

Service time: 10:00 a.m

- Our communion meal follows the service.
- Potluck Every Sunday

**CHURCH BOARD**

**President**

Carol Gieseke (2020)

**Vice President**

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Harley Blake (2019)

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Barb Steger-Kollath (2020)

(Term End Date)

**COMMITTEES, WITH MEMBERS**

(as of 5/30/19)

Building & Grounds – Harley Blake, Dave Fritze, Barb Steger-Kollath

Communication / Social Media / Technology –

Andrew Merzowski, Jasmine Phoenix, Steve

Education & Healing –

Jill Downs, Cindy Fritze, Jean Kwako,

Finance / Fundraising –

Dave Fritze; Andrew Merzowski

Kitchen –Cindy and Dave Fritze

Social Action -- Barb Steger-Kollath

# 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

## President’s Letter

A few weeks back, I made the decision to have one of my beloved cats euthanized. I went through some of the most intense grieving I can remember. Through it all, I was doing my daily ACIM workbook lessons ... including these very timely messages:

112—Light and joy and peace abide in me. I am as God created me.

116—God’s Will for me is perfect happiness. I share God’s Will for happiness for me.

117—God, being Love, is also happiness. I seek but what belongs to me in truth.

118—God’s peace and joy are mine. Let me be still and listen to the truth.

120— I rest in God. I am as God created me.

My Marianne Williamson calendar included the following reminders:

- Our goal is God. Nothing short of that goal will bring us joy.
- Mystical power stems from two basic ideas: One, do not mentally resist the darkness. Two, know that the light is coming; do not allow faithlessness to slow the process down.
- Once we truly understand that God’s will is that we be happy, we no longer feel the need to ask for anything other than that God’s will be done.

Wouldn’t it be lovely to have some simple directions on how to be happy? After all, everyone just wants to be happy, right? Well, maybe not quite. My own experience fits with my understanding of ego ... I’m not always willing to let go of the payoffs I might perceive with being *not* happy. Ego loves drama and struggle. We can often get “special” attention from others for them or use them as an excuse to avoid something or someone. We may even enjoy giving ourselves a long, drawn-out pity party.

Sometimes, we’re simply unwilling give ourselves happiness right away ... at those times, we may need to just let ourselves *have* our negative thoughts and feelings and then *release* them to Spirit, trusting that the light (truth) is coming.

With the “loss” of my beloved cat companion, a part of me wanted to mourn her passing. (I even thought that to be happy would demonstrate a lack of love for her.) While I grieved, I was aware that my inner truth is that I **am** happy, contented, and at peace with God in me. I found some release in letting myself grieve deeply ... for a while. And then, it was time to move *through and beyond* those feelings by letting them go.

As I remind you, I’m reminding myself ... the key to everything is to let go of everything. So, how about these directions for being happy?

1. **Be present to (honest and compassionate with) yourself, in the moment.**
2. **When you’re ready to give up alternatives, decide to be happy.**

Gratefully yours,  
Carol Gieseke

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 ACIM 10:30—Noon
2 Speaker— James Ulness  Unity Class 6:00-7:30 pm	3	4	5	6	7	8 10 am—Noon ACIM 10:30—Noon Northland Men's Group 1 p.m.
9 Speaker— Carolyn Brooks Tapping meet- up—Noon* Unity Class 6:00-7:30 pm	10	11	12	13	14 Refresh- ment Sale at Park Point Rummage Sale 8:00-4:00	15 Refresh- ment Sale at Park Point Rummage Sale 8:00-4:00  ACIM 10:30— Noon
16 Speaker— Chuck Crom  Unity Class 6:00-7:30 pm	17	18	19	20	21	22 ACIM 10:30—Noon Northland Men's Group 1 p.m.
23 Speaker— Sue Brewer  Unity Class 6:00-7:30 pm	24	25	26	27	28	29 ACIM 10:30—Noon Northland Men's Group 1 p.m.
30 Speaker— HEALING SERVICE  Unity Class	<p><b>*SUNDAY, JUNE 9 — 12:00 - 1:30.</b> Cindy Fritze is offering monthly group sessios with EFT (Emotional Freedom Technique) This is a system where one taps on the areas where the energy meridians cross in the body. The results are a calming on the brain, an interruption of thought processes that are troublesome. One can use this to change their attitude and rewire the emotions that go along with the attitudes they hold that are unbeneficial. Says Cindy, "I highly advise anyone to try it on anything !!!! The effects are amazing!!! I have used this on many issues personally, effecting changes that are permanent."</p>					

## Speaker Information

**June 2 – James Ulness – Working with Angels** - A longtime professor of psychology at Concordia College in Moorhead, MN, Dr. Ulness shares insights from a psychology of light in spiritual science he developed.

**June 9 – Carolyn Brooks** – Carolyn is a retired educator and small business owner. She began her exploration of spirituality in 1991 and has been on a journey of discovery ever since. She had studied a number of healing modalities with many recognized teachers. Most recently she has been actively involved in A Course in Miracles, studying with the same group since 2005.

**June 16 - Chuck Crom** – Chuck has explored many spiritual philosophies in the last quarter of a century. Of these, the most profound and transformative information has come through the association with what is usually termed channeled sources. This, combined with an exploration of dreamtime, has led to an understanding of the nature of self, that leaves the boundaries imposed by many belief systems behind.

**June 23 - Sue Brewer** – Soul searching and looking for a place to learn about multiple spiritual outlooks brought Sue to LSICC. Here she has learned many things and been affirmed in her spiritual growth, continuing to open new chapters and make philosophical breakthroughs along her journey. She looks forward to being able to share her journey through her presentation

**June 30 – Quarterly Healing Service –**





# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 	5	6 ACIM 10:30— Noon
7 Speaker— Carol Gieseke  Unity Class 6:00-7:30 pm	8	9	10	11  Happy 4th of July!	12	13  ACIM 10:30— Noon  Northland Men's Group 1 p.m.
14 Speaker— Carolyn Sheets  Board Mtg— Noon  Unity Class 6:00-7:30 pm	15	16	17	18	19	20 ACIM 10:30— Noon
21 Speaker— Michael Wach- ner  <i>Pot Luck</i>  Unity Class 6:00-7:30 pm	22	23	24	25	26	27 ACIM 10:30—Noon  Northland Men's Group 1 p.m.
28 Speaker— Lisa Cerri  Unity Class 6:00-7:30 pm	29	30	31	 <p><b>Check out our <u>WEBSITE!</u></b> <b><a href="http://www.lsicc.org">www.lsicc.org</a> for updates</b></p>		

## Speaker Information

**July 7 — Carol Gieseke** — Carol's lifelong passion has been her spiritual journey ... continually opening to more of who we are and sharing the journey with others.

**July 14 — Carolyn Sheets** — I've been a member of our beloved church since early 80's, when Rev was still here. He brought me so much! Since 1970, I've also been a student of the metaphysical path and began professional Massage Therapy the same year. Healing Ways has been my wellness business since 1983 and I see it flourishing for decades to come. :)

**July 21 — Michael Wachner** — This will be a musical service with Michael performing his own music and channeling angels.

**July 28 — Lisa Cerri** — Lisa has been an LSICC member since 1998. In addition to her diverse professional experiences, her travels include her native Southwest and, recently, Mexico. A seeker since the late 70's, she has been trained in and practiced a number of forms of healing/energy work.

***Our speakers are the anchors of our Interfaith Sunday services. They come from all walks of life and spiritual concepts 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.***

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 (at [lsicc.org](http://lsicc.org)) or FaceBook page for the most up-to-date information!**

## **JUNE**

**June 2 - 10:00 a.m.**

**SPEAKER: James Ulness**

**June 9 - 10:00 a.m.**

**SPEAKER: Carolyn Brooks**

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

**SPEAKER: Chuck Crom**

**June 23 - 10:00 a.m.**

**SPEAKER: Sue Brewer**

**June 30 - 10:00 a.m.**

**QUARTERLY HEALING SERVICE**

## **JULY**

**July 7 - 10:00 a.m.**

**SPEAKER: Carol Gieseke**

**July 14—10:00 a.m.**

**SPEAKER: Carolyn Sheets**

**July 21 - 10:00 a.m.**

**SPEAKER: Michael Wachner**

**July 28 - 10:00 a.m.**

**SPEAKER: Lisa Cerri**

## **SAVE THE DATE**

**Our annual picnic will be on Sunday, August 25. This year, we'll be at Lafayette Park Community Center on Park Point. We have the facility for the entire day, so plan to share our service, lunch and play time.**

