

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.

Past President's Letter August 1990

Many of us have felt the church is to grow and prosper, becoming a center of light, wisdom, and comfort to many. We know it ... we feel it, but how do we ensure it? How can we help to bring this wisdom held by so many into a reality?

We need to recognize, first, that what we are talking about is prosperity on a collective level, as opposed to individual prosperity which we hear about so often. We need, then, to take these same principles we aspire to in our lives in order to become happy and successful and apply them to the church. How do we begin?

We may start by giving wherever we feel we receive the most spiritually. This may be the church ... it may not. It doesn't matter. It only matters that we are giving to demonstrate our belief that God is our source of all good that comes to us.

Secondly, we need to develop and maintain a forgiving attitude. And how does a church demonstrate forgiveness? Could it be through developing the qualities of tolerance, compassion, understanding, and love in a collective sense within its members? We hear of so many churches in trouble today precisely because they are lacking in this particular area. They are not prospering because they are neglecting these necessary ingredients to help complete the recipe for success.

Thirdly, we need to visualize our goals of what we would like to become. Visualization is a very powerful tool, as many already know, and needs to be utilized where the church is concerned, just as it does in our own lives. We need to see the church becoming that which we want. If all would take a few moments a week, either in church or at home, picturing in their minds the church as it is to become, "What might that be?" you ask. It will be what you make it. It will be what you desire of it. It will become prosperous where you put your energy into it. So as you give of your resources, your time, and your love, your church will become all it was meant to be and will give back to you all you expect of it and more, and will become that center of light as you are that light within it. For it is the law ... God's law. So be it!

Sincerely, Jill Downs, President

LSICC Healing Services

We are looking to schedule a healing service once a month. In lieu of a scheduled speaker for that day, we'd like to offer healing to interested parties. If you are willing to offer your healing gifts during a church service, please contact Carol Gieseke.

OUR NEXT STEP

A workshop with Archangel Michael and Phyllis McCoy

Saturday, October 27, 1 - 4 p.m.
Lake Superior Interfaith Community Church

Please join us to take the next step in
HUMAN CREATION

Together, we activate the greatest step humanity will ever take, from "This happens to me" to "This I create".

We will review the energetics A. Michael has given us, then expand to the Sacred Sphere which supports our new paradigm.

Suggested donation is \$25
Everyone is welcome!

Book Sale

Our annual book sale will be Saturday, 10/06, from 9:00 a.m.—2:00 p.m.

Donations may be dropped off on Sunday, 9/30.

Set-up for the sale will begin on that day and will continue on Monday, 10/01, from Noon—2:00 p.m. and on Thursday, 10/4 from 5:00—7:00 p.m.

As always, this is a great opportunity to pass on any books you wish to re-lease and to purchase a great, new-to-you selection of books to read.



Building Fund



We have committed about \$10,000 for all of the exterior work this fall. We've received donations for approximately \$1,500. Many thanks to all who have contributed so far.



We are borrowing the balance from our savings account and intend to replenish the savings with some fundraisers and donations.



Fundraisers will include our annual book sale (October 6) and spring rummage sale. We're also hoping to build on last year's successes with making and selling wreaths*, selling beverages at the Park Point rummage sale, and perhaps some other new events. If you have any ideas and/or would like to volunteer your participation, please talk with a Board member.



*Tentative dates for making wreaths are November 10 & 17. Contact JD Durward (218/940-5580 or Jim Naus (218/525-3472) or listen/watch for updates in church and/or on our website regarding plans.



Safe Haven

Another opportunity to share your healing gifts is the monthly Wellness Day at Safe Haven, held from noon—3:00 p.m. on the first Thursday of each month. If you are interested in offering your gifts in this way, you can do so on a month by month basis. Along with healers, they have indicated a need for child care volunteers for this time.

If you'd like to participate in a Wellness Day, call Safe Haven at 218/623-1005. Giving them an advance notice will allow them to have people scheduled to receive your services.

Building Face Lift:

Thanks to Jim Naus and his crew, the exterior of our building is getting a face-lift with new fascia and soffits.

BALANCE, STRENGTH, AND FLEXIBILITY AS WE AGE

Wednesday, November 28, from 6:00- 7:00 pm

**Join Dan Howe, ACE Certified Fitness Professional,
for a fun and interactive workshop.**

\$10.00, payable night of class (cash only)

Workshop topics will include, but are not limited to:

- * **Strength training and its importance**
 - * **Maintaining flexibility**
- * **Rediscovering balance safely and effectively**

Class will wrap up with a Q & A session.

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
 November 12th for the
 December—January issue.**

Your Newsletter Staff
 Steve Plasa: Production
 Editor: Coni Carter

LGBTQ Elders
 2nd Saturday
 10 am—Noon



Annual Meeting:

Our Annual Meeting, with a report on the year's finances and events and the election of the new Board members, will be on Sunday, 10/28/2018, during our 11:00 a.m. service.

- Our speaker will be Rev. Phyllis McCoy.
- Remaining on the Board for one more year are Treasurer Mary Ann Marks and Trustee Harley Blake.
- Also serving for the coming year will be Robert Macomber, whom the Board appointed to fill the one-year Secretary position beginning in November.
- Running for a second term are Jill Downs (Vice President) and Carol Gieseke (President).
- We are seeking candidates for two Trustee openings and welcome additional candidates for Vice President and President.

To be sure we reach everyone intending to join or renew, a formal notification of this meeting will be mailed to everyone on both the current and previous membership lists. To be eligible to vote on 10/28 be sure to complete a membership application or renewal before the meeting.

Landscaping Project:

We've completed the first stages of our landscaping along the upper and lower entry sidewalks. We'll be adding landscaping cloth and mulch in the spring, after we see whether we want to tweak what's there.

- Planning: Janet Buscko, Sharon Captain, Denise Jackson and Bernadette Savage all met a couple of time to determine what to plant.
- Preparations: Jeff Quast (Hobbs of Garden Magic) and Jim Naus worked closely with the planners to keep this on track.
- Physical labor: Andrew Merzowski dug up the donated plants, Jim Naus transported them, and Janet Buscko, Denise Jackson, Jerry Kwako and Jim Naus all pitched in to plant.
 - The "seeds" of our prayers and intentions have been worked into the soil beneath and around each plant, with a blessing to "fertilize" them with even more love.

Many thanks to all those who helped make this happen. Thanks, also to Janet Buscko, who has been weeding and watering our gardens all summer and will continue to do so.

Speaker Information

October 7 – James Ulness “Witness Beyond” A longtime professor of psychology at Concordia College in Moorhead, MN, Dr. Ulness developed a psychology of light in spiritual science. Dr. Ulness will present a workshop following lunch titled “Important Things to Know About Life after Death”.

October 14 – J D Durward

October 21 - Lee Stuart “What’s Up with Homelessness?” Lee Stuart has been CHUM’s Executive Director since April 2013. Prior to that she worked for Duluth LISC for two years. She came to Duluth from New York City where she spent most of her career with an organization similar to CHUM called South Bronx Churches. Her original training was as a systems ecologist with a research focus on Alaskan tundra. She stepped into a different form of system ecology in 1985 to help rebuild the South Bronx with the people who lived there.

October 28 - Annual Meeting with Phyllis McCoy... shifting into a digm ... Universe/God fully supports us. "Birthing our New Selves." Wisdom guides a current message, so she is learning while she is sharing that message. Most im- that we are all together in this sacred creation!



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spiritual brings.

November 4 – Sharon Captain “Everyone Loves Ice Cream” A seeker finding deep connection in Nature and in the small everyday connections life

November 11 - Jennifer Shoals “Be There When You Arrive” Jennifer Shoals is a Spiritual Health Advocate who encourages direct contact with the energy that moves our spirits on the path of Being. Her work includes: book readings, channeled writing workshops, small discussion groups, inspirational presentations, and weddings and other private ceremonies. Visit her blog at: jennifershoals.com

November 18 - Darci Griffith Gamerl “The Journey North” Darci is a member of the DSSO. During the musical meditation, she will be playi the Oboe/French Horn and will be joined by her husband, David Downing, playing the Cello.

November 25 - Eric Ament “Family” Eric is owner and operator of Anahata Herbals and Turtle Sky Plant Spirit Sanctuary. He connects people with plants on many levels. He loves creating space for the inspiration of others to flourish. Open your heart and mind on a journey into the familiar family.

Parking Lot:
 We are having our parking lot resurfaced and restriped, which will make parking much easier come spring. The Board has voted to make it a permanent policy to close the lot off during the winter months, as we have done for the past few years. We do this as a safety precaution because we experience heavy ice build-up in the lot each winter.

Chronic Pain Relief Support Group	Northland Men’s Group
Meet 1 st and 3 rd Tuesdays	Meet Tuesdays
3:00 - 4:30 p.m.	6:30 to 8:30 p.m.
	and
	2 nd , 4 th and 5 th Saturdays At 1 p.m

Kundalini Yoga — Wednesdays
 October 3—November 7
 5-7 p.m.

UNITY STUDY GROUP

Rick Youmans

Sundays—6:00 - 7:30 p.m. This group is studying and discuss the positive, empowering spirituality of Unity. 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. A love offering is be taken to further the sharing of Unity principles and to be shared with LSICC.

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tea & Conversation 9:30–11:30 a.m.	2 Northland Men's Group 6:30 -8:30 pm Chronic Pain Relief Support Group 3:00-4:30 pm	3 Kundalini Yoga 5–7 p.m.	4	5	6 ACIM 10:30 -Noon Book Sale 9 am–2 pm
7 Speaker- James Ulness Workshop after Lunch Unity Class 6:00–7:30 pm	8 Tea & Conversation 9:30–11:30 a.m.	9 Northland Men's Group 6:30 -8:30 pm	10 Kundalini Yoga 5–7 p.m.	11	12	13 LGBTQ Elders 10 am–Noon ACIM 10:30 -Noon Northland Men's Group 1 p.m.
14 Speaker- J D Durwood Unity Class 6:00–7:30 pm	15 Tea & Conversation 9:30–11:30 a.m.	16 Northland Men's Group 6:30 -8:30 pm Chronic Pain Relief Support Group 3:00-4:30 pm	17 Kundalini Yoga 5–7 p.m.	18	19	20 ACIM 10:30–Noon
21 Speaker Lee Stuart Pot Luck Unity Class 6:00–7:30 pm	22. Tea & Conversation 9:30–11:30 a.m.	23 Northland Men's Group 6:30 -8:30 pm	24 Kundalini Yoga 5–7 p.m.	25	26	6 ACIM 10:30 -Noon Northland Men's Group 1 p.m. Phyllis McCoy Workshop 1-4
28 Speaker - Phyllis McCoy Annual Mtg Unity Class 6:00–7:30 pm	29 Tea & Conversation 9:30–11:30 a.m.	30 Northland Men's Group 6:30 -8:30 pm	31 Kundalini Yoga 5–7 p.m.			

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

**Check out our
WEBSITE!**

www.lsicc.org
for updates

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 ACIM 10:30 -Noon
4 Speaker Sharon Captain Unity Class 6:00-7:30 pm	5 Tea & Conversation 9:30-11:30 a.m.	6 Northland Men's Group 6:30 -8:30 pm Chronic Pain Re- lief Support Group 3:00-4:30 pm	7 Kundalini Yoga 5-7 p.m.	8	9	10 LGBTQ Elders 10 am-Noon ACIM 10:30 -Noon Northland Men's Group 1 p.m.
11 Speaker Jennifer Shoals Unity Class 6:00-7:30 pm	12 Tea & Conversation 9:30-11:30 a.m.	13 Northland Men's Group 6:30 -8:30 pm	14	15	16	17 ACIM 10:30 -Noon
18 Speaker Darci Griffith Gamerl Pot Luck Craft sale (after service) Unity Class 6:00-7:30 pm	19 Tea & Conversation 9:30-11:30 a.m.	20 Northland Men's Group 6:30 -8:30 pm Chronic Pain Re- lief Support Group 3:00-4:30 pm	21	22 Thanksgiving Pot Luck - Details TBA or see FaceBook	23	24 ACIM 10:30 -Noon Northland Men's Group 1 p.m.
25 Speaker Eric Ament Unity Class 6:00-7:30 pm	26 Tea & Conversation 9:30-11:30 a.m.	27 Northland Men's Group 6:30 -8:30 pm	28 Dan Howe Workshop 6-7 p.m.	2	30	

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.

CRAFT SALE

On Nov. 18, check out the hand-crafted items for sale in the Library after the service.

*KITCHEN HELP MAKE A DIFFERENCE
AT LSICC!*

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!**

OCTOBER 2018

Oct 7 - 11:00 a.m.

SPEAKER: James Ulness

Oct 14 - 11:00 a.m.

SPEAKER: J D Durward

Oct 21 - 11:00 a.m.

SPEAKER: Lee Stuart

Oct 28 - 11:00 a.m.

SPEAKER: Phyllis McCoy

ANNUAL MEETING

NOVEMBER 2018

Nov 4 - 11:00 a.m.

SPEAKER: Sharon Captain

Nov 11 - 11:00 a.m.

SPEAKER: Jennifer Shoals

Nov 18 - 11:00 a.m.

SPEAKER: Darci Griffith Gamerl

Nov 25 - 11:00 a.m.

SPEAKER: Eric Ament