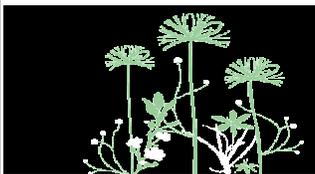


July 2014

**Inside this issue:**

Help Us Grow	2
What's New?	2
I Am Hope	3
<i>They are in Me and I am in Them</i>	4
Understanding (cont'd)	4
<i>Mourning is Freedom From the Burden of Grief</i>	5
The Revelation of Christ (Part 4 of 4)	5
Young Living Essential Oils in the Home - Part 3 of 6	6
The Revelation of Christ (Part 4 of 4) (cont'd)	7
What's New? (cont'd)	7
<i>Fears Melt</i>	8
Month at a Glance	9
Calendar of Events	10 - 18
How to Become a Community Sponsor	19
Inspirational Community Sponsors	19
About Us	20
Making Submissions to <a href="#">Your Newsletter</a>	20

# One Spirit - Many Voices

## Understanding

Byline: *Rev. Dr. J.*

Iyanla Vanzant once wrote, "In all relationships, regardless of their nature, there comes the moment when you understand that there are some things you will never understand. When you are standing in that moment, just be all right with it." For me, this statement seems to embody the relationship between CP Ellis and Ann Atwater. I am not sure how many of you have ever heard of either of them, so let me begin by telling you a little bit about them. CP Ellis was the Exalted Grand Cyclops of the Klu Klux Klan (KKK) and a fierce advocate of Civil Rights for African Americans. No that was not a typo. It might seem like it, but the ability of one person to be transformed from the Exalted Grand Cyclops of the KKK to a fierce advocate of Civil Rights for African Americans is one that did not happen overnight, but is living evidence of the Ultimate's healing and transformative power in our lives.

Ann Atwater was a Black woman who for decades was a bitter enemy of CP Ellis, for understandable reasons. After 11 years of bitter hatred, Ann Atwater and CP Ellis found themselves at a community discussion session about the violence occurring in Durham North Carolina in 1971 as the state tried to integrate their schools. Assigned to work together, they co-chaired 10 days of meetings, which lasted 12 hours a day. Something happened at these meetings that neither Atwater nor Ellis was expecting or understood. They became the closest of friends.

In the course of a 10-day period, they moved from such bitter and deep hatred of each other (it is reported that Atwater once pulled a knife on Ellis and he brought a machine gun with him to their first meeting in 1971) to the closest of friends. At the end of that 10-day period, Ellis resigned as the Exalted Grand Cyclops of the KKK and began working with Atwater to bring about systemic change.

The story of CP Ellis and Ann Atwater has always been inspirational to me and a reminder of the transformative power of change when we begin to understand each other. It is only through the presence of the Ultimate that two community leaders equal in status, who hated each other, could work together to solve a problem. In doing so, the Ultimate created a situation that forced them to acknowledge each other, treat each other with respect, and attempt to understand each other. In doing so, it helped them to look beyond differences toward understanding the common problems facing each group.

The transformation of Ellis and Atwater can continue to serve as a teachable moment today. How, often in our lives have we decided that someone was so different from us because of \_\_\_\_ (you can fill in the blank however you would like). Sometimes, no matter how hard we try, we find ourselves buying into what other people have said about someone, accepting stereotypes about people based on physical looks or values. All too often, we do not even recognize what we are doing.

(continued on page 4)



*“ Help us to continue to grow and serve by becoming a part of our ‘Plant a Seed’ program “*



*“ As always, there are new and like new experiences to be had. Browse this article, our website, and/or our social media venues to keep your eye on the pulse that is Inspiritual”*

### Help Us Grow

For the last four (4) 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. So, 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 three (3) ways:

- Become a part of our Plant A Seed Program by making a monthly donation, of as low as \$5.00 a month, which will assist us in raising the funds needed to support our ministry.
  - 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.
  - Contribute to the funding of our community prayer and meditation garden. You can learn more about that by visiting our special events page <http://inspiritual.biz/special-events> We will be listing our costs for the implementation of this public meditation and prayer space on our donations page by mid-July. Benches will be provided for people to sit and focus on our centering point in the middle of the garden. The garden will be filled with plants, shrubs, grasses, and stones, which will add to the peacefulness of the garden for all who come seeking a place to meditate and pray.
- 100% of your donations go towards supporting our ability to provide low and no cost offerings to those seeking to grow and evolve spiritually. Many of whom we will never get to physically meet because they live around the world. ♦

### What's New?

- ♥ Thanks to all of you who prayed for the restoration of Healing Harbor. We are grateful to a number of people who have asked to be able to share their gifts for healing with us. Healing Harbor will reopen on July 7th at 7:00 pm. We are now available to provide healing on a love offering basis on these two nights a month.
- ♥ If Monday nights (during Healing Harbor) are not convenient for you, then you can now book an appointment with us online by visiting our website. Appointments for Reiki, angel card and angel realm reading sessions, as well as spiritual partnership sessions, are available.
- ♥ Our first essential oils training will be happening on July 26th. We will be providing information on how to use oils to clean your home, and you will get to experience how to address cleaning needs for every room in your home.
- ♥ Also, check out the new ways you can help us grow. See the article about that elsewhere in this edition of the newsletter.
- ♥ Just a reminder that we have expanded our social media outreach and now have a Meetup group <http://www.meetup.com/Inspiritual-biz/>. If you want to receive invitations to our events and/or stay informed, this is just one more way to do that. Please note, that only our physical gatherings are on the meetup calendar.

(continued on page 7)



*“ Hope is a learning process that takes time to acquire. Hopeful moments, minutes, hours ... “*

## I am Hope

Byline: *Doris Richardson Edsell*

*Hope circles around, spinning its warmth and kindness, telling you to hold on tight and never give up*



*Sometimes there are choices; the road straight ahead, or the one that may have a challenging curve to it, taking you to a different place*

Hope can give you inspiration and motivation to hold on to your dreams and make them a reality.

Sometimes I give up too soon on some of the things I really want to accomplish and the next time I do something new, I remind myself of this so that my staying power is longer. You need *stick-to-it-ness* in order to accomplish your goals in life.

### *Teaching yourself how to be more hopeful*

Hope is a learning process that takes time to acquire. Hopeful moments, minutes, hours and then hopeful days! Before you know it, you are hopeful about everything in life, and that can help you to be more resilient and happier about your progress toward your goals in life, and your new found ability to help others gather their hopeful moments.

### *Helping others*

This new found strength you have acquired in hopeful living can help you, and others.

You can bring hope to a dismal moment in someone's life by giving a needed hug or a pat on the back to someone in need along with honoring yourself and your accomplishment in life because you had the staying power of hopefulness.

People begin to seek you out for your *hopeful signs*, that help them to change themselves to and achieve a more abundant life that is full of love and harmony.

### *Success in life*

Hopefulness and a positive attitude can add to your chances of success.

I practice hopeful moments all day long, and I enlist others to do the same by stopping them from continuing down a path of gloom and doom. I can feel the energy around someone who is positive and it is good, but the energy around negative people keeps me at a distance. Those negative vibrations surrounding negatively spirited people can roll onto you.

### *What is hope?*

Hope is not just about attitude or being persistent, hope is about that deep feeling inside where your spirit brings you moments of awe.

You have to live the dream; really feeling hope inside your spirit; hanging on to it no matter what happens.

Remember that you have choice in every moment to change your attitude, mood and emotion to a more positive moment in time that is filled with hope, wonder and love. ♣

**They are in Me and I am In Them**

Byline: *The Monk on  
Bernie Lane*



*“They are two souls, graced with the gift of sharing one Spirit Body during this lifetime in order to achieve the tasks they were sent here to accomplish.”*

He is the blue in my eyes and the fire in my belly when I feel insulted or threatened.

She is the golden sparkle deep in my iris, strong, nurturing, and patient like Mother Nature, that she loves so much.

He is the sudden power in my muscles when showing off, or when power is truly called for.

She is the stamina of the determined, challenged athlete, willing to endure great pain in order to achieve the coveted prize.

He is quick to slam the door on anything or anyone that offends or hurts him, with the intention of never opening that door again.

She gently retreats and bides her time hoping for a peaceful solution and understanding to be granted to both parties.

He surrounds her with his strong protective body when cruelty collapses her into a ball of pain and anguish.

She holds his hand and shows him how to forgive, shake off the chains of society, and fly free and high.

They are two souls, graced with the gift of sharing one Spirit Body during this lifetime in order to achieve the tasks they were sent here to accomplish.

They are the two Trees I see within me. They are growing side by side, branches intertwined, and sharing life together. Embracing Light and Love and Peace. They are in me and I am in them. We are one beautiful blue light being blessed by the Universe. Peace to all, now and always. ♦

**Understanding (cont'd)**

Byline: *Rev. Dr. J.*



*“How, often in our lives have we decided that someone was so different from us because of \_\_\_\_ (you can fill in the blank however you would like).”*

To paraphrase the words ascribed to Jesus, “Forgive us God, for we know not what we do.”

Every day of our lives is filled with opportunities to make choices about how we interact with everyone that we meet. We each have choices to make. We can choose to stop at the stereotypes and preconceived ideas we hold about each other, or we can choose to move beyond them and gain a greater understanding of each other. Which way do you choose? Will you see the next person you meet as a potential enemy or a potential friend? Will you treat them as if they are insignificant or as if they are a creation of the Ultimate?

Opening ourselves up to deeper levels of understanding is not always easy. Yet this is the challenge I am presenting to each of us this month. To open ourselves up to deeper understanding of others and understanding that there are some transformations and situations in our life we will never understand. ♦



*" I am resting in my time of grief and allowing all pain that is present be acknowledged and processed so that I can move into the next phase of my life. I know today that if you have really mourned..."*

## **Mourning is Freedom From the Burden of Grief** Byline: *Claude Bowen*

There is a major difference in grief and mourning. Mourning is the process that allows us to process the initial impact of the pain inflicted upon our emotional and mental wholeness. Some folk never process grief and therefore the pain lingers on and distorts the living process.

I sat yesterday and thought about Jimmy Scott, Maya Angelou and Ruby Dee-Davis and in a conversation that urban legend came up...'They die in three's'. I just looked at the person and asked...."so how do I count the three and what is the time span? Should I ignore the pain I felt late last year when Gloria Lynne made transition and what about my young friend Shawn Scott or the countless others that left at the same time and all in between? No response, rather an empty confused look. I had to ask myself if I spoke in the pain or frustration of grief and the understanding that mourning brings?

Reflection from Now there You Have It: I mourn my losses and in the process realize I have a great deal to mourn. So I accept my loss and truly grieve and I admit mourning is painful. I mourn the loss of friends that have escaped the turmoil of this planet, relationships long or short that were masked as goodwill relationships, friends that have escaped the turmoil of relationships and also my escape from the shit of others. I mourn the loss of love that was once great and fulfilling and the loss of love that was not destined to be. I mourn the loss of my youth by embracing my maturity and accepting the independence that comes with living and learning. I mourn the loss of impulsive decisions and behaviors that only brought disillusionment, and embrace the right to choose wisely. I rest in my maturity rather than curse aging. I am in the space of speaking to the ancestors and know that it is my right and the manner in which I contact the Creator. I accept all of my guides and mourn the loss of any particular school of thought that denied me access to this process because they felt it was blasphemy. I mourn the loss of Old Time Religion (not so damn sure it was good enough for my Mother or Father, but definitely know it is not good enough for me) and embrace, and live in my Spirituality. I mourn all of my yesterdays and live in the knowledge that if I had not experienced them I would not have today nor look forward to tomorrow.

In my grief I embrace all experiences and learn the lessons and know that earthly hands can do only so much; so I let them all go believing that which is greater than me will continue to sustain me throughout my time here in this expression and meet me wherever I go when the time for transition is upon me. I am resting in my time of grief and allowing all pain that is present be acknowledged and processed so that I can move into the next phase of my life. I know today that if you have really mourned, with the passage of time, you speak of it with fondness and not regret. I mourn so that I may live! ♦

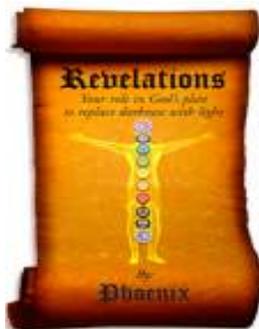
## **THE REVELATION OF CHRIST (Part 4 of 4)**

Byline: *Phoenix*

### **THE SEVEN CUPS AND THE NEW HOLY CITY OF JERUSALEM**

The Seven Cups is the process of growing through several levels of the collective consciousness and then into God consciousness. The seven cups are similar to the seven trumpets in that they work with nature and creation as the 1<sup>st</sup> cup refers to the earth, the 2<sup>nd</sup> cup to the seas, the 3<sup>rd</sup> cup refers to the rivers and streams and the 4<sup>th</sup> cup refers to the sun. The cups are described as being filled with plagues. Plagues effect the masses and when man was living collectively in the darkness of our creations there were what we think of as plagues that existed.

(continued on page 7)



## Young Living Essential Oils in the Home - Part 3 of 6

### Natural Cleaning with Young Living Essential Oils

Forget conventional cleansers formulated with harsh chemicals; safe, effective alternatives are easy to make and use. Alongside our line of Thieves® products, you may also want to try using essential oils in your laundry, and for cleaning countertops, freshening stale linens, removing stubborn stains, and much, much more.

Our most popular essential oils for cleaning include:

**Lavender** (*Lavandula angustifolia*) has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it. Lavender can be used in a number of ways. Amongst other uses, you can add a few drops of lavender essential oil to a cotton ball and place it in closets and drawers to scent linens and repel moths and insects. You can also place a few drops of lavender essential oil on a wet cloth or dryer sheet to deodorize and freshen your laundry. You can diffuse lavender essential oil to minimize seasonal discomforts.

**Lemon** (*Citrus limon*) has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon is another one of those versatile oils that can be used to clean naturally. You can use 1-2 drops of lemon essential oil to remove gum, oil, grease spots, glue or adhesive, and crayon from most surfaces. You can combine 2 - 3 drops of lemon essential oil with water in a spray bottle to help cleanse and sanitize surfaces. You can add 10-15 drops of lemon essential oil to a gallon of carpet cleaning solution to help pull out stains, brighten carpet and rugs, and leave a fresh smell in the room. Or you can keep your refrigerator smelling fresh by placing a few drops of your favorite citrus essential oil on a cotton ball and put in the refrigerator to help eliminate odors.

**Pine** (*Pinus sylvestris*) has a refreshing, invigorating aroma. First investigated by Hippocrates, the father of Western medicine, pine is soothing for stressed muscles and joints when used in massage. It shares many of the same properties as Eucalyptus globulus, and the action of both oils is enhanced when they are blended. You can create a floor cleaner with Pine by adding 1/4 cup of white vinegar to a bucket of water and 5-10 drops **lemon**, pine, spruce, melaleuca, or **Purification**.

**Cinnamon Bark** has a warm, spicy aroma and has been sought throughout the ages both as a valuable commodity and for its ability to improve wellness. Cinnamon is a great air freshener. Simply add 5-15 drops to a spray bottle with distilled water.

**Thieves®** was created based on research about four thieves in France who covered themselves with cloves, rosemary, and other aromatics while robbing plague victims. This proprietary essential oil blend was university tested for its cleansing abilities. It is highly effective in supporting the immune system and good health.

The **Thieves household cleaner** can be diluted to degrease surfaces, clean floors, walls, upholstery, fabrics, carpet spotting, carpet, glass, pots and pans, or as a hand cleaner.

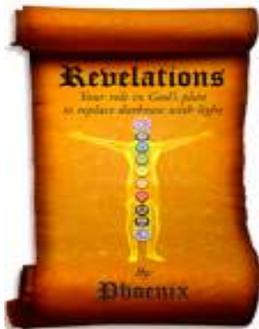
**Purification®** when diffused, helps to purify and cleanse the air from environmental impurities including cigarette smoke and other disagreeable odors. Purification, as mentioned above, can be used to wash your floors. Or you can add 8 - 10 drops to your diffuser to freshen the air in your home.

You can purchase any of these items, and more at: <http://youngliving.org/inspiritual>

**NOTE:** Information for article was derived from the noted Young Living webpage guide - [http://www.youngliving.com/en\\_US/discover/guide/inthelhome](http://www.youngliving.com/en_US/discover/guide/inthelhome) ♠



*“Young Living Essential Oils are an excellent way to keep maintain the health and cleanliness of your environment”*



*“The image of the New Holy City of Jerusalem is the highest level of consciousness that mankind can achieve while in the human body. It is what we think of as God consciousness.”*



## **THE REVELATION OF CHRIST (Part 4 of 4)** Byline: *Phoenix* (cont'd)

### **THE SEVEN CUPS AND THE NEW HOLY CITY OF JERUSALEM**

These plagues created the suffering that led to repenting and overcoming (which I refer to as the process of forgive and live). Today the prophecy is talking about another collective impact that will occur as people go from individual consciousness through the collective consciousness and then into God consciousness. The plagues that will exist in our reality as we grow through love is the pain and suffering that will exist as people learn to give up their control of the process of creation. As we go from controlling that which is created; either by creating through anger or love we still control creation through our intention and through our feelings. As we learn to create through the collective consciousness there will be great challenges we will face as we learn to agree and then to work together to create a better world.

The image of the New Holy City of Jerusalem is the highest level of consciousness that mankind can achieve while in the human body. It is what we think of as God consciousness. In order to achieve this connection to God we must first learn to create and the processes of creation through the three precious mentioned states of consciousness (states of mind and energy):

Creating through anger which creates darker energies until you learn the process of Forgiveness.

This is a state of non-consciousness or not being consciousness of your creations.

Creating through love which opens the doors to the four loves and individual consciousness and the processes and realities of light consciousness.

Creating through a connection to the collective consciousness and the three levels of the collective consciousness.

Allowing God to create through you which allows God's state of mind and state of energy to work through your words, thoughts and actions which will allow God's love and intention to create through you here on earth.

This New City of Jerusalem is symbolized as have four walls (the four loves we discussed) and three doors on each wall (healing in body, mind and soul). These four walls times the three levels of healing are the 12 tribes of Israel. The prophecy refers to 144,000 Israelites that are sealed and then healed. This number represents becoming 1 through 4 loves and 4 levels of consciousness in body, mind and soul. This is the New city of Jerusalem; which is God Consciousness.

With Bright Love and Light - Phoenix

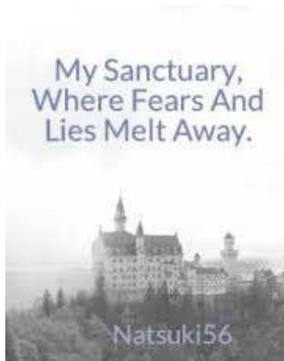
Website - <http://energyworksofwnv.com/products/>

2 minute video - <http://www.youtube.com/watch?v=eSnV8D7Zaxk&feature=youtu.be>

1 hour interview - <http://www.empowerradio.com/home/shows/on-demand/fire-through-spirit/808111-Conversation-with-John-Naughton.html> ♣

### **What's New (cont'd)**

- ♥ Our Skype events are only listed on our website and Facebook. You can also follow us on Twitter @inspiritual or on Facebook on our group <https://www.facebook.com/groups/154921854555618/> or business page <https://www.facebook.com/inspiritual.biz>. We also have a page just for our Young Living Essential Oils, <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>
- ♥ 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. If you would like to offer a course here, please contact us at 585-729-6113 or via email at [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com) ♣

**Fears Melt**Byline: *Gary Bertnick*

*"A calm rest settles as  
peace rules*

*The dust of the earth  
merely brushed off.*

*Light feet skip along  
each chosen path*

*Happy feet, dancing feet,*

*Whitest clouds in the sky  
above ..."*

All fears melt away,  
The fear and anxiety of life  
The fear of death,  
That we might truly live out each day  
At rest, at peace in this place, at this time.  
As the morning sun lifts the dew.  
A cloud of invisible vapor ascends,  
So the truth of life rises within the spirit  
Confidence soars far above  
A calm rest settles as peace rules  
The dust of the earth merely brushed off.  
Light feet skip along each chosen path  
Happy feet, dancing feet,  
Whitest clouds in the sky above  
Striking, multi-colored flowers on the ground below  
Gold and silver embroidery on the robes of our delight  
Flowing lines of grace displayed  
Lovely footsteps always lovely.

Beauty drips from the hills about  
Healing at the very fingertips,  
The world is seen through the eyes of heavenly light  
Endless distractions filtered out  
Noise in the background left in the background.  
A focus on personal meaning and purpose establishes the way  
They taste and see,  
One greater holds the right hand  
One most powerful shepherds behind and in front  
Doors to hearts and lives fly open at a touch  
Good purposes rule the day;  
Laughter crowns the new hearts  
Such gladness at being alive,  
A small child's eagerness bubbles over to parents,  
Patience wraps about love  
Understanding minds embrace one another,  
A small gathering of like souls moves forward up a mountain  
Strong confidence in this new day,  
A way made clearly known.

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



## ●●● | July 2014\*

### Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fr-i	Sat
Inspirational 25 Bernie Lane Rochester, NY 14624		1	2 6:30 pm - Love & Inspiration	3	4 2:00 pm - 4th of July Potluck Barbecue	5
6 10:00 am - Love & Inspiration via <b>Skype</b>	7 7:00 pm - Healing Harbor	8	9 6:30 pm - Love & Inspiration	10	11 6:30 pm - Spirituality Book Club	12 11:30 am - QiGong Instruction 2:00 pm - Spiritual Journaling Workshop
2:30 pm - Meditational Mandalas 28 day Spiritual Cleansing Intensive begins						
13 10:00 am - Love & Inspiration via <b>Skype</b>	14	15	16 6:30 pm - Love & Inspiration	17 7:00 pm - Oneness Blessing	18 6:30 pm - Spirituality Book Club via <b>Skype</b>	19 11:30 am - QiGong Practice 2:00 pm - Spiritual Journaling
20 10:00 am - Love & Inspiration via <b>Skype</b>	21 7:00 pm - Healing Harbor	22 7:00 pm - Angel Card Reading Practice	23 6:30 pm - Love & Inspiration	24	25 7:00 pm - Living the Five Agreements	26 11:30 am - QiGong Practice 2:00 pm - Cleaning Your Home with Essential Oils
2:30 pm Living the Five Agreements via <b>Skype</b>	28	29	30 6:30 pm - Love & Inspiration	31 6:30 pm - 4 year Anniversary Celebration		Phone: 585-729-6113 E-mail: <a href="mailto:inspiritual@gmail.com">inspiritual@gmail.com</a> Website: <a href="http://inspiritual.biz">http://inspiritual.biz</a>
27 10:00 am - Love & Inspiration via <b>Skype</b>						
2:30 pm - Rochester Womyn's Drum Circle						



*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

### Love and Inspiration

**Host/Host Organization:** Inspiritual

**Date:** July 2, 9, 16, 23, and 30 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](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### 4<sup>th</sup> of July Potluck Barbecue

**Host/Host Organization:** Inspiritual

**Date:** July 4, 2014

**Time:** 2:00 pm - 9:00 pm

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

**Description of Event:** Once again, we are opening our home, garage, and backyard for a 4th of July potluck and barbecue. Our grill will be up and running. So if you have something you want to grill, bring it. Bring a dish to pass and your non-alcoholic beverage of choice. We will provide plates, cups, and serving utensils and ice. We will also be making a salad or two to get the party started.

We have a huge yard, so bring a blanket/folding chairs to sit/lay out on

Hope to see you all then!

**Admission Price:** Whatever you want to throw on the grill and a side to pass

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

**Website:** <http://inspiritual.biz/special-events/>

**Wheelchair Accessible:** Yes

### Love and Inspiration on Skype

**Host/Host Organization:** Inspiritual

**Date:** July 6, 13, 20, and 27, 2014

**Time:** 10:00 am - 11:30 am EST

**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.

(continued on page 11)



*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)

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

**Admission Price:** Love offerings accepted

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

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

**Wheelchair Accessible:** Yes

### Meditational Mandalas

**Host/Host Organization:** Inspiritual

**Date:** July 6, 2014

**Time:** 2:30 pm - 4:30 pm

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

**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.

Each month, we begin with a guided meditation associated with a specific gift or emotion. Then we 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

**Admission Price:** \$10.00

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

**Website:** <http://inspiritual.biz/meditational-mandalas/>

**Wheelchair Accessible:** Yes

### 28 Day Spiritual Cleansing Intensive Begins

**Host/Host Organization:** Inspiritual

**Date:** July 6, 2014

**Time:** as you have time each day for the next four weeks

(continued on page 12)



*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)

**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113, or by phone or **Skype (EST)**.

**Description of Event:** 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 one (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 after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose).

**Admission Price:** \$140.00

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

**Website:** <http://inspiritual.biz/28-day-spiritual-makeover-intensive/>

**Wheelchair Accessible:** Yes

### Healing Harbor

**Host/Host Organization:** Inspiritual

**Date:** July 7 and 21, 2014

**Time:** 7:00 pm - 8:30 pm

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

**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.

Coffee, tea, and water are provided. Services are provided on a first come, first serve basis. Our doors will close to new arrivals at 8:10 pm.

**Admission Price:** Love offerings

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

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

**Wheelchair Accessible:** Yes

### 2nd Friday Spirituality Book Club

**Host/Host Organization:** Inspiritual

**Date:** July 11, 2014

**Time:** 6:30 pm - 8:00 pm

(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)

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

**Description of Event:** This month, we will be reading and discussing *The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment* by Deepak Chopra, ISBN 978-0307591104

**Admission Price:** Love offerings accepted

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

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

**Wheelchair Accessible:** Yes

### [QiGong Instruction with Mary Meissner](#)

**Host/Host Organization:** Inspiritual

**Date:** July 12, 2014

**Time:** 11:30 am - 1:30 pm

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

**Description of Event:** QiGong (chee-gung) is an ancient Chinese science and art, developed centuries ago. It is the science of cultivating our Life Force (Qi) through specific practices, and then the art of applying this energy in service of the greater good (gong). Shaolin monks have long incorporated Qigong into their daily living. Now days, it is practiced by many diverse peoples across the world, to develop one's body, mind and spirit. Learn a different set of postures each month.

**Admission Price:** \$10.00

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

**Website:** <http://inspiritual.biz/qi-gong/>

**Wheelchair Accessible:** Yes

### [Spiritual Journaling Workshop](#)

**Host/Host Organization:** Inspiritual

**Date:** July 12 and 19, 2014

**Time:** 2:00 pm - 6:00 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.

(continued on page 14)



*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)

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. You will learn four (4) different strategies each session. 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.

Cost is \$80:00 for the entire workshop.

**Admission Price:** \$80.00

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

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

**Wheelchair Accessible:** Yes

### It's Movie Time

**Date:** July 13, 2014

**Time:** 2:30 pm - 5:00 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 *Ancient America mound builders: Edgar Cayce's forgotten legacy*. Since 1997, a series of astounding developments have shattered American archaeology's most cherished beliefs. Excavations have uncovered solid evidence that ancient America was settled at least 50,000 years ago. Includes amazing facts about this fascinating history and features a series of spellbinding interviews.

**Admission Price:** Love Offerings accepted

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

**Wheelchair Accessible:** Yes

### Oneness Blessing with Mary Meissner

**Host/Host Organization:** Inspiritual

**Date:** July 17, 2014

**Time:** 7:00 pm - 9:00 pm

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

**Description of Event:** A non-denominational healing experience where there is a transfer of physical energy, awakening our connection with the Oneness in everything, allowing each of us to deepen our relationship with our life and the world. The blessing giver places their hands on the recipient's head for several seconds to a few minutes, and allows the energy of the Divine to flow through them to the person receiving the healing.

When time permits, the group may do a meditation before the blessings are given, to enrich the healing experience.

(continued on page 15)



*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)

Admission Price: \$10.00

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

Website: <http://inspiritual.biz/oneness-blessings/>

Wheelchair Accessible: Yes

### Spirituality Book Club on Skype

Host/Host Organization: Inspirital

Date: July 18, 2014

Time: 6:30 pm - 8:00 pm EST

Place/Venue: **Skype**

**Description of Event:** This month, we will be reading and discussing *The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment* by Deepak Chopra, ISBN 978-0307591104.

Admission Price: Love offerings accepted

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

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

Wheelchair Accessible: Yes

### QiGong Practice with Mary Meissner

Host/Host Organization: Inspirital

Date: July 19 and 26, 2014

Time: 11:30 am - 12:30 pm

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

**Description of Event:** QiGong (chee-gung) is an ancient Chinese science and art, developed centuries ago. It is the science of cultivating our Life Force (Qi) through specific practices, and then the art of applying this energy in service of the greater good (gong). Shaolin monks have long incorporated Qigong into their daily living. Now days, it is practiced by many diverse peoples across the world, to develop one's body, mind and spirit. Learn a different set of postures each month.

Admission Price: Love offerings

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

Website: <http://inspiritual.biz/qi-gong/>

Wheelchair Accessible: Yes

### Living the Five Agreements ~ Skype

Host/Host Organization: Inspirital

Date: July 20, 2014

Time: 2:30 - 4:00 pm EST

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.

(continued on page 16)



*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*.

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

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

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

**Wheelchair Accessible:** Yes

### Angel Card Reading Practice

**Host/Host Organization:** Inspiritual

**Date:** July 22, 2014

**Time:** 7:00 pm - 9:30 pm

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

**Description of Event:** It is Angel Card Reading practice night. Vicki Snyder invites us to come together as like minded people to share and learn from each other.

We will learn new spreads, practice doing readings on each other and learn some new things on angels.

Each month there will be something new to learn and share. We will start with an intention meditation with angels and briefly cover a learning topic then practice, practice, practice.

This will be a fun night spent with like-minded people sharing the love of angels.

**Admission Price:** \$10.00

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

**Website:** <http://inspiritual.biz/angel-card-reading-practice-night/>

**Wheelchair Accessible:** Yes

### Living the Five Agreements

**Host/Host Organization:** Inspiritual

**Date:** July 25, 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. We will begin with discussing and working through *The Four Agreements*.

**Admission Price:** Love offerings accepted

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

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

**Wheelchair Accessible:** Yes

(continued on page 17)



*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)

### Cleaning Your Home with Young Living Essential Oils

**Host/Host Organization:** Inspiritual

**Date:** July 26, 2014

**Time:** 2:30 pm - 4:00 pm

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

**Description of Event:** Come learn how to use Young Living Essential Oils to clean your home, freshen your laundry, wash your clothes, polish your furniture, purify the air, your refrigerator and more all through the use of essential oils. You will get to experience a diversity of ways to use essential oils to clean every room in your house.

**Admission Price:** Love offerings accepted

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

**Website:** <http://inspiritual.biz/special-events/>

**Wheelchair Accessible:** Yes

### Womyn's Drum Circle

**Host/Host Organization:** Womyn's Drum Circle

**Date:** July 27, 2014

**Time:** 2:30 pm - 4:30 pm

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

**Description of Event:** The Womyn's Drum Circle brings womyn together, strengthening that bond which is unique to womyn who love to connect with other womyn. The womyn's drum circle isn't only about drumming. It's about connecting with other womyn, learning from each other, and growing in mind and spirit. It's an awakening of our senses and our hearts. It's a healing journey that is different for each womyn who attends.

We drum to celebrate who we are, to heal ourselves, to express our individuality and connect with our spirituality. You do not have to be a musician or an experienced drummer to be part of our drum circle. New comers and beginners can tap out simple rhythms on their drums or play other percussion instruments like shakers and claves.

**Admission Price:** Love offerings accepted

**Email Address:** [womynsdrumcircle@groups.facebook.com](mailto:womynsdrumcircle@groups.facebook.com)

**Website:** <https://www.facebook.com/groups/womynsdrumcircle/>

**Wheelchair Accessible:** Yes

### 4 year Anniversary Celebration

**Host/Host Organization:** Inspiritual

**Date:** July 31, 2014

**Time:** 6:30 pm - 9:00 pm

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

**Description of Event:** We have experienced four (4) amazing years thanks to your love and support. This year, we are seeking to provide an additional physical space for all to come and meditate and experience the peaceful and calming energies in our meditation garden, which we will begin construction on in August.

(continued on page 18)



*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 are asking those who have been blessed by our classes, workshops, gatherings, and services to consider making a donation to assist us in the creation of this community meditation garden. We will be posting a list to the website shortly of what is needed and the associated costs. We will be posting pictures of the garden as we develop it and will have a prayer and blessing service upon its completion. We hope you will join us and support us as we make the image below a reality.

**Admission Price:** Love offerings accepted

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

**Website:** <http://inspiritual.biz/special-events/>

**Wheelchair Accessible:** Yes





*“Interested in becoming an Inspiritual community sponsor? Here’s how...”*

## How to Become a Community Sponsor

Inspiritual is a space where all can come for spiritual growth, evolution, and transformation regardless of income. We are intentional about increasing the Gross National Happiness in this world. Our community sponsors help us in one of two ways.

One way is through a reciprocal flow of energy in promoting one’s organizations and events. We strive to create individualized programs to meet the needs and level of reciprocity we have with each sponsor.

The second way is through an annual donation of \$60.00. Both approaches will ensure that your organizational information and logo are listed on our community sponsor page. The latter, however, also provides you with a business card size ad in our monthly newsletter, which is currently emailed out to approximately 400 people. We also ask that you list basic information about Inspiritual and our services on your website. Our community sponsors are the only ones who we allow to advertise in our newsletter. If you are interested in either of our programs, please let us know which one you are most interested in being involved. In either case, we will need the following information:

- Name of Organization
- Description of Organization
- Contact Person:
- Phone
- Email
- Website
- Your logo (in jpeg or gif format)

If you would prefer to participate via a reciprocal flow of energy, please let us know what you are willing to provide to help promote and support our efforts to help people heal, evolve, and transform spiritually as well as how we can support you in return.

Our Community Sponsor information is on our website - <http://inspiritual.biz/community-sponsors-resources/> ♦

## Inspiritual Community Sponsors

A business card for Rev. Vicki Snyder. On the left is a square image of a white dove in flight against a dark blue night sky with a crescent moon and a colorful horizon. To the right of the image, the text reads: "Rev. Vicki Snyder", "Certified Psychic Medium", "Certified Angel Card Reader", "Spiritual Counseling", and "Reiki & IET". At the bottom left, it lists "585-208-8707", "By appointment", "vickisnyder138@gmail.com", and "www.vickisnyder.webs.com". At the bottom right, it lists "3380 Monroe Avenue #217" and "Rochester, NY 14618".

**Rev. Vicki Snyder**  
**Certified Psychic Medium**  
Certified Angel Card Reader  
Spiritual Counseling  
Reiki & IET

585-208-8707  
By appointment  
vickisnyder138@gmail.com  
www.vickisnyder.webs.com

3380 Monroe Avenue #217  
Rochester, NY 14618

## About Us



*Inspirational*

25 Bernie Lane  
Rochester, NY 14624-1152

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

### **We're on the WEB!**

**Our Website**

<http://inspiritual.biz>

**Twitter**

**@Inspirational**

**Facebook**

[https://www.facebook.com/](https://www.facebook.com/inspiritual.biz)

[inspiritual.biz](https://www.facebook.com/inspiritual.biz)

**Meetup**

[http://www.meetup.com/](http://www.meetup.com/Inspirational-biz/)

[Inspirational-biz/](http://www.meetup.com/Inspirational-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, please drop us an email!”*

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 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 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 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, [Inspirational@ymail.com](mailto:Inspirational@ymail.com) For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, by 11:00pm.

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!**