



Hope Interfaith Center

April - June 2018

GROWTH & SPRING! By Selina Maitreya

The word alone brings visions of green leaves, gorgeous flowers and colorful birds welcoming the day.

Spring is the season for beginnings. It's the time of the year when the snow melts and the ground prepares for the new sprouts of grass which will soon appear.

The ground beneath our feet is not the only incubator for growth, as it's also a wonderful time for you to take a breath, and ready yourself for your next step in becoming **more of who you already are!**

You were gifted with the high frequency of love with your very first breath. Do you activate this energy as you move through your daily life?

You were given the opportunity to live an abundant life and you were given the tool to achieve abundance; the opportunity to freely choose your response to all that occurs in your life from your highest frequency.

Are you actualizing force?

Are your actions and responses to others kind, tolerant and inclusive?

Are you patient, compassionate and respectful of you?

Is most of your time spent in a state of gratitude or do you find yourself usually still wanting more?

Faced with days filled with many responsibilities, ongoing challenges and a society that seemingly is less loving, have you forgotten to actuate your lifeline to love?

Many people, even those long on a spiritual path, benefit by constantly re-evaluating their actions and taking a long, honest look at how they move through the world. Your behavior is always the key to whether your actions are in alignment with your beliefs or not.

Swami Sarvagatananda said:

*"It is not your beliefs
It is not your behavior that counts.
It is not your faith
But your function that counts.
And it is not your conviction
But your character that counts."*

Meditation and prayer are true opportunities to connect to the divinity of who you are. But your daily life, AHHH, that's the constant practice you are given to be the values you say you hold.

As the days grow longer, warmer and the grass begins to green, take time to lovingly and kindly view your way of walking in the world.

Just observe, no judgment here.

Make sure to review the relationships that don't feel easy. Take time to observe your responses to people when you are tired or hungry. Note the situations where you experience stress. These are the places you are more likely to see yourself needing to shift and have your actions represent your beliefs.

This reckoning, taken with a huge dose of loving kindness, will open a portal that is waiting for you to walk through with new actions and responses.

It takes a tremendous amount of effort for a tiny, malleable seedling to pop through the dense, hard earth. It may take many times for you to remember to bring awareness to your actions, to try out new loving responses, and to be kind to you when you forget. But move forward, be patient, and hold the faith that you too can transform the few parts of your being that truly don't serve your higher good and the higher good for all.

Spring is a time of rebirth, and rejuvenation!

This year, don't just be an observer appreciating the leaves unfolding and the grass greening, join them! Become a part of the process of the growth that is surrounding you!

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.

www.PracticalSpiritualityWithSelina.com

[Facebook.com/PracticalSpiritualityWithSelina](https://www.facebook.com/PracticalSpiritualityWithSelina)

~Hope Interfaith Center~

114 Pohl Road, Mankato, MN 56001
 Phone: (507) 386-1242
 Email: hopeinterfaith01@gmail.com
 Visit us online at: www.hopeinterfaithcenter.com
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. Jessica Hebert, Becky Beyer, Bob Dickhudt, Shelly Bode, Amy Oberle & Val Adams

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

Spiritual Services/Rituals/Ceremonies

*Second Sunday of every month - 10:00 a.m.
 Facilitated by Rev. Janice Hope Gorman*

When we stand before crucial thresholds in our lives, we need more services, rituals, and ceremonies. Consequently, during the last three months we have enjoyed doing a service with Renita Robinson, and an interview with Fardousa, a Muslim woman, and a Puja ceremony in February with Latha Lakshmanan, a beautiful woman who was born in India. For such crossings we need to find new ways of worship. These ceremonies and services are an attempt to reach into that tenuous territory of change that we must traverse when a threshold invites us to cross over to learn new ways. Thresholds can open directly before our feet and invite us into new shorelines of new worlds.

As always we continue to invite you to come join us for service. It might feel odd at first and, yet, familiar all at the same time. All of our services reach out to touch the tender membrane where the human heart cries out to find sacred ground. Regardless of our religion, language, or concept, there is no heart that is without longing to be seen and heard and accepted. At the Hope Interfaith Center we welcome and honor all sacred ways of honoring the Divine.

Come and join us and find a new way of worshipping that is honoring us all as ONE FAMILY!

Sunday, April 8, 10:00 a.m.

Children Are Our Future!

Sunday, May 13, 10:00 a.m.

Mother's Day - Goddess Ceremony!
 Bring a picture of your mother or mentor

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

Honoring Men!

~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, 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.



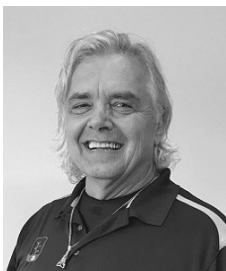
Jill Grace is a spiritual channel/teacher and counselor, and has been a long-time student of Janice Hope Gorman. Jill focuses on higher states of consciousness, vibrational frequency, planetary ascension, and helping people to connect to their own divine power and co-creator abilities. Jill is an inner 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.

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

PERSONAL POWER IS NECESSARY FOR HEALTH!

Attitude can cause a person to lose power in their life. People with addiction can feel inadequate which can feel like a black hole that needs to be filled. As M. Scott Peck has pointed out in People of the Lie and The Road Less Traveled, seeing and admitting the truth about ourselves, about our role in creating our own problems, and about how we relate to others is vital for healing. Personal Power is necessary for health. Our relationship to power is at the core of our health.

Come and meet Bob Dickhudt who is 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 LIFE! And you find that addiction may be part of the problem then come and meet Bob.

Bob is an easy-going guy who has a passion to help others on this journey of sobriety as well as other issues. Bob has experienced long-term sobriety. He has learned the joys and many benefits of FREEDOM from addictions. Addictions can hurt the whole family! So if you are not the addicted one and still wish to talk to Bob about life, please call.

Bob's number to call for appointments is (507) 779-6971

Please call and take the first step towards healing!

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 pray 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 Events at Our Oneness School

Second Sunday of each month during Spiritual Service at 10:00 a.m.

There is a book called "*Grandma Knows Best, But No One Ever Listens!*" Becoming a grandmother is the ultimate happiness. Just when you've settled for being an ordinary person, you find out you're a super person because a grandchild comes along who holds that opinion. So I am going to give to you some grandmotherly advice...

“Our Oneness Sunday School ROCKS!”

Here are some tips and also a few things you may expect to see and hear if your child/ren attend Oneness Sunday School at Hope Interfaith...

1. Clear the refrigerator door to make space for drawings.
2. Enjoy the conversation with your kids when they come home and ask them what they did!
3. Watch how they come into service during communion always wanting to know what we are having for communion. *(Because it is always awesome!)*
4. Watch how comfortable they are with their teachers and watch how they look for mom and dad or grandparent or friend to see if they are watching them.

Our goal for the children just like the adults, which is to celebrate our differences and help them become the peacemakers of our world. Our Spiritual Services and our Sunday Oneness School help all of us know how important it is to learn about how to love one another.

We have been so fortunate to have Connie Haugen coordinate the program and teach at our Sunday School. And now we have a beautiful young mom who will be guided by Connie to establish and lead a volunteer program for our community to teach Sunday Oneness School. Yup, and that beautiful young woman is my beloved daughter, Cara Gorman.



Cara has a list of people whom she will be contacting to serve one Sunday to teach the children at Oneness Sunday School. We know all of you have such great ideas. If you want to be on the list to be contacted to help out at Sunday School, please contact the center at 507-386-1242 or you can contact Cara directly at 507-340-8718.

All creation is engulfed in the momentum of change. All are experiencing the acceleration of the wonders of a new world of ONENESS! The momentum toward recognition of our mutual Oneness with each other is here. Our children are so precious and need our leadership and guidance into that ONENESS. Volunteering one Sunday out of the year would be so helpful!! What a great opportunity to share yourself and for you to receive blessings as well! We look forward to hearing from you.

Note: Sunday School is for ages 3-13. Childcare is available for the younger children as well.

“Children are not a distraction from more important work. They are the most important work.”
-John Trainer

WOW

Second Women of Wisdom

Thursday, May 3, 6:30 PM

Topic: Women Entrepreneurs are Key to Accelerating Growth!

If you run your own business, or think that you want to, this WOW panel can help you! Real women telling stories of how they built real and original businesses can help inspire you on your journey. They will also talk about when to allow change to happen and let go to the next piece of the journey, how they are mentored, and what they do when the road gets difficult. We have found that successful female role models can inspire us and help other women walk the talk of creating businesses as well as staying balanced in the journey.

None of these women would ever say that they are perfect but certainly all of these women have stories to share about the journey of entrepreneurship. This event will be an honest, meaningful, interactive event. Mentoring and giving back is a core value of each of these women on the panel and they will tell you about helping others along the way.

We encourage you to bring middle and high school girls to this event as well; it would be your way of helping mentor a young woman into their future. Come learn from these four women about the importance of honoring each other and honoring their path of business, balance, blessings and blunders!

THE PRESENTERS FOR OUR MAY WOW PANEL WILL BE:

Amy Kortuem, a local harpist and international traveler from North Mankato. Kim Stanton, owner of Encore, an upbeat and better clothing consignment boutique and the owner of Quan a drug and alcohol counseling program. Sherri Dejong, owner and administrator of a trucking company in Blue Earth. Barb DeMers, owner and operator of a Salon in Shakopee.

Just a note about this event!

I perhaps have read more self-help books than I could even begin to count. But one thing I know for sure is that it has been "Women Mentors" and listening to other women that have changed my life forever. Reading information is one thing, but listening to other women has help me clear a path to my soul to listen for my next steps. I do remember when I was talking to one of my helpers along the way and began to speak about how I thought I was a healer and she said, "Hope, you are a Heart Warrior." A Heart Warrior is one who receives an electrifying jolt of information and guidance on what to let go of and what to do next, and does it! She began to tell me that I had Super powers, such as Super obedience to the guidance, Super faithfulness in the going for it, and Super positivity that God/dess will not let me fail.

I consider each and every one of these women a Super Woman! Come and join me as we listen to the power of women coming together.

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 is requested, but no one is turned away from this event. Donations are earmarked for women who come to our center needing help and for the supplies for the declared Sanctuary for undocumented immigrants. We are the only declared Sanctuary in Mankato, which is greatly needed for our brothers and sisters who fear deportation.

"Many women live like it's a dress rehearsal.
Ladies, the curtain is up and you're on."
~Mikki Taylor, *Essence* magazine

A 3-Day Pleiadian Seminar

Higher Realm Initiations

KNOWING | BEING | SEEING | SENSING



The Pineal Gland is the 'principle seat of the soul' where all higher thoughts are formed, where you can perceive the higher planes of existence and are able to reactivate the God Consciousness center in your brain.

Within a sacred setting you will be opening your Pineal structure fully. There will be a releasing of veils, revealing the light forms of the Sacred Self.

Moving into:

- Re-accessing all that has always been naturally in place beyond the illusion.
- Making the Holy journey of transforming the energetic structure of your Pineal Gland.
- Transplanting back the sacred energies within your Pineal Gland.
- Re-establishing a sacred relationship within the fully activated blueprint of your Pineal Gland.
- Re-opening up the God Consciousness center within your brain to access 'The One'.

We, the Pleiadians await you, Blessings.



We had such a beautiful journey together last May at the 3 Day Pleiadian Seminar in Mankato. Now I am so excited to offer you an entirely new level of initiations that have not been offered to the general public before. Of course this is because **you are ready!**

These initiations are designed for you to reopen your God Consciousness center in the Brain. I know all of you who feel to come and be part of this sacred

experience will be held and supported by the sacred realms within the Collective energies of our resident Universe. I so look forward to receiving you at our next gathering. *Christine Day*

Friday, May 4th 1pm - 6 pm

Saturday, May 5th 9am - 5 pm

Sunday, May 6th 9 am - 4 pm

Location: Hope Interfaith Center

114 Pohl Rd Mankato, MN 56001

Early Bird: \$400 (before March 1, 2018)

Price: \$445

For more information or to register: Phone 507-386-1242
email: hopeinterfaith01@gmail.com web: hopeinterfaithcenter.com

GATHERINGS & OPPORTUNITIES

Relationship Group

****Meets once per quarter****
Thursdays: May 31, Sept. 6 & Nov. 15
6:30-9:00 p.m.

The relationship group will continue to gather this Spring and Summer and once during the Fall.

In March we gathered to do the "*Four Agreements*" and how they work in our relationships.

Now, we are looking forward to our next gathering in May which will be on the "*Five Love Languages*." Discover your love language! Take the 5 love language assessment to discover your love language and begin improving your relationships. Your love language profile will explain your primary love language, what it means, and how you can use it to connect to others. Join more than 15 million people who have already improved their relationship by discovering your love language.

Love is the language of relationship, of mutual enjoyment, of personal connectedness, of wanting a special passion for closeness. So, if you are wanting to learn how to get closer to your sweetheart or have closer relationships with anyone, this would be the class for you.

September 6th we will be talking about the topic "Sometimes Love is a Decision" and on November 15th "Showing Acts of Kindness and being Thankful for our Relationships."

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!
 All are welcome!

Hope to see you!
 Blessings,

"All Relationships Have One Law:
 Never Make The One You Love Feel
 Alone, Especially When You're There."
 ~ Anonymous

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.

ONENESS Blessing Circle

Wednesdays - 5:30 p.m.
Facilitated by ONENESS Blessers

Please join us, and invite others, for ONE-NESS 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.

GATHERINGS & OPPORTUNITIES

≡CALENDAR OF EVENTS≡

April

2,9,16,23,30 Kundalini Yoga 9:00 AM
 4,11,18,25 ACIM Book Study 10:30 AM
 4,11,18,25 Oneness Blessings 5:30 PM
 4,11,18,25 Kundalini Yoga 6:15 PM
 5,12,19,26 ACOA Support Group 6:00 PM
 8 Spiritual Service 10:00 AM
 8 Sunday Oneness School 10:00 AM
 24 Pure Hope Show-Blog Talk Radio 7:00 PM

May

2, 9,16,23,30 ACIM Book Study 10:30 AM
 2, 9,16,23,30 Oneness Blessings 5:30 PM
 2, 9,16,23,30 Kundalini Yoga 6:15 PM
 3 WOW Event 6:00 PM
 3,10,17,24,31 ACOA Support Group 6:00 PM
 4,5,6 Christine Day Workshop
 7,14,21 Kundalini Yoga 9:00 AM
 13 Spiritual Service 10:00 AM
 13 Sunday Oneness School 10:00 AM
 29 Pure Hope Show - Blog Talk Radio 7:00 PM

June

4,11,18,25 Kundalini Yoga 9:00 AM
 6,13,20,27 ACIM Book Study 10:30 AM
 6,13,20,27 Oneness Blessings 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
 23 Star Gathering 8:30 AM - 6:30 PM
 24 Star Gathering 8:30 AM - 5:00 PM
 26 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!

≡ESSENTIAL OILS 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!**



GATHERINGS & OPPORTUNITIES

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

Class Fee: \$10

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.

Connecting to Your Higher Self: The Art of Channeling for Higher Guidance

Saturday, April 21, 10:00am – 2:00pm

Facilitator: Rev. Jill Grace

Spiritual Teacher/Channel

What if you could ask your Higher Self a question and access your own Divine Wisdom and guidance to steer your life? Is it possible for everyone to be able to channel and connect? It is not only possible to communicate with your Higher Self, it is easier than you may think to receive higher guidance from within.

In this exciting one-day workshop, we will demystify the art of channeling and connecting to our Higher Support Teams, which include our Higher Self (*I Am Presence*), Angels, Spiritual Guides and Ascended Masters. As an incarnate, Divine spark of God, we are connected to All That Is and it is our divine birthright to be able to connect and access this divine wisdom ourselves!

We will discuss and explore a variety of subjects including the many ways in which we can connect to our higher self wisdom and guides, how to access this connection easily through meditation and the important role vibrational frequency and prayers/invocations play in this process. This workshop will be an individual inner experience, as each individual may receive guidance in different ways and so we will explore a variety of ways to connect to that infinite pool of divine wisdom that is available to us all!

Class Fee: \$30

What to Bring: Journal, pen and crystals if you have them (not necessary). Also bring a pillow to sit on and a blanket so you are comfortable. A light lunch will be provided.

RSVP: Email Jill at jillmarie56081@yahoo.com or you can let Jody know at the Center and she will add you to the registration list.

Hope to see you there!
Rev. Jill Grace

PURE HOPE SHOW

The Pure Hope Radio Show Podcast

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



We are all an amazing masterpiece. All of our senses draw the world to us! Soon we shall see flowers blooming, smell the fresh rain, listen to the birds sing, feel the sun shine upon us and taste the foods that come from Mother Earth. But it is our Heart that needs to remain open during this time upon the planet.

The heart is where the magic happens! Come and listen to our fantastic guest from across the nation that will be sharing some wonderful information with us. The Pure Hope Show has been on now for over five years. And the guests that we have on have been more and more intriguing and interesting and informative than ever before. Many of our guests are world renown and have been doing their work for many years. Many have authored books. Dedication, commitment, truth and integrity are what I look for in the guests that we invite on the air.

Come Listen and Discover...

Discover new books to read for your health and spirituality, for understanding your purpose and reason for coming to planet earth. Discover how you can wake up to your highest self and discover the star system that you are from. Discover how to keep your life simple and flow with more ease and grace.

This is our way of giving all of you, my listeners, a FREE experience of gathering energy and moving from a place of fear to Love. It only takes one hour a month to absorb an experience of this energy of love and great conversation that can change your life!

Part of living wisely is to sit and listen and absorb the moment. This is what I am inviting you to do with us on the Pure Hope Show.

As you listen to our guest on the program we will focus on many things but JOY, PEACE, LOVE and PURPOSE are some of the most important. This is another list of what will be coming soon:

- * Making room for your LIFE
- * Staying Healthy in a 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 about how they can help change themselves and then change the world.

Jody, 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 so easy 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 (which is new with Blog Talk Radio) is to request a link via email that 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.



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

STAR GATHERING

A keynote experience helping our planet navigate to peace by moving into Oneness.

Saturday & Sunday, June 23-24, 2018

Hope Interfaith Center

114 Pohl Road, Mankato, MN 56001

We welcome all of our brothers and sisters, to collectively create critical mass of consciousness through intention, that helps our planet navigate to peace, by disrupting the illusion of separation and to move into Oneness.

This keynote experience features six teachers dedicated to helping Gaia. Our master of ceremonies, Rev. Kari Chapman will lead us in grounding, anchoring a city of light, and a closing ceremony. We will also receive much needed, helpful, planetary and galactic information from David Barnett, Shirley Bolstok, Caroline Oceana Ryan, Garrett Duncan and Christine Day. Sunday afternoon they will all come together as a panel to tell more about themselves, and field our questions.

SCHEDULE:

Saturday, June 23

8:30am - Doors Open and Check-in
 9:00am - Welcome & Grounding Ceremony
 9:30am - Dave the Mystic
 11:00am - Break
 11:30am - Shirley Bolstok
 1:00pm - Lunch
 2:00pm - Caroline Oceana Ryan
 4:00pm - Break
 4:30pm - Rev. Kari Chapman
 6:00pm - Break
 6:15pm - Anchor City of Light, Rev. Chapman



Rev. Kari Chapman



David Barnett



Shirley Bolstok

Sunday, June 24

8:30am - Doors Open and Check-in
 9:00am - Welcome & Grounding Ceremony
 9:30am - Garrett Duncan
 11:00am - Break
 11:30am - Christine Day
 1:30pm - Lunch
 2:30pm - Panel
 4:45pm - Break
 5:00pm - Closing Ceremony



Caroline Oceana Ryan



Garrett Duncan



Christine Day

More details about this event including a special video invitation from Hope are on the HIC website at:
<http://www.hopeinterfaithcenter.com/star-gathering/>

PILGRIMAGE 2018

≧LAST PILGRIMAGE WITH HOPE≦ TO KAUAI AND MOLOKAI

Trip Information Day at HIC: Saturday, April 28, 9:00 a.m. - 11:00 a.m.

Travel Dates: Saturday, November 24th to December 8th, 2018

I know that many have been wondering when the next traveling experience will be from the Hope Interfaith Center. I have talked about several locations...from Ireland, to Bali and now Hawaii!

You all know that I tend to wait to receive guidance on where our energy is most needed to help transform the world. As my teacher, Christina Rose, would say, "When you travel to Hawaii, it will be a spectacular trip of beauty and growth but remind everyone who attends this trip that without a doubt, we will be working with the energy of North Korea as well as the West Coast of the United States. How do we do this? We use the mighty Pacific Ocean as a vehicle to send Love and Light to bring rest and calming to that part of the world. Through meditation while holding hands in the Ocean and opening up our Hearts we will do energy work and send out the mighty waves of LOVE!

Let us bless the grace of water and know that the primeval ocean carries energies as we send blessings to this area of the world. The Pacific Ocean holds the magic of waves that will carry the electrical current of wishes and blessings to the many shores which it touches. The Ocean is where the first forms of life stirred. Yes, water is a vehicle to use during our travels. We did this on ship when we went to Cuba as we gathered together a few times to pray over crystals and put them in the Atlantic Ocean. We went to Cuba to anchor the Divine Feminine and when we returned home, about one week after, Fidel Castro died. Fidel Castro led Cuba for five decades as a communist government. He promised the Cubans that they were going to have freedom. They were going to have honest government. They were going to have a return to the constitution. Instead what he gave them was a Stalinist type of government. So the old male energy needed some help to come to an end! This is the type of world service that we do as a group.

So what's next? All the news that has been around North Korea coming towards Hawaii and or Guam and our West Coast is in need of help. Who would like to join me in Hawaii? Kauai is essentially a single large shield volcano that rises 3 miles above the sea floor. The island lies 90 miles across the open ocean from Oahu, but it seems at least a half century removed in time. It's often called "the separate kingdom." It has spectacular beaches, the grandeur of Waimea Canyon, and the drama of the Na Pali Coast. On this beautiful island is a Hindu Monastery. This temple is the site of intense activity and global religious outreach where the resident monks meditate and pray for world peace. It will be just one of the many places we will tour on this island and perhaps have an opportunity to join in on meditation. After spending a week in Kauai, we will then travel to Molokai!

We will visit unspoiled beauty on Molokai. The island that has only two stop signs, no malls, no fast food restaurants, no movie theater and no bowling alley. You cannot build a building taller than a coconut tree. So what would we do there? Untether from the world and move into the pattern of our natural cadence. How can we do this? Meditate, relax, swim and have fun!

We are currently organizing this trip and more information will be revealed on Saturday, April 28 at 9:00 a.m. Please call to let us know that you will be coming to the planning meeting. Call the Center at (507) 386-1242 or send an email to hopeinterfaith01@gmail.com

INTERFAITH REFLECTION

UNIVERSAL BEINGS GROUNDED IN LOVE!

All major spiritual traditions originated before we had any notion of the evolutionary process, of the billions of galaxies, of the fact that Earth is not the center of the universe, but a small planet revolving around a sun in the midst of a multidimensional universe of awesome mystery. We are now moving towards an understanding that recognizes this vision of humanity: that we are all "Galactic-Universal Beings."

A galactic-universal human comes from every race, nation, religion, and discipline. Some of the qualities of its being are now becoming apparent. A galactic-universal being feels connected through the heart to the whole of life and is awakened from within by a passionate and loving desire to express unique creativity for the good of the self and the whole. We are becoming multidimensional beings, having expanded reality and peak experiences, receiving higher guidance and epiphanies vital to guide us now into peace and harmony upon this planet.

We at the Hope Interfaith Center realize that stepping into a broader acceptance of our understanding of Self might cause many to question who we are and what we do here at the center. We are pioneers in building a new culture and civilization - a multi-universal humanity, both on this Earth and, eventually, in the universe beyond our home planet. We are Earth/Space beings and are grounded in LOVE! We are co-creating our lives and co-creating on this planet as we continue to experience cosmic contact and find that we are not alone in this universe.

The trillions of star systems are actually mothering wombs for new life on countless planets. We at the Hope Interfaith Center will be providing you with opportunities to explore with us and be those pioneers that dare to go beyond what our society has taught us.

It is my intuition that as we mature as a universal species we will learn resonance and mass connectivity here on Earth. That we learn to connect to each other is important now upon this planet. Perhaps, as we learn how to connect we will go into the next stage of our evolution.

Hope Interfaith Center is giving people an opportunity to learn to love one another; to resonate with the higher aspects of our own being. My sense is that as we all find that we are in a universe full of life that extends beyond our planet, we will then truly accept and love and celebrate diversity throughout not only this world, but in all of the universes.

The very crises we are facing are causing innovations and breakthrough solutions and ideas, which are now networking and connecting. We are approaching a breakthrough in "co-intelligence", in the collective capacity that is emergent, compassionate, and creative.

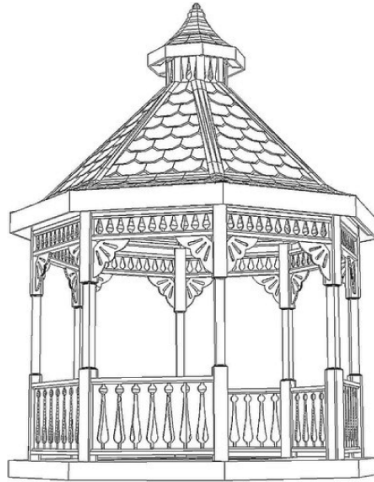


Come join us brothers and sisters and become grounded in LOVE!

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.

HOPE INTERFAITH CENTER
REVEREND JANICE HOPE GORMAN
114 POHL ROAD
MANKATO, MN 56001
(507) 386-1242
hopeinterfaith01@gmail.com
www.hopeinterfaithcenter.com
www.facebook.com/hopeinterfaith