



# Hope Interfaith Center

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*April - June 2013*

*~ A message from Reverend Janice Hope Gorman ~*

***“Make new friends, but keep the old —  
one is silver and the other gold.”***

Dear Friends,

Remember singing that song when you were a kid? It is spring and it is time to come out of hibernation and join us at the Hope Interfaith Center to make new friends and say “hi!” to the old.

Rev. Judy Mosca, who facilitates our Serenity Group, gave me an article not too long ago that talked about social and spiritual circles. The article was written by Michelle Healy in USA TODAY and stated that attending spiritual services regularly and making connections with friends in the congregation is key to having a happier, more satisfying life. Even attending services irregularly increases a sense of well-being, as long as there is a circle of friendships within that community and a strong spiritual identity.

Numerous studies have shown that spiritual people report a higher level of well-being, peace and calmness compared with those who do not have any spiritual groups to attend, says Chaeyoon Lim, an assistant professor of sociology at the University of Wisconsin-Madison and lead author of the study.

Solo spirituality tends to be exactly the opposite of what any of the masters talked about. For the study, Lim and co-author Robert Putman analyzed data collected from 2007-2011 as part of the Faith Matters Study, a nationwide survey of a representative sample of adults. The results showed conclusively that participants in a spiritual community are not only more peaceful and positive and loving but they are also healthier!

Here at the Hope Interfaith Center everyone is welcome and you will find a spot where you will feel comfortable and safe. People who come on a regular basis tell me that they feel a sense of belonging. Others who do not come often or perhaps have only come once or twice say they do not feel a sense of belonging. But what I have come to understand is that sometimes people don't allow themselves the opportunity to be known or to know others. Therefore they don't allow this wonderful feeling of community to come into their lives. So this is an invitation to come out of your hibernation and join us at HIC for Spiritual Service which is always the second Sunday of the month. Or you may want to join us at our Salon on the

third Sunday of the month, where we have fellowship with coffee and share thoughts about the sermon from our Spiritual Service. This gives us an opportunity to really get to know each other. I can tell you when you come on a regular basis you will indeed before long have a sense of belonging. We all belong to the family of God/dess. We are all ONE!

We are a community where people speak with passion and love, where there is a circle of hands ready to greet you and receive you. Eyes will light up as you enter the temple, voices will celebrate with you whenever you come into your own power. Every service you will feel the spirit of love! Come! Come! Come and join us!

The creation of a community reflects a natural and very powerful urge to connect, do good, and change the world. This is what we do at HIC as our events and classes aim at uniting us in our ONENESS. We become stronger when we stand and work together to create the new world.

I leave you with these words, which I read from a book called “In a High Spiritual Season” by Joan Chittister.

*“The spiritual practice of love builds community, as do kindness and gratitude, and prayer. Try saying this silently to everyone and everything you see for thirty days and see what happens to your own soul: ‘I wish you happiness now and whatever will bring happiness to you in the future.’ If we said it to the sky, we would have to stop polluting; if we said it when we see the ponds and lakes and streams, we would stop using them as garbage dumps and sewers; if we said it to small children we would have to stop abusing them, even in the name of training; if we said it to people, we would have to stop stoking the fires of enmity around us. Beauty and human warmth would take root in us like a clear, Spring day. We would change.”*

You are invited to come to the Hope Interfaith Center to help create the new world.

With Pure Heart,  
Hope



~ **Hope Interfaith Center** ~

114 Pohl Road  
Mankato, MN 56001

507-386-1242

email: [friend01@hickorytech.net](mailto:friend01@hickorytech.net)  
Visit us at: [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com)

**Janice Hope Gorman, Minister**  
Jody Scholtz, Office Manager  
Marcie Douglass, Bookkeeper  
Center Steward: Rev. MaryAnn Morningstar  
Health Minister: Rev. Carol Ann Parsley  
Fellowship Minister: Rev. Jo Gangestad  
Program Director / Fundraiser Coordinator:  
Rev. Kim Stanton Cummings

**HIC Board of Directors:**

Carol Ann Parsley Judy Mosca Dean Pettis Tim Schmidt  
Ruth Ann Rosenwinkle Klea Brewton-Fitzgerald  
Marcia Nermoe Julia Curran

**For directions to the Center and other information,  
see right or please 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 welcome all and recognize that we are ONE in the eyes of CREATION!

**Sunday, April 14 - "Do Your Part"**

**Sunday, May 12 - "Motherhood, The Second Oldest Profession"**

**Sunday, June 9 - "Special Moments - Remembering Our Fathers"**

***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!

**Sunday, April 21 • Sunday, May 19 • Sunday, June 16**

***ONENESS Blessing Opportunity***

**Fourth Sunday of the month • 10:00 a.m.**  
**Hope Interfaith Center**

(See page 6 for more information.)

**Sunday, April 28 • Sunday, May 26 • Sunday, June 23**

***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 \$55.00 in person and \$60.00 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 \*\*\****

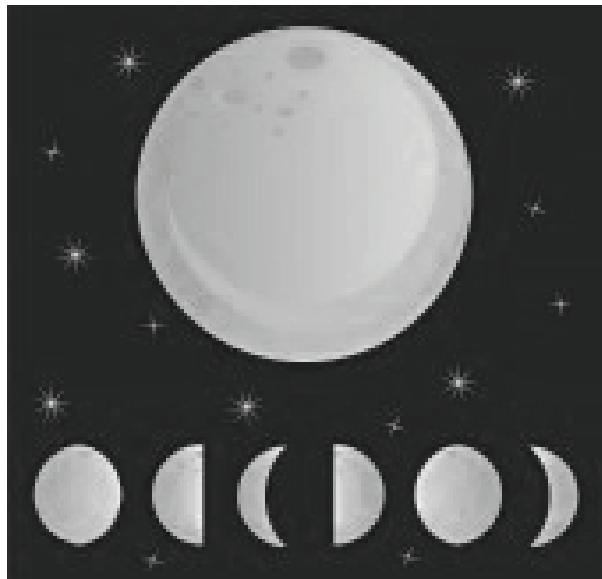
Please RSVP for gatherings by calling or emailing your intention to attend. It's a really nice thing to do for yourself and it helps in our planning. Thank you!

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.

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

**~ NEW Moon Groups ~**  
**A PERSONAL INVITATION TO GATHER**  
**AT THE TIME WHEN THE MOON**  
**HAS THE POWER TO MANIFEST!**

*Change is upon us!*  
*Take a look at our new moon groups!*



The new moon is the birthing cycle of the moon's various phases. The new moon phase is an OPTIMAL time for planning and seeding your intentions that you want to grow. The power of new frequencies is upon us, and so the change to monthly New Moon gatherings is very important. Seedlings need a period of gestation before they break through the soil and reach for the sunlight; this is the reason why we meet in the evenings. The dark side of the moon, with its mysterious unseen forces offers a nurturing environment where our intentions can establish roots before their miraculous manifestations begins to sprout and reach out to the stars. Please join us during these new moons as we create a NEW WORLD.

Please RSVP at least one week before the gatherings

***April New Moon***  
**Friday, April 12 • 6:30 p.m.**  
**Hope Interfaith Center**  
*Laugh Yoga*  
*facilitated by Bob Dickhudt*

Come join Bob for a night full of laughs! Laugh Yoga was developed on the premise that our bodies do not know the difference between "fake" and "real" laughter and benefit greatly from either one — physically, emotionally and other healthy ways.

Laugh Yoga sessions are for all ages and abilities. Sessions will last about 45 minutes and consist of directed fun activities by Laugh Yoga leader Bob Dickhudt. No experience is necessary — just come and "Laugh until it feels Good!"

***May New Moon***  
**Friday, May 10 • 6:30 p.m.**  
**Hope Interfaith Center**  
*Frequencies of Brilliance*

Our dear friend Craig Domeier has offered to bring in some crystals and shiva lingams for an awesome opportunity to meditate.

Anything with an inherent harmony, such as crystals, can act like a tuning fork to bring us back into harmony. Crystals radiate pure patterns of sacred vibrations. Gemstones resonate with unmatched consistency, sing their incredible songs of structure, balance, wave length and frequency, and can bring us back into our natural heritage.

This low-key evening is an opportunity to experience many types of amazing stones. We have unlimited potential to move through a multi-dimensional portal into experiences yet unknown to us. Come join us for this peace filled event.

***June Full Moon***  
**Thursday, June 20 • 7:00 p.m.**  
**Hope Interfaith Center**  
*Solstice Celebration!*

Come join us and celebrate the beginning of *summer fun!* This is a time to celebrate abundance and fertility, and the beauty of nature.

**Fun Facts about Solstice:**

- Pagans called the midsummer moon the "Honey Moon" for the mead made from fermented honey that was part of wedding ceremonies performed at the summer solstice.
- Ancient pagans celebrated midsummer with bonfires. Couples would leap through flames, believing their crops would grow as high as the couples were able to jump.
- Midsummer was thought to be a time of magic. Pagans often wore garlands of herbs and flowers. One of the most powerful of them was a plant called St. John's Wort.

Awed by the great power of the sun, civilizations have for centuries celebrated the first day of summer otherwise known as the summer solstice. The Celts and the Slavs celebrated the first day of summer with dancing and music and bonfires to help increase the sun's energy. The Chinese marked the day by honoring Li, the Chinese goddess of light.

We will mark this day with live music performed by a small group called The Mother and The Mule. We will also have homemade honey mead. It will be a wonderful time of frolic and fun. Bring your drums and wear garlands on your heads and dance with us on this very special day.

Blessed Be!

## ~ Gatherings and Opportunities ~

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

*“Organize Your Life!”*

Are you feeling overwhelmed, confused, stressed out? Feeling not sure what to do or where to turn? Has it ever dawned on you that possibly what you are eating is what's eating you?

Reverend Carol Ann Parsley can help you find that answers and teach you how to create a life of abundance! Let her help you clear your clutter. Together you can make a brighter future for your life and your loved ones. Call her for a private Health History Consultation; your first consultation is FREE!

Rev. Carol Ann Parsley is now a Certified Holistic Health Coach, and she is so excited about her new career in helping people that she is continuing with her education to be the best she can to help you! Watch for upcoming classes.

Rev. Carol Ann Parsley, Health Minister “Facilitator of Life” 507-420-3437. Office Hours: Tuesday-Friday, 9:00 a.m. to 3:00 p.m. at the Hope Interfaith Center.

### ***Serenity Group***

Hope Interfaith Center  
(dates sent via email)

*facilitated by Judy Mosca*

The Serenity Support Group is open to all who are seeking peace in the midst of these challenging times. For further information, get the schedule and/or register, please call Judy Mosca at 507-387-4629, Heart of Peace Spiritual Companionship. Dates will be sent out via email.

### ***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.

### ***Home Visits Available!***

Rev. Jo Gangestad, an ordained Hope Interfaith Minister since 2005, has accepted the call to be HIC's fellowship Minister. Jo exudes a special kindness in her heart and looks forward to visiting our HIC friends when they are hospitalized. She will also make home visits or phone calls. Please contact the Hope Interfaith Center if Jo's services are needed.

### ***Free Relationship Group***

Meets once a month • 6:30 to 8:30 p.m.

(refer to the calendar for dates)

Hope Interfaith Center

*facilitated by Hope*

How you feel equals who you are in your vibration. And who you are will equal everything that comes to you. This is the powerful Universal Law of Attraction. What is your vibrational offering to your partner? What is your vibrational offering to the universe as a whole? If you are seeking a joyful relationship full of fun, then according to the Law of Attraction, you must be a joyful partner full of fun!

The presence of a wonderful relationship cannot occur unless you are that same vibrational frequency. The Law of Attraction is responding right now to your current thoughts. What are you thinking about your partner right now? What are you thinking and saying about your marriage right now?

By coming to this life-changing relationship group you will be working with the Law of Attraction. We come together once a month to deliberately choose to learn new ways of staying fresh in our thoughts and our feelings about our partner. In this group we focus on all the good stuff in our relationships. In doing so, our vibrational energy rises and we find that our natural state returns to the vibration of love and respect and honor for each other,

As it says in the book “Getting into the Vortex” by Jerry and Esther Hicks: “It is certain that you can find and have the relationships that you desire, but first there is something very important that you must do: you must become a vibrational match to the qualities that you seek, because what comes to you always matches you.”

We are a fun, positive group that welcomes all to join. Come if you are married, partners, friends, dating or engaged. Please call Jody at HIC if interested or if you have any questions about the group.

### ***Journaling / Life Writing Group***

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

(refer to the calendar for dates)

Hope Interfaith Center

*facilitated by Julia Curran and Judy Mosca*

A journaling practice allows you to connect to your inner self to discover your deeper feelings, embedded ideas and inner direction. In this journaling group, we will provide a space for guided writing; for connection with others through discussion and sharing; and for connection to the ideas, lessons, and writings of Hope, Marianne Williamson, Gary Zukav, Abraham-Ester Hicks, Julia Cameron, and others. Each month there is a focus for the group, such as Life Purpose, Authenticity, Oneness, Forgiveness, Star Beings, etc. We love to see and hear about what you love to do — whatever that may be. Join us!

## ***Monday Morning Wellness Circle***

### ***Drumming and Qigong***

**Mondays • 9:30 a.m. to 11:30 a.m.**

**No gathering when HIC is closed**

Hope Interfaith Center

*facilitated by Paulette Ford*

Join Paulette from 9:30 –11:00 a.m. We will open with drumming, and then move into an active Qigong exercise and a sitting meditation. You need not have taken Qigong classes to attend and participate. Start your week with the Wellness Circle as you receive and share unconditional love.

A \$5.00 donation is requested. Call Paulette at 507-381-3870 or email her at pford@hickorytech.net.

## ***Men's Group***

### ***“Even the Lone Ranger had Tonto”***

**Every other Wednesday • 5:30 to 6:30 p.m.**

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

Hope Interfaith Center

*facilitated by Bob Dickhudt and Paul Gorman*

Quite simply, our men's group is a group of guys who meet regularly and privately to help each other to be the best they can be in every area of their lives. This men's group challenges the myth that you and you alone are the only guy that has ever dealt with challenge x, y or z. This men's group is open to everyone — just join us, and we'll have your back! The group meets every other week. If you any questions, contact Bob Dickhudt at 507-779-6971 or Paul Gorman at 507-420-0138.

## ***Wednesday ONENESS Blessing Circle***

**Wednesdays • 5:30 p.m.**

**(refer to calendar for dates)**

Hope Interfaith Center

*facilitated by ONENESS Blessers*

Please join us, and invite others, on Wednesday evenings for ONENESS Blessings! The ONENESS Blessings are based in the practice of Deeksha. In its simplest definition, as described by our Beloved Teachers, Deeksha is the practice of “getting one's self out of the way” so that Divine Light and Love can be channeled through us and given as a Blessing to others. Our HIC ONENESS Blessing Givers are excited to bring weekly opportunities to give and receive ONENESS Blessings. We truly welcome you to join us!

## ***Orb Room at HIC***

**ONENESS Blessing/Spring Forest Qigong Energy Healings**

**contact Marcie Douglass for appointments:**

**507-380-2717**

*“If you want to be healthy and live to 100, do Qigong.”*

*~Dr. Mehmet Oz*

Marcie Douglass is offering ONENESS blessing/Spring Forest Qigong energy healings in our Orb room at HIC. In your private session, you will experience an energy healing and you will be introduced to the techniques that will allow you to move your own energy. As a Level 4 Spring Forest Qigong Energy Healer, it is Marcie's passion to facilitate Master Lin's goal: A healer in every family, a world without pain.

The Deeksha (ONENESS) Blessing is a direct transfer of intelligent sacred energy which causes the heart to open, heals relationships, quiets the chatter of the mind, opens the doors to higher states of awareness and initiates a process of Awakening into ONENESS. Through this awakening we tap into our natural ability to heal. The ONENESS blessing combines with and enhances a Qigong energy healing.

Spring Forest Qigong is based on the simple yet profound understanding that everything in the universe is energy. Qigong began and remains a science — the study of how the universe works at its most basic, energetic level. Disease is created by blockages in our energy channels. SFQ Energy Healings help to release the blockages in your body.

## ***Skype your appointment with Hope!***

Janice Hope is now doing her phone readings over skype. You can make an internet call for free with skype and be able to have eye to eye contact. Yes, believe it or not, Hope is trying to bring innovative technology to HIC!

She is able to give Deeksha over skype and is thrilled to be able to Namaste everyone face to face. The energetic experience is different than just talking over the phone. These higher states of contact can lead to higher states of consciousness. And these high states of consciousness can lead to changes in the brain, which would eventually accumulate to a very big shift in your life.

If you would like to skype with Hope, please contact Jody to give her your skype name.

Namaste means that the light in me bows to the light within you. *Namaste! Namaste! Namaste!*

***All differences in this world are of degree, and not of kind,  
because oneness is the secret of everything.***

*~ Swami Vivekanandao*

## ***ONENESS Blessings at the Hope Interfaith Center***

Many people ask me this question: What happens when one comes to receive a ONENESS Blessing on a regular basis?

What you can expect to experience is a sense of detachment from the emotions themselves and from the kinds of circumstances that always triggered you. You will begin to perceive yourself as coasting over the surface of scenarios that once hooked you into endless repeated performances of agonizing dramas.

You can expect to be in joy and finally reach a permanent peace of mind. Also, remember, by incorporating these energy opportunities as an ongoing practice, just like a life style of regular exercise and a healthy diet, it is recommended as a part of the New Golden Age. ONENESS Blessings can contribute to the maintenance of physical as well as spiritual wellness throughout the many stages of awakening. We are all ONE. We are the embodiment of the God/dess force. We are as a drop of water is to the ocean bonded in ONENESS!

The Hope Interfaith Center is dedicated to helping people awaken to the truth of who they are.

Please come and explore one of the free experiences listed below. I want you to know that by the virtue of the fact that you are drawn to reading these words, you are already functioning at a heightened level of awareness. Come and fully awaken with us at the Hope Interfaith Center! These ONENESS Blessings are given to all. You are still able to follow your own religion or belief system. These are just moments of feeling the love that is within us all.

Come join us for these free opportunities.

### **1. ONENESS Blessing Wednesdays**

Every Wednesday at 5:30 p.m. we have ONENESS Blessing. The ONENESS Blessings are based in the practice of Deeksha. In its simplest definition, as described by our Beloved Teachers, Deeksha is the practice of “getting one’s self out of the way” so that Divine Light and Love can be channeled through us and given as a Blessing to others. Our HIC ONENESS Blessing Givers are excited to bring weekly opportunities to give and receive ONENESS Blessings. We truly welcome you to join us!

### **2. ONENESS Blessing Opportunity Sundays**

The fourth Sunday of each month we have a “ONENESS Blessing Opportunity,” which begins at 10:00 a.m. and goes for one hour exactly. This is a way of coming together to have a collective opportunity to send light to the world. Each person who comes receives one Blessing. Then into silence we disappear to feel a sense of rapport and synthesis while being in the ONENESS.

### ***A witnessing statement from Mona Smiley***

*The first ONENESS Blessing I received was very powerful! There are no words to describe it — the love energy is simple and complete ONENESS, that’s all I can say, I connected with my essential self and felt pure peace and joy. I asked for guidance to heal a loved one, and the information just came to me.*

*Last summer I had opportunity to become a ONENESS Blessor. I work with kindergarteners and I have done happiness and love blessings on two special needs children — what a delight to witness the effects it had on them... and on me as well.*

## ***Who is interested in a Community Garden at HIC?***

**Information meeting:**

**Saturday, April 6 • 12:00 p.m.**

Hope Interfaith Center

*“Now is the time to convince your business, school, church, mosque, synagogue or community center to add a garden on that empty lawn.”*

*~ from the book *Depletion and Abundance**

Statistics show that we need one third of the American population to take real responsibility for producing some of their own food. That means most people in the United States need to get out and find a plot of land they can grow food on.

The good news about gardening is that it can be a great deal of pleasure, something that millions of Americans already do for sheer joy. A recent scientific study suggests that there’s a chemical in dirt that actually makes us happy, so people who spend time with the soil are happier than those who don’t.

The key is getting as many people involved in this garden as possible. If you are interested in creating a small garden plot at HIC, please come join us for an informational meeting at HIC on Saturday, April 6th at 2:00 p.m. or contact Cara Gorman at 507-387-7041. She wants to meet with anyone who might be interested in starting a garden that represents a forward movement in growing our own food. This food could be given to our local food shelf which is always welcoming fresh food for those in need.

This would be a great project for anyone who has children who want to do a little gardening as well. How exciting to be a part of this forward movement! Peace and Joy always come with these new ideas.

***The God who existed before any religion  
counts on you to make  
the oneness of the human family  
known and celebrated.***

*~ Desmond Tutu*

## ***Find Balance and Flow in 2013!***

**Thursday, April 11 • 7:00 to 8:30 p.m.**

Hope Interfaith Center

*Speaker: Deb Schubert / Love donation: \$15.00*

The numerology for 2013 offers tremendous possibility for balancing. It is an exciting time to know and understand yourself through the energies of healer/warrior. Deb will speak about the guidance numerology has for us in 2013, month by month insight, and what it means to be in balance or vital flow. Healer: knowing, feeling, love, creativity, expression. Warrior: movement, action, form, motivation, vitality. Deb Schubert is a numerologist, healer and channel living in Colorado Springs.

## ***Sunday Noon Meal - Salvation Army***

**Sunday, April 28 • 11:00 a.m. to 1:30 p.m.**

Mankato Salvation Army

*Volunteers needed! Sign up by April 15th!*

The Sunday Noon Meal serves a healthy, full meal to those in our area who are in need of nourishment and fellowship. It is served every Sunday and uses the Salvation Army site as its base facility. Currently more than 110 guests are served each Sunday. This mission came out of the Mankato Hunger Task Force, which was formed in the mid-80s. Starting with five churches sharing the task, it now has evolved into a base of 14 spiritual communities working together! Hope Interfaith Center has agreed to provide and serve twice during each year.

Serving the Sunday Noon Meal involves the following: We will need approximately 16 people/units to help donate, make and serve the food. There are five categories – the main dish, a vegetable, salad, bread, butter, milk and dessert. Jody has more information and there is a sign-up sheet at HIC. On the Sunday we serve, we will meet at the Salvation Army at 11:00 a.m. The meal is served from noon until 1:00 p.m. and all volunteers should be able to leave, following clean up, by 1:30. This is a very worthwhile way to serve others and a good family activity, too. If you are unable to help serve that day, you can donate food (ask what is needed) or money to buy the food – there are many options available to come forward and serve.

## ***True Purpose***

**Saturday, May 4 • 9:30 a.m. to 4:00 p.m.**

Hope Interfaith Center

*facilitated by Hope and Rev. Jill Grace*

*Love donation: \$88.00 / Light lunch provided*

*Hope Interfaith Center director Janice Hope has followed her passion for over 20 years by living her soul contract and helping people find their passion and move towards it. Creating this one-day workshop has been requested by many people who have seen her develop dreams into a reality.*

Do you feel there is something significant you're meant to do?  
Do you long to have more impact in your community? Are

you an entrepreneur? Have you retired or do you wish to be in retirement? Are you looking to define your purpose? Then come explore your next step and create a road map to promote yourself!

Many books and workshops are long on inspiration and short on methodology. This is a crossroads year and time of action. This workshop is not only about accessing your purpose but how to implement it in your journey. After years of experience, of implementing and promoting the Hope Interfaith Center, I do have ways of sharing with you my journey. I will not only help you, I will see what may lie ahead of you. After reading the book "True Purpose" by Tim Kelly, I knew I wanted to put this day together for those who want to move forward.

Many people consider me a respected resource and leader on how to live a life of truth. I have currently been asked to do some consulting work with healers to help them start their journey as a business or non-profit. If you are ready to make some critical shifts and put your soul at the helm, then this is the day for you! We must make decisions that are in alignment with our purpose.

Many people have witnessed me decline offers and opportunities that were not congruent with my soul's work. I promise you that with a powerful blend of heart, head, compassion and relentless truth-telling, I will help you start paving your road map to success. You will clearly begin to understand what it takes to take your purpose and bring it into reality.

Critical points introduced in the workshop will be:

- Recovering a sense of possibility.
- Creating right relationship with your soul's sacred contract.
- Letting go of self-sabotaging behavior.
- Writing down your job (purpose) description. (If you don't know this then how will the Universe help you?)
- Receiving validating and constructive feedback.
- Receiving advice on how to get started on your purpose.

Stop telling yourself, "It's too late." Stop waiting until you make enough money to do something you'd really love. Stop telling yourself, "It's just my ego" whenever you yearn for more in your life. Stop telling yourself that dreams and sacred contracts don't matter. Stop fearing that your family and friends will think you are crazy. Stop telling yourself that following your dream or contract is a luxury and that you should be grateful for what you've got.

*"Man/Woman is asked to make of him/herself what s/he is supposed to become to fulfill his/her destiny." ~ Paul Tillich*

*"I myself do nothing. The Holy Spirit accomplishes all through me." ~ William Blake*

*"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose."*

*~ Elisabeth Kubler-Ross*

Maximum number of registrants will be 15. Please call Jody today if interested in this one-day workshop.

### ***Come to Peru in 2014!***

**Information meeting:**

**Saturday, May 11 • 10:00 a.m. to 12:00 p.m.**

Hope Interfaith Center

Come and find out about the next exciting trip we will be taking in May of 2014! Hope has now been guided to bring a group to Peru in South America to help experience how to have reverence for our entire planetary ecosystem. Come to the land where the indigenous cultured traditions can teach us to live in sacred relationship with our Mother Earth!

Peru is filled with timeless ruins and a legendary lost city of the Incas. We will begin to discover Peru's most dazzling highlights with a tour of Lima and Larco Museum guided by Curator Ulla Holmquist. Then we'll travel to Cuzco Urubamba Valley. We will enjoy markets and traditional cuisine. Included is a guided tour of Machu Picchu with a train ride to Cuzco and a private guide and tourist bus to Puno. We'll see Lake Titicaca, travel to the untouched wilds of Galapagos and so much more!

Join us on May 11 for more information about this amazing trip!

### ***Fabulous Friday Fundraiser***

**Better "Humanship"**

**Friday, June 7 • 1:00 to 4:00 p.m.**

Sara Sinnard's Farm

*facilitated by Sara Sinnard / Cost: \$45.00*

Access your core energy and bring out your inner leader through the ultimate horse experience. This leadership workshop combines a unique blend of Core Energy Leadership Learning and Equine Assisted Education (EGE) to access and renew your inner leader.

Participants work safely on the ground through a number of experiences with horses, facilitated by an experienced Core Energy Leadership and EGE Coach, to uncover personal strengths and opportunities. Horses have a unique ability to help us be better humans. This workshop is specifically designed for women who are invested in continual improvement as leaders and humans.

Sara Sinnard, owner of FUSION Life & Leadership, LLC, is a Core Energy Leadership Coach helping individuals and teams reach their full potential through private coaching, workshops and custom training. She specializes in life and career transitions through Core Energy Leadership Learning and Equine Guided Education. To register for this class please call Sara at 507-278-3553 / 319-329-7182 or email Sara at [sara@fusiononesource.com](mailto:sara@fusiononesource.com)

### ***8th Annual HIC FUNraising Yard Sale!***

**Friday, June 14 • 8:00 a.m. to 6:00 p.m.**

**Saturday, June 15 • 8:00 a.m. to 2:00 p.m.**

Grounds of the Hope Interfaith Center

Your donations of gently used saleable items will make this yard sale a HUGE success! To donate, please bring your items to the entrance of the HIC Great Room on Tuesday, June 12. We will also accept donations on Thursday, June 14, and you can leave your items under the tents on the grounds of the HIC during that day. Please call Kim Stanton Cummings at 507-345-6563 or email her at [ofthemoments@gmail.com](mailto:ofthemoments@gmail.com) to donate or to volunteer.

### ***Yoga, Breath and Movement with Nora***

**Mondays, April 1, 8, 15 and 22 • 11:00 a.m.**

Hope Interfaith Center

*facilitated by Rev. Nora*

*A \$7.00 love donation is requested*

A 90-minute class for everyone! We will draw upon Kundalini yoga, Hatha yoga, and Tijah (tai-chi like) movements to help build strength, flexibility, balance, and stamina in our lives as well as our bodies.

These practices help build the immune system, detoxify from the inside out, increase energy and open the heart. Please bring a yoga mat or large towel and wear comfortable clothing you can move in.

Rev. Nora (Marcia Nermoe) has been leading yoga and movement classes in Mankato for eight years and is passionate about using breath and movement to not only bring us into the present moment, but also into a more loving relationship with ourselves.

### ***Suggested Donation Prices and Credit/Debit Cards Now Accepted at HIC!***

Throughout the years, many in our HIC community tell me that I should increase the suggested love donation for a session, and many have also asked us to accept donations using credit and debit cards.

We are already accepting credit/debit cards, and with the suggestions that I have received, the HIC board decided that beginning January 1, 2013, we will be increasing the suggested love donation for a session to \$55.00, and phone sessions will have a suggested increase to \$60.00. Remember — your donations are tax deductible!



**WITH GRATITUDE  
IN OUR HEARTS!**

*Heartfelt thanks to all  
who helped at HIC last quarter*

Your kindness really warmed our hearts  
with the many note cards gifted to our Center,  
as many of you know we write cards  
to our friends in need during Sunday Salons.

Plus, our dear Mother Hope  
who sends out three cards per day  
as a part of her mission  
at the Hope Interfaith Center.

Thank you for to all who volunteered  
and donated/prepared food during our  
December Sunday Noon Meal  
at the Salvation Army.

Thank you for your generous gifts of time!  
We couldn't have done it without you!

We are very grateful to Jody Saxton and  
Caroline Danielson who donated books  
to our HIC library this past quarter.  
Thank you ladies for your generous hearts!

HIC Board!

Thank you so much for your commitment  
of time and energy!  
We appreciate you all!

As always, we also appreciate all those  
who help out around HIC  
without even being asked!!  
Simple gifts such as putting chairs away,  
helping in the kitchen after Sunday Service,  
emptying garbage...  
all of those actions are  
witnessed and appreciated!

**~ Calendar of Events ~**

*Please RSVP for all events: 507-386-1242  
Visit [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com)  
for a printable calendar of events*

**April**

- 1,8,15,29 Monday Morning Wellness Circle 9:00 a.m.
- 1,8,15,22 Yoga Breath and Movement 11:00 a.m.
- 3,10,17,24 Wednesday ONENESS Blessing Circle 5:30 p.m.
- 3,17 Men's Group 5:30 p.m.
- 4 Providence Partners 7:00 p.m.
- 6 Peace Garden Informational meeting 2:00 p.m.
- 9 Journaling 6:30 p.m.
- 11 Speaker Deb Schubert 7:00 p.m.
- 12 New Moon 6:30 p.m.
- 14 Spiritual Service 10:00 a.m.
- 21 Salon 10:00 a.m.
- 25 Relationship Group 6:30 p.m.
- 28 ONENESS Blessing Opportunity 10:00 a.m.

**May**

- 1,8,15,22,29 Wednesday ONENESS Blessing Circle 5:30 p.m.
- 1,15,29 Men's Group 5:30 p.m.
- 2 Providence Partners 7:00 p.m.
- 4 True Purpose Workshop 9:30 a.m.
- 6,13,20, Monday Morning Wellness Circle 9:00 a.m.
- 10 New Moon 6:30 p.m.
- 11 Peru Information 10:00 a.m.
- 12 Spiritual Service 10:00 a.m.
- 14 Journaling 6:30 p.m.
- 16 Relationship Group 6:30 p.m.
- 19 Salon 10:00 a.m.
- 26 ONENESS Blessing Opportunity 10:00 a.m.

**June**

- 3,10,17,24 Monday Morning Wellness Circle 9:00 a.m.
- 5,12,19,26 Wed. Oneness Blessing Circle 5:30 p.m.
- 6 Providence Partners 7:00 p.m.
- 7 Fabulous Friday at 1:00 p.m.
- 9 Spiritual Service 10:00 a.m.
- 11 Journaling 6:30 p.m.
- 12,26 Men's Group 5:30 p.m.
- 16 Salon 10:00 a.m.
- 20 Solstice 7:00 p.m.
- 23 ONENESS Blessing Opportunity 10:00 a.m.
- 27 Relationship Group 6:30 p.m.

# *All sacred pathways honored*

**Hope Interfaith Center**  
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