



# Hope Interfaith Center

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*October - December 2009*

*A message from Reverend Janice Hope Gorman:*

## ***“Spiritual Needs of a Newly Emerging Global Civilization”***

Dear Friends,

All of us are on the same spiritual sacred journey, to a destination as yet perhaps only seen dimly in many of our eyes — and yet it is in our reach!

During my Labor Day weekend I once again picked up the book “Journey to Self-Realization”, which is a collection of talks and essays on realizing God in daily life by Paramahansa Yogananda. I ask myself why I am always drawn back to this man and his writings. Perhaps it is he who is calling me back to him and what he was teaching. As I read, I found myself weepy and tense and opening to another level of surrender.

Yogananda always offered enlightening counsel to all who were seeking to better understand themselves and their true purpose in life. He also taught in his writing how to be and live in a very grounded practical sense to be self realized on this planet. His teachings were always filled with inner joy and outer accomplishments, a world teacher who lived what he knew and lived what he taught.

In the late 1930s, Yogananda began to withdraw gradually from his nationwide public lecturing. He said “I am not interested in crowds, but in souls who are in earnestly wishing to know God.” Thereafter, he concentrated his efforts on classes for serious students. He taught how to convert truth into experiences of one’s daily life.

We at Hope Interfaith Center embrace the journey to self-realization and helping convert this truth into manifesting a new world, a new dawn, and a new age.

The time is now. Each soul is omniscient and in the dawning of this new age the external, body-identified ego nature becomes limited to its present name, family,

and environment. On that day when your soul shall remember its divine origin, your consciousness will live again in the great mansion of Spirit, and you will know everything that is in Spirit.

It is a most wonderful experience to meet and recognize someone you knew before — someone with whom you have traveled the same pathway of life in former incarnations. Now many of us are back together again! Just like my friend Morningstar says, “I’ve known Hope since Moby Dick was a minnow!” We always laugh with each other because we know we have been together so many, many times before.

I remember sitting and reading the book “The Family of Light”. As I got to the part that said that someday we would all meet again as a family of Light, tears of joy ran down my face. I so wanted to find the family of Light who would go on this wonderful Spiritual Adventure with me!

Well, we are here! This can be the place! The family of Light meets and greets at the Hope Interfaith Center. We are a group of people who are dedicated to come into alignment with our God-self on a personal level and a planetary level. We are dedicated to create hearts that have a supreme love for God and Goddess. We have no other ambition than to love and laugh and become Egoless in our lives and serve to create a new world.

The face of Ego is always the illusion that creates the drama in our lives and on this planet. The FACE of Ego is...

F for fear

A for anger

C for controlling

E for entitlement.

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We now call any one to the Hope Interfaith Center who is ready to eradicate the face of Ego and now wish to be the face of Love. The FACE of Love is...

F for fellowship and follow through

A for acceptance

C for commitment to community

E for evolution on a personal and planetary basis.

CHANGE is a beautiful word! Come to the Hope Interfaith Center to learn how to let go of the face of Ego and shine forth with the face of Love to help create the new world!

We are dedicated to helping people into their own self-realizations so that we can all be a part of building this new world. Take charge now and join us for an event, spiritual teaching, Spiritual Service, or any of the gatherings here at HIC. May we all have an amazing season of peace, gratitude, and love!

With Pure Heart,  
Hope



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

*“There is as much greatness of mind in acknowledging a good turn, as in doing it.” Seneca said this and it is true! So THANK YOU! This past quarter we have required volunteers for the Cub Food Hot Dog Stand, the Mankato Farmers’ Market Bake Sale, and the PrideFest. We extend deep gratitude to the following volunteers:*

*Ursula Christ, Angela Anderson, Kathy Heine, Judy Mosca, Joni O’Connell, Bonnie Smasal, Kim and Andrew Cummings, Jo Gangestad, Emma Sweere, Denise Salisbury, Nancy Besse, Janice Gorman, Deb Nelson, Penny and Scott Tower, Marcia, Mallory, and Lyndsey Nermoe, Alex and Olivia Rivers, Klea Brewton Fitzgerald, Dayna Cobb, Julie Thorleifson, Dean Muesing, Cara Gorman, Julia Curran, Sara Gorman, Christine Kile, Jane Kearney, Connie and Wayne Haugen, Morgyn Haugen, Macey Carlson, Carol Klossner, Robin Schaefer, Wendy Rockswold, Georgianne Kramer, Flip Blaschko, Marion Lichtenber, John Petering, Marianne Carlson, Kirstin Cronn Mills, Jan Rimmel, Monika Antonelli, Jan Uhrencamp, and Maryanne Morningstar. We apologize if we have left any one off of this list. Know that in the Heart of all matters you are known by your actions!*

## Hope Interfaith Center

114 Pohl Road  
Mankato, MN 56001

507-386-1242

e-mail: [friend01@hickorytech.net](mailto:friend01@hickorytech.net)

Visit us at: [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com)

### Janice Hope Gorman, Minister

Penelope Tower, Associate Minister  
Joni Rae O’Connell, Financial Minister  
Center Steward: MaryAnn Morningstar

Mary Lou Nelson, Massage Therapist  
Wendy Rockswold, Reiki Master

HIC Board of Directors:

Nancy Besse Ursula Christ  
Jo Gangestad Julie Thorleifson  
Kathy Heine Kim Stanton

**For directions to the Center and other information,  
please see page 7 or visit us online at:  
[www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com)**

## ***SPIRITUAL SERVICES***

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

**Hope Interfaith Center**

*facilitated by Hope*

The Hope Interfaith Center holds a spiritual service the second Sunday of each month. We open our arms to all to come together and recognize that we are ONE in the eyes of CREATION! All Sacred Pathways Are Honored. Come and invite a friend!

**Sunday, October 11 – “One Peace at a Time”**

**Sunday, November 8 – “The Attitude of Gratitude”**

**Sunday, December 13 – “Love Lights the Way”**

## ***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, October 18 (also a potluck day — see page 5)

Sunday, November 15

Sunday, December 20

***~ 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.**

### ***October Full Moon***

**Saturday, October 3 • 10:00 a.m. registration**

**Hope Interfaith Center**

*Peace, Pass It On!*

Meet at Hope Interfaith Center! At 10:30 we will begin our walk on a charted course of 1.5 miles. During the walk, you will be able to be silent and meditate on Peace within the world and ourselves or walk with groups and share in fellowship. What a great opportunity for you to gather your friends together to take a walk with a greater purpose!

Upon returning to HIC, a Peace Pole will be presented to South Central College of North Mankato, the second recipient of our annual "Peace, Pass it On" Peace Pole! As a note of history, HIC has purchased and gifted Peace Poles on our Pilgrimages to Israel and Palestine during the past 5 years and we have also given poles to the city of Mankato and 1st Congregational UCC, Mankato.

Come, even if you are not interested in the walk, to cheer on the walkers and celebrate Peace!

Suggested Love Donation is \$10. The proceeds from the walk are deposited into our Peace Fund, which purchases the annual Peace Pole that is gifted within our community and also supports Peaceful movements around the globe.

### ***November Full Moon***

**Tuesday, November 3 • 7:00 p.m.**

**Hope Interfaith Center**

*Game Night!*

During the month of Gratitude, let's come together to celebrate and give thanks for the ability to create fun and community through a variety of board games! The Great Room at HIC will have tables set up with a different game at each table – grab some friends, old or new, and play a game, share some laughter and teamwork, and enjoy snacks! HIC will provide refreshments – please bring a snack to share!

### ***December Full Moon***

***Rite of the Winter Solstice***

**Monday, December 21 • 7:00 p.m.**

**Hope Interfaith Center**

It is a month of Great Celebration. You have achieved what was desired and you have each played your part in this wonderful transformation. Let us join together and celebrate Light and Love! As always, we will wish each other a continued journey of JOY in our Adventures of Light for the coming year of 2010!

***Nothing is predestined:***

***The obstacles of your past can become  
the gateways that lead to new beginnings.***

***~ Ralph Blum***

## Gatherings and Opportunities

### *Serenity Support Group*

Hope Interfaith Center

*facilitated by Judy Mosca, Spiritual Director*

*(suggested love donation: \$5 per gathering)*

The Serenity Support Group meets most Wednesdays at 1:00 PM at HIC. The Serenity Support Group is open for all seeking peace in the midst of these challenging times. Please call Judy Mosca at 507-387-4629, Heart of Peace Spiritual Companionship, for meeting dates or further information.

### *Monthly Spiritual Study*

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

Hope Interfaith Center

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

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

**NOTE: There is no Spiritual Study in December**

#### **The Benefits of Juicing!**

Carol, Jody, and Mona have studied juice therapy for a combined total of 25 years! They are impassioned to share their knowledge!

**In October**, come and learn about cleansing through juicing.

Cleanse your mind, body and soul through the value of food and nutrition. Let's appreciate and rejuvenate ourselves. We will share cleansing recipes and secrets that you will love to know!

**In November**, the month of gratitude, we will take the time to say thanks! Come, be thankful for your body, and learn new ways to nourish it. We will be sharing raw food recipes for the holidays!

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

We 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.

### *Providence Partners*

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

Hope Interfaith Center

A financial investment group was formed in late 2008 with the intention of meeting monthly, continuing to study smart and conscious investments, and investing as a group. There are still a few spaces open for new investors. If you have any questions, please call Arlys Graff @ 507.665.4119 for more information and/or then come to the meetings!

### *A Passion to Heal: 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.*

This ongoing group is for any one who is now ready to get rid of the excess baggage that has turned into added/extra body weight. We meet twice a month, first weighing in if you wish and then having time for a short teaching and introspective exercises, with the intention and action of journeying towards inner peace, health, and well-being.

As a group we will support and encourage one another on this inner and outer adventure. All of this combined brings us to vibrant well-being on all levels – physical, emotional, mental, and spiritual.

This group is 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!

### *Accelerated Time CDs for 2008 and 2009*

It's never too late to begin to receive the monthly teachings on CD that are available at the Hope Interfaith Center. These CDs are created to help you during this time of acceleration. Those who have been receiving the CDs, have told us they have been helpful during this journey of change.

The suggested donation is \$8.00 per CD. Next year, the monthly teachings will all revolve around the theme of "Shifting Years." There will be more about that in the next newsletter.

#### **Accelerated Time Integration Class**

**October 10 • 10:00 a.m. to noon**

This is the final 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.

***Silent Auction***  
**Bidding open through October 31**  
Hope Interfaith Center

The HIC yearly Silent Auction is up and running! There is a multitude of great and varied items up for bid in the Great Room of the Hope Interfaith Center. Please come and peruse the goods, place a bid, and come back often to check on your bid! The bidding closes on October 31!

***Ovation Concert***  
**Sunday, October 11 • 1:30 p.m.**  
First Presbyterian Church  
220 East Hickory Street, Mankato

**Free Public Concert. Children welcome!**

In celebration of National Coming Out Day, we are proud to be co-sponsoring this concert. Ovation is a pre-eminent small ensemble of singers from One Voice Mixed Chorale. They are a phenomenal, energetic, moving group of singers. Attendees will not be disappointed!

This concert is sponsored by the Unitarian Universalist Fellowship, First Congregational UCC, and co-sponsored by First Presbyterian Church, Centenary United Methodist Church, St. John the Evangelist Episcopal Church and Hope Interfaith Center.

***Reverse Trick or Treating***  
**Beginning October 11**

This Halloween, hundreds of groups of Trick-or-Treaters in the United States and Canada will unite to help:

- END poverty among cocoa farmers
- END forced/abusive child labor in the cocoa industry
- PROMOTE Fair Trade
- PROTECT the environment

A pleasant surprise will greet nearly a quarter million people distributing candy at their door, when youth reverse the Halloween tradition to hand adults a sample of Fair Trade dark chocolate.

The chocolate will be accompanied by a card informing recipients of poverty and child labor problems in the cocoa industry, affecting mainstream candy enjoyed at Halloween and around the year, and how Fair Trade certified chocolate provides a solution.

Parents of last year's youngest participants raved about how Reverse Trick-or-Treating transformed Halloween into a meaningful event when youthful activists can give back to their neighbors and to cocoa growing communities.

**Candy and cards will be available to pick up after the October 11 Spiritual Service!**

***Day of Action Potluck***  
**Sunday, October 18 • 10:00 a.m.**  
**in conjunction with our Monthly Salon**  
Hope Interfaith Center  
*Eat tasty food, enjoy good company  
and heal the planet!*

Share the harvest and join at Hope Interfaith Center on this Sunday for a Local Foods Potluck. The potluck is part of an International Day of Climate Action and will focus on how coming together for a meal can build community, support the local economy and provide tasty food while it reduces the amount of carbon dioxide released into the atmosphere. Monika Antonelli will briefly share information on 350.org and lead a discussion as part of this potluck salon!

Please bring a food item that contains at least one locally grown ingredient. Refreshments will be provided. If possible, bring your own "dining kit" as well (plate, utensils, glass, napkin) to enhance the experience of living green and supporting the earth! Please RSVP!

***A Book Discussion: "Eat, Pray, Love"***  
**by author Elizabeth Gilbert**  
**November 5, 12 and 19 • 7:00 to 8:00 p.m.**  
Hope Interfaith Center  
*facilitated by Rev. Ursula Clara Christ*

Elizabeth Gilbert was where she was supposed to be. Successful in her career, had a husband and a beautiful home, but things were not as they seemed. Anxiety and fear consumed her so much so that she needed to break free and discover who she really was. In an irresistible best-selling memoir, the author of this true story recounts her transcendent journey to the outer reaches of the earth and the inner reaches of the soul. From Italy to India to Bali, we read fascinating accounts of one woman's desire to learn how to eat with pleasure, how to maintain vigilance in prayer and piety, and how to learn to love with your whole being.

Come join in the journey of our own pursuit of self-discovery and recollections of transcendent experiences from our own past. Let us compare and contrast ourselves and each other with the lessons taught in this moving tale to discover what we really want out of this life. If you haven't yet read this book, it is certain to touch your life and help awaken the change in you that is needed. Book discussions will center on topics from the book and on the inner and outer life journeys of the members participating.

We will cover up through her visit to Italy during the first session, so please have that read if you wish to keep up. You may always attend the discussion even if you have not read this book.

### ***Sunday Noon Meal***

***at the Mankato Salvation Army***

**Sunday, November 15 • 11:00 a.m. to 1:30 p.m.**

*Volunteers needed to bring food and serve!*

*Please sign up by November 8.*

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 100 guests are served each Sunday.

This mission came out of the Mankato Hunger Task Force which was formed in the mid-80's, starting with five churches sharing the task and 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 approx. 16 people/units to help donate, make and serve the food.
- There are five categories – the main dish, a vegetable, salad, bread, butter and milk, and dessert.
- Penny 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 a.m.
- The meal is served from noon to 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!

### ***Fair Trade Bazaar***

**November 8 to December 18**

Hope Interfaith Center

Beginning with the November Spiritual Service, you will have the opportunity to shop at a Fair Trade Bazaar! We have been selling Fair Trade coffee, tea, cocoa and chocolate for about a year now and wanted to expand on our support of worldwide equality. So we will also have a bazaar of other fair trade items for sale — gifts items, jewelry, and much more. This sale is an excellent way to empower impoverished artisans and farmers across the world, grow economic justice, and support Fair Trade. This is also a great chance to do some holiday shopping!

### ***Year End Retreat***

**Friday, December 11 • 7:00 p.m.**

**through Saturday, December 12 • 5:00 p.m.**

Holy Spirit Retreat Center

Lake Elysian, Janesville, Minnesota

*Cost: \$25 for Retreat Center and*

*Love donation for teachings by Selina and Hope*

**Register by December 3**

Come join us for our annual end of the year get away. As always, this season tends to get us caught up in the illusions of life. We forget how powerful this time of year really is. Many of us know or intuitively feel that we are in “transition.”

Friday evening we are excited to have Selina Maitreya, a spiritual teacher from the Boston area, with us! “Putting Yourself First On Your Grace List” is the title of the teaching Selina will share. She will begin the discussion with a teaching on grace and then we will, as a group, discuss the various definitions we have around the term Grace List. As the discussion moves forward we will segue into discussing where we are on our own Grace list.

Let us end this year on a High Note! Anyone who is in community with HIC is invited to join together in a time of reflection and anticipation!

During these 24 hours, we will share communal food. You will receive a letter the week before the event letting you know what to bring. This event always fills up fast, so please RSVP by calling the Center (507-386-1242) by December 3.

***When it comes to life  
the critical thing  
is whether you take things  
for granted  
or take them  
with gratitude.***

***~ G. K. Chesterton***

***Directions to The Hope Interfaith Center  
114 Pohl Road, Mankato***

**From the West:**

Highway 14 East to Highway 22 South  
Turn right on Hoffman Rd. (past East High School, cross Victory Dr.)  
Hoffman Road becomes Glenwood Avenue (curvy road)  
Turn left onto Pohl Rd.  
The Center is the deep magenta building on the right corner

**From the East:**

Highway 14 West to Highway 22 South  
Turn right on Hoffman Rd. (past East High School, cross Victory Dr.)  
Hoffman Road becomes Glenwood Avenue (curvy road)  
Turn left onto Pohl Rd.  
The Center is the deep magenta building on the right corner

**From the North:**

Highway 169 South to Highway 22 South (one block past the last stop light in St. Peter)  
Turn right on Hoffman Rd. (past East High School, cross Victory Dr.)  
Hoffman Road becomes Glenwood Avenue (curvy road)  
Turn left onto Pohl Rd.  
The Center is the deep magenta building on the right corner

**From the South:**

Highway 169 North to Riverfront exit  
Turn right onto Riverfront Dr. (past West High School)  
Turn right onto Stoltzman Rd. (follow this road and signs to MSU)  
Turn left onto Stadium Rd. (drive up hill past MSU)  
Turn left onto Pohl Rd. (twin homes on corner)  
The Center is deep magenta, the last building on the corner

***Suggested Donation Prices for Spiritual Counseling***

The suggested donation for spiritual counseling is \$50.00 in person and \$55.00 for phone readings (\$5.00 for postage). Remember that we are a non-profit spiritual center, therefore your donations are tax deductible.

***\*\*\* IT'S IMPORTANT TO RSVP \*\*\****

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

When you come to the Center, we would ask that you remove your shoes if possible. There are mats and cubbies that will hold your shoes. This is not only to help keep the Center clean but it is also a way of honoring the sacredness of the space. Thank you.

**Calendar of  
Hope Interfaith Center Events**

**CALENDAR:**

**October**

- |       |                          |            |
|-------|--------------------------|------------|
| 3     | Peace Walk               | 10:00 a.m. |
| 10    | Integration Class        | 10:00 a.m. |
| 11    | Spiritual Service        | 10:00 a.m. |
| 13,27 | Passion To Heal          | 5:30 p.m.  |
| 15    | Providence Partners      | 7:00 p.m.  |
| 18    | Sunday Salon/<br>Potluck | 10:00 a.m. |
| 27    | Spiritual Study          | 7:00 p.m.  |
| 29    | HIC Board Meeting        | 6:00 p.m.  |

**November**

- |         |                                       |            |
|---------|---------------------------------------|------------|
| 3       | Full Moon                             | 7:00 p.m.  |
| 5,12,19 | Book Disc.                            | 7:00 p.m.  |
| 8       | Spiritual Service                     | 10:00 a.m. |
| 10,24   | Passion to Heal                       | 5:30 p.m.  |
| 15      | Sunday Salon                          | 10:00 a.m. |
| 15      | Sunday Noon Meal<br>at Salvation Army | 11:00 a.m. |
| 19      | Providence Partners                   | 7:00 p.m.  |
| 24      | Spiritual Study                       | 7:00 p.m.  |

**December**

- |       |                     |          |
|-------|---------------------|----------|
| 11-12 | Year End Retreat    |          |
| 13    | Spiritual Service   | 10:00 AM |
| 15    | Passion To Heal     | 5:30 PM  |
| 17    | Providence Partners | 7:00 PM  |
| 20    | Sunday Salon        | 10:00 AM |
| 21    | Winter Solstice     | 7:00 PM  |

**\*NOTE: HIC will be closed for the Holy Days  
from December 21 – January 4**

***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)