



# Hope Interfaith Center

January - March 2016

*A Message From Reverend Janice Hope Gorman*

## **HAPPY NEW YEAR OF 2016 !**

Dear Friends,

I recently read the book, *Rising Strong: The Reckoning. The Rumble. The Revolution.* by bestselling author Brene' Brown, Ph.D., LMSW. And of course all of you, my friends, came to my mind. YES, all of you who are reading this cover letter of the Hope Interfaith Center newsletter. Because you wouldn't have picked this newsletter up to read if you were not a member of the badassery club. As quoted from the book by Brene' Brown, "I know, badassery, is a strange term, but I couldn't come up with another one that captures what I mean. When I see people stand fully in their truth, or when I see someone fall down, get back up, and say, "Damn, that really hurt, but this is important to me and I'm going in again" -my gut reaction is, "What a badass.""

Welcome to the New Year of 2016. A very important year indeed!

Brene' also goes on to write, "Daring is essential to solve the problems in the world that feel intractable: poverty, violence, inequality, trampled civil rights, and a struggling environment, to name a few." We at the Hope Interfaith Center are dedicated to creating groups, events, happenings, Spiritual Service Sermons, and rituals that are created to be consciousness-raising for a better world. We now have in place an opportunity to join together with intention to create a New Nova Earth Hologram. The earth that is equal for ALL! You are an integral part, a needed piece of the puzzle to help create the new world. I am now hearing the song from my guides, "Don't Stop Believing." Sometimes it is much easier to stop believing that we are playing a role in the creation of a world. But just like many spiritual teachers say, we are either part of the problem or we are being the solution.

You are a crystal being that has now been activated and you are remembering your own magnificence. And your awakening has given you a heart opening that can never be closed again. And from your hearts, you are responding to the needs of the world in so many ways. You are integrating the attributes of the Divine Goddess and you are seeing your unlimited multi-dimensional higher soul self.

Within us all is the "Light of a New Life." And this light is the light of God/Goddess and it casts no shadows. This is what many spiritual communities call the Holy Spirit. People are reporting that when they are grounded in their spirituality a new reality starts to formulate in their personal lives. And if it is happening in their personal lives then of course they are also creating a new world.

During my journey here in Mankato growing up as a child, I was directly affected by an apparition that changed my life. From that moment on, I began to dare greatly while marching to the beat of a different drummer. Yes, just like the book states, "The irony is that we attempt to disown our difficult stories to appear more whole or more ACCEPTABLE, BUT OUR WHOLENESS--EVEN OUR WHOLEHEARTEDNESS--ACTUALLY DEPENDS ON THE INTEGRATION OF ALL OF OUR EXPERIENCES."

To this day I am still marching differently than most. Not a day goes by on this planet that I do not have an active dialogue with many Masters. After my recent trip to France in October, I have been in dialogue with Mary Magdalene and/or Mother Mary. I have quickly established a connection of the heart to these women who have been dismissed from my path of Christianity for a long time. They are probing my memory to stand tall in my convictions and to also help others to find their beautiful abilities and powers. Every day it seems like I am going through an energetic shift. I know that I want to help you to decide to continue to invest in your own remembrance, for this is what we are dedicated to at the Center.

Fear was the energy that once ruled the world but no more. Most of us are now working, thinking, talking and choosing through our over soul. Our Higher Self! And if you are not, then just say these words as you start out your day in your new Nova Consciousness: Oversoul Communication: bj King- Please say I AM deliberately making a valid intention that all communication today on the 3rd dimensional level will go through my Oversoul only to all others' Oversouls. This is to include all phone calls, letters, and in (continued on page 8)

## ~Hope Interfaith Center~

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Email: hopeinterfaith01@gmail.com

Visit us online 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

Bookkeeper: Holly Anthony

Fellowship Minister: Rev. Jo Gangestad

Volunteer Coordinator/Program Director:

Rev. Kim Stanton Cummings

Board of Directors: Ruth Ann Rosenwinkle, Jill Grace,

Tim Schmidt, Heather Tentis, Mona Smiley, Rhonda

Cannata, Mona Smiley, Michael Furst, Becky Beyer,

Jessica Hebert, Kristin Underwood

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 - 10:00 AM*

*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, January 10, 10:00 AM** - "Begin With the End in Mind" Motto of Stephen Covey

**Sunday, February 14, 10:00 AM** - "Love" Happy Valentine's Day with Rev. Penny Tower

**Sunday, March 13, 10:00 AM** - "The Story of Ana and the Bird" To address the vibrational shift that you are experiencing, we will tell you the story of Ana and the Bird

## ~Table Topics~

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

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, January 17, 10:00 AM**

**Sunday, February 21, 10:00 AM**

**Sunday, March 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 Victory 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 Victory 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 Victory 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 counseling 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 remove your shoes if possible. 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

*W*ould 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!

## Thank You!

### ***From Our Hearts to Yours!***

Our hearts sing a song of gratitude to ALL who participated for the many opportunities at HIC during this last year; fundraisers, yard sale, and serving our community at the Salvation Army Sunday noon meal here in Mankato! We thank you for your loving, giving hearts!

And let's not forget about our Hope Interfaith Board Members, thank you for all your support and especially for the love and dedication you all bring to HIC!

This indeed has been another magical year for the "Pure Hope Show" so we want to take this opportunity to thank ALL of our wonderful guests as well as our fans who tune in to the show or listen to the archives from our website. A BIG SHOUT out to our Producer, Tom Westlund who is dedicated to helping us with the show. We are truly blessed by his talents and his gift of time and his presence.

HIC Community, Thank You for all the love donations that you give to the Center! This truly keeps the LIGHTS ON here at this Temple of Love!

One last expression of our heartfelt gratitude to our Mr. Bob Dickhudt who is always ready and willing to be a part of the Spiritual Service by sharing his beautiful music! Thanks BOB!

*"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."*

*— Marcel Proust*

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

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

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 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 on 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 interrelated 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 AM*

Table Talk/Salon has had 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 10:00 AM. Please call Jody or email our center to let us know what you think.  
(507) 386-1242 hopeinterfaith01@gmail.com



## Full Moon Groups & Spring Equinox



### JANUARY FULL MOON

#### Crystal Bowl Sound Event

*Thursday, January 21, 5:30 PM*  
Facilitated by Katie Galarneau

Katie Galarneau, a member of our HIC Community, would like to invite you to a crystal bowl sound event.

Come join Katie as she will be sharing sounds from her crystal bowls of various sizes, along with metal singing bowls. This is an amazing sound therapy, and covers a range of tones. Everyone may participate. Katie will also share a short visual meditation with us.

Crystal sound therapy is such a pure, energetic feeling when listened to. It can resonate, tone, and magnify every part of you, right down to your toes! Feel free to bring your crystals to the event.

### SPRING EQUINOX

#### Spring Begins!

*Palm Sunday, March 20, 3:00 PM*  
Facilitated by Esther Marcella Hoffmann

Twice a year the Sun sits vertically above the Equator, giving us nearly equal day and night everywhere on the planet. It is a powerful time to gather!

How about bringing your kids for a family storytelling day? Because on this day of March 20th, it is also World Storytelling Day in the Northern Hemisphere! Storytelling is a lost art and yet it is a wonderful way to entertain the young and the old.



Come join us for storytelling time during our Vernal Equinox celebration. This event is kid and family friendly! We are inviting Esther Marcella Hoffmann as our storyteller for this event. Esther is a member of our community. She is a playwright, poet and a storyteller.

Come to the Center at 3:00 PM and enjoy cookies and bars and refreshments! I love celebrating with kids because it reminds me of everything coming awake from the long dark winter months! Let us bring Life back into our lives and laugh and have some family fun on this day!



**Esther Hoffman**

### FEBRUARY FULL MOON

#### "The Hard Moon, the Hunger Moon, the Snow Moon"

*Sunday, February 21, 7:00 PM*  
Facilitated by Scot Zellmer

February's full moon is known to be a time of challenge as indicated by the various cultural names attached to this event.

Come and join together on Sunday, February 21, at 7:00 PM, to celebrate the challenges we face in our lives.

We will gather under this moon, express ourselves to all creation, and rekindle the fires that sustain us.

**Join the Circle and  
Lift Your Spirit!**

## Gatherings & Opportunities

### Relationship Group Welcomes YOU!

*Third Thursday of every month, 6:30 - 9:00 PM  
Hosting the movie nights at Hope's House  
January 21, February 18, March, Wed the 16th*

A better marriage just by watching movies? A new study has come out about couples watching movies, and having a bit of discussion after watching them. So, as we move into January, February and March, I thought we should focus on watching movies. Sacred gatherings always begin with fun and laughter. Many are being held now within groups that have LOVE in common and our group focuses on LOVE!

Just imagine coming to Hope's house to watch "Love Story" or "Gone with the Wind," and sitting with blankets over us with hot chocolate with marshmallows or hot tea. Our basement is not fancy but it is large and we can gather there to unwind, rejoice and learn from watching some old or perhaps new movies about LOVE. Knowing now that you are all masters of your own creations and creating a better relationship with your partner is one of the greatest things you can do for the world.

I thought we were going to do encounters but when I read this new study that has just come out called "A better relationship with the cost of a movie ticket" then I decided to change directions. Hopefully more will join us! This is your time to blossom, to be fulfilled by your own light of truth and to join together with others who cherish connections of a deeper kind. In this opportunity, we will take any and all suggestions on what to watch.

Research shows that couples who take time to join with other couples who want 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 the 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.

Blessings and Love,  
Hope

### Providence Partners

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

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.

### Yoga, Breath, and Movement

*Every Monday - 9:00 AM  
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.



## Gatherings & Opportunities

### Men's Fellowship Group

*First Saturday of every month 7:00 - 8:30 AM  
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 - 5:30 PM  
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 - 10:30 AM - 12:00 PM  
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 - 7:30 PM  
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 Bajan.

*(Cont. from page 1—Message from Hope)*

person. And I make the valid intention to communicate with my own soul on all levels at all times. Thank you and Amen (*say 3 times*). This will give you a much higher level of communication with the soul, and NOT through your emotional body and not the physical body which holds all the judgments, fears, ego, anger and doubt of self and others.

This is just a taste of some of the information that is taught at HIC and can help you create a wonderful New Year of 2016. Please continue to read this newsletter and check out all of the events that we have at our Center. I am sure that you will want to invest some of your time in the journey of being grounded in your spiritual walk. Keep coming back - it works! My wish for you is that you will have a fantastic year of grounded Spirituality, as you become the real deal!

With Pure Heart, Hope



## What's New at the Hope Interfaith Center

### A Circle of Excellence Teleclass Series

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

Starting in February, we will have an opportunity to join with other teachers who carry the new vision for humanity at this time. We all know that we are entering into a time of change, some might even say crisis. Now don't be afraid of this word because crisis precedes transformation. Problems are evolutionary drivers. Intensifying pressure leads to evolution and transformation. If we are all to evolve then this does create radical newness. And gathering together with like-minded lightworkers will create the new world.

Many of you have an affinity now with going beyond the old internet information. You are reaching for star systems, peaceful solutions and partnership with Masters and Evolved Star Beings that are all here to help us through this most important time. This program of "A Circle of Excellence" will be offered and participated with people across the world and into the other parallel universes. Is it possible that from our species, a new human and a new humanity are now emerging? We can see the sequence from Homo habilis, Homo erectus, to Homo Neanderthal, Homo sapiens, to Homo Luminous beings. A new species has been gestating in the womb of self-consciousness through the great avatars, mystics, and visionaries for thousands of years, and that now is being born within us.

The "Universal Human" the "Homo Luminous Beings" will be reaching a critical mass in this year of 2016. And we at the Hope Interfaith Center are a part of this critical mass in this Circle of Excellence. This Universal 5th Kingdom being will come from every race, nation, religion, and discipline. Some of the qualities of its being are now becoming apparent.

For this emerging human, the veil between dimensions of reality is thinning. And we are being contacted by star beings that are here to help us through this period of time upon the planet. As you expand your reality and are living peak experiences all the time you will receive higher guidance and epiphanies vital to guide your evolution. We are all becoming healthier, happier, wiser and more passionate about working towards a greater good for all.

When I gave my last teleclass for the last series, I knew I would continue this journey. The great thing about a teleclass is that you can connect anywhere with your phone to listen to the teachings. If you would like to listen to the last series please contact Jody and she will send it to you. Therefore you will be able to see what I am talking about.

**This will be a six session series starting Saturday, February 20, 10:00 AM to 11:30 AM. Subsequent dates are as follows: April 16, June 11, August 13, November 12, December 10.**

Each month you will receive a meditation as well as contact with Inter-Dimensional Realities of the Star Beings. The first session will be on current events, where we are and where we are heading. *(I have had connections with businessmen and women who are in contact with Star Beings and they are sharing some very happy and great information with me. This will be shared during the teleclass series!)*

Do you remember the doom and gloom prophecies around the year 2000? Have you noticed that we are all still here? The group advises us to choose our thoughts even more wisely now as our powers of creation are greatly enhanced. Even as you are reading this, the everyday decisions you are making are contributing to the creation of the New Planet Earth. This is a call to Light. This is the moment when your Light can make the biggest difference and the biggest impact.

Come join me on this journey of "A Circle of Excellence." The cost for the entire program is \$150.00. We continue to keep the cost down to enable everyone to join us on this journey. I pledge to you that it will be different from the material that is on the Internet. Also, a great deal of energy will be coming through the teachings. Please pray on this and let us know if you want to join the team! Each Teleclass will be recorded and sent to you! With Pure Heart, Hope

## Goddesses Never Age with Vino in the Valley

*Friday, February 5, 5:00 PM—7:00 PM*  
*The Neighbors Restaurant, Mankato*

### ***\*THE SECRET PRESCRIPTION FOR RADIANCE, VITALITY, AND WELL-BEING\****

Calling all Goddesses! Come and join me for an opportunity to discuss the book, "*Goddesses Never Age*", by Christine Northrup. We will have the discussion with one another around a table in the private room at the local Neighbors Restaurant. We will listen to a short video of her speaking about how to stay young and ageless at any age. Taking all the right supplements and pills, or getting the right procedure done, isn't the prescription for anti-aging, Dr. Northrup explains. Agelessness is all about vitality, the creative force that gives birth to a new life. It is about gathering with other women who are dedicated to staying young and sharing stories.

I am looking for women to join me to talk about how we can continue our journey of staying young even in our later years. We are the Goddesses and when we gather we create a learning opportunity to shine. Getting older can be a blessing! I would love to invite you to join me in a gathering of FUN! February is the month of LOVE and coming together will be a loving and fun thing to do just for us! Please meet me at the "Neighbors Restaurant" for a little vino in the valley to talk about the ways we can all stay young at heart.

This is the ERA of Community...It's hard to find great support during times of uncertainty, whether it's a transitional time in your life or a transitional period that everyone is facing. As I write this, there are astrologic events happening that we haven't experienced since 1966, perhaps before you were even born. The last time the celestial bodies were in a similar position was a very chaotic time when the women's movement, civil rights, gay rights, and the very unpopular Vietnam War were all in the news. It was the beginning of waves of women coming together for a reason and a purpose. We are coming together now for those same reasons. You will find support and sustenance in your relationships with those around you. We need to be thinking about coming together more often as women to support each other. Isolation and loneliness are a major health risk, right up there with smoking cigarettes, high blood pressure, obesity, and a sedentary lifestyle.

The happiest people are those who have a tribe! You are all so awesome and whenever we have gathered in the past, it has been wonderful. I look forward to seeing you for a little "Vino in the Valley."

## GODDESSES NEVER AGE

*The Secret Prescription for Radiance,  
Vitality, and Well-Being*

## Cuba Cruise

### CRUISE TO CUBA - DECEMBER 2016

*First Informational Gathering*

*Saturday, March 12, 8:00 AM – 10:00 AM [for Early Coffee]*

Cuba may be best known for the faded colonial splendor of Havana, but the island's real story is told in its small villages and varied landscapes. On a remarkable voyage, explore Cuba by land and sea, discovering coastal towns, remote beaches, and the lush tropical interior. Gain a special perspective of the Cuban people, their culture, history and daily life. And learn why Christopher Columbus, upon first laying eyes on the northern coast of Cuba in 1492, said this is "the most beautiful land human eyes have ever seen."

I am planting the seed for the Hope Interfaith Center's next adventure. Imagine yourself on an exciting voyage aboard a comfortable cruise ship, where we will circumnavigate the island of Cuba, making stops in Havana, Maria La Gorda, Cienfuegos and more.

*The intention of this trip is to...*

- ♥ *seek the Treasures of a place that has been forbidden to us for a long time*
- ♥ *seek our Oneness among those we need to know better*
- ♥ *plant a Peace Pole to honor the work of LOVE*
- ♥ *anchor some Divine Feminine Energy!*

Come with me to meet and talk with youth, farmers, entrepreneurs, seniors and others who can introduce you to the full spectrum of the Cuban life. Explore historic plazas of Old Havana, the Fine Arts Museum and Ernest Hemingway's home. More information will be following soon! This will be the first "Cruise" that HIC has ever taken since we began our travels.

If you are interested in receiving more information about this exciting cruise to Cuba, please call Jody and let us know. Also, mark your calendar for the first informational meeting on Saturday, March 12 at 8:00 AM at HIC.



## Congratulations on Becoming a Minister!

### *Come Join Me!*

Once again I have been guided by spirit and as a result, the delivery of the Leadership Program has been changed for 2016. The program is now a self-study program. This is a new option and will help meet the need of those who are deeply interested in becoming an Interfaith Minister but find it challenging to be able to join me for a full weekend.

#### **Program Delivery and Requirements...**

Each month, beginning in March 2016, you will receive a CD with all the information you'll need to study to become a Minister. The first six months will be dedicated to getting to know yourself on a deeper level and will include digging deeper, perhaps more than you have ever done so before.

Also, every three months you will have a one-hour session with me personally to answer questions and/or to check in on your personal growth and comprehension of the study material. Yes, there will be homework which helps both me and you to stay in integrity. You will be required to hand-deliver or send your homework to me.

#### **Upon Completion of the Program...**

As a legally ordained Minister of the Hope Interfaith Center, you will be able to marry, bury and baptize legally. Your name will be recorded on the State's records and you will receive your Ministerial Credentials on a beautiful certificate which you will receive upon finishing this yearlong program.

#### **Why Become a Minister...**

We who are Interfaith Ministers are people of all walks of Life and from all religious backgrounds. We hold on to the truth that we are ALL ONE. Your study and credentials will help you walk with others on their spiritual journey. Spiritual Counseling is so incredibly important now for our world.

The minister is by definition a servant. A minister needs to be compassionate, loving, and trustworthy. An Interfaith Minister must be able to weep with those who weep and rejoice with those who are rejoicing. They are asked to be an able leader, to promote peace, respect and love for all.



If you have ever thought of becoming an ordained minister and to learn how to serve with Love, then perhaps this is the program for you!

### ***Investing in Self and Service to Our World!***

Classes will begin in March of 2016. If you are interested in more information on becoming an interfaith minister, please call Jody at 507-386-1242.

*“Respond To  
Your Humanity  
With Your  
Divinity”  
~Selina Maitreya*

## Calendar

## The “Pure Hope” Radio Show

### JANUARY

3, 10, 17, 24, 31 Prayer Circle 7:30 PM  
 2 Men's Morning Monthly Meeting Group 7:00 AM  
 4, 11, 18, 25 Yoga, Breath & Movement 9:00 AM  
 6, 13, 20, 27 ACIM Book Study Group 10:30 AM  
 6, 13, 20, 27 Oneness Blessings Circle 5:30 PM  
 6, 13, 20, 27 Kundalini Yoga 6:15 PM  
 7 Providence Partners 7:00 PM  
 10 Spiritual Service 10:00 AM  
 17 Table Talk 10:00 AM  
 21 Relationship Group 6:30 PM  
 21 Full Moon—Crystal Bowl Sound Event 5:30 PM

### FEBRUARY

1, 8, 15, 22, 29 Yoga, Breath & Movement 9:00 AM  
 3, 10, 17, 24 ACIM Book Study Group 10:30 AM  
 3, 10, 17, 24 Oneness Blessings Circle 5:30 PM  
 3, 10, 17, 24 Kundalini Yoga 6:15 PM  
 4 Providence Partners 7:00 PM  
 6 Men's Morning Monthly Meeting Group 7:00 AM  
 7, 14, 21, 28 Prayer Circle 7:30 PM  
 14 Spiritual Service 10:00 AM  
 21 Table Talk 10:00 AM  
 21 Full Moon—*The Hard Moon, the Hunger Moon, the Snow Moon*—7:00 PM  
 18 Relationship Group 6:30 PM

### MARCH

3 Providence Partners 7:00 PM  
 5 Men's Morning Monthly Meeting Group 7:00 AM  
 6, 13, 20, 27 Prayer Circle 7:30 PM  
 7, 14, 21, 28 Yoga, Breath & Movement 9:00 AM  
 2, 9, 16, 23, 30 ACIM Book Study Group 10:30 AM  
 2, 9, 16, 23, 30 Oneness Blessings Circle 5:30 PM  
 2, 9, 16, 23, 30 Kundalini Yoga 6:15 PM  
 13 Spiritual Service 10:00 AM  
 16 Relationship Group 6:30 PM  
 20 Table Talk 10:00 AM  
 20 Equinox Celebration 3:00 PM

Airs the last Tuesday of every month at 7:00 PM



Questions to ponder as you enter into 2016

1. Are you at a crossroads in your life?
2. What is a next step that could help you?
3. If I were to say to you "Just Go For It," what would you go for?
4. Do you have any unfinished Karma you need to clean up?
5. Do you believe in Star Beings and are afraid to speak about them?
6. Name a pattern in your life that you are sick of?
7. Are you fulfilling your destiny?
8. What is a reoccurring symptom in your body? (*Symptoms are dreams trying to come true.* "Arnold Mindell")
9. Are you missing out on a Spiritual connection to your highest self?
10. Do you honor and respect your intuition?

As you ponder these questions can you see any theme that reoccurs? Search for concentrated energy? Perhaps this is the year to invest and investigate how to clean up a reoccurring pattern which is usually Karma. Perhaps you are now ready to listen to the many experts that are nationally and internationally known speakers, teachers, healers and helpers on our Blog Talk Show.

In your own home, on your own terms you are able to sit in your own comfortable safe spot and listen to the Pure Hope Show at any time. Yes we do air on the last Tuesday of every month, but if you miss them we have them saved as an archive on our web-site at [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com) You will receive some amazing free information from all of our guest speakers.

If you have spotted a pattern called "resistance" your life can become stuck. The Blog Talk Radio shows are energetically infused with energy that can move you to your next step and help you remove old patterns. The Blog Talk Show is made to move you to where you want to go and to help you be who you were meant to be.

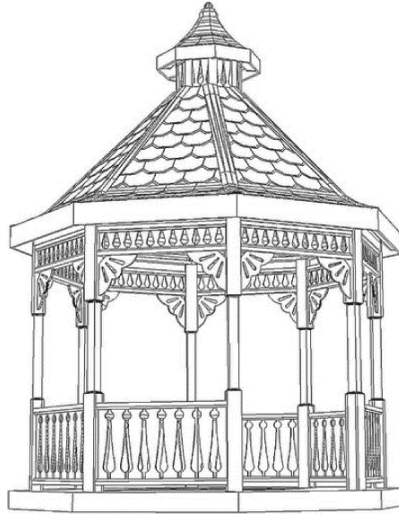
I strongly suggest that you take this free opportunity to listen to these shows that can and will help you on your journey. We have made it easy for you to listen to these programs! It you go to our web-site, [www.hopeinterfaithcenter.com](http://www.hopeinterfaithcenter.com) there is a friendly button you can just press to get on our programs. We will continue to try and create everything user friendly for your easy access to our information.

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

# 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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