

Hope Interfaith Center

July - September 2010

A message from Reverend Janice Hope Gorman:

"Surrender to the Flow"

Dear Friends,

Over my many years of working at a core, soul level with individuals and groups and seeking ways to better understand the accelerated inner growth that people are experiencing, I developed a deeper understanding of transformation by a simpler process.

The process is quicker and fluid and organic. We don't need to be in a blur of experiences anymore. Now we can awaken to our truth of who we are and what we are capable of doing with ease and grace.

Watching your frequency, frequency, frequency is the way! You may have had the feeling lately of the new wave of even higher frequency energies that are on our planet. These energies are here to help you access more of your soul. These energies are here to help you awaken, become more conscious and be more proactive. When you are more conscious and proactive, it helps you move through your experiences of confusion more quickly!

I am tired of walking around in a blur. That is like walking around with Vaseline on my lenses! So finding faster and logical stages of your organic true nature can help you make sense of your life and these current events.

You have a choice! We all have a choice! We can either resist the changes or trust that the flow is taking you into a better life. If you slow or try and stop these changes and flow to maintain your old patterns you only stall your growth, reinforce your own fear, and create needless pressure and agitation. If you trust that a higher sanity is directing the flow and you listen to it

and move with it, you will be taken to the sweet spot of your life.

By trusting the flow of change and moving with it, your body and emotions and mind will raise and you will experience the benefits of "good vibrations." Everything that is happening is the final stages of clearing all that blocks or interferes with your soul's expression and the experience of total bliss and love.

This phase of change will not last forever, thank goodness! We are at the turning point, about halfway out of the second trimester and now entering into the third trimester of this New Birthing process.

This 5th dimension, the next level of awareness that's just beyond you, is making itself known. Some say this is the result of distant cosmic events or a "plasma field" of cosmic energy passing through our part of the Milky Way. Whatever the cause, all I know is that a more spiritual dimension is now beginning to permeate our world.

The Hope Interfaith Center continues to be 100% dedicated to helping with this shift. We have so many opportunities for you! Take advantage of these opportunities to explore, grow and relax — become more proactive in these changing times!

Our doors are always open to new explorers of the Sacred Divinity, which lies within us all! May you have a wonderful summer.

With Pure Heart, Hope



Hope Interfaith Center

114 Pohl Road Mankato, MN 56001 507-386-1242

email: friend01@hickorytech.net Visit us at: 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

Health Ministers: Carol Parsley, Jody Scholtz, Mona Smiley

HIC Board of Directors:

Dean Pettis 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

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, July 11 – "In(ter)dependence Day" Sunday, August 8 – "The Last Hurrah" Sunday, September 12 – "Harvest!"

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, July 18 Sunday, August 15 Sunday, September 19

~ All Sacred Pathways Honored ~

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

Hearty thanks to all who helped at HIC last quarter! During this time we planted a whole row of trees, cleaned up and then planted around the yard for summer, organized and ran the yearly rummage sale. Thanks to Kim, Andrew, and Austin Cummings, Scott Tower, Jason Lobitz, Joni O'Connell, Dean Muesing, Ursula Christ, Jill Augustin, Rachel Sear, Marlene Lange, Monika Antonelli, Robin Schaffer, Bonnie Smasal, Dorothy Mumma, Rashmi, Jo Gangestad, Judy Mosca, Kristin Cronn-Mills and Kathy Heine. Thanks to Angela Anderson who duplicates and prepares the monthly teaching CDs. And thanks to Sara Gorman who is working our Facebook page! 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!

Appointments for 2011

We at the Hope Interfaith Center offer genuine hope for humankind as the countdown to 2012 continues. We present ways that we can participate in the shift of human consciousness to help with the oncoming transformation. In September, the books will once again be opened to make 2011 appointments for people who want spiritual direction. Learning how to release the ego will give you dramatic evidence of a web of energy that connects everything in our lives and our world — this is the Divine Matrix. From healing of our bodies to the success of our careers and our relationships, there is evidence that we each hold the power that links us to all creation. What would it mean to discover that the power to create joy, heal suffering and bring peace to that which lives inside of you? How would you live your life knowing this?

This coming year, Hope will again offer private two-hour slots to 20 students. One hour is spent in spiritual direction and reflection and one hour is working on the energy matrix. These are for students who are willing and wanting major mentorship during this time.

Penny continues to meet with those desiring spiritual counseling as well. We understand that Hope is not always available. You may find it helpful to meet with Hope at times and Penny at times. They have been told that their styles offer different ways to look at the same teachings. Reverend Ursula Christ is also available to work with individuals or groups — you may reach her by phoning 612-964-9094. Hope Interfaith Center's intention is to provide guidance and support for all who walk in the door!

This is a time of dramatic rebirth for humanity. As the earth aligns itself, this brings on a time of transformation in which an expanded consciousness creates your new world. Beginning September 8, you may call 507-386-1242 to make 2011 appointments.

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.

July Full Moon Wednesday, July 28 • 7:00 p.m. Hope Interfaith Center

An Evening of Poetry, Wine and Cheese facilitated by Alixa Doom

As we gather together and share the fruits of the grape (non-alcoholic beverages will also be served) and the textures of the cheese, Alixa Doom will be reading poems from her newly published chapbook, "Cedar Crossings," which was the winner of the 2009 Blue Light Poetry Prize. The poems are written out of 15 years of reverence and awe experienced in nature on nine acres of cedar trees and meadows located near the Minnesota River at Le Sueur. Diane Frank, editor of Blue Light Press, San Francisco, calls the poems "visionary, beautifully written, and a blessing to all who read them."

Alixa began writing poetry in the early 1970s when she studied poetry writing with Michael Dennis Browne at the University of Minnesota. She has published in numerous magazines since that time. Some of her poems have also been published in anthologies. She more recently returned again to her writing following her retirement from the St. Peter Regional Treatment Center. Alixa has been a grateful member of HIC for many years.

Copies of "Cedar Crossings" will also be available for purchase at the reading at HIC.

There will be no August Full Moon celebration

HIC will be closed August 21 - September 6

We hope you enjoy some end of summer activities to celebrate this month — build a campfire, harvest your garden and share with a neighbor or shut in, sit by a lake or river with your journal and reflect on your summer months, go to a parade, try a completely new flavor of ice cream on a really hot day!

September Full Moon Rite of the Autumnal Equinox Thursday, September 23 • 7:00 p.m. Hope Interfaith Center

Come and join us as we celebrate the wonder and power of the Autumnal Equinox! This day opens the cycle of the Year of the Soul for all who wish to attune to the true Mysteries. With the harvest ending, we are indeed creating a 'New Year' in the cycle of manifestation and we are given the opportunity to plant again with the understanding that what we plant will germinate, take root, sprout and then be harvested, only to begin the cycle again! So, as the sun is shifting with this equinox, let us shift inward, toward the heart, the seat of our Divine, and begin to cleanse and made ready for new birth!

The Flow

An excerpt from a poem by Paul Klages

Reach for the Light that is to be beyond all the stars

Go inside and be all that is true, and of promise – see –

Know that all is all, in all, and you are a part of it

Ask of that which of purity, is of the same circle

If only you can be in, and of all that is around you Things will change with each thought taking shape Vibrating to the rhythm of that which is water Inside everything and into all, is that which flows

Open to the flow,
see its shape surround you, in you
Its power moves like ripples
on a mirror of water
In others is the way
to see the reflection of true self
Mirror is a truth
of all who seek wisdom to fly.

Gatherings and Opportunities

Serenity Support Group

Hope Interfaith Center facilitated by Judy Mosca (suggested love donation: \$5.00 per gathering)

The Serenity Support Group is open to all who are seeking peace in the midst of these challenging times. SSG meets most Wednesdays, early afternoons. For further information and/or to register and get the schedule or meetings, 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 Hope (suggested love donation: \$5.00 per gathering)

Planet Two - Earth in a Higher Dimension

Sound intriguing? It's not only interesting, but it's true! This information will be new to you. I have received this information in three ways:

- 1) Through my higher self-channeling
- 2) Through current informational books
- 3) Having the opportunity to sit with Native Elders in dream states

Entering into this dream state I was taken to several places/ locations on this planet. First to Sante Fe, New Mexico, then to Chaco Canyon, and then to the Black Hills of South Dakota. In these areas I sat with elders who began to give me teachings and messages about the current events happening on this planet and why they are happening. I come now in humble gratitude to share with you this much needed information and the changes that are occurring.

As we sit together in circle form, our guidance teams will be working with us energetically to help us accomplish integration of our new frequencies with the greatest amount of ease possible. Many of us on this planet are having our frequencies raised to create.... well... like a pathway.... or portal.

The point of these Spiritual Studies is to help us all through this phenomenon of change as smoothly as possible, to give you new and current information, and to help usher in the new grid system that is being create now, even as you read this.

Our vibration is changing rapidly. The vast majority of our inhabitants here have been pushed up more than 13 MHZ a year since we leaped into the 21st century. We are being prepared for the biggest shift in the history of this planet!

Come join me to see how we can come together and prepare. In humble gratitude I thank my Teachers for teaching me.

HIC - A Place of Healing Renewal

Our Health Ministers Carol Parsley, Jody Scholtz, and Mona Smiley 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. 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

This financial investment group meets monthly 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!

July – "Sprout Up Your Life" Learn about the "super foods" (live foods) that can change your life. They are simple, inexpensive and truly necessary in our diets today. August – "Eco Friendly" ideas for you to incorporate into your "home and for the body." Give your surroundings within and around you the natural boost for cleanliness, it's next to Godliness.

September – "Save your Harvest" and reap your rewards by canning, drying, freezing and dehydrating your precious foods from your garden of Eden.

$\begin{tabular}{ll} \textbf{Journaling} \\ \textbf{(refer to the calendar for dates)} \end{tabular}$

Hope Interfaith Center facilitated by Marlene Lange

Last quarter, Marlene shared many journaling techniques with a group of HIC participants. The gatherings were so useful and appreciated that she will continue, twice each month, to meet any who wish to come into group and continue to journal. Newcomers are always welcome! Bring your notebook or journal and a writing utensil.

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.

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 appointment 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.

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! **Registration deadline is September 1, 2010.**

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 is 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. **Application dealine is August 20.**

Accelerated Time Integration Class Saturday, July 17 • 10:00 a.m. to noon

This is the second integration class of this year and is open to anyone who has been receiving the monthly teaching CDs on Accelerated Time from the Hope Interfaith Center. The integration classes this year will focus on our intuitive skills and opening our heart centers. The last meeting of this year will be held on October 16!

Every single creature is full of God and is a book about God.

Every creature is a word of God.

If I spent enough time with the tiniest creature — even a caterpillar — I would never have to prepare a sermon.

So full of God is every creature.

~ Meister Eckhart

Mankato MoonDogs Game Night! Sunday, July 18 • Tailgate 4:30 p.m., Game 6:05 p.m.

Franklin Rogers Park, Mankato Cost: \$3 per person

Round up your friends and family for some baseball fun and join the Mankato MoonDogs at Franklin Rogers Park! They play the Willmar Stingers that evening.

We will meet for a tailgating party in the Madison East parking lot beginning at 4:30 p.m. Look for our community at the northwest end of the lot, closest to the ball field. Bring a dish to share, your own meat (there will be a grill), your own beverage, and your own plates/utensils. At 6:00 we will enter the park together to receive our group discount.

Please sign up by July 8 at HIC or RSVP by phone or email. You may pay the night of the game.

A Celebration of the Divine Feminine Thursday, July 22 • 6:30 p.m.

Hope Interfaith Center

facilitated by Mary Lou Nelson and Jan Uhlencamp

For thousands of years around the globe, the Divine Feminine has been honored in the form of Goddesses. One could call these Goddesses and their qualities primordial symbols as they are held deep within our souls.

Come join us on July 22, Mary Magdalene's Feast Day, for a celebration of who she was and to celebrate how her life still lives within us!

Circle Friday, July 30 • 7:00 p.m. Thursday, September 9 • 7:00 p.m.

Hope Interfaith Center facilitated by Reverend Ursula Clara Christ (suggested love donation: \$5.00)

Circle is in invitation to come and let open the well of inner personal strength to your God-Self or Highest Self within. This is a shared part of us that we all have access to at our core and can provide a stable foundation for finding the way to our best living. The purpose of Circle is to let that spirit lead person you are capable of being shine through more fully. The evenings will be discussion- and experiential-based as Ursula facilitates with the channeling of her higher guidance. Moments of participation are often asked of group members however you are not required to be active.

Divided into two sessions, Circle offers a unique perspective into the long term as we check in a couple months down the road to see where we are (no absolute need to attend both Circle events however). Please join us for these evenings of blossoming inner connection.

**Women, Food and God" by Geneen Roth Saturday, August 14 • 10:00 a.m. to noon

Hope Interfaith Center facilitated by Hope

Since adolescence, Geneen Roth has gained and lost more than a thousand pounds. She has been dangerously overweight and dangerously underweight. She has been plagued by feelings of shame and self-hatred and she has felt euphoric after losing a quick few pounds on a fad diet. Then one day, on the verge of suicide, she did something radical: she dropped the struggle, ended the war, stopped trying to fix, deprive, and shame herself. She began trusting her body and questioning her beliefs. This is what worked for her!

Come join me for a cup of tea in the Library for an intimate and holy conversation of freedom! You may attend whether or not you have read this inspirational book.

Book Reflection "The Barn Dance" by James Twyman Wednesday, August 18 • 7:00 to 9:00 p.m.

Hope Interfaith Center facilitated by Hope

(someplace between heaven and earth, there is a place where the magic never ends....)

Best selling author James Twyman is generously offering us ADVANCE copies of this wonderful book. **Sign up by July 7**; the first 24 people will receive a free copy of this book, which is due to be released in September. Read it, and commit to come to the gathering on August 18. James will be phoning us at 7:30 that evening for a conference call teaching/interview time. This is a once-in-a-lifetime opportunity!

To confirm your interest and commitment to reading this book and coming to the August 18 meeting, stop in and sign up. Thanks, Melissa Anne for bringing this evening into fruition!

Fundraising Opportunities

Hot Dog Stand: August 13-15 • 11:00 a.m. to 9:00 p.m. Cub Food East, Mankato A hot dog stand means summertime fun and it also generates funds for HIC! But, we will need your help! If you're able to work at the stand, please sign up at the HIC or contact Kim Stanton at 507-345-6563 or email her at ofthemoment@myclearwave.net.

Farmer's Market: September 18 • 8:00 a.m. to noon Mankato Farmer's Market, Madison East Lot Shop for or donate treats! If you wish to donate baked items or volunteer at the booth, please contact Joni O'Connell at 507-934-0922 or email jonisean@hickorytech.net. Cookies should be packaged in dozens and bars or cake in 1/2 dozen packages.

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 emailing 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

July

1 Providence Partners	7:00 p.m.
6, 20 Journaling	7:00 p.m.

7 Deadline to register for Twyman book

8 Deadline to register for MoonDogs game

11 Spiritual Service 10:00 a.m. 13 To Heal Thy Health 6:30 p.m. 15 Relationship Group 7:00 p.m. 17 Integration Class 10:00 a.m. 18 Sunday Salon 10:00 a.m MoonDogs game 4:30 p.m. 22 Divine Feminine 6:30 p.m. Spiritual Study 7:00 p.m. 28 Full Moon 7:00 p.m.

August

30 Circle

3, 17 Journaling 7:00 p.m.
5 Providence Partners 7:00 p.m.
8 Spiritual Service 10:00 a.m.
10 To Heal Thy Health 6:30 p.m.

13-15 Hot Dog Stand 11:00 a.m.-9:00 p.m.

7:00 p.m.

14 Book Reflection 10:00 a.m.
15 Sunday Salon 10:00 a.m.
18 Twyman event 7:00 p.m.
19 Relationship Group 7:00 p.m.
21-Sept. 6 HIC closed for vacation

September

Providence Partners 7:00 p.m. 7, 21 Journaling 7:00 p.m. 8 2011 appointment book opens 9 Circle 7:00 p.m. 12 Spiritual Service 10:00 a.m. 14 To Heal Thy Health 6:30 p.m. 16 Relationship Group 7:00 p.m. 18 Bake Sale 8:00 a.m.-noon 19 Sunday Salon 10:00 a.m. 23 Equinox Celebration 7:00 p.m. 28 Spiritual Study 7:00 p.m.

Please RSVP for all events: 507-386-1242

Visit www.hopeinterfaithcenter.com for a printable calendar of events

All sacred pathways honored

www.hopeinterfaithcenter.com friend01@hickorytech.net

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