



Hope Interfaith Center

January - March 2018

A Message From Jill Westerholm

Dear Friends,

And here we are once again. This sacred time of reflection. A time for gratitude, anticipation and holy preparation.

It is a season when we can easily be caught between two worlds. Spiritual and Material. Guess which one makes us feel peaceful and which one makes us feel overwhelmed? That which we hold most dear brothers and sisters is not material in nature at all! Family. Health. Friends. The priceless new memories we make as we gather together. It has long been recognized that the LESS we have...the MORE we appreciate.

We have all seen images of radiant smiles of the poorest of the poor children in Africa, Haiti and India and wondered in sheer disbelief. How can they be so happy!?"

In Native American cultures it was frowned upon to have excess. Your stature among the tribe was raised by what you gave not by what you had. We can strive to share these same values and pass them down to our children.

When our children were younger we had a tradition at this time of the year of asking them to go through their belongings and to fill a box to donate to those less fortunate to make way for the new gifts arriving. I was often touched to the point of tears at what they were willing to donate to someone who had much less than them which quite frankly was very little.

What do you cling to and hold in excess? Old Magazines? Clothes? Shoes? Books? Dishes? Tools? Collectibles?

My husband and I live in a small twin home and we are in the process of dwindling our stuff down to just what we can fit into an RV as we prepare to sell our home and travel on a writing and spiritual sabbatical. This means all furniture, bedding, lamps, rugs...nearly everything we own! We have already emptied the storage spaces of everything that has been just sitting there collecting dust for over 10 years! It felt so good to let it go! Trust me, it is absolutely liberating once you get started.

When we ask our now adult children in this process if they want such and such keepsake for themselves

they continually say, "No thanks." The Indigo and Crystalline children are igniting the Tiny House movement and embracing a simpler lifestyle. However, older generations are gathering more and more stuff. So much stuff that it doesn't even fit in their homes anymore! According to IBIS world, annual self-storage industry revenue was estimated at 36 BILLION dollars LAST YEAR ALONE with no signs of slowing down.

We are constantly bombarded by the Marketing of MORE, especially this time of year. The newest gadget replacing the one that still works just fine. Further, social media has contributed to "Keeping up with the Joneses." I recently decided to take a break from all social media. The negatives just seemed to be outweighing the positives. Study after study finds that the more time people spend on social media per day, the more likely they were to have symptoms of anxiety and depression. We long ago stopped watching cable news and watch less and less TV. Try it! You will be less inundated by marketing to buy more stuff and will stop comparing your pile of stuff with your friends.

Challenge yourself to Donate and Discard! Go through your home and the garage asking of EACH and every item: Need or Want? Call the non-profits and the shelters in your community inquiring what they are in need of. Most will gladly accept gently used items of any kind and by all means bring your children along.

Saint Augustine said "Find out how much God has given you and from it take what you need; the remainder is needed by others."

Spirit is asking us to be bold to help pave the way to a New Paradigm. When Jesus asked Peter and the others to "Put out into the deep" they were uneasy and said the fish had not been biting. But of course by listening and trusting...they found so much fish it burst through the nets. Be Bold! Let Go & Trust! The compulsion to own more and cling to old ways is rooted in fear. Ring in a fresh New Year with a simpler, more purposeful life. In Trusting and in releasing...we raise our vibrations to a more joyful, more purposeful presence in communion with Spirit.



Jill Westerholm lives in Fargo North Dakota. She has been a student of Hope's for over 17 years.

~Hope Interfaith Center~

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 www.facebook.com/hopeinterfaith

Executive Director: Rev. Janice Hope Gorman
 Office Manager: Rev. Jody Scholtz
 Bookkeeper/Outreach Coordinator: Holly Anthony
 Fellowship Minister: Rev. Jo Gangestad
 Volunteer Coordinator: 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

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.
 Facilitated by Rev. Janice Hope Gorman*

Something Different - Something Moving

Come and allow the doors to open up into something different and something moving!

"Entering into communion with the entire Universe, our horizons are extended to the very limits of reality, to a completely realized "ONENESS" of boundless expansion. The image should not be the drop of water which merges into the ocean and is lost but, the ocean which enters the drop." By Kari Chapman

As we continue to invite you to come join us for service, at first it might feel odd and yet familiar all at the same time. We have come here to love! So I have learned that it is essential to pray for our togetherness and to know that we are all ONE! At all of our services, we are using the energies to communicate with LOVE which is often identified as GOD!

We invite you to participate and co-create from your soul and to feel the LOVE in each and every service. The soul monitors what is going on within the higher realms and will assist you on your journey in your life.

Come join us and create a new world not through discussion of the mind but through the feelings of Love from the heart!

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

Stillness Comes to Those Who Silence Their World

Sunday, February 11, 10:00 a.m.

You Will Never Walk ALONE

Sunday, March 11, 10:00 a.m.

Celtic Spirituality

Sunday, March 25, 10:00 a.m.

Guest Speaker - Rev. Jeremiah Rangel

~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!

COUNSELING & HEALING SESSIONS

Our new Spiritual Readers Jinelle Anlea Fryklund and Jill Grace (*as well as Rev. Hope*) are available for appointments. *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, clairaudience 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.

NEW HEALING TOUCH PROGRAM AT HIC

October marked the beginning of Healing Touch Energy Medicine Therapy formally being offered at HIC. Healing Touch is an energy medicine therapy in which the trained practitioner uses their hands in heart-centered, intentional ways to facilitate and support physical, emotional, mental, and spiritual health and self-healing. This therapy strives to remove energy congestions of the body, in the body's energy fields, and in the body's energy centers. The goal of Healing Touch is to nurture and restore harmony and balance in the internal and external human energy system.

The Healing Touch system was developed and originated in Colorado in the 1980's by Janet Mentgen, RN, BSN. By 1990, the initial legal structures of her energy medicine program were created. Since then, need and success have merged to create rigorous global training and certification systems to accommodate widespread education and healing for thousands of practitioners and clients. Healing Touch Program has multiple endorsements and accreditations as its expansions continue to evolve in communities, hospitals, clinics, schools of nursing, hospices, and long term care centers throughout North America, Central America, South America, Europe, Africa, Australia, Asia, and New Zealand.



Jim Heins is the practitioner apprentice offering Healing Touch therapy at HIC. Jim is a 1976 graduate of MSU, BS Cum Laude. He has taught middle school, high school, and adult education in Mankato, Minneapolis, and Tampa, FL. He has owned and managed several businesses in Minnesota and Florida. He has been trained in Levels 1-4 of Healing Touch Program's methods. He is a member of the Healing Touch Professional Association. He is currently working in the sequenced processes to become a Healing Touch Certified Practitioner. He has also been gifted to receive many years of teaching, mentoring, healing, and energy healing training from several experienced teachers and healers of wide ranges of healing and spiritual modalities. Jim lives on a farm by the woods near Vernon Center with

his wife, Betsy, and many animal companions: dogs, horses, ponies, cats, and wildlife. (Healing Touch is effective for animals also!)

To schedule an appointment with Jim, you can contact him directly via text at (507) 420-4090 or email him at jimheinshrf@yahoo.com

COUNSELING & HEALING SESSIONS

Body Mapping

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 2017 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.

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.

During my healing, I received what looked to me as squiggly lines. I was 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 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.



The body mapping continues to unfold as I work with more and more people in this way. I am also spending time working on my new path as it continues to progress each day as well.

I am in LOVE with you all!

Namaste',
Hope

ADDICTION COUNSELING & ACoA

Addiction Counseling & Adult Children of Alcoholics Group

LOVE AND HAPPINESS

Love and Happiness is not somebody else or something else.

Love and happiness is a spirit that must dwell within which can be shared.

An attachment or a relationship and excitement can exist but it is not love or happiness. Love and happiness transcends that.

One finds love and happiness the moment they stop comparing themselves and desperately desire beyond their needs, human or otherwise.

Love and happiness can only be prevented by self-pity, cynicism, inconsiderateness, or a neurotic ego spirit.

~Richard J. Knight

We are entering into a new year now and, as always, we as human beings say this year is going to be different than last year. But nothing changes until something changes! So, if you have been struggling with drug or alcohol addiction, found yourself repeating the same dysfunctional behavior over and over, been in denial of your addiction or how much it is hurting you or your family, perhaps this is the year you will change!

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 BS 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. So, if you are looking for help with that CHANGE and if you are ready to stop the DENIAL Process and if you are ready to become a HEALTHY WHOLEHEARTED person again and need someone to help, please call Bob at (507) 779-6971.

Bob is an easy going guy who has a passion to help others on this journey of sobriety. Bob has experienced long-term sobriety. He has learned the joys and many benefits of FREEDOM from addictions.

God Bless YOU ALL....If you are reading this and know of someone who might be looking for help but does not know where to go or who to contact, please pass this information on!

FELLOWSHIP MINISTER

Many of you know that I have done a card ministry for at least 15 years or more! I have sent out at least 3 cards a day as one of my personal spiritual practices! I try very hard to include everyone but if you have not heard from me and would like a card shower filled with love just contact the Hope Interfaith Center and let us know. Sometimes it is hard to know without your request! We go to great lengths to help people feel welcomed and loved at the Hope Interfaith Center. But as we continue to grow with the many groups, I do not know you all personally and would love to get to know you.

Also, if you would like someone just to talk to or come visit you in the hospital or at your home, please give us a call as well. We have volunteers who are willing to come over to provide personal prayer time, personal meditation times or Reiki or other healing modalities.

You do not need to feel alone! I know that many of us are having strong emotions during this time of great change. Events that are happening around the world as well as personally might be tugging at your heart. So please let us know if you need anything as we enter into this New Year of 2018! We have many Fellowship Ministers who are willing to meet with you. Contact us if you are in need of fellowship or just need a shoulder to lean on or someone to talk to.

CHILDREN'S PROGRAM

Children's Oneness School

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 peacemakers 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 and 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 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.

ESSENTIAL OILS NOW AVAILABLE AT HIC!



**Hope Interfaith Center is
a Plant Therapy
Essential Oil Reseller!**

WHEN YOU ORDER PLANT THERAPY ESSENTIAL OILS THROUGH HOPE INTERFAITH CENTER, THE CENTER RECEIVES A PORTION OF THE SALE!

Plant Therapy is based in Twin Falls, Idaho. "Plant Therapy's standards of quality are some of the strictest in the industry" and they do everything possible to ensure their oils are "100% pure, natural, AND of the highest quality...Plant Therapy works directly with world renowned essential oil expert, Robert Tisserand, and several analytical laboratories."

If you love dōTERRA or Young Living oils, check out Plant Therapy's synergy blend comparison chart, which lists the other company's' blends that are similar to Plant Therapy. You can find the comparison chart online here: <https://goo.gl/qJQaxP> or you can pick up a copy at HIC.

For more information about Plant Therapy, visit their website at www.PlantTherapy.com. To place an order, call HIC at (507) 386-1242. *There are a few oils available to sample at the Center.*

THANK YOU IN ADVANCE FOR SUPPORTING HIC!

WOMEN OF WISDOM

WOW - Women of Wisdom

Wednesday, February 21, 6:00 PM
Topic: The Divine Feminine Goddess Energy

I poured sacred essences and oils upon my body, massaging my flesh deeply. Loving myself and who I am now. I call upon the Goddess and the Gods and the angels and masters of all time and the ones with no names and prayed for courage to live the design of the Divine Feminine and what that means to me...

We can open up our arms wide now to the moon and the stars and invite them to rest within our breast to light our way!

Come join us for our first WOW event of 2018 in the month of LOVE! We will have the opportunity to soak in the rays of wisdom that will be offered by women of wisdom. They each possess the energy of the Goddess and will tell their stories of how they experience and share this Divine Feminine Goddess Energy and why it is so important and needed at this time in the history of our world.

Our collective journey as women and opening up to this energy is a remarkable union of remembering who we are! Thus creating the most monumental advancement in human consciousness ever experienced.

In all time, of all time, for all time....we are assembling now.

THE PRESENTERS FOR OUR FEBRUARY WOW PANEL WILL BE:

Denise Hals, a modern day black Madonna; Klea Fitzgerald, a woman who is a peace advocate for ALL; Michelle Egan, an artist of color and healing; Monica Antonelli, a woman who is known for being an active priestess in small women circles. This is just a brief description of these wonderful speakers who will be on the panel. When you come, they will help you find the Divine Goddess energy within you and help you define what that means to you.

In days of old, we honored the moon and danced in the night, and we learned how to bond though our feet to the Earth and to open our feminine pathway to receive substance. We drew upon this feminine substance so we could serve and create in the world.

In sacred circles, we were bonded and we took pledges that we would never betray a woman, another sister, and we were taught to honor Women of Wisdom!

Come and join us and listen to extraordinary stories from these remarkable women! You are welcome (*and we highly encourage you*) to bring another woman to this event!

Please RSVP by sending an email to hopeinterfaith01@gmail.com or by calling the Hope Interfaith Center at (507) 386-1242.

A love donation of \$15 or more or less but no one is turned away from this event. Donations are earmarked for women who come to our center and need help and for the supplies for the declared Sanctuary for undocumented immigrants. We are the only declared Sanctuary in Mankato which is needed for our brothers and sisters who fear deportation.



“THE MOST COMMON WAY PEOPLE GIVE UP THEIR POWER
IS BY THINKING THEY DON'T HAVE ANY.”

~ALICE WALKER

GATHERINGS & OPPORTUNITIES

≡CALENDAR OF EVENTS≡

January

2,9,16,23,30 Musically Yours 5:45 PM
 3,10,17,24,31 ACIM Book Study 10:30 AM
 3,10,17,24,31 Oneness Blessings 5:30 PM
 3,10,17,24,31 Kundalini Yoga 6:15 PM
 4,11,18,25 ACOA Support Group 6:00 PM
 8,15,22,29 Kundalini Yoga 9:00 AM
 14 Spiritual Service 10:00 AM
 14 Sunday Oneness School 10:00 AM
 20 Archetype Wheel, Rev. Jessica 1:00 PM
 30 Pure Hope Show - Blog Talk Radio 7:00 PM

February

1,8,15,22 ACOA Support Group 6:00 PM
 5,12,19,26 Kundalini Yoga 9:00 AM
 6,13,20,27 Musically Yours 5:45 PM
 7,14,21,28 ACIM Book Study 10:30 AM
 7,14,21,28 Oneness Blessings 5:30 PM
 7,14,28 Kundalini Yoga 6:15 PM
 11 Spiritual Service 10:00 AM
 11 Sunday Oneness School 10:00 AM
 21 WOW Event 6:00 PM
 27 Pure Hope Show - Blog Talk Radio 7:00 PM

March

1,8,15,22 ACOA Support Group 6:00 PM
 2 Conscious Men Workshop 6:30 PM
 3 Conscious Men Workshop 10:00 AM
 5,12,19,26 Kundalini Yoga 9:00 AM
 6,13,20,27 Musically Yours 5:45 PM
 7,14,21,28 ACIM Book Study 10:30 AM
 7,14,21,28 Oneness Blessings 5:30 PM
 7,14,21,28 Kundalini Yoga 6:15 PM
 11 Spiritual Service 10:00 AM
 11 Sunday Oneness School 10:00 AM
 25 Second Quarter Spiritual Service 10:00 AM
 27 Pure Hope Show - Blog Talk Radio 7:00 PM

Please RSVP for gatherings by calling HIC at (507) 386-1242 or emailing your intention to attend at hopeinterfaith01@gmail.com.

It's a really nice thing to do for yourself and it helps in our planning. Thank you!

Join Us!

≡THE PURE HOPE SHOW≡

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

Expanding your education and listening to enlightening conversations from across the nation. You can listen live or access the show archives anytime for free at www.blogtalkradio.com/janicehopegorman.

Discover new books to read for your health and spirituality. Discover how you can wake up to your highest self and how this is so needed in this world at this time. Discover how to keep your life simple and flow with more ease and grace.

The Hope Interfaith Center provides an opportunity to have new eyes through listening to speakers, authors, internationally known healers and so much more. This is our way of giving all of you my listeners a FREE experience of gathering energy and moving from a place of stuckness to a place of movement and trust!

The older I get, the more dignity, elegance, and power I see in simplicity. I am discovering that the truly deep people have at the core of their being the genius of being simple and filled with magnificent grace. Life in Americas is fast approaching warp speed; there's so much to do and so little time. Instead of managing our lives, life seems to be controlling us.

As you listen to our guests on the program, we will focus on many important things such as...

- *Making room for your LIFE
- *Staying Healthy in an UN-Healthy World
- *Making room for Service
- *Living in Grace and Balance
- *Assessing your Highest, most Holy Self

As I have said before, we do not use this platform to entertain but to inform everyone how they can help change themselves and then change the world.

Jody and Tom and I are dedicated to bringing you the best shows possible. Listening up is never a waste of time. Tom and Jody have made it simple to get on the program. You can call this number 213-559-2974 and press the number 1; if you have a question or comment. Another option is, which is 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 so you can receive the link a week prior to the show.

The Pure Hope Show is a wonderful way to slow down and relax and enjoy!

We hope you'll tune in to our programs this year!
 ~Hope

GATHERINGS & OPPORTUNITIES

Relationship Group

Meets once per quarter

*Thursdays: Mar. 1, May 31, Sept. 6 & Nov. 15
6:30-9:00 p.m.*

The Relationship Group will continue to gather in 2018 and plans to meet once each quarter. The dates and topics for 2018 are as follows:

March 1- The Four Agreements

May 31- The Five Love Languages

September 6- Love is a Decision

November 15- Being Thankful for a Relationship

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

Hope to see you!
Blessings Always,
Rev. Hope

Archetype Wheel Workshop

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.

Rev. Jessica is a long-time member of the HIC community and is dedicated to the mission of the Hope Interfaith Center. She also 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.

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

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

Meets once per month at 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?**

Death Café

*Dates to be Determined
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!

For more info. email Holly at friend02@hickorytech.net

INTERFAITH REFLECTION

Interfaith Reflection Time by Hope

Interfaith is different than intrafaith! Intrafaith is Methodist and Baptists and Episcopalians and Catholics which are all the same faith, Christian, having dialogue within a tradition. So what is interfaith?

Interfaith is the encounter of one person of faith with a person of another faith. Interfaith is working with and living with different beliefs and different traditions. The fruits of interfaith can bring an improvement in human lives, upliftment of human societies, and greater realization of the spiritual inter-connectedness of all beings.

For me meeting with people of other faiths and sharing personal stories has always been of the utmost importance. More than learning what they believe in intellectually but to sit in fellowship and see beyond the label has brought me great joy and reverence for all.

When we look for our sameness and celebrate that it is a wonderful feeling and a warmth of the soul that seems to bring a lot of peace to my soul. It is this that I want everyone to feel and know, that we are more alike than we are different.

My first experience with the idea of interfaith was when I was 15 and I attended a retreat where I was blessed with meeting young girls of different faiths. I sat and ate with them and laughed with them and played with them. We sang music together and shared our stories together as one big family. I knew then that I was seeing a vision about creating a place some day where we could all get together on the same page of LOVE!

That event and any time I have had the opportunity to sit and share stories with those of different faiths have had a profound impact on me and have influenced the course of my life in more ways than I would ever have guessed. So here I am writing this article at the Hope Interfaith Center hoping that all of you who are reading this know that Love is the contentedness and connectedness that we all need at this time.

The Interfaith Community that we have nurtured here at the center is a grassroots community oriented towards learning about other beliefs and trying to understand one another without trying to persuade each other that the other is wrong. We believe in the significance of the Golden Rule (Do to others what you would have done to yourself). This is our focus for developing shared values between traditions.

The media and even perhaps faith-based organizations have misunderstood the Hope Interfaith Center right here in Mankato, Minnesota. They have wondered about who we are and what we do here. I am asking you to come and check us out. There are stories to be told of dedicated and inspired women and men working for peace across religious divides. These are interfaith Ministers just like me who are willing to speak to any who may have questions.

Let us celebrate and learn from each other so we can celebrate our differences and strengthen the bonds between individuals and communities with respect for our differences and diversity. We are people who await you here at the Hope Interfaith Center with open arms and hearts for all! Come check us out and see and feel the evidence of LOVE for All Sacred Pathways to the ONE!



Namaste',
Rev. Janice Hope Gorman, an Interfaith Minister

WORKSHOPS WITH CHRISTOPHER EMMANUEL

CONSCIOUS MEN WORKSHOP

FRIDAY & SATURDAY, MARCH 2 & 3

FACILITATOR: ERNIE CHRISTOPHER EMMANUEL (*CHRIS*)



***Friday, March 2, 6:30 - 8:30 PM* -an intro to Saturday's workshop**

Today we are being asked to become more Conscious Men. Nothing in the universe is stagnant. Everything is in motion evolving. Evolving into a better man requires constant evaluation of what we believe about ourselves as men. Many of us are running old scripts that stop us from living fully present. Because many of these beliefs are buried deep in our physic, most often we are not aware of these subconscious beliefs that are running our lives.

When we are not conscious we block our full potential

Many of us believe that we are conscious men but unless we take the time to deeply enquiry on what it means to be a man, we might spend our whole life repeating harmful patterns that sabotage our relationships.

On Friday evening, we will share our ideas on what it means to be a conscious man. Together we will discuss the beliefs that can stop us from living a richer rewarding life. Each participant will share in exercises that will reveal the old patterns and beliefs that hold them back from becoming more conscious men.

This workshop begins with a teaching and continues with exercises and ends with a Q&A session.

During the Workshop, each participant will:

- ♦ Identify the subconscious scripts that they have that cause them to suffer as men
- ♦ Discover ways to disrupt their patterns and become a more conscious being
- ♦ Understand the "manbox" we created from our influences and impressions.
- ♦ Receive a tool for managing the triggers that cause fear and discomfort in their lives.

Saturday, March 3, 10:00 AM - 4:00 PM

Are you seeking ways to find balance with yourself as a spiritual being living in a man's body?

Are you repeating old patterns in your life that stop you from evolving to be the best you can be?

Are you struggling in a relationship because of your belief of what a man should be?

These are the questions that Chris will help you answer in this engaging workshop. You will be provided with tools that you can take with you to constantly check in on your beliefs and ideas of what it means to be a Conscious Man.

Would you like to become conscious of what is blocking your growth?

Chris believes no matter how you grew up, you have the ability to change the beliefs that have been given to you that prevent you from being the man you aspire to be!

Join Chris and learn ways to become more conscious of what you truly believe about manhood!

Come and join in a safe space to discuss gender and masculinity as we explore positive, non-violent, inclusive, and healthy ways to be a man.

Chris will teach ways to go beyond the Male Scripts and make better choices to live as a spiritually conscious being.

There comes a time when everyone desires to see what shaped their lives. Knowing ourselves brings great clarity and understanding to the purpose of why we are here. If you are seeking to find more peace in your relationships and harmony with the male aspect of yourself then this is a workshop for you! Sign up for the Conscious Men workshop and become a mentor for the next generation of men!

You Will Learn:

- ♦ The difference between a man and a responsible conscious being
- ♦ How to let go of limiting beliefs about manhood
- ♦ How to respond to the ego memes that cause suffering
- ♦ How to transform your past and become a conscious man

Come and join the fun as we support each other and share stories that shaped the men we are.

Cost of this workshop: \$150.00 for Friday and Saturday

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

THANK YOU!

Thank You HIC Volunteers!

- V - Valuable treasures like you are appreciated.**
- O - Outstanding is the help you lend to our team at HIC.**
- L - Loyal in your tireless efforts.**
- U - Upbeat and always full of good cheers and optimistic outlooks.**
- N - Notable for your compassionate touch.**
- T - Thoughtful in ways that mean so much.**
- E - Enriching the lives of those you touch.**
- E - Eager to go the extra mile.**
- R - Reaching out to those in need.**
- S - Service to our community and to the world at large!**

As we begin a new year and how successful we are as a Center for Spiritual Living and the new programs and workshops and events that we have had and are going to have I am aware it could not happen without all of you. These are a few names of those who are helping at the HOPE INTERFAITH CENTER!

Connie Haugen for her work with the children at the HOPE INTERFAITH CENTER. You are doing an excellent job at creating curriculum and happenings for our "Children's Oneness School!"

Kim Stanton for your work at helping us with fun-raising to help pay off our mortgage. Bob Dickhudt for your endless help with music for our Spiritual Services as well as the groups you are having at the center for the adult children of alcoholics.

Kim Freeman for painting at the center to give us a fresh look. Your skill and your intentions as you pick out paint is truly a blessing to us. Klea for helping out with the Wisdom of Women panel and for filling in for Jody when we need you is so helpful. Brian Robertson for helping create light on our sign outside so our sign can be seen. You Rock! To Judy Mosca for doing the ACIM book study. You are in the background creating a group that is awaking to the TRUTH. Thank you, so very much! To Marcia Nermoe who effortlessly comes to do an excellent Kundalini Yoga class. What a wonderful addition to our center. To Mona Smiley, our beloved Temple Keeper, you have been a beautiful bright light to all these past few years and we greatly appreciate all that you have done to help keep the temple a warm and welcoming sacred place for all.

To our board members who have given their time and energy helping me make decisions for the future of the center. Your ideas and help are deeply appreciated - board members: Ruth Ann Rosenwinkel, Jill Grace, Mona Smiley, Jessica Hebert, Becky Beyer, Colleen Convery and Bob Dickhudt.



We are always in need of volunteers at the Hope Interfaith Center. Please pick up a volunteer sign-up sheet in the entryway at the Hope Interfaith Center and see how you can help. We are currently looking for a driver to pick people up for our Sunday Spiritual Services. Also if you are interested in helping out with the Children's Oneness program on Sunday's please let us know.

Please call the center if you are willing or able to do so.

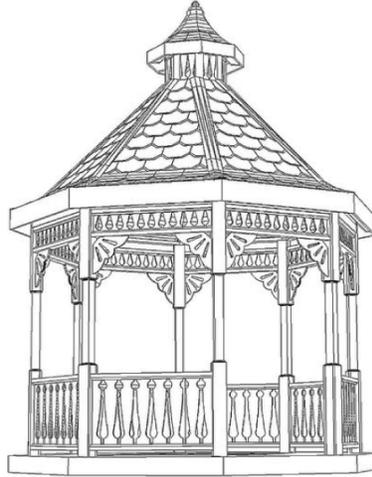
I love you all so very much!

You are remarkable beings and it is an honor to know you all!

Blessings,
Hope



ALL SACRED PATHWAYS HONORED



HOPE INTERFAITH CENTER
A CENTER FOR SPIRITUAL LIVING

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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