



# Hope Interfaith Center

October - December 2015

*A Message From Reverend Janice Hope Gorman*

## WINDING DOWN THE YEAR BUT WINDING UP TO BELIEVE!

Dear Friends,

As the year begins to wind down this is also the beginning of the season of gratitude and believing! Please let me gently make something very clear. Many dreams still wait in the wings. Many aspirations are just within our grasp if we keep stretching. Many hungers need nourishment. Many yearnings must be acknowledged, so that they can be fulfilled. Many authentic sparks must be fanned before Passion performs her perfect work in you. So let's throw another log on the fire....This is not the day you quit! This is not the day you set your dreams aside! For this is the season and day you stare down every naysayer in your life, including you who doesn't believe your dreams are possible to come true. Finally. And now you all know that faith is the substance of things hoped for, the evidence of things not seen. This is the season and the day that you shout, "I Believe!" Keep on shouting it until you're hoarse. No more muttering under your breath. Do you know what happens every time a child says, "I don't believe in fairies!" A fairy falls down and begins to cry! Do you know what happens every time a light worker says, "I don't believe. It's taking too long!" The Angels cry!

This is not the season to stop believing in your DREAMS! This might be the time to wind UP! We simply can't afford the luxury of skepticism. And what must you believe with every breath, until you do believe again? This is the time of the mystical alchemy the Spirit of the Season! Yes, we might be winding down the year but let us not wind down on gathering in groups for world peace or gathering in groups to work with the alchemy energy that is available at this time. So I am going to personally ask you all to keep on believing that you have the passion, intelligence, brilliance, creativity, wisdom, clarity, depth, and savvy to find that quiet center of solace, serenity, and strength necessary to create and sustain an authentic life and to keep joining us at the Hope Interfaith Center to create the New World! An authentic spiritual life is the most personal form of worship and the best gift you can give to yourself as well as the world!

Oh, I thank you Charles Dickens! Because he is the person who wrote, *"Would that the spirit of Christmas, like the nature of the Beloved, could live within our hearts every day of the year."* This is the time to BELIEVE! This is the time to wind up! This is the time to gather together! This is the time to celebrate!

We have so many wonderful events at the Hope Interfaith Center for you to come to that are FREE! Perhaps this is our Christmas gift to all of you all year long! We have groups and classes that can help you go beyond the toys, tinsel, and all the stuff and move you into a moment of quiet reflection and peace. We hope that after you attend a Spiritual Service you may truly say that you know how to keep the Spirit of the Beloved in your hearts always and bring it forth upon this planet. And may you all be able to say...

**"Merry Christmas! And God Bless Us,  
God Bless Us Every One!"**

Don't get distracted by the business of this Season! Cast a wider net. Pay close attention to your dreams. Follow your urges. Honor your hunches. Use intuition as the spiritual tool that it is. Consider coming to a spiritual service or two, or perhaps a class or one of the wonderful group gatherings that we offer. Be receptive and alert. See how many celestine moments you can accumulate in the course of a day. The more you are open to the magic of this season, the more magnetic you will become to receive your dreams to come TRUE!

With Pure Heart,  
Hope

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## ~Hope Interfaith Center~

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Jody Scholtz: Office Manager  
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Volunteer Coordinator/Program Director:  
Rev. Kim Stanton Cummings  
Board of Directors: Germaine Nowacki, Marcia  
Nermoe, Judy Mosca, Jill Grace, Tim Schmidt, Heather  
Tentis, Ruth Ann Rosenwinkle, Mona Smiley, Michael  
Furst, Klea Brewton-Fitzgerald, Rhonda Cannata  
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, October 11, 10:00am "Friendships"**  
***Bring a friend to Spiritual Service***  
**Sunday, November 8, 10:00am "Thanksgiving"**  
***Special guest Amy Korteum playing the harp***  
**Sunday, December 13, 10:00am "Hark the Her-**  
**ald Angels Sing" - A service filled w/singing to-**  
**gether**

## ~Table Topics~

*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, October 18, 10:00 am**  
**Sunday, November 15, 10:00 am**  
**Sunday, December 20, 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 Vic-  
tory 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 Vic-  
tory 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 Vic-  
tory 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 you wish to share with someone? Or perhaps you need a session of personal prayer, meditation, healings or a hospital visit - HIC has many Fellowship Ministers who are willing to come! 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. They all do weddings and 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 will take your hand at the Hope Interfaith Center. We are here for you and we will be with YOU!

## Leadership Class in 2016

### ***Potentially Starting in March 2016...***

I have been asked if I was going to do another Leadership Class for those who are interested in becoming ordained ministers. So, I am putting out feelers to see if there are others who might be interested. I am bringing this program to a close so this would be the last time I offer it.

The program is one weekend a month (usually the third weekend) and begins Friday night at 6:00pm and ends Saturday at 5:00pm. The love donation of each weekend would be \$170. People enjoy bringing communal food to share during the weekend. Students can stay at their own home or they have the option of staying overnight at the center.

This is an intense program and it is your heart's desire and your devotion to serve that must bring you on this journey. There is homework that will be given each month to complete. If you would like to speak to someone who has gone through the program or you are interested in joining this group, please contact the center and Jody will connect you with an ordained Hope Interfaith Center Minister who can answer your questions.

I would need to have at least 6 students registered to do the year long class in 2016.

With Pure Heart,  
Hope

*I AM HERE TO SERVE.  
I AM HERE TO INSPIRE.  
I AM HERE TO LOVE.  
I AM HERE TO LIVE MY TRUTH.  
~Deepak Chopra*

## **FALL into our Hearts at Spiritual Service at HIC**

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

Welcome HOME to Unity Consciousness! Spiritual seekers often say that finding HIC is like coming home. At the Hope Interfaith Center you will find an open-minded, accepting spiritual community that honors all paths to God. We are so excited to start our fall season with an open discussion about the possibility of having Spiritual Service twice a month. This has been suggested to us and so I am going to put it out there to see what people think. Right now we are meeting once a month on the second Sunday of the month and we are thinking about doing a second service during the fourth Sunday of each month. We will be looking for your feedback of this suggestion soon. We would not be starting this until the Spring of 2016.

### **OUR PHILOSOPHY**

God/Goddess is Spirit, the loving source of all that is. God is the one power, all good and all loving. This source is everywhere present, all wisdom, all powerful. This God is divine energy, continually, creating and expressing through all humans who allow their pure consciousness to shine through them. It is this energy that is sustaining all creation. At the Hope Interfaith Center some other ways we speak of God are Life, Light, Love, Substance, Principle, Law and Universal Power, Great Spirit, Beloved, Oneness, Pure Consciousness, Essence, Presence.

### **OUR TEACHINGS**

Heaven is not a place to get to but a place to create through a state of consciousness; we create our own heaven or hell here and now. We all have an innate capacity to know this energy (God) that is within us all. We are here to set positive examples and be a role model for others. We are here to make the world a better place to be. We are meta-physical beings having a physical experience and not a physical being trying to become spiritual. We are all interconnected, interdependent and inter-related to all things. We belong to the great web of Life! And what we do, say and think and feel affects the rest of the web of life. And our job right now is to remember who we are! Be still and know that we are the ones we have been waiting for to create the new golden era. And that the world is going through a dramatic shift at this time into the New Nova Consciousness World. We believe that Peace Shall Prevail on Earth as we become the peace makers of the world through our everyday existence. We teach about the body, mind, spirit connection. We teach that there are other parallel universes with highly evolved beings who are benevolent light workers who are offering us help at this time. We teach about all of the ascended masters including the Goddesses and honor all angels, saints and holy ones.

Our teachings become a way of life. We address physical, mental, and emotional needs through affirmation, prayer and spiritual education. We are to serve and love everyone who walks into our lives. We believe that all people are created with sacred worth.

### **WORLDWIDE MINISTRIES**

Yes, Interfaith does have worldwide ministries; individuals, leaders that are legally ordained to marry and bury and baptize. These ordained ministers provide practical teachings to help people live healthy, prosperous, and meaningful lives. Interfaith is love-based and is a positive path for spiritual living. Our ministries and outreaches are inclusive and open-minded, free of hatred and discrimination on the basis of race, gender, age, creed, religion, natural origin, ethnicity, physical disability and sexual orientation. We provide our ministries for all because we are spiritual, not religious; love-based, not fear-based. We believe that we are all ONE! And we are all ONE FAMILY!

We strive to help individuals, and communities to have a stronger connection to the four directions, to Mother Earth and to all of her inhabitants.

### **Membership**

We have no membership to our community. We are members and citizens of the Whole of the Universe.



## Table Talk - Belonging

*Third Sunday of every month at 10:00 a.m.*

Table Talk/Salon has had very low attendance so we are contemplating whether to have two services each month. As always, I am thinking about what people need at this time to help them experience belonging and meaning. I am hearing a lot about loneliness these days with many of my clients as well as people I meet outside of the Hope Interfaith Center. What is the opposite of loneliness? Is it belonging?

I know as humans, we need to belong to one another, to our friends and families, to our culture and country, and to our world. Belonging is primal, fundamental to our sense of happiness and well-being.

Our interests, motivation, health and happiness are inextricably tied to the feelings that we belong to a greater community that may share common interests and aspirations. Universal Love, acceptance, peace and joy as well as believing in the DIVINE in all of us and all nature has been a want of mine as well as wanting to create a space and place for others to come join in an experience where they can feel the love. The benefits of coming together in prayer, fellowship, fun and laughter are immeasurable.

Isolation, loneliness and low social status can harm a person's subjective sense of well-being, as well as his or her intellectual achievement, immune function and health. Research shows that even a single instance of exclusion can undermine well-being, IQ performance, and self-control. So I am always inviting you to invite others to come to any group at the Hope Interfaith Center. I am talking to someone about the possibility of doing pipe ceremonies at our center on a regular basis as well as looking at finding a place to do sweat ceremonies.

So let us begin a "BELONGING INTERVENTION" on people you know that are lonely or who are looking for a space and place to come to. We all know someone who is struggling or yearning or wanting to grow with a community. Let us all reach out to people. I write out 3 cards a day to reach out within our community as well as the greater community to let people know about our center. I invite people to come to HIC. I tell people I care. I tell people that I wish them well. I remind them that they are loved and remembered. I also tell them they are missed.

Meaning is found in various ways—sometimes through family, religion and a sense of self. But certainly, one way to find meaning in life is by seeking out one or more places where we belong and where things make sense. Where do you belong? Who is your support family? "Support system" means just that: members of the system support one another. Of course we value independence, and friendship is not meant to undermine that value of alone time for contemplation. But it is important to cultivate friendships and relationships in community. Friendships assume our innocence. A friend applauds our desire to play big in life. A friend supports our efforts to live according to spiritual purpose. A friend is always ready to help us and forgive us. A true friend and family will see us at our worst, as well as at our best, but his or her love will not waver when we have failed to show our most positive features. A family of friends will not close their hearts when we have made a mistake. A family of friends will not condemn us but will compassionately support our return to a state of grace. A family of friends will refrain from criticism, because it hurts the friendship and it hurts the soul.



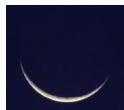
Honoring our connection to another person is a way of honoring God. A powerful connection to a group is a potent energy of group consciousness that can and does change the world. This is because the universe is a hologram.

Come join us at the Hope Interfaith Center for an experience of connectedness and please invite others to come and experience it as well.

Stay tuned to all the new groups but also, once again, we would like your feedback regarding whether to continue table talk or if we should add an additional spiritual service during the month. We are thinking about the 2nd and the 4th Sunday of the month at 10:00am. Please call Jody or email our center to let us know what you think.  
(507) 386-1242 hopeinterfaith01@gmail.com



## New Moon Groups & Solstice



### OCTOBER NEW MOON

#### Paint'n Party at HIC

*Sunday, October 11 - 1:30-3:30pm*

*Facilitated by Rebecca Lagerwall & Germaine Nowacki*

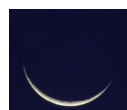
Join us for a Paint'n Party at HIC on Sunday October 11<sup>th</sup> at 1:30pm for a fun painting experience. Bring your friends and family. It's simple and stress free in a casual learning environment. The featured painting is Tree of Dreams.

Unleash the artist in you! No experience required! You will be guided by Rebecca Lagerwall, an experienced artist, providing you with hands-on, step-by-step instructions for the featured painting. You'll be amazed with your original creation, which will be yours to keep!



Everything for your creation is provided: canvas, apron, paints and brushes. The cost is \$35.00. Come ready to create, you'll amaze yourself!

We ask that you arrive 15 minutes prior so that we can begin on time. RSVP by calling Jody at (507) 386-1242. *(Sign up early, seating is limited)*



### NOVEMBER NEW MOON

#### Sonic Alchemy with a New Moon

*Tuesday, November 10 - 6:30pm*

*Facilitated by Keith Gilchrist*

Join us for a fun evening to explore the Language of Light through the Sacred Geometry of Sound. Using voice, breath, instruments and tools to awaken Light Codes and DNA, allowing deep expansion and acceleration of the ascension process. Intuitive Keith Gilchrist will share his experiences and channel different aspects demonstrating the very natural freedom and ease of the flow, allowing you to begin to realize how you may already utilize these amazingly beautiful and powerful tools. This will be a wonderful addition to your current practices.

The Language of Light manifests itself in many ways and Keith has found Sound to be the pathway that works best for him to allow the flow into this dimension. Using instruments and channeling with his voice as many sounds, tones, voices and dialects come through from the vastness of ONE. Your mind may throw walls up yet your heart and DNA will hear, resonate, and rejoice.

We will start with a discussion of the tools and instruments, some demonstration of voice, and then move on to questions. Keith will then perform a group session, if time permits, a Sound Circle for all to participate. You are encouraged to bring any instruments that may want to come along.

Keith is an intuitive who has been practicing for many years. Although he has nothing to hang on a wall, he has become a powerful worker. He has learned from many masters in his journeys, enhanced by his own experience. He comes in the greatest gratitude in hope of bringing clarity, helping others to explore within, to discover, realize and love their amazing selves even more.

Some of his most memorable, profound and incredible experiences have been on the HIC journeys he has had the privilege of partaking.

Please RSVP by calling Jody at (507) 386-1242.

### WINTER SOLSTICE TIME

*Monday, Dec. 21 - 5:30pm - 7:00pm*

*Dave & Jody Scholtz Farm at 59563 243 St. Kasota*

*Please RSVP by Dec. 17 at 507-386-1242*

#### Chestnuts roasting over an open fire! Jack Frost nipping at your nose!

We will go out to the country to sing Christmas Carols, drink hot chocolate, eat Christmas cookies, and sit around an open fire - we'll talk and laugh and connect as a group of Light Workers. Bring your drums, rattles, shakers, and crystal balls if you have them and let's bring in the Light with a blazing fire and solstice ceremony.

Hope will bring words so everyone can pick their word for 2016!

**Fun, Friends, and FIRE that will  
Light a Fire in your Heart!**

## Gatherings & Opportunities

### Relationship Group Welcomes YOU!

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

Please read this!!! Ok let's go..... It is time for a beautiful marriage and partnership encounter. Our relationship group is a wonderful gathering of couples who are dedicated to making their relationships better. We have so much fun and yet we learn so much of how to improve our relationships. We would love to have any and all couples to come join us. We are just finishing the book the Zim Zum of Love by Rob and Kristen Bell. And it was a fantastic book. So now what? Well how about a season of partnership encounters?

A partnership/marriage encounter consists of a series of presentations given that usually focuses on aspects of a great relationship. After the presentation you will be given questions pertaining to the presentation. After having time to write on the topic you will exchange note books, read what the other has written and have time to discuss your responses. Please keep in mind there is no group sharing on a relationship encounter night! The discussion part is only between the two of you in the privacy of your own room. So, come explore these topics!

The purpose of an encounter is to assist the couple to have ongoing communication that builds trust, honesty and deep love and respect through open and honest communication! The Hope Interfaith Center is dedicated to providing a space for every kind of couple. You do not need to be married to come to this group. We celebrate LOVE so don't be shy, just come and see what we have to offer you. I know that it is very possible to go through major changes calmly and willingly when you view them as a natural pathway to deeper and deeper love.

The outline of the evening will look something like this: 20 minute presentation, 20 minutes of reflecting and writing on questions that pertain to the presentation topic, 20 minutes to read and talk to each other about what you have written.

We will end the group by coming back together to end the evening.

**October Topic:** Bridge Over Troubled Waters  
*(How do you handle troubled waters?)*

**November Topic:** Expressing Gratitude  
*(Finding ways to appreciate your partner)*

**December Topic:** I give you my heart, for I have nothing greater to give *(The Gift of the Magi)*

Research shows that couples who take time to join with other couples who are wanting to have good relationships grow more deeply in love than others. Perhaps it is because they keep their relationship as a priority. When one becomes conscious and intentional and deliberate in their relationship it is amazing how joyful and easy it becomes. In many of my marriages that I perform I try and make it clear to them that the most important person in the world is now standing next to you and it is your job to never forget that. How will you make your relationship a priority?

Paul and I are always looking for ways to enrich our relationship because we are each other's best friends. If you have any questions about this group, please feel free to call me!

Please RSVP for this group—*(we like to set up the room for everyone ahead of time)*. ☺

Blessings and Love,  
 Hope

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### Providence Partners

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

Do you want to find a way to connect with others who are interested in being financially wise?

This is a financial investment group that comes together to make good conscious investments, and investing as a group.

We are always looking for new investors. For more information, please contact Joe Gilbert at (507) 317-3966.

## Gatherings & Opportunities

### Yoga, Breath, and Movement

*Every Monday - 9:00am  
Facilitated by Rev. Marcia Nermoe  
\$7 Love donation*

#### Stretch yourself in more ways than one!

Monday mornings, HIC offers an hour and a half long class that includes Hatha yoga, Tijah movement and breath awareness.



If you have any questions, please call Rev. Nermoe at (507) 381-5272.

### Men's Fellowship Group

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

*If we are willing to embrace the challenge of becoming whole, we cannot embrace it alone- at least, not for long: we need trustworthy relationships to sustain us, tenacious communities of support, to sustain the journey toward an undivided life. Taking an inner journey toward rejoining soul and role requires a rare but real form of community that I call a "circle of trust." by Parker J. Palmer*

New and emerging ideas and understandings can happen when men gather together. To preserve a sacred space for men to explore their spirituality together we are continuing to try and get men to come to this group. Many men as well as women are entering retirement or are just looking for a change. So having a place to come and talk about adjusting your life's vision is necessary if one is yearning for harmony and wholeness into your days. If you are searching for support in moving from your head to your heart through contemplation then come join our group.

Men need friends! Men need their space! Men need time to contemplate and reflect on their journeys as well. The Hope Interfaith Center is dedicated to creating space for this to happen. Honesty, laughter, support and connection are some of the values of this group. If you have any questions about this group, please feel free to call Paul Gorman at (507) 420-0138 or you can call the office and ask Jody about this group (507) 386-1242.

### 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.

### 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.

### Kundalini Yoga

*Wednesdays, 6:15 - 7:30pm  
Refer to the Calendar for Exact Dates  
Facilitated by Rev. Marcia Nermoe  
\$10 Love donation*

Kundalini Yoga is a 5,000 year old system of yogic exercises and meditation that is designed to give you a "hands on" experience of your highest consciousness. Spend some time living in your higher self through movement, breathwork, mantra, and meditation.

Experience the transformative power of Kundalini Yoga as taught by Yogi Bhajan.



## Gatherings & Opportunities

### Sunday Noon Meal at the Mankato Salvation Army

*Sunday, November 1, 11:00am - 1:30pm  
Volunteers needed to bring food and serve!  
Please sign up by Thursday, October 29!*

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 sight 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 is very near and dear to Hope's Heart!)**

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. Jody has more information and there is a sign-up sheet at HIC.

On the Sunday we serve, we will meet at the Salvation Army at 11:00am. The meal is served from noon – 1:00pm 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 great family activity, too. If you are unable to help serve that day, you can donate food (*please call and ask what is needed*) or donate money to buy the food – there are many options available to come forward and serve.



## Retreats

### 2-DAY YEAR END RETREAT

*Facilitated by Rev. Janice Hope Gorman*

*Fri., Dec. 4, 6:30pm to Sat., Dec. 5, 5:00pm  
Holy Spirit Retreat Center, 3864 420<sup>th</sup> Avenue,  
Janesville, MN*

*Cost: \$70.00 per person [\$35.00 to Holy Spirit Retreat Center & \$35.00 to HIC for teaching and materials]*

*Registration deadline: November 26<sup>th</sup>  
[28 spaces available]*

Join more than 10 million people in this Life-Changing program:

**A COMPLAINT FREE  
WORLD...HOW TO STOP  
COMPLAINING, AND START  
ENJOYING THE LIFE YOU  
ALWAYS WANTED**



*By Will Bowen...*

*A complaint free world's vision is to share complaint free bracelets (which you will receive at the retreat) with sixty million people – If we can positively transform the attitudes of just 1 percent of our world's people, it will have a ripple effect, raising the consciousness of everyone.*

Dr. Maya Angelou, former United States Poet Laurette and mentor to Oprah Winfrey said "If you can't change it, change your attitude. Don't complain" as a motto.

We will be watching a DVD about this movement spreading around the world. One wrist at a time; one life at a time, the world is becoming Complaint Free. In this informative and touching movie, you will meet Complaint Free children in Nova Scotia, Canada, who won a national award for participating in this program. You will hear a Complaint Free business owner who has seen his company's morale and profits climb; and Complaint Free teens, college students, and senior citizens who have transformed their lives by becoming Complaint Free.

**Join me as we end this year with a time of reflection as well as a time to set a new direction!**

**-Hope**

## Retreats

### **A DAY OF INSPIRATION** *Facilitated by Renita Robinson*

**One Day RETREAT here at HIC!**  
**Saturday, November 7, 8:30am—5:00pm**  
**Love Donation: \$88.00**

Welcome and Registration and getting settled in begins at 8:00am. The group begins at 8:30 and will end at 5:00pm

*(This retreat will fill up quickly so, be sure to call us right away and send in your money to hold your spot!)*



Renita Robinson, the executive director of the Committee Against Domestic Abuse will be here at the Hope Interfaith Center to help empower all women.

The introduction to the bible story that she calls *"On the Other side of Mara"* will be presented in a most powerful way. Renita will help us move away from "Minnesota Nice" which we have all been domesticated into, and into our journey to help each other support one another as powerful women. This day will be a powerful experience into the spiritual journey of the practice of listening deeply to our Life experiences through the artful, true stories we all have. Renita is a powerful speaker, motivator and mentor for all women who want to show off their true magnificent unique self!

I have personally found her to be a cheerleader for all women who want to take their next step. Please read the following information, which describes this wonderful day with this wonderful, powerful woman:

On the other side of Mara... is a sweet spot of resolve that women can look back from identifying the circumstances of their lives as a gift. Every woman's gift is unique, comes in a different package and is priceless. This day of inspiration will support dreams, validate fading hopes and provide a memorable experience wherever you are waiting to cross over from.

Please join us for a series of interactive sessions processing our history within a collective, examining women's hurt humanity (*womanity*) and taking definitive steps toward healing, wellness and community. This deep work will be facilitated in a safe, confidential environment.

8:30am-9:20am Welcome, Introductions and Vision Casting

9:30am-11:00am Session I (Exploring Individual Histories)

Ruth 1:20, Naomi says "Do not call me Naomi call me Mara, for the Almighty has dealt very bitterly with me."

11:00am-12:00pm Reflections, Releasing and Visioning

Activity: "I remember when..."

12:00pm-1:00pm Working Lunch (Reframes and Permissions)

1:00pm-2:30pm Session II (Womanity's hurts)

2:30pm-4:00pm Reflections, Releasing and Visioning

4:00pm-5:00pm Half-Session III

(Healing, wellness and community)

How all this works in community. Every community needs a M.I.R.R.O.R!

\*Call Jody for more information and to register for this transformational event!

## Silent Auction Fundraiser



The Silent Auction is going on right now in the Great Room at HIC. We have many wonderful items for you to bid on including a large clock, bracelets, angels, a juicer, home décor items and lots more! The Silent Auction ends Oct. 11.

## Retreats

### Bring Abundance into Your Life with Kundalini Yoga

*Facilitated by Avtar Prem Kaur (Marcia Nermoe)*

Saturday, October 10, 9:00 to 4:00—*[Space is limited please RSVP early]*

During the most abundant time of the year when Mother Earth has provided so bountifully for us, spend the day joyfully and purposefully practicing to bring prosperity into your own life through Kundalini Yoga as taught by Yogi Bhajan and your own reflective journaling. Kundalini Yoga uses movement, sound, and meditation to bring about transformation on all levels. Among other things, we will be learning a simple meditation that you will have the opportunity to do on your own for the 40 days after the workshop. This will be very powerful as the energy of the group amplifies our intentions even as we practice in our own spaces. Please bring a journal and pen, a blanket to cover up with, and a yoga mat or another blanket to use under you. This workshop is for everyone, even if you have never done any type of yoga before.

Cost is \$75 which includes lunch and Yogi Tea.

#### Workshop Schedule:

Morning Welcome & Introduction	9:00-9:30	What is Kundalini Yoga, Who is Yogi Bhajan, what to expect (breath, movement, mudra, mantra, eye focus), Yogi Bhajan reading on prosperity from Success and the Spirit
Breathwork	9:30-9:45	One Minute Breath
Kriya	9:55-11:10	Warm-ups, Har Aerobic Kriya Basic Spinal Energy Series, deep relaxation
Journal Prompt	11:10-11:25	Reflection
Meditation	11:25-11:40	Get Rid of Your Couldn't
Journal Time	11:40-11:45	Reflect on any insights gained during meditation
-Lunch is Served-	11:45-1:00	Lunch and social (or rest) time
Meditation	1:00-1:20	Attitude of Gratitude
Journal Prompt	1:20-1:35	Reflection
Movement Meditation Kriya	1:45-2:20	Movement Relaxation Series
Journal Prompt	2:20-2:35	Listening to your Heart
Meditations	2:35-3:05	Meditation for Prosperity I & II Discuss 40 day sadhanas
Closing	3:05-3:30	Circle up, sharing time for those who would like to, Sunshine song, Sat Nam, and Prayer

## HIC in the News!

On Monday, September 7, the Hope Interfaith Center was featured in an article in the *Mankato Free Press* newspaper. We are extremely grateful for the exposure from the article for the peace pole project.

### Interfaith center to plant peace pole in France

*By Jessica Bies*

MANKATO — Every once in while Rev. Janice Gorman will visit one of several peace poles planted throughout Mankato by Hope Interfaith Center.

"I do that because I believe there's something happening in Mankato," she said. "This seems to be a community that gets behind projects like this."

Every time she sees one of the poles, "To tell you the truth, I become even more passionate about planting more poles. One institution, one person, one community can make a difference."

Peace poles are monuments displaying the message "May Peace Prevail on Earth," usually in a different language on each of four sides. Hope Interfaith Center has planted several of them, both locally and internationally, in Israel, Palestine, Turkey and Peru.



In Mankato and North Mankato, there are peace poles at the YWCA, Peace Park, South Central College, CADA and the First Congregational United Church of Christ, to name a few. There is also one in front of the Interfaith Center, given in memory of a member who died from cancer.

The next pole, to be the center's 11th, will be planted in France. Later this year one will be planted at the Coffee Hag. "This year, because it's a local and international project, we're going to plant two," Gorman said.

Gorman will be leading 18 people on a pilgrimage to Lourdes, France Oct. 14. She wants to plant a peace pole there because several journalists recently killed in an attack on the satirical newspaper Charlie Hebdo.

"The local one is at the Coffee Hag because they've created such an environment of peace and inclusivity there," she said. The peace poles are meant to inspire people to think of peace, Gorman said, then act to create it.

"I don't think peace is just simply the opposite of violence," she said. "I believe peace is an action, even more than a feeling. It's easy for people to have the fuzzy feeling of peace, that why I love the peace pole project. We're not simply talking about peace, we're acting it out."

She hopes that residents will sometimes visit the local poles as she does, and think on peace. "It's my hope that people look at the peace poles and stop, even for a moment, and reflect," she said. "The poles says 'May Peace Prevail on Earth.' To me, making that statement is a prayer. It's a prayer: let peace prevail on Earth."

## Calendar

### October

- 1 Providence Partners 7:00pm
- 3 Men's Group 7:00am
- 5, 12, 19, 26 Yoga 9:30am
- 14, 21, 28 ACIM Book Study Group 10:30am
- 7, 14, 21, 28 ONENESS Blessing Circle 5:30pm
- 7, 14, 21, 28 Kundalini Yoga 6:15pm
- 11 Spiritual Service 10:00am
- 11 New Moon Event: Paint'n Party 1:30pm
- 15 Relationship Group 6:30pm
- 18 Table Talk 10:00am

### November

- 1 Sunday Noon Meal at Salvation Army 11am
- 2, 9, 16, 23 Yoga 9:00am
- 5 Providence Partners
- 7 Men's Group 7:00am
- 7 Day of Inspiration Retreat 8:00am-5:00pm
- 4, 11, 18, 25 ACIM Book Study Group 10:30am
- 4, 11, 18, 25 ONENESS Blessing Circle 5:30pm
- 4, 11, 18, 25 Kundalini Yoga 6:15pm
- 8 Spiritual Service 10:00am
- 10 Sonic Alchemy w/a New Moon 6:30pm
- 15 Table Talk
- 19 Relationship Group

### December

- 3 Providence Partners 7:00pm
- 5 Men's Group 7:00am
- 7, 14, 21 Yoga 9:00am
- 2, 9, 16 ACIM Book Study Group 10:30am
- 2, 9, 16, 23 ONENESS Blessing Circle 5:30pm
- 2, 9, 16 Kundalini Yoga 6:15pm
- 4, 5 Spiritual Retreat at Holy Spirit Retreat Ctr.
- 13 Spiritual Service 10:00am
- 17 Relationship Group 6:30pm
- 20 Table Talk 10:00am
- 21 Solstice Celebration "Scholtz Farm"  
5:30-7:00pm

## The "Pure Hope" Radio Show

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



Tune in to some **nationally and internationally known speakers, healers, helpers and authors on our blog talk radio show!** Every time you listen, your pineal gland center of the frontal lobe area is being activated. We are all going through a reconstruction zone right now and we are continually getting upgrades. Consciously we are now remembering who we are and are able to access a gazillion dimensions. We are all powerful!

So, come listen to the interesting guests on our Pure Hope Show who dare to be who they are! We at the Hope Interfaith Center are making headway into creating our new world consciousness. We are dedicated to helping with the Divine Plan at hand. The Pure Hope Show blog talk radio program is our latest tool to connect with people all over the world and we are doing it!

We don't "compare or compete" because we are already on the top ten list of the spiritual hierarchy that knows us by our hearts and dedication. And so I am asking for your help and assistance as well. Because I know that we are entering a marvelous critical point in our development of our human race, I am asking you to help me spread the "WORD" about this program. As Lightworkers, we are called to help with this shift that is going on. Please partner up with me by putting any and all information about the Hope Interfaith Center on your Facebook page and your website or call friends and let them know about us.

Ask them to join you the last Tuesday of each month at 7:00pm or join us by listening to our wonderful archived programs.

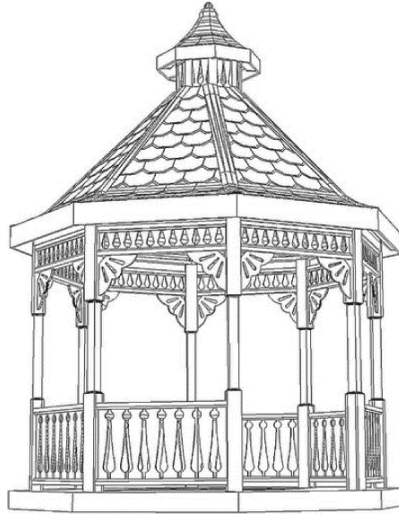
We have made it easy for you to do this! Go to our website, [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com), and click on the Pure Hope Radio Show tab at the top. We will continue to try and create everything user friendly for easy access to our information.

**Thank you all for joining us and helping us all make a difference in this world!**

# JOIN US!



# ALL SACRED PATHWAYS HONORED



## Hope Interfaith Center

We inspire all in Oneness to create a better world by empowering people to recognize and honor the Divine in Self and All.

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