friend, Eric, to coordinate shoveling.
- ~Director's liability insurance tabled for more research; current policy covers liability for groups lead by a church member; others asked to sign a waiver to be filed with church board.
- ~Church now has contracted with Century Link for an internet and telephone service package which will, after initial setup charges, be billed at less than \$60/mo. plus \$.15 a minute for long distance calls. A modem was purchased to save other monthly charges.
- ~Winterizing of doors was discussed and implemented.
- ~A talent show is planned for Feb. 25 at 7 p.m., Emily Hysjulein volunteered to coordinate. A free-will donation will be announced. Donation of a prize will be explored.
- ~Art work project discussed (please see "thank you" article for details)
- ~Kitchen Committee: further organization of storage has been accomplished; Lisa will post framed safety and hygiene notices; a 3-ring binder of kitchen and dining protocols will be donated by Darlene. Lisa will repair broken drawer.
- ~Building Committee: Harley reported that storage room shelving will cost \$120 - \$140 and was approved. Mike has continued construction of storage in the entry. (please see "thank you" article for completed projects.)
- ~Charitable Funds/President's Discretionary Fund: To be divided amongst the following charities in the amount of \$350 each: Domestic Abuse Prevention Program, Second Harvest, The Emily Program, Loaves and Fishes, Seeds to Success. Two hundred dollars will be kept in reserve for internal member needs.
- ~Community Meeting: See article in this issue.
- ~Music Committee: Bernadette will continue to coordinate musicians for our services; lamps are needed for the organ and piano and Mike will look at one to repair if possible; funds have already been designated for this committee.
- ~Membership Committee: Emily volunteered to lead this committee that includes Steve Plasa and Sharon Manns. A table will be set up to provide a gathering place and greeters will be coordinated.
- ~Library Committee: Sharon and Mike agreed to lead this committee; new acquisitions need to be sorted, labeled and shelved. Mike will work with Lisa Cerri on library art work.
- ~Next meeting Jan. 8. Minutes submitted by Bernadette Savage.





HATHA & MERIDIAN YOGA  
 TUESDAYS, beginning Feb. 7th, 5 TO 6 p.m.  
 Lake Superior Interfaith Community Church

Candlelit, musically enhanced.  
 Increase energy; build strength and stamina;  
 improve flexibility and balance; release tension and stress.  
 Promotes radiant health and deep sleep.  
 Dress comfortably, bring mat and 2 pillows.  
 \$50 or \$60 for a 6-week course, or \$7 to \$11 per class.  
 Pat Massie RN 218-390-4849 to reserve your space



## The Bruno Groening Circle of Friends

Meeting every 3rd Monday, from 7 - 9 p.m. at LSICC



Special Informational Meeting  
 March 12, 7 p.m.  
 LSICC



This is a new group to the area. The Bruno Groening Circle of Friends is one of the largest associations for healing on the spiritual path, worldwide.

Information can be found at [www.bruno.groening.org](http://www.bruno.groening.org).

Please feel free to join us.

No dues or fees.

Free will offerings will be accepted to help cover costs of the use of the church and materials.

Contact:

Heidi LaBore Smith: 218-525-2095, Barb Gudowski: 218-394-9246,  
 or John Zupansic: 218-464-0449

# BodyLab's Holistic Healing & Psychic Fair

Saturday, February 4th  
10:00 a.m. - 5:00 p.m.

Barkers Island Conference Center  
300 Marine Drive • Superior, WI  
6 FREE GUEST SPEAKERS



**ANNETTE BRUCHU**  
Colorologist, Healer,  
Purification, Intuitive  
10:30 - 11:00 pm  
Have you ever wanted to  
know your Aura (Energy  
Field)? And yet? To better  
understand what you are  
putting out to the world?  
Come join Annette as she  
shares the meaning of your  
Colors and how it affects  
all areas of our life. What  
the color means holds a  
great importance to what  
we wear, the car we drive,  
the color of our house. Be  
sure you are choosing your  
new colors. Aura (Energy  
and Chakra) Imaging will be  
available here taken and  
read by Annette.



**DEB MCRBERTS**  
Big Brain Thinking, LLC  
personaltrainer  
11:30 - 12:00 am  
We are energy beings, tak-  
ing information in with our  
five senses. How we think  
influences how we act,  
which in turn influences  
what we attract. Learn  
why affirmations alone  
don't work, and how to  
build beliefs that do work.  
Simple techniques toward  
getting more of what we  
want in life.



**FRANK DIKRISTINA**  
Environmental Consultant,  
Dowsing, Space & Earth  
Energy Clearing,  
Electromagnetic Field Testing  
12:30 - 1:00 pm  
Do the things that go  
bump in the night keep  
you awake?  
Dowsing for entities,  
cancers, spirit lines and  
other natural or unnatural  
energies.



**JULIE GEIGLE**  
Spiritual Counselor  
1:30 - 2:00 am  
Meditation to Increase  
Psychic Awareness  
Do you wish you could  
hear Divine Guidance loud  
and clear? Come and learn  
more about meditation as a  
tool to increase your psy-  
chic awareness and activate  
your intuition. You will be  
led through a guided medi-  
tation designed to create an  
out of body experience for  
you. Through meditation,  
Julie has begun channeling  
messages from Muhammad  
and now specializes in  
Spiritual Development.



**TAMI FLACH**  
Cardinal Hypnotist  
2:30 am - 3:00 am  
What is your life experience  
or incarnation? Does it  
really exist? How does it  
affect our current lives? Do  
you have a past or phobias  
you just can't overcome? If  
you would like to learn more  
about past lives and how you  
retrieve your own past life  
memories come and join  
Tami who is a certified hyp-  
noticist. She will be  
speaking about her own  
experiences, and other's expe-  
riences who have used past life  
regression to heal their pres-  
ent life situations.



**ALICE MAY**  
Psychic - Medium  
3:30 - 4:00 pm  
Near Death Experiences  
Explores the truth and  
glimpses of what is waiting  
on heaven's side for each  
of us. True testimonials,  
the signs, sounds, visions,  
messages given, feelings,  
symbols, the significant lives  
described that we were  
never alone on this earthly  
journey...ever!

**OVER 40 VENDORS & PRACTITIONERS**  
Healing Therapists, Intuitive Consultants, Aura Photos,  
Health Professionals, Psychics, Spirituality Resources,  
Crystals, Stones, Jewelry, Specialty Gifts...and More!!!

**\$5 Admission**  
**Free Parking • Free Lectures • Door Prizes**  
**Gift Bags For The First 25 Guests**

For information: [www.Bodylabusa.com](http://www.Bodylabusa.com) • PO Box 181 • Shell Lake, WI • (715) 520-1358

**BOOTHS ARE STILL AVAILABLE**  
**PLEASE CALL 715-635-5228 FOR MORE INFORMATION**

☺☺☺☺☺☺☺☺☺  
YOU GOT  
TALENT,  
THEY GOT  
TALENT,  
ALL  
GOD'S  
CHILDREN  
GOT TALENT  
!  
SATURDAY,  
FEB. 25  
7 P.M.  
ATTEND,  
PERFORM,  
AND  
CELEBRATE  
ALL THE  
TALENT AT  
LSICC !!  
CONTACT  
EMILY  
AT  
218-  
491-7037





bluestone zen practice community

## Zen meditation and instruction

at Lake Superior Interfaith Community Church

Please see our website for details:

[www.bluestonezen.com](http://www.bluestonezen.com)

### **Food Sensitivity Support and Education Group**

**(need not have a food sensitivity to attend)**

Hosted by Gluten Free and Other Special Diets, part of Wellness Renaissance.

**Meets 2nd Tuesday of each month from 6:00 to 7:30 p.m**

**Feb. 14 - Aspartame, history, toxicity: Sweet Misery: A Poisoned World** - a documentary and discussion

This documentary is a close examination into what some consider to be aspartame toxicity “hoax.”

It looks at what is definitively known about aspartame and discovers that the label, “hoax,” is a dangerous misconception; sure to open eyes to the possible dangers that lurk in our foods.

#### **March 13 - Local Food Speaker**

Learn about urban gardening, permaculture, hillside public orchard, Duluth Community gardening program and “One Vegetable, One Community.” Kristin Stuchis

**Location:** 1301 Rice Lake Rd. Marshall Prof. Bldg. by Sylvan Learning Center. Meeting room across from Veritae Wellness. **Events are Free** (A free-will donation is appreciated, but not required)

For information & to join our email list: **Judy@GlutenFreeAndOtherSpecialDiets.com.**

or call **651-231-1371-cell.**

\*\*\*\*\* **WATCH FOR US AT THE THIRD ANNUAL COMMUNITY WELLNESS DAY** \*\*\*\*\*

**SATURDAY, APRIL 28**

**Introduction to Meditation Workshop - Sunday, March 18, 1:45 - 4 p.m.**

Zen teacher and author, **Steve Hagen**, will conduct this workshop on Zen meditation and mindfulness. It is designed to help clarify what meditation is and is not. We will look at how to deal with problems in meditation and how to bring meditation into your every-day life.

The workshop will include instruction, introductory-length sitting and walking meditation periods, and Q&A.

It will be held at **Lake Superior Interfaith Community Church**.

A donation of \$20 is requested. Please email [rick@bluestonezen.com](mailto:rick@bluestonezen.com) or call 343-0243.



Steve Hagen has been a student of Buddhist thought and practice since 1967. In 1975 he became a student of Dainin Katagiri Roshi in Minneapolis and was ordained in 1979. He has studied with teachers in the U.S., Asia, and Europe, and in 1989 received Dharma transmission (endorsement to teach) from Katagiri Roshi.

He is currently head teacher at Dharma Field ([www.dharmafield.org](http://www.dharmafield.org)) in Minneapolis and for Bluestone Zen ([www.bluestonezen.com](http://www.bluestonezen.com)) in Duluth.

Please see Speaker Bio page for a list of books authored by Steve Hagen.



**Somatics Workshop**

**1:30 - 3:00 p.m., Sunday April 1**

**\$15**

**Join Jodi Christensen for an awakening of your systems!**

Somatics uses gentle movements, suitable for people of all levels of movement and flexibility. It can even be done in a chair!

When muscles become chronically contracted from misuse, physical and emotional stress, injury and trauma, the body becomes imbalanced. Years of adjusting to these changes can lead to pain in the neck, back, hips, knees, shoulders, etc., eventually leading to sciatica, scoliosis, carpal tunnel, disc degeneration, arthritis, fatigue and other structural and functional problems.

Once the muscles are relaxed and balanced through Somatics, functioning and flexibility returns to normal, and you often feel more energetic, since you require much less effort to do things like stand, walk, dance and exercise.

You may contact Jodi at [deepeaceduluth.com](http://deepeaceduluth.com) and [www.yoganorthduluth.com](http://www.yoganorthduluth.com)

# FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6 p.m. GA	2 5 p.m. Zen Buddhist Group 6:45 p.m. Class:The Eight Fold Noble Path	3	4 5:30 a m Buddhist Gr. 9:30 Yoga with Lisa Cerri 10:30 Course in Miracles
5 Rev. Jasmine Phoenix "Service" Healer-Lisa Cerri 5 p.m. Zen Group	6 7:00 p.m. Circle of Friends	7 9:30 a.m. Mother Song Emily Hysjulien 5-6p.m. Hatha & Meridian Yoga	8 6 p.m. GA	9 5 p.m. Zen Buddhist Group 6:45 p.m. The Eight Fold Nobel Path	10	11 5:30 a. m. Buddhist Gr. 10:30 Course in Miracles
12 Deb Gitar Healer:Jean Kwako Conferences following service 5 p.m. Zen Group	13	14 9:30 a.m. Mother Song Emily Hysjulien 5-6 p.m. Hatha & Meridian Yoga	15 6 p.m. GA	16 5 p.m. Zen Buddhist Group	17	18 5:30 a.m. Buddhist Gr. 10:30 Course in Miracles
19 John Schneider Healer-Barbara Stegar-Kolath <b>Pot Luck</b> 5 p.m. Zen Group	20	21 9:30 a.m. Mother Song Emily Hysjulien 5-6 p.m. Hatha & Meridian Yoga	22 6 p.m. GA	23 5 p.m. Zen Buddhist Group	24	25 5:30 a. m Buddhist Gr. 10:30 Course in Miracles  7 p.m. Talent Show
26 Connie Carlblom Healer-Carol Gieseke 5 p.m. Zen Group	27 7 p.m. Circle of Friends	28 9:30 a.m. Mother Song Emily Hysjulien 5-6 p.m. Hatha & Meridian Yoga	29 6 p.m. GA			

**My Notes**

# MARCH 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5 p.m. Zen Buddhist Group	2	3 5:30 a. m. Buddhist Gr.  10:30 Course in Miracles
4 Rev. Phyllis McCoy 12:45 Conferences 5 p.m. Zen Group	5	6 9:30 a.m. Mother Song Emily Hysjulien 5-6 p.m. Hatha & Meridian Yoga	7 6 p.m. GA	8 5 p.m. Zen Buddhist Group	9	10 5:30 a. m. Buddhist Gr. 10:30 Course in Miracles
11 Carol Kondrath 5 p.m. Zen Group	12 7-9 p.m. Circle of Friends Informational Meeting	13 9:30 a.m. Mother Song Emily Hysjulien 5-6 p.m. Hatha & Meridian Yoga	14 6 p.m. GA	15 5 p.m. Zen Buddhist Group	16	17 5:30 a.m. Buddhist Gr. 10:30 Course in Miracles
18 Steve Hagen Zen Buddhism 1:30 Meditation Workshop 5 p.m. Zen Group	19 7 p.m. Circle of Friends	20 9:30 a.m. Mother Song Emily Hysjulien	21 6 p.m. GA	22 5 p.m. Zen Buddhist Group	23	24 5:30 a. m Buddhist Gr. 10:30 Course in Miracles
25 Dan Rogers 9:30 fold newsletter 5 p.m. Zen Group	26	27 9:30 a.m. Mother Song Emily Hysjulien	28 6 p.m. G.A.	29 5 p.m. Zen Buddhist	30	31 5:30a.m. Zen Buddhist 10:30 Course in Miracles

My Notes

## **FEBRUARY & MARCH SPEAKER SCHEDULE WITH BIOS**

**February 5: Jasmine Phoenix:** Jasmine has been consciously on her spiritual journey for nearly thirty years. She is an ordained minister, spiritual director and holds a Masters of Social Work. Jasmine has also served as president of Lake Superior Interfaith Community Church and continues to volunteer for our church.

**February 12: Debbie Gitar:** Born and raised in Superior, Debbie Gitar has lived in the Twin Cities for about 15 years. she is a student of spiritualism, healing and shamanism. She is Reiki Master Teacher. Deb has been doing readings and healings for about 10 years.

**February 19: John Schneider:** I intend to help those who are seeking to discover the unlimited potential sleeping within the Human consciousness. As I am discovering my own. I look forward to working with all of you.

**February 26: Connie Carlblom:** I have been a Massage Therapist for 23 years with training in Neuro-muscular Therapy, Hannah Kroger herbs, Cranio Sacral Therapy, Lymphatic Drainage, Aquatic therapy with dolphins and geothermic water in Iceland; 1 year with Barbara Brennan Healing in Miami; Equine Therapy; 333 vibration with Eric Pearl; Healers Who Share; App Polarity Therapy; Guigen Qigong instructor.

**March 4: Phyllis McCoy:** On the path of conscious discovery since 1983, I continue to be so very curious. Joining with people of like mind is a joy. My ministry focuses on knowing God as we grow and become all we can be, as free from fear as humanly possible. On March 4th I will offer: "Where is the Wisdom and How Can I Use It?!"

**March 11: Carol Kondrath:** I just turned 66 and was told that my sun sign, Capricorn, is in strong conjunction with Pluto (Leta Waterfall, astrologist extraordinaire!). This means much manifestation, life changes and confidence! I will share with you my recent experience in Cuba as a Witness for Peace delegate concerned with Urban Agriculture, a truly ecumenical experience which included Tarot and Santaria priestesses and living at a Martin Luther King Center in Havana.

**March 18: Steve Hagen:** Steve Hagen has been a student of Buddhist thought and practice since 1967. In 1975 he became a student of Dainin Katagiri Roshi in Minneapolis and was ordained in 1979. He has studied with teachers in the U.S., Asia and Europe, and in 1989 received Dharma transmission (endorsement to teach) from Katagiri Roshi. He is currently head teacher at Dharma Field ([www.dharmafield.org](http://www.dharmafield.org)) in Minneapolis and for Bluestone Zen ([www.bluestonezen.com](http://www.bluestonezen.com)) in Duluth. He is the author of the following books: *Meditation, Now or Never*; *Buddhism Is Not What You Think*; *Buddhism Plain and Simple*; *How the World Can Be the Way It Is*.

**March 25: Dan Rogers:** Dan Rogers is a psychologist who has been having experiences with angels for 10 years. He needs to tell his story to enhance and focus those experiences. His topic on March 25th is, "Angels to the Rescue: Part III."

**April 1: Jodi Christensen:** Jodi Christensen is certified in Reiki, Quantum-Touch, Hatha Yoga and Somatics. These are practices she finds to be profoundly healing for body, mind and spirit. She holds a strong commitment to co-creating a space for personal growth, inspiration and transformation; empowering people to create balance, harmony and healing for themselves, their community and the earth. On April 1, Jodi will speak on Ahimsa, a powerful yoga principle of non-violence or no harm.

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

Non-Profit Org.

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Duluth MN

## 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:  
 218-720-2844/218-391-9737  
 Or [ann@mckiesplints.com](mailto:ann@mckiesplints.com)

<b>FEBRUARY 2012</b>	<b>MARCH, 2012</b>
FEBRUARY 5, 11 a.m. SPEAKER: Jasmine Phoenix Healing: Lisa Cerri	MARCH 4, 11 a.m. SPEAKER: Phyllis McCoy Conferences following service
FEBRUARY 12, 11 a.m. SPEAKER: Deb Gitar Healing: Jean Kwako	MARCH 11, 11 a.m. SPEAKER: Carol Kondrath Special Music: Lisa Kane
FEBRUARY 19, 11 a.m. SPEAKER: John Schneider Healing: Barb Steger-Kolath POTLUCK: Please bring a dish to share	MARCH 18, 11 a.m. SPEAKER: Steve Hagen on Zen Buddhism POTLUCK: Please bring a dish to share
FEBRUARY 26, 11 a.m. SPEAKER: Connie Carlbloom Healing: Carol Gieseke	MARCH 25, 11 a.m. SPEAKER: Dan Rogers 9:30 a.m. Newsletter folding before service
*** REMEMBER THE TALENT SHOW - SATURDAY, FEB.25! ***	APRIL 1, 11 a.m. SPEAKER: Jodi Christensen