

## 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

- August services at 10:00 a.m.
- September 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 Steger-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

You've probably seen the credit card ad that asks "What's in your wallet?" — implying (of course) that their card is the way to get what you want. Hmm ... what *do* you want? I suggest that, as a key to receiving whatever that is, a better question to ask yourself is "What's in your *heart*?" And, what do you *want* in your heart? I think most of us, if asked, would answer that we want love, peace, happiness, contentment ...

In recent weeks, as part of my daily meditation, and throughout the day, I've been reminding myself to "trust God", and then focusing my attention in my heart. Or, as ACIM Workbook Lesson 194 states, "I place the future in the Hands of God." Within a few repetitions of "trust God", I begin to experience a feeling of joy and contentment, a sense that all is well in the present moment, and nothing else even exists. *When I surrender the future* (and with it, the past as well) to God, *I have no problems*.

In those times when I'm experiencing discord in my heart and mind, I'm still likely to believe the drama and fearful feelings of the moment. However, the more I practice trusting and letting go, either in the moment of drama or later on when I'm able to take a closer look back at my thoughts, feelings and behaviors in those moments of discord, the more often I remember to let go and trust.

When we begin to look into our hearts, many of us find the experience painful, even terrifying. We have a deep-seated fear that what we'll find in there is so ugly and unlovable that it will be absolutely unbearable to know. Then, as we practice our spiritual path, as we're repeatedly reminded that God loves us "as is", and as we keep renewing our efforts to look inside, maybe just a tiny bit at a time, maybe even over a period of many years, we begin to find fragile moments of peace and comfort. And the more we practice looking within, the more we discover that everything we want—love, peace, joy—is waiting within us.

Growing my trust in God is a life-long journey for me. It was difficult to even begin to recognize that what God wills for me will be something I want, not something forced on my by a power outside myself. And the more I take the steps to let go and trust, the more I experience contentment and ease. To quote Marianne Williamson: "Happiness is a sign that we have accepted God's will" ... and ... "When we surrender to God, we let go of our attachment to how things happen on the outside, and we become more concerned with what happens on the inside."

So, I invite you to look at what's in your heart ... and keep looking until you find what you want in there. To quote yet another ad: *"It's all inside."*

Gratefully yours, Carol Gieseke



Annual Election Coming:



Have you felt called to serve on our Board of Trustees? Our annual meeting and election will be October 28. We'll need two or three new trustees, one of whom will be elected as Secretary. Jill Downs and Carol Gieseke have decided to be on the ballot for Vice President and President, respectively. We want to include anyone else interested in serving in any position ... having more candidates than openings is a *good* thing. Please talk with any current Board member to add your name to the ballot or to suggest someone else as a possible candidate.



**Building Update**



As announced during recent Sunday services, the Board of Trustees has set up a Building Fund (with initial donations of about \$1500) to make a number of improvements to our church facility, both inside and out. The exterior of our building has begun to show its age and is much in need of repairs. Over the next several weeks, you will notice that we're working on the outside front and back of our building, adding new gable ends, soffits and fascia and staining the back exterior steps. The Board has determined that it's best to do this work now, before there is any further deterioration. We're hoping we can get this work done for \$7,000—\$8,000 or so. The Board has decided to "borrow" from our savings to cover the work. We trust that we will replace this money through further donations and, possibly, one or more fundraisers.



In addition, on the outside of our building, we will be moving our sign to a more prominent spot. We'll also be continuing to work on our landscaping, clearing out some things that are ailing and/or high maintenance and adding some low maintenance perennial plants. Our aim is to make our building and grounds more welcoming and inviting, for us and for all of our guests.



Future projects will include work on the windows and painting the exterior of the building and, inside, painting the stairwell and lower level. We're also planning to update our kitchen in the near future for better form (appearance) and function (easier and more pleasant to prepare meals and keep the space clean). Given that sharing food is a large part of what we do here, this would be a great investment in our community space.



**Save the date - Sunday, August 19th**

**Picnic at Enger Park**



**Our service will be at 10:30, followed by a pot luck lunch ... the church will provide roasted chickens, bottled water, soft drinks and condiments, as well as plates & cups, utensils, napkins and etc. Our Speaker will be Sharon Captain.**

**Live in the Moment**

**By: Sarah Ban Breathnach**

(published in July-August 2000 issue of *O*)

- 1. Summer is here—delight in it! Experience, appreciate and revel in Mother Nature's sensations: freshly mowed grass, a concerto of crickets, a juicy peach, kids laughing, stars sparkling.**
- 2. Take a half-hour walk with a friend and leave your cell phone at home. Focus on discovering things about your surroundings you've never noticed.**
- 3. Do one thing at a time. Don't make the bed while brushing your teeth, check your voice mail while eating lunch or half listen to the kids while glancing at the news.**
- 4. Forgive someone who has hurt you. Brooding — nursing old wounds, indulging in comparisons, anticipating the worst — robs the present of its joy.**
- 5. Tell three people you love that you love them — right now. This moment is always the best one in which to express your care for others.**
- 6. Be silly today. Grab a family member or a girlfriend for a run through the backyard sprinkler, a pillow fight or a splash-up with water balloons.**
- 7. Trust in the power that makes the sun rise and set. Savor the miracle of creation.**
- 8. Act as if you are a woman known for her inner calm: Greet everyone you meet today with a smile.**
- 9. This moment is your life. It is the process of living, the journey, that is life itself, and we often wish away our lives focusing on only what tomorrow could, should, would bring. Live today as if there were no future. The only time is now.**
- 10. No matter how difficult your circumstances, think of one thing you are grateful for, then say it aloud.**

**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:

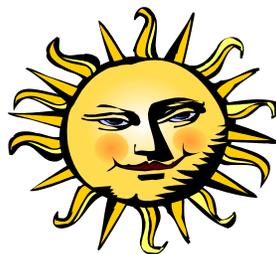
Coni Carter at [sharp.coni36@gmail.com](mailto:sharp.coni36@gmail.com)  
or  
Carol Gieseke at [carol.gieseke@gmail.com](mailto:carol.gieseke@gmail.com)

**Our estimated submission date is  
September 11 for the  
October—November issue.**

Your Newsletter Staff  
Steve Plasa: Production  
Editor: Coni Carter

Lake Superior  
Interfaith Com-  
munity Church  
Men's Group  
meets every other  
Sunday  
(after lunch in  
August and  
at 9:30 am in  
September)

**Chronic Pain  
Relief  
Support Group  
Meets 1<sup>st</sup> and 3<sup>rd</sup>  
Tuesdays  
3:00—4:30 p.m.**



**LGBTQ Elders  
2<sup>nd</sup> Saturday  
10 am—Noon**

**ACIM  
(A Course in Miracles)  
meets at LSICC  
every  
Saturday  
from 10:30 a.m.  
to Noon**

**Northland Men's Group  
Meets Tuesdays  
6:30 to 8:30 p.m.  
And  
2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Saturdays  
1 p.m**

**Kitchen help:** Maybe the gift of words, the lyrics of a song or the sounds of harmony are not your talent but you still want to share. The kitchen is always a way to use your special gifts of service, whether by preparing a meal, setting up the meal or cleaning up after the meal. It is also a wonderful way to get to know people.

**REMEMBER**  
**Church Service time is  
changing to  
11:00 a.m. on  
September 2<sup>nd</sup>.**

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

## **Speaker Information**

**August 5 - Richie Townsend** Richie is a musician, amateur astronomer, and Tai Chi Chuan enthusiast who received his BA in Religious Studies from the College of St. Scholastica and DMin from the University of Creation Spirituality in Oakland, California. He is currently employed by DAIP (Domestic Abuse Intervention Programs) and teaches Tai Chi and Qigong classes for Duluth Community Education.

**August 12 - Jill Downs** Jill's spiritual work and development have included a significant spiritual awakening and intensely challenging work on the inner planes. She now channels Light and spiritual messages to others. Jill is the author of two books on spiritual transformation.

**August 19 - Rev. Sharon Captain** "*Everyone Loves Ice Cream*" Sharon is a spiritual seeker finding deep connection in Nature and in the small everyday connections life brings.

**August 26 - Mike Walke**

**September 2 - Michael Anderson**

**September 9 - Carol Gieseke** "*Healing Prayers and Intentions*" ... planting seeds for good with the contents of our healing bowl.

**September 16 - TBD**

**September 23 - Lisa Cerri** Lisa, an LSICC member since 1998, has many gifts, including as a healer, realtor and builder/rehabber. She loves to explore her inner world and share her findings with others.

**September 30 - Jason Loll** Like some Duluthians who have a home with only a sliver of a lake view, in my mind this has become my lake cabin and I am on a perpetual vacation of spending time outdoors in nature, eating good food and meeting interesting people.

## **UNITY STUDY GROUP - Rick Youmans**

**Sundays — 6:00 - 7:30 p.m.** This group is studying and discussing the positive, empowering spirituality of Unity. Each meeting offers a short meditation, a discussion of Unity Principles and how they apply to life, and a Unity book discussion. The first book the group is 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.

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 ACIM 10:30— Noon
5 Speaker Richie Townsend  Unity Class 6:00- 7:30 pm	6	7 Chronic Pain Relief Support Group 3:00- 4:30 pm  Northland Men's Group 6:30 -8:30 pm	8	9	10	11 LGBTQ Elders 10 am—Noon  ACIM 10:30— Noon  Northland Men's Group 1 p.m.
12 Speaker Jill Downs Board Mtg after lunch  LSICC Men's Group— after lunch  Unity Class 6:00- 7:30 pm	13	14 Northland Men's Group 6:30 pm-8:30 pm	15	16	17	18 ACIM 10:30— Noon
19 10:30 am at Enger Park  Speaker Rev. Sharon Captain  <b>PICNIC / POT LUCK</b>  Unity Class 6:00- 7:30 pm	20	21 Chronic Pain Relief Support Group 3:00- 4:30 pm  Northland Men's Group 6:30 pm-8:30 pm	22	23	24	25 ACIM 10:30— Noon  Northland Men's Group 1 p.m.
26 Speaker Mike Walke LSICC Men's Group— after lunch  Unity Class 6:00- 7:30 pm	27	28 Northland Men's Group 6:30 pm-8:30 pm	29	30	31	

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

# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 ACIM 10:30— Noon
2 Speaker 11:00am Michael Anderson <b>SERVICE TIME CHANGE</b> Unity Class 6:00-7:30 pm	3	4 Chronic Pain Relief Support Group 3:00- 4:30 pm Northland Men's Group 6:30 -8:30 pm	5	6	7	8 LGBTQ Elders 10 am—Noon ACIM 10:30— Noon Northland Men's Group 1 p.m.
9 Speaker 11:00am Carol Gieseke Board Mtg- 9:00am LSICC Men's Group— 9:30am Unity Class 6:00-7:30 pm	10	11 Northland Men's Group 6:30 pm-8:30 pm	12	13	14	15 ACIM 10:30— Noon
16 Speaker 11:00am TBD <b>POT LUCK</b> Unity Class 6:00-7:30 pm	17	18 Chronic Pain Relief Support Group 3:00- 4:30 pm Northland Men's Group 6:30 -8:30 pm	19	20	21	22 ACIM 10:30— Noon Northland Men's Group 1 p.m.
23 Speaker 11:00am Lisa Cerri LSICC Men's Group— 9:30am Unity Class 6:00-7:30 pm	24	25 Northland Men's Group 6:30 pm-8:30 pm	26	27	28	29 ACIM 10:30— Noon Northland Men's Group 1 p.m.
30 Speaker 11:00am Jason Loll Unity Class 6:00-7:30 pm						

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!**

### **AUGUST 2018**

**August 5 - 10:00 a.m.**

**SPEAKER: Richie Townsend**

**August 12 - 10:00 a.m.**

**SPEAKER: Jill Downs**

**August 19 - 10:30 a.m.**

**ENGER PARK**

**SPEAKER: Rev Sharon Captain**

**PICNIC / POT LUCK**

**August 26 - 10:00 a.m.**

**SPEAKER: Mike Walke**

### **SEPTEMBER 2018**

**Sept 2 - 11:00 a.m.**

**SPEAKER: Michael Anderson**

**Sept 9 - 11:00 a.m.**

**SPEAKER: Carol Gieseke**

**Sept 16 - 11:00 a.m.**

**SPEAKER: TBD**

**Sept 23 - 11:00 a.m.**

**SPEAKER: Lisa Cerri**

**Sept 30 - 11:00 a.m.**

**SPEAKER: Jason Loll**