



# Hope Interfaith Center

April - June 2015

## *A Message From Reverend Janice Hope Gorman*

My Dear Friends,

First of all, I want to dedicate this newsletter to all of the advanced souls who have courageously stood on the front lines to provide leadership for humanity as we emerge from the great shift that is taking place here on Earth. I also want to dedicate this newsletter to the children: the Indigos, Crystals and Rainbows and now the Pearls that are coming in. These souls have retained conscious awareness of their spiritual nature and the mission they have come to fulfill.

I am thankful that all of you who are reading this are those advanced souls! It has been a wonderful experience to watch the Hope Interfaith Center expand and to meet and greet all of you! And we have had a tremendous explosion of new babies coming to earth! Welcome, Welcome, Welcome to Planet Earth.

Life abounds throughout all of Creation as we move into Spring! Planet Earth is only one of countless worlds that are home to conscious beings. Each planetary system is unique, providing an opportunity for experiences that will further our evolutionary development. In this sense, each is like a university, with its own particular "curriculum."

Earth was designed to be a planet of exquisite beauty, with a vast diversity of life-forms. All of us who have come here have come to learn our "curriculum" which is LOVE. Earth is completing a cycle of evolutionary experience, a cycle that began long, long ago. Part of the grand design is that at the end of each such cycle, there is an opportunity for all who have successfully progressed through the learning experiences to finally "graduate," and move upward on the evolutionary spiral to the next development.

What is this next development on our Planet Earth? Community, Community, Community of LOVE, HON-

OR and RESPECT for All Life! As we continue to incorporate our curriculum of LOVE into every aspect of our daily lives, the better prepared we will be for whatever the future holds. As we come into human embodiment through the birth process, virtually all of our early life experiences are in the context of our human selves. Most profound at first are our relationships with our mother and father, from whom we derive our physical sustenance and emotional nurturance.

This is  
**DEDICATED**  
to YOU!

Then, as we grow from infancy into the toddler years, we continue to relate to others in our lives, such as siblings or other relatives and friends, as physical beings that we experience mostly through our five senses. We then go through our educational years, and the goals and values tend to still come from the human perspective: obtaining a good education, finding a loving and compatible life partner, procuring a pleasant home and planning for financial security. Virtually all of these stages are part of our human nature. And in the meantime, our planet is currently still struggling. Why do you think this is so? Can our perspective expand?

Somewhere along the way, many of us begin to look beyond human fulfillment. We begin to explore feelings from somewhere deep within - feelings that there must be something more to life than what we can see and touch. We begin to ask the deeper questions to live a deeper life.

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If this resonates with you, then you are very fortunate to have found this newsletter and the HOPE INTERFAITH CENTER.

The reality is that we are, indeed, much more than the human form that we see in the mirror. We are spiritual beings that are here on Earth having a human experience. At our most fundamental level of existence, we are an individualization of the essence of our Creator. Sometimes, this is referred to as a "Divine Spark," or in esoteric terms, our "I AM Presence" or "Monad." Regardless of the label, we on Earth have come to this planet to learn the "curriculum" of LOVE and then to be that of which we are. Our Higher Self is all-Loving and all-Wise. It is continually evolving through experiences within various forms. When we realize or awaken to our Higher Self, we realize that we have access to the creative power of our Creator.

Upon entering into this human embodiment, we normally do not retain memory of our life plan within our conscious mind. We lose the connection to our REAL TRUE ESSENCE. We get so busy in our daily lives that we forget the very reason why we came to this planet to begin with!

Here at the Hope Interfaith Center, we teach this planet's "curriculum" of LOVE. In every sermon during our Spiritual Services (the second Sunday of every month), we help people remember who they are. In all the classes, we either help start the fire of remembrance or help maintain the fire of your remembrance. It is only when we turn to our hearts that we begin to learn to live our lives based on spiritual awareness and a deep inner knowingness.

In the past few years, several new discoveries have been made about the human heart. Perhaps the most profound of these is that within the fatty tissue surrounding the heart, especially at the base of the heart, are neural networks that are virtually identical to the neural networks within our brain. This has given rise to the realization that our heart essentially has its own "brain." Moreover, we are learning that some of the important functions, which previously had been thought to be performed by the brain in our head, actually are directed from within our "heart-brain." Not surprisingly, research has shown that emotional states, such as frustration, anxiety or anger, introduce chaos into the syn-

chronization process, and thus inhibit our cognitive thinking ability. On the other hand, it has been demonstrated that harmonious emotional states tend to optimize synchronization, thus maximizing our cognitive abilities. It has been discovered that one of the emotions that has the most powerful positive impact on our world is that of LOVE. Our Earth "curriculum."

At the Hope Interfaith Center, we develop numerous groups, classes, blog talks and events that help people learn to achieve and maintain a state of LOVE. Those that come to our community are DEVOTED to the transformation of their lives as well as to the world. Those that come to our community are accessing the language of our Higher Self. It is beyond words and beyond thoughts. When we are able to access consciousness, it comes to us as "knowingness," or as an awareness that LOVE is the highest level of energy that can and will create heaven on earth in this time-space reality.

I am devoted to teach LOVE! I am devoted to standing on the front line with all of you to hold on to the deep value that our Spiritual life is the most important thing to nurture for the future of our world. Please come to the Hope Interfaith Center and stand on the front line with me. I look forward to seeing you soon at our Spiritual Services or some other event where we teach about LOVE, LOVE, LOVE!

With Pure Heart,  
Hope



## ~Hope Interfaith Center~

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Jody Scholtz: Office Manager  
Fellowship Minister: Rev. Jo Gangestad  
Volunteer Coordinator/Program Director:  
Rev. Kim Stanton Cummings  
Board of Directors: Germaine Nowacki, Marcia  
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Tentis, Ruth Ann Rosenwinkle, Klea Brewton-  
Fitzgerald  
Bookkeeper: Holly Anthony  
Temple Keeper: Mona Smiley  
Earth Minister: Rhonda Cannata

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

## ~Spiritual Services~

*Second Sunday of every month - 10:00am  
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 CREA-  
TION!

**Sunday, April 12, 10:00am "Planting Seeds"**  
**Sunday, May 10, 10:00am "A Mother's Bless-  
ing" ~Mother's Day flowers will be given!**  
**Sunday, June 14, 10:00am "Flag Day"**

## ~Table Topics~ (formerly "Salon")

*Third Sunday of every month -10:00am*

Surveys indicate that community is needed for all of  
us! Table Topics is an opportunity to connect, discuss  
the previous week's Spiritual service topic and to  
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, April 19, 10:00 am**  
**Sunday, May 17, 10:00 am**  
**Sunday, June 21, 10:00 am**

## ~Directions to HIC~

### From the West:

Highway 14 East to Highway 22 South. Turn right  
on Hoffman Rd. (past East High School, cross Victo-  
ry Dr.) Hoffman Road becomes Glenwood Ave.  
(curvy road) Turn left onto Pohl Rd. The Center is  
the magenta-colored building on the hill on the  
right.

### From the East:

Highway 14 West to Highway 22 South. Turn right  
on Hoffman Rd. (past East High School, cross Victo-  
ry Dr.) Hoffman Road becomes Glenwood Ave.  
(curvy road). Turn left onto Pohl Rd. The Center is  
the magenta-colored building on the hill on the  
right.

### 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 Victo-  
ry Dr.) Hoffman Road becomes Glenwood Ave.  
(curvy road). Turn left onto Pohl Rd. The Center is  
the magenta-colored building on the hill on the  
right.

### From the South:

Highway 169 North to Riverfront Drive 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. And please remember,  
the Hope Interfaith Center is a non-profit spiritual  
center; therefore, a portion of your spiritual coun-  
seling sessions 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 re-  
move 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!

## Fellowship Minister

Would you like someone just to talk to? Would you like to have someone come to you instead of you coming to us? Are you troubled by life or have some life joys that you wish to share with someone? Or perhaps you need a session of personal prayer or meditation or healings or would like a hospital visit? If you are looking for help in any of these areas, HIC has many Fellowship Ministers who are willing to visit with you! Rev. Jo Gangestad, Rev. Klea, Rev. Kim and others are ordained and any of these women have accepted the call to serve in any way to anyone. In addition, they are all able to do weddings, baptisms and life celebrations. Please feel free to contact HIC if you want to be in contact with an Interfaith Minister.

I have said that there is no such thing as a stand-alone event in your life. There is always help out there as well as fellowship and Spiritual friendship. All you need to do is reach out and someone from the Hope Interfaith Center will take your hand. We are here for you and we will be with YOU!

## HIC's New Earth Minister

### HOME (*Honoring Our Mother Earth*) for All

By Rhonda Cannata



**Rhonda  
Cannata**

As HIC's newly designated Earth Minister, it is my intention to be an ambassador - raising awareness, as well as inviting and inspiring our community to unite and take action on behalf of preserving, respecting and nurturing our beloved Mother Earth in reverence for maintaining balance and quality of life on this planet for ourselves, all life forms, and for countless generations to come. Through conscious choices for sustainable living, I have every faith that collectively, we can ensure that Earth thrives as an abundant, harmonious, forever HOME for All.

Watch for upcoming sustainability-oriented events and projects at the Hope Interfaith Center - calls to rally together for progressive change to make a profound and lasting difference in our community and our world.

I am deeply grateful for this opportunity to serve.

-Rhonda



*"Working for the earth is not a way to get rich,  
it is a way to be rich." -Paul Hawken*

*"Never doubt that a small group of thoughtful, committed citizens can change  
the world; indeed, it is the only thing that ever has." -Margaret Mead*

## Spiritual Service & Table Topics

### Blazing a Trail at Spiritual Services at HIC

*Second Sunday of every month at 10:00am*

Many Lightworkers are blazing a trail for the rest of the population to follow. Free thinkers, shakers and movers are coming to hear an uplifting sermon and music that blazes a new trail for our new world. Under the guidance of Spirit, each service is created to fit in with the new ideas as well as the new frequencies that are on the planet as we speak. The myth of Truth of this physical plane is that we are separate from each other when indeed we are not.

Never before in the history of this planet have the energies been more conducive to opening to a new way of thinking and living! On the backdrop of our great room, you will see the words "WE ARE ONE." On the front of our great room where we have our spiritual service you will see a sign that reads "ALL SACRED PATHWAYS HONORED." This of course is our motto and the kind of church that we are!

Hate, jealousy, separation and indifference are simply signs of a fear-based world, which can't sense the energy of true LOVE! We who come together at the Hope Interfaith Center resonate with this new energy as it pours through your fields and we let it permeate all of our relationships: Lovers, Friends, the mechanic who fixes your car, and the checkout clerk at the supermarket. Lightworkers are those who intentionally and consciously and deliberately carry our light out into the world to mentor ONENESS! Lightworkers know that their field of energy stretches to infinity and back and that we are the ones who are creating our reality.

Who is a Lightworker? Everyone! But not all are awakened to this as of yet. We at the Hope Interfaith Center and at our Spiritual Services are dedicated to helping you wake up to your beauty and to create a new world through another higher level of consciousness. We are ascending at this time. The entire planet is ascending. So I am dedicated to helping you and myself walk through this imminent ascension period. Every one of us will ascend. But first we must break old patterns, sever from the consensus reality, and align with Spirit. The goal is full awareness of our unity with the Source by increasing the frequency of our energy bodies until we emerge as self-realized Masters, fully conscious in the higher dimensions. I APPLAUD ALL THOSE WHO JOIN US IN THIS GROWING FIELD OF THE ENERGY OF LOVE AS WE SEND IT OUT INTO THE WORLD. I am asking you to ask others to join us as we come together one Sunday each month to dedicate some of our time and energy with our ASCENSION that is happening RIGHT NOW!

Come check us out and experience a new type of energy service experience that works directly with the Spiritual Masters that are helping our planet at this

time. If you have a question about what Ascension is or would like to experience a channeled experience with me, please contact us at the Hope Interfaith Center. The Masters are calling us to awaken NOW to the Powers that are our natural birthright! We are ALL Children of the ONE GREAT COSMIC OCEAN!



### "SALON" HAS A NEW NAME: "TABLE TOPICS"

*(BRINGING BACK THE ART OF CONNECTION  
THROUGH REAL CONVERSATION)*

*Third Sunday of every month - 10:00am – 11:15am*

Spring is here and our great room or gazebo awaits us as we gather for the art of conversation and fellowship. We have changed the name because we thought perhaps many people did not understand what a salon was, so we thought we would change it up a bit and give this third Sunday of the month a new name and fresh conversation starters!

Table Topics is a gracious host's best friend. And I would like to be your gracious host! Table Topics is actually a box of cards with spiritual and thought-provoking questions. During Table Topics, we will pull a card and then we will share our answers with each other. The questions are engaging and inspire the best kinds of conversations.

Table Topics conversation starters help make talking together stress free. No rules to play this game - just great conversation. Come join us for some fair trade coffee and interesting conversation. You might learn something new about yourself or another! As the weather gets nicer, I thought we could meet under our wonderful gazebo and meet with our other guests - the birds, squirrels and rabbits. Even they come together at the Hope Interfaith Center!

In juggling the many parts of our lives, the art of communicating is disappearing. Churches from around the world are starting these groups as we come together in community to see that the art of communication is so very important. Salon has always been a smaller, yet intimate group and we make it safe for people to come talk. Some of my best conversations have occurred while sitting around the kitchen table.

Table Topics has been featured on the Martha Stewart & Ellen DeGeneres Shows and is one of Oprah's "Favorite Things". The greatest thing about coming together is the friendships that are formed through connection.

## Full Moon Groups



### APRIL FULL MOON

#### "Freya's Day" Calling All Women of HIC!

*Good Friday- April 3 – 5:00pm*

Let us celebrate with the Goddess Freya with a group meal and bowling.

Friday is traditionally the day of the Goddess (or feminine aspect of Nature), known as "Freya's Day" after the Norse Goddess Freya or Frigg. It is a day of celebration, love and acts of superb natural kindness. I invite all women to join together at the "WOW ZONE," because we are WOWZER WOMEN! Come and celebrate Good Friday in another tradition, "Celebrating the Goddess Within on the Norse Goddess Freya Day."

The WOW Zone is a family entertainment center, which is a perfect place to meet friends for appetizers and drinks and/or a wonderful meal. I have the VIP room rented for all of us to laugh and have fun and bowl! (Please know that you do not need to know how to bowl.) This is just for some pure laughter and FUN! As always, I am looking for ways of getting people together especially women on this beautiful day of the Goddess!

We will meet at 5:00pm to have drinks and eat and then, in our own VIP room, have two games of bowling each. The cost of the bowling is \$11.07, which includes shoe rental for both games. The cost of one game is \$6.78.

*THIS COMES FROM ONE OF MY BEST BOOKS...*

*"The Fandango of family and friends is a dance full of lively rhythms. Family is given to us, friends we choose. Some we keep forever, others we lose along the way, but each and every one of them splashes our lives with bold, masterful strokes of color. And when we rise above and look from a distance, we can view this spectacular dance in a rainbow of colors. "Dancing Naked.....in fuzzy red slippers" written by Carmen Richardson Rutlen*

*Come gather my sisters and let us  
color each other's world!*

Please RSVP immediately so we can keep the VIP Room reserved for US! Call Jody at (507) 386-1242 and let her know if you will be coming!



### MAY FULL MOON

#### Community Acupuncture in Mankato

*A New Model for Healthcare and  
Self-Care Empowerment  
Saturday, May 2 - 10:30am - 12:00pm*

Tamara Stoffel Dipl. O.M., graduated in 2006 with a Masters of Science in Traditional Chinese Medicine from the Colorado School of Traditional Chinese Medicine, is national board certified in Acupuncture and Chinese Herbal Medicine from the National Certification Commission for Acupuncture and Oriental Medicine, has a state license in Minnesota #1701 from the Minnesota Board of Medical Practice. In Denver, Colorado she operated the York Street Healing Arts Cooperative, and later became a nursing assistant. In 2012, she moved to Mankato, in 2014, she opened Mankato Community Acupuncture. Please join in this grassroots healthcare movement that inspires self-care, responsibility, participation, and community building.

Traditional Chinese Medicine is a complete medical system that has lasted for thousands of years on nearly every continent, safely and successfully preventing and treating everything from pain to digestive disorders, stress and sleep conditions to emotional disorders. Traditionally a community model, Chinese medicine views the body as an energy network much like the internet, where each person's well-being is interconnected with their physical, mental/emotional, and spiritual well-being. Acupuncture can assist you to reduce stress, prevent illness and pain, increase energy levels, enhance physical performance, creative process, and become attentive in your own wellness. To keep acupuncture affordable and accessible to everyone, people are treated in the same room in recliners. Much like going to a restaurant, each individual is served and then all relax and enjoy the collective healing ambiance. Points used are below the elbows and knees, there is no undressing and privacy is respected. As we move forward out of institutionalized healthcare understandings, and embrace cooperative health models, we will find that community based healing shows positive long-term effectiveness in healthcare outcomes. Community Acupuncture provides a new model for healthcare and self-care empowerment. It is such a privilege to be able to share it with you.

## Outdoor Summer Solstice Celebration

Saturday, June 27 - Begins at 1:00pm  
(Come early and stay late!)



We invite you ALL to join us in a Sacred Circle Ceremony with a blazing fire to celebrate the beginning of Summer at Dave and Jody Scholtz's Farm.

The Mankato Air Show is also taking place on this day and our farm is very close to the event. How exciting to be with our HIC Family and to experience a spectacular show with a performance by the United States Air Force Thunderbirds!

We have a private outdoor spot that is tucked away in nature with a perfect view of the air show. Bring your own chairs for sitting, a dish or snack to share, and your own beverages. I will have directions available for those who plan to attend. All are Welcome!

All My Love,  
Jody

## Early Bird Meditation Opportunity With Hope

Every Wednesday in May (6,13,20,27)  
7:00am - 7:55am

We had such a wonderful group the last two times we offered an early-bird meditation class, so, I thought I would offer it again! I promise you that the group will start on time and end on time because of those who need to leave to get to work. I so enjoy having people join me at our temple. This is a FREE group and specifically created for the Front Liners, the Spiritual Warriors of ACTION!



### "Our Time Is At Hand"

Channeling from Archangel Michael - By Linda Dillon  
*"Greetings, I am Michael, Archangel of Peace, Warrior of Love, bringer of news. Our time is at hand and you know this. As we nudge, encourage and conjoin with so many upon the planet to bring forth in form not merely in heart but in form, not only the promise of peace but the actuality of peace. This is not a dream. This is not an unreality. This is not, as some think "pie in the sky." This is what our partnership, our sacred*

*union, our co-creation together, is capable of. And always has been. Only now the human vibration, frequency and knowingness has risen to a level whereby humans are consciously aware that they are able and capable of anchoring peace on Earth with us right now.*

*This is not merely an exercise of intent, but of will and action. It is a glorious day. It is not a day of defeat. It is not a day of fear. It is not a day of worry. It is a glorious day!"*



The Chakras as Portals Handbook and CD will guide us to an incredible journey of using our bodies to access and align with the Divine Qualities, Universal Law and your multidimensional self. Universal Laws explain how things work, how love behaves, how to manifest and live interdimensionally.

Let us gather together to travel the dimensions, anchor the

Blessings and Virtues, open your chakras and fly through the portals. All is in alignment...and waiting for you. Those that want to stand on the front lines as an early-bird meditator with me, please come.

The book and meditations that will be used is a compilation put together by international author and channeler Linda Dillon. You do not need to order the book. Instead, I will be giving you excerpts of the book to read during the four weeks.

We will once again set the circle to connect with all the groups who are coming into circle time to create and anchor Peace on Earth!

This meditation series will be another very powerful experience.

Please RSVP so we know how many will be coming in the morning and how many copies of information I will need to create.

Blessings!  
Hope

*"With the new day comes new strength and new thoughts."  
-Eleanor Roosevelt*

## Christopher Emmanuel is Coming to HIC

### **GREAT NEWS - A Great and Holy Teacher is Coming to HIC**

*(Mother Hope is taking a Sabbatical in the Fall)*

Great News to Share...Christopher Emmanuel will be here at the Hope Interfaith Center this Fall! He will be here from September 29 to October 31. Mother Hope is taking a six-week sabbatical to enjoy some traveling with her husband and will also be taking a group of pilgrims to France during this time. The element of this getaway is to refresh her and deepen her to her next level of devotion to Spirit to bring back to the Hope Interfaith Center. She has been looking for just the right person to take her spot in teaching those who come and she found him in her heart!

As an awakened one, Christopher Emmanuel devotes his writings, art and teachings to awaken individuals to live a balanced life, which can lead to more peace and harmony.

Chris was born in Grenada, an island in the Caribbean. In 2000, he lived in San Pedro and there he was grounded in the sameness of his childhood lifestyle growing up on a small island surrounded by water. Chris has also lived in Belize and resided there for a period of time before being called to Toronto, Canada where he currently lives.



Living his passion as an artist, writer and now spiritual teacher, awakened his joy to inspire others to find happiness in life. He is a very close friend of mine and when we gather together in the Oneness, our hearts melt into one. I knew that he was the one I wanted to come to take my spot during my leave from the center.

What can you expect during a session with Chris? His intention is to hold you in love and to connect to this Oneness that we find in our true self. He is a conscious channel and his sessions are deep and profound. A magnificent learning opportunity awaits those who wish to meet with him.

In addition to spiritual counseling, Chris will also be organizing a men's retreat here at the center and will help the men's group blossom and bloom during his time here. He truly is a man who has dedicated his whole life to being a Lightworker and is one of my many friends who is standing on the front lines with me to help create the New World. I deeply believe that Chris will bring in a new energy to help our entire community grow and blossom as well. We believe that diversity and more men will gather to meet Chris as he radiates his love to ALL.

If you would like more information about Chris or the type of session that he gives, please contact the center. If you want to have a session with Chris, please contact the center now to set it up! What a joy it is to take my sabbatical and know that you and the Hope Interfaith community will indeed be in good hands.

More information will be forthcoming in our Summer Newsletter - I just wanted to let you all know the GOOD NEWS now!

## Gatherings & Opportunities

### Relationship Group Welcomes YOU!

*Third Thursday of every month - 6:30pm – 8:30pm*  
*Facilitator: The Whole group!*  
*Cost: Free*

### THE TANGO - THE DANCE OF LOVE

The dance of love, of passion, of heartbreak. Partners dance with no daylight between them. They move as one. In this dance of Love, we are dipped, we spin, we are thrown away and brought back. Sometimes, in the intricate steps of love, we fall, or are dropped. We step on toes. Our toes are stepped on. Yet, we continue to be infatuated with this dance more than any other.  
*(From the book - Dancing Naked...in fuzzy red slippers)*



Our relationship group is a wonderful gathering of couples who are dedicated to making their relationships better. We have so much fun! The group recently finished the DVD series, *"Laughing Your Way to a Better Marriage."*

We as a group understand how in our busy daily grind we can easily get distracted from the most important person in our lives and that is our partner. You do not need to be married to join our group. Anyone can come who is in a partnership and wanting to make it better and better.

We never talk about our troubles, we only talk about how to improve our relationships. We always meet the third Thursday of each month at 6:30pm and go until 8:30 or 9:00pm We never go later than nine because we are aware that people may need to get up early the next day.

If you have any questions about this group, please feel free to call me!

Blessings and Love,  
 Hope



### Providence Partners

*First Thursday of every month - 7:00pm*

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. For more information, contact Joe Gilbert at (507) 317-3966.

### Yoga, Breath, and Movement

*Every Monday*  
*Session 1: 9:00am - 10:00am*  
*Session 2: 10:30am - 12:00pm*  
*Facilitated by Rev. Marcia Nermoe*

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



### Welcome Home

*First Monday of every month - 6:30pm*  
*RSVP's are appreciated; drop-ins always welcome*  
*\$5 Love Donation*  
*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!

## Gatherings & Opportunities

### Men's Monthly Morning Meeting Group

*First Saturday of every month 7:00am - 8:30am  
Meetings will be held in the Great Room at HIC*

The Hope Interfaith Center has a BETTER organized Men's group. It is a casual fellowship of men coming together who are interested in spiritual growth and personal development.

Protocol for the new improved group is:

- \* To stay Spiritual in Nature.
  - \*We encourage each man to share from the heart and share feelings.
  - \*We make it a point not to try and solve issues. This is not a therapy group!
  - \*Confidentiality - anything discussed within the circle stays within the circle.
  - \*Values men's relationships and knows that the commitment to the group spells Respect and Trust.
  - \*Laughter is the best medicine for healing the hurting heart as well as deepening the connection to each other.
  - \*Everyone is welcome. The Hope Interfaith is an Open and Affirming center.
- For more information, please call Bob Dickhudt at 345-9812 or Paul Gorman at 387-7041

### A Course in Miracles Study Group

*Every Wednesday - 10:30am - 12:00pm  
The group will gather in the Great Room at HIC*

Join us on Wednesdays for the Course in Miracles. Whether you are already practicing ACIM or are new to the course, you are welcome to join the group. We are all learning and our discussions have been interesting and helpful for understanding the Course. If you have any questions, please call Jody at (507) 386-1242.



### Children's Museum of Southern Minnesota

*224 Lamm Street, Mankato  
www.cmsouthernmn.org  
info@cmsouthernmn.org*

### Wednesday ONENESS Blessing Circle

*Every Wednesday - 5:30pm  
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!



More exciting news to spread! The Children's Museum of Southern Minnesota has their grand opening on May 1 & 2, 2015.

The Children's Museum, in downtown Mankato, is full of opportunities for discovery, development, and hands-on play. The Museum is many things: a mission, a place, and an organization - but it is entirely devoted to serving children, families, and the greater community.

The museum will feature exhibits, activities, and spaces to engage all ages. There will be plenty to do and see - all within a safe, inviting, and comfortable space.

Join me in supporting this exciting new place that is saying YES to raising the frequency of Mankato!

**Children's Museum**  
*of Southern Minnesota*

## In Memory Of

### What Does Memorial Day Mean to YOU?

I believe the answer to 'What does Memorial Day mean to you' is different for everyone. For some, this is the kick-off to Summer and they plan a wonderful weekend getaway. For others, it might be a time of respite to relax at home. And for some, it is a day where they remember and personalize a loved one's memory!

Memorial Day was created to stop and remember not only the men and women who died while serving our country, but also those who are no longer with us that we have loved! How will you personalize a loved one's memory this Memorial Day, Monday, May 25, 2015?

Memorial Day for me, is a time for deep remembrance for my mother who died of cancer and especially my 17-month-old son, Matthew, who died on a Spring morning in a farm accident about a month before Memorial Day. He was playing outside and was hit by a tractor. I remember the shock and the pain that I felt. I knew I would never forget him or how his death moved me into a deeper, more compassionate person. From that moment on, I had and still have, a deep reverence for all life. Losing my mother to cancer and then recently watching my mentor, Irma Beaumont, do her transition, I know I will be stopping this spring to think about how I can help carry on the legacy of their LIVES! Over the years, I have given donations to other non-profits in their names to continue honoring them for all they have taught me.

In the Book of Rites, Confucius says, "Always and in everything let there be reverence". He realized that this was the building block of a better world. Henryk Skolimowski goes even further: "Reverential thinking and actions create a field of good energy; ultimately it is a healing for the whole of the world."

This spring, we are only doing ONE fundraiser for the Hope Interfaith Center! And it will only take a moment of your time. Perhaps instead of buying flowers to put on your loved ones' graves, you would consider supporting the further success of the mission of the Hope Interfaith Center in helping to create a better world. While fundraisers are always a bit difficult to do and perhaps most places this spring are going to have bake sales or sell flowers or other handmade items, or perhaps do



car washes... I am always looking for a way to do a fundraiser to celebrate life and to find great meaning in creating a space and place for community to come together to create a legacy for others who will come after us.

*So, will you join me in personalizing the memory of a loved one this Memorial Day?*

We will be mailing and handing out memorial remembrance cards to write out with your donation:

*IN MEMORY OF (NAME), A CONTRIBUTION HAS BEEN MADE TO THE HOPE INTERFAITH CENTER BY (YOUR NAME). I GIVE THIS AS AN ACTION THAT REPRESENTS MY REVERENCE FOR ALL LIFE. MAY THE LEGACY OF (NAME) LIVE ON THROUGH THIS ACTION.*

Contributions will be used to purchase flowers and a living tree, which will be planted in memory of all those we love. A ceremony of planting the tree will be celebrated in honor of their lives.

In addition, contributions will also be used to pay down the mortgage on our community-owned temple. Currently, the long-term liability on our temple is \$202,873.62, which includes the loan with Blue Earth County from the parking lot improvement. We are so fortunate to have our special temple here in Mankato, Minnesota. So, on this most important day, as we move into Spring, I am asking you to consider this to be the most profound fundraiser that the Hope Interfaith Center has ever had. As always, I appreciate everything you have ever given or done for HIC. Your donation will be used wisely in the sacredness of this occasion.

REVERENCE for LIFE means to honor it and support it and to give gratitude for the very LIFE that you have! We will pray over the names of those we love and they will be hanging on a tree in front of our Great Room! The line I remember my mother saying was this "I will always love you to the moon and back." Well, Mom, "I will always love you to the moon and back as well!"

Thank you for taking this into your hearts for deep consideration. Also, please note that your contribution will be tax-deductible.



## Yard Sale

### 10th Annual HIC FUNraising Yard Sale!

Friday, June 19 from 9:00am - 6:00pm  
 Saturday, June 20 from 9:00am - 12:00pm.  
 On the grounds of HIC



Your donations of gently used saleable items will make this year's yard sale a HUGE success! To donate, please bring your items to the entrance of the HIC Great Room. We will also be accepting donations on

Thursday, June 18. You can leave your items under the tents on the HIC yard during that day.

Please call Kim Stanton Cummings at (507) 345-6563 or email her at [ofthemoment@gmail.com](mailto:ofthemoment@gmail.com) to donate and/or to volunteer.

## Feeling Grateful!

Our hearts are most grateful for all acts of kindness! {thank you}



A BIG shout of gratitude goes out to Dayna Cobb and her friend Dustin for the time they've given and for always being willing and ready to help us by setting up chairs for the events at our Temple. It is always so beautifully done and always looks AMAZING!

What a turn out! We really appreciate those who willingly gave their time and donated food items to help with our Sunday Noon Meal at our local Salvation Army. This was a memorable service event with our Mr. Bob Dickhudt and his lovely wife Julie as they provided music while the meal was being served. You both played a very important part in making this service event so memorable, so thank you once again Bob & Julie!

A heartfelt thank you to all our "Pure Hope" Blog Talk Radio guests, we appreciate all the time and energy that each and every one of you put into making our show a great success. Tom Westlund is always ready and willing to help in all areas when it comes to this show. Our heart is filled when you join us dear Tom! Our HIC friend Jill Westerholm is the person who does our intro and closing for the show, we are most grateful to her beautiful voice!

And to everyone who grants us the presence of their Spirit, or the gifts of their time, talent or money, we say a deep and heartfelt "Thank you"!

## Sacred Blessed Crystals from Peru

I am connected to a very courageous Peruvian Woman named Angelica Puma who become her own boss in a country where it is very difficult to rise up as a woman. I befriended her on my travels last year and we have stayed in contact ever since.

Angelica's business is selling clear quartz crystals that are creatively different than anything you have ever seen. Last year, I placed an order from her and I was extremely pleased with the uniqueness and the beauty of each one. In fact, I was so pleased that I decided to place another order this spring and to give everyone in our community the opportunity to place an order with mine.

The crystals that I am ordering this time are different. These are Grande crystal clear pendants that have a magical power to them. I myself have purchased two of them for my power pendants to increase my abilities to stay focused on my ascension process of remembrance. Not only do I wear them because of their exquisite beauty but also because of the activation that they create within my energy field. When Jody and I opened them up, we could instantly feel the energy of these pendants. Angelica's grandfather is a Shaman who blesses each piece and puts them through ceremony.

If you are interested in ordering a crystal, please contact Jody and she will give you more information.

I continue to be amazed about our ability to reach out and help other people around the world. The Hope Interfaith Center consists of an amazing group of people who are constantly raising the frequency of this planet. It is my hope that as I continue this contact with Angelica, that at some point, we will be able to Skype with her and her grandfather so that others can meet them.

It is also my hope that I can help expand this network to other women with perhaps other items. We have a professional women's group at the center and I would like to introduce a professional women's group in Peru where empowerment and networking our ONENESS is the name of the game.



## Calendar

### April

- 2 Providence Partners 7:00pm
- 3 Good Friday Full Moon Event (Wow Zone) 5:00pm
- 4 Men's Morning Monthly Meeting Group 7:00am
- 6,13,20,27 Yoga 9:00am and 10:30am
- 6 Welcome Home 6:30pm
- 8,15,22,29 ACIM Book Study Group 10:30am
- 8,15,22,29 Oneness Blessings Circle 5:30pm
- 12 Spiritual Service 10:00am
- 16 Relationship Group 6:30pm
- 19 Table Topics 10:00am

### May

- 2 Men's Morning Monthly Meeting Group 7:00am
- 4,11,18 Yoga 9:00am and 10:30am
- 4 Welcome Home 6:30pm
- 6,13,20,27 Early Bird Meditation 7:00am
- 6,13,20,27 ACIM Book Study Group 10:30am
- 6,13,20,27 Oneness Blessing Circle 5:30pm
- 7 Providence Partners 7:00pm
- 10 Spiritual Service 10:00am
- 17 Table Topics 10:00am
- 21 Relationship Group 6:30pm

### June

- 1,8,15,22,29 Yoga 9:00am and 10:30am
- 1 Welcome Home 6:30pm
- 3,10,17,24 ACIM Book Study Group 10:30am
- 3,10,17,24 Oneness Blessing Circle 5:30pm
- 4 Providence Partners 7:00pm
- 6 Men's Morning Monthly Meeting Group 7:00am
- 14 Spiritual Service 10:00am
- 21 Table Topics 10:00am
- 18 Relationship Group 6:30pm
- 19,20 10th Annual Yard Sale  
Fri. 9:00am - 6:00pm & Sat. 9:00am - 12:00pm
- 27 Summer Solstice Celebration  
Beginning at 1:00pm at the Scholtz Farm

**JOIN  
US!**



## The Pure Hope Show

*Airs the last Tuesday of every month - 7:00pm*



Partnering to produce results is the legacy that we are creating on The Pure Hope Show. We just celebrated our two-year anniversary in February.

Our population of listeners is growing and we are producing shows with some great speakers this year. We are booked for over the next six months with wonderful guests. It is so exciting, I can hardly believe it myself! The cry and need for freedom and liberty is louder now than it has ever been on earth and it is not unnatural that the forces that would prevent it would also scream a little louder. The ego tends to say "I do not have the time to listen" or "I have no need to listen". But I want you to know that every time you tune in, the energy is going through the air waves and into the world to create the legacy of Light and Love and it is helping with the Earth Ascension process! We are dedicated to advancing the state of consciousness upon this planet and our Pure Hope Show is one of the many ways we do this.

The Pure Hope Show's legacy is to create the unfoldment toward the fulfillment of peace on earth. The light of spiritual truth being shared on our programs from our many guests around the world is one of the many different avenues to bring in a higher sense of life, which we now see being manifested on earth.

The Hope Interfaith Center is dedicated to empowering our listeners with the opportunity to listen to teachers across our nation and even around the world that perhaps they would never get the chance to hear or even know about. I am in constant contact with people to see if they would be on our program. And what a joy it has been to meet some very interesting people and even make new friends as well. More and more people are hearing about our show, which means we are doing our divine contract from our temple right here in Mankato, Minnesota.

Please join me on the last Tuesday of every month for our LIVE programs. *(In order to accommodate our guests on the show, some programs are pre-recorded and then aired on the last Tuesday of the month.)* You can learn more about the Pure Hope Show on our website. You can also help grow our listener base by letting others know about this unique learning opportunity. It is my hope that you will listen to the live shows, or listen to our archived shows that are always available when you when you have some time for yourself.

To connect to the Pure Hope Show online, go to [www.blogtalkradio.com/janicehopegorman](http://www.blogtalkradio.com/janicehopegorman) to access both live and archived programs. Help us keep our legacy going by liking us on Facebook and sharing with others. We truly appreciate your help!

Light and Love,  
Hope

# ALL SACRED PATHWAYS HONORED

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