



Hope Interfaith Center

July - September 2017

A Message From Reverend Klea

Dear Friends,

As Dear Mother Hope is continuing her path of physical healing and spiritual transformation, she asked me to write about peace and peacemaking for the newsletter. As we walk into this season of light and uncertainty that is summer 2017, I am honored to share my thoughts woven with Hope's, as well as many teachers and masters past and present. I do not intend to usurp others' ideas that may have blended so integrally with my own and appear here without giving them credit. I, instead, give thanks for their insights and the comfort they provide to me.

OPENING TO PEACE

To many people, the present time on our planet seems tumultuous, perhaps engendering fear within our hearts, anger and resistance in our thinking, actions and words. Most of us say we want peace, but what does that mean? What does peace look like? How does it happen? Is it, whatever your individual vision, even possible? Why can't we all just get along?

We can look at the planet and be appalled by the physical degradation of our amazing home – pollution and blatant destruction of the magical natural world leading to massive weather events and apparent catastrophes. Countries are at war harming each other and their own citizens. Refugees fleeing horror are met with more violence and rejection. There is scarcity of basics: water, food, clean air, medical care, housing, education, respect, love. There exists a proliferation of FEAR, violence, hatred, intolerance, prisons, degrading rhetoric and treatment of many, greed, self-protection,...

STOP!!!

Just writing these words brings tension and sadness into my body, mind and heart. It is easy to fall flailing down the rabbit hole, deeper into the scary darkness of fear, judgment, the unknown. There may be choices in this moment of vulnerability, however:

Pull out the guns preparing for battle.

Go into blaming what pushed me to this point.

Give in to resignation of doom.

Adopt curiosity about where I will end up, noticing sensations of the moment.

There are, no doubt, many other choices that have become habitual patterns of reaction. Choice #4 is one I must constantly remind myself of, however.

I need to remember that I can choose how to perceive and react to any situation. I can recall that I am a divine powerful creator of my reality, as well as part of the larger collective consciousness. I can affect that consciousness just as it affects me, and it is my responsibility to be the best drop in the sea of Oneness that I can be.

The beginning of peace begins within me, my awareness and acceptance of all of me – shadow and Light. I am "perfectly imperfect" in this human form. I have come here to learn through my mistakes as well as contribute my gifts (as we all have). Opening my heart to all of me without judgment is the start of seeing others with compassion and curiosity.

A recent letter to the editor touched my heart and conscience. In her letter a woman related how upset she was with the unfolding of policies and politics this winter. The fact that her neighbor supported what she opposed enraged her, but this courageous peacemaker caught herself. Rather than pushing her neighbor away in self-righteous indignation creating more duality of "right and wrong" thinking and separation, she approached this neighbor with the differing opinion and asked her if she would join her over coffee to help her understand her viewpoint. She truly listened, attempting to keep her mind and heart open to be in tune with her neighbor. These two women have met many times since. They do not agree on many issues, but they do respect and care about each other. They have found worthwhile projects they both believe in to work on together. Could we each push ourselves into possible discomfort to reach out to try to understand a different viewpoint, culture,...? That could be more challenging than sitting in judgment, but potentially more rewarding.

BUT, it may not be positive if we hold expectations of how it should turn out, or if we approach the other as a problem that requires a solution. True listening involves tenderness, bravery and opening our hearts not knowing what to expect. Sometimes things fall apart, but that may allow fresh air and light to come in; perhaps new (relations, structures, systems,...) can be rebuilt to be more than they ever were in the past.

Finding an entry into gratitude and appreciation is critical. A great place to begin is in the quiet of our own being.

(continued on page 3)

~Hope Interfaith Center~

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 Rev. Jill Grace, Rev. Mona Smiley, Becky Beyer,
 Rev. Jessica Hebert, Kristin Underwood, Colleen
 Convery, and Bob Dickhudt
 Temple Keeper: Rev. Mona Smiley

For directions to the Center and other information, see column on the right or please visit us online at: www.HopeInterfaithCenter.com

~Spiritual Services~

Second Sunday of every month - 10:00 a.m.
Every quarter we have an additional Spiritual Gathering
Hope Interfaith Center
Facilitated by Rev. Janice Hope Gorman

The Hope Interfaith Center rejoices by bringing people together for Spiritual Service the second Sunday of each month. "God" according to the thirteenth-century mystic Mechthild of Magdeburg, "Is not only fatherly. God is also mother who lifts her loved children from the ground to her knee." What a wonderful image conveying how we are cherished and nurtured by She Who Is!

We also care for you at the Hope Interfaith Center and we want to lift you up!

We welcome all and recognize that we are all ONE in the eyes of CREATION!

Sunday, July 9, 10:00 a.m.

All Are Welcome Here - Sanctuary

Sunday, August 14, 10:00 a.m.

Energy Healing

Sunday, September 10, 10:00 a.m.

Meditation under 144 Crystals

Sunday, September 24, 10:00 a.m.

(Second Quarterly Service)

Special Guest

~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 session 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!

A MESSAGE FROM REVEREND KLEA

(continued from pg. 1)

Taking time to check in with and appreciate our true Self in whatever way serves us (meditation, music, nature, art, writing, movement,...) is a start. Moving outward to embrace and respect the beautiful natural world, the wonder of all life, and the Oneness leads us to be the source of peace that can ripple out to our families, workplaces, organizations, communities, country, world, universe. We are the Ones we have been waiting for and we have a lot of love to spread. Let the virus of our love spread peace without boundaries throughout planet Earth. We are challenged to go within and then move out, whether it is comfortable or not, to treat ourselves and one another as the priceless, precious beings we are. This is the time to consciously and intentionally plant peace, first in our own hearts; then -----

As John Lennon said: "All we are saying is give peace a chance"

We are all part of the creation of what IS in some way and we are all part of creating what we wish. So what does peace look and feel like? For me, it is *(attempting to)*:

Waking every day and throughout the day noticing, honoring and appreciating the wondrous workings and beauty of this Earth, and acting to support it.

Getting quiet and feeling the Divine presence within and all around me.

Opening my heart consciously to myself and all who I meet, extending energy of love and nonjudgment; AND when that is too hard, adopting curiosity as to why.

Being willing to release mistakes and resentments and say from my heart "I am sorry".

Paying attention to happenings near and far. Trying not to get trapped in the negative stories, but feeling compassion for suffering and sending Light. Looking for opportunities to contribute positively, even if it means feeling discomfort. Searching for opportunities to embrace, rather than resist.

Speaking my truth and truly listening to others – keeping respectful dialog going.

Peace be with and among us all.

Rev. Klea

The Prayer of Saint Francis is a good reminder today as it has been for a long time...

*Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
O, Divine Master,
Grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in the giving that we receive;
It is in the pardoning that we are pardoned;
And it is in the dying that we are born to eternal life.*



THANK YOU FROM MOTHER HOPE!

Healing, Hopeful, Changed and Filled with Thankfulness....

Many people underestimate the power of a simple handwritten thank you card. These days it seems easier to send a quick email, or text message. Most of you who really know me, know that I love to send handwritten thank you notes. Sending a hand written note was taught to me by my Mother, Lucille Miller, as well as my longtime mentor Irma Beaumont. But, because of my healing journey of this horrific yet blessed incident that happened on April 15, (Holy Saturday, Easter Weekend), I needed to find a way to thank all of you for your out pouring of love, concern, prayers, energy healings, gifts, and love donations to the Center. Sometimes it can be difficult to put one's thoughts together. We've all struggled at times to find just the right words to say thank you. I have the deep desire to use the right words to make a heartfelt lasting impression and to let you all know how much I LOVE YOU! Although the words I love you and thank you seem small, please know they come with deep reference. I will be forever grateful to you all! I am moved by your thoughts and actions. You are all amazing! My healing is coming along nicely and with each passing day, I am being down-loaded and given opportunities to be part of the other dimensions where angels, guides, and star-friends exist.

As some people know, we are all going through a very deep and powerful metamorphosis, individually and collectively, as the human species. I do believe there is a reason behind everything that occurs. When I went through this frequency change, by going through the ring of fire, my guides showed me that my consciousness of everyone on our planet has many dimensions to it, and one of them is of astronomical proportion. Not many people on Earth know this yet, all the planets of our solar system are perfectly aligned with each other in one straight row. You can download the Google sky map and see where they are right now to confirm, (still all in a straight row). For the first time, our Earth, Moon, Sun, and the Pleiades Constellation all come into direct alignment with the massive black hole that exists at the very center of the Milky Way Galaxy. WOW, talk about a special time to be alive on this planet. Well, I went through the black hole. The really amazing fact is that this perfect alignment only happens every 200+ million years! One of the most interesting facts about our galaxy is that this black hole is millions of miles in diameter at the very center! It gives you a small idea of how enormous our galaxy is.

The only reason I am telling you this is it is reported that scientists have found that our Earth is also physically passing through the central core of a massive photon belt floating through our system. All of this combined is causing the higher vibration to reach our planet, creating a massive shift to higher consciousness; so we as beings of light can now fully remember and come out and be on our planet. My hands, arm and side of my body were on fire going into the black hole. I was shown that our planet is reaching closer toward a "zero point" in our magnetic field, which is causing everything to speed up, and allow every human being to experience a dramatic shift in their perception of reality. My shift with this fire experience has been painful and beautiful (*a wakeup call*).

I once again thank you all for giving me cards and for keeping me in your thoughts and prayers. Some cards stated "don't come back until you are completely healed and ready." These words I have taken to heart and will do!

Once again, I can't thank you enough for your outpouring of LOVE!

Namasté,
Mother Hope



APPOINTMENTS FOR 2018

I am pleased to announce our new Spiritual Readers Jinelle Anlea Fryklund and Jill Grace will be available for appointments next year as well myself, Janice Hope. *Learn more about Jinelle and Jill....*



Jinelle Anlea Fryklund has seen the angels and other spirits since she was a young girl. It wasn't until she was 19 that she learned that she could communicate with them and that she was experiencing clairvoyance, clairsentience and clairsentience. That is when she started her spiritual path and her spiritual work. When Jinelle was 23, she was hit by a train and had a near-death experience that changed her life forever. She was honored to share her story on national TV and in Doreen Virtue's best-selling book *Saved by an Angel*. Jinelle teaches classes at the Hope Interfaith Center and in Minneapolis. Today,

Jinelle channels the angels to give healing messages through one-on-one readings and guided meditations. To learn more about Jinelle, please visit her website at www.jinelleanlea.com. To schedule an appointment with Jinelle, please email her directly at jinellemarkham@gmail.com.



Jill Grace is a spiritual channel/teacher and counselor, and has been a long-time student of Janice Hope Gorman. Jill focuses on higher states of consciousness, vibrational frequency, planetary ascension, and helping people to connect to their own divine power and co-creator abilities. Jill is an inner explorer and has experienced out of body experiences, lucid dreaming, and other phenomena which has helped her understand the higher states of consciousness and our multidimensional nature. Jill is deeply dedicated to her relationship with the Divine and is in constant communication with her Collective Spiritual Team, which consists of Mother/Father God, ascended masters, angels, teachers, guides

and her galactic family of light. The Collective's messages are always one of self-empowerment, releasing old programming that no longer serves us, and calling forth and awakening our True Divine Potential! Within each and every one of us is our own Divine Spark of God just waiting to be awakened! Jill serves on the Board of Directors at HIC, and is dedicated to supporting the mission of the Hope Interfaith Center. To schedule an appointment with Jill, please email her directly at jillmarie56081@yahoo.com.

It is my hope that next year, through guidance and love, you will have your full Kundalini awakening where the nectar and sweetness and the power of Shakti energy flows through you always and all your dreams come true....

~Hope

****Call Jody (507-386-1242) on August 1 to set up your appointments with Janice Hope****

WHAT IS THE ROLE OF A SPIRITUAL TEACHER OR MENTOR?

In general, a teacher or mentor is a person who guides, instructs, or helps another in the process of gaining knowledge, understanding, or skills.

What is a Spiritual Teacher or Mentor's role? And more specifically, what does a spiritual teacher or spiritual mentor in the nondual or Advaita tradition do? A Spiritual Teacher/Mentor's role is unique in that the goal is to transmit energy/knowledge to help students on their pre-existing path. She or he acts as a mirror in many ways.

Here are some questions you might want to ponder before making an appointment with a Spiritual Teacher/Mentor:

- ♦ Does she or he lead not only a healthy spiritual life but also a physical healthy lifestyle?
- ♦ Does she or he have a good happy relationship with their significant other or have other great, enriched relationships?
- ♦ Is the person humble and living their life in service to the world?
- ♦ Are they financially balanced and healthy?
- ♦ And do they themselves live in a positive blessed, abundant way with their words, thoughts, and deeds?

If the Spiritual Teacher or Mentor is leading you or mirroring back to you who your true nature is, then asking the question "would I want this person's life?", is important. These might sound like subtle distinctions, but it makes a huge difference.

This is why I use the term Advaita or Nondual Teacher. An Advaita Teacher/Mentor is pointing or mirroring back to the most fundamental qualities of the student's already existing nature, specifically, the qualities of oneness, awareness, and their inner Shakti. Advaita means not two and is referring to the mysterious oneness (*Shakti*) that exists within ALL. Shakti is the energy that flows through the flower that attracts the bees. It is the sweet nectar in the morning glory where the hummingbirds come to eat. Shakti is humble and bold at the same time. If you are looking for teachers who can help your Shakti energy flow freely while receiving messages and guidance of light and love, then HIC is the place to come. Please know that we are opening our books up in August for you to set appointments for the next year! All Are Welcome!

CHILDREN'S PROGRAM & CURRICULUM

Children's Oneness School - Summer Break

NOTE: The Children's Oneness School Program will return in September on the second Sunday of each month at 10 a.m.

Curious about our ONENESS Sunday school for children? We all know how curious children are. Children want to know something and see much more than most adults do; they catch sight of things which the adults may not even notice. Children's nature is much more watchful, much more eager to learn about everyone and everything. We find great joy in working with these beautiful children that are so eager to be inclusive.

Finding our differences and celebrating our differences are indeed helping the children celebrate in new ways. They have had some wonderful opportunities already as they studied the Christian meaning of Christmas and learned the art of meditation and how it can help calm them into peace. And what about Angels and how they were in glee and happiness knowing that they are not alone!

Our Spiritual Services and our Sunday Oneness School (*for children 3 on up to 13*) help us all discover our intuitive gifts, confidence of our holy self, to care for Mother Earth, and the value of respecting differences and to celebrate our love for each other.



The slogan which hangs in the front of our great room reads: "We Honor All Sacred Pathways!" Our ministry for our adults as well as our children focuses on non-judgment towards one another, forgiveness, connecting to our angels and guides, and honoring our beloved ancestors, and knowing that we are responsible for creating a new, beautiful, and kind Universe.

If anyone would like to teach a class for the children or if you have an idea, we always welcome those suggestions. As the saying goes, it takes a village to raise a child, it also takes a village to teach ONENESS Sunday School.

Please call Jody if you would like to volunteer to teach. The number to call is (507) 386-1242.

**Note: Childcare is available for the younger children.*

WOMEN OF WISDOM

WOW - 3RD WOMEN OF WISDOM PANEL

Wednesday, July 5, 6:30 p.m. - 8:30 p.m.

TOPIC: HEALTH, WEALTH & BALANCE

From an early age I was acutely aware of yearning for the passing down of wisdom and I soon began collecting older "Wise Women" as great and best friends. I longed for their wisdom and so I listened to their stories of heartache and adventures. I enthusiastically soaked up the wisdom that came from their lives.

All are welcome! At our last panel, over 70 people gathered to soak up the wisdom that was presented to them. Each speaker is given 15 to 20 minutes to speak on our topic. Then with some luck, we will have time for questions and comments afterwards.

In July, each woman will be asked to speak about Health, Wealth, and Balance and will share their deepest dreams and perhaps their greatest fears. As an older/wiser woman myself, I will be the moderator for the evening.

These amazing, wise women will help you become motivated to become healthier and more abundant with balance in your life! We are pleased to announce our third panel of women who will be sharing their wisdom with us - they are: **Cathy Brennan, DeeAnn Gieseke, Julee Johnson, and Jennifer Galvin Anderson.** These are amazing and, yes, powerful women.

Come and join us for an evening of which you will not forget!
Please RSVP by calling HIC at (507) 386-1242.

A Love donation of \$15.00 or more is asked, but no one is turned away from this event. Donations are earmarked for women who come to HIC for help and for the creation of and declaring HIC as a Sanctuary for undocumented immigrants.

ADDICTION COUNSELING

Addiction Counseling Offered at the Hope Interfaith Center

Authenticity is not possible without courage because authenticity is about being real. If we don't have courage, we cannot be real. It is not until we reclaim the necessary courage that we can become real. And being real, in turn, requires us to be brave enough to reveal, own and offer to share our truth, our fears, and our emotions with others. This is how we become authentic.

We are so fortunate to have Bob Dickhudt on our staff here at the Hope Interfaith Center! Bob has degrees from Minnesota State University, including a BA in Sociology/Psychology, and a Certificate/Minor in Chemical Dependency/Addiction. He is a Licensed Alcohol Drug Counselor.

Bob has worked here in Mankato at Addiction Recovery Technology for a year and a half performing chemical use assessments, individual counseling and group counseling.

Bob is conducting one-on-one sessions with clients and he is facilitating the Adult Children of Alcoholics group at HIC.

What is Authenticity?

When we are authentic, our minds, mouths, hearts, and our feet are one. We think, say, feel, and do the same thing in complete alignment. This is how we become real. Being authentic sometimes requires us to be humble, to reveal our foibles or imperfections.

Bob is an easy going guy with a heart of gold and has experienced long-term sobriety. He has learned the joys and many benefits of FREEDOM from addictions. If you are looking for a safe place and a safe person to share with, wait no longer as Bob is the person you have been waiting for. Wait no longer. Please call Bob directly if you would like more information or if you would like to set up an appointment to talk. Bob's number is (507) 779-6971.

Bob is low pressure, with High Love for All!

God Bless You All...If you are reading this and know of someone who might be helped by this information, please pass it on.

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 perform weddings and baptisms and life celebrations. Please feel free to contact HIC if you want to be in contact with an Interfaith Minister.

I often say 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 at the Hope Interfaith Center will take your hand. We are here for you and we will be with YOU!

FULL MOON GROUP

THE ENERGY FIELD OF THE FULL MOON GROUP

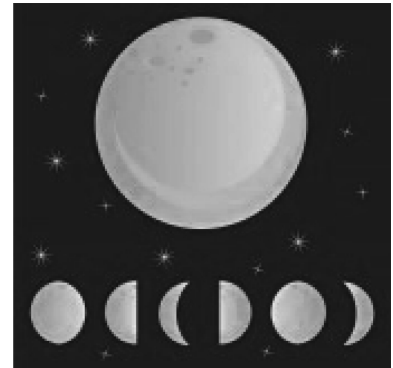
Friday, July 7, 7:00 a.m.

Monday, August 7, 7:00 a.m.

Wednesday, September 6, 7:00 a.m.

Held in the Great Room under the 144 Crystals.....

We are more than our physical bodies. We also have an energy body made up of our aura (energy fields) the chakras (energy centers) and the meridians (energy pathways).



Thanks to advances in evidence based scientific research, remote energy transmission is making a popular resurgence in the western world. Now the scientific community is paying attention to what so many of us have known for years.

How does transmission work when we do meditation together? The healers who come together link together with other healers around the world and all those groups link into the vibratory energy signature of Masters. We link into Peace, Love and Harmony and then all the groups transmit energy from this link, shifting blocks and running healing energy out into the world from the Divine.

Over the last few decades, studies involving subtle energy fields have been undertaken and published using sophisticated measuring tools and lenses to accurately measure subtle- energy fields through imagery, vibration and harmonic resonance. While the actual mechanism for remote transmission continues to be the holy grail of energy research, ongoing research provides substantial evidence to support highly effective healing energy that does indeed make a difference in the world.

There are many, many transmission groups in 40 countries worldwide that have been meeting monthly to help serve humanity at this time. I have been dedicated to this type of meditation now for over 20 years. Those who join me and others are the committed souls that are dedicated to bring in the New Energy for the emerging New World. Humanity finds itself in the midst of a major shift in worldview. Such a shift involves a fundamentally new way of perceiving the world, the environment, each other, and ourselves. This type of meditation work and energy work helps shift the collective perceptions, beliefs, and actions concerning many areas of life: the environment, economics, religion, interpersonal relationships, personal identity, health and healing.

Transmission meditation is one way (and an easy way) of helping transform our government and governments worldwide. Consciousness is energy and is coming to be understood as the underlying foundation of reality out of which the entire cosmos arises.

I am inviting you to join me in this amazing meditation to help create peace on Earth! If you have any questions please feel free to call us at the temple of light!

Join US for Transmission Meditation to create Peace on Earth!

GATHERINGS & OPPORTUNITIES

Relationship Group

*Third Thursday of every month
6:30-9:00 p.m.*

The Importance of Fun!

Research has found that people are happier when they have more FUN in their lives.

In a New York Times article: "*Reinventing Date Night for Long Married Couples*" studies found that just spending time together is not enough for relationship satisfaction. Brain and behavior scientists report that ideally couples need to spend time together around novel and different experiences. "New experiences activate the brain's reward system, flooding it with dopamine and norepinephrine-which are the same brain circuits that are ignited in early romantic love." In an experiment comparing 1) Couples spending 90 minutes per week doing pleasant and familiar activities 2) Couples spending 90 minutes on "exciting" activities that they did not typically do like plays, concerts, hiking and dancing 3) No particular activity, the findings were interesting. Couples that participated in "exciting" date nights showed a significantly greater increase in marital satisfaction.

In our relationship group, we emphasize the importance of protecting your fun! So, of course, as we go into summer, our topic is always focused on FUN! In July, we will meet at Morgan Creek Vineyards, in August, we will meet at Indian Island Winery and in September, Jo and Tom Westlund are going to talk to us about their travel adventures.

After what happened to me, I realize how life is a sacred adventure and if you are in a relationship, you just might want to nourish it as much as you can.

We hope to see you at one of our relationship groups. Our gatherings were stopped by my burns but we never stopped in my heart! Let's keep it up and don't forget to invite others to our group.

Come and have fun with us. Everyone is invited to join us. You do not need to be married. If you have any questions about this fun group, please call the center at (507) 386-1242 and we will do our best to answer your questions. This invitation is for all types of couples.

Hope to see you this Summer!
Blessings Always,
Rev. Hope

Musically Yours-Summer Break

Musically Yours is on summer break. Watch for notices later this summer announcing the date that the group will resume meeting.

Musically Yours is a non-auditioned choir, led by Michelle Sedivy.



🎵 Everyone Can Sing!

If you have any questions, please call Michelle at (507) 317-4996.

Providence Partners

Second Thursday of every month - 7:00 p.m.

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 welcome new investors to join the group. For more information, you are welcome to come to a meeting to learn more.

Yoga, Breath, and Movement Stretch yourself in more ways than one!

*Every Monday - 9:00 a.m.
Facilitated by Rev. Marcia Nermoe
\$7 Love Donation*



On 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. Marcia Nermoe at (507) 381-5272.

GATHERINGS & OPPORTUNITIES

ONENESS Blessing Circle

*Every Wednesday - 5:30 p.m.
Facilitated by ONENESS Blessers*



Please join us, and invite others, 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 ONENESS Blessing Givers are excited to give and to receive ONENESS Blessings.

A Course in Miracles Study Group

*Every Wednesday - 10:30 a.m. - Noon
The group will gather in the Great Room at HIC*

Join us as we explore 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 p.m.
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.

ACOA (Adult Children of Alcoholics) Support Meetings

*Meetings are every Thursday at 6:00 p.m.
Facilitator: Bob Dickhudt BS, LADC
Goodwill offering welcomed at each meeting
All are welcome to attend!*

Adult Children of Alcoholics - The term "adult child" is used to describe adults who grew up in alcoholic or dysfunctional homes and who exhibit identifiable traits. The group also includes adults raised in homes without the presence of alcohol or drugs.

ACOA is a nationally-known program. The link below will take you to an online brochure that will help you understand more about the program. There is also a list of 25 questions to help you identify whether you would benefit from attending the ACOA meetings. If you have any questions about the program, please give Bob a call at (507) 779-6971.

Questionnaire - <https://goo.gl/ZisVJB>

By attending meetings regularly and by sharing our lives, we gradually change our thinking and behavior, we also find a Higher Power experience, and astonishing improvement in body, mind, and spirit.

**25 Questions:
Am I an
Adult Child?**

Silent Auction

*Sunday, September 10 - Sunday, October 15
Items will be on display in the Great Room*

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

GATHERINGS & OPPORTUNITIES

≡CALENDAR OF EVENTS≡

JULY

3,10,17,24,31 Yoga 9:00 AM
 5 WOW-Women of Wisdom 6:30-8:30 PM
 5,12,19,26 ACIM Book Study Group 10:30 AM
 5,12,19,26 Oneness Blessings Circle 5:30 PM
 5,12,19,26 Kundalini Yoga 6:15 PM
 6,13,20,27 ACOA Support Group 6:00 PM
 6 Providence Partners 7:00 PM
 7 Full Moon Transmission Meditation 7:00 AM
 9 Spiritual Service 10:00 AM
 11,18,25 Musically Yours 5:45 PM
 20 Relationship Group 6:30 PM
 25 Pure Hope Show - Blog Talk Radio 7:00 PM

AUGUST

1,8,15,23,30 Musically Yours 5:45 PM
 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
 3,10,17,24,31 ACOA Support Group 6:00 PM
 6 Providence Partners 7:00 PM
 7 Full Moon Transmission Meditation 7:00 AM
 7,14,21,28 Yoga 9:00 AM
 13 Spiritual Service 10:00 AM
 17 Relationship Group 6:30 PM
 29 Pure Hope Show - Blog Talk Radio 7:00 PM

SEPTEMBER

4,11,18,25 Yoga 9:00 AM
 5,12,19,26 Musically Yours 5:45 PM
 6 Full Moon Transmission Meditation 7:00 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
 7,14,21,28 ACOA Support Group 6:00 PM
 7 Providence Partners 7:00 PM
 10 Spiritual Service 10:00 AM
 10 Sunday Oneness School 10:00 AM
 21 Relationship Group 6:30 PM
 24 2nd Quarterly Spiritual Service 10:00 AM
 26 Pure Hope Show - Blog Talk Radio 7:00 PM

≡THE PURE HOPE SHOW≡

The last Tuesday of every month at 7:00 p.m.

Sit down, relax and Serve by listening!

Marcel Proust wrote, *"The real voyage of discovery comes not in seeking new landscapes, but in seeing things with new eyes."*

The Hope Interfaith Center provides for you an opportunity to have new eyes through listening to speakers, authors, internationally known healers and so much more.

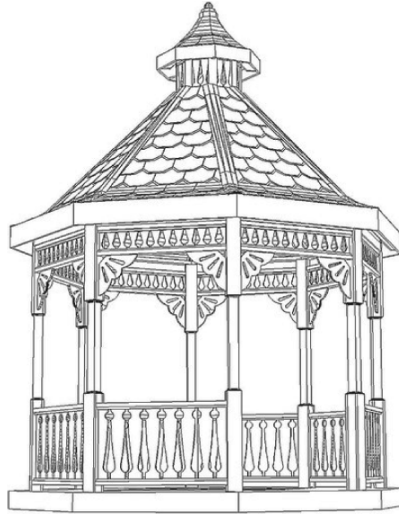
Most of you know by now that I am a person who when presented with an opportunity to listen, I will literally lean in with my body. It is in doing so that I receive my new eyes! Serving by listening is a new and used concept in the corporate world. It is also a new concept in the world of healers to help bring in the new world. St. Francis of Assisi said "Teach all of the time, but only when you have to, speak." St. Francis must have known that listening was an important part of the journey of life.

We use this platform not to entertain but to inform everyone how they can help change the world. Meditation and energy downloads are given in almost every one of our shows. I do love the saying "take what you need and leave the rest". But I also have to let you all know that I have never walked away from any opportunity saying that I received nothing. Jody and Tom and I are dedicated to bringing you the best shows possible. Listening is never a waste of time. We have people from all over the country listening to our programs. So please join us and tell others to join us as well.

Our programs are always the last Tuesday of the month at 7:00 p.m. To access the Pure Hope Show, you can do a few things, go to this web address: www.blogtalkradio.com/janicehopegorman or call this number 213-559-2974 and press the number 1; if you have a question or comment please let our program director (Tom) know and he will let us know that you are waiting to get on the air. The other option, which is something new with Blog Talk Radio, is to request a link via email, which will get you directly connected to the show. If you are interested in this option, please let Jody know and she will explain how this works and get you set up to receive the link a week prior to the show. If you cannot join us for the live show, all of the Pure Hope shows are archived on the HIC website and may be listened to at any time. The Pure Hope Show is a wonderful way to connect with spiritual healers and teachers and authors of all types. Come and Join Us and Serve Through Listening!

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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