



# Hope Interfaith Center

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*April – June 2009*

*A message from Reverend Janice Hope Gorman:*

## ***“How we are helping people make the transition”***

Dear Friends,

Creating a personal field of energy around you will help you make it through this change. And as you know, your participation with your thoughts, feelings and actions is either increasing your vibrations around your personal space, or it is lowering the vibrations around your personal space.

Everyone is now feeling the effects of change in his or her life. So keeping a consistent high level of vibration is the #1 aspect that is so important!

Many people who are in the third dimensional pain and suffering are experiencing a “zig-zag” or “up and down” field of energy. What this zig-zag field of energy does is that it puts you into the world of duality. Hot or cold, happy or sad, good or bad.

The more that you can fine-tune your thoughts and feelings the easier it will be to make it through these transitions and complete the change. Just observe or witness what is going on around you and separate your emotions and put your engine on neutral and slowly raise up your energy where the Master knows and lives! You then will find yourself in a very new space of the ascension ladder.

The Hope Interfaith Center does not teach a philosophy. It gives tools and information that can help you to perceive life from the Higher Mind. From the ONE heart and ONE mind of GOD. At last, no separation and an healing occurs, not just within US,

but we shall see that reflected back to us in our lives! We can help assist you on your path during this ascension. Life is a series of choices that will allow us to align with the Light and a state of Peace like we have never experienced before. Intrinsic Locus of Control is our island of Peace and Hope and Prosperity!

Let me make a distinction: There is the Higher Mind (the one mind of ONENESS) and there is the Higher Self. The Higher Self is the highest aspect of consciousness that can walk around in the third and fourth dimensional reality. We can experience a walk of grace during these times of the great shift. It's a level of mastery that is very aligned. As people are waking up, the integration of the Higher Self with the Higher Mind of ONENESS is available to us all if we choose.

It is time to ascend and shift out of the third dimension of fear. A new dawning of a new way of life is available now!

We have so many things for you to plug into at the Hope Interfaith Center. Come and learn how to live in a higher dimension of Love and Light!

With Pure Heart,

Hope



## Hope Interfaith Center

### Janice Hope Gorman, Minister

Penelope Tower, Associate Minister

Joni Rae O'Connell, Financial Minister

Center Stewards: MaryAnn Morningstar,

Angela Anderson, Kelly Meissner

Mary Lou Nelson, Massage Therapist

Wendy Rockswold, Reiki Master

HIC Board of Directors:

Nancy Besse

Ursula Christ

Jo Gangestad

Julie Thorleifson

Kathy Heine

Kim Stanton

**Hope Interfaith Center**

**114 Pohl Road**

**Mankato, MN 56001**

**507-386-1242**

**e-mail: [friend01@hickorytech.net](mailto:friend01@hickorytech.net)**

**Visit us at: [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com)**

## ***SPIRITUAL SERVICES***

**Second Sunday of every month • 10:00 a.m.**

**Hope Interfaith Center**

*facilitated by Hope*

The Hope Interfaith Center holds a spiritual service the second Sunday of each month. We open our arms to all to come together and recognize that we are ONE in the eyes of CREATION! All Sacred Pathways Are Honored. Come and invite a friend!

**Sunday, April 12 – “Resurrection”**

**Sunday, May 10 – “A Voice of Experience”**

**Sunday, June 14 – “Where Do You Pledge Your Allegiance?”**

## ***Sunday “Salons”***

**Third Sunday of the month • 10:00 a.m.**

**Hope Interfaith Center**

These gatherings will give us an opportunity to connect, discuss the previous week's worship topic, and share our spiritual journeys. We will have coffee made and water for tea!

**“Salons” will be held:**

Sunday, April 19

Sunday, May 17

Sunday, June 21 (Summer Solstice Celebration)

## Notes...

When you come to the Center, we would ask that you remove your shoes if possible. There are mats and cubbies that will hold your shoes. This is not only to help keep the Center clean but it is also a way of honoring the sacredness of the space. Thank you.

## ***Directions to The Hope Interfaith Center*** ***114 Pohl Road, Mankato***

### **From the West:**

Highway 14 East to Highway 22 South

Turn right on Hoffman Rd. (past East High School, cross Victory Dr.)

Hoffman Road becomes Glenwood Avenue (curvy road)

Turn left onto Pohl Rd.

The Center is the deep magenta building on the right corner

### **From the East:**

Highway 14 West to Highway 22 South

Turn right on Hoffman Rd. (past East High School, cross Victory Dr.)

Hoffman Road becomes Glenwood Avenue (curvy road)

Turn left onto Pohl Rd.

The Center is the deep magenta building on the right corner

### **From the North:**

Highway 169 South to Highway 22 South (one block past the last stop light in St. Peter)

Turn right on Hoffman Rd. (past East High School, cross Victory Dr.)

Hoffman Road becomes Glenwood Avenue (curvy road)

Turn left onto Pohl Rd.

The Center is the deep magenta building on the right corner

### **From the South:**

Highway 169 North to Riverfront exit

Turn right onto Riverfront Dr. (past West High School)

Turn right onto Stoltzman Rd. (follow this road and signs to MSU)

Turn left onto Stadium Rd. (drive up hill past MSU)

Turn left onto Pohl Rd. (twin homes on corner)

The Center is deep magenta, the last building on the corner

## ***Suggested Donation Prices for Spiritual Counseling***

The suggested donation for spiritual counseling is \$50.00 in person and \$55.00 for phone readings (\$5.00 for postage).

Remember that we are a non-profit spiritual center, therefore your donations are tax deductible.

**\*\*\* IT'S IMPORTANT TO RSVP \*\*\***

Please RSVP for gatherings by calling or e-mailing your intention to attend. It's a really nice thing to do for yourself and it helps in our planning. Thank you!

***~ All Sacred Pathways Honored ~***

## Full Moon Groups

A personal invitation to gather in group!

Those in training in the mystery schools were taught to use two phases of the moon to help them bring the inner world and outer world together: the new moon for new beginnings, and the full moon to appraise our progress.

Moon Groups are a wonderful time of ritual, prayer, and enjoying the knowledge and wisdom that comes when people gather together and share as a family of Light. Events are child-friendly and held at the Hope Interfaith Center unless otherwise noted. **Please RSVP by calling 507-386-1242 three days prior.**

### *April Full Moon*

**Thursday, April 9 • 7:00 p.m.**

**Hope Interfaith Center**

“Yoga, Breath and Movement”

*Facilitated by Marcia Nermoe*

Come and join Marcia, who teaches yoga at the Sun Moon Studio and the Summit Center, as she shares information and guides us in movement. She will teach us Tijah movements (similar to Tai Chi) as well as Yoga and breathwork.

Please bring a yoga mat or large towel and wear comfortable clothing you can move in.

### *May Full Moon*

**Thursday, May 7 • 7:00 p.m.**

**Hope Interfaith Center**

“The Hidden Messages of Water”

*Facilitated by Jane Kearney*

Jane is a certified Hado Instructor. Through her power point presentation she will exhibit to you how “hado”, the subtle intrinsic energy, is shown through the work of Dr. Masaru Emoto and his extensive study of water and frozen water crystals. Water, he proves, is a very strong message carrier.

See, through the water crystals, how our thoughts and words have a tremendous impact on ourselves, and everybody and everything around us. Visit [www.hado.net](http://www.hado.net) for more information.

### *June Full Moon*

**Summer Solstice Celebration**

**Sunday, June 21 • 10:00 a.m.**

**Hope Interfaith Center**

*“The most beautiful thing we can experience  
is the mysterious.*

*It is the source of all true art and science.*

*He to whom this emotion is a stranger,*

*who can no longer pause to wonder*

*and stand rapt in awe, is as good as dead;*

*his eyes are closed...”*

*~ Albert Einstein*

The Ancient Mysteries call forth a return to Nature’s rhythms on an intuitive level. Spirit and Nature in Harmony! The earth seasons are designed to promote specific evolutionary needs for us on a Conscious Spiritual level.

The Summer Solstice is the high point of the Year of the Soul. It is that point in the year in which the energies of Nature reach their culmination, and it is the time in which the Christ energies touch the body, mind, and soul of all living things. This is the time of the Mystic marriage, the uniting of the male and female to give birth to the Holy Child within us.

Come join us in a service that will bring to you significance in the meaning of this full etheric energy! Bring a friend! All are welcome!

***Keep your thoughts positive because your thoughts become your words.***

***Keep your words positive because your words become your behaviors.***

***Keep your behaviors positive because your behaviors become your habits.***

***Keep your habits positive because your habits become your values.***

***Keep your values positive because your values become your destiny.***

*~ Gandhi*

## Gatherings and Opportunities

### *Serenity Support Group*

Hope Interfaith Center

*facilitated by Judy Mosca, Spiritual Director*

*(suggested love donation: \$5 per gathering)*

The Serenity Support Group will resume on April 15 and 29 at 1:00 PM at the Center. The Serenity Support Group is open for all seeking peace in the midst of these challenging times. Please call Judy Mosca at 507-387-9054, Heart of Peace Spiritual Companionship, for further information.

### *Monthly Spiritual Study*

**(refer to the calendar for dates)**

Hope Interfaith Center

*facilitated by Hope*

*(suggested love donation: \$5.00 per gathering)*

During these next three months, the Spiritual Study group will focus on the Shamanic Journey. Debra Raiche and Marty Aldinger will lead us in April and May and in June we will experience a Healing Drum Circle. Debra and Marty have studied and practiced shamanism for years and love sharing their knowledge and experience. Our time with them will provide information on basic techniques practiced by Shamanic cultures for thousands of years and share the prophetic information for many of the major religions all around the world. Leading by your own intent you will connect with the Spirit world.

Please bring a journal. If you have a drum or rattle, you may bring it. It is also advisable to wear comfortable clothing so you can easily relax during the class.

### *HIC — A Place of Healing Renewal*

We now have two healers on staff: Mary Lou Nelson, Massage Therapist, and Wendy Rockswold, Reiki Master. Part of the mission of Hope Interfaith Center is to meet the needs of the whole being – mind, body, spirit – and having Mary Lou and Wendy available in this shifting time is an important part of what we offer! Please call them to schedule an appointment! Mary Lou can be reached at 507-359-7542 and you can reach Wendy at 507-387-4824 or wrockswold@gmail.com.

### *Providence Partners*

**(refer to the calendar for dates)**

Hope Interfaith Center

A financial investment group was formed in late 2008 with the intention of meeting monthly, continuing to study smart and conscious investments, and investing as a group. There are still a few spaces open for new investors. If you have any questions, please call Arlys Graff @ 507.665.4119 for more information and/or then come to the meetings!

### *A Passion to Heal: weight issue program*

**Tuesdays bi-weekly (check calendar for dates)**

**5:30 to 6:00 p.m. weigh in / 6:00 to 6:45 p.m. group meeting**

Hope Interfaith Center

*facilitated by Hope*

Minimum group size 6; maximum group size 20.

*\$5 love donation suggested per meeting.*

This ongoing group is for any one who is now ready to get rid of the excess baggage that has turned into added/extra body weight. We meet twice a month, first weighing in if you wish and then having time for a short teaching and introspective exercises, with the intention and action of journeying towards inner peace, health, and well-being.

As a group we will support and encourage one another on this inner and outer adventure. All of this combined brings us to vibrant well-being on all levels – physical, emotional, mental, and spiritual. This group is safe, fun, and comfortable! Please call for more information or to join. There is no long-term commitment required. Just come and check it out and find your personal trainer WITHIN!

### *African Soul, American Heart*

**Friday, April 3 • 7 p.m.**

Hope Interfaith Center

*Presented by Joseph Akol Makeer*

The Hope Interfaith Center is proud to be hosting and sponsoring Joseph Makeer as he shares his story and mission. Joseph will share a short documentary about his being a “Lost Boy of Sudan”, his journey to settling with his family in Fargo, ND, and his current mission, the founding of African Soul, American Heart Foundation, which uses the arts — literary, film, and photographic — to raise funds to build a boarding facility for orphans in Duk Payuel, South Sudan.

Joseph Akol Makeer and Kevin Brooks, one of the documentary’s producers and writers and a foundation Board of Directors member, will present the 23-minute documentary and answer questions after the screening. African Soul, American Heart shows the human spirit at its best!

Like thirty thousand or more Sudanese children (accounts of the total numbers who left and did not survive the initial walk are uncertain), Joseph Akol Makeer walked away from his village. He was ten and it was 1987. Twenty years later, he returned to his village to make a documentary. African Soul, American Heart tells how Joseph, a Fargo, North Dakota resident and a Sudanese Lost Boy who survived against all odds to thrive in his adopted country, now finds himself torn between responsibilities. He has been caring for younger siblings since 1998, and he has three children born in America. Yet he dreams of helping the orphaned children who live in his village in South Sudan.



***Easter "Crock Pot" Pot Luck***  
**April 12th (right after Spiritual Service)**  
**11:30 a.m. to 2:00 p.m.**

Holidays and other special occasions give us a chance to gather with loved ones, reflect on our heritage, celebrate the seasons, enjoy a respite from everyday routines and simply rejoice with one another.

All are invited to join us at the Center for an Easter Crock Pot "Pot Luck". Many of you have no place to go to celebrate Easter. Some of you are looking for a different kind of celebration. And a growing number of people are looking to share a communal meal time.

The meal will be a casual celebration of fun, food, laughter and fellowship. Bring a crock pot of food (or some thing else) to share and we will have a communal meal to celebrate our own personal resurrections. Keep in mind that plenty of food can be prepared in a heart healthy way. Vegetarian food is very much welcomed!

Beverages, paper plates and utensils will be provided by the Center. Please RSVP for this first of many communal meals planned to be held at the Center!

***May Day Planting of the Peace Pole***  
**Friday, May 1 • 6:30 to 8:00 p.m.**  
Hope Interfaith Center

Come and join us as we plant the Peace Pole that we were gifted last October during the HIC Peace Walk! May Day is the perfect time to do this. Traditionally, May Day was a time of celebration of spring and the fertility of nature, a time of understanding the balance of the masculine and feminine energy that is in all things.

So, to come together in celebration of this day and to intentionally plant the Peace Pole in the land will be an important event! After the planting and ceremony, we will celebrate with cookies and beverage

***Spring Forest Qigong Meditation***  
**Wednesdays, May 6, 13, 20 • 6:30 to 8:00 p.m.**  
"Butterfly" — a guided meditation  
*Led by Lois Weber*  
*Cost: \$35*

Energy cannot be created nor destroyed but energy can be transformed. The butterfly is a beautiful example of energy transformation. This guided meditation can help transform energy blockages in your body into something beautiful. This can help with pain, sickness, injuries and illness or any worries or fears.

Each class will offer a short teaching and you will learn some simple Spring Forest Qigong movements along with practicing the Butterfly Meditation and other guided meditations. You will receive qigong energy work from Lois while you are meditating. To enroll, email or call Lois Weber: loie560@yahoo.com or 507-327-9250.

***Drum Making***  
**Saturday, May 16 • 9 a.m. to Noon**  
1st Congregational UCC, Mankato  
*Facilitated by Scott Tower*  
***RSVP needed by May 5th so supplies can be ordered!***

*"The Drum is the Great Spirit's favorite instrument.  
That's why we were all given a heartbeat..."*  
~ Mano, Native Elder

Back by popular demand! Scott has been asked to teach how to make drums once again. This will be a morning for you to make your own drum and connect with your own creative heartbeat! Scott has been making drums for 8 years and loves to share his passion for this native instrument.

Below are the choices you have for a basic 8 sided or a round drum. If you have a wish for something different, please call Scott (507-387-1527) and he can help you with cost and feasibility. You may call or email the Center to place your order for the kits listed below and to register for this class!

- 13" 8 sided cedar drum with deer rawhide...\$60.00
- 15" round maple drum with elk rawhide...\$65.00
- Drum stick (hand made, hand sewn by Scott)...\$18.00
- Drum stick kit (to make your own)...\$7.00

***I don't know what  
your destiny will be,  
but one thing I do know:  
the only ones among you  
who will be really happy  
are those who have  
sought and found  
how to serve.***

***~ Albert Schweitzer***

***Sunday Noon Meal***  
***at the Mankato Salvation Army***  
**Sunday, May 31 • 11 a.m. to 1:30 p.m.**

Meet at the Salvation Army  
700 South Riverfront Drive, Mankato

**Volunteers needed to bring food & serve!**  
**Please sign up by May 20**

The Sunday Noon Meal serves a healthy, full meal to those in our area who are in need of nourishment and fellowship. It is served every Sunday and uses the Salvation Army site as its base facility.

Currently more than 100 guests are served each Sunday. This mission came out of the Mankato Hunger Task Force which was formed in the mid-80s, starting with 5 churches sharing the task and now has evolved into a base of 14 spiritual communities working together! Hope Interfaith Center has agreed to provide and serve twice during each year.

Serving the Sunday Noon Meal involves the following: We will need approximately 16 people/units to help donate, make and serve the food. There are five categories – the main dish, a vegetable, salad, bread, butter and milk, and dessert. Penny has more information and there is a sign up sheet at the Center.

On the Sunday we serve, we will meet at the Salvation Army at 11 a.m. The meal is served from noon to 1 p.m. and all volunteers should be able to leave, following clean up, by 1:30.

This is a very worthwhile way to serve others and a good family activity, too. If you are unable to help serve that day, you can donate food (ask what is needed) or money to buy the food – there are many options available to come forward and serve!

***Garage Sale***

**Thursday, June 4 • 3:00 to 6:00 p.m.**

**Friday, June 5 • 8 a.m. to 6 p.m.**

**Saturday, June 6 • 8:00 a.m. to 1:00 p.m.**

Hope Interfaith Center

**4th annual HIC FUNraising yard sale!**

Your donations of gently used saleable items will make this yard sale a HUGE success! Drop off times at HIC (please bring your items to the foyer of the Great Room) will be June 2 to 4 from 9 a.m. to 4 p.m.

We are very grateful to all who donated and volunteered last year. Volunteers may sign up at HIC or contact Kim Stanton at 345-6563 or ofthemoment@myclearwave.net.

***Fair Trade News!***

These announcements and opportunities come from the HIC Fair Trade Representative, Nancy Besse. We are grateful for her commitment to this fine mission!

**Sunday, April 19 • 11:00 a.m. to 4 p.m.**

**Fair Trade Exhibit**

**Mankato International Festival**

Mankato East High School  
2600 Hoffman Road, Mankato

This is a great event, and it is very family friendly. Bring the whole family to visit our exhibit and enjoy the event!

**Tuesday, May 5 • 6:30 to 9:00 p.m.**

**Joint meeting with**

**Green America (formerly Coop America)**  
**and Partners for Just Trade**

Christ the King Lutheran Church  
207 McConnell Street, Mankato

Two Peruvian women active in jewelry making and puppetry will speak on their work in the Fair Trade movement in Peru. (This is part of a tour that takes them from Colorado to Illinois under the banner of “Resonating Change”.)

**Saturday, May 9**

**World Fair Trade Day**

Use your new-found knowledge of fair trade products and make a commitment to only purchase, use, eat and drink fair trade today. The world — and you — will be better for it!

**Sunday, May 10**

**After HIC Sunday Service**

**“World’s Largest Coffee Break”**

Hope Interfaith Center

Help us break the record! This helps focus on World Fair Trade Day, which is on May 9. We serve only Fair Trade drinks here at the Center, so please come to Spiritual Service and help us drink during our fellowship time immediately following Service. Cheers!

***He who wishes to secure  
the good of others,  
has already secured his own.***  
***~ Confucius***

*A human being is a part of the whole,  
called by us, "Universe," a part limited in time and space.  
He experiences himself, his thoughts and feelings  
as something separated from the rest —  
a kind of optical delusion of his consciousness.  
This delusion is a kind of prison for us,  
restricting us to our personal desires and  
to affection for a few persons nearest to us.  
Our task must be to free ourselves from this prison  
by widening our circle of compassion to embrace  
all living creatures and the whole of nature in its beauty.  
Nobody is able to achieve this completely,  
but the striving for such achievement is in itself  
a part of the liberation and a foundation for inner security.*

*~ Albert Einstein*

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## Calendar of Hope Interfaith Center Events

### April

- 1 Book Study 7:00 p.m.
- 2 HIC Board Meeting 6:30 p.m.
- 3 African Soul, American Heart 7:00 p.m.
- 9 Full Moon 7:00 p.m.
- 12 Spiritual Service 10:00 a.m.  
Pot Luck 11:30 a.m.
- 14 Passion to Heal 5:30 p.m.
- 16 Providence Partners 7:00 p.m.
- 19 Salon 10:00 a.m.
- 28 Passion to Heal 5:30 p.m.  
Spiritual Study 7:00 p.m.

### May

- 1 Planting of the Peace Pole 6:30 p.m.
- 6, 13, 20 Butterfly Qigong 6:30 p.m.
- 7 Full Moon 7:00 p.m.
- 10 Spiritual Service 10:00 a.m.
- 12 Passion to Heal 5:30 p.m.
- 16 Drum Making 9:00 a.m.
- 17 Salon 10:00 a.m.
- 21 Providence Partners 7:00 p.m.
- 26 Passion to Heal 5:30 p.m.  
Spiritual Study 7:00 p.m.
- 31 Sunday Noon Meal 11:00 a.m.

### June

- 4, 5, 6 Garage Sale
- 14 Spiritual Service 10:00 a.m.
- 16 Passion to Heal 5:30 p.m.
- 18 Providence Partners 7:00 p.m.
- 21 Solstice Celebration 10:00 a.m.
- 30 Passion to Heal 5:30 p.m.  
Spiritual Study 7:00 p.m.

*Please RSVP for all events: 507-386-1242*

*Visit [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com)  
for a printable calendar of events.*

# *All sacred pathways honored*

**Hope Interfaith Center**  
Reverend Janice Hope Gorman  
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