



# Hope Interfaith Center

*October - December 2014*

*~ A message from Reverend Janice Hope Gorman ~*

Dear Friends,

Once, long ago, rulers in India kept monks close to their courts. They knew about energy expansion and radiation and they knew that daily meditation for peace had a calming effect on the populace. The kings took care of the monks so they could care for society. Even in medieval Europe, villages felt protected against robbers in the presence of a nearby monastery. This ancient wisdom is being rediscovered and used at the Hope Interfaith Center and we are very proud to be connected to other groups who are gathering to create world peace.

The idea that groups of meditating people can influence the societies around them challenges many people. I also know that many people's lives are extremely busy and believe that solo meditation is just as good. But I have had an opportunity to go to Fairfield, Iowa and do some T.M. meditation and also study a bit about the Maharishi who I believe was a remarkable Indian Guru who came to inspire Westerners to meditate for world peace. Also, I am staying connected to a woman in Peru who is helping me explore the sacred science of shamanic techniques. I am learning more and more about the fascinating body of research on our consciousness that seems to prove that group meditation has the potential to reduce violence and conflict in the world.

Especially with this incoming energy that is bathing the Universe at this time, I know it's still hard to believe, yes. But more and more rigorous research is showing the impact of group meditation which exceeds that of any other ongoing social or psychological research program ever done. This research is still going on and on and it has survived a broader array of statistical tests than most research in the field on conflict resolution.

The findings on group meditation for world peace have been startling. And, if you want to dig into this more please do so and pass on this information to me. For I am dedicated to bringing people together in our temple at the Hope Interfaith Center to blaze light and love unto this beautiful planet. When groups of dedicated people gather together for the intention of world peace the group has an increased coherence and it is said that the energy of this intention has a "spill over" effect. When you come to these groups and participate fully the participants are more awake, they see the big picture and are more positive. They radiate an energy

## Radiating Energy

that magnetically enhances their own personal lives. Your life can take on a certain magical energy that helps you flow verses always being in a struggle with life. When people come together in groups at the Hope Interfaith Center their brain waves synchronize and then we synchronize our group energy with all the other groups around the world and we create a Tsunami of LOVE and we watch it ripple around the world. The impact of synchronizing our energies affect the Global Consciousness and the behavior of random systems changes around the world. If we all would look to the principles of quantum physics we could all agree that our temple is making a difference in our world.

Now, at the Hope Interfaith Center, we provide a place and form groups that intentionally connect with other groups around the world to create a sophisticated, powerful, potent energy of an ocean of LOVE. We are peacemakers! During this fall and winter I am sending a clarion call out to you my friends to come check us out. We will be having ongoing group meditations for world peace at our center. At each of our spiritual services this fall and winter we will be doing a 10 minute powerful period to synchronize our heart-minds for the intentional purpose of bringing peace upon our planet. Now if everyone who comes to our Spiritual Services only invites one other person to our temple the second Sunday of every month the vibration and frequency will double in size immediately.

We at the Hope Interfaith Center are a peace loving community that is dedicated with our actions and not just our talk to creating peace on Earth and good will for all! Please continue to read up on the other groups and events that we offer at our temple. I am sure you will find a place in one of the many groups that we offer. WE CHANGE THE WORLD!

With Pure Heart,

Rev. Janice Hope Gorman



## ~ Hope Interfaith Center ~

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

[www.facebook.com/hopeinterfaith](http://www.facebook.com/hopeinterfaith)

**Janice Hope Gorman: Minister**

**Jody Scholtz: Office Manager**

**Fellowship Minister: Rev. Jo Gangestad**

**Volunteer Coordinator/Program Director:**

**Rev. Kim Stanton Cummings**

**HIC Board of Directors:**

**Germaine Nowacki, Judy Mosca, Jill Grace, Tim**

**Schmidt, Ruth Ann Rosenwinkle, Klea**

**BrewtonFitzgerald,**

**Marcia Nermoe, Heather Tentis**

**Bookkeeper: Holly Anthony**

**Temple Keeper: Mona Smiley**

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, October 12th - "Stick Together"**

**Sunday, November 9th - "Acts Of Random Kindness"**

**Sunday, December 14th - "Live Simply So Others Can Simply Live"**

## Sunday "Salons"

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

**Continuing surveys indicate that  
community is needed for all of us!**

Salon is an opportunity to connect, discuss the previous week's worship topic, and share our spiritual journeys. We will have Fair Trade Coffee made when you get here and hot water ready for the tea lovers.

Come join us as we connect on a casual Sunday discussion of Love and Light!

**Sunday, October 19th**

**Sunday, November 16th**

**Sunday, December 21st**

## Directions to HIC

### 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 magenta building on hill at right

### 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 R

The Center is the magenta building on the hill

### 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 magenta building on the right

### 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 the last building on the corner

## -Spiritual Counseling-

Spiritual Sessions are available. Please contact the center for more information. 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. 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~



## Full Moon Groups

### *October Full Moon*

**October 11th, 9:00 a.m. to 12:00 p.m.**

Awakening your DNA with the book "The Grain Brain"

In January, Reverend Mary Mellen, Human Ecologist, was on Reverend Hope's Blog Talk Radio Show and Part 1 of a two-part series was discussed where knowledge was brought out about the awakening of the DNA in you for your full potential – how it was happening and what we could do to help facilitate its unfoldment during this – our time of planetary transformation.

Since last winter, Mary has transformed her physiology and dropped two dress sizes by practicing the principles of neurologist Dr. Perlmutter through his best-selling book "Grain Brain" and the use of a product with "Nrf2 Activation" which Dr. Perlmutter says supports the cell transformation of our neuro-physiology so we can live our fullest life with vibrant energy and prevent aging and disease.

Come learn from Mary how you can use the "Grain Brain" principles and some simple methods of nutrition for your own physical mind/body transformation to help facilitate our DNA Awakening for Lightness of Being, Purpose, Clarity and the Expansion of Intuition.

A "Grain Free" lunch will be served after the talk prepared by the Seward CoOp in Minneapolis. A \$10 donation for lunch is suggested.

### *November Full Moon*

**Saturday, November 1st at 4:00 p.m. to 8:00 p.m.**

**A Magical Halloween Adventure**

**Facilitated by Jessica Hebert**

October 31st and November 1st are very magickal with a k. The Hope Interfaith Center is celebrating the diverse beliefs

surrounding this special day. This is a fantastic opportunity to learn about Halloween's basis on the Celtic Samhain. Celebrate in a pagan ritual. Honor your dear departed ones at the ancestral altar. Bring a dish, fruit, or vegetable to pass in a harvest feast. There will also be information on Day of the Dead and All Souls Day. Costumes are encouraged, but be mindful that this is a family friendly party

### *Winter Solstice Time Again!*

**Sunday, December 21st at 5:30 a.m. to 8:00 p.m.**

Dave and Jody Scholtz Farm

59563 243 St., Kasota

Chestnuts and Marshmallows roasting on an open fire.....

Jack Frost nipping at your nose!

RSVP by December 16th to 507-386-1242

"Namaste" I greet you with my heart wide open. We will go out to the country to do ritual. The bonfire that we had last year at the farm was incredible. David made it so big that it could be seen for miles away. You will not get cold! Let's enjoy the nature of the season and bring in the light with another blazing fire that also comes from our hearts, instead of being in touch with others by the slender threads of mail/email or by phone. This gives us an opportunity to come together in celebration with all of our HIC friends and family in an intimate and tender way to share in the sacrament of the Living Mystery of this new season.

I will bring words so everyone can pick their word for the year! We can car pool from the center and or caravan out to the farm if need be. So put on your snow shoes and warm jackets to do ritual at first around the fire. Then we will go inside for hot chocolate and Christmas Cookies and appetizers. Last year this was a hit! Join the fun and join the celebration of community! Please bring something to share on the appetizer table.

*Love and Light!*

*See YOU THERE!*

# Gatherings and Opportunities



## *Fellowship Minister for Home Visits*

Would you like someone just to talk to? Would you like to have someone come to you instead of coming to us?

Are you troubled by life or have some life joys you wish to share with someone? Or perhaps you need a session of personal prayer or meditation time to soothe the soul? If you are looking for help in any of these areas as well as having a needed visit in the hospital HIC has a Fellowship Minister. Rev. Jo Gangestad has been an ordained minister since 2005, and has accepted the call to serve in any way to anyone. Jo is available for ceremonies such as weddings and baptisms. She exudes a special kindness and looks forward to serving our HIC friends. Please contact the center if Jo's services are wanted or needed.

## *Fall Energy Book Event*

Early Sunrise Opportunity

**October 1,8,15,22,29 Wed at 7:00 a.m. until 7:55 a.m.**

“Pleiadian Initiations of Light” with CD initiations/meditations  
by Christine Day

(You can come a bit earlier to sit in silence if you like. Doors will be open!)

This is going to cover the second half of this wonderful book. We had a great group that met with me in the wee hours of the morning in the month of July! So now we are going to come together once again to do the second half of the book. Anyone is welcome to come. You did not need to come to the first part of the book to join us. I invite you all to come back and finish the book with me and I also welcome in anyone who wants to join in.

We start every class off with a heart meditation and we join others around the world who are praying and meditating for world peace. We intentionally and deliberately direct our energy force field to join theirs to create a Tsunami of Love and we wrap it around the world. We do this by moving from a 3rd dimensional state of consciousness to a 5th or 6th dimensional state of consciousness which means living in a state of LOVE! You will feel and experience the LOVE energy filling your hearts as well as filling the circle and we send it out into the world. Our temple and certainly these women who came for the first half of the book are known by the Spiritual Hierarchy for it's group work to help facilitate world peace. We pierce through the illusion of doubt, fear, worry and we move the energy with ease and grace from our hearts into the creation of the NEW WORLD. In these groups that meet at the Hope Interfaith Center we work with direct contact with pure light and love that is used by our intentions to not only help not us awaken but to also awaken the planet during this greatest shift of all times. Just know that we are playing an important role in this mighty and beautiful shift into the light of the New Dawning.

The second part of this book will help us journey with the Pleiadians, within the Stargate Chamber. This journey will create an exciting acceleration of your Self. The Stargate Chamber is like a multidimensional womb that will be set up by the Pleiadians as well as by our intentions within the group to move into another level of initiation with your own light Self. It will take you into another level of initiation on a deeper level of your truth. We become changed every time we do energy work together. The power of group is like a powerful and safe launching pad to become Love and Divine Light upon this planet.

I love telling the tuning fork story. When one tuning fork is struck near another one, the second tuning fork begins to vibrate at the same frequency as the first one. As we align our thoughts and energy together with energy of LOVE, every cell of your body responds to the rhythm of that LOVE. The tuning fork that we will be aligning to is not a belief but to PURE SOURCE ENERGY. When we gather in Love we create more Love! So please feel free to join us for this free opportunity to create world PEACE! This is worth getting up for! RSVP so we know how many copies of information we need for our group!

Love and Light,  
Mother Hope

# Gatherings and Opportunities

## *Relationship Group*

**Third Thursday of every month-6:30 p.m. to 8:30 p.m.**

(refer to the calendar for dates)

Facilitated by the GROUP

This delicious poem is a celebration of our wisdom and blessings that we receive when we come to relationship group.

We at the Hope Interfaith Center believe that it is important to make our relationships a priority in our lives. It is important to honor our treasured companion as we move through this time of great change. The most precious gift is that which opens us to life itself. Having fun, and romance and gathering wisdom is what we will be doing this Fall in our RELATIONSHIP GROUP! The universal language that unites all souls is LOVE!

All are welcome! It is better to enrich your relationship than to try and fix it! Come with your partners and have some FUN! Many couples speculate about our relationship group and they immediately believe that it is a group that talks about our problems. This is so far from the truth of this group that we have created. Our main focus is on fellowship, laughter and learning how to maintain the magic of love in our relationships. Our group is like a Spiritual Fire that helps make our relationships glow with the beauty of LOVE and LIGHT!

Please join us and enjoy fellowship with other couples who are dedicated to making their relationships fun and exciting and happy and balanced and calm and real. For further information please feel free to call Jody at the center. (Remember to look at the Calendar for dates)

### ***Relationship Group is Romantic, Fun and of Worth!***

He called her: golden dawn  
She called him: the wind whistles  
He called her: heart of the sky  
She called him: message bringer  
He called her: mother of Pearl  
barley woman, rice provider,  
millet basket, corn maid,  
flax princess, all-maker, weef  
She called him: fawn, roebuck,  
stag, courage, thunderman,

all-in-green, mountain strider,  
keeper of forests, my-love-rides

He called her: the tree is

She called him: bird dancing

Her called her: who stands,

has stood, will always stand

She called him: a river

He called her: the heart and the womb

are similar

She called him: arrow that moved my heart.

-Judy Grahn

## *Providence Partners*

**First Thursday of every month at 7:00 p.m.**

(refer to the calendar for dates)

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.

## *Yoga, Breath, and Movement*

**Mondays**

**9:00-10:00 a.m.**

**10:30-12:00 p.m.**

Facilitated by Rev. Nora

Stretch yourself in more ways than one! Monday mornings, HIC offers two yoga classes - an hour long class from 9 to 10 that includes Hatha yoga, Tjah movement and breath awareness, and a 90-minute class from 10:30-12 that will use Hatha yoga and Tjah to warm us up and then lead into various Kundalini kriyas. If you have any questions please call Nora at 507-381-5272. There is a cost of \$5 for the 9:00 a.m. class and \$7.00 for the 10:30 a.m. class.

## *Reiki Share*

**1st Tuesday of each month at 7:00 p.m.**

Jessica of Intu Tarot and Wellness invites energy healers and enthusiasts to her Reiki Share. At this event, healers will have the opportunity to exchange healings and knowledge. Feel free to bring a blanket or massage table, and the expectation to leave rejuvenated. A love donation would be much appreciated. All experience levels are welcome!

# Gatherings and Opportunities

## *Welcome Home*

First Monday of each month

6:30 p.m.

\$5 Love Donation

RSVP's to HIC appreciated; drop-ins always welcome

Guiding Presence: Rhonda Cannata

A monthly circle gathering of Oneness that invites and applauds authentic expression...welcoming the sharing of transparent hearts for an empowering celebration of our humanity in communion with our divinity. Every gathering is unique and may include circle discussions, guided meditations, music, dance, drumming, connecting with our inner child and with the natural world, creative self-expression, working with the shadow self for healing and wholeness...or...wherever Spirit leads us. Please join us for a homecoming to your "tribe" and to your Whole Self...a multi-dimensional experience, rich with Love, Laughter and Light...essential nourishment for your soul!

## *SILENT AUCTION!*

Sunday, September 14 through Sunday, October 13

If you have never participated in the yearly Silent Auction here at HIC, please come and join in on the fun! You will find many tables set up with a myriad of wonderful items! Come and place a bid, but check back often if you wish to win the bid, because you never know who may want the same item!

## *Men's Group*

*"Hear the call. Take the risk. Get the rewards."*

The men's group needs to regroup and regain its momentum again. Why don't we rethink the time and date and what we will focus on as we march into FALL?!

Come and share your wisdom and your input on how we can join together as men to create a men's group that enriches our lives and the lives of those we touch! This is a small yet comfortable group which is creating a place for men to come together to be the new type of men in our new world.

Come join us for coffee and rolls at the Gazebo on Saturday, October 4th at 8:00 a.m. until 9:30 a.m.

## *Wednesday ONENESS*

### *Blessing Circle*

Wednesdays at 5:30 p.m.

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!

## *Mankato Area Spiritual*

### *Stay At Home Parents (MAAS)*

First Tuesday of each month at Noon.

Hope Interfaith Center

As a stay at home parent, Jessica Hebert of Intu Tarot and Wellness knows how important it is to balance and incorporate one's family and spiritual life. She invites Mankato area stay at home parents to meet once a month to connect and play. MASS will have fun opportunities to learn about meditation, yoga, holistic health, and other fun spiritual topics. MASS may also serve as a support group. It is Jessica's intent for this group to be child-friendly. If you have been looking for a place to bring your kids (of any age) to play and to meet like-minded parents, this is the place for you. Come one, come all!

## *A Course in Miracles Study Group*

Every Wednesday at 10:30 a.m. to 12:00 p.m.

In the Great Room

Facilitated by Judy Mosca, Certified Spiritual Director

Join us Wednesdays for the Course in Miracles, whether you are already practicing ACIM or are new to the course. You are all welcome. We are learning, and our discussions have been interesting and helpful for understanding the Course. Questions? Call Judy Mosca 507-387-4629

## *Transmission Meditation is BACK!*

(A meditation for the New Age)

**Every Thursday at noon to 12:55)**

Introducing a group meditation that is overseen by the Masters of Wisdom. Transmission Meditation is both a world service (Karma yoga) and one of the most potent techniques of personal development (Laya yoga) available today. Transmission Meditation enhances any other developmental practice currently used by the individual, and the potency of energies released during meditation can initiate powerful healing experiences. Thousands of people around the world are joining together to aid in the work of transmitting these powerful spiritual energies for the benefit of humanity and the construction of the new world based on brotherhood, sharing and justice.

With the advent of the Aquarian Age, this opportunity is now coming back to our temple of LIGHT. This meditation gives anyone who is seeking to serve their fellow human beings a place to gather for this experience. We experienced wonderful and powerful energies during our last group gatherings this last spring.

The energies that come in during our silence together helps to facilitate the difficult and yet necessary changes now in progress and speed the transformation leading to a better world for all.

***Channeled Message from Mother Hope***

As I bring this forth I want you all to know that I sat at my little altar at home for a few moments before I went into deep prayer and sacred communion. I chanted a Mantra to the ONENESS for several hours and was reveling in a sublime state of Divine connectedness. I could feel the Presence of the Divine Mother/Father within my body, as it swayed with the joy of the Presence of the ONE. The sweet smile on my face which for me signals the Presence was on my lips. And the deep sense of complete LOVE from within my heart I knew I was completely connected. In this moment, all was well in my world.

My child you are now free from thought and you are unable to conjure up thoughts within you. Because you have lost your identity as Janice or Hope or even Mother Hope, you are not the “you” that you think you are. You are ME and I am YOU! There is no separation between the ONENESS and you. Please tell all others of this truth as well. We also want you to tell them that there are no should or should not’s in any of your situations. You are just choosing from a menu of infinite possibility and the selections are great. We would just tell you that your choices of which you are making for your highest good and the highest good of all. You are not required to make those selections. We are just asking you this question so you can reach your permanent stage of JOY and BLISS!

- Remember there are no failures here. Just outcomes from your

choices of which you have chosen to create. Any scenario that is happening in your life is an energetic experience that you are participating in. If you do not like where you are at then you also must know that it is not necessary for you to make these choices. The option to abide in the Divine Connection that is so very Present is also an option that you are welcome to choose, and to experience.

- You have the power and abilities right now within you to make other experiences in your life. And if you continue to listen to truth you will realize that ONENESS is already your nature and your natural existence.
- This is time to have a monologue with your hearts. So hold them tight and reach inside and feel your own personal powers and abilities.
- Continue to ride the waves and rejoice in the journey and know you have the power to change everything in your life.
- One does not need to “qualify” in some linear fashion for the experience of BLISS!
- You are the creators! So make your choices and realize at any moment you are able to make another.
- Suspend your mind within your heart and see how the Eagle and the Condor have come together within you.

The identity of who is speaking in this instant is ONENESS. There is no one home inside Hope. There is only ONENESS. There is no separation between the one whose identity characterizes herself as HOPE. It is also the same for you! You are all flowing in the ONENESS NOW! Enjoy and rejoice for there is only ONE BEING. WE ARE ALL ONE!

***Sunday Noon Meal at the Mankato Salvation Army***

**Sunday, November 2nd, 11 AM – 1:30 PM**

Volunteers needed to bring food and serve!

Please sign up by Monday, October 27th!

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-80’s. Starting with 5 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. (This event is near and dear to Hope’s heart!)

## *Peace Walk*

Saturday, September 27, 10:00 a.m.- noon

Facilitated by Hope and Ann Ganey

Meet us at the bend of the river at Sibley Park near the ball parks. Gray Eagle speaks now of the days of total honesty. These are the days of healing the wounds that have crippled us for so long. At the bend of the River we will come together as a community to meet and greet each other in ONENESS. We will do a ritual ceremony to clear energy.

We all talk about “going to the light,” being embraced by the light, “finding the light”, etc. But what so many of us don’t realize is that we are the Light! Each of us is Light, the human race, every animal, every insect, every tree and every plant, every living thing- is Light, and is of the Light.

We do not have to wait until we die to experience heaven, to experience Light. For every day we have that experience with ourselves with each other, with the spirit world. All we have to do is to recognize it.

We will pass on the peace pole to our next deserving person or place, which will be announced at a later date. We have given peace poles in our North Mankato area to BENCHS, SCTC, Golden Heart, and in our beautiful Mankato area peace poles have been given to the Land of Memories Park, YWCA, Peace Park, and the UCC Church. Our peace poles have also been planted in Israel, Palestine, and Turkey.

Come join us and pass on the peace that has been given to you! Bring your drums, rattles and other instruments to join us for a circle dance of Peace!

A love donation will be taken for our next peace pole to be given in 2015.

## *Spiritual Pilgrimage to France in*

*October of 2015*

The dates are October 14 thru October 26, 2015

Come join us for French wine & cheese served for Happy Hour!

Friday, October 3rd at 5 p.m.

Dear Friends,

We have just gone through the three super moons that happened in July, August and September. This, in turn, created an emotional response to the energy of LOVE that is building up on our planet. Many are assimilating the higher frequencies of Divine Light of the Divine Feminine. At the Full Moon each month it has been said a window opens in the heavens and the great light of the Goddess shines forth her blessings upon humanity to those who are prepared. The time of full moon may be a chaotic time of highs and lows, desires, passions and endings and beginnings. During the full moon it is more and more common for dedicated ones to gather in devotion to the moon Goddess. For me I share with you a small portion of the esoteric prayer I say to Mary.

Hail Mary, Mother of Earth, I see thy beauty in me. Blessed are You throughout this Universe and blessed are all the Children of Humanity.

Holy Mary, Mother of Gods, Nourish us with your wisdom and inspire us through the experience of this Life. And So It Is and So It Shall Be.

Many people are feeling the connection with Mary Magdalene, as she is coming into our consciousness now, bringing Divine Feminine mysteries to life. I will be traveling to France to reach inside of my soul and enhance my connection to my spiritual roots of my Divine Feminine Powers. This Spiritual Tour will be in the steps of Mary Magdalene, Black Madonna and the Cathars. This will truly be a Spiritual adventure. I will only be doing three more pilgrimages with groups so this is one of the three. If you have ever thought you would like to travel with me on a pilgrimage please come and check this trip out.

I would love to have you join me for an adventure of a lifetime. Please RSVP at 507-386-1242 and let Jody know if you will be coming to the informational meeting on October 3rd to find out more about this trip. I would like to have all of you sign up by Feb 14th so we can spend some time preparing for this trip.

Feeling Exercise about this trip:

Take a deep breath. Begin to relax. Again, a deep breath. And give a mental command to the body to relax. Feel your body relax, Now



place your attention on your beautiful heart and just ask yourself: Is this a trip that I am being called to enter into? Feel the answer or see the answer and then let yourself know the answer.

Take another deep breath. Continue to relax. Now feel your heart opening to the radiant life force of your truth. As your heart pumps love energy into every part of your body ask yourself: Would this trip enhance my life and help me remember my powers and abilities?

Take another deep breath. Continue to relax. Continue to keep your heart open and feel the radiant life force of your own truth and ask yourself: Would this trip help me with my personal ascension in this Golden Age upon this planet? Continue to ask your own radiant life force any questions about this trip and you will receive the answer if this trip is for you!

Blessings and Love,

Hope

## *Year End Retreat*

### *“How to End the Year Mindfully”*

**Friday, December 5th, 6:30 p.m. to Saturday, December 6th, 5:00 p.m.**

Holy Spirit Retreat Center, Lake Elysian, Janesville, MN

Cost: \$35.00 per person for the Holy Spirit Retreat Center

Love Donation for Hope's teachings for HIC

Registration deadline: November 28th (28 spaces available)

This year is almost over. Before moving into the new year it is important to reflect on who you are now and how your experience in the last 365 days has shaped you. This one overnight, one day retreat will help you take an emotional, professional, personal, and financial account, to help you step more confidently into the new year.

In order to embrace the energy of the new, we must release the old. A trapeze artist cannot swing from one bar to another without letting go. An important part of preparing for 2015 is to review the past year.....to release it..... and to learn from it..... So of course this year's end of the year retreat is called “Mindful Reflections”.

Friday night we will gather in the large room as a group around 7:00 p.m. and we will have reflective questions hanging on the

walls. This is always the way we have started the end of the year retreats and everyone has always liked this. We have a lot of fun as well as learn about our selves. On Saturday morning we will watch a movie on reflection, and in the afternoon we will have time for private inner reflection and working in smaller pods. We will close the day with powerful meditations that will activate you into your new year! You will face it with enthusiasm and great JOY and be full of gratitude!

Please bring appetizers or some type of treat to share on Friday night!

On Saturday, we will have breakfast and a small lunch as our communal meals together. You will receive a letter the week before the event letting you know what else to bring for food.

This event will be powerful, fun and relaxing, and spiritual and MINDFUL!!!! So please RSVP early. This event has always been a hit so sign up soon.

Bring your journal, pen, a small wrapped Christmas gift for a give a-way table. Don't forget your warm clothes because it is always a bit cool at the retreat center or if you would like to go out in the woods. Come with a great attitude and we will have a great time.

Please RSVP by calling Jody at the Hope Interfaith Center at 507-386-1242

## Calendars

# *Thank you from our hearts to yours!*

Our hearts sing a song of great love and gratitude to all who participate with our monthly Spiritual Services. Many thanks go out to our dearest Rev. Jo Gangestad for your help with the announcements, Mr. Bob Dickhudt for filling us up with his beautiful music, our awesome nursery keeper Lindsey Nermoe who has been dedicated to helping us out every month, to our remarkable designer Kim Stanton Cummings, thank you for blessing us with beauty in our temple, to all the communal volunteers for your gifts of communal sweetness during this past year, to our temple keeper Mona Smiley who always has the coffee ready and tidies up the center before service, to our willing hearts who help set up the chairs etc., as well as taking down all the chairs after service, many thanks to our wonderful Rev. Kathy Heine for taking Rev. Janice Hope's place during this past year, and last but not least to our beloved Rev. Janice Hope for the GREAT teachings you share with us each and every month!

We are truly blessed with each and everyone's presence, gifts, and from our heart to yours thank you for choosing the Hope Interfaith Center to be your Spiritual Home!

October 2014

- 1,8,15,22,29 Early Sunrise Opportunity 7 a.m.
- 1,8,15,22,29 ACIM "A Course In Miracles" 10:30 a.m.
- 1, 8,15,22,29 Wednesday Oneness Blessing Circle 5:30 p.m.
- 2,9,16,23,30 Transmission Meditation 12 p.m.
- 2 Providence Partners 7 p.m.
- 3 France Informational Meeting 5 p.m.
- 4 Men's Group " Regroup" 8 a.m. to 9:30 a.m.
- 6, 13, 20, 27 Yoga, Breath, and Movement 9 a.m. and 10:30 a.m.
- 6 Welcome Home 6:30 p.m.
- 7 MASS "Mankato Area Spiritual Stay at home parents" 12 p.m.
- 7 Reiki Share 7 p.m.
- 11 Full Moon Event "Grain Brain" 9 a.m. to 12 p.m.
- 12 Spiritual Service 10 a.m.
- 14 Journeys...Reflecting ....Creative...Writing 6:30 p.m.
- 16 Men's Group 5:30 p.m.
- 16 Relationship Group 6:30 p.m.
- 19 Salon 10 a.m



November 2014

- 1 Full Moon Event “Magical Halloween Adventure” 4 p.m. to 8 p.m.
- 2 Sunday Noon Meal at the Salvation Army 11 a.m. to 1 p.m.
- 3,10,17,24 Yoga, Breath and Movement 9 a.m. and 10:30 a.m.
- 3 Welcome Home 6:30 p.m.
- 4 MASS “Mankato Area Spiritual Stay at home parents” 12 p.m.
- 4 Reiki Share 7 p.m.
- 5, 12, 19, 26 ACIM “A Course In Miracles” 10:30 a.m.
- 5, 12, 19, 26 Wednesday Oneness Blessing Circle 5:30 p.m.
- 6, 13, 20 Transmission Meditation 12 p.m.
- 6, 20 Men’s Group 5:30 p.m.
- 6 Providence Partners 7 p.m.
- 9 Spiritual Service 10 a.m.
- 11 Journeys...Reflecting...Creative... Writing 6:30 p.m.
- 16 Salon 10 a.m.
- 20 Relationship Group 6:30 p.m.

December 2014

- 1, 8, 15, 22 Yoga, Breath and Movement 9 a.m. and 10:30 a.m.
- 1 Welcome Home 6:30 p.m.
- 2 MASS “Mankato Area Spiritual Stay at home parents” 12 p.m.
- 2 Reiki Share 7 p.m.
- 3, 10, 17 ACIM “A Course In Miracles” 10:30 a.m.
- 3, 10, 17 Wednesday Oneness Blessing Circle 5:30 p.m.
- 4, 11, 18 Transmission Meditation 12 p.m.
- 4, 18 Men’s Group 5:30 p.m.
- 4 Providence Partners 7 p.m.
- 5, 6 Spiritual Retreat
- 14 Spiritual Service 10 a.m.
- 18 Relationship Group 6:30 p.m.
- 21 Salon 10 a.m.
- 21 Solstice Celebration “Scholtz Farm” 5:30 p.m. to 8 p.m.
- 22- Jan. 5th 2015 HIC closed for Holy days

## *Blog Talk Radio Show*

“The Pure Hope Show”

**Every month on the last Tuesday at 7:00 p.m.**

On our planet, and perhaps simultaneously in many parts of our galaxy and beyond, consciousness is awakening and moving towards the Light. The Pure Hope Show reaches out to many more people than I could possibly reach on a one-to-one basis. At times, you might only receive a gem on the whole program but a gem can help you shine brighter than before. From all over the nation, we will continue to have outstanding speakers, teachers, helpers and healers on the program. I am dedicated to this momentous event that is taking place in the evolution of human consciousness and this will neither be talked about on our news tonight nor written about in our newspapers.

Please share the Light by asking your friends, colleagues, family and current listeners to help spread the word about the show. Please put The Pure Hope Show on your Facebook, Twitter and other media to help spread the word. Or, invite friends to come over and listen with you! Write about it on your blog! And, please pray for the Hope Interfaith Center and for the success of the show!

Light and Love,  
Hope

# *All sacred pathways honored*

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