

# Higher Ground Newsletter

Lake Superior Interfaith Community Church

“Spiritual integrity through compassion, diversity and hope”

1414 East 9th Street, Duluth MN 55805 Ph. 218-724-6554

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

## CHURCH BOARD

### President

Carol Gieseke (2020)

### Vice President

Jill Downs (2019)

### Treasurer

Mary Ann Marks (2019)

### Secretary

Robert Macomber (2019)

### Trustees

Harley Blake (2019)

David Fritze (2019)

Barb Steger-Kollath (2020)

(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

In December, we celebrate several holidays that include the giving and receiving of gifts. We generally perceive these as two separate acts. *A Course In Miracles* reminds us that giving and receiving are one and the same; we cannot separate them.

### *Thoughts on giving ...*

ACIM Workbook Lesson 126 states, “All that I give is given to myself.” This means, first and foremost, gifts of the mind and heart. Furthermore, with our actions, (which follow from what is in the mind and heart), we’re *always* teaching (giving to) ourselves and others. It makes sense then, that the wise thing to do is to choose, *consciously*, what we want to *experience*, and then do our best to practice that and only that.

Another thought ... we have phrases like “give ‘til it hurts”. Culturally, we’ve come to equate sacrifice, suffering and lack with giving and to believe that they are “God pleasing”. We may tend to think that “doing without” or “getting by with less” is praiseworthy, perhaps that resources are finite and that the only way for one person to “have” is for another to do without. How could the God of infinite resources - who has told us in ever so many ways that we are His beloved children and that all that He has is ours - want us to withhold His abundance of mind, heart and substance from ourselves or each other?

*Question:* Are you receiving what you give, including yourself in the gifts you give, by recognizing how they benefit you?

### *Thoughts on receiving ...*

I’ve been reminded, lately, of an important aspect of *receiving*. For much of my life, I felt like an outsider, believing that everyone else had some secret knowledge about how to belong and how to have what they wanted. It seemed to me like I just couldn’t get into the circle with others and like I kept getting (*receiving*, I thought) something other than what I wanted. That “something” was usually something that I thought would either make me more lovable or prove that others saw me as I wanted to be perceived. I was very fortunate to receive a wake-up call from one of Louise Hay’s books via the suggestion that I wasn’t *receiving*, I was *taking*.

At first, I resisted this idea, equating it with guilt on my part. Eventually, I came to understand that other people had been giving to me all along, but I wasn’t letting in both the gifts and the love that was offered with them. In fact, I came to realize that people really liked giving (to me and otherwise). My problem ... so obvious now ... was that I had little, if any, love for myself from within. Until that began to change, there was absolutely no way I could receive, instead of take, from others.

*(continued on Page 2).*

(continued from Page 1).

*Question:* Are you receiving the gifts that are offered to you, or like I did, are you making yourself unhappy because you don't recognize them?

**Thoughts on committing to our better selves ...**

**In January**, we examine our lives. We make new resolutions, and renew older ones, to be and do better. We promise ourselves that we'll change. Often, these seem to revolve around being better people (kinder, more patient and generous, etc.) or practicing better health habits (like losing weight or getting more exercise). If we didn't have more resistance than desire, we'd have succeeded already. So, generally, the resolution involves somehow forcing ourselves to do something we want to have without taking the steps needed to get it. What if, instead, we either accept that we have this resistance and work to heal it (let it come up and be processed in appropriate ways), loving ourselves along the way, or let go of that particular resolution and its struggles and change our focus?

To quote Marianne Williamson, "*Capacity is expressed in the present. It is immediate. The key to it lies not in what we have inside of us, but rather in what we are willing to own that we have inside of us.*" So, what are we willing to own that we have inside of us? What are our hearts' desires ... *not* those things we think we *should* have or want ... rather, those things that would support us in feeling more loved and loving, more fully alive and connected to others? Those activities that would support us in knowing the value of our presence here by sharing who and what we are? If the *content* of our *intent* is love, the *form* will demonstrate love, and Spirit will support us in achieving it. The *form* could be any of those same resolutions considered above ... treating others better, taking better care of our bodies, allowing ourselves to be all God means us to be and, as result, allowing us to do all we are meant to do and have all we are meant to have. All of this can be expressions in *form* of the *content* of love.

*Question:* Who do you want to be (how do you want to experience yourself) a year from now?

In summary, I've come to believe that both giving and receiving are inside jobs. When we really love ourselves, we don't need anything from outside of ourselves. And, ironically, that frees us to receive whatever is offered and to give freely from our hearts without any sense of sacrifice. As we do that, we have the experience that what we have and choose to give - materially and otherwise - continues to grow, within and around us. May we all be blessed to experience and share the abundance that is always within us, the abundance that we are.

Gratefully yours, Carol Gieseke

**Mystical Blueprint:**

**Annual Collaging Event**

Thursday, December 27, 6 - 9 p.m.

Lake Superior Interfaith  
Community Church

\$35

Materials and snacks provided.  
Please bring scissors.

To register: [luedtkek@hotmail.com](mailto:luedtkek@hotmail.com)  
or  
218-279-5026

***It's gonna be fun!***

**Fundraisers**

**Income from our annual book sale and subsequent sales at Jim Naus's home to date is \$478.**

**Jim plans to continue this sale at his home throughout the year. If you have donations at any time, please let him know.**

**We're still in the midst of our wreath sale. We hope to share the final results in the next newsletter. However, as of Thanksgiving, we've sold more than \$500 in wreaths.**

### Parking Lot Closing

**Reminder that we are closing the parking lot 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.**

### December 30 Healing Service

During our September 9 service, one of our members asked that we offer healing services here at LSICC. In response to that request, on December 30, during the portion of the service usually devoted to a speaker, we will offer hands-on healing. Come ready to release the old and welcome the new.

### *Sunday Lunches*

*The times they are a changin'. Jim Naus has decided to step back from preparing Sunday lunches. His service as our Sunday chef has been much appreciated. We thank you, Jim, for the thought and effort you put into preparing healthy meals for our community.*

*Jan Pavlisich wishes to continue to coordinate our 3rd Sunday pot luck meals. In case you haven't noticed, she makes sure that there's enough food, and variety, to round out our pot luck offerings.) We had so many people involved in preparing, serving and cleaning up our Thanksgiving and November 25 meals that the love and fun overflowed the kitchen. So, until we have one or more people who would like to take on the job of preparing or coordinating meals for the other Sundays, the Board of Trustees has decided to make each week a pot luck event.*

*Each week, we're going to have a sign-up sheet on which you can list your name and what you intend to bring for a given date. We invite anyone who wishes to do so to bring something to share — whether you've put it on the list or not. Obviously (we hope), most of us are likely to bring occasional offerings rather than something every week. This could prove to be so much fun that we want to continue it as our regular weekly meal, with a planned meal just once a month ... a reverse of what we've been doing for a quite a while. At the very least, it should be an adventure while we explore what our next steps may be for the weekly meal that means so much to all of us.*

**KITCHEN HELP MAKES A DIFFERENCE  
AT LSICC!**

### **CRAFT SALE**

**On Dec. 9, check out the hand-crafted items for sale in the Library after the service.**

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

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

Your Newsletter Staff  
Steve Plasa: Production  
Editor: *open position*

LGBTQ Elders  
2nd Saturday  
10 am—Noon

**Annual Meeting:**

Our Annual Meeting was held on Sunday, 10/28/2018, during our 11:00 a.m. service.

Carol Gieseke (President—2020), Jill Downs (Vice President—2019) and Barb Steger-Kollath (Trustee — 2020) have each been elected for another term.

Remaining on the Board for one more year (2019) are Treasurer Mary Ann Marks and Trustee Harley Blake.

To fill the remainder of the two-year terms of departing Board members, Robert Macomber has been appointed as Secretary and David Fritze as a Trustee, both for one-year terms ending in 2019.

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



**By request, on December 16, in place of a speaker, we'll be singing carols (and other holiday songs?). If you have a favorite you'd like us to sing, come prepared to request it on that day. If it's not in one of our hymnals (Wings of Song or the Spiritualist Hymnal), please provide words and music or bring a CD.**

## **Speaker Information**

**December 2 – Chuck Crom** – Chuck has explored many spiritual philosophies, of which the most profound and transformative information has come through the association with what is usually termed channeled sources. This, combined with an exploration of dream time, has led to an understanding of the nature of self that leaves behind the boundaries imposed by many belief systems.

**December 9 – Barbara Steger-Kollath – “Gratitude”**

**December 16 - Community Carol Sing** – Come ready to request your favorite holiday song. If it's not in one of our hymnals (Wings of Song or the Spiritualist Hymnal) please bring words (and music, if you can) or a CD for sing-along.

**December 23 - Jasmine Phoenix – “Joy”** – Fond of humor, fire, and animals, Jasmine is looking forward to seeing if Spirit will prompt her to include any or all in her talk. She is an interfaith minister and spiritual director, as well as past president of our spiritual community.

**December 30 – Healing Service** – In place of a speaker, we'll offer hands-on healing for those who want to receive it.

**January 6 – Kim Luedtke** – Kim Luedtke is a trained intuitive who spends her work week as a Brain Wave Optimization Technician. She'll be carefully observing and taking notes on life from now until January, so she has something to talk about when the time comes.

**January 13 – Steve Plasa** – Steve is a three-term past President of LSICC interested in piecing together current and age-old wisdom about our situation here on earth. He has always been an independent student looking to understand life's bigger picture, sharing his truth as he sees it, merging science with spirit. Leaving the Lutheran Church, he started on Edgar Cayce and Seth, studied Tarot and I Ching and still explores channeled teachings, now with Kris and Kryon.

**January 20 - Carolyn Sheets**

**January 27 - Tiffany Kari**

*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.*

Northland Men's Group

Meet Tuesdays

6:30 to 8:30 p.m.

and

2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Saturdays At 1 p.m.

**Check out our  
WEBSITE!**

[www.lsicc.org](http://www.lsicc.org)  
for updates

## **UNITY STUDY GROUP**

**Rick Youmans**

**Sundays—6:00 - 7:30 p.m.**

This group is for all people, whether you have a Unity background or are just curious about Unity. They are studying and discussing the positive, empowering spirituality of Unity. As in any Unity setting, all are welcome and encouraged to join us. A love offering, to be shared with LSICC, is taken to further the sharing of Unity principles.

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					5	1 ACIM 10:30 - Noon
2 Speaker- Chuck Crom  Board Mtg— 1:00  Unity Class 6:00-7:30 pm  <b>Happy Hannuka</b>  	3 Tea & Conversation 9:30—11:30 am	4 Northland Men's Group 6:30—8:30 pm	5.	6	7	8 ACIM 10:30 - Noon  LGBTQ EI- ders 10 am—Noon  Northland Men's Group 1 p.m.
9 Speaker- Barbara Steger- Kollath  Unity Class 6:00-7:30 pm	10 Tea & Conversation 9:30—11:30 am	11 Northland Men's Group 6:30—8:30 pm	12	13	14	15 ACIM 10:30—Noon
16 No Speaker  <i>Singing Carols</i>  <b>Pot Luck</b>  Unity Class 6:00-7:30 pm	17 Tea & Conversation 9:30—11:30 am	18 Northland Men's Group 6:30 -8:30 pm	19	20	21 <b>Happy Solstice</b>  	22 ACIM 10:30 - Noon  Northland Men's Group 1 p.m.
23 Speaker - Jasmine Phoenix  Unity Class 6:00-7:30 pm	24 Tea & Conversation 9:30—11:30 am	25 <b>Merry Christmas</b>  	26	27  Mystical Blue- print—Collaging Event 6-9 pm  Kim Luedtke	28	29
30 No Speaker  <i>Healing Service</i>  Unity Class 6:00-7:30 pm	31  6:00-7:00 am Peace Meditation					

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy New Year!	2.	3	4	5 ACIM 10:30 - Noon
6 Speaker Kim Luedtke  Unity Class 6:00-7:30 pm	7 Tea & Conversation 9:30-11:30 am	8 Northland Men's Group 6:30 -8:30 pm	9	10	11	12 ACIM 10:30 - Noon  Northland Men's Group 1 p.m.  LGBTQ Elders 10 am- Noon
13 Speaker Steve Plasa  Unity Class 6:00-7:30 pm	14 Tea & Conversation 9:30-11:30 am	15 Northland Men's Group 6:30 -8:30 pm	16	17	18	19 ACIM 10:30- Noon
20 Speaker Carolyn Sheets  Pot Luck  Unity Class 6:00-7:30 pm	21 Tea & Conversation 9:30-11:30 am	22 Northland Men's Group 6:30 -8:30 pm	23	24	25	26 ACIM 10:30 - Noon  Northland Men's Group 1 p.m.
27 Speaker Tiffany Kari  Unity Class 6:00-7:30 pm	28 Tea & Conversation 9:30-11:30 am	29 Northland Men's Group 6:30 -8:30 pm	30	31		

May you and yours celebrate all of the blessings that this holiday season offers, and may the coming year be filled with an ever-expanding experience of the love and light that you are.

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  
(at lsicc.org) for the most up-to-date information!**

### **DECEMBER 2018**

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

**SPEAKER: Chuck Crom**

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

**SPEAKER: Barbara Steger-Kollath**

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

**NO SPEAKER: *Singing Carols***

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

**SPEAKER: Jasmine Phoenix**

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

**NO SPEAKER: *Healing Service***

### **JANUARY 2019**

**Jan 6 - 11:00 a.m.**

**SPEAKER: Kim Luedtke**

**Jan 13—11:00 a.m.**

**SPEAKER: Steve Plasa**

**Jan 20 - 11:00 a.m.**

**SPEAKER: Carolyn Sheets**

**Jan 27 - 11:00 a.m.**

**SPEAKER: Tiffany Kari**