



Hope Interfaith Center

October - December 2017

A Message From Reverend Anne Ganey

END OF THE YEAR ENERGY: ALIGNMENT, DISRUPTION AND NEW POSSIBILITIES

Quick. Change. What?

Dear Friends,

The eclipses of August and corresponding alignment of the planets changed everything and we may be the last to know. As 2017 winds down, many of us may feel like we suddenly don't know anything or what we thought we knew we had all wrong. Many feel like the wind has left their sails, what they were working with and towards no longer resonates, leaving folks feeling at loose ends, unsure what to do next. Going through the motions just isn't satisfying, but what would be?

There are new possibilities emerging. The eclipse energy will be with us through at least February. The eclipse itself was a beautiful, harmonious and aligning energy, which will linger, and there will be much disruption in the aftermath. Things are just not the same. Previous solutions no longer work. It is precisely because Earth is aligning in new energy that this is occurring- all things out of alignment with this energy are being felt. All things out of alignment need to change. This may be a gradual process that takes decades and we are clearly seeing the need for change in all our big systems – government, politics, media, energy, religion, business, education, health care.... None of our systems will be immune as 2017 transitions into 2018 because they are old energy systems.

One area that is really up for change is our employment model. We have too few people working too hard and burning out or getting sick while others sit on the sidelines wondering how to plug in their potential. Millennials have this right- live first, work second. Value self, family, life, rejuvenation and balance. New models of employment are needed; ways for employees to be partners and for employers to invest in people. In many worksites, this doesn't fit the current profit motive (old energy) so watch for more people opting out of the traditional work

model and creating new ways of supporting themselves. These are some of the new possibilities.

As old systems break down and new possibilities emerge, we are swimming in a sea of fast change. Here are some suggestions for navigating the new energy.

Stay present. This is important. New possibilities emerge in the present moment.

Take care of yourself. We are all processing a lot of energy every day. We need more sleep to process all of this energy. Listen to your body – it will tell you when it needs more sleep. Your body will also tell you what it wants to eat and how it likes to move. (If you aren't currently in communication with your body, this is a good time to make its acquaintance and start listening to it.)

Take breaks from electronic devices. Get them out of your bedroom or at least 8 feet away from your bed.

Treat yourself to some regular energy work. So much is coming up to be cleared on the personal, system and collective levels. Energy work helps to clear it faster and easier, with no trauma. It helps a person stay balanced and grounded while things shift around them. Energy work is part of the new possibilities.

Gather your community. The new energy is about community and collaboration, opening the heart and working together.

You are never alone. You have ancestors and guides to help. Remember to ask for help and use prayer, meditation and affirmations.

You are here on purpose. There is no one on the planet right now who did not choose to be part of this transition. We are all part of a grand adventure. Every adventure has a bit of thrill, a bit of fear and a bit of willingness to step into the unknown. So let's ride this rollercoaster with open hearts and joy, laughing into the wind, and use all our talents to make a smooth transition into new possibilities we are just starting to imagine.

~Hope Interfaith Center~

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 Rev. Kim Stanton
 Board of Directors: Ruth Ann Rosenwinkel,
 Rev. Jill Grace, Rev. Mona Smiley, Rev. Jessica
 Hebert, Becky Beyer, 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, October 8, 10:00 a.m.
 Harvest

Sunday, November 12, 10:00 a.m.
 Thanksgiving

Sunday, December 10, 10:00 a.m.
 Stop, Breathe, Behold



~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!

HEALINGS FOR 2018

Body Mapping Sessions

The dynamic process of body mapping is open to anyone who wishes to establish a true connection to their Divine Roadmap. I have been receiving information and teachings from the Masters that has been remarkable during this time of healing. I started working with a shaman, Christine Day and Deb Schubert and have found myself on a ride into my new energy pattern. They have been helping me integrate into my new evolutionary software. My old computer blew up and out on April 15th of this year when I had my accident with the Tiki torch. The fire caused a severe burn on both of my hands as well as my right arm. As these teachers continue to work on me, they help me remove obstacles and energies that block my sight to the new me. It is taking some time to adjust to this next step in my work.

The wonderful thing about doing this work with my healers is that I will soon be able to give it to you. We are all ready to step up and into our particular frequency makeup that is designed to awaken our specific life mission. We all have a fabric of light codes within the soul complex that can open us up to complete healing and open doors to the process of establishing our life purpose.

My job is not to pronounce your ideal life path or your perfect relationship, but rather offer a window into the Reset process. This process creates a triangulation within the receiver's consciousness. This triangulation is a frequency framework that will connect your own subconscious motivations with direct pathways that embody your own innate abilities. Your body can be corrected back into balance of the Divine Blueprint of divine harmony and health. Each person receives an encoding that sets up a reversal in their soul patterning and helps remove blocks to vibrant health and realizing their path of purpose.

In the middle of my healing, I am receiving what look to me as squiggly lines. I have been told that they are much more than squiggles. These markings enable the energy of your body to receive higher dimensional bandwidths from the Guardian consciousness as a frequency of flow. I have been shown how to place these markings on cloth or pillow cases for you to take home to lay on, and to even fall asleep on. You will feel a great many differences in your body make-up as you will be rewired in your brain and your field will be reconfigured to reduce cosmic interference patterns that prevent you from healing and remembering. The markings or sacred "squiggles" activate latent frequencies that will assist you on the earth at this time. These are the quiet frequencies you imbibe within, that once acknowledged, can be finally integrated into your awareness.

Our sessions will help you integrate daily life with a spiritual world and the two shall become one. You will feel loved and it will help you soothe unconscious and conscious feelings of being unwanted or not loved. You will grow in confidence to expose yourself and your feelings to the world. It will help cleanse psychic overlays and suppressed emotions. It will help you to release shock, trauma, and instability stored in cellular memory.

All of this work happens within a Oneness space. The Oneness field exists outside the confines of this 3D reality, so changes are able to manifest freely and instantly. You are more than ready to receive information and frequency dynamics where you can access health from the 7th, 8th, 10th and 12th dimensional realities. By working with your Higher Self, all is possible.

As of right now, this is all I know of what will be happening during my sessions in the year of 2018. I am also going to continue to spend more time working on my next path as I am also on my new path.

I am in LOVE with you all!

Namaste',
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 clairaudience. 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

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!

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!

CHILDREN'S PROGRAM & CURRICULUM

Children's Oneness School is Back!

Second Sunday of each month - 10:00 a.m.

Curious about our ONENESS school for the children? Do you have a skill or an expertise you would like to share with the kids? Or are you willing to show up and help Connie and Jody out? We all know how curious children are. Children are open to learn without set points in their personalities. This is what makes them such amazing beings. They are open to the world and all of the world religions and wanting to learn more about spiritual paths. We find great joy in providing a space for children from the age of 3 to 13 to learn about love and inclusiveness.

Finding and celebrating our differences is indeed helping children become the peace makers of our world. Our Spiritual Services and our Sunday Oneness School help all of us stay on the same page of light and love and how this makes a big difference in the world.

The slogan which hangs in the front of our great room reads: "We Honor All Sacred Pathways!" Our ministry, for adults as well as children, focuses on non-judgment towards one another, honoring and celebrating our differences.

We are always looking for helpers for this program. Connie Haugen volunteered for two years to head up this program. This will be her last year heading up this program. Now it is time to call out to the community to ask for your support for this wonderful program and come lead the children. Connie would love to mentor someone for this wonderful and deeply gratifying role as teacher of the children.

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 ONE-NESS 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 - 4th Women of Wisdom Panel

Thursday, November 2, 6:30-8:30 p.m.

TOPIC: WHERE DO WE GO FROM HERE? FOLLOW YOUR HEART!

This is our fourth and last panel in our yearlong journey together. It was my prayer to give to you encounters with extraordinary women. This last panel will be the same. I really like the statement of Lao Tzu, "When I let go of what I am, I become what I might be." I think Lao Tzu was trying to tell us to let go of the monkey bars.

Sometimes taking flight takes letting go. Letting go takes faith. Faith takes letting go. It all requires wings. And so it goes. As Kierkegaard said "Without risk there is no faith, and the greater the risk, the greater the faith." So let go of the monkey bar.

These women on the panel in many ways are trapeze artists, flinging themselves out into the Universe. That moment of release before catching the new bar is called transition and an act of faith. Perhaps this is the only place that real change happens. Please come to our last gathering where you will hear four women who are veteran trapeze performers. They will invite you to throw your heart over the bars and your body will follow. Learn how they took the leaps of faith they needed to change and grow.

Our panelists will be: Penny Tower, Program Coordinator of the Metro Hospice Volunteers; Karen Johnson, Chief of Police for the City of Winthrop; Selina Maitreya, Spiritual Teacher and Author from Woodstock, New York; and Janice Hope Gorman who is the founder and director of the Hope Interfaith Center. Our moderator for the evening will be Rev. Klea.

Come and join us and listen to extraordinary stories from remarkable women. Please RSVP by calling the Hope Interfaith Center at (507)386-1242 or send an email to hopeinterfaith01@gmail.com. You are welcome to (*and we highly encourage you to*) bring a girlfriend!

A Love donation of \$15 or more is asked but no one is turned away from this event. Donations are earmarked for women who come to our center and for the supplies for the creation of our open and declared Sanctuary for undocumented immigrants.

WORKSHOP W/SPIRITUAL TEACHER, SELINA MAITREYA

OPENING TO RECEIVE

FRIDAY, NOVEMBER 3

6:30-8:30PM

FACILITATOR: SELINA MAITREYA

This is a two-hour event and an introduction to Saturday's workshop

The universal law of flow calls for us to give and to show up to receive. You may be the world's best giver but do you truly know how to receive? Most people would answer: *"I'm a giver and I'm the last person I give to."*

It's not surprising. Many of us have been trained for centuries to put others before ourselves.

When we do not receive, we block the natural "Flow of Abundance"

Crazy as it sounds, the act of receiving is a practice. We need to prepare ourselves on many different levels in order to truly receive from others and from the universe.

The goal of this Friday evening workshop is to provide attendees with the opportunity to identify an area in their life where they are blocking the flow and to provide them with practices and exercises that they can use long after the session is over.

Our session starts with a brief teaching and goes directly into an experiential practice and ends with a group discussion and Q&A

During the session, each participant will:

- ♦ Identify the relationship or situation in their life where receivership is needed most.
- ♦ Experience a practice that will open them to being able to receive
- ♦ Be taken through a guided meditation where they visualize themselves in the relationship or situation as the receiver

All participants will receive Three MP3 audios following the workshop. Each audio will be a guided meditation that can be used to further shift the energy.

RSVP via phone (507) 386-1242 or email at hopeinterfaith01@gmail.com

♥This is a free event but Love Donations are encouraged to Support the Hope Interfaith Center♥



About Selina Maitreya



Selina Maitreya is an internationally celebrated lecturer, author and teacher of Practical Spirituality.

Practical Spirituality is a transformational teaching that utilizes one's daily life as the practice pad for increased consciousness and connection to higher wisdom. Students of Practical Spirituality learn how to identify and access their highest wisdom 24/7 living lives that are based in true abundance and peace.

www.PracticalSpiritualityWithSelina.com

www.facebook.com/PracticalSpiritualityWithSelina

WORKSHOP W/SPIRITUAL TEACHER, SELINA MAITREYA**Become The Abundance That You Seek!**

SATURDAY, NOVEMBER 4

10:00AM-4:00PM

FACILITATOR: SELINA MAITREYA

Are you on a spiritual path and believe that abundance and spirituality go hand-in-hand but you have yet to manifest the abundance that you seek?

Are you always helping and supporting others but you rarely feel supported in your efforts or life?

Are you often caught up in daily tasks and never seem to have the time to move forward toward your ultimate goals?

Your Time for Abundant Living has Arrived!

Join the teacher of Practical Spirituality, Selina Maitreya, and learn how to become the Abundance That You Seek!

Many people believe that abundance is something outside of them. They think of abundance as a state that they reach when they pray and meditate enough. But Selina teaches that abundance is a result of each choice we make in our life. We can always choose to acknowledge, access and actualize the abundance that already exists within each and every one of us, yet most of us rarely do as we don't believe that is our choice.

What we need to know, is how do we access abundance and how can we actualize it in our daily life?

These are the questions Selina answers in this powerful workshop.

Selina will provide teachings, practices and tools that we can use in order to turn the irritations, difficulties and tragedies we face daily into blessings and tools for the growth of our consciousness.

Selina will Teach Us How to Access the Abundance That We Are!

Whether you are looking for financial freedom, a new romantic partner, excellent health or simply a peaceful life with no drama, sign up for this workshop and join us for a powerful, transformational experience that will Empower You to Become the Abundance That You Seek!

You Will Learn:

- ♦The four common blocks to abundance
- ♦How to use your negative emotions and thoughts as doorways to abundance
- ♦How to respond to resistance with gratitude
- ♦How to turn your judgment of others and yourself into blessings

Everyone will work in groups and individually as they open to the abundance that they seek.

An MP3 containing all of the practices used during the day will be sent to each participant after the event.

Cost of this workshop, including MP3 Audios: \$88.00

RSVP via phone (507) 386-1242 or email at hopeinterfaith01@gmail.com

SPIRITUAL WORKSHOPS

Rev. Jessica Hebert will be facilitating a variety of spiritual workshops at HIC. Rev. Jessica is a long-time member of the HIC community and is dedicated to the mission of the Hope Interfaith Center and serves as a member of HIC's Board of Directors. She is a Reiki Master and walks consistently connected with spirit and the physical realm. Rev. Jessica is a compassionate teacher and she is passionate about introducing others to spirituality and helping them realize their gifts.



Introduction to Spirituality - Saturday, Sept. 23, 1:00-3:00 p.m.

Suggested Love Donation: \$10

This workshop is for anyone seeking a meaningful personal connection to the divine and the seekers who feel lost in the abundance of information out there. And for anyone curious what this spiritual stuff is all about.

Description: This class lays out in plain language what spirituality and spiritual practice are and what they can do for you. Rev. Jessica will specifically address what divine energy is, basics of connecting with it, and how it benefits one's wellbeing. An opportunity for questions and conversation will follow the presentation.

Materials: Please bring note-taking materials

Intuitive Play Gathering - Saturday, Oct. 14, 1:00-4:00 p.m.

Suggested Love Donation: \$5

This workshop is for anyone seeking practice in developing intuition

Description: Are you interested in developing intuitive skills, but need more opportunities to practice them? This gathering is intended to provide a safe, comfortable environment to practice intuitive readings on each other. Sometimes one needs help when the intuitive hits just aren't coming or when the information is difficult to decrypt. Rev. Jessica will assist in this troubleshooting.

Materials: Attendees should bring writing materials and personal intuitive tools

Pure Energy: Being a Hollow Bone - Saturday, Nov. 11, 1:00-3:00 p.m.

Suggested Love Donation: \$15

This workshop is for anyone who strives to serve the Divine and others

Description: According to Native American tradition, one must carry four bones in one's heart; a backbone, wishbone, funny bone, and a hollow bone. Rev. Jessica will present her work and tools in attaining a hollow bone, necessary for pure connection to divine energy. As humans, we tend to collect a lot of energetic crud. This crud can interfere with our spiritual connection and wellbeing. By clearing the crud and having a consistent spiritual practice, we can be better instruments for our own healing and for the healing of others.

Materials: Please bring note-taking materials. Rev. Jessica will provide handouts with prayers

Archetype Wheel - Saturday, Jan. 20, 1:00-3:00 p.m.

Suggested Love Donation: \$15

This workshop is ideal for graduates of the leadership program or anyone who has read Caroline Myss' book, Sacred Contracts.

Description: Dust off your Caroline Myss Archetype handouts, to make a new archetype wheel. Just like we did in leadership class! Let's explore new archetypes we desire the world to see in us. Archetypes that reflect the great growth and spiritual maturation that has unfolded within us.

Materials: Please bring choice of artistic tools (such as rulers, protractors, markers, crayons, or colored pencils), and Caroline Myss' archetype handout from leadership class. Rev. Jessica will provide poster board and other materials.

To register for a workshop or for more information, please contact Rev. Jessica via phone at (507) 720-4441 or via email at intu.tarot@gmail.com

WINTER SOLSTICE

Aloha Winter Solstice Event

Thursday, December 21

6:30-8:30 p.m. at the Hope Interfaith Center

Facilitated by Rev. Jody and Rev. Hope

Don't spend Winter Solstice out in the cold when you can come out of the cold into the warmth and fun at the Hope Interfaith Center. Come and learn the Hula! Yes, you read that right the "HULA." Rev. Jody and Kumu O'Lana (*alias Hope*). Kumu was my given name at a blessing ceremony in Hawaii. I was blessed with a trip to Molokai a small island in the Central Pacific. Molokai is often called "The Friendly Island" because the aloha spirit flourishes there. Molokai embraces the true Hawaiian spirit but without the typical Hawaiian Fanfare. The pace is slower, the nightlife and megaresorts are nonexistent. No buildings taller than a coconut tree are allowed. You won't even find a traffic light on this small pristine island. But what we did find is tranquility and nature, waterfalls, beaches coves, coral reefs and rainforests that is a portal to the island of Lemuria.

Rev. Jody and I went to unplug and heal and remember our roots to Lemuria and to the Lemurian Sisterhood. Molokai is a portal to the unseen realms of Lemuria and the Inner Earth. In this magical trip we found that this island is directly at the 1947 degree ley line in which thoughts are magnified and people learn how to walk in and with magic. Transformation occurs on mega levels for those who cross over to the 5th dimension into Lemuria. Both of our lives have changed and we wish to share the journey with all of you.

We will share the Sacred Hand movements that were taught to us by Kumu Val and perhaps a few hula steps. The Hawaiian Hula includes the feet, knees, hips, arms, wrists, fingers and very important the eyes and facial expression. "To smile is the most important part of the dance as you tell a story" states Kumu Val.

In the times of Lemuria, people lived longer, happier, calmer, more balanced lives because they took care of their spirit as much as they did their physical bodies.

Come join us for fun, laughter, movement and remembering. And yes, we will pick words for the coming new year as well as drink coconut juice and have fruit for all of you who come. Bring a friend to share in this most enjoyable evening. We wish to share the "Aloha" spirit with all!



Please RSVP if you are coming! (507) 386-1242



GATHERINGS & OPPORTUNITIES

Relationship Group

*Thursdays, Oct. 19, Nov. 16, *Dec. 14 (tentative date)
6:30-9:00 p.m.*

Poetry for couples: Keep your passion alive - it will warm you when the world around you grows cold.

It will not allow comfortable familiarity to rob you of that special glow that comes with loving deeply. It can lift you over stone walls of anger and carry you across vast deserts of alienation. But its greatest gift is that of touch-for passion cannot dwell in solitude-it thrives best in loving embrace. So keep your passion alive-hold one another as a tree holds the Earth and your love will bear the fruit of many, many seasons.
-Shamaan Ochaum Climbing Eagle

I love this prayer/poem for couples. It once again tells the story of taking care of your relationship and how to cherish it. This is a group that welcomes all kinds of couples. Please note that you do not need to be married. I am so thankful that we have had some couples stay right with us during this time of healing and change. Let us not release this group but build on it and call and invite others to join with us this winter.

Come and have fun with us. We will be having a game night at the center in October and a sing a long in November and a movie night in December. Sounds like fun? That's because it is!!

Another Poem: Sweet be the glances we exchange, our faces showing true concord. Enshrine me in your heart and let one spirit dwell within us. I wrap around you this my robe which? came to me from Manu, so that you may be wholly mine and never seek another.

I AM HE, YOU ARE SHE,
I AM SHE, YOU ARE SHE,
I AM HE, YOU ARE HE,
I AM SONG, YOU ARE VERSE,
I AM HEAVEN, YOU ARE EARTH.
WE TWO SHALL HERE TOGETHER DWELL,
BECOMING ONE.

-ATHARVA VEDA v11,36-37

If you have any questions about our relationship group please call the center at 507-386-1242

Hope to see you!
Blessings Always,
Rev. Hope

Musically Yours

Every Tuesday - 5:30-7:00 p.m.

Do you love music? Do you feel the singing spirit? Michelle Sedivy is starting a community choir, Musically Yours, and is looking for people to join. This is a non-auditioned choir, which Michelle, with her many years of experience, will lead.



Everyone Can Sing!

For more information about Musically Yours, 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. Please contact Paul Gorman at (507) 420-0138 to confirm meeting dates and locations.



GATHERINGS & OPPORTUNITIES

ONENESS Blessing Circle

*Wednesdays - 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

*Wednesdays - 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

*Mondays - 9:00-10:15 a.m.
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 Support Meetings (Adult Children of Alcoholics)

*Thursdays - 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.

Online 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?**

October Death Café

*Monday, October 2 - 6:30-8:00 p.m.
Facilitated by Holly Anthony & Mary Ann Boe*

At a Death Cafe people gather to eat cake, drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (*finite*) lives. A Death Cafe is a group-directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.

Death Cafes are always offered:

- *on a not-for-profit basis
- *in an accessible, respectful & confidential space
- *with no intention of leading people to any conclusion, product or course of action
- *alongside drinks and cake!

To RSVP, email Holly at friend02@hickorytech.net

GATHERINGS & OPPORTUNITIES

≡CALENDAR OF EVENTS≡

October

2,9,16,23,30 Kundalini Yoga 9:00 AM
 2 Death Café 6:30 PM
 3,10,17,24,31 Musically Yours 5:45 PM
 4,11,18,25 ACIM Book Study Group 10:30 AM
 4,11,18,25 Oneness Blessings Circle 5:30 PM
 4,11,18,25 Kundalini Yoga 6:15 PM
 5,12,19,26 ACOA Support Group 6:00 PM
 12 Providence Partners 7:00 PM
 8 Spiritual Service 10:00 AM
 8 Sunday Oneness School 10:00 AM
 14 Intuitive Play Workshop 1:00-3:00 PM
 19 Relationship Group 6:30 PM
 31 Pure Hope Show - Blog Talk Radio 7:00 PM

November

1,8,15,22,29 Kundalini Yoga 6:15 PM
 1,8,15,22,29 ACIM Book Study Group 10:30 AM
 1,8,15,22,29 Oneness Blessings Circle 5:30 PM
 2,9,16, 30 ACOA Support Group 6:00 PM
 2 Women of Wisdom Event 6:30-8:30 PM
 3 Opening to Receive Workshop 6:30-8:30 PM
 4 Becoming Abundant Workshop 10:00 AM-4:00 PM
 6,13,20,27 Kundalini Yoga 9:00 AM
 7,14,21,28 Musically Yours 5:45 PM
 9 Providence Partners 7:00 PM
 11 Pure Energy Workshop 1:00-3:00 PM
 12 Spiritual Service 10:00 AM
 12 Sunday Oneness School 10:00 AM
 16 Relationship Group 6:30 PM
 28 Pure Hope Show - Blog Talk Radio 7:00 PM

December

4,11,18 Kundalini Yoga 9:00 AM
 5,12,19,26 Musically Yours 5:45 PM
 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
 10 Spiritual Service 10:00 AM
 10 Sunday Oneness School 10:00 AM
 14 Relationship Group 6:30 PM
 14 Providence Partners 7:00 PM
 21 Aloha Winter Solstice Event 6:30-8:30 PM
 26 Pure Hope Show - Blog Talk Radio 7:00 PM

Join Us!

≡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."*

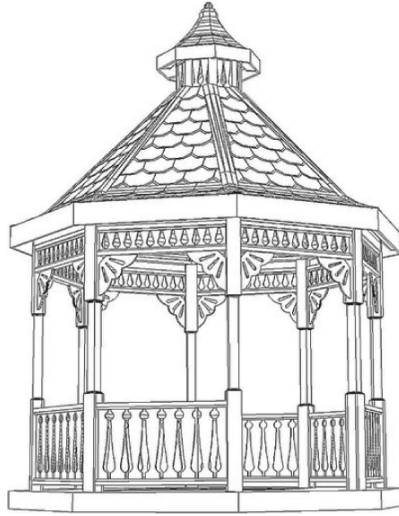
The Hope Interfaith Center provides for you an opportunity to have new eyes through listening to speakers, authors, internationally known healers and so much more.

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!

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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