



Hope Interfaith Center

January – March 2008

A message from Reverend Janice Hope Gorman:

“ENERGIZE in 2008!”

Dear Friends,

The human body is capable of rapid transformation, despite our scientific understanding of what is possible! As our ideas change and evolve, our expanding awareness will sponsor a change in our physical world.

As we grow, as time goes by and we experience and know more, we recognize just how much our culture and the experts who dictate the norms really don't know. What they/we really don't know is the place called “infinite possibilities.”

The exciting news is that each new generation, starting with younger and younger beings, is less willing to adopt the cultural fears and limitations. The bottom line is that we are all much more than we think that we are, and we are beginning to fully realize this.

These are exciting times! So let this be the year that you expand your worldview and see and be a New You. There are physical and physiological issues that are being corrected as you change biochemically and electromagnetically through “No Thought.” When you remember who and what you are, your electromagnetics change and you begin to vibrate as pure, whole electromagnetic light. As you proceed through this transition, it can be as slow or fast – however you design it to be.

Here at the Hope Interfaith Center, we want to tell you that you are not alone. In this space called HIC, we offer opportunities every month to learn, volunteer, share, receive and transform. If you are looking for a family or a place to gather with like-minded people, this is such a place. If you are looking for a place that gives people an opportunity

to give back to the community, this is such a place. If you are looking for a place to help with your transformation, we are the place for you.

I know many people who are always looking but never doing, never really connecting. They might even say, “I just don't feel like I belong.” Perhaps it is because these people don't really join in.

I also find it interesting how much everyone yearns for the phenomenon of wanting to connect with loved ones on the other side...or wanting to connect with their angels and spirit guides...or connecting with Nature...or the extraterrestrials...the list goes on. But when it comes to connecting with humanity, they have a difficult time. They don't really want to be bothered or take the time to connect with others here on earth.

Human connections with others in a like-minded community can help you begin again or help you grow more. I truly hope that the Hope Interfaith Center will become your community.

I was once only known as a channel or medium that would help people connect with that which is unseen. It is now my *direction* and my *love* to help us connect as a human family — and to help others in this world.

Come join the tapestry and taste the creative juices of Positive Thinking that will create the Positive Outcomes.

Let us come together and “Energize” in 2008!

With Pure Heart,
Mother Hope



Hope Interfaith Center

Janice Hope Gorman, Minister
Penelope Tower, Associate Minister
Joni Rae O'Connell, Financial Minister
Lisa Starkweather, Center Steward Minister

Hope Interfaith Center
808 North 2nd Street
Mankato, MN 56001

507-386-1242

e-mail: friend01@hickorytech.net

Visit us at: www.hopeinterfaithcenter.com

Notes...

When you come to the Center, we ask respectfully that you remove your shoes. This is to not just keep the Center clean, it is to help keep the energy clear. There are cubbies by the front door for storing your shoes. Some are bringing slippers to keep in the cubbies to use when they visit. Thank you!

Directions to the Center

There is parking on the street in front of the building and in the alley behind the building. There is also parking lot across the alley behind the Center.

From the north: Hwy 169 S, exit east onto Hwy 14, exit south (rt.) onto Riverfront Drive. Drive to Madison Ave (stop light) and turn left. Immediately get into your right lane and take the first right onto N. 2nd St. (be aware of merging traffic!) The Center is the 4th building on the right hand side.

From the south: Hwy 169 N, exit east onto Hwy 14, exit south (rt.) onto Riverfront Drive. Drive to Madison Ave (stop light) and turn left. Immediately get into your right lane and take the first right onto N. 2nd St. (be aware of merging traffic!) The Center is the 4th building on the right hand side.

Spiritual Counseling

As Hope Interfaith Center expands and the need and desire for spiritual counseling and co-journing is greater, we wish to remind you that Rev. Penny Tower, the Associate Minister at HIC, is available for private counseling. She has been Hope's 'right hand co-journer' for many years and is also able to help those on the Spiritual journey remember who they really are! Call HIC to make appointments with Penny.

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).

*** *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* ~

SPIRITUAL SERVICES

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

*YWCA, 603 South 2nd Street, Mankato

facilitated by Hope

The Hope Interfaith Center holds a spiritual service the second Sunday of the month. We welcome beings of all faiths, colors, shapes and lifestyles to come together and recognize that we are ONE in the eyes of the CREATOR! You will be met at the door with open arms and a smile of warmth. You will meet others from the Center who will accept you and love you no matter what! Is this not what we are all looking for? Children are welcome — for it takes a village to raise a holy and healthy child!

Mark your calendars! Next Services:

Sunday, January 13 • 10:00 a.m.

Sunday, February 10 • 10:00 a.m.

Sunday, March 9 • 10:00 a.m.

Directions to the YWCA from Highway 169: EXIT on the "Downtown/Mankato/North Mankato" ramp. At the top of the ramp, turn east onto the bridge toward Mankato. Immediately get in the right lane and exit onto 2nd Street at the end of the bridge. Continue down 2nd Street (becomes South 2nd Street) to the YWCA, located on the corner of Warren and 2nd Street. It is a three-story, turn-of-the-century, Kasota stone house. This is a downtown location and there are four other churches within a five-block area, so parking is at a premium. If you are from this area and able, please park away and walk to the YWCA.

Sunday "Salons"

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

Dunn Bros., Commerce Dr., North Mankato

The salons will take place at the North Mankato Dunn Bros. Coffee. Salons will begin at 10:00 a.m. These gatherings will give us an opportunity to connect, discuss the previous week's worship topic and share spiritual journeys.

"Salons" will be held:

Sunday, January 20

Sunday, February 17

Sunday, March 16

Hope Interfaith of Minneapolis

Third Sunday of the month • 3:30 p.m.

Baha'i Center, 3644 Chicago Ave, Mpls.

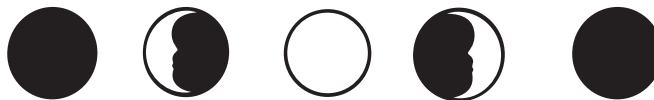
For more information, contact Rev. Rebecca Fabunmi at 612-871-8311.

Hope Interfaith Minneapolis Services:

Sunday, January 20

Sunday, February 17

Sunday, March 16



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.

Come to the Moon Groups if you are looking for a way to enrich your life and the Light of the World, and to receive the spiritual force of the great and powerful times of the Moon. 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, 808 North 2nd Street, Mankato, unless otherwise noted. **Please RSVP by calling 507-386-1242 three days prior.**

January Full Moon

Tuesday, January 22 • 6:00 p.m.

Mongolian Grill

Madison Avenue, Mankato

Community Meal

Please come and join in community to share a meal, conversation and fellowship! We will meet at the restaurant, but PLEASE RSVP so we can ask them to set up enough space for the entire group.

February Full Moon

Wednesday, February 20 • 7:00 p.m.

Hope Interfaith Center

The Fearless Poet

An evening with Esther

We invite you to come to the Hope Interfaith Center and spend this full moon evening with Esther Hoffmann, a Mankato poet. In March her first book of poetry, *Outside The Tent*, will be published. She will share the journey of her life and how she arrived to this exciting time in her life! She will also invite us to come along on a journey of creation and explore our own expressions through the written word.

March Full Moon /

Rite of the Vernal Equinox

Thursday, March 20 • 7:00 p.m.

YWCA

Equinox: Either of two points on the celestial sphere where the ecliptic intersects with the celestial equator. The two times during each year when the sun crosses the celestial equator and the lengths of day and night are approximately equal. Come join Hope and her husband Paul for Spirit Letter Readings. These letters will be read from the book "The Sacred Yes — Letters from the Infinite" by Deborah L. Johnson. The voice of the Divine is as near to you as your own breath. Just ask and you will receive. Come, join in community on this very special day!

Go confidently in the direction of your dreams.

Live the life you have imagined.

— Henry David Thoreau

Gatherings and Opportunities

Serenity Support Group

Serenity Support Group will not be meeting at HIC during this winter. However, the group will meet informally two times a month on Wednesdays. Please contact Dorothy Mumma at 388-4596 for time and place. The serenity group will resume meeting at HIC in the month of April. For other inquiries, please contact facilitator Judy Mosca at 387-9054.

Drumming Circle

No Drumming Circle January – March 2008

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Monthly Spiritual Study

(refer to the calendar for dates)

Hope Interfaith Center

facilitated by Rev. Hope and Rev. Ursula Christ

(suggested love donation: \$5.00 per class)

We will continue our nine-month journey through the book entitled “The Disappearance of the Universe” by Gary R. Renard. Through the teachings of this book and our time together each month, you will have an opportunity to learn to let go of your special relationship with your ego and join a circle of students who are dedicated to being in the ONENESS of the Holy Spirit. This book does share the hard-core metaphysics of the book “A Course in Miracles,” but it goes even deeper into the teachings of ONENESS and what that truly involves. Through the understanding that we are all ONE we have the opportunity to put the miracle of forgiveness into our lives and our lives begin to change.

Hope promises you a “blow your mind” experience with this book and in this class! There are 17 power-packed chapters filled with information that was given to Mr. Gary Renard by two powerful teachers, Pursah and Arten. We will study two chapters each month for nine months and we will birth a new understanding of what is real and what is not. Hope has also been going into deeper and deeper places to receive information that complements this written material. Oneness messages will also be given to hold the vision of our innate beauty.

This class is only for those who are really ready to end the war with the ego. *“The war with the Ego is over whenever you remember the truth.” — given to us by Pursah (An evolved spiritual teacher from the ONENESS)*

Always refer to the calendar for dates. Although it is not mandatory, purchasing your own copy of the book with help you walk this journey.

HIC Benefit Event:

“The Power of Music”

An Evening with Harpist Amy Kortuem

Friday, February 15 • 7:00 p.m.

5th Avenue Club

1430 5th Ave., Mankato

Cost per ticket:

*\$11.00 if purchased before the concert
(available at HIC in January)*

\$14.00 at the door

We are once again honored and thrilled to have Amy Kortuem present an evening of powerful and uplifting harp music. She brings to us years of experience and offers the richness that only one who is deeply connected to her artistic passion can deliver.

The event will be less of a formal concert and more of an opportunity to experience directly how music affects us emotionally, physically and spiritually.

Following Amy’s concert there will be time for fellowship as we share refreshments and sweets. Come and join in this most special evening. Bring a loved one!

Rite of the Vernal Equinox

Thursday, March 20 • 7:00 p.m.

YWCA

See page 3 for information.

Reusable Grocery Totes

available at HIC

In keeping with our committed desire to support the “Congregations Caring for Creation,” the Hope Interfaith Center has invested in reusable grocery totes. They are roomy and feature a reinforced bottom. The totes are available at the Center for only \$6.00 each. Help eliminate the use of plastic bags that pollute our landfills and let us all help “Green the Earth!”

Our Wish List

Occasionally there are needs that we have that we believe can be filled by our community at large...and so we are sharing this wish list with you! If you have the following “gently used” items and no longer have a need for them, please consider donating them for our use!

- extension ladder for changing the flood lights on the back of the building
- metal snow shovel (we only have a plastic one)

Please call or email before bringing an item so that we are not duplicating a donation. Thank you!

Healing Opportunities

Healing Energy Therapies

January – March 2008

There are a wide variety of energy therapy methods to research and try. Most of these methods can be categorized into one of two theories: meridian – based or chakra-oriented approaches. Any method will rebalance the human energy field and address long-standing lifestyle and core belief patterns. Energy therapists restore the well-being and vitality of the client by reminding them of their innate personal power and wholeness.

Since most people don't know the educational or practice standards required for various energy therapies, a good place to start is with the therapists themselves. Competent energy therapists will be fluid and flexible to the specific needs of the client. That is why choosing an ethical, positive, loving and humble practitioner is more important than choosing a particular energy therapy.

Pay careful attention to not only the qualifications but also the caring ethics of a practitioner. The skills required to be an effective therapist are accumulated through a variety of training programs that can exceed two years or more, as well as through personal experiences that are beyond the necessary coursework. Practitioners should be willing to describe to you their background and learning path as well as their personal motto on life. They have focused on one particular therapy because they are dedicated to that path. True therapists are able to stay in a state of GRACE.

We have two local therapists that have approached HIC and proposed to come in one day a month and offer their healing services for a small love donation. Each practitioner has been drawn to reach as many people as they can to help us all get started on new life style programs for the New Year!

Both of these women can skillfully assess your energetic needs and facilitate your growth spiritually. They are willing to discuss the benefits of their therapies but yet give you the freedom of choice. They are respected therapists in Mankato who are compassionate and willing to serve.

Below we give you their personal statements and how you will be able to contact them to set up a healing session.

**We ask that you contact them directly
to make that appointment!**
Their information is listed at right.

Reiki

(pronounced ray-key)

Reiki is a Japanese holistic, light touch, energy-based healing art that balances the normal flow of energy throughout the body. It can enhance and accelerate the body's innate healing abilities and heals on all levels: physical, emotional, mental and spiritual.

During a reiki session the receiver lays on a massage table fully clothed (although reiki can be given seated or standing), as the practitioner places hands on or near the body in a series of hand positions. Sessions last 30-90 minutes.

Wendy Rockswold has been practicing reiki, yoga and other forms of energy work for the past eight years. She is a Reiki Master who has studied with Melanie Williams, Deb Schubert, Mona Cenicerros and Janice Gorman. Wendy is committed to helping children and adults recognize their own healing abilities. Wendy is married with two children in college. She also has a teaching and coaching background.

Wendy will offer sessions at HIC on these dates:

January 14th, February 11th and March 10th

8 a.m. to 4 p.m.

Contact Wendy for appointments:

Phone: 507-387-4824

E-mail: wrockswold@gmail.com

Qigong

(pronounced che-gong and means *energy work*)

This ancient method of healing has been practiced in China for thousands of years. Each of us has energy flowing through our bodies. When energy gets out of balance or stuck, blockages can occur. A Qigong healing can remove blockages and balance energy so that we can heal in a perfect way—physically, mentally and spiritually. Qigong works well with modern medicine and is done while the person is seated in a chair.

Lois Weber is a long-time student of Master Chunyi Lin, founder of Spring Forest Qigong (SFQ). She was introduced to this wondrous mode of healing in the year 2000 to help her with a nonunion fracture in her leg. Lois has completed four levels of training with Master Lin and has been teaching and practicing SFQ daily for almost 8 years.

Lois will offer sessions at HIC on these dates:

January 24th, February 28th and March 27th

Noon to 4 p.m.

Contact Lois for appointments:

Phone: 507-387-1633

E-mail: loie560@yahoo.com

Leadership Program 2008-2009

We now have information available for the next Leadership Program, which will begin in the summer of 2008.

In this program, you will have the opportunity to become an ordained minister ready to help others on the path to Oneness. You will learn to be a Leader first of yourself. You will learn of various spiritual paths that are on this planet and how those paths and the Masters of those ways moved people into living a life of Truth. And lastly, you will practice the art of speaking and counseling and helping others on their own journeys through life.

There is a way to create the new world by the way of one God — the God of All of us, one humanity, one way of love, one truth, one unity of infinite diversity, in which each person attunes to the mind and heart of God.

The program consists of 13 weekends starting Friday evening at 7:00 p.m. and ending Sunday at noon. The studies are held at the Hope Interfaith Center. The suggested donation is \$150 per weekend. You are asked to stay overnight at the Center. Each night you will have homework to do as well as reading and other assignments during the month.

The Leadership Program is not for the weak of heart or those who are not ready to remove their own masks in order to help others. This program *calls* people... you will not choose this program — the program will choose you. If you are being called to participate in the Leadership Program, please call Penny at the Center (507-386-1242) for further information.

The 2008-2009 Leadership Program will start the weekend of June 20-22, 2008.

*The seat of knowledge
is in the head,
of wisdom,
in the heart.*

William Hazlitt

2007 Reflections and Gratitude

Words cannot express the deep thanks that comes from the Center to all who have so faithfully served, in many capacities, during this past year. Many times you only see Hope or Penny day to day in the Center, but it takes many to do the work of Hope Interfaith Center! We will attempt to name them all, knowing that inadvertently we may miss someone. A humble apology if that happens!

Thanks to...

Joni Rae O'Connell, our Chief Financial Officer, who keeps all those wheels turning so that we can carry out the mission that we are all so passionate about! We honestly DO NOT know what we would do without Joni. As the Center gets more and more busy, Joni is stepping up to help fill many roles and for that we are also eternally grateful!

Lisa Starkweather, who is not only the angel who keeps the Center beautiful and clean (not an easy task with so many coming and going) but who also fills our days with light and laughter! Thanks, Lisa, for the joy you bring into HIC.

Amy Kortuem, the woman behind the final product of this quarterly newsletter! Many times we are crunching to the very end of the deadline and she is always up for the challenge! Amy, you are a Godsend. Also, Amy has very graciously gifted us with her music for our benefit concert. Thank you, Amy, for that gift.

The Executive Board Members of HIC. The following members finished their terms this past year: Dean Muesing, Susan Kroon, Rebecca Fabunmi and Maryann Morningstar. We thank them for their time and devotion to HIC. Our current board consists of: Kristi Schuck, Jane Kearney, Ursula Christ, Nancy Besse, Kathy Heine and Kim Stanton. They not only meet every other month and advise and make large and small decisions pertaining to the Center, but they are called upon to do extra work when it is needed. And, they almost always say YES! For that, there are no words!

Last, but never least, thank you to THE COMMUNITY of the Hope Interfaith Center. Everyone who comes into these doors or into the YWCA for worship or those we meet upon the street and invite to join us, everyone is a vital part of who we are and the work that we strive to do. As Cicero once said, so, so many years ago (around 60 BC), "We were born to unite with our fellow men, and to join in community with the human race." That is our goal and this community is what makes that happen! So, to everyone who grants us the presence of their Spirit, or the gifts of their time, talent or money we say a deep and heartfelt "Thank you!"

A Tribute to One of My Teachers

For Paula Sunray

Born April 9, 1941 — transitioned September 18, 2007

*With Love and Appreciation from one of your many students,
Mother Hope*

I recently received an article pertaining to the death of Rev. Paula Sunray. As I read it I was filled with mixed emotions — shock at her death at such a young age, sadness at that thought and much gratitude for the teachings she gave me. So, I write this as a small tribute to her and her connection to me.

Paula headed the National Interfaith Seminary, which is where I trained to become ordained. She helped me gravitate towards metaphysics and invited me into years of rigorous study and practice to become a “New Thought Practitioner” and eventually an ordained minister. She always said that the charge of a metaphysician is to experience ONENESS with God and all things. She helped me to help others to discern and embody Universal Spiritual Truths. She taught me many things, but most of all she taught me to comfort the afflicted and to afflict the comfortable with “new ways of thinking and being.” Paula was an awesome example of principles in practice!

Paula also knew when it was time to question even her own realities. Although her life appeared to be most successful on the outside — she attended Oberlin College and studied in Salzburg, Austria; she received her Master’s in Music Performance from Indiana University and played with the Minneapolis Symphony for 23 years — it was her metaphysical “vision” in 1981 that changed her life forever. Lying on a cot at a treatment center, alone and hopeless, she found God within herself.

In 1989, Paula became passionately interested in every facet of mind-body-spirit healing when she was diagnosed with breast cancer. She had many peak experiences during her search for Truth, including a visitation by Jesus, the sudden materialization of sacred objects, and a tearful and dramatic recollection of her life as Judith the Essene. The most intense and challenging experiences were with an entity from the future, who over a period of three years, shared information about the secrets of our origins, how to access other dimensions, how to fully awaken and how to leave this dream (and create a new one!) at any time.

As Paula fully embraced her changes and her remembrances, she always encouraged me to embrace mine. She is the one who called me Hope, which stands for “Help Open Planetary Eyes.” She helped me awaken to my Divinity and encouraged me to always, always stand tall. Her bright light and dedication to her visions now live on in all of her students. How thankful I am for saying “YES!” to her teachings and information, and her rigorous and often times paradigm breaking information. Because of her help, I am now more spiritually available to my expanded God-self.

Hope’s Web Cam Experiences 2008

“From my home to yours!”

Starting on Sunday, December 30th, I will begin to download a web cam message every Sunday evening 8:00 to 8:30 p.m. CST from my personal computer at home. Join me this coming year in a commitment program to living a life of “SPA” — living in Spiritual and Physical Alignment.

The total connection Live Cam experience will always be on four main topics: Body, Mind, Spirit and Oneness! For one year, I commit to reporting my personal journey of integrity. I commit to you that I will speak my truths, which may be my lows as well as my highs in this journey called integrity. If you are not able to watch it live you will be able to download it from the Hope Interfaith Web site at a later time: www.hopeinterfaithcenter.com

Sometimes the message will be channeled, and sometimes it will just be raw, immediate truths. Our consciousness stands on the threshold of a radical shift for which we have been preparing for lifetimes. You might be sensing, like me, that you are at a place of completion with your major life issues. We can now identify the patterns and the themes that have surfaced again and again in the dramas of our daily lives.

Come join me this year on the web of making the connection to flow with the momentum that unites All Creation! The call of the higher purpose of Divine Intent calls for a radical change in the ground rules that govern physical reality. In order that All Life might partake in the opportunity to taste their innate Divinity and, ultimately, unite in ONENESS, it is necessary that certain conditions be altered so that the energies of stagnation might be transcended by those who were ready to be free.

I simply ask that you take this commitment of group consciousness to heart, that you take action as the God-Being that you are, to create a better you. If you are interested in this exciting new way of teaching and having group connection, please visit www.hopeinterfaithcenter.com starting on December 30th at 8:00 p.m!

***Tune in Sundays
at 8:00 p.m.***

All sacred pathways honored

Calendar of HIC Events — *Please RSVP for all events: 507-386-1242*

January	February	March
1-7 HIC Closed	5 HIC Board Meeting 6:30 p.m.	9 Worship at YWCA 10 a.m.
13 Worship at YWCA 10 a.m.	10 Worship at YWCA 10 a.m.	10-14 HIC Closed
20 Salon at Dunn Bros 10 a.m.	15 Benefit Harp Concert 7 p.m.	16 Salon at Dunn Bros 10 a.m.
20 Minneapolis HIC Service 3:30 p.m.	17 Salon at Dunn Bros 10 a.m.	16 Minneapolis HIC Service 3:30 p.m.
22 Moon Group 6:30 p.m.	17 Minneapolis HIC Service 3:30 p.m.	20 Spring Equinox Festival 7 p.m.
28 Spiritual Study 9 a.m.	20 Moon Group 6:30 p.m.	25 Spiritual Study 7 p.m.
29 Spiritual Study 7 p.m.	25 Spiritual Study 9 a.m.	
	26 Spiritual Study 7 p.m.	

Hope Interfaith Center
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