

# 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 10:00 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

### Letting Go - Part 2

In our April-May newsletter, I wrote about letting go, from a perspective of dealing with a task list that is overwhelming. In that context, letting go is a helpful tool for dealing with one's life as limited to the body, to one's experience as a human *doing*.

However, the highest form of "letting go", of surrender, as many paths teach us, is forgiveness, because it supports one's entire *being*. *"Forgiveness is the ultimate preventative medicine, as well as the greatest healer."* (Marianne Williamson) Working with Reiki and spiritual principles, I've come to believe that acceptance, healing, forgiveness, and letting go are different names for the same thing. They all address a blockage, a "knot" that needs to be undone to allow for a free flow of wholeness and abundance. The deeper the forgiveness, or letting go, the greater the benefits one will experience.

Whenever I'm not experiencing peace and love, I have something I need to forgive, someplace I need to let *myself* "off the hook". By releasing my attachment to an item, a relationship, a specific outcome, I'm making room for God to be in charge. Forgiveness is really the ultimate way to "let go, let God/Love".

To surrender everything to God doesn't mean I have no responsibility. Forgiveness releases the past from guilt and the future from fear. It frees me to live in the present, receiving God's direction, *responding with my ability* by doing as directed, and trusting that He will correct any (seeming) errors on my part.

*"Eventually, we surrender the very idea of forgiveness. To forgive someone implies that we're still seeing the person or situation as "wrong" and, therefore, in need of being forgiven. True surrender means letting go completely of seeing it in such a way. When we surrender our perception completely, letting go of all judgment, then the whole situation is transfigured and we see the person as loveable. Since all judgment is really self-judgment, we have liberated ourselves in the process."* (David R. Hawkins, MD, PhD, in *Letting Go ... The Pathway of Surrender*)

And, from the ACIM workbook, *"God, being Love, is also happiness."* (Lesson 103)  
*"Forgiveness is the key to happiness."* (Lesson 121) *"Forgiveness offers everything I want."* (Lesson 122)

Gratefully yours,

Carol Gieseke



**UNITY STUDY GROUP - Rick Youmans**

**Sundays—7:00 - 8:30 p.m. (beginning June 10th)**

This group will study and discuss the positive, empowering spirituality of Unity. Each meeting will have a short meditation, a discussion of Unity Principles and how they apply to life, and a Unity book discussion. The first book the group will be discussing is *Discover the Power Within You* by Eric Butterworth. This group is for all people, whether you have a Unity background or are just curious about Unity. As in any Unity setting, all are welcome and encouraged to join us. You need not be here every week to be able to participate. There will be an opportunity to give a love offering, with the proceeds going toward making Unity more available to the Duluth Community.



**June 10th**

Coni Carter, Spiritual Coach and past LSICC president from Bailey, CO, will be offering individual prayer treatments after the service.

Cost is \$5

Look for the sign-up sheet that day in the dining area.



**ACIM**

**(A Course in Miracles)**

**meets at LSICC**

**every**

**Saturday**

**from 10:30 a.m.**

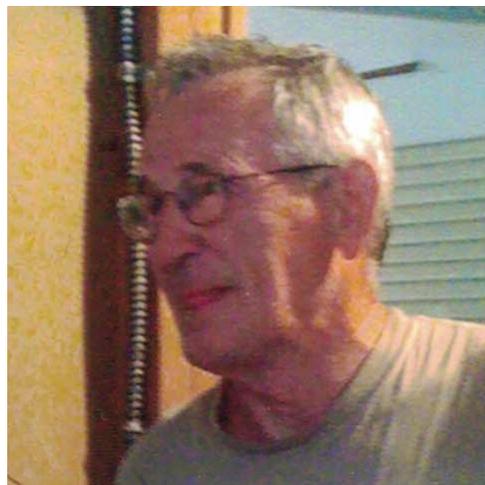
**to Noon**

**Tribute to Mike Cassady**

On Tuesday, May 8, at 9:00 a.m., our little church said goodbye to Michael (Mike) Cassady, 72 years old. He was a long-time member of our church community. Mike served on the Board of Trustees 2 or 3 times, usually on the Building and Grounds Committee. He helped build the library in the basement. He was also in a meditation group (with Cheryl Larson and others) that met every week in the evening at the church.

Mike was the guy everyone went to when something wasn't working! He was a handyman who did many things for Jerry and Jean Kwako, Audrey Fischer, and Ann McKie, among others.

We will miss you, Mike. We know you're in a good place.



**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](mailto:sharp.coni36@gmail.com)  
 OR  
 Carol Gieseke at [carol.gieseke@gmail.com](mailto:carol.gieseke@gmail.com)

**Our estimated submission date is**

**July 12th for the**  
**August—September issue.**

Your Newsletter Staff  
 Steve Plasa: Production  
 Editor: Coni Carter



A Past President's Letter Revisited !

The Church As I See It

(By Jill Downs, President — August 1989)

The church is a place to come where people are loved and accepted for who they are and a place where individuals are encouraged to develop their inner selves so that they may manifest their true nature on the outer plane. I see the church as a place where one's abilities are encouraged and strengthened and a place where we can gain the knowledge necessary to enable us to explore our inner world safely, remaining empowered, centered and protected.

This is a place to experience joy as well as to share our sorrows with others; a place where we can come to gain strength, inspiration and upliftment so that we have something to give to others who may need encouragement during the week ahead.

The church is a place to come where we can worship the God of our own understanding, for it must be that or we become hypocrites attempting to worship the God of another where there is no meaning in it for us. This is a place where we can share our service with those in spirit who come to aid, encourage and uplift us. Let's send our spirit friends thoughts of love and gratitude, for it is because of their perspective and desire to help that we can gain from the messages they impart to us.

I see the church as a place where we can learn to let go of the past and move freely into the future with eagerness, security and stability, knowing that we are developing faith in God, in ourselves and in our abilities.

So let's come and take part — giving where we can, learning where we can and sharing what we have with each other. For it is only in that way that the church can give to us that which we so often demand from it.

Be at peace. Learn to still the outer world — to be in the eye of the hurricane — to become the observer of yourself and the world around you, and you will be leaders for the future because you will have gained the "*peace that passeth all understanding*", and the world will look to you for your strength, knowledge and wisdom.

Let's continue, then, to seek within, asking first for that divine protection to be placed around us. For it is only in that way that we will learn about our true nature and what we have to share with others, and our church will thus become the divine collective expression of who we are and will ultimately be allowed to fulfill its own *raison d'être*, or reason for being, in the world. For it, too, has its own destiny — its own purpose.

Sincerely, Jill Downs

## **Speaker Information**

**June 3 – James Ulness** “Our ‘coming in’ (birth, incarnation)” A longtime professor of psychology at Concordia College in Moorehead, MN, Dr. Ulness developed a psychology in the light of Spiritual Science. After lunch talk: becoming conscious of the workings of the Eternal Feminine in your life. Harmonizing with the Eternal Masculine.

**June 10 – Rev. Coni Carter** “The Modern Search for Community” Coni, a past president of LSICC, continues to serve our community currently as the editor of our newsletter from her home in Bailey, Colorado. She currently serves Unity of the Foothills in Evergreen as their Prayer Chaplain Program Coordinator and The Althea Center for Engaged Spirituality in Denver as a Prayer Partner. She uses her studies of Science of Mind, Unity, and Divine Science to enhance a life of prayer that keeps her in alignment with the Omnipresence.

**June 17 - Gary Boelhower** “All My Relations” 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, Flight: Poems*, which won the Midwest Book Award.

**June 24 - Ken Bowers** “Nurturing the Light—Renouncing Mammon” Educated as a physicist, Ken is a Convinced Friend (Quaker). Professionally, he is an Actuary, has had two successful businesses (one in photography/graphic arts and one in construction/restoration) and has taught several diverse disciplines at the college level in the hard and soft sciences.

**July 1 – Rev. Phyllis McCoy** “Expanded Creational energies in this 4<sup>th</sup> dimensional vibration” “With gratitude, always, to my church family” Phyllis reminds us that “we are more than we know, and this time on the planet is an extraordinary adventure!”

**July 8 - TBD**

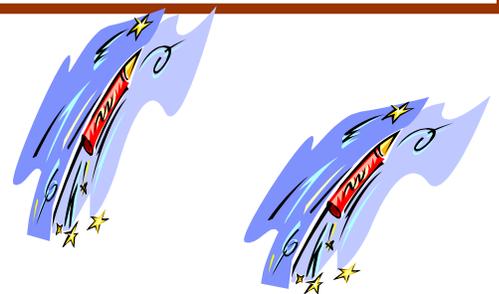
**July 15 - TBD**

**July 22 - Carolyn Brooks** “Becoming Real—Lessons from the Velveteen Rabbit” 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.

**July 29 - Rev. Kim Luedtke** Kim Luedtke is a trained intuitive who spends her work week as a Brain Wave Optimization Technician. The topic of her talk is yet to be determined, but she’s always got her nose in a book, so she’ll probably report in on that. Right now she’s reading, *A Higher Loyalty: Truth, Lies and Leadership*, by James Comey, *Extreme Measures: Finding a Better Path to the End of Life*, by Dr. Jessica Nutik Zitter and *Clean Meat: How Growing Meat Without Animals Will Revolutionize Dinner and the World*, by Paul Shapiro. Kim loves to speak at LSICC because she always finds kindred spirits, laughter, and plenty of hugs there.

SPEAKERS,  
MUSICIANS AND  
KITCHEN HELP MAKE  
A DIFFERENCE AT  
LSICC!

**Speakers** are the anchors of our Interfaith community. They come in all shapes and forms to share their knowledge in ways that enlighten and inspire us to live our lives at a higher level. If you or someone you know has a story to share with us, please contact Carol Gieseke to be scheduled.



**HAPPY  
4<sup>TH</sup> OF JULY!!!!**

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Movie (What the Health?) 7:00 p.m.	2 ACIM 10:30 am
3 Speaker James Ulness After Lunch Talk LSICC Men's Group—after lunch	4	5 Northland Men's Group 6:30—8:30 pm	6	7	8 Drumming with Bryce Kastning 7:00 P.M.	9 LGBTQ Elders 10 am—noon ACIM 10:30 am Northland Men's Group—1 p.m.
10 Speaker Rev. Coni Carter Unity Study Group 7:00-8:30 pm	11	12 Northland Men's Group 6:30—8:30 pm	13	14	15	16 ACIM 10:30 am Volunteer Church Project 1:00 pm
17 Speaker Gary Boelhower <b>Pot Luck</b> Board Meeting during lunch LSICC Men's Group — after lunch Unity Study Group 7:00-8:30 pm Fathers' Day	18. LGBTQ Resource Center Mtg. 6:30—8:30 pm	19 Northland Men's Group 6:30—8:30 pm	20	21	22	23 ACIM 10:30 am Northland Men's Group 1 p.m.
24 Speaker Ken Bowers After Lunch Discussion Unity Study Group - 7:00-8:30 pm	25	26 Northland Men's Group 6:30—8:30 pm	27	28	29	30 ACIM 10:30 am Northland Men's Group 1 p.m.

## Happy Fathers' Day

*My father didn't tell me how to live; he lived,  
and let me watch him do it ... Clarence Budington Kelland*

*It doesn't matter who my father was; it matters who I remember he was ... Anne Sexton*

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 Speaker</b> Phyllis McCoy LSICC Men's Group — after lunch Unity Study Group - 7:00-8:30 pm	2	<b>3</b> Northland Men's Group 6:30—8:30 pm	4	5	<b>6 Movie</b> TBD 7:00 P.M.	<b>7</b> ACIM 10:30 am
<b>8 Speaker</b> TBD Board Meeting during lunch Unity Study Group - 7:00-8:30 pm	9	<b>10</b> Northland Men's Group 6:30—8:30 pm	11	12	13	<b>14 ACIM</b> LGBTQ Elders 10 am—noon ACIM 10:30 am Northland Men's Group—1 p.m.
<b>15 Speaker</b> TBD <b>Pot Luck</b> LSICC Men's Group — after lunch Unity Study Group - 7:00-8:30 pm	16	<b>17</b> Northland Men's Group 6:30—8:30 pm	18	19	20	<b>21</b> ACIM 10:30 am Volunteer Church Project 1:00 pm
<b>22 Speaker</b> Carolyn Brooks Unity Study Group - 7:00-8:30 pm	23	<b>24</b> Northland Men's Group 6:30—8:30 pm	25	26	27	<b>28</b> ACIM 10:30 am Northland Men's Group 1 p.m.
<b>29 Speaker</b> Rev. Kim Luedtke LSICC Men's Group — after lunch Unity Study Group - 7:00-8:30 pm	30	<b>31</b> Northland Men's Group 6:30—8:30 pm				

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

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](http://www.lsicc.org)

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

### **JUNE 2018**

**June -3—10:00 a.m.**

**SPEAKER: James Ulness**

**June 10 - 10:00 a.m.**

**SPEAKER: Rev. Coni Carter**

**June 17 - 10:00 a.m.**

**SPEAKER: Gary Boelhower**

**June 24 - 10:00 a.m.**

**SPEAKER: Ken Bowers**

### **JULY 2018**

**July 1 - 10:00 a.m.**

**SPEAKER: Rev. Phyllis McCoy**

**July 8 -10:00 a.m.**

**SPEAKER: TBD**

**July 15 - 10:00 a.m.**

**SPEAKER: TBD**

**July 22 -10:00 a.m.**

**SPEAKER: Carolyn Brooks**

**July 29 - 10:00 a.m.**

**SPEAKER: Kim Luedtke**