



# Hope Interfaith Center

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*April - June 2010*

*A message from Reverend Janice Hope Gorman:*

## ***“Inspiration: A Magical Concept”***

Dear Friends,

I love being inspired, and I trust that you love to be inspired as well. Inspiration is a magical concept, because it can awaken latent energies that are stagnant inside of you.

If I can inspire you as read this newsletter, then I have done my job, my duty, and my love. For as much as I love to be inspired, I also love to inspire others. I trust that after much prayer on this subject, I can allow the words to just flow. And so I dedicate this information to all of the beautiful, powerful people in my life who have inspired me...

Just lately, I participated in an inspiring event. It was called the Goddess Wise Women Tea. Women of all ages came together to ponder, receive, give, dance, move, and enjoy and share. Some women were decked out in their finest Goddess clothing. Some came in their jeans and sweaters. It was so awe-inspiring to see us all together at the Hope Interfaith Center for this event.

I felt deeply inspired to continue to create a space and a place for people to come together to find their power and to be their authentic self! It has always been my hope that this Center and the events held here would be an instrument for moving people to a place where they truly understand what it means to be in Spirit. This often repeated quest that you and I constantly yearn for is perhaps the answer to a lot of our personal problems as well as our world's dilemmas.

All of humanity has a profound calling back to Spirit. You see, Spirit is calling you right now, otherwise you wouldn't be reading these very words at this very instant. I urge you to heed this calling and come to

know the pure bliss that awaits you as you make and create an inspired lifestyle. Living your life in-spirit means that you are listening to the voice of the universe calling to you. When you are connected to your “Source” through the energy of inspiration, you are entering into your creative juices that will flow out of you and you will create an exceptionally joyful and blissful daily life.

I am so excited to invite you to gatherings and events at the Hope Interfaith Center, which have the potential to be very inspirational to you! We now have three health ministers at the Center who can inspire you to move into a new lifestyle of health. We have Rev. Ursula Christ as a new addition to HIC who has channeling gifts of love and light to share in her sessions with you. We have Reiki Master Wendy Rockswold who is now doing attunement sessions that can bring you back into entrainment with your spiritual center. Mary Lou Nelson continues to offer massage therapy sessions that are filled with loving-kindness. Our spiritual services, held the second Sunday of every month, create an opportunity to verify your greatness and expand your view of yourself as a splendid creation.

Whenever a thought of ordinariness pops into your mind, put on your brakes and come to one of the most inspirational places in the upper Midwest. When you get inspired, you are on the “road to holiness”. We at the Hope Interfaith Center would love to invite you to check us out and get inspired today! Check out our upcoming events in the next pages. As always, we welcome you with open hearts, open minds, and open souls.

With Pure Heart, Hope.



## 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)

### Janice Hope Gorman, Minister

Penelope Tower, Associate Minister

Joni Rae O'Connell, Financial Minister

Center Steward: Rev. MaryAnn Morningstar

Spiritual Counselor: Rev. Ursula Christ

Mary Lou Nelson, Massage Therapist

Wendy Rockswold, Reiki Master

Health Ministers: Carol Parsley, Jody Scholtz, Mona Smiley

HIC Board of Directors:

Nancy Besse Ursula Christ

Jo Gangestad Julie Thorleifson

Kathy Heine Kim Cummings

For directions to the Center and other information,  
please see page 7 or visit us online 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 11 – “Bless the Beasts and Children”**

(a special blessing will take place)

**Sunday, May 9 – “A Call to Greatness”**

**Sunday, June 13 – “Sundance”** (bring a drum if you wish!)

### *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 18

Sunday, May 16

Sunday, June 20

*~ All Sacred Pathways Honored ~*

**THANK YOU! MERCI!  
GRACIAS! XIE, XIE!  
ASANTI! DANKE! SPASIBA!**

*“There is as much greatness of mind in  
acknowledging a good turn, as in doing it.”*

We want to thank Sean O'Connell and Steve Spence  
for helping with the moving of heavy items  
this past month!

We thank Angela Anderson who so wonderfully  
duplicates and prepares the monthly teaching CDs!

And continued thanks to all of you who do the little  
things, often unnoticed (moving chairs in the  
Great Room, cleaning up the kitchen, etc),  
that help keep HIC flowing and growing!

*Dream lofty dreams,  
and as you dream,  
so you shall become.  
Your vision is the  
promise of what you  
shall one day be;  
your ideal is the  
prophecy of what you  
shall at last unveil.*

*~ James Allen*

## 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*

Wednesday, April 28 • 7:00 p.m.

Hope Interfaith Center

*Vod, Voodoo, Voodoo...*

*what (exactly) IS all this hoodoo?*

The Hope Interfaith Center, along with the Harambee Cultural Centre, will be hosting a full moon event that you will never forget! Gayanne-Marie Jocquin and Meredith Oluwatoyin Lemiso (practitioners of the faith) will be visiting to share their beliefs and sentiments on the Orisa and Haiti. Please, come to learn, live and grow! We are very excited to have Gayanne-Marie and Meredith with us.

*There will be no*

### *May Full Moon celebration*

HIC will be closed May 21-31.

Create your own special May ritual!

Here are some ideas:

- ~ make a May pole and dance around it
- ~ take May flowers to an elder
- or a friend you haven't seen in a long time
- ~ spend an afternoon in the woods in silence
- ~ go birdwatching in a different neighborhood
- ~ gather friends for a bonfire
- ~ pray the rosary in honor of Mother Mary's month
- ~ make friends with a tree or plant and visit it each day throughout the month to witness its growth

### *June Full Moon*

### *Summer Solstice Celebration*

Monday, June 21 • 7:00 p.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!

*Nature and wisdom are never at strife.*

*~ Plutarch*

## Gatherings and Opportunities

### ***Serenity Support Group***

Hope Interfaith Center

*facilitated by Judy Mosca, Spiritual Director*

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

The Serenity Support Group will resume sometime during this quarter, although meeting dates have not been finalized. The Serenity Support Group is open for all seeking peace in the midst of these challenging times. For information, please call Judy Mosca at 507-387-9054, Heart of Peace Spiritual Companionship.

### ***Monthly Spiritual Study***

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

Hope Interfaith Center

*facilitated by Marlene Lange*

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

Hope Interfaith Center is happy to have Marlene Lange with us for this quarter's spiritual studies! Marlene has been using the journal personally for many years. She has also incorporated it in her work – in her own workshop business as well as at Life-Work Planning Center where she is a peer counselor working with women in transition. She is passionate about journaling and brings years of experience with her. Join us!

#### **April – “The Power of Your Pen (or Pencil)”**

Do you like to “keep in touch with yourself?” Journaling helps! In this Spiritual Study we will look at the basics of journaling, including the reasons for doing it: clarity, creativity, and catharsis (among others). We will practice several techniques for fun and reflection. The wonderful thing about journaling is you are always making discoveries! Join us if you are new to this practice or a long-time journal writer. There is power in a group! Bring your notebook or journal and a writing utensil.

#### **June – “Journal Techniques to Access More of You”**

Lots of techniques, lots of fun, lots of discoveries! Marlene will share a journal bibliography and introduce more ways to launch self-discovery using the journal. Bring your notebook or journal and a writing utensil.

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

Mary Lou Nelson, Massage Therapist, and Wendy Rockswold, Reiki Master, are on staff to help the Hope Interfaith Center meet the needs of the whole being – mind, body, spirit! Please call them to schedule an appointment: Mary Lou at 507-359-7542 and Wendy at 507-387-4824 or wrockswold@gmail.com. Also on staff are Health Ministers Carol Parsley, Jody Scholtz, and Mona Smiley. They have a combined 25 years of experience with natural foods, raw foods, juice therapy, and detox therapy, as well as essential oil therapy, massage therapy, and spiritual ministering. Please call Mona at 507-469-3077 for more information or to schedule an appointment.

### ***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. Call Joe Gilbert at 507-317-3966 for more information.

### ***To Heal Thy Health***

**Second Tuesday of every month • 6:30 p.m.**

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

Hope Interfaith Center

*facilitated by Carol Parsley, Jody Scholtz, Mona Smiley*

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

Come and join “Hope’s Angels” each month for an evening of health inspiration! “He who has health has HOPE. And he who has hope, has EVERYTHING!” is their motto and they live that energetically!

**April – “Back to the Basics of Juicing”** Come and learn about the healing benefits of juicing. Juicing is the highest vibrational food energy we can use for health benefits. Carrot juice samples will be available. “*There is no delight in owning anything unshared.*” (Seneca – 1st Century)

**May – Guest speakers** Jayne Coleman (from the Healing Hands in Waseca) and Scott Cody (a pharmacist from Owatonna) will be sharing their incredible knowledge about health and well being. You do not want to miss out on the opportunity to learn what they have to share!

**June – “The incredible benefits of raw food!”** Sample the finest foods that God has to offer in the raw. “*Man must be disciplined, for he is by nature raw and wild.*” (Immanuel Kant 1724-1804)

### ***Accelerated Time CDs***

**2010 Monthly Teaching CD series:**

***The Shifting Years mean to Shift Gears!***

It's never too late to connect with these monthly teaching CDs! Our thoughts become a way of life. As we get closer to the dawn of our new life, that which has been dormant can come alive. Now we can experience a sense of déjà vu in listening to our future self speak to us. These CDs have been created to help you experience and awaken into this moment of now. It's time to remove the ego and transcend into your future self. Each CD includes practices and current information to help you through these changing times.

The suggested donation is \$9.00 per teaching. CDs may be picked up at the Center or mailed. As always, we appreciate your prompt contribution so we can continue to sustain the up-keep of our beautiful building!

## ***Spiritual Counseling Available to All!***

### **A message from Reverend Hope**

How many of us can resist the seduction of getting to know ourselves? Working with Reverend Penny Tower or Reverend Ursula Christ can help you uncover new aspects about yourself that will astound, delight, and perhaps even surprise you!

Both of these women can help you move from the mental to the spiritual solutions to your life. And you can begin the process of unlocking yourself from old beliefs and habits into a magical world of Love, Harmony and Hope. Penny and Ursula can lead you to where you want to go!

Reverend Penny is available for private sessions Tuesday - Thursday afternoons. Call the Center at 507-386-1242 to schedule with her. Reverend Ursula is available on Monday afternoon and evenings. Please call her to schedule an appt at 612-964-9094.

## ***Relationship Group***

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

Hope Interfaith Center

*facilitated by Hope*

You and your beloved are invited to come to Hope Interfaith Center for our monthly Relationship Group! It has proven to be a source of support and growth by helping make love relationships holier, healthier, and happier!

We are working through the book *Marriage: A Simple Guide to Success* by Kelley Brigman. However, you need not have read it to attend these meetings.

## ***Toning for Transformation,***

### ***Tranquility and Transcendence***

**Meets every Monday • 7:00 to 7:30 p.m.**

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

Hope Interfaith Center

*facilitated by Jo Gangestad and Ruth Ann Rosenwinkel*

Vibrational healing and vibrational balance is coming to the forefront of many teachings, whether they be in the realm of spiritual, health or general well-being!

Jo and Ruth Ann will be at HIC each Monday to lead and share in a half hour of toning. You need not have any previous experience — every sound we make is a tone! However, intentional use of our vocal chords can bring us into amazing spaces of wholeness. And as a group it is even more powerful! Come every week or come when you can, but we invite you to come!

## ***Leadership Class***

Beginning November 2010

Hope Interfaith Center

This class is designed to introduce the student to interfaith and an insider's view of it. Taking these classes can help the student to have an exciting journey of discovery.

The first six months is the discovery of Self. Then you will begin to discover a spiritual fellowship called interfaith which can transform society. The interfaith story is created from every faith, every continent and includes a mix of traditions where there is a sense that God resides in the image of man. Spiritual counseling techniques and the study of energy is included in this class. The Hindu poet Tulsidas wrote:

*Treat all people well  
Perhaps to your surprise,  
The one whom you are meeting  
Is God in some disguise.*

This is a thirteen-month program. We will meet one weekend a month from Friday at 7:00 p.m. until Saturday night around 7:00 p.m. The twenty-four hours will be filled and sometimes intense. This class is for all those who are called to be leaders and ordained interfaith ministers. At the end of the thirteen months you will become ordained and have the legal privileges of such. There are many networks for international interfaith organizations that share this reflection of a friendship of peace that is initiated by an interfaith life.

These classes will begin in the month of November. For more information or for an application for class, please call the Hope interfaith Center at 507-386-1242. Rev. Penny will help you with any questions.

## ***Pilgrimage to Paradise***

***“The Lemurian Connection”***

**Hawaii, February 2011**

The Hope Interfaith Center presents another opportunity to travel with purpose and intent. Lemuria (the Hawaiian Islands) was one of the greatest civilizations on the planet. Mark your calendars, save your money, and come travel with us as we connect to our inter-dimensional DNA and Cosmic Lattice in one of the most beautiful places in the world.

This trip will not take place until February of 2011 so this information gives you time to pray on this unique opportunity. We will be traveling to Maui, Kauai, and the Big Island of Hawaii. The tentative price is \$1,600.00 and includes airfare to all the islands and hotel stays (food is not included). Call Joni O'Connell at 507-934-0922 for more information!

## ***Connection Development***

Thursday, April 8 • 7:00 p.m.

Hope Interfaith Center

*facilitated by Rev. Ursula Clara Christ*

This night will be about learning ways to communicate with the spirit that we all have a deep inner connection to. Developing this is a part of learning how to understand our source and our skills to deliver that source into the daily lives we live. The night's teaching will be a mix of channeled instruction and guided meditation set in a group participation format. Bring paper, pen and an open heart and mind, please. I ask for a \$5.00 love donation.

Reverend Ursula Clara Christ also offers private individual or small group appointments at the HIC. These can be scheduled for Monday afternoons and evenings. The sessions are spirit lead and are based on the individual's (or small group's) need for guidance and connection-based teaching. A \$30 love donation will be asked. To make an appointment with Ursula please call her at 612-964-9094 or email [ursichrist@yahoo.com](mailto:ursichrist@yahoo.com).

## ***Ocho in Concert!***

Friday, April 16 • 7:00 to 9:00 p.m.

Hope Interfaith Center

All ages welcome! CDs available.

FREE admission – Donations appreciated.

Ocho is a singer-songwriter from Mankato who regularly plays music for spiritual service at HIC. He performs at a variety of venues in the region, hosts several community events, teaches guitar lessons and provides life-coaching services. He will share original acoustic music inspired by personal and spiritual experiences. Ocho's songs are thoughtful, inspiring, upbeat and fun! There will be opportunities to chant and sing along for those wishing to.

## ***Spring Forest Qigong***

### ***Instructional Practice Groups***

“Energize the Wednesdays in May”

May 5, 12, 19 and 26 • 6:30 to 7:45 p.m.

Hope Interfaith Center

The techniques and exercises that you learn in these classes will help you relieve pain, reduce stress and develop physical, mental, emotional and spiritual health.

These classes will teach you the Level One Spring Forest Qigong exercises and meditations that focus on healing yourself. An additional Saturday morning class will be created for those who attend all four classes and are interested in receiving a certificate of completion. Come to one or two classes or come to all. Receive qigong energy work in each class you attend. Cost: \$10 each class (\$5 for those who have completed Level 1). Call Lois at 507-327-9250 to register.

## ***Preparing for Energy Shifts***

“Beginning to understand the happenings in our world”

Thursday, May 13 • 7:00 p.m.

Hope Interfaith Center

*facilitated by Reverend Hope and Reverend Ursula Christ*

*Suggested love donation \$11.11*

Haiti, Chili, Turkey, weather, major illnesses! Every particle of existence is made of energy and this energy has different vibrations. In the Hindu tradition, it is called prana. The Chinese call it chi, and the Japanese call it ki. Different cultures have their own name for it, but essentially I believe it is time to harness this life force to come to deeply understand what is going on and what we can do during this time of different vibration!

This is an evening to listen, to learn, and to levitate (energetically) to a higher vibration and to stay there! With channeled information we will open to our inner source of true power!

## ***Drum Making***

Saturday, June 5 • 9:00 a.m. to noon

Hope Interfaith Center

*facilitated by Scott Tower*

RSVP needed by May 21st 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*

This will be a morning to make your own drum and connect with your own creative heartbeat! Scott has been making drums for 9 years and loves to share his passion for this native instrument. Below are the choices for a basic 12-sided round drum (all frames are handmade by Scott). If you have a wish for something different, please call Scott and he can help you (507-327-0857) with cost and feasibility. Call or email the Center to place your order for the kits listed below.

12" 12 sided (round) Cedar Drum with Elk rawhide: \$45.00

14" 12 sided (round) Cedar Drum with Elk rawhide: \$60.00

16" 12 sided (round) Cedar Drum with Elk rawhide: \$73.00

Drum stick (hand made, hand sewn by Scott): \$18.00

Drum stick kit (to make your own): \$7.00

## ***Garage Sale FUNraiser***

Friday, June 4 • 8:00 a.m. to 6:00 p.m.

Saturday, June 5 • 8:00 a.m. to 3:00 p.m.

Hope Interfaith Center Grounds

Your donations of gently used saleable items will make this 5th annual yard sale a HUGE success! Please bring your items on Thursday evening, the 3rd of June, between 5:00 and 8:00 p.m. and leave them under the tents on the HIC yard. Call if you need to make other drop-off arrangements! Please email Kim Stanton at [ofthemoment@myclearwave.net](mailto:ofthemoment@myclearwave.net) or call her at 507-345-6563 with questions or to volunteer.

***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!

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.

**Calendar of  
Hope Interfaith Center Events**

**April**

Every Monday evening – Toning	7:00 p.m.
1 Providence Partners	7:00 p.m.
8 Rev. Ursula leads teaching	7:00 p.m.
11 Spiritual Service	10:00 a.m.
13 To Heal Thy Health	6:30 p.m.
15 Relationship Group	7:00 p.m.
16 Ocho concert	7:00 p.m.
18 Sunday Salon	10:00 a.m.
27 Spiritual Study	7:00 p.m.
28 Full Moon	7:00 p.m.

**May**

Every Monday evening – Toning	7:00 p.m.
5, 12, 19, 26 Qigong Instruction	6:30 p.m.
6 Providence Partners	7:00 p.m.
9 Spiritual Service	10:00 a.m.
11 To Heal Thy Health	6:30 p.m.
13 Preparing for Energy Shifts	7:00 p.m.
16 Sunday Salon	10:00 a.m.
20 Relationship Group	7:00 p.m.

***21-31 HIC closed for vacation***

**June**

Every Monday evening – Toning	7:00 p.m.
3 Providence Partners	7:00 p.m.
5 Drum Making Class	9:00 a.m.
8 To Heal Thy Health	6:30 p.m.
13 Spiritual Service	10:00 a.m.
17 Relationship Group	7:00 p.m.
20 Sunday Salon	10:00 a.m.
21 Summer Solstice Celebration	7:00 p.m.
29 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*

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114 Pohl Road  
Mankato, MN 56001  
www.hopeinterfaithcenter.com  
friend01@hickorytech.net