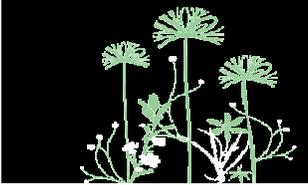


January 2013

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One Spirit - Many Voices

The Values That Bind

Byline: Rev. Dr. J.

As we moved closer to December 21, 2012, the supposed end of the world, I began hearing a number of discussions about what was going to happen post this day. A friend mentioned how she had heard the Mayan Calendar represents an end of patriarchal rule and the return to matriarchal rule in areas of government and New World Order. She had also heard we are embarking into an era of peace. I have heard a number of explanations as to what this next phase of life is to bring to this world, but I am going to go with this being an era of spiritual values that bind us together as one human family.

When I was in seminary, I was asked to identify one social issue, which was of the greatest concern to me. After a time of prayer and discernment, what I wrote my paper about was humanity's inhumanity to humanity. Since then, my commitment has been to do what I can to enhance my ability to be humane to myself and all of Creation; this includes animal, vegetable, and mineral. The ability to align one's self with and advocate for the powerless is a fundamental ethic of every spiritual tradition.

Embedded in various traditions are twelve spiritual values, which have the power to bind us together as one human and humane family. The first of which is *compassion*. Sherri Rosenthal once said, "Compassion is the understanding of human suffering and the desire to overcome it." Compassion is a gift we give others, which helps alleviate the suffering one is feeling and bonds us together. We become compassionate when we remember that he/she is feeling like me, and to place ourselves in a time when we had experienced something similar. Another tie is *humility*. There is a Toltec teaching that says "humility is the ability to accept oneself for who and what one truly is; Love is the gift in return for all that one has been given." A third value is *justice*. Marian Wright Edelman said, "The challenge of social justice is to evoke a sense of community that we need to make our nation a better place, just as we make it a safer place. " Fourth is to embrace the advice of Winston Churchill and find the *courage* to stand up and speak, as well as sit down and listen.

We also need to be intentional about having all of our interactions come from a space of *respect*. Thurgood Marshall once said, "Certain people have a way of saying things that shake us at the core. Even when the words do not seem harsh or offensive, the impact is shattering. What we could be experiencing is the intent behind the words. When we intend to do good, we do. When we intend to do harm, it happens. What each of us must come to realize is that our intent always comes through. We cannot sugarcoat the feelings in our heart of hearts. The emotion is the energy that motivates. We cannot ignore what we really want to create. We should be honest and do it the way we feel it. What we owe to ourselves and everyone around is to examine the reasons of our true intent. My intent will be evident in the results. We need to have this respect for all of *humanity*. Martin Luther King Jr. once said, "The first question which the priest and the Levite asked was: "If I stop to help this man, what will happen to me?" But...the good Samaritan reversed the question: "If I do not stop to help this man, what will happen to him?"

We need to continue to reach out and help each other. We are at a space where so many in our world are suffering and we need to remember what keeps us alive, what gives us strength, and what do we need to be able to *empower* ourselves.

(continued on page 2)



“ It is only when we embrace the value of holism and work together, each doing our own part, that we will continue to move forward...”

The Values That Bind (cont'd)

Byline: Rev. Dr. J.

What will help us move forward as a world are the values we embody and the legacy we leave to the generations to come.

We have to walk in the *integrity* of who we are as human beings. If we say we are here to be spiritual beings, here to spread peace, joy, love, healing, and positive energy, then this is what we must do. We must support each other in our aspirations and inspire each other to excel. We do this by engaging with each other with authenticity. Authenticity inspires others to aspire.

H. E. Luccock said, “No one can whistle a symphony. It takes a whole orchestra to play it.” We will not move through this tragic loss by ourselves. It is only when we embrace the value of *holism* and work together, each doing our own part, that we will continue to move forward, healing in healthy ways, thinking about what is best for the broader good of our local communities and the world.

We can no longer wait for someone else to fix things. We must each claim *responsibility* for our part in the transformation. As Booker T. Washington once said, “Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.”

It is time for us to put people over profit. As Mihalyi Csikszentmihalyi once said, “Many business leaders today view their jobs as entailing responsibility for the welfare of the wider community. These individuals **do not** define themselves as profit-making machines whose only reason for existing is to satisfy escalating expectation for immediate gain.” Rather, they are concerned about what is best for the *broader good*.

It is the presence of these qualities, which will enable us to excel as human beings in spiritual bodies. *Excellence* is not about what we do on this campus, it is about the attitude and the intent behind why we do what we do. As Ralph Marston once said, “Excellence is not a skill. It is an attitude.” These ties can bind any family, group, organization, or community together at any time in their existence. These are the spiritual values, which will bind our world together and restore our humanity. ♣

It Felt Love

Submitted By: Joy Cassell

How
Did the rose
Ever open it's heart
And give this world
All its
Beauty?
It felt the encouragement of light
Against its
Being,
Otherwise,
We all remain
Too
Frightened ♣

©Hafiz

What's New!

Normally, I have one or two new things to share with you. However, this month our whole website is new. The URL is the same, but the look has changed. The changes are more than just image related. We have “weeded” out the spiritual evolution groups which have served their purpose, and maintained those that have been growing. One of our groups, Love and Inspiration, has moved to Wednesday evenings to offer a midweek opportunity for spiritual nourishment without conflicting with Sunday gatherings at local houses of worship. We will continue to offer the following groups as well:

Spirited Walkers
2nd Friday Spirituality Book Club
Living the Five Agreements

I and Zoe, my wife and now partner in Inspiritual, are working on developing our social media presence. A few of the areas which were once on our website, (i. e. Inspiritual images, music, and readings), are being moved to our Pinterest page (<http://pinterest.com/inspiritual>). On our Pinterest page you will find boards on a variety of spiritual traditions, metaphysical tools and techniques, inspirational music, books, movies, and images. If you have something you would like us to include on one of our boards, email us a copy of the image and its URL and we will put it on the appropriate board. If you are a Pinterest user, ask us for permission to be a contributing poster and we will give you access to our ‘Incoming Items’ folder.



*“ Keeping you
informed about all
that is new in the
Inspiritual*

Starting in February, we will begin offering a rotation of workshops. Each of them will be designed to assist you in your spiritual growth and evolution. They include:

Life Visioning
Unlocking your Spiritual DNA
Spiritual Journaling
Spiritual Film Analysis
The Hidden Gospels
28 Week Spiritual Makeover
28 Day Spiritual Makeover Intensive

Some of these will be offered as ½-day workshops and others will be offerings, which will meet monthly for a set period. The first of these new programs will be our 28 day Spiritual Makeover Intensive beginning February 1, 2013 and will be offered onsite and online. Read the article titled ‘28 Day Spiritual Makeover Intensive’ for detailed information on our first workshop. Please visit our website (<http://inspiritual.biz/28-day-spiritual-makeover-intensive/>) for information about future workshops.

Over the next few months, we will begin the intensive process to become a certified Continuing Education Unit (CEU) provider to those who are registering for workshops, for the purpose of professional development. We will keep you informed once we have been certified. This process can take a year or more, so please hold us in prayer while we go through this process. If you require CEU credit, please contact us. ♦



28 Day Spiritual Makeover Intensive

If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning January 31, 2013, you will receive daily readings, homework assignments and an affirmation from me. This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist you in making yourself a priority, restoring balance and peace to your life, and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life. You should be able to commit at least one hour or more per day for this month. I will also be available in person, by phone or Skype for a 30-minute check in on February 8, 15, 22 and March 1, to assist you in your processing. Supplies needed are two journals (each used for a different purpose).

Cost: \$140.00

We will also be offering a 28-week version of the same program beginning in March.

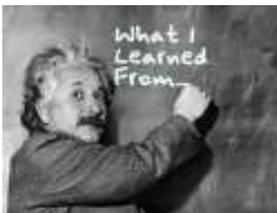
What I Learned About Compassion

Byline: Jessica Zanghi

Thank you for sharing your insight on compassion. I felt that it was appropriate at this time, as you mentioned, being the holidays and the recent tragedies that have occurred. This article made me think twice about how I perceived what compassion is. I have always thought of compassion as being a trait a kindhearted person had. I have never thought of compassion as being a gift, but it makes sense and should be viewed as one. We encounter so many people in our daily lives that need compassion and by giving it to them we are helping ourselves. As you mentioned, compassion is a gift that stays with us and brings immediate and long-term happiness to our lives. By being there for others in their time of need it can help the person in need and ourselves immediately, but when we look back over our lives we can be filled with happiness knowing that we have truly helped another being.

You brought up a point that we need to be compassionate towards not only the people that we love, but also ones that have caused us pain. This is such a hard task to do. I know that I am not alone when I say that I have struggled with this multiple times. Taking action is hard when your feelings are not in a good place. I really liked the example you used about the Amish community coming together to mourn the man that had killed some of their own. It was very powerful and drove the point home. It is so much easier to say than to do though. To be able to do that, when you know you have feelings of negativity, hate or pain, makes them wonderful people.

Our world does need more compassion. Imagine how much we could accomplish if only we were more compassionate with each other. Poverty, hate, crime, and killings could potentially decrease and everyone would be much happier. I like how you said we could perform random acts of kindness to practice being compassionate. ●



" We encounter so many people in our daily lives that need compassion and by giving it to them we are helping ourselves."



“Compassion is one of those spiritual values and gifts cherished and held highly by every faith tradition.”

Featured BLOG:

C is for Compassion

Byline: Rev. Dr. J.

It is not as if I have not written about compassion before. I have done so a couple of times in ‘Compassion’ and ‘Courage’s Friend: Compassion’. However, I felt inspired to reflect on this spiritual value again for two reasons: the holiday season and the recent tragedies globally involving the deaths of children and adults. The recent tragedies at Sandy Hook Elementary School in Connecticut and at the Chenpeng Village Primary School in the Henan province of China [1] have begun conversations about weapon control and addressing mental health issues domestically and globally. These are the topics most frequently addressed by the media and on social media outlets, such as Facebook and Twitter, surrounding these and similar tragic events in our world.

While these are important issues to address, what will facilitate the healing for those most affected by these tragedies is compassion. Compassion is a gift we can give to others, not just when people are suffering because of tragedies such as these, but year round. Compassion is one of those spiritual values and gifts cherished and held highly by every faith tradition. Jainists believe in having compassion for all life, human and non-human. Each chapter of the Quran begins with the words “In the name of God the Compassionate, the Merciful.” The Hebrew Bible and the New Testament refers to God as the Father of compassion. “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God (2 Corinthians 1:3-4).” For Buddhists, compassion is their practice. Compassion is a spiritual gift, which binds us together regardless of our spiritual path or tradition.

Compassion does not mean taking on other’s pain and suffering, but being there for each other with them in the midst of what they are experiencing. As I once heard a pastor say, “We all know that misery loves company, but if everyone joins the misery, then who will relieve the situation?” Compassion, as several sacred writings have referred to, is not confined to humans. Compassion is that which we are asked to share with non-human forms of existence as well, such as animals, nature, and the universe.

Compassion is one gift we can give each other, which stays with us and brings immediate and long-term happiness to our lives. As the Dalai Lama once said, “I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. I’m not talking about the short-term gratification of pleasures like sex, drugs or gambling (though I’m not knocking them), but something that will bring true and lasting happiness. The kind that sticks.” [2]

Compassion is not something limited to those we love or like. Compassion should be extended to all, even those who have caused us pain. Perhaps the story I have heard which illustrates this type of compassion most powerfully has its roots in a similar incident, which occurred around 6 years ago. As some of you may recall, on the morning of October 2, 2006, a troubled milkman named Charles Carl Roberts barricaded himself inside the West Nickel Mine Amish School, in Nickel Mines, Pennsylvania. He was armed with 3 guns, knives, and over 600 rounds of ammunition. When police attempted to intervene less than half an hour later, Roberts opened fire on 11 girls – all less than 14 years old. Five young girls died.

(continued on page 6)

Featured BLOG:

C is for Compassion (cont'd)

Byline: Rev. Dr. J.

Then he turned his weapon on himself and committed suicide. It was a dark day for the Amish community of West Nickel Mines, but it was also a dark day for Marie Roberts – the wife of the gunman – and her two young children.

On the following Saturday, Marie experienced something truly counter-cultural while attending her husband's funeral. That day, she and her children watched as Amish families – about half of the 75 mourners present – came and stood alongside them in the midst of their own blinding grief.

Despite the crime, which the man had perpetrated, the Amish came to mourn Charles Carl Roberts – a husband and a daddy. Bruce Porter, a fire department chaplain who attended the service, described what moved him most about the gesture: "It's the love, the forgiveness, the heartfelt forgiveness they have toward the family. I broke down and cried seeing it displayed." He added that Marie Roberts was also deeply touched. "She was absolutely, deeply moved by the love shown."

How do we begin to develop compassion in our lives? We must make it a part of our daily lives, just as we do other things. Compassion is something we can think about while we are meditating, checking our emails, speaking with or listening to others, or preparing to retire for the night. We practice having empathy for others; perhaps beginning with those you know and like and then extending your empathy outwards to those you do not and even those who have caused you harm. We can work on remembering that just like us; they are trying to release themselves from suffering. We can pray for relief from that which is causing them suffering. We can perform random acts of kindness. Each of these can help us become practice being compassionate with others and ourselves.

This holiday season consider giving yourself and others the gift of compassion. As American Express suggests some things are priceless, compassion is one of them and you do not need a credit or debit card to offer it to yourself or others. 💧



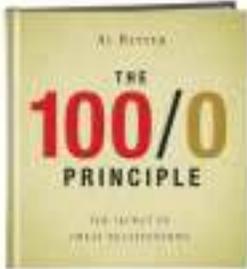
“...then extending your empathy outwards to those you do not and even those who have caused you harm. We can work on remembering that just like us; they are trying to release themselves from suffering.”

[1] Phil Vinter, (December 17, 2012). 22 children and elderly woman stabbed outside primary school by Chinese knifeman. <http://www.dailymail.co.uk/news/article-2248054/China-stabbing-22-children-elderly-woman-stabbed-outside-primary-school-Chinese-knifeman.html>

[2] Mind Body Green. <http://www.mindbodygreen.com/0-2994/Dalai-Lama-Compassion-Brings-Happiness.html>

An Except From [The 100/0 Principle](#)

Byline: Al Ritter



“The 100/0 Principle applies to those people in your life where the relationships are too important to react automatically or judgmentally.”

What is the most effective way to create and sustain great relationships with others? It's *The 100/0 Principle*: You take full responsibility (the 100) for the relationship, expecting nothing (the 0) in return.

Implementing *The 100/0 Principle* is not natural for most of us. It takes real commitment to the relationship and a good dose of self-discipline to think, act and give 100 percent.

The 100/0 Principle applies to those people in your life where the relationships are too important to react automatically or judgmentally. Each of us must determine the relationships to which this principle should apply. For most of us, it applies to work associates, customers, suppliers, family and friends.

STEP 1 - Determine what you can do to make the relationship work...then do it. Demonstrate respect and kindness to the other person, whether he/she deserves it or not.

STEP 2 - Do not expect anything in return. Zero, zip, nada.

STEP 3 - Do not allow anything the other person says or does (no matter how annoying!) to affect you. In other words, don't take the bait.

STEP 4 - Be persistent with your graciousness and kindness. Often we give up too soon, especially when others don't respond in kind. Remember to expect nothing in return.

At times (usually few), the relationship can remain challenging, even toxic, despite your 100 percent commitment and self-discipline. When this occurs, you need to avoid being the "Knower" and shift to being the "Learner." Avoid Knower statements/thoughts like "that won't work," "I'm right, you are wrong," "I know it and you don't," "I'll teach you," "that's just the way it is," "I need to tell you what I know," etc.

Instead use Learner statements/thoughts like "Let me find out what is going on and try to understand the situation," "I could be wrong," "I wonder if there is anything of value here," "I wonder if..." etc. In other words, as a Learner, be curious!

Principle Paradox

This may strike you as strange, but here's the paradox: When you take authentic responsibility for a relationship, more often than not the other person quickly chooses to take responsibility as well. Consequently, the 100/0 relationship quickly transforms into something approaching 100/100. When that occurs, true breakthroughs happen for the individuals involved, their teams, their organizations and their families. 💧



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](#)

Calendar of Events

Love and Inspiration

Host/Host Organization: Inspiritual

Date: January 2, 9, 16, 23, and 30 2013

Time: 6:30 pm - 8:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

Description of Event: Are you seeking a time and space to experience a shared spiritual experience, but not feeling drawn to the traditional "church" or other "religious" service. If so, we invite you to share a time of Love & Inspiration with us.

This will be a time of gathering, listening to inspirational music, time for personal meditation, a reading, and reflection on an inspirational or spiritual reading, affirmations, and communal sharing.

Admission Price: Donations accepted

Email Address: Inspiritual@ymail.com

Website: [Love & Inspiration](#)

Wheelchair Accessible: Yes

Collective Intent for Compassion

Host/Host Organization: Inspiritual

Date: January 4, 11, 18, and 25, 2013

Time: all day

Place/Venue: wherever you are

Description of Event: During this month, the spiritual value we will be focusing on is compassion. Each Friday, we will have a collective intent to be compassionate. We will focus on being compassionate with ourselves and radiating that compassion outward to those we love, we like, and those we do not like.

There may be those days when being compassionate is an easy task and those it is not. We ask that you join us in being intentional about being compassionate with others and ourselves on this day and grant ourselves permission to press any challenging moments which may arise.

Feel free to post comments to help us all focus our collective intent on this day. Being compassionate is a gift, which will continue to bless you for years to come. Share your experiences with us and others.

Admission Price: free

Email Address: Inspiritual@ymail.com

Website: [Collective Intent](#)

Wheelchair Accessible: Yes

Spirited Walkers

Host/Host Organization: Inspiritual

Date: January 7 and 21, 2013

Time: 1:00 pm - 2:30 pm

Place/Venue: To be announced, on Inspiritual website, the weeks we are not meeting.

Description of Event: Walking is not only a great form of exercise, but it is also a context in which one can meditate, visualize, and commune with others and nature. Walking can slow down time, especially when we walk slowly and meditatively.

(continued on page 9)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](#)

Calendar of Events (cont'd)

Walking allows us to appreciate the beauty we cannot experience when driving. We hope you will join us.

Admission Price: Donations accepted

Email Address: Inspiritual@ymail.com

Website: [Spirited Walkers](#)

Wheelchair Accessible: Yes

[2nd Friday Spirituality Book Club](#)

Host/Host Organization: Inspiritual

Date: January 11, 2013

Time: 6:30 pm – 8:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

Description of Event: This month, rather than discuss a specific book; we will be having a book share. Bring a book you have read, or are reading, to share with the group.

Admission Price: Donations accepted

Email Address: Inspiritual@ymail.com

Website: [2nd Friday Spirituality Book Club](#)

Wheelchair Accessible: Yes

[Living the Five Agreements](#)

Host/Host Organization: Inspiritual

Date: January 25, 2013

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

Description of Event: Over eight years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation. This group will discuss his two books *The Four Agreements* and *The Fifth Agreement* and discuss what we are learning about ourselves as we live these agreements. Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

Admission Price: Donations accepted

Email Address: Inspiritual@ymail.com

Website: [Living the Five Agreements](#)

Wheelchair Accessible: Yes

[Light Works! Wellness & Psychic Faire - Readings, Reiki, Runes and Reflexology](#)

Host/Host Organization: Light Works!

Date: January 26, 2013

Time: 9:45 am - 7 pm

Place/Venue: Brighton Town Park, 777 Westfall Rd, Brighton NY

Description of Event: Help support Light Works! This is our annual fun event at 777 Westfall Rd. with lots of activity. Everyone is welcome, whether you're a member or a friend. Mark your calendar for our fundraising event.

(continued on page 10)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](#)

Calendar of Events (cont'd)

Start with a morning class with Sage Walker and hear about angels. Class to start the day at 9:45 AM. Sage is developing her class material and I will post it as soon as I have details. Cost for class will be \$20.00. If you're interested in the class visit the Meetup website ~ <http://www.meetup.com/Light-Works/events/88349272/>

Then starting at 12:30 PM the fair continues with our intuitives, tarot readers, rune readers and mediums along with chair and foot massage and with very cool vendors with wire wrapped jewelry, crystals, henna body art, resins, and incense and more vendors signing up. Purchase time from these folks in increments of \$1 in 15-minute blocks. Remember to use your Light Works! member card that has four or more stamps on it to be used as a \$10.00 credit. New this year is we're catered with Hettie's Delites of veggie and vegan sandwiches and soups.

No cover at the door and everyone is welcome. Support our local metaphysicians, treat yourself to shopping, get a reading, a massage, and enjoy the food and camaraderie. Keep checking back as we add new info.

Admission Price: \$20 for Angel Class with Sage Walker, which is 9:45 am - noon 12:30 - closing is free admission.

Website: <http://www.meetup.com/Light-Works/events/88349272/>

Wheelchair Accessible: Yes

Luminous Healing Sessions

Host/Host Organization: Rev. Maryanna Mueller

Date: December and January around your schedule

Time: Around Your Schedule

Place/Venue: My home in Pittsford village or mobile travel for gas bucks.

Description of Event: This is a releasing modality to take out muck and junk from our past and illuminating the area with Divine Light. A one and a half-hour treatment uses Peruvian Shamanistic tradition to let go of that which we no longer want or need and no longer serves us.

Admission Price: \$30.00 /Introductory special for one and a half-hour treatment.

Email Address: maryannam_2000@yahoo.com

Website: <http://www.reikinetworking.com>

Wheelchair Accessible: No, there are three and a half steps to enter my home at back door. ♣

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: inspiritual@ymail.com

We're on the WEB!

Our Website

<http://inspiritual.biz>

Twitter

[@inspiritual](https://twitter.com/inspiritual)

Facebook

<https://www.facebook.com/inspiritual.biz>

Inspirational is a space for all those who come ready to look within and engage in a time of spiritual exploration and transformation. *All are welcome!*

It starts with your story.

Our lives are a story. They are a story about us, about what we believe, about the world we live in, about all that we have experienced and all that is yet to come. It is a story about what we know and what we have yet to understand.

We seek the spiritual in everyday life.

Each day is filled with the opportunities for teachable moments. Together we journey together learning from the arts, film, prose, poetry, meditations, and everyday experiences.

Fusion of traditions and beliefs

We see spiritual formation as a fusion of the esoteric wisdom of the world's ancient spiritual traditions with innovative writings and wisdoms of today. Through the movement beyond artificial boundaries, we grow in our understanding of ourselves, of the Infinite, and of the world in which we live. In our approach, we seek to: listen to and honor individual, communal and spiritual stories; recognize that one's entire life is an ongoing revelation of the Infinite Presence; honor and value the process. It is all about the journey, not how long it takes to get there; blend ancient and modern spiritual wisdoms; draw upon the expressive and creative arts to grow in our understanding of the Infinite; and move towards a way of being in the world which, is about love, grace, and compassion. ♣

Making Submissions to Your Newsletter



Are you ready, willing, and able to share some of your talent and time with the Inspirational community? Do you know anyone else who might be interested? If so, drop us an email!

“Remember this is

YOUR newsletter.

Submit often”

We're excited to share Inspirational's monthly newsletter, *One Spirit - Many Voices*, with you. The many voices (in the title) represents how we envision the content in future editions. We'd like to see *One Spirit - Many Voices* morph into a collaboration between all involved with Inspirational. All, means YOU!

The submission process is simple. If you have an article, event, photograph, reflection, book or movie review, or anything you'd like to share with other newsletter readers, that will adapt itself to this format, PLEASE send it to us.

Our parameters for submissions are as follows:

- Review your submission to ensure its content is in harmony with the mission and values of Inspirational;
- Create your documents using an Microsoft Office product (Word, Publisher, Excel) or an Apple iWorks product (Pages, Keynote, Numbers). A text format is also acceptable. Photos/graphics can be created, using just about all photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, inspiritual@ymail.com For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, at 11:00 pm.

Please realize that your submissions may be edited and/or not used in the upcoming month (i.e. due to space and/or content). Should you have questions or comments, please contact us.

Remember this is YOUR newsletter. Submit often! ♣