



# Hope Interfaith Center

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*January – March 2009*

*A message from Reverend Janice Hope Gorman:*

## ***Support for Time Acceleration***

Mayan 2012 Theory suggests that from January 5, 1999, through October 28, 2011, there is a cycle that processes the development of civilization.

In this period of time acceleration everything goes so very fast (twenty times faster) that beliefs and needs of the past transform themselves into new ways of being!

The evolutionary agenda is human enlightenment – a time when the people come into harmony with nature. This is the time when all political control systems and technological systems that exploit life in the Universe must go!

Our Elders say that astrology is based on the Hermetic Principle – “As above, so below” – so, if astrology is a real influence on human feelings and behaviors, then the planetary patterns would actually describe that the time of enlightenment from 1999 through 2011 can and will take place!

When I look back at 1999 through 2008 I can truly see remarkable acceleration. Personal wounding triggered us to evolve and forced us to face the most painful hidden places in our souls. We needed the wounded healer process because it is impossible to attain enlightenment without surrendering to the inner darkness (the “ego”), which then makes space for the cosmic Light.

Hope Interfaith Center will offer a strong support for this time acceleration. You will have the opportunity to receive monthly teaching CDs, which will provide significant aide to understanding the acceleration of time and the process of human evolution. I will offer refreshingly radical and hopeful outcome information for our future beyond the calendar year of 2012. Some of these teachings will contain information on finances, relationships and conflict resolutions. Some will contain interviews with some of my teachers, such as Christina Rose or Thomas Czajka. And others will be interviews with professionals in the field of energy resonance. These CDs and other offerings at Hope Interfaith Center will assist you in looking at the vast acceleration and wave of evolution that we are experiencing. We at HIC intend to be of assistance during these transformative times, which are directly related to the Maya Prophecies 2012 and to the word CHANGE!

Also, every three months beginning in March of 2009, we will

have an integration gathering for anyone interested, whether you are listening to the CDs or not. During this period you will have access to an accurate central databank with new thoughts in the beta frequency wave. These databanks of beta frequency are the other dimensions beyond space and time.

We invite you to come and connect at Hope Interfaith Center in whatever manner is right for you! We wish to come together and help one another as we approach the end of the Mayan calendar and as we come into the consciousness of a new understanding of the Universe. With the awakening of the world’s Light, the inner structure of life itself is changing and releasing primal energies of creation that have not been active for millennia. There are new archetypal patterns and behaviors that will determine the fundamental structures of the new era.

This is your Center and it is part of the new pattern through which life can flow and the Divine can be revealed in yourself and in the world. The Hope Interfaith Center is one place that which can be called a riverbed through which the waters of new life will flow.

This is a time of enormous potential, but also of frightening uncertainty for many, as the old patterns of life dissolve and the new ones have yet to be form and be born. Despite all our illusions of control, we cannot not be a part of the revitalization that this world is going through!

Come visit our new archetypal patterns at the Hope Interfaith Center. The images of the coming era will reflect life’s Oneness. Our motto as well as our mission is to teach and help awaken the world to the words “We are all One!” Please look through this newsletter and follow your heart for it will call you forth to examine and be part of a gathering, an opportunity, or a Spiritual Service! There are many possibilities here at HIC!

Your Ego might get in the way, excuses might come up, old patterns of procrastination might float to the top, but the time to Follow your Heart is NOW!

Blessed Be!

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,

Esther Hoffmann, Kelly Meissner

Mary Lou Nelson, Massage Therapist

Wendy Rockswold, Reiki Master

HIC Board of Directors:

Nancy Besse

Ursula Christ

Jo Gangestad

Connie Haugen

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, January 11, 10 a.m. – “Creating the New World”**

**Sunday, February 8, 10 a.m. – “Take It To Heart”**

**Sunday, March 8, 10 a.m. – “Turtle Sundaes”**

### ***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, January 18

Sunday, February 15

Sunday, March 15

## 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.**

### ***January Full Moon***

**Wednesday, January 7 • 7:00 p.m.**

**Hope Interfaith Center**

“Meditation: It’s Not What You Think!”

*Facilitated by Angela Anderson,  
Esther Hoffman and Kelly Meissner*

Come and spend some time with three women who are impassioned to share the insights about meditation that they have come to know! Experience stillness and peace. Please be sure to RSVP.

### ***February Full Moon***

**Monday, February 9 • 7:00 p.m.**

**Hope Interfaith Center**

“Feng Shui”

*Facilitated by Deb Nelson*

Come and learn about the Four Basic Principles of the Chinese art of placement, Feng Shui, from certified consultant Deb Nelson. Deb has trained with renowned author Carole Hyder and many Masters in both the United States and China. She is a member of the Feng Shui Institute of the Midwest (FSIM), and provides feng shui consultations with the focus of creating prosperity, harmony and balance in living and working environments.

### ***March Full Moon***

***Rite of the Vernal Equinox***

**Friday, March 20 • 7:00 p.m.**

**Hope Interfaith Center**

“Behold, I make all things new!”  
Revelation 21:5

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. The autumn is the seed planting time; winter is the gestation of the seed and the taking root. The spring is the bursting forth of those new seeds to release new aspiring life to be harvested in the summer.

The Spring equinox opens the veil between the physical and the spiritual so that a resurrection in our lives can be inaugurated. The keynote of this season is creation. It is the drive to move our lives upward, like a seed pushing forth out of the earth into the air. The Spring is the time when the creative powers we have been nurturing through the winter can be expressed to initiate a new world of opportunities for ourselves and the world. We hope you will be able to join us for this special and powerful evening!

***Imagination is more important  
than knowledge.***

*~ Albert Einstein*

## Gatherings and Opportunities

### *Serenity Support Group*

Hope Interfaith Center

*facilitated by Judy Mosca, Spiritual Director*

The Serenity Support Group will NOT be meeting during these winter months. We will resume in April! If you have a concern or question, please call Judy Mosca at 507-387-9054.

### *Monthly Spiritual Study*

**(refer to the calendar for dates — NOTE: we will only meet on Tuesday evenings this quarter)**

Hope Interfaith Center

*facilitated by Hope*

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

During the next three months, the Spiritual Study group will focus on hands-on healing. Healing the body/mind/soul connection can help you adjust your ingrained personal perceptions of limitations.

In January there will be a Reiki share with Wendy Rockswold with the intent on releasing perceptions. In February we will have Qigong with Lois Weber to help us surrender to the next level of our Oneness. In March, Julie Johnson will lead us in understanding the work of reconnective energetic therapy, which can re-wire our light bodies.

We extend a warm invitation to join us these Tuesday evenings

### *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.

### *Fair Trade Sunday*

**Sunday, January 11 • 10 a.m.**

Hope Interfaith Center

Join us during and after the Spiritual Service on January 11 to find out more about Fair Trade and how we can make a difference! Nancy Besse, HIC Board Member, is also a member of the Mankato based Fair Trade group. She will share information about the local group and also the global ways that we can fairly support those who make our lives richer!

We will share Fair Trade chocolate for communion, drink Fair Trade coffee and tea, and you will be able to purchase some for your private use as well!

### *Level 1 Spring Forest Qigong*

**Saturday, February 28 • 9:30 a.m. to 4:30 p.m.**

Hope Interfaith Center

*taught by Lois Weber*

To register, please e-mail Lois at loie560@yahoo.com or call 386-1242!

Cost: \$75 plus \$15 for Level 1 manual  
Retake fee: \$50 (for those who are repeating Level 1)

Qigong is an ancient form of Chinese healing. It works with the body's energy or Qi. When the Qi becomes blocked in the body, sickness, pain and other health problems may occur. Through simple movements and meditation, you will learn to remove blockages and balance the body's energy so that it can heal. These movements can be done while lying down, sitting or standing.

Qigong heals the whole body in a perfect way—mentally, physically, emotionally and spiritually at the same time. Some of the benefits include increased energy, improved health and focus and enhanced self-awareness.

Classes are based on the principles and techniques of Spring Forest Qigong, a medical Qigong. These techniques, which are taught by breathing, postures, sounds and movements, are simple yet powerful enough to relieve physical pain, reduce stress, depression and address many other health concerns. These techniques also work well with Modern day medicine.

### *Book Study*

#### *“Marriage: A Simple Guide to Success*

**Wednesdays March 4 – 25, April 1 • 7:00 – 8:30 p.m.**

(book may be purchased at HIC for \$15)

*facilitated by Hope*

Would you like to be happier? Healthier? Live longer? Be wealthier? Have more sex and enjoy it more? A successful partnership can give you all of these. “Marriage: A Simple Guide to Success,” authored by Dr. Kelley Brigman, can help you create one starting with this book and with our group! The ideas in this book can help you:

- prepare for a successful marriage
- begin a marriage on the right foot
- improve an existing marriage
- revitalize a troubled relationship.

This book and group is open and dedicated to all kinds of relationships – heterosexual, bi-sexual, gay and lesbian relationships. Love is love! Come join us for this 5-week experience of love, laughter, and learning. Dr. Brigman will join us for our last evening together for reflection and discussion! Please read chapters 1 and 2 before the first class.

## ***A Passion to Heal: a 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.

In “A Passion To Heal,” Echo Bodine leads us on a journey of discovery and healing. We will be using her powerful and unique journal exercises to guide us to vibrant well being on all levels – physical, emotional, mental, and spiritual.

This group is for anyone who is now ready to get rid of their excess baggage that has turned into added/extra body weight. We will meet twice a month, first weighing in and then having time for a short teaching and the journal exercises, with the intention and action of journeying toward inner peace, health and well being. As a group we will support and encourage one another on this inner and outer adventure. In order to break the cycle of losing, gaining back and losing once again, we have to look honestly at the pay-offs we receive from our choices and also look honestly at what we are eating! Now is the time to find the way to meet your own needs without gaining weight!

You do not need to buy the book or read it. The material will be shared and the journal exercises taught. This group will be 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!

## ***Providence Partners***

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

Hope Interfaith Center

A financial investment group was formed last quarter 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 Joni O’Connell at 507-934-0922 for more information. The first meeting of the year will be held on January 15 at 7:00 p.m.

## ***The Divinity Program***

**March 27 – 29, May 29 – 31, July 31 – August 2,**

**Sept. 25 – 27, Nov. 13 - 15**

Hope Interfaith Center is happy to announce that it will be offering its second Divinity Program beginning this March. We will meet 5 times a year for two years. We will be meeting weekends from Friday evening through Sunday noon, living in community at the Center. We will study from a variety of places that will introduce you to new concepts and techniques. Some of the techniques will help you through the most volatile situations into a natural interchange of compassion, generosity and personal divinity.

Come learn about a radical different kind of honesty. One where ego/body based consciousness can be no more! Come learn how to be influential vs. controlling, how to truly empathically connect with others like the masters do, how to create restorative justice in action! You will become your sacred practice that transcends merely ‘getting what you want.’ You, as a divinized being, will take into account the crucial significance of your community and those you love to unfold the life that you alone were meant to live.

Practicing the living presence of the Cosmic Source. That sounds like a very grand thing – possible only for heroic saints like Saint Francis of Assisi, Saint Theresa of Avila, or Saint John of the Cross. But you must never forget that heroic saint, mystics, spiritual leaders and heroes began just like you. They ARE you, transfigured by love. They ARE you, transfigured by earnestness, sincerity and devotion to practice in the name and the grace of the Cosmic Creator Source. All the divine mystics and masters, all the divine traditions have told us that we are one with the Divine itself. We must never, ever forget this. The way to never, ever forget this is to develop from the very beginning of your entry onto the path of Divinity a very simple, very humble, very steady, very consistent, very intelligent practice. This practice then makes one a “practitioner of Divinity,” one who has come to divinize themselves while walking on the earth plane. Sound impossible?! Well, it is not!

Just as when you fall in love with someone, your initial conversations are very, very different than the conversations you have when you marry that someone and that love has become a very, very deep mature, constant, consistent experience. Your spirituality is the same way – the practice at the beginning of your path will be very, very different from those who are now ready to take this step in the mystery of Divinity. In this mystery study, as you come to master your own divinity, it will become not only more and more evident to you but to others who see you as well.

So, if you really do accept this challenge, as crazy as it might sound, you will find what all those before you have found and accepted when they accepted this challenge. And that finding is that the Cosmic Spirit in its infinite mercy and in its infinite tender, nurturing care for each and every one of us will give us extraordinary inspiration and abilities. I think the most important instruction that a teacher/master ever gave to human beings was how to stay in constant connection with the Divine.

For those of you who are interested in the search for the sacred inside of yourself, this is for you! We do need to know by March 1st who is interested in this two-year journey. To receive more information on time and personal commitment, please contact Rev. Penny Tower at the Center.

## *Support for Accelerated Time*

You were never born. You will never die. And the reason you've incarnated during this accelerated time was to reveal the glory of the Divine right through you. This is the essence of the teachings in the next three years leading us into 2012.

This is what the Mayans called the time to uniquely express and manifest from a cosmic perspective. As we mature along the spiritual path, we move through four stages of consciousness: Victim, Manifester, Channel and Being.

As mentioned in the front page letter, Rev. Hope and HIC will be offering to those interested monthly teachings recorded onto a CD, available to take home and work with. On these CDs there will be a variety of teachings, interviews, guided meditations, prayers and insights from diverse traditions to support you in navigating your life during these accelerated times. Our aim is to make them accessible to all who desire them. All of the information included on these CDs will inspire and sustain you during these times of your transformation.

We are now moving into a new chapter in Human Evolution. If looking at today's headlines makes you wonder about the fate of our planet, here's some news that may surprise you: from an evolutionary standpoint, we are exactly where we need to be! We are surrounded by proof that we are poised to take an incredible step forward in the growth of our species. I invite you to participate in this eye-opening yearlong experience.

If you are interested in receiving a monthly CD, call or e-mail now to subscribe. HIC is asking for a love donation of \$8 per month or a donation for the entire year of \$96. Yes, the sacred geometry of the number 8 – infinity consciousness, ever flowing, ever balanced. The CDs will be mailed out on the 22nd of the each month. And every three months we will have an integration class at HIC to discuss the information. The first integration class will be held on March 14, from 10:00 a.m. to noon.

So, join us! Come together during these exciting times! How blessed we are to be here witnessing and cooperating in this shift!

## *2008 Year-End Thank Yous*

*Dear, dear HIC Community,*

*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!*

*First of all, 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 you.*

*Secondly, to the Center Stewards, namely MaryAnn Morningstar, Esther Hoffmann, and Kelly Meissner, who are the angels who keeps the Center beautiful and clean (not an easy task with so many coming and going)! Thank you for the order and peace you bring into HIC.*

*Thirdly, to Amy Kortuem, who is 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.*

*Fourthly, to Cheryl Jurcoi, our web master, who gives her artistry and computer knowledge to the HIC website, which continues to be 'new and improved.' Thank you for your craftiness!*

*Finally, to the Executive Board Members of HIC. The following members finished their terms this past year: Jane Kearney and Kristi Schuck. We thank them for their time and devotion to HIC. Our current board consists of: Kathy Heine, Ursula Christ, Nancy Besse, Jo Gangestad, Connie Haugen, and Kim Stanton. They not only meet often and advise, making large and small decisions pertaining to the Center, but they are called upon to do extra work when it is needed.*

*And, they always say YES! For that, there are no words!*

*Last, but never least, thank you to THE COMMUNITY of the Hope Interfaith Center. This was a BIG year for us, as we all together REALIZED a new facility to love and serve out of! The move, the transition, and the settling in took many hours of man and woman power! And we have so very many who volunteer for our fund raisers throughout the year, so many that help keep the facility and yard in tip top shape, so many who help twice a year serve Sunday Noon Meals at the Salvation Army. The list could go on and on naming all who give of themselves to HIC and this community! Everyone who comes into these doors 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 even Cicero once said 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!"***

***Looking Ahead...***

**Friday, April 3 • 7:00 p.m.**

Location to be announced

***“African Soul, American Heart”***

*presented by Joseph Akol Makeer*

Join us for a short documentary about Joseph’s 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. The foundation uses the arts — literary, film and photographic — to raise funds to build a boarding facility for orphans in Duk Payuel, South Sudan.

“African Soul, American Heart” shows the human spirit at its best. Watch the next newsletter and your -email for more details!

*Hope is  
the dream  
of a man  
awake.*

~ French Proverb

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## **Calendar of Hope Interfaith Center Events**

### **January**

- 7 Full Moon 7:00 p.m.
- 11 Spiritual Service 10:00 a.m.
- 13 Passion to Heal 5:30 p.m.
- 15 Providence Partners 7:00 p.m.
- 18 Salon 10:00 a.m.
- 27 Passion to Heal 5:30 p.m.  
Spiritual Study 7:00 p.m.

### **February**

- 8 Spiritual Service 10:00 a.m.
- 9 Full Moon 7:00 p.m.
- 10 Passion to Heal 5:30 p.m.
- 15 Salon 10:00 a.m.
- 19 Providence Partners 7:00 p.m.
- 24 Passion to Heal 5:30 p.m.  
Spiritual Study 7:00 p.m.
- 28 Level 1 Qigong 9:30 a.m.

### **March**

- 4, 11, 18, 25, April 1 Book Study 7:00 p.m.
- 8 Spiritual Service 10:00 a.m.
- 12 Providence Partners 7:00 p.m.
- 14 Accelerated Time Integration 10 a.m.
- 15 Salon 10:00 a.m.
- 17 Passion to Heal 5:30 p.m.
- 20 Spring Equinox 7:00 p.m.
- 31 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  
114 Pohl Road  
Mankato, MN 56001  
[www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com)  
[friend01@hickorytech.net](mailto:friend01@hickorytech.net)