

October 2009

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

Jasmine Phoenix

Vice President

Jean Captain

Secretary

Sue Brewer

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Roberta Tigerfuentes

Trustees

Louise Pell

Walter Sipila

Carol Kari

Rebecca Lee

Welcome New Board Members

We are pleased to announce the
names of the newly elected
Board members:

**Jean Captain
Carol Kari
Rebecca Lee**

Treat all goods as if they were vessels of the altar.

The Rule of Benedict

As you may know, I work occasionally in the banquet area at the College of St. Scholastica, which is where I noticed this quote. It was recently painted on the wall in the college cafeteria, presumably to encourage students to be thoughtful in their choices at mealtime in order to reduce waste.

Our world would look very differently if we were to treat all goods as if they were 'vessels of the altar'. Our throwaway culture, based on the acquired need for immediate gratification, and the belief that everything must be achieved with speed, has lost its appreciation for things which require time and care to accomplish.

Before there was plastic, there were glass and ceramic (pottery) dishes for storing pantry items, or foods in the refrigerator (or icebox, aptly named). Those receptacles had to be handled with care, because they were breakable; and they had to be washed in order to be reused. People were recycling without having an inkling of the concept, but then they had few other choices.

And now, many of us feel that we are too busy to reuse much of anything. If something does not please us, it is thrown away rather than repaired or repurposed. Our landfills (now there's a euphemism) are overflowing with things that we can no longer be bothered with.

So, where am I going with this, tree-hugger that I am?

First of all, having reverence for a material item is not misplaced, because respect for the item reflects everything that went into its creation. Whether that be the person who designed or manufactured it; the plant or animal life that contributed to it; the worker who packaged or delivered it, the 'thing' came from effort and resources. And if having some awareness of the item's origin keeps it out of the landfill for some time, so much the better.

Getting back to the reference to the altar, some of us remember 'altar guilds' from the churches of our youth, regardless of the denomination. Having reverence for useful or meaningful items helps instill a little ritual into everyday life, infusing even the smallest moments with greater presence- and grace.

Let's work together to create a world where we can have it all: no landfills; ritual and reverence in everyday moments; respect for work and creativity; and somehow or other, still have new tech toys when they come on the market. Maybe it's time to pay a deposit on a new TV or computer, to help pay for its true recycling when it has outlived its usefulness.

-Because, we can have it all. Just ask, and then give thanks.

*Blessings,
Jasmine*

Upcoming Events

Oct 4 Dr. James Ulness Workshop to follow lunch
Oct 11th Richard Bellamy Kinetic Education www.richardkineticeducation.com See below
Oct 18 Mark Hagstrom - Gospel Music Concert
Oct 25-26 Debbie Gitar Private Sessions - see ad
Movie The Shadow Effect Premier showing 10-23-25th @ 7:00 p.m. \$10.00 See ad

Ongoing Events

Debtors Anonymous Meeting Tuesdays 7:00 p.m. Contact Gary 728-4085
Gamblers Anonymous Wednesdays 7:00 p.m.
Buddhist Group 1st and 3rd Mondays at 6:00 p.m.
Peace & Healing Meditation 2nd & 4th Thursdays 6:00 p.m. Open to all
Peace and Healing Every Sunday before the service Starting at 9:30 Open to all - Come in quietly
Conscious Development Class Sundays @ 9:00 a.m.

Kinetic Education with Richard Bellamy

A TRANSFORMATIONAL EXPERIENCE - CLEARING THE PATH TO PERSONAL MASTERY

The techniques featured are a process for releasing the stress stored at mental, emotional and physical levels, & can be utilized in many areas of your life. It is known to assist children and adults in improving reading, comprehension, test taking and athletic performance. It also assists in clearing of phobias, minimizing ADD & ADHD and much more. If you go to the website : www.richardkineticeducation.com you can view samples sessions.

Information can be obtained from: Richard Bellamy
1301 Rice Lake Road, Suite 130
Duluth, MN 55811
218-728-0238 or 725-8686 kineticed@juno.com

Richard Bellamy will be our speaker on October 11

Join Debbie Gitar for a unique experience on October 26 at LSICC.

Each healing session is based on your individual body story. "Every body has a story to tell me. I tap into that story and provide my clients with a healing experience based on their individual needs. I may incorporate Reiki, Shamanic, Reconnective, Trager, and Relaxation techniques into my sessions. Often during a session I may be joined by Spirit Guides and Beings from alternate Dimensions." Debbie has over 10 years experience as a Healer and Intuitive Guide. You can contact Debbie for a private session by calling 952-953-3729 or email at dgitar@charter.net . Debbie will be donating 10% from each session to the church.

Debbie Gitar will be our speaker on October 25

JOIN OUR CHURCH YAHOO GROUP WEBSITE VIA THE GROUP'S PAGE:

<http://groups.yahoo.com/group/duluthlsicc> It's Free!

LSICC web site: www.lsicc.org Check it out!

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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

October	November
Oct 4 11:00 a.m. Speaker - Dr. James Ulness Healer - Amy Donnan Workshop with Dr. Ulness following lunch	Nov. 1 11:00 a.m. Speaker - Holly Schuck Healer - Workshop
Oct 11 11:00 a.m. Speaker - Richard Bellamy Healer -	Nov. 8 11:00 a.m. Speaker Lynn Clark Pegg Healer - Faye Nemec
Oct 18 11:00 a.m. Speaker Mark Hagstrom/Gospel Music Concert Healer - Sue Brewer Pot Luck	Nov. 15 11:00 a.m. Speaker- Cedric Littlewolf Healer - Pot Luck
Oct 25 11:00 a.m. Speaker Debbie Gitar Healer - Sharon Manns Fold newsletter 9:30 a.m. /Conferences after service	Nov. 22 11:00 a.m. Speaker - Chuck Crom Healer -
	Nov 29 11:00 a.m. Speaker - Healer - Fold newsletter 9:30 a.m.

The Journey from Head to Heart

In William Sloane Coffin's book, *credo*, he makes the statement, "The longest, most arduous trip in the world is often the journey from the head to the heart. Until that trip is completed, we remain at war with ourselves. And, of course, those at war with themselves are apt to make casualties of others including friends and loved ones."

Our medical systems are so focused on pathology, particularly at a physical level, that it is very hard to take this journey from the head to the heart. We have to consciously take this journey if we are to repair this broken medical system. The head and mind are essential in dealing with diseases and pathology, but the heart and spirit are essential in dealing with the lives that people live.

Taken from *Women's Wellness* by Gladys McGarey, MD
Submitted by Jerome Kwako

2009 CROP WALK October 4, 2009

Asbury United Methodist Church
6822 Grand Ave 1:30 Registration 2:00 pm Walk on the Western Waterfront Trail

Recruitment packets will be ready in August. They can be picked up at the: CHUM Food Shelf - 120 N. First Ave W.

For more information, contact Doug Bowen-Bailey 722-7166

The 2008 CROP WALK - raised almost \$8,500 to support both global and local efforts to combat hunger. Held on September 29, almost 150 people from 20 different faith communities or organizations gathered to walk on the Lakewalk as a symbol of solidarity with people around the world who live in the shadow of hunger.

Coordinated by Church World Service on behalf of itself and many interfaith partners, the CROP Walk also benefits agencies in the Twin Ports. Twenty-five percent of the proceeds will be distributed between: CHUM Food Shelf / Damiano Community Kitchen / Loaves and Fishes / Duluth and Superior Salvation Army Food Shelves / Union Gospel Mission

Join us for the 2009 walk - You can make a difference!

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please support our advertisers.

Thanks

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Prices Per Month \$6. Business Card \$10. 1/4 page \$20. 1/2 Page \$36. Full Page

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

Reflections from Phyllis McCoy

HANDLING THAT WHICH HAS NO HANDLE

My whole being vibrates with gratitude for the generous reception you all offered me on my visit in September.

This offering is sparked by some of what Jesus said during the workshop. And since then we have other messages to share with you.

How does a person accept that a formless energy exists? And how do we make ourselves available to it? If we think for a moment, we have been doing this as long as we have had faith in God. Leaning into God does not feel foreign to us. If you are one of those who have settled easily into the New (3rd) Earth energy, perhaps you will breathe out to share this wisdom for others to adopt. If you feel you are still learning and adjusting, I offer a perspective that may assist us in accepting and allowing the extreme benefits of this New (3rd) Earth energy.

As we heard in the piece I read in July, the kindergarten room we step into now has “no floor.” But God has never had a structure we could truly understand, either, has He/She/It? We haven’t even known what to call the Cosmic Creator, but we have devised ways to speak about this entity to help us communicate. We have created language to describe it and have even visualized what this entity might look like. And we have done this in a linear world (2nd Earth) where language and form seemed very important.

Now we step into a world that does not adhere to linear rules. It does not have karmic structure about it and because it does not, we may feel a bit disoriented. But God does not have linear form or structure we can relate to, either. Suppose we now simply say we have stepped into God. Oh, my! Yes! As of the summer solstice, we have stepped into the formless space that offers us freedom from structure; the relaxed life that simply allows the formless All That Is to saturate us with Any-thing.

My way (so far) to allow the All That Is to saturate my being is to take time to simply receive; to breathe and open to receive daily. Then, also, when I identify some way I could use help, I offer thanks for accomplishing that goal (offering thanks for “that which I cannot yet see”), without detailed structure that could hobble the Creation. Breathing into my gratitude and surrendering the outcome, I am blessed with ease. And Result. YES!

DANCING THE PATH OF PEACE - A Day of Dancing and Singing with The Dances of Universal Peace

Featuring Hakim Bushnell and friends

Saturday, Oct 3 10:00 a.m. to 5:00 p.m. (Pot Luck Lunch) Evening Program 7-9 p.m.

Lafayette Community Center on Park Point (upper level) 3026 Minnesota Ave. Duluth

Suggested donation \$40 for day/evening \$10 for evening only

No one is turned away for inability to pay. Newcomers welcome

“From the outside it looks like we are holding hands, singing the Names of God from all around the world, and doing easy round dance forms. From the inside we are having quick and radical shifts in awareness as an entire group. Easy and direct, all dances are taught as for beginners each time. If you are interested in the adventure of the vast inner life of the Spirit, this is one of the many good ways to begin.” Hakim Bushnell



The Shadow Effect

A Journey from your darkest thought to your greatest dream.

Presented by Hay House & LSICC

Fri., Sat. & Sun. October 23rd - 25th @ 7:00 p.m.

The Shadow Effect is an emotionally-gripping, visually-compelling docudrama that reveals why suppressed emotions and unresolved internal conflicts leads to behavior that continually unseats politicians, destroys celebrity careers, destabilizes the economy and affects the lives of millions each year.

In this age of public humiliation and media meltdowns, the work of *New York Times* best selling author, Debbie Ford, continues to make headway as she exposes the opposing forces of both light and dark that compete for attention within every human being.

In her film debut, *The Shadow Effect*, Ford presents the hidden power of “the Shadow” alongside some of today’s most provocative thinkers including Deepak Chopra, Marianne Williamson, Mark Victor Hansen, James Van Praagh and others.

In this life-altering journey, individuals who have transcended child abuse, racism, the Holocaust, war, and wounded upbringings, share their remarkable stories. Meet those who have learned to face their terror, heal their wounds, and embrace their higher, heroic selves to overcome the shadow effect.

Another northeast Minnesota premier

Screened at Lake Superior Interfaith Community Church

1414 E 9th St

Cost: \$10.00