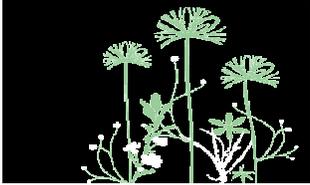


March 2013

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# One Spirit - Many Voices

## Love and Justice

Byline: Rev. Dr. J.

In January's newsletter, I reflected on the spiritual values, which have the power to bind us together as one human and humane family. So far this year, I have reflected on two of those values: compassion (January) and humility (February). The third value I would like to reflect on this month is justice. As with each of the values I have chosen to reflect on this year, justice is a complex topic. If one looks at most dictionary definitions for the word justice, it is equated with fairness and the qualities of being just and reasonable. However, many have questioned fair to whom? Just for whom? Reasonable for whom? Justice can also be viewed in different ways depending on one's perspective or point of view. For example, Hollinger, a Christian ethicist, discussed justice as a central value to communities, a value that has philosophical and biblical roots. He presented three approaches to defining justice: meritorious, egalitarian and need. While each approach has its strengths and limitations, none captured the care orientation, or compassion, suggested by Carol Gilligan.

Micah 6:8 combines a question with a piece of ethical advice. It reads, "what does the Lord require of you, but to do justice and to love kindness, and to walk humbly with your God." It is interesting to note that this scripture requires us to do all three, not one or the other or a combination of the two, but all three. This understanding of justice, suggests that we cannot choose between accepting ourselves in relationship with God, caring for God's creations that we know and don't know and doing justice in the world. These efforts must be interwoven into one effort.

Doing justice is not limited to our interactions and relationships with other human beings, but also with animals and the environment. Justice, from a social justice and spiritual perspective, calls on to deal fairly with others and recognizing the equality and dignity of all. It requires we work to insure all people, especially the "least of thee," have access to opportunities. It assumes none of us is free until all of us are free.

Justice is both simple and complex. For me, it means all of humanity has what it takes to satisfy basic human needs: food, clothing, and shelter. It means every person has the opportunity for health care, safety, education, and paid employment. It means all people have the opportunity to participate in decisions that affect their lives. It means nations do not make war against each other and it means the planet, and all that lives in it, are treated with dignity and respect.

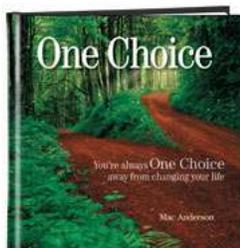
If we are committed to bring about global justice, then it means we have to begin by being the change we want to see in this world, as Ghandi argued, and start within our local communities and ourselves. We cannot walk humbly with God, if we are not honest about who we are and who God created us to be. This is the beginning of justice, the ability to be honest with God and our selves. If I cannot create a space where I as a biracial lesbian with a disability can speak, then I cannot begin the process of doing justice for or begin the process of doing it for others.

We cannot have justice without love: love is a prerequisite to justice. By this, I mean not just love for myself, but also love for all humanity. This means figuring out how to deal with the hatred of others, which is often expressed in the violent words and deeds of others. While these words and deeds are often times performed by those who are powerless in society, they tend to be sanctioned by those who have power in society, thus making them seem more legitimate. Hate, however, is inimical to a just society. Justice is about being ever vigilant against those who are filled with hate and creating spaces where their hate can be transformed to a desire to be at least kind and eventually to love.

Love and justice are interconnected, but separate. We must pay attention to the connectedness as well as the disconnectedness we feel to humanity. In building connections, where there was none, or where they were severed, we must do so with sincerity. Sincerity about wanting to understand and build bridges between us, those like us, and those whose lives and experiences are unlike ours. Justice, then, is the process of taking actions, which will bring visions to life, love to all of humanity, and a space for all of humanity to be honest about who God created us to be. ♦



*“Our Pinterest page continues to grow and expand. We are slowly adding the boards we want to fill and pinning things to them as we find them.”*



*“And one choice can change your life.”*

## What's New

Our Pinterest page continues to grow and expand. We are slowly adding the boards we want to fill and pinning things to them as we find them. Thus far, we have had over 250 people repin items from our existent folders and in our first month, we have added close to 300 pins and started 36 boards. If you have an idea for a board you would like to see us collect information on, let us know. You can visit our Pinterest page via our website (under daily inspirations) or directly at <https://pinterest.com/inspiritual/>

This month we are starting our monthly Meditational Mandalas series. Each month, we will use a mandala designed around a specific gift or emotion and move through a guided meditation associated with that gift or feeling. We will continue this meditative process as we begin bringing our mandalas to life through the addition of color. The meditation and mandala for March will be about Wisdom. We will gather monthly on the first Sunday at 2:30 pm. We will have some crayons and colored pencils, but please feel free to bring your own art supplies. For more information visit <http://inspiritual.biz/meditational-mandalas/>

Inspired by the research and the Inspiritual Reflection, [K is for Kindness](#), we have also started The Kindness Project. This is an effort to promote random acts of kindness in our lives and in the lives of others. Visit our website to learn more about The Kindness Project, download your Kindness Project cards and/or tell us about your Kindness Story <http://inspiritual.biz/about-the-kindness-project/>

Finally, we are going to be scheduling events throughout the year as we work in collaboration with a global movement A Complaint Free World. We have posted a series of videos about complaining, what it is, why we do it, how it damages us, and how we can stop complaining. For more information about this global movement visit <http://www.acomplaintfreeworld.org/> You can purchase packages of bracelets through them or purchase them individually through us for \$1.50 per bracelet. This includes shipping and handling. Whether you order your bracelets from A Complaint Free World, or us please allow 3-4 weeks for delivery. ♣

## An Excerpt From: **One Choice**

Byline: Mac Anderson

One...  
One tree can start a forest,  
One smile can begin a friendship,  
One hand can lift a soul,  
One word can frame the goal,  
One candle can wipe out darkness,  
One laugh can conquer gloom,  
One hope can raise our spirits,

And...one choice can change your life. ♣

**G is for Gratitude**

Byline: Rev. Dr. J.



*“If the only prayer  
you say in your life is  
‘thank you,’ that  
would suffice.” –  
Meister Eckhart*

*“If the only prayer you say in your life is ‘thank you,’ that would suffice.” – Meister Eckhart*

Gratitude is more than an attitude, it is a way of being. It is a spiritual practice, which has been shown to have significant impacts on the quality of one’s life. Two psychologists, Michael McCollough of Southern Methodist University in Dallas, Texas, and Robert Emmons of the University of California at Davis, wrote an article about an experiment they conducted on gratitude and its impact on well-being. The study split several hundred people into three different groups and all of the participants were asked to keep daily diaries. The first group kept a diary of the events that occurred during the day without being told specifically to write about either good or bad things; the second group was told to record their unpleasant experiences; and the last group was instructed to make a daily list of things for which they were grateful. The results of the study indicated that daily gratitude exercises resulted in higher reported levels of alertness, enthusiasm, determination, optimism, and energy. In addition, those in the gratitude group experienced less depression and stress, were more likely to help others, exercised more regularly, and made greater progress toward achieving personal goals.

Dr. Emmons, who has been studying gratitude for almost ten years and is considered by many to be the world’s leading authority on gratitude, is author of the book, “Thanks!: How the New Science of Gratitude Can Make You Happier”. The information in this book is based on research involving thousands of people conducted by a number of different researchers around the world. One of the things these studies show is that practicing gratitude can increase happiness levels by around 25%. This is significant, among other things, because just as there’s a certain weight that feels natural to your body and which your body strives to maintain, your basic level of happiness is set at a predetermined point. If something bad happens to you during the day, your happiness can drop momentarily, but then it returns to its natural set point. Likewise, if something positive happens to you, your level of happiness rises, and then it returns once again to your “happiness set-point.” A practice of gratitude raises your “happiness set-point” so you can remain at a higher level of happiness regardless of outside circumstances.

In addition, Dr. Emmons’ research shows that those who practice gratitude tend to be more creative, bounce back more quickly from adversity, have a stronger immune system, and have stronger social relationships than those who don’t practice gratitude. He further points out that “To say we feel grateful is not to say that everything in our lives is necessarily great. It just means we are aware of our blessings.”

All too often we take for granted the abundance of blessings in our life. Thich Nhat Hanh, in his book, [Peace is Every Breath](#), talks about how at Plum Village, in France, their water was cut off periodically. During these times without water he gained a new appreciation for the water and the path it traveled to reach him and the others staying there. A friend of mine temporarily lost the ability to drive while she was recovering from surgery. She was so grateful to regain that ability once she had healed enough. People complain all the time about driving, but imagine what it would be like if you could no longer drive or if you could no longer even get in a car. Imagine the little things you take for granted each day. Imagine not being able to go to the restroom without someone to help you. Imagine not being able to shower or bathe without assistance. Imagine not being able to breathe without assistance. Imagine not having a roof over your head. Imagine not having a job and no other source of income. Imagine not having a toilet inside your home. The list of things we take for granted on a daily basis is amazing. they didn't have anything else.

(continued on page 4)



*“Regardless of how you choose to develop a spiritual practice of gratitude, may we be grateful for all the Infinite is doing in our lives every day.”*



*“Several decades ago I had nowhere to live but I had my youth. I slept on a hardwood floor for a period of time with some ripped sheets and blankets.”*

## G is for Gratitude (cont'd)

Byline: Rev. Dr. J

Now imagine what your life would be like if after not having any of those items it was restored. My guess is that you would feel this sense of gratitude for this previously unrecognized blessing.

When I was in seminary, I read this book by Sabina Wurmbrand's called “The Pastor's Wife.” She told the story of what she and her husband Richard endured during his pastorate in Rumania. She wrote about how the Rumanians imprisoned her and her husband for believing in God and preaching his faith. Their young son had to be cared for by friends during the time they were imprisoned.

One day, as the women prisoners were marched along the road, from the factory where they performed forced labor, back to their bleak, comfotless dormitory, a friend of Sabina's surreptitiously plucked two raspberries growing beside the road, and carried them along in the palm of her hand. When they got back to the dormitory, she opened her hand, showed them to Sabina, and gave her one of them. They were so delighted with those two lonely, partially crushed little raspberries because they didn't have anything else.

I think of that sometimes when I feel like complaining. Two lonely, little raspberries. I have so much more in my life, then two lonely little raspberries.

Writing in a gratitude journal is just one way to develop and maintain a sense of gratitude in life. You can write letters to people who you are grateful for in your life or who have touched you in some way. A friend of mine has worked her way through the alphabet focusing each day on a different letter of the alphabet. In my gratitude journal, I have taken turns focusing on people, events, senses, and feelings.

Regardless of how you choose to develop a spiritual practice of gratitude, may we be grateful for all the Infinite is doing in our lives every day. May gratitude become like breathing for us. May it become something we don't just do to heal and liberate ourselves when things are bad, but something we do in all circumstances. Take a minute and think about what you have to be grateful for and then do something to express your gratitude. ◆

## What I Learned

Byline: Jennifer Wolfley

I have been thinking this past winter about time, and how it is quickly slipping past me as I approach 50 years old this year. I suppose everyone goes through this rite of passage, after they have gained enough time behind them. It occurred to me I have more time behind me than ahead of me. It also occurred to me that some of my friends and family are no longer with me. All of this can sound rather sad and depleting, but it isn't. I will tell you why.

Several decades ago I had nowhere to live but I had my youth. I slept on a hardwood floor for a period of time with some ripped sheets and blankets. What made it even worse was I deserved better, and everyone knew it. I can't even say I was grateful to that family member for allowing me to have a spot on the floor, I am exceedingly grateful that I had the courage to leave and never return. Every night when I go to bed these days I remember sleeping on that floor and I am so very grateful that today I have a bed, with bedding, without feeling like a second class citizen and as though someone was doing me a favor. While they slept in a bed.

(continued on page 5)

**What I Learned (cont'd)**

Byline: Jennifer Wolfley



*“I am finally grateful I am not where I used to be I am where I should be. I don’t even want any more than I have. I feel content.”*

I think about the friends I have had that have passed away these last few years, and at the time of writing this entry, another friend I had lost this week. I think of my friend Frank who died a few years ago at 84 years of age. I enjoyed him so very much. In the 12 years of friendship he was like a father and a mother to me, and I counted on hearing his voice every day. Sometimes we would sit on the phone and visit and watch the same show on television together, while on the phone. As his illness overtook him, he had some short memory issues and would sometimes tell me the same thing over and over again. I was very grateful to have him in my life as I did the math and I had him in my life longer than I had my father who died when I was 9 years of age. Having Frank around really enhanced my life, till this day even though he is gone. I am most grateful that I had him in my life as I could tell him anything, which I did and he became the keeper of all of my secrets.

I have some family members I have not seen in decades. They like it that way. I feel lukewarm. I recently came across some pictures of when we were all children and was so very grateful as there were barely any photos of me. In order to have a photo of yourself, you have to have interested parties in order to be invited to be the subject. You can imagine how happy I am to have those photos now of myself, as a child and teenager. I sent the photos to other family members as they were included in the photos, and never even received an acknowledgement that they were received. I came to terms that it wasn't rejection, it was the fact they lacked gratefulness. And why? Because sometimes you have to lose enough or go without things in order to feel some discomfort and then discomfort, makes one extremely humble. And it is humility that makes one grateful.

I went to lunch recently with a colleague. I would say we are associates, not quite friends. And I watched her order her lunch. She deconstructed the sandwich, commented on the poor quality of the meat, its contents, the bag of chips that came along with it etc. You get the picture. If she could have murdered the sandwich and its contents or engulfed the sandwich into flames she would of. Interestingly I ordered the same meal. I just didn't see the same if any flaws in the meal, I was just pleased I had a job to pay for the meal and clothing that was presentable enough to sit in a public establishment and be treated with dignity. I had many meals at certain periods of my life in soup kitchens, or avoided social interactions as I had either no money or appropriate clothing to accept an invitation to have a social interaction. I don't know, my sandwich with my colleague tasted like gratitude.

I am finally grateful I am not where I used to be I am where I should be. I don't even want any more than I have. I feel content. Of course I feel sad that people are gone and some relationships are just simply lost, I am grateful for each day now and the chance to expand my world and continue to rebuild my family and support systems. And about those meals, keep inviting me as I am happy to be there. ♦

## God Sees Me

Byline: Heaven Sees



God sees me, I know  
When I walk, when I jump  
When I run and skip  
God sees me, I know.  
God hears me, too, I know  
When I talk  
When I sing and pray  
Even when I whisper and then yell  
God hears me, I know.  
In my dreams  
When I sleep  
In my thoughts, what I think  
In my mind, I don't know how,  
But even there He hears me think.  
When I laugh or when I cry  
God is always by my side,  
At a birthday party or all alone  
With my family, with a friend  
With people I don't even know  
At school, at play,  
I'm not afraid  
From the beginning to the end of every new day.  
How do I know?  
When I was little  
I saw God's angel!  
He told me so. ◆

<http://heavensees.wordpress.com>



*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

### 28 Week Spiritual Makeover

**Host/Host Organization:** Inspiritual

**Date:** March 2 through September 14 2013

**Time:** when you decide

**Place/Venue:** wherever you are

**Description of Event:** If you are ready to do some spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning March 2, 2013, you will receive weekly 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 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 1 hour or more per week for 28 weeks. I will also be available in person, by phone or Skype for a 30-minute check in on April 20, June 8, July 27,, and September 14, to assist you in your processing. Supplies needed two journals (each used for a different purpose).

**Admission Price:** \$140. Last day to register is March 1, 2013.

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [28 Week Spiritual Makeover](#)

**Wheelchair Accessible:** N/A

### Meditational Mandalas

**Host/Host Organization:** Inspiritual

**Date:** March 3

**Time:** 2:30 pm – 4:30 pm

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

**Description of Event:** David Fontana, a teacher of meditation and of mandalas once wrote, "The mandala is like a mirror that helps us to discover who we are. If the mandala is a suitable one, it is already a reflection of something deep inside ourselves, a reflection that does not judge or condemn, that does not flatter or deceive, that does not compare us with other people and find us better or worse, that simply reveals to us things as they are. When we stop to think about ourselves we become aware of all sorts of strengths and weaknesses, but the mandala is not interested in these. Like a mirror, it accepts all that it sees. It teaches us not to hide from ourselves. It teaches us to stop pretending that we are somebody we are not and to experience what it is to be ourselves rather than becoming lost in an artificial world of concepts, prejudices and needless hopes and fears about ourselves."

Mandala is the Sanskrit word for circle. Mandalas are circular images whose amazing power goes far beyond mere decoration. They have been used in healing for centuries by cultures all over the world because of their transformative effect on the body, mind, and spirit.

(continued on page 8)



*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)

Each month, we will begin with a guided meditation associated with a specific gift or emotion. Then we will have quiet time to meditate with the various colors, listening to our intuitive response to each color and its placement in a pre-drawn mandala. Using pre-drawn mandalas allows one to focus on our relationship with color, rather than form. Time and space will be provided to color one's mandala and reflect on the messages behind the colors used.

Coffee, tea, water, and Crystal Light will be provided. Crayons and colored pencils will be provided. However, feel free to bring your own coloring supplies if you would prefer.

We will meet the 1<sup>st</sup> Sunday of each month from 2:30 pm - 4:30 pm

**Admission Price:** \$10

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [Love & Inspiration](#)

**Wheelchair Accessible:** Yes

### Love and Inspiration

**Host/Host Organization:** Inspiritual

**Date:** March 6, 13, 20, and 27, 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](mailto:Inspiritual@ymail.com)

**Website:** [Love & Inspiration](#)

**Wheelchair Accessible:** Yes

### Collective Intent for Justice

**Host/Host Organization:** Inspiritual

**Date:** March 1, 8, 15, 22, and 29 2013

**Time:** all day

**Place/Venue:** wherever you are

**Description of Event:** During this month, the spiritual value we will be focusing on is justice. Each Friday, we will have a collective intent to promote justice. We will focus on developing justice locally and globally. Justice, as I wrote about in our newsletter, is about evoking a sense of community and working to make our world a safer place.

There may be those days when promoting is an easy task and those it is not. We ask that you join us in being intentional about promoting justice and giving ourselves permission to press through any challenging moments which may arise.



*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)

Feel free to post comments to help us all focus our collective intent on this day. Promoting justice is an opportunity for spiritual reflection and transformation. Share your experiences with us and others.

**Admission Price:** free

**Email Address:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

**Website:** [Collective Intent](#)

**Wheelchair Accessible:** Yes

### Spirited Walkers

**Host/Host Organization:** Inspirital

**Date:** March 4 and 18, 2013 (weather permitting)

**Time:** 1:00 pm – 2:30 pm

**Place/Venue:** To be announced, on Inspirital 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.

**Email Address:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

**Website:** [Spirited Walkers](#)

**Wheelchair Accessible:** Yes

### 2nd Friday Spirituality Book Club

**Host/Host Organization:** Inspirital

**Date:** March 8, 2013

**Time:** 6:30 pm – 8:00 pm

**Place/Venue:** Inspirital, 25 Bernie Lane, Rochester, NY 14624

**Description of Event:** This month, we will be reading and discussing the book *New Planetary Reality: The Coming Avatars & The Nine Paths To Enlightenment* by Imre Vallyon

ASIN: B00AWIX91W

**Admission Price:** Donations accepted

**Email Address:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

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

**Wheelchair Accessible:** Yes

### Spiritual Journaling Workshop

**Host/Host Organization:** Inspirital

**Date:** March 15, 2013

**Time:** 6:30 pm – 8:00 pm

**Place/Venue:** Inspirital, 25 Bernie Lane, Rochester, NY 14624

**Description of Event:** This session, we will be learning one of the basic strategies, streaming, to use in our spiritual journaling. Bring an image, quote, feeling, or artifact that inspires you, something to write on and something with which you can write.

**Admission Price:** \$10 donation

**Email Address:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

**Website:** [Spiritual Journaling Workshop](#)

**Wheelchair Accessible:** Yes

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*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)

### Living the Five Agreements

**Host/Host Organization:** Inspiritual

**Date:** March 22, 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](mailto:Inspiritual@ymail.com)

**Website:** [Living the Five Agreements](#)

**Wheelchair Accessible:** Yes

### 28 Day Spiritual Makeover Intensive

**Host/Host Organization:** Inspiritual

**Date:** February 1-28 2013

**Time:** when you decide

**Place/Venue:** wherever you are

**Description of Event:** If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the evening of March 30, 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 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 1 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 March 8, 15, 22 and 29, to assist you in your processing. Supplies needed two journals (each used for a different purpose)

**Cost:** \$140.00

**Admission Price:** \$140. Last day to register is January 31, 2013.

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [28 day Spiritual Makeover Intensive](#)

**Wheelchair Accessible:** N/A ♦

## About Us



*Inspirational*

25 Bernie Lane  
Rochester, NY 14624-1152

Phone: 585-729-6113  
E-mail: [inspiritual@ymail.com](mailto: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



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](mailto: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! ♣

*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"*