

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

Service time: 11:00 a.m

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

CHURCH BOARD

President

Carol Gieseke (2020)

Vice President

Jill Downs (2019)

Treasurer

Andrew Merzwski (2019)

Financial Secretary

David Fritze (2019)

Trustees

Harley Blake (2019)

Cindy 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 recent days and weeks, I've been up-leveling in all areas of my life. I've been led to renew care under a network chiropractor. As my physical body continues to be brought into more balance, my mind and emotions are freeing up to be more positive. I'm feeling more willing and able to manage tasks that so recently seemed beyond me.

Then, in mid-August a friend invited me to join her at a workshop called "Using All of Your Angels". It was offered by Mike Dooley, who sponsored Lorna Byrne and joined her in the day's presentation.

Lorna sees, communicates with, and teaches about angels. She says each of us has one guardian angel who is with us forever, loving us and serving our highest good. Each guardian angel firmly believes that their person is the absolute best person ever. There are also millions (billions?) of what she calls unemployed angels who are *not* assigned to a single person. Instead, they are ready and eager to be put to work. We can ask them to help us; we can send them to help anyone else. (What if each of us made a practice of sending helping angels to everyone else ... our leaders, our loved ones *and* all of our "enemies"?)

When I got back to Duluth, I signed up for Mike's daily positive thinking "booster" and pulled out my calendar of "Notes from the Universe". I've also joined a weekly mastermind group he offers. As I focus more on the positive, I've been experiencing (recognizing?) a lot of support in my daily life ... all sorts of little "miracles". I'll share just a few of them here.

A few days ago, returning to my car after an appointment, I discovered that I didn't have my parking ticket when I got to the pay station. I searched my car and purse several times without finding my ticket, and I really didn't want to deal with the fuss or expense of a lost ticket. I called the office I'd just left to find out whether it had dropped in there. By "mistake", I had actually pulled the business card of another patient with whom I'd walked out and called her... and she mentioned that she'd seen a parking ticket by the pay station. I went back inside, and found a ticket on the floor in the skyway. It was my ticket, and I still had time to use the "first hour free" offer.

That evening, while closing some of my window blinds, I noticed that a heavy item hanging on the wall was crooked. When I reached out to straighten it, I found that it was hanging by just one of the original four Command strips and was about to fall ... which would probably have broken both the frame and the antique lamp beneath it.

Money, in small and not-so-small, amounts, is showing up at unexpected times and in unexpected ways, and I am finding that my time and energy are "enough" for what's mine to do.

May we each continue to expand in our willingness to receive our good. I invite you to join me in looking for what's working for you, welcoming the thought that **all of Creation** (the Universe, God, Spirit ...) is **totally on your side** and mine, always ready to give us everything.

Gratefully yours,
Carol Gieseke



BOOK SALE—FALL FUNDRAISER
SATURDAY, OCTOBER 12, AND SUNDAY, OCTOBER 13

Yes, it's finally time for the long-awaited event! Our media sale is fast approaching. Here's the information you'll need.

Drop-off: Sunday, Oct. 6th, 10:30-1:00. **Sorting:** Thursday, Oct.10th, time TBD.

Sale: Saturday, Oct. 12th, 9:00-1:00, and Sunday, Oct. 13th, 10:30-1:00.

Donate: Books, CDs, DVDs, and for the first time, **VINYL** - yes, record albums, and spiritual items.

Do not donate: Encyclopedias, textbooks, or anything musty or moldy smelling.

Please be sure that all of your donations are clean and in good condition. Remember, our goal is to sell things (LOL), so don't bring anything that you wouldn't consider as a customer. So, thanks in advance for your help in any way. If you have any questions, please see me at church.

From bibliophile heaven,
Jasmine



Annual Meeting—October 27 — with elections

Following a message from Phyllis McCoy, we'll be reviewing the previous year at LSICC and electing a new Vice President, Treasurer and 3 Trustees (one to serve as Secretary?). As noted on the first page of this newsletter, Carol Gieseke has one more year to serve as President, and Barb Steger-Kollath has another year to serve as a Trustee. Jill Downs and Harley Blake are leaving the Board. Following completion of their appointed terms, Cindy Fritze, David Fritze and Andrew Merzowski are running for election as Trustee, Vice President and Treasurer, respectively. We also need at least two more candidates for Trustee.

We'll be discussing and voting to change the term for the Vice President to be two years (instead of the current one year) with the option to serve one second consecutive term (instead of the current two additional terms). We'll also be voting on the start time for our weekly services.

To be eligible to vote, you must be a current member. Membership runs from July 1—June 30. If you have not yet joined or renewed for the current 2019-2020 year, just submit an application, along with a donation in the amount of your choice. Forms are available at church, or you may use the form below.

LAKE SUPERIOR INTERFAITH COMMUNITY CHURCH MEMBERSHIP APPLICATION

Date: _____ **Amount:** _____ **Membership Year** 2019-2020

Name: _____

Address:
Street Address _____ **City** _____ **State** _____ **Zip** _____

Phone #: _____ **Email:** _____

Do you want to receive our newsletter by mail? Y / N

Speaker Information

Oct 6 – Rick Youmans – Rick has a 25-year history of studying and teaching new thought religious philosophy with Unity Churches and is accredited as a Certified Spiritual Educator by the Association of Unity Churches.

Oct 13 – James Ulness – Soul Experiences After Death — A longtime professor of psychology at Concordia College in Moorhead, MN, Dr. Ulness developed a psychology of light in spiritual science. **In addition to his talk during our service, he will give a class after lunch, “Working with Psycho-Spiritual Archetypes that will help us become what we were created to Be”.**

Oct 20 - Sarah Bamford Seidelmann – Sarah was a fourth-generation physician living a nature-starved, hectic lifestyle until a walrus entered her life and changed everything. She is a shamanic healer who has trained Michael Harner’s Foundation for Shamanic Studies, is a Master Coach trained at the Martha Beck Institute, and is author of *Swimming with Elephants* (Conari Press). Sarah loves to help others find their own “feel good” so they can live courageously and enthusiastically. For more, visit followyourfeelgood.com.

Oct 27 - Phyllis McCoy – Service Outlives Breath — Wisdom guides Phyllis to a current message, so she is learning while she is sharing that message. Most important is that we are all together in this sacred creation!

Our Annual Meeting and Election will follow Phyllis’s talk.

Nov 3 – 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 she speaks, when she'll be ready to share new discoveries.

Nov 10 – Name – TBD

Nov 17 – Circle Service – We’ll share about thankfulness and gratitude.

Nov 24 - Darci Griffith Gamerl – Darci plays oboe and English horn with the DSSO, shares lessons learned and her spiritual journey through music with her life partner and cellist, David Downing.

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.

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

The estimated submission date is November 12 for the December—January issue.

This newsletter has been produced by Steve Plasa.

Our newsletters are available online at lsicc.org and you can find an updated calendar there after the newsletter has been published. We also print copies that are made available at the church.

If you wish to receive a copy by mail, you need to be a member of LSICC (renewable each year).

October 2019

| | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|-----|----------------|-----|-----|--|
| | | 1 | 2 Yoga 5-7 | 3 | 4 | 5 ACIM 10:30— Noon |
| 6 Speaker— Rick Youmans Unity Class 6:00-7:30 | 7 | 8 | 9 Yoga 5-7 | 10 | 11 | 12 Book Sale ACIM 10:30— Noon |
| 13 Speaker— James Ulness 9—Board Mtg Book Sale Unity Class 6:00-7:30 | 14 | 15 | 16 Yoga 5-7 | 17 | 18 | 19 ACIM 10:30— Noon |
| 20 Speaker— Sarah Bamford Seidelmann Unity Class 6:00-7:30 | 21 | 22 | 23 Yoga 5-7 | 24 | 25 | 26 ACIM 10:30— Noon Workshop- Phyllis McCoy 1- 4:30 pm |
| 27 Speaker— Phyllis McCoy ANNUAL MEETING Tapping — 1:00 Unity Class 6:00-7:30 | 28 | 29 | 30 Yoga 5-7 | 31 | | |

Workshop with Phyllis McCoy — Saturday, October 26, 1:00-4:30

Suggested donation—\$25.00

Creation from Stem to Stern — We've evolved to a point that what we need, dream, desire is accessible. We need tools to recalibrate, to release old beliefs. That's the point of this workshop. Come prepared to change. And celebrate!

November 2019

| | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|-----|----------------|-----|-----|------------------------|
| Sun | | | | | 1 | 2 ACIM 10:30— Noon |
| 3 Speaker— Kim Luedtke <i>Daylight Sav- ingTime ends</i> Unity Class 6:00-7:30 | 4 | 5 | 6 Yoga 5-7 | 7 | 8 | 9 ACIM 10:30— Noon |
| 10 Speaker— TBD 9-Board Mtg Unity Class 6:00-7:30 | 11 | 12 | 13 Yoga 5-7 | 14 | 15 | 16 ACIM 10:30— Noon |
| 17 Circle Service Unity Class 6:00-7:30 | 18 | 19 | 20 | 21 | 22 | 23 ACIM 10:30— Noon |
| 24 Speaker— Darci Griffith Gamerl Unity Class 6:00-7:30 | 25 | 26 | 27 | 28 | 29 | 30 ACIM 10:30— Noon |

www.lsicc.org
and FaceBook 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

**Speakers are subject to change. Please visit our web site calendar
(at LSICC.ORG) or FaceBook page for the most up-to-date information!**

OCTOBER

October 6 - 11:00 a.m.

SPEAKER: Rick Youmans

October 13 - 11:00 a.m.

SPEAKER: James Ulness

October 20 - 11:00 a.m.

SPEAKER: Sarah Bamford Seidelmann

October 27 - 11:00 a.m.

SPEAKER: Phyllis McCoy

ANNUAL MEETING

NOVEMBER

November 3 - 11:00 a.m.

SPEAKER: Kim Luedtke

November 10 - 11:00 a.m.

SPEAKER: TBD

November 17 - 11:00 a.m.

No SPEAKER: Circle Service

November 24 - 11:00 a.m.

SPEAKER: Darci Griffith Gamerl