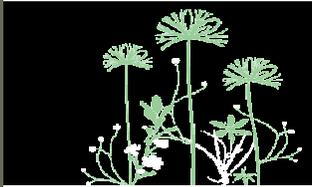


February 2014



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One Spirit - Many Voices

Love is More Than a Feeling

Byline: *Rev. Dr. J.*

Growing up I was always taught that love heals all things. Over the course of my life, I have come to realize that love is more than a feeling it is who we are and what we were created to be in our lives. Love is more than a feeling; it is a mission. I tried to capture this once when asked to write the mission statement for my life. It reads as follows:

Living and learning about humanity
Oneness with the Infinite
Versatility and virtue in an ever changing world
Eternal search for enlightenment

It does not seem to matter what sacred texts I seem to look at, for all describe God, the Infinite Presence, the Ultimate Consciousness, the Divine Creator as one thing - love. If we were, as several sacred texts suggest, created in the image of the Divine, then we are also love.

So what would happen to the world and us if we began to think about ourselves as love? Are the thoughts which float through your mind that of love? Do we treat ourselves with love? Is what we say and do in our lives a reflection of the love we were created in the image of and created to be? Perhaps the most cited scripture on love is 1 Corinthians 13, which suggests, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres." When we are patient and kind with ourselves, we experience love. When others are patient and kind with us, we also experience love. When we are able to treat ourselves in a non-judgmental way, then we experience self-love. Perhaps that is why it is the first agreement in Toltec Wisdom, be impeccable with your word.

Treating one's self with love contributes to one's healing. When we stop lying to ourselves and thinking or saying things which devalue, demean or judge ourselves then we are expressing and experiencing self-love. Every time we are intentional about celebrating the beauty and value of who we were created to be, we are experiencing self-love.

(continued on page 7)

When Life is Full

Byline: *Nina P. Ploetz*



*“I'm inactive, waiting
for change
I see life moving while
I am chained
When will things start
to rearrange“*

When life is full and seems unfair
It's easy to blame the one who cares
Because; my troubles must be theirs

If they did "this", I would be free
Why don't they know just what I need?
Must be them; cus it can't be me

I'm inactive, waiting for change
I see life moving while I am chained
When will things start to rearrange

I feel my comfort stripped away
I am broken and bent and dismayed
It is now, I look up and pray

Even Christ had hardships to bare
Bullied, He could have shunned his affairs
He looked Above to quell despair

Praying for the cup to be passed
His answers came but not as He asked
God is with us from first to last

Giving us strength in all we do
For in every breath, life is renewed
The Light that shines is there for you

Though our cup is never empty
We're given strength to do what must be
God's in us through eternity

Reach up and hold the Hand of Light
Angels are with you in all their Might
For we're never out of God's sight

When Life is full, so is our cup
Just remember to always look up
Spirit is there joining our sup

~ Nina Pauline Ploetz ♦



“ Thank-you to those who have helped in the past, and all those who will find it in their heart to assist us in the future. “



“ Our book club will be meeting with Mary Grace in February to discuss her book, The Communion of Saints. In March we will be hosting Intuitive Artist J.D. Arrichi. J.D. will be conducting one on one sessions concerning Spiritual Drawings ”

Plant a Seed or Become a Micro Patron

For the last three (3) years we have been committed to providing low and no-cost offerings so that all who seek a space for spiritual growth and evolution may have a space to go. This has not always been easy in a struggling economy. Each month, we ask you to consider helping us grow and evolve so we may continue to ensure all are fed. You can assist us in one of two ways. One is to become a part of our Plant a Seed program by making a monthly donation, which will assist us in raising the funds needed to assist us in our growth and expansion. The other is to become a micro patron. Micro-patronage is a way to support Inspiritual through a micro (small) donation. Those who donate \$50.00 or more will be listed on our Micro Patrons page for that year.

As a thank you to those who have expressed a commitment to helping us grow, we are offering the following:

Those donating \$50.00 or more will receive an Inspiritual stress ball.
Those donating \$100.00 or more will receive an Inspiritual mouse pad.

Your investment in us will be used to support the following:

- ♥ Advertise in local community newspaper (\$130.00 every six weeks)
- ♥ Advertise in City newspaper's Mind Body Spirit section (\$120.00 per week)
- ♥ Professional printing of brochures (\$250.00)
- ♥ Trademark our name (\$325.00)
- ♥ Continue to provide low and no cost offerings to those seeking to grow and evolve spiritually. ♣

What's New?

We had an awesome time at the Light Works fair on January 25th at Brighton Town Park, 777 Westfall Road. It was an amazing day, filled with love, light, and positive energy. Sam from Leaping Fish Design had his works on display and we passed out information about our groups and upcoming special events, of which there are quite a few. To learn more about Leaping Fish Design visit <http://inspiritual.biz/about-leaping-fish/>

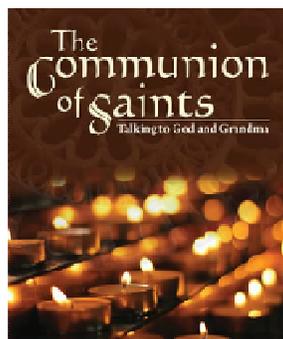
Just a reminder that we have expanded our social media outreach and now have a Meetup group, Inspiritual <http://www.meetup.com/Inspiritual-biz/> If you want to receive invitations to our events and stay informed, this is just one more way to do that. Please note, that only our physical gatherings are on the meetup calendar. Our Skype events are only listed on our website and Facebook. You can follow us on Twitter @inspiritual, or on Facebook, on our group page <https://www.facebook.com/groups/154921854555618/> or business page <https://www.facebook.com/inspiritual.biz> We also have a page for our Young Living Essential Oils on Facebook <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>

In January, Rev. Meddy and Rev. Jeffrey Jacques joined us for a discussion of their book *The Gospel of the Long Walk*. This led to them connecting with a long time supporter of ours Big Meach, who will be inviting them to appear as a guest on his blog talk radio show.

(continued on page 6)

The Communion of Saints Flyer

February Spiritual Book Club: Featuring Mary Grace, author of:
The Communion of Saints, Talking to God and Grandma



Thursday, February 14, 6:30 pm - 8:30 pm
@ Inspiritual, 25 Bernie Lane, Rochester

Be sure to wear something "red" to honor the
feast day of St. Valentine, Patron saint of "Love."

Also, Thursday, February 20

7:00 pm - 9:00 pm

Join the Skype conversation with Mary Grace

Limited to first eight (8) people who RSVP to:
inspiritual@ymail.com

Life can be difficult for those suffering from the loss of a loved one. Help and healing can be found in this new, inspirational guidebook.

If we can talk to God and the saints in heaven, why can't we talk to Grandma in heaven? We Can! Learn how those who are grieving (especially Catholics) can stay connected with family and friends in heaven through The Communion of Saints.

Join the author on her amazing journey following an after death visitation from her mother and her own near-death experience. This groundbreaking, self-help book bridges science and religion by integrating parapsychology with mysticism, spiritualism and Catholicism.

Mary Grace is a Parapsychologist, Spiritual Counselor and founder of *Gifts of Grace Ministry*, providing education on mystical, supernatural and paranormal phenomena. She is a retired mental health professional and member of Spiritus Christi Catholic Church in Rochester, NY. Mary Grace conducts paranormal workshops and lectures nationally.

To Read the "Forward," "Endorsements," more about the book, or to order a copy, go to:
www.giftsofgraceministry.org

There is a link from the website to order the book directly from the publisher.
Price from Tau Publishing: \$18.95 + tax + shipping. Please allow two weeks for delivery.

Books also available at:

Inspiritual, from Rev. Sharon for \$20.00 including tax.

Mythic Treasures in Village Gate Mall on Goodman Street.

The Purple Door, 3259 Winton Road South, Winn-Jeff Plaza.

Also, on Wednesday, February 19th, Mary Grace will be doing a book presentation, including the story of her near-death experience, at Barnes & Noble, Park Point, RIT on Jefferson Rd.

7:00 pm - 9:00 pm in upstairs conference room. 5.00 donation to Lightworks.



“Trauma can cripple you in more ways than one. Emotional health is usually the most difficult to heal. And yet, we say that it really can be the simplest.”



“A spiritual partner is not there to give advice. However, a spiritual partner may suggest an attitude of adjustment from what she/he is hearing...”

Healing Trauma

Everything can be healed, although not always cured. To cure is to bring back to the state before the ailment. To heal is to overcome in the face of difficulty. A car accident may leave you without all of your limbs. You can surely heal yourself to the point that you are able to live your life well without an arm or a leg.

Trauma can cripple you in more ways than one. Emotional health is usually the most difficult to heal. And yet, we say that it really can be the simplest. Acceptance is the first key. Once you accept what has occurred, you can then adjust to the new circumstances. Without acceptance there can be no true healing.

The second key is to grieve your loss. You will never be the same again. This is alright. Nothing stays the same.

And, third, keep moving forward with your desires. You know what you need in your life to feel fulfilled. Adjust yourself accordingly, but never give up your dreams. There are more ways than one to fulfill your passions. Search for the opportunities that will bring about your joyful expression.

~ The Ancient Ones
26 January 2014

Source: <http://souselfliving.com/healingtrauma/> ♠

Spiritual Partnership

Spiritual Partnership is the ongoing process of being gentle with others as they seek to evolve in their relationship with their Higher Power, however, they define that. A Spiritual Partner is a person trained in HOLY LISTENING. It is not counseling. Together the Spiritual Partner and companion listen, pray, and talk in the presence of Spirit. The focus of a session is Spirit and Energy. People who sit with a Spiritual Partner on a regular basis deepen their inner space of awareness, meditation, and sacred action in their lives. The five tasks of a spiritual partner are sacred listening, attending to the person, evoking, questioning, and fostering a contemplative attitude in their daily walk.

A Spiritual Partner is not there to give advice. However, a Spiritual Partner may suggest an attitude of adjustment from what she/he is hearing—for example—forgiveness, waiting in the spirit (being quiet), and an awareness of spirit speaking to them in the midst of an inner struggle. This process is gentle and life changing. After a number of years doing spiritual partnership, I realized that metaphysical techniques such as Reiki, Raindrop Technique, Oracle cards, Angel cards, and essential oils helped people who had become stuck or had blocked chakras. Therefore, I began, and am continuing, to study these techniques. If you discern that this may be of interest to you, I am available to meet and listen on a regular basis. All conversations are private and confidential. For more information, visit <http://inspiritual.biz/individual-spiritual-direction/> ♠



“ In March Rev. Vicki Snyder will be joining us for an introduction to Angel Card Reading. April there will be a workshop for those interested in basic IET with Ruth Hosefeld. Read the entire ‘What’s New?’ newsletter article for more information and, sign up for those activities that pique your interest. “

What’s New (cont’d)

In February, Mary Grace will be joining us for a discussion of her book, *The Communion of Saints*, on Friday, February 14th to talk about her book, her journey in writing it, and answer any questions that people have. It is such a blessing to have had two local writers join us.

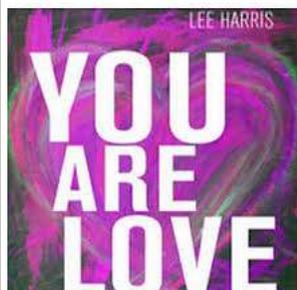
March is going to start with a visit from Intuitive Artist JD Arrichi, who will spend time here on Friday, March 7th creating Spirit Art and Spirit Drawings. Spirit Art is original artwork, which is a visual representation of the intended person's energy and/or path. Pictures often contain various images including totem animals and wildlife, spirit guides, deceased loved ones, angels, fairies, "higher self," etc. Most importantly, the energy and esoteric properties in the piece are what's most beneficent to the person it's intended for. With Spirit Drawings JD follows his guidance throughout creating the picture. He said, "It is often that the images literally appear to me on the paper. I simply highlight and outline them to be readily visible to those not accustomed to seeing in such a manner." Spirit Drawings are created in black or grey charcoal on white paper. We will be scheduling appointments with JD throughout the day. Please call ASAP to schedule an appointment. You can view samples of his work at <https://www.storesonlinepro.com/store/1397999/>

Vicki Snyder will be joining us as a guest teacher on March 11th from 7:00 pm to 9:00 pm, to provide an Introduction to Angel Card Reading. Vicki is a certified angel card reader through Doreen Virtue. She will teach us how we can work with the angels using oracle and angel tarot cards to help us on a daily basis. Angel cards are a great way to add clarity and empower us on our life's path. They can provide clarification into the past, present, and future. They are a wonderful tool to verify you are on track and to check in with your authentic self. Cost is \$20.00. Space is limited, so please register with us in advance via Facebook, Meetup, or email.

If you are interested in learning basic Integrated Energy Therapy (IET), join us on April 26th for an all-day training session (8:30 am - 4:30 pm) with Ruth Hosenfeld. According to Stevan J. Thayer, who developed IET, it "uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field, to work directly with your 12-Strand Spiritual DNA. IET supports you in safely and gently releasing limiting energy patterns of your past, empowering and balancing your life in the present, and helps you to reach for the stars as you evolve into your future. We chose the term "Integrated" in our name to convey our healing vision of "integrating the pain of the past, into the power of the present, to bring about the joy of the future". This one day course is \$195.00 for first time students and \$65.00 for those taking it just for review. There is a non-refundable \$20.00 deposit due at least seven (7) days prior to the workshop to cover the cost of book and certificate. The remainder of class fees are due on the day of training, via cash or check.

We are always open to new opportunities to assist you in your spiritual journey. If you have an idea for something you would like to see us offer, please let us know. We are here to support you in your spiritual evolution and transformation.

As always, we are ever so grateful for your ongoing love and support. ♦



“When we treat others, regardless of who they are, as if they are the Divine, then we radiate God’s love onto all. If we want others to see the goodness in us, the Divine in us, then we are also called to seek out and celebrate the goodness in others.”



“I know most are aware of the importance of oxygen and water play in maintaining health of the human body but, are you aware of the ‘whys’?”

Love is More Than a Feeling (cont'd)

Byline: *Rev. Dr. J*

Love is not just something we give to ourselves; it is what we were created to give to others. As the Golden rule says, “do unto others as you would have them do unto you.” When we celebrate with others, rather than being jealous we are allowing them to experience love. When we seek to honor others and the beauty within them, they experience the love of the Divine. When we treat others, regardless of who they are, as if they are the Divine, then we radiate God’s love onto all. If we want others to see the goodness in us, the Divine in us, then we are also called to seek out and celebrate the goodness in others.

Love is radiated through all the senses. We express love through our words, our thoughts, our energy, our gazes, and our touch. Our words have the capacity to open hearts and express compassion.

We can all probably think of one person who we find it hard to radiate love towards. I know I have encountered them a few times in my life. When I do, I remember that the person I am looking at or thinking about is me. How I treat them is how I treat myself.

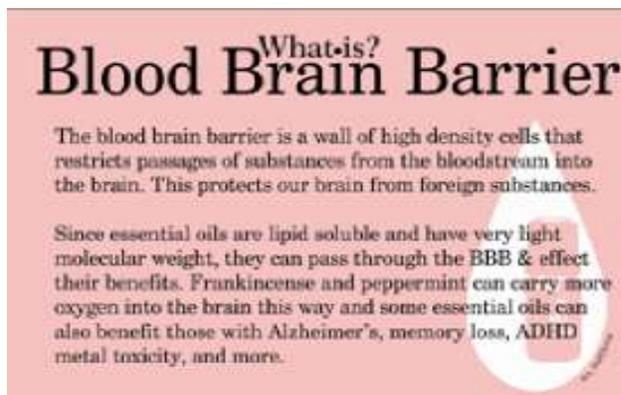
Love is eternal and does not give up. I may not like everyone; however, I do strive to radiate love to all. Developing this loving consciousness is not easy or instantaneous. However, the more we are intentional about seeing ourselves as love and radiating love to others, the more it will become a part of our consciousness and work over time to transform the consciousness of the world. To paraphrase a song, let there be love on earth and let it begin with me. ♦

Aromatherapy Corner: When the Student is Ready the Teacher Shows Up!

Byline: *Patricia O’Connell* & Posters by Dolf Cheng

At the beginning of the New Year, many of us find our mind starts thinking of changing something and resolutions of turning over a new leaf start to happen. The change of the year means thinking about the gift of health. Personal care of one’s physical health is a great way to introduce essential oils of Young Living.

This poster explains blood barrier. Why should we care about that? A good reason is that oxygen heals the brain; the brain accepts the oxygen. Hydration is the next important tool to create your health. Introducing yourself to real aromatherapy is a fun new experience that will allow one to work with your resolution and for your success in life.



(continued on page 8)

Aromatherapy Corner: When the Student is Ready the Teacher Shows Up!

Byline: *Patricia O’Connell* & Posters by Dolf Cheng



“The FDA considers Young Living’s founder, Dr. Gary Young, the world authority on essential oils.”

I have been a researcher for many years and I’ve done a lot of peer reviews for people on essential oil companies. I was very excited to know that the FDA, after many years of research on Dr. Gary Young, last year stated he was the world authority on essential oils, in farming from seed to seal. The FDA asked Dr. Gary Young to set up the essential oils grades, which has been done.

The Young Living farms are in every part of the world. The farms are in Mona, Utah, St. Mari’s, Idaho, France, Ecuador (with our clinic), Peru, Sololá, Oman, soon the Gaza Strip in Israel, and with this, many different distilleries are being placed around to gather and process the herbs. Young Living is self-owned and directed by Dr. Gary Young. Soon, many other farms will show up even more throughout the world.

**What is?
Therapeutic-grade**

The process of acquiring the purest essential oil is a very strict & rigorous one. The grower is a master who must know his craft perfectly. He should know many variables: plants, parts, soil, fertilizer, geography, climate, altitude, harvest, distillation time, pressure & temperature.

This is very critical as the key to therapeutic-grade essential oils is to preserve as many delicate aromatic compounds as possible. Inferior quality oils will not produce the highest grade essential oil and may instead be toxic.

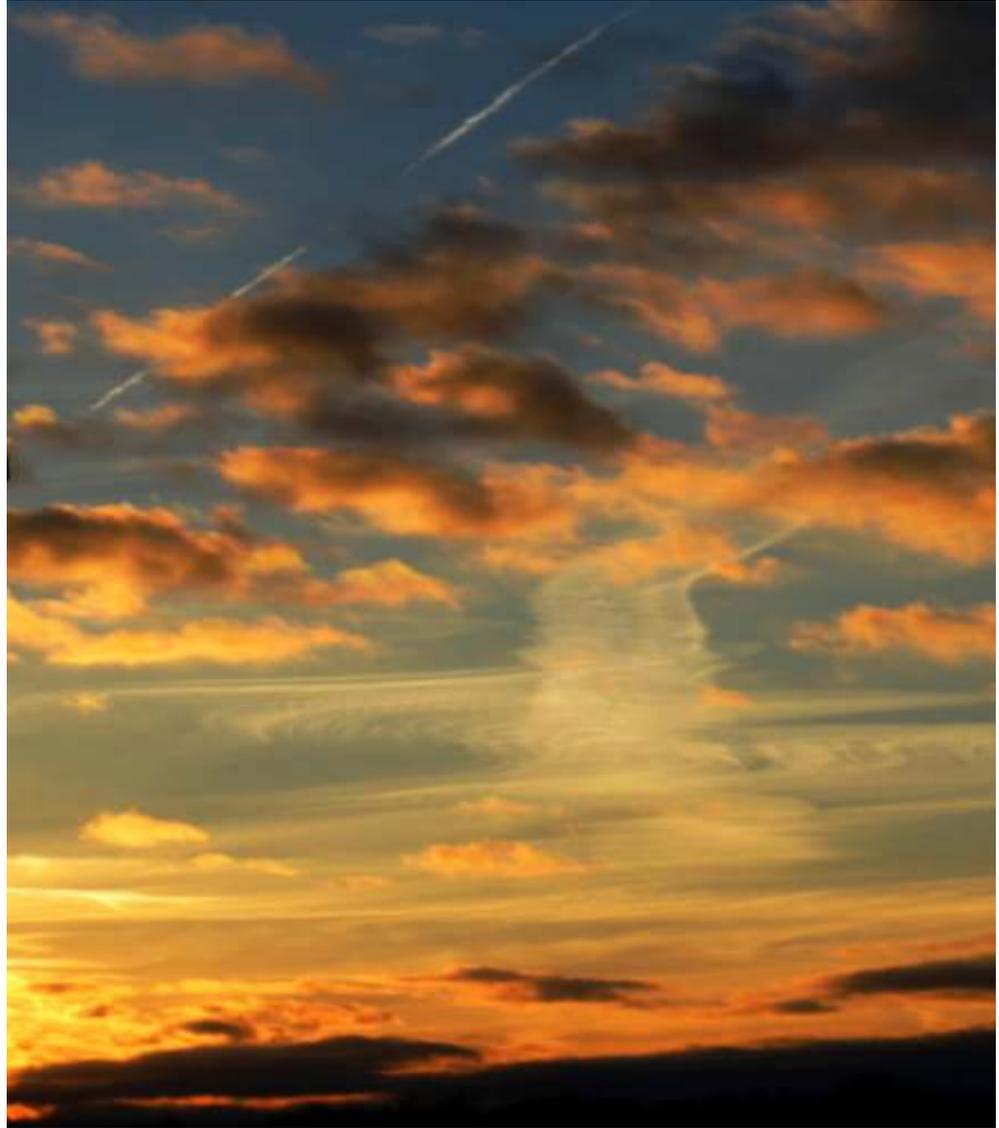
Finally, when approaching a mind-set-shift change in our life, one might be nervous, scared, or dealing with life-threatening conditions in their body. I would like to give you trust in the company of Young Living as my expertise of working with essential oils for years. I know Sharon and Zoe will mentor you correctly, have the ability to network with the up-lines, and go to convention with me. I hope those who are interested in learning will find my column interesting and factual in order to learn new behaviors in your health care. Order off Inspiritual’s website: <https://www.youngliving.org/inspiritual>

Thank you for your support and I hope you enjoyed my column. Here’s to your Happy New Year. If you are ready to start weight loss, stress reduction or natural wellness using the oils; we can help. Blessing on your New Year and you resolution. Make this your best year yet! ♦



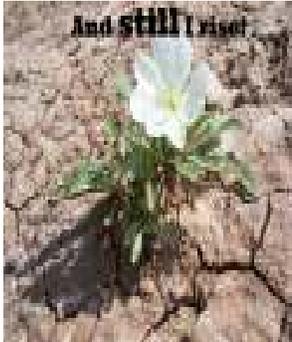
Patricia O’Connell, LPN CW CMI RMT, Executive Leader, New York
Young Living Oils by Trisha Clearwater Healing
Health Coach, Aromatherapy, Clearwater Newspaper; Workshops

Spiral Cloud



"Can you remember who you were, before the world told you who you should be?"

Picture by Sharon Forsythe Hinkson ♦



“Life renews itself no matter how many times it is stabbed, hurled to the ground and stripped to the bone...”

A Poem

Byline: Dr. *Clarissa Pinkola Estes*

Under the earth’s worn coat is a garden,
as magnificent as the day it was created.
The land has the hospitality of the true host.
The seeds of the Earth,
its creatures,
the stars overhead,
we ourselves
are the guests of the field.

The seeds of new life will find no place
on which to rest, if the land is already full.
The field must be empty, un-sown.
It must have been sent through a fire
that has turned it in another direction.

Life renews itself no matter how many times
it is stabbed,
hurled to the ground
and stripped to the bone;
no matter how many times it is ridiculed,
scorned,
ignored,
tortured,
and made helpless.

The new seed goes to the open places-
the grieving heart,
the tortured mind,
the devastated spirit.

There is a faithful force that is born in us.
It is this force,
in its insistence,
in its loyalty to us,
in its love of us

that calls the new seed to the battered and barren places in us,
the places that have gone through fire.

The life force gathers momentum
and breaks through the ground.
We grow up through the ashes,
through the empty fields of ourselves. ♣



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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)



February 2014*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspirational 25 Bernie Lane Rochester, NY 14624	Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz					1 Spiritual Journaling Workshop Part 1 - Noon
2 Skype - Love & Inspiration - 10:00 am Meditational Mandalas - 2:30 pm	3 Healing Harbor - 7:00 pm	4	5 Love & Inspiration - 6:30 pm	6	7	8 Networking Breakfast - 9:30 am Spiritual Journaling Workshop Part 2 - Noon
9 Skype Love & Inspiration 10:00 - am It's Movie Time! - 2:30 pm	10	11	12 Love & Inspiration - 6:30 pm	13	14 Spirituality Book Club - 6:30 pm	15 Writing with Your Soul - 2:30 pm
16 Skype - Love & Inspiration - 10:00 am	17 Healing Harbor - 7:00 pm	18	19 Love & Inspiration - 6:30 pm	20 Skype - Spirituality Book Club - 6:30 pm	21	22 Skype - Living the Five Agreements - Noon
23 Skype - Love & Inspiration - 10:00 am	24	25	26 Love & Inspiration - 6:30 pm	27	28 Living the Five Agreements - 7:00 pm	
A space for spiritual evolution and transformation						

Month at a Glance



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

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: February 1 and 8, 2014

Time: noon - 5:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Spiritual journaling is more than keeping a diary where you log the events of your life. It's a place where you share your innermost thoughts with yourself and your Higher Power. As you become more comfortable and skilled in doing that, you will sense a deeper spiritual direction for your life. Most spiritual journaling writers suggest there are two rules about spiritual journaling. In *Life's Companion: Journal Writing as a Spiritual Quest*, Christina Baldwin states there are only two rules for spiritual journaling: Date your entries as you go, and don't make any other rules.

Spiritual journaling provides you with an opportunity to reflect on the spiritual understandings, which may be struggling to rise within your consciousness. Anything, which catches your attention in daily life, such as quotes, images, feelings, or things you find in the world, may be the universe's way of catching your attention.

The purpose of this series is not to teach you what to write, but to give you strategies to help liberate your writing and take you to a deeper understanding of yourself and your relationship with your Higher Power, however you define that. Each session I will teach four (4) different strategies for you to use. We will begin with the most basic strategy - streaming. Subsequent sessions will all incorporate streaming in combination with other strategies. Space will be provided for anyone who feels comfortable or desires to share his or her writing.

Please bring a quote, image, feeling or artifact and a sheet of poster board with you to the first session. Also bring a journal to write in and something with which to write.

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/spiritual-journaling/>

Wheelchair Accessible: Yes

Love and Inspiration on Skype

Host/Host Organization: Inspiritual

Date: February 2, 9, 16, and 23, 2014

Time: 10:00 am - 11:30 am

Place/Venue: Skype

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.

The group is limited to eight (8) people each week, RSVP via email to reserve your spot and to receive additional instructions.

(continued on page 13)



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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Description of Event: Healing Harbor is an open space of healing. We invite you to “sail” into the safety of our harbor to receive healing before you “sail” back out into the waters of everyday life. We provide a diversity of approaches to healing including Reiki, IET (Integrative Energy Therapy), Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love.

Our healers offer their services as their gifts to the community in thanks for all we have been blessed with by the Universal Spirits, God, and those who have guided us in our individual journeys.

We do not charge for our services, however, we do request that you make a love offering to help support Healing Harbor.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/healing-harbor/>

Wheelchair Accessible: Yes

Love and Inspiration

Host/Host Organization: Inspiritual

Date: February 5, 12, 19, and 26, 2014

Time: 6:30 pm – 8:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

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: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/love-inspiration/>

Wheelchair Accessible: Yes

Metaphysical Practitioners Networking Breakfast

Host/Host Organization: Inspiritual

Date: February 8, 2014

Time: 9:30 am -11:00 am

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: This is a potluck networking breakfast. Coffee, tea, crystal light, water, and serving materials will be provided. Bring a dish to pass as well as any promotional materials about your services and special events you want others to know about. We will be meeting the 2nd Saturday of each month

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/metaphysical-and-spirituality-practitioners-directory/>

Wheelchair Accessible: Yes



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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

It's Movie Time

Date: February 9, 2014

Time: 2:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: The 2nd Sunday of each month we will gather at 2:30 pm to view a film and discuss the spiritual lessons. Feel free to bring BYOB. Popcorn will be provided. This month we will be viewing and discussing *You Can Heal Your Life* by Louise Hay - Golden Girls actress Estelle Getty provides an introduction to this video program by self help author Louise L. Hay, who presents the principles of her book *You Can Heal Your Life*, explaining her theory about how a person's physical ailments and diseases are a result of unconscious feelings of self hatred. Hay leads viewers through each particular psychological diagnosis she assigns to each physical diagnosis and explains her ideas on overcoming these troubles

Admission Price: Love Offerings accepted

Website: <http://inspiritual.biz/its-movie-time1/>

Wheelchair Accessible: Yes

2nd Friday Spirituality Book Club

Host/Host Organization: Inspiritual

Date: February 14, 2014

Time: 6:30 pm - 8:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: This month, we will be reading and discussing the book *The Communion of Saints* by Mary Grace. ISBN 978-1-61956-119-9. The book can be purchased at <http://www.taupublishing.com/giftShopProductDetails.aspx?itemID=435>

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/2nd-friday-spirituality-book-club/>

Wheelchair Accessible: Yes

Writing with Your Soul

Host/Host Organization: Inspiritual

Date: February 15, 2014

Time: 2:30 pm - 4:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Each month, there will be a reading to ponder, a time for reflection and meditation, a time to allow Spirit to reveal to you through your journaling, and a time to share. The cost for this workshop will be \$15.00 per month. The theme for February will be *Your Inner Constellation*. Please bring writing materials of your choice and any other creative medium you may want to bring with you (paints, pencils, crayons, etc). You may attend this gathering in person or via Skype by adding SAJEWord as a contact and pre-registering for this offering at <http://inspiritual.biz/writing-with-your-soul/>

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/writing-with-your-soul/>

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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Spirituality Book Club on Skype

Host/Host Organization: Inspiritual

Date: February 20, 2014

Time: 6:30 pm - 8:00 pm

Place/Venue: SKYPE

Description of Event: This month, we will be reading and discussing the book *The Communion of Saints* by Mary Grace. ISBN 978-1-61956-119-9. The book can be purchased at <http://www.taupublishing.com/giftShopProductDetails.aspx?itemID=435>

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/spirituality-book-club-skype/>

Wheelchair Accessible: N/A

Living the Five Agreements ~ Skype

Host/Host Organization: Inspiritual

Date: February 22, 2014

Time: Noon -2:00 pm

Place/Venue: SKYPE

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*.

The group is limited to nine (9) people each month, RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted via our Help us grow webpage.

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements-skype/>

Wheelchair Accessible: N/A

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: February 28, 2014

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

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.

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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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

We will begin with discussing and working through *The Four Agreements*.

Admission Price: Love offerings accepted

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements1/>

Wheelchair Accessible: Yes

Intro to Angel Card Reading w/Vicki Snyder

Host/Host Organization: Inspirital

Date: March 11, 2014

Time: 7:00 pm - 9:00 pm

Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Vicki Snyder is a Certified Angel Card Reader™ through Doreen Virtue. Come learn how you can work with the angels using oracle and angel tarot cards to help you on a daily basis. Angel cards are a great way to add clarity and empower you on your life's path.

Who is Doreen Virtue? Doreen Virtue, PhD is a spiritual doctor of psychology who works with the angel realm. She is the Queen of Angel knowledge. Doreen is a Clairvoyant, Author and Teacher. She has written many books on working with angels and created numerous oracle/tarot decks.

What the class will be doing:

- Mediation to meet your guardian angel
- Basic overview of the seven (7) Archangels
- Calling on the Archangels for assistance, working with each one
- Discussion of the different oracle and angel tarot decks
- Practice doing simple readings for yourself and others

Admission Price: \$20.00

Email Address: Inspirital@ymail.com

Wheelchair Accessible: Yes

About Us



Inspiritual

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>

Inspiritual 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 Inspiritual'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 Inspiritual. All includes 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 Inspiritual;
- 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 multiple 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, by 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, and submit often!



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

***"Remember this is
YOUR newsletter.
Submit often!"***