

Higher Ground Newsletter

Lake Superior Interfaith Community Church

“Spiritual integrity through compassion, diversity and hope.”

1414 East 9th Street, Duluth MN 55805

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

CHURCH BOARD

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Denise Jackson (2018)

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(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

Letting Go

I am gradually reading (and processing) my way through **Letting Go - The Pathway of Surrender**, by David R. Hawkins, M.D. Ph.D. In this, his final book, Dr. Hawkins repeatedly demonstrated that letting go is the key to being/ doing/having whatever you want.

Life keeps inviting me to let go again. My results by doing so have ranged from allowing myself to more pleasantly accomplish items on a task list, to having more physical or financial health, to having an experience of making more of a contribution to the world around me, to simply enjoying the moments of my days. These invitations (reminders) have included:

- Having what I called “pamper days”, resisting my list of “shoulds” until about 4:00 or 5:00 in the afternoon until I was ready to **willingly** tackle that task list and then enjoying what I’d been avoiding all day.
- Being encouraged by one of my teachers in divinity school, when I had done everything I could think of toward generating results in my commission sales job, to call it a day and just go shopping (i.e. **let go, give it to God**, and go do something fun).
- Receiving the suggestion—from Phyllis McCoy—to **do that thing on my list which I felt most drawn to do**, and to then allow the energy of that to carry me forward through whatever else needed to be done.
- Reading the same basic message in a recent *Daily Word*, per Darrell Fusaro: **“When I first do the things on my to-do list that I’m most enthusiastic about, everything else gets done effortlessly”**.
- Starting a day with the conscious intention to do at least some of the “shoulds” on my list and finding myself spending that day reading, resting, enjoying just *being*, thereby being reminded that **I am fully supported by Spirit, and that I have all of the time I need to do whatever is mine to do, including taking loving care of myself**.
- Occasionally actually noticing the magnet on my refrigerator which (wisely) reminds me: **“Slow down and let your guardian angel catch up”**.

(Continued on page 2)

Energy Discussion

Mondays, 9:30-11:30 a.m., through May 28th

Jim Naus is leading a gathering to study energy in connection with spirituality. His intent is to study energy, experience consciousness energy and tune in to the energy that is you. Bring your experience to share. The meeting is open to all, and you're invited to come whenever you can. There will be a featured tea each week, with other choices available as well.

Fundraising Lunch coming up?

With Jim Naus as our lead, we're working with the people at Superior Small Batch to host a lunch totally comprised of plant-based foods. For a variety of reasons, more and more people are turning to plant-based foods as a healthy option. We've set April 21st as the tentative date for this event. If the logistics come together, this will be a fundraiser, with profits to be shared between LSICC and another non-profit.

If you're interested in helping with this event, please contact Jim.

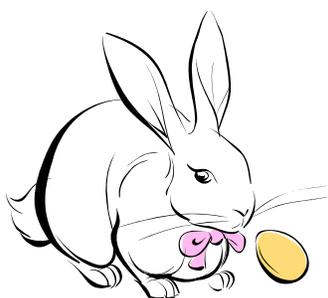
ACIM

(A Course in Miracles)

meets at LSICC

every Saturday

from 10:30 a.m.



April 1st

Happy Easter

Building & Grounds Monthly Saturday Projects

Jim Naus is coordinating grounds and maintenance projects for LSICC. These will be scheduled once a month, starting at 1:00 P.M. The projects will be simple, season-specific tasks that will help us care for our LSICC home, both inside and out.

We're aiming for the third Saturday each month. However, because April 21st, has already been set aside for the lunch fund-raiser, the first project will be on Saturday, April 7. Note that the May gathering will be on May 19th, the third Saturday of that month.

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:

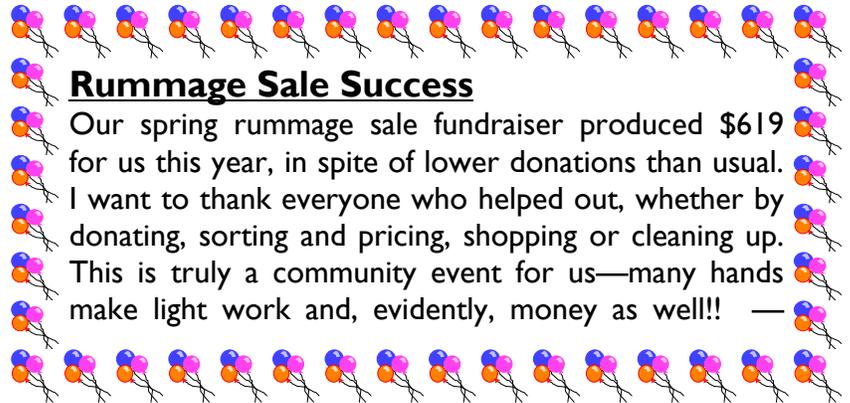
Coni Carter at
 sharp.coni36@gmail.com or Carol
 Gieseke at carol.gieseke@gmail.com

**Our estimated submission date is
 May 14th for the June—July issue.**

Your Newsletter Staff:

Steve Plasa: Production

Coni Carter: Editor



Rummage Sale Success

Our spring rummage sale fundraiser produced \$619 for us this year, in spite of lower donations than usual.

I want to thank everyone who helped out, whether by donating, sorting and pricing, shopping or cleaning up.

This is truly a community event for us—many hands make light work and, evidently, money as well!! —

Blaming Others

By Madisyn Taylor (found in the Daily Om)

We cannot insist that someone else take responsibility for their actions; only they can make that choice when they are ready.

As we begin to truly understand that the world outside of us is a reflection of the world inside of us, we may feel confused about who is to blame for the problems in our lives. If we had a difficult childhood, we may wonder how we can take responsibility for that, and in our current relationships, the same question arises. We all know that blaming others is the opposite of taking responsibility, but we may not understand how to take responsibility for things that we don't truly feel responsible for. We may blame our parents for our low self-esteem, and we may blame our current partner for exacerbating it with their unconscious behavior. Objectively, this seems to make sense. After all, it is not our fault if our parents were irresponsible or unkind, and we are not to blame for our partner's bad behavior.

Perhaps the problem lies with the activity of blaming. Whether we blame others or blame ourselves, there is something aggressive and unkind about it. It sets up a situation in which it becomes difficult to move forward under the burdensome feelings of shame and guilt that arise. It also puts the resolution of our pain in the hands of someone other than us. Ultimately, we cannot insist that someone else take responsibility for their actions; only they can make that choice when they are ready. In the meantime, if we want to move forward with our lives instead of waiting around for something that may or may not happen, we begin to see the wisdom of taking the situation into our own hands.

We do this by forgiving our parents, even if they have not asked for our forgiveness, so that we can be free. We end the abusive relationship with our partner, who may never admit to any wrongdoing, because we are willing to take responsibility for how we are treated. In short, we love ourselves as we want to be loved and create the life we know we deserve. We leave the resolution of the wrongs committed against us in the hands of the universe, releasing ourselves to live a life free of blame.



Speaker Information

April 1 – Carolyn Brooks “What Would Love Do?” — Carolyn is a long-time member of LSICC. She has been exploring spirituality since 1991. She has been actively involved in A Course in Miracles, studying with the same group since 2005.

April 8 – Jim Naus Jim, a past president of LSICC, continues to serve our community in more ways than anyone can probably track. He loves exploring diverse religions and philosophies, finding commonalities among them regarding spirituality and health care, and sharing this information.

April 15 – Gary Boelhower Gary J Boelhower, Ph.D, is a professor of theology and religious studies at The College of St. Scholastica with a long list of related experience on an international level. He has published scholarly articles, educational texts, and poetry. His recent books include *Naming Rites: Poems* and *Marrow and Muscle*, and *Flight: Poems* which won the Midwest Book Award.

April 22—Chuck Crom Chuck has explored many spiritual philosophies in the last quarter of a century. Of these, the most profound and transformative information for him has come through the association with what are usually termed channeled sources. These, combined with an exploration of dreamtime, have led to an understanding of the nature of self, that leaves behind the boundaries imposed by many belief systems.

April 29 – Sue Brewer Sue writes: “Soul searching and looking for a place to learn about multiple spiritual outlooks has brought me to LSICC. I’ve learned many things and have been affirmed in my spiritual growth, continuing to open new chapters and make philosophical breakthroughs along my journey. I look forward to being able to share my journey through my presentation.”

May 6 –Kathleen Abel “Zero Point Neutrality Amidst Polarity” — Kathleen is a minister & teacher who loves Duluth & LSICC. She is eagerly gathering new insights during these exciting days of Ascension.

May 13 – Lisa Cerri Lisa, an LSICC member since 1998, facilitates meditation, teaches yoga, and is trained as an energy healer. Her travels have included her native Southwest and, recently, Mexico. A seeker since the late 70’s, she laughed when someone called her a “*healtor*” - a cross between a healer and a realtor. She finds the name to be fitting, though ... rehabbing is like a house healing!

May 20— Terese Elhard Terese is a graphic designer, artist, dance teacher and environmental designer. For several years she has studied and taught Qoya, a medicinal movement practice for women. She has served on the boards of Sacred Heart Music Center and LSICC. She is currently exploring the subtle arts of architecture.

May 27— Cedric Littlewolf Cedric shares his native American spirituality with us, usually smudging the space as part of his service to our community.



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 in to the kitchen, and they’ll gladly put you to work.

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Speaker Carolyn Brooks EASTER	2 Energy Discussion 9:30-11:30 a.m.	3	4	5	6	7 ACIM 10:30 am Building & Grounds Projects—1 p.m.
8 Speaker Jim Naus Bd Mtd 9:15 Men's Group 9:30	9 Energy Discussion 9:30-11:30 a.m.	10	11	12	13 Drumming Meditation 7:00 Bryce Kastning	14 ACIM 10:30 am Northland Men's Group 1 p.m.
15 Speaker Gary Boelhower Pot Luck	16 Energy Discussion 9:30-11:30 a.m.	17	18	19	20	21 ACIM 10:30 am Fundraising Lunch
22 Speaker Chuck Crom Men's Group 9:30	23 Energy Discussion 9:30-11:30 a.m.	24	25	26	27	28 ACIM 10:30 am Northland Men's Group 1
29 Speaker Sue Brewer	30 Energy Discussion 9:30-11:30					

Calendar Updates on Groups

The **Northland Men's Group**, who have been meeting at LSICC on Tuesday evenings since the fire at Gloria Dei a couple of years ago, are trying a new meeting schedule. They'll be meeting at LSICC at 1 P.M. on the second, fourth, and (quarterly) fifth Saturdays of each month. Their meetings on the first and third Saturdays will be at other locations.

Judy Breuer has been offered a professional opportunity which will claim her Tuesday evenings. Therefore, the Tuesday evening **Food Health / GF Food Group** is officially on hold until further notice.

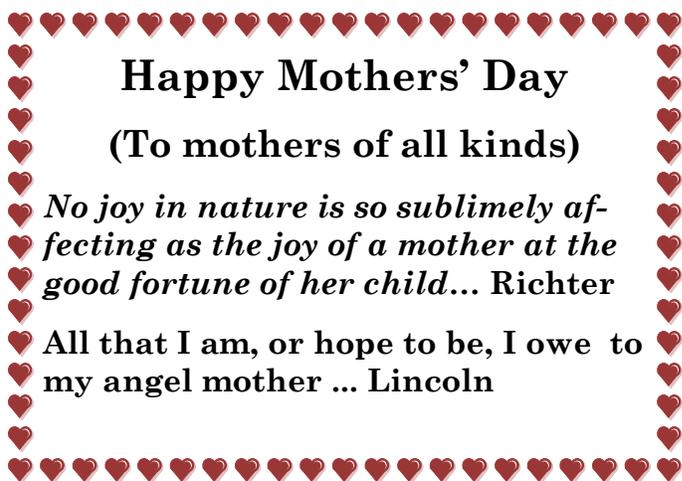
The **DSA** group will no longer be meeting at LSICC. You can find further information at twinportsdsa.org, or <https://www.facebook.com/twinportsDSA/> or contact them at dsa.duluth@gmail.com.

Check out our WEBSITE! www.lsicc.org for updates

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 ACIM 10:30 am
6 Speaker Kathleen Abel Men's Group	7 Energy Discussion 9:30-11:30 a.m.	8	9	10	11 Drumming Meditation 7:00 Bryce Kastning	12 ACIM 10:30 am Northland Men's Group 1 p.m.
13 Speaker Lisa Cerri Mothers' Day	14 Energy Discussion 9:30-11:30 a.m.	15	16	17	18	19 ACIM 10:30 am
20 Speaker Terese Elhard Bd Mtg 9:15 Men's Grp 9:30 Pot Luck	21 Energy Discussion 9:30-11:30 a.m.	22	23	24	25	26 ACIM 10:30 am Northland Men's Group 1 p.m.
27 Speaker Cedric Littlewolf	28 Energy Discussion 9:30-11:30 a.m.	29	30	31		

May 27th
Memorial Day Weekend
Remember
Summer hours start
Service begins at 10 A.M.


Happy Mothers' Day
 (To mothers of all kinds)
No joy in nature is so sublimely affecting as the joy of a mother at the good fortune of her child... Richter
 All that I am, or hope to be, I owe to my angel mother ... Lincoln

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!**

APRIL 2018

April 1 (EASTER) - 11:00 a.m.

SPEAKER: Carolyn Brooks

April 8 - 11:00 a.m.

SPEAKER: Jim Naus

April 15 - 11:00 a.m.

SPEAKER: Gary Boelhower

April 22 - 11:00 a.m.

SPEAKER: Chuck Crom

April 29 - 11:00 a.m.

SPEAKER: Sue Brewer

MAY 2018

May 6 - 11:00 a.m.

SPEAKER: Kathleen Abel

May 13 (MOTHER'S DAY) - 11:00 a.m.

SPEAKER: Lisa Cerri

May 20 - 11:00 a.m.

SPEAKER: Terese Elhard

May 27 -(TIME CHANGE) 10:00 a.m.

SPEAKER: Cedric Littlewolf

(SMUDGING DURING SERVICE)