

DECEMBER, 2017 AND JANUARY, 2018

Higher Ground Newsletter

Lake Superior Interfaith Community Church

“Spiritual integrity through compassion, diversity and hope.”

1414 East 9th Street, Duluth MN 55805

218-724-6554

- *Services at 11:00 a.m..*
- *Our communion meal follows the service.*
- *3rd Sundays Potluck*

CHURCH BOARD

President

Carol Gieseke (2018)

Vice President

Jill Downs (2018)

Treasurer

Mary Ann Marks (2019)

Secretary

Denise Jackson (2018)

Trustees

Jan Averill (2018)

Harley Blake (2019)

Barb Kollath (2018)

(Term End Date)

Mission Statement

LCICC is committed to spiritual growth by offering our congregation and our community a house of prayer and meditation, and to lighting a path to learning and empowerment.

President's Letter

Season's greetings, one and all!

December brings us shorter days and nights as we move toward the Winter Solstice ... The waning light outside offers time to go within, to reflect. Time to examine how we have - or haven't - used our gifts during the year past to make a positive difference in the world and to know more peace within, to contemplate which ideas and behaviors we're ready to release and those upon which we'd like to build.

Toward the end of the month, many seasonal holidays encourage us to celebrate the increase in light that we begin to see in longer days. We do this, of course, with songs, with parties, with gifts to the charities of our choice and to our circle of family and friends. This Season of Light symbolizes the birth or growth of our inner light and invites us to recognize that light in ourselves and in one another.

With the coming of **January** and the new year, we might turn our attention to that which we want to nurture in ourselves and in the world. We make commitments to ourselves (popularly known as "resolutions") to be, do and have more in our lives. We may choose to devote more time to a daily meditation or prayer practice, to make healthier, more loving choices in our self care, to find meaningful ways to volunteer, to connect with others in a different way ... perhaps by participating in groups or classes that will support us in expanding and extending our gifts to experience more fulfillment in our lives.

Our calendars offer opportunities for all of this ...on December 28, Kim Luedtke presents her annual collaging event, an opportunity to build a visual "map" of what you want to create. On January 21, Phyllis McCoy will lead a workshop to focus on how we create and how we can further assist Mother Earth & ourselves in the 4th Dimensional reality". We also have several groups meeting here on a weekly or monthly basis that support us knowing and growing being our best selves.

However you choose to spend these months of transition, may you and yours each know more fully the Light and Love that you are, and may you grow in peace.

Gratefully yours, Carol

Annual Meeting Summary:

We chose to have our Annual Meeting in two sessions this year. On September 17, Board President Carol Gieseke updated the community on activities and accomplishments for this previous year. These included a visioning event on May 21, led by JD Durward, and upgrades to our property with new sidewalks, a new awning, and the start of some new landscaping to solve some ongoing moisture issues. She also gave a brief financial report (we ended fiscal year 2017 in the black, and our *draft* budget for fiscal year 2018 showed a *possible* shortage of about \$500. The new Board and officers will work to address this seeming disparity.

At the second portion of the Annual meeting, on October 29, we elected a new Board of Trustees. The new Board consists of President Carol Gieseke (continuing existing 2-year term until 2018), Vice President Jill Downs (2018), Secretary Denise Jackson (2018), Treasurer Mary Ann Marks (2019), and Trustees Jan Averill (2018), Harley Blake (2019) and Barb Kollath (2018). The differences in term dates are so that, ideally, we will always have some Board members continuing and some new members each year.

We also approved some changes to our Bylaws to:

- reduce the size of the Board (President or Co-Presidents plus six members) by two trustees
- allow the option of all Officers (except Vice President) and Trustees to serve 2 consecutive two-year terms, if they choose and if they are reelected for a second term; (the Vice President’s term remains at one year, with the option for a total of three consecutive terms)
- move our Annual Meeting to the last Sunday in October.

This incoming Board is charged with reexamining our committee structure and the duties of Board Officers and Trustees.

December 31, 2017

World Healing Day Meditation

6-7 a.m.

In the church sanctuary

All are welcome!!

Rev. Coni Carter from Bailey, Colorado will be offering special release and claiming ceremony during the regular church service at 11:00 a.m.

Guest musician: Maryanne Bach

Prayer Treatments will be offered by Rev. Carter

after lunch—\$5 for 5 minutes

Please sign up

on sign-up sheet in lunch room.

Please Respond!!!

As a caring organization, we want to use our resources wisely. We know that people rely on our calendars to keep them informed of what’s going on here at LSICC.

- Do you find the rest of the newsletter helpful?
- What would you add or remove to make it more useful for you?
- Would you miss the other contents if we switched to calendars and speaker info only?

Please respond by sending a quick email to interfaithon9thstreet@gmail.com.

SEEKING VOLUNTEERS:

- **Someone to take video or still photos of the church's assets for insurance documentation.**
- **Someone to work with Treasurer Mary Ann Marks preparing the bank deposit each Sunday. We'd like to have 2 or 3 people learn the process so we can always have two people preparing the deposit. The volunteers will NOT need to take the deposit to the bank.**

If you are interested in helping out with either of these needs, please contact Carol Gieseke at 218/728-3385 or carol.gieseke@gmail.com

Bluestone Zen Practice Community

Meets Saturday mornings

6:00 a.m. and 9:00 a.m.

Zazen (sitting meditation) - 35 min., Kinhin (walking meditation) - 10 min., Zazen, Kinhin, Zazen, Break, Tea/snacks/Reading - 45 min., Clean up

For email notices write to drew.mande@gmail.com or visit our Facebook page: <https://www.facebook.com/bluestonezen/>

Northland Men's Group

25-year Anniversary

meets at LSICC

every Tuesday

6:30 to 8:30 p.m.

[Check out our WEBSITE!](http://www.lsicc.org)

www.lsicc.org

for updates

LSICC Men's Group

The Lake Superior Interfaith Community Church Men's Group had their second meeting on Sunday, November 19. This group is in its infancy, so its purpose is not yet totally defined. The ideas so far are drumming, talking circles, support, men's issues, and sharing one another's burdens and concerns. Any new member's vision for the group are strongly encouraged. Any men interested in this group can just show up (check the website calendar for scheduled meetings). If there are any questions on the group call Scott Peterson at 218/391.7528 or Jim Naus at 218/525-3472.

**ACIM
(A Course in Miracles)**

**meets at LSICC
every
Saturday
from 10:30 am to Noon**



This Space
Available
for
**Your
CREATIVE**
ADVERTISING!

A WORKSHOP
with
Archangel Michael
and
Phyl-EL
(Phyllis McCoy)
Saturday, January 20
1 – 4
Lake Superior Interfaith Community Church
1414 E. 9th St.

This is the second in a series with A. Michael focusing now on how we create and how we can further assist Mother Earth & ourselves in this 4th Dimensional reality.
It's not necessary to have attended the first session in October.
We will review the new energetic, introduced in the October workshop, for new participants.

~ ~ ~ **A \$25 donation is optional** ~ ~ ~

LSICC/HIGHER GROUND
ADVERTISING GUIDELINES

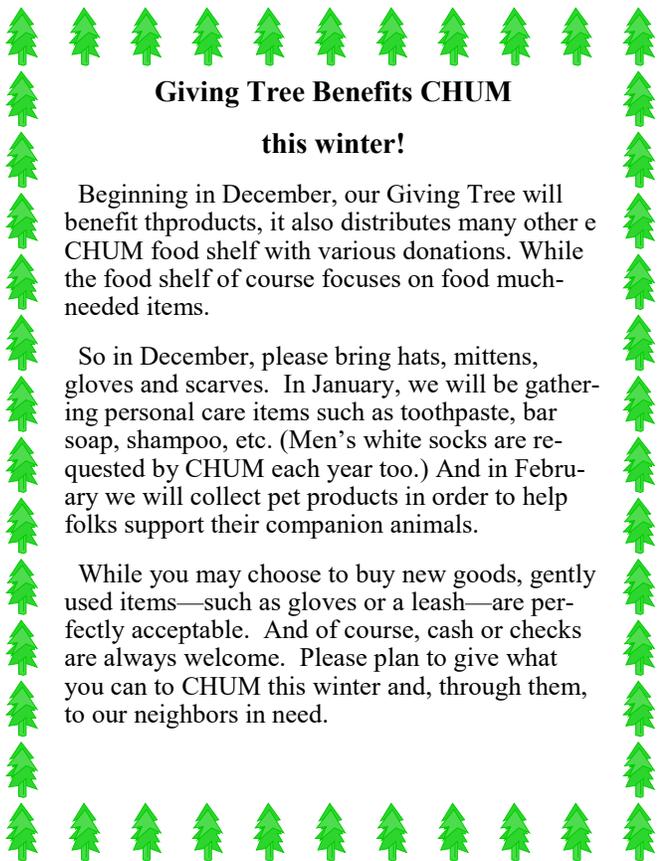
Business card size: \$12.00
1/4 page: \$20.00 1/2 page: \$40.00
Full page: \$70.00

Please submit your copy in JPG format for ease in editing or as raw copy to be created by staff to fit the space. Copy submission dates are noted in each issue (see below). Each issue covers two months, doubling your ad exposure.
Submit your payment to Lake Superior Interfaith Community Church at 1414 East 9th Street, Duluth, MN 55805
There is no charge for advertising events offered to the public free of charge.

Submit copy for next issue to:
Coni Carter at sharp.coni36@gmail.com or Carol Gieseke at carol.gieseke@gmail.com

Our estimated submission date is January 12th for the February—March issue.

Your Newsletter Staff
Steve Plasa: Production
Editor: Coni Carter



Giving Tree Benefits CHUM
this winter!

Beginning in December, our Giving Tree will benefit thproducts, it also distributes many other e CHUM food shelf with various donations. While the food shelf of course focuses on food much-needed items.

So in December, please bring hats, mittens, gloves and scarves. In January, we will be gathering personal care items such as toothpaste, bar soap, shampoo, etc. (Men's white socks are requested by CHUM each year too.) And in February we will collect pet products in order to help folks support their companion animals.

While you may choose to buy new goods, gently used items—such as gloves or a leash—are perfectly acceptable. And of course, cash or checks are always welcome. Please plan to give what you can to CHUM this winter and, through them, to our neighbors in need.

Mystical Blueprint:
Collage Your World for 2018
Thursday, December 28, 2017
6:00 - 9:00 pm

Lake Superior Interfaith Community Church

1414 E 9th St, Duluth

Bring along: scissors

\$35
To register:
Call Kim Luedtke
at 218-279-5026

Or Email: luedtkek@hotmail.com

Speaker Information

December 3 – Carolyn Brooks “If You Want to Walk on Water You Have to Get Out of the Boat” Carolyn is a retired educator and small business owner. She began her exploration of spirituality in 1991 in Las Vegas studying Touch for Health and has been on a journey of discovery ever since. She studied with Echo Bodine in Minneapolis in the 90’s. In 2000, after she moved to Duluth, she studied Reiki, Healing Touch and Energy Interference re-Patterning (EIP). Since 2005, she has been with a group actively involved in A Course in Miracles.

December 10 – Sheryl Grana “The Mindfulness of Lighting Our Way” Sheryl, a member of the Temple Israel Duluth congregation, is a Professor of Sociology and Criminology at UMD. She teaches courses on social inequality and justice and focuses her research on topics relating to violence against women. She just became a grandma (“Bubbe” in Yiddish) and this is truly a light in her life.

December 17 – Michael Monroe

December 24—Lisa Cerri “Thru the Ears of the Heart” Lisa, an LSICC member since 1998, facilitates meditation, teaches yoga, and is trained as an energy healer. Her travels include her native Southwest and, recently, Mexico. A seeker since the late 70’s she enjoys metaphysical studies and mystical experiences.

December 31 – Rev. Coni Carter “Extending a Challenge to Create the Greatest Relationship Ever” Coni travels here with her husband, Mike, and friend Maryanne from their home in Bailey, CO, to enrich the New Year experience with her LSICC family. As a spiritual coach for over twenty years, she has learned to question the normal and enrich life through the power of connection to Source and prayer. She is a past President of the Board of Trustees here at LSICC and is currently the Prayer Chaplain Co-ordinator at Unity at Red Rocks and a Prayer Partner at the Althea Center in Denver.

January 7 –TBD

January 14 —Rev. Jean Captain

January 21— Rev. Phyllis McCoy Wisdom guides Phyllis to a current message, so she is learning while she is sharing that message. Most important is that we are all together in this sacred creation!

January 28 — Rev. Jasmine Phoenix Jasmine has been a member of our community for fifteen years and has served on our Board of Trustees, including as President. She loves fire, animals, and dark chocolate, which may or may not influence her topic of choice.

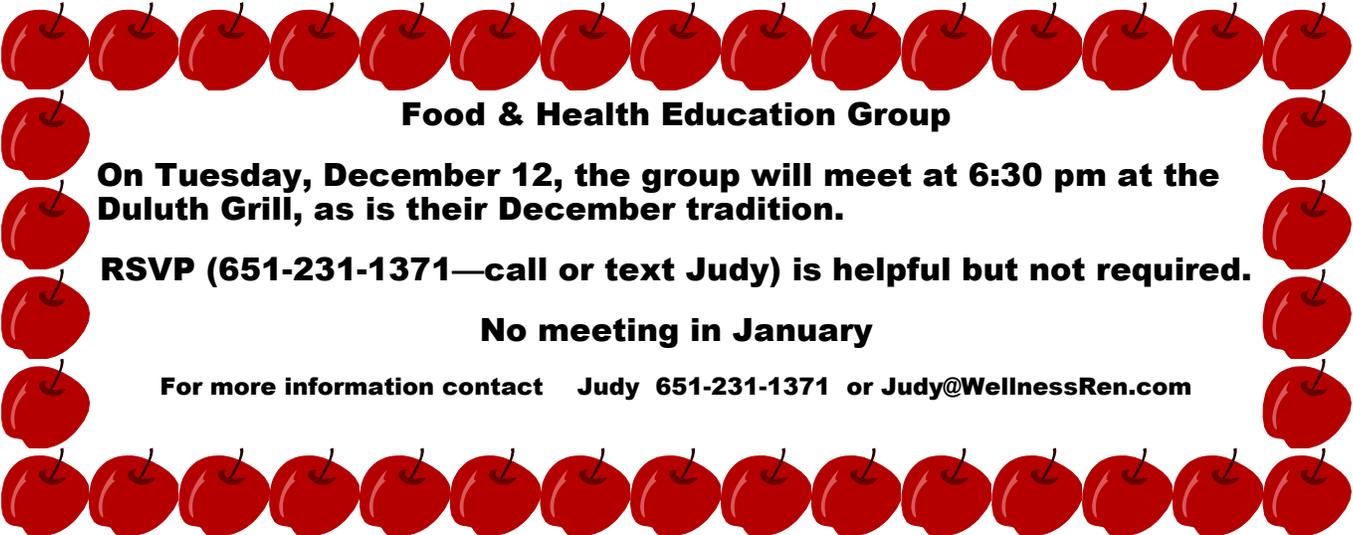
LUNCH EVERY SUNDAY

A reminder that we have a light lunch after our service each week, with the third Sunday each month being a potluck. This meal, prepared by volunteers, is our communion – a time for fellowship, conversation and bonding. If you’d like to help with meal preparation or clean-up, stop into the kitchen and they’ll gladly put you to work.



DECEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Zen Meditation 6-9:30 am ACIM 10:30 am
3 Speaker Carolyn Brooks LSICC Men's Group at 9:30 am	4	5 Northland Men's Group 6:30-8:30 p.m.	6	7	8	9 Zen Meditation 6-9:30 am ACIM 10:30 am
10 Speaker Sheryl Grana	11	12 Northland Men's Group 6:30-8:30 p.m.	13	14	15	16 Zen Meditation 6-9:30 am ACIM 10:30 am
17 Speaker Michael Monroe Pot Luck Board Meeting 9 am LSICC Men's Group at 9:30 am DSA 4 pm	18	19 Northland Men's Group 6:30-8:30 p.m.	20	21	22	23 Zen Meditation 6-9:30 am ACIM 10:30 am
24 Speaker Lisa Cerri	25	26 Northland Men's Group 6:30-8:30 p.m.	27	28 Mystical Blueprint 6-9 p.m.	29	30 Zen Meditation 6-9:30 am ACIM 10:30 am
31 Speaker Rev. Coni Carter LSICC Men's Group at 9:30 am						



Food & Health Education Group

On Tuesday, December 12, the group will meet at 6:30 pm at the Duluth Grill, as is their December tradition.

RSVP (651-231-1371—call or text Judy) is helpful but not required.

No meeting in January

For more information contact Judy 651-231-1371 or Judy@WellnessRen.com

JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Zen Meditation 6-9:30 am ACIM 10:30 am
7 Speaker TBD	8	9 Northland Men's Group 6:30-8:30 p.m.	10	11	12 Board Retreat 9-5	13 Zen Meditation 6-9:30 am ACIM 10:30 am
14 Speaker Rev. Jean Captain LSICC Men's Group at 9:30 am	15	16 Northland Men's Group 6:30-8:30 p.m.	17	18	19	20 Zen Meditation 6-9:30 am ACIM 10:30 am Archangel Michael Workshop 1-4 pm
21 Speaker Rev. Phyllis McCoy Pot Luck DSA 4 pm	22	23 Northland Men's Group 6:30-8:30 p.m.	24	25	26	27 Zen Meditation 6-9:30 am ACIM 10:30 am
28 Speaker Rev. Jasmine Phoenix LSICC Men's Group at 9:30 am	29	30 Northland Men's Group 6:30-8:30 p.m.	31 Kundalini yoga Winter Series starts 5:30-6:40 pm			



Wednesday Kundalini Yoga
 Winter Series—Bringing Light to Winter Darkness
 5:30—6:40 P.M.
 January 31— March 21, 2018

Upcoming Board Meetings
 December 17, 9:00 a.m.
 January 4, 9:00 a.m.
 And Board Retreat
 January 12, 9 a.m. -5 p.m.
 Check Church Calendar to confirm



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

To schedule events using church space,
please contact Carol Gieseke in advance at
218-728-3385 or
Carol.Gieseke@gmail.com. Provide event
details ... purpose, date/s, time/s and cost.

Website:
www.lsicc.org

**Speakers are subject to change.
Please visit our web site calendar for the most up-to-date information!**

DECEMBER 2017

December 3 - 11:00 a.m.

SPEAKER: Carolyn Brooks

December 10 - 11:00 a.m.

SPEAKER: Sheryl Grana

December 17 - 11:00 a.m.

SPEAKER: Michael Monroe

December 24 - 11:00 a.m.

SPEAKER: Lisa Cerri

December 31 - 11:00 a.m.

SPEAKER: Rev. Coni Carter

6 A.M. WORLD HOUR OF PEACE

JANUARY 2018

January 7 - 11:00 a.m.

SPEAKER: TBD

January 14 - 11:00 a.m.

SPEAKER: Rev. Jean Captain

January 21 - 11:00 a.m.

SPEAKER: Rev. Phyllis McCoy

January 28 - 11:00 a.m.

SPEAKER: Rev. Jasmine

Phoenix