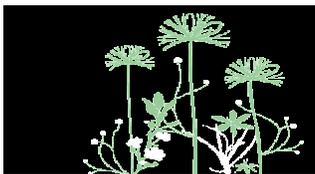


October 2014



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One Spirit - Many Voices

Worth

 Byline: *Rev. Dr. J.*

What are you worth? A few years ago, I was reading this article about a man in Australia who had sold his entire life on eBay for slightly less than half a million dollars. He was tired of his life, the way he was living it, and so decided to sell everything and start over. Reading this story, it really made me think about how one decides what one is worth. Just for fun, I did a web search to see what others were saying about how you determine your worth as a human being. Sadly, I found a website called www.humanforsale.com I went through the process because I wanted to see what questions they would ask and to get a sense of what they would tell me I am worth. I never finished it, because they required information I was not willing to share (my name, address, email, phone, etc.). In the process, I did learn that I have an IQ of 142 (www.free-igtest.net) and that I am smarter than 61.5% of people (www.am-i-dumb.com). While I found that information interesting, I don't think it makes me worth more or less in this world than anyone else.

Some of us might not feel like we are worth much, but that is about the extent to which we have internalized the negatives messages of others in our society. No one group in society is worth more or less than others. If as you read that there was this little voice in the back of your head yelling @#\$!@#\$, then remember the Infinite does not value one group of people over another. People have constructed artificial differences that say that one group is of more value than others are, however, God loves each of us just as we are.

We tend to determine our worth in society based on many things, but for now, I just want to reflect on a few things:

- ♥ Do you know that God loves you just as you are? Perhaps more importantly do you love yourself? If you don't like yourself, then it is hard to think that anybody else can think you are worth being friends with, never mind loving. Therefore, what do you need to do in your life for you to know that you are worthy of being loved?

When somebody criticizes you, blames you, insults you, or otherwise tries to lower your self-esteem, is the volume turned up and do you accept it unconditionally or do you reject it, hit the internal mute button, and question why they would speak in a way that was not of love? When somebody comes at you with words of affirmation or praise, do you hit the internal mute button and ask yourself why they are lying or do you allow yourself to receive this affirmation and experience their words of love?

- ♥ Do you see life circumstances as confining and defining you, or do you know that you can fly? Are you one of those people who looks at a challenge and says "I know I can't", or are you more like the little engine that looked at the challenge and said "I think I can, I think I can."? The last few years my body has undergone some changes and I have lost some abilities that I once had (i.e. driving and walking any real distance).

(continued on page 7)



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



“We’ve made tremendous progress on the prayer garden! MORE TO COME.”

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. 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 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 are 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 meditation and prayer garden page <http://inspiritual.biz/meditation-prayer-garden/> We will be listing our costs for the implementation of this public meditation and prayer space on our donations page by mid-July. Benches are 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 to support our ability to provide low and no cost offerings to those seeking to grow and evolve spiritually, many of whom we never get to physically meet because they live around the world. ♦

What’s New?

- ♥ Perhaps our biggest news is the progress we are making on our meditation and prayer garden. The 34 cubic yards of topsoil and compost we needed was donated and delivered on August 22nd. All of the dirt and compost has been moved to its proper place and the energy that is filling our yard is amazing. Recently, we were told it felt as if one was walking into a generator of positive energy. We can only imagine how it is going to feel when everything is in place and the plants are growing. On October 1st, the benches arrived, and so there will be places to sit, pray and meditate. Check out our photo gallery for pictures of the garden and its evolution. You can access our photo gallery at <http://inspiritual.biz/inspirituals-photo-gallery/>



Part of the berm, in the backyard.



There will be four benches in the backyard!

(continued on page 9)



“...The silence is amazing and I can hear things in the brush near the pond where the deer lie down and hide. And I know that they are watching me because I can feel them near...”

Walk Alone

Byline: *Doris Richardson Edsell*

Today I walk alone through the beauty of the fresh smell of autumn in the air. I never mind walking alone because it gives me time to just think about myself and my path in life. The silence is amazing and I can hear things in the brush near the pond where the deer lie down and hide. And I know that they are watching me because I can feel them near. A dog on a leash approaches me with his owner and I bend over to pet the tiny, white and brown fluffy dog that appears to be quite excited to greet me. His owner tells me a story of his dead wife whose dog this was and how his son kept the dog for a year and then returned it to him. He said, “Yes, he thought that I was ready to take back my dead wife’s dog, but the pain is still intense every time I look at Tabby,” and I replied, “Yes, pain subsides but never quite goes away until you are spirit too.”



Then I heard the huge bright orange and white fish popping out of the water making large circles that seem endless as they spread across the entire pond. And the circling of energy from the playful fish brought me some good feelings but my emotions about the man I met sent a large tear down my right cheek when I pondered about his plight in life. When loss is so thick that it seems to render you motionless; you have no words to describe the feelings of intense sorrow and pain. The man said good-bye and I returned a wave saying, “Hope things get better for you as the days pass by.” He said with a sigh, “I want things to be the way they used to be for me when Jeannie was alive.” He walked away and I knew I would see him again on the path that I walk each day. ♦



“ Don't forget, in addition to Young Living's pet products, there are also benefits to using some of the oils you use on your pets too! Please visit our Young Living website and investigate ALL the possibilities. ”

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

Young Living and Pets

Your pets are members of the family too! Give them the same effective, chemical-free care that your whole family deserves with two great products formulated just for your pets' fur and skin:

Animal Scents™ Ointment ~ Animal Scents™ Ointment is blended with Melaleuca alternifolia and myrrh, two of nature's most powerful essential oils. It is a protective and soothing salve formulated for external use on animals. Typically used for minor skin irritations, cuts, and abrasions, the rich blend of ingredients is effective yet gentle and safe, so you can soothe your pets without using harmful chemicals or synthetic products.

Animal Scents™ Shampoo ~ Animal Scents™ Shampoo cleans, protects, and conditions your pet's coat without the harmful ingredients often found in pet care products. This all-natural shampoo contains five powerful essential oils, which are blended to gently cleanse, increase luster, and enhance grooming. 💧

Bathing Reflection

Byline: *Sharon Forsythe Hinkson*





“Consider working with Rochester’s Committee on Human Rights. There is still much work to be done to ensure that the needs and rights of EVERYONE are ‘part of the plan’.”

Renew Your Support by Co-Sponsoring

Human Rights Day in Rochester is coming on December 8, 2014

Renew Your Support by Co-sponsoring
“Capitalism Versus Human Rights”

Dear friends and supporters of human rights:

Once again the Rochester Committee on Human Rights is asking you to add your name to the list of organizations who, no matter what their area of passion or expertise, believe that everyone deserves to be respected and treated justly all over the world. Every year we uphold the **Articles of The Universal Declaration of Human Rights** as we come together as a community to eat, talk, and listen to each other.

This year, we ask big questions: Why do poverty, racism and sexism persist? Why can’t we really do something about climate change? Why are we spending so much on war, while cutting back on programs that benefit people? Why don’t we have Medicare for All? Why is the minimum wage so low? Why do we have to keep working so hard for change, with so little result, no matter who is in power?

This year, we search for radical answers: Could it be that nothing can change because we live according to an economic system, capitalism, which actually depends on maintaining current conditions for its very existence? What would our country look like under a system where people, not money, were in charge? Can capitalism be reformed? Or, must capitalism be abandoned in favor of a system truly conducive to the flourishing of life on our planet?

This year we’ve asked the following people in our community to join us and to respond from their own perspectives:

Paola Macas Betchart, David Cay Johnston, Ream Kidane, Colin O’Malley and Danielle Ponder. Many of you know them, or their work in the community. Denise Young will be the moderator. The tone of the evening will be set with a presentation by Spoken Word Artist Shanterra Randle-Brown.

As usual, you will also have a chance to ask questions of the panelists and of each other, to disagree, and to think about a new way of life that will benefit us all, not just the very few.

We are looking forward to your co-sponsorship! Please email hstone@rochester.rr.com with the following information:

Name of Organization
Contact name
Phone
Email
We would like to do tabling (yes or no)

A monetary contribution is welcome but not required. A check made out to HUMAN RIGHTS DAY may be sent c/o Hank Stone, 1880 Route 64, Ionia, New York, 14475. ♠



“ While many of the essential oils are physically restorative; there are those that can aid in bringing about emotional balance to one’s life.”

Inspire a Positive Emotional State**

Do you love the way the spritz of fragrance from a fresh orange peel can brighten your day? Each essential oil’s complex, pleasant, and unique scent activates the limbic system - the brain’s center of emotion and memory - differently. While some essential oils may uplift the spirits, others may empower you to release negative thoughts and habits. Essential oils can be your key to a more fulfilling and balanced emotional life. To help you rediscover peace, balance, and joy, use these essential oils and blends for diffusion, soothing baths, massage, inhalation, or topical application:

Joy™ ~ Joy™ is a luxuriously exotic blend with uplifting overtones that create magnetic energy and bring joy to the heart. When worn as cologne or perfume, Joy™ exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

Lavender ~ 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 is an adaptogen, and therefore can assist the body when adapting to stress or imbalances. It is a great aid for relaxing and winding down before bedtime, yet has balancing properties that can also boost stamina and energy.

Orange ~ Orange (*Citrus sinensis*) essential oil has a rich, fruity scent that lifts the spirit while providing a calming influence on the body. Orange brings peace and happiness to the mind. It is rich in the powerful antioxidant d-limonene and aids in maintaining normal cellular regeneration. Orange may also be used to enhance the flavor of food and water.

Peace & Calming™ ~ Peace & Calming® is a gentle, fragrant blend. When diffused, it helps calm tensions and uplift the spirit, promoting relaxation and a deep sense of peace. When massaged on the bottoms of the feet, it can be a wonderful prelude to a peaceful night's rest. Peace & Calming® may be especially calming and comforting to young children after an overactive and stressful day.

Peppermint ~ Peppermint (*Mentha piperita*) has a strong, clean, fresh, minty aroma. One of the oldest and most highly regarded herbs for soothing digestion; it may also restore digestive efficiency. Jean Valnet MD studied peppermint's supportive effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in improving taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental sharpness. Alan Hirsch MD studied peppermint's ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals. This powerful essential oil is often diluted before topical application. Peppermint may also be used to enhance the flavor of food and water.

Jasmine ~ Jasmine (*Jasminum officinale*) has a warm, exotic, floral fragrance that relaxes, soothes, uplifts, and enhances self-confidence. Jasmine is beneficial for the skin. It has been used throughout history for romance and attraction and for balancing the feminine energy of the body.

(continued on page 7)



“ ”

Worth (cont'd)

Byline: *Rev. Dr. J.*

When I began using a wheelchair there were those who asked me how I was going to do ministry all “crippled up”. The person who asked me this might have thought that my conditions might confine and define me, they don't. Yes, I have had to make changes in the way I do some things, but how I physically move from point A to point B in my life does not define who I am as a human or spiritual being. You are not what happens to you, you are how you handle it. It is not what you are going through, it is about how you go through it. We need to let go of those messages in our minds, hearts and spirits that tell us we can't do “X” because we can. As the saying goes, “If God brought you to it, then God will bring you through it.”

- ♥ Do you remember to spring-clean your emotional, mental, spiritual, and physical lives or do you stay in the dumpster? I was watching “What Not To Wear” one day and it really hit me how so many of the people who appear on the show talk about how they stopped thinking they were worthy of taking care of themselves, of buying new clothes, of taking time to pamper themselves. I think reality shows have become popular in some respects because we tend to see ourselves in them. On one episode, Stacey and Clinton told a woman to buy a nice button down shirt, so she bought one of every color of this shirt. In some respects, it was a step forward because she was doing something new. At the same time, it was the old behavior in a new form because it was just the easier thing to do. I had to laugh because I used to have 14 pairs of the same black pants and seven of the same shirt (one in each color). Why, because it was easier and I had not yet told myself that I was worth taking the time to find a wide diversity of items to wear. We all have items, relationships, and messages we need to purge from our lives as we remind ourselves not to block our blessings.
- ♥ Are you trying to prove you are worthy or do you already know it? Do you already know that you are invaluable to the world, to this nation, to this state, to this city, to your family and friends, or are you working round the clock to prove that you are worthy? When you are stuck in a ‘trying to prove it mode’, you tend to focus on those things that you did not achieve and not see what you have. You always focus on your failures and not your successes. It is never about what you have done, but about what you did not do. It is hard to feel good about one's self, to appreciate one's self-worth when you are always beating yourself up for what you did not do or could have done better. When you believe in yourself, it is not that you are saying that “I am all that and a bag of chips”, but that you know that you can achieve. You know that you have the potential to become more than you currently are. You know that you are worth more than anyone around you may realize or ever took the time to tell you.

So today, take the time and remind yourself that you are worthy, that you can fly, and that you are like the little engine that could and did. Amen. ♦

Inspire a Positive Emotional State** (cont'd)

To order any of these products visit our website at <http://youngliving.org/inspiritual> or go to the young living site http://www.youngliving.com/en_US/products. When ordering, please list us as your referral source. Our number is 1514998.

**The source for this article's instructional information, about the oils, was derived from the Young Living website's http://www.youngliving.com/en_US/discover/guide/about 'About Essential Oils' page. ♦



A Lost Soul

Byline: *Gary Bertnick*

A lost soul seen walking along a lonely road,
 Dressed poorly
 Heavy steps taken
 Back hunched slightly,
 Just one of many noticed lately
 Trudging along a nearby highway
 Some miles from a small town
 Dry summer fields in all directions,
 The sun baking from above
 As one of the few predictable things in his life lived out,
 Struggles, disappointments
 Failures and heartache
 Thickened skin of a soul, rough and toughened;
 Cars pass by at speed limits
 Few drivers notice, fewer even take a look.
 Oh, the value of a soul, the price, the cost poured out,
 And the path of human choices somehow taken,
 A walk of circumstances more than luck or chance;
 Messiah's Cross alone, Heaven's sovereignty draws us all together
 Rich and poor, weak and strong
 Young and old, male and female.
 More than the sun and moon above
 Divine compassion looks intensely below
 Watches each footstep taken, nothing missed,
 The Lord waits patiently for the designed opportunity
 The times set for them
 Exact places to live, to be
 Optimal moments, optimal circumstances;
 People and places brought together in time
 That they might hunger and thirst
 That they might search and seek
 That they might finally reach out
 Grasp for reality
 And touch the kind hand of Peace, and soon see the face
 Of the Living God! ◆

September 17, 2014
<http://garybertnick.wordpress.com>



“ Please let us know what you think of our recent changes. Your feedback is valued and assists us in future modifications. ”

What's New? (cont'd)

In this past month, thanks to some advice from a business consultant at Chance2grow (<http://chance2grow.net/>) we began making some changes to how we post things to Facebook. Our thought for the day is now an image. We have seen a 100% increase in page 'likes' after one week of following her advice. We are thrilled to have a chance to radiate love, light, and positive energy to more people. Let us know what you think of our more visual FaceBook outreach.

- ♥ 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 stay informed, this is just one more way to do that. Please note, however, that only our physical gatherings are on the meetup calendar. 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

Whale

Byline: *Monk on Bernie Lane*



We are not the only ones Spirit is talking to or using to lift up the energy of our planet...



Silent Bliss

Byline: *Nina Ploetz*

I wake this day to silent bliss
Gods own whisper, I know this
"Come outside and start your day
Walk with Me and let us pray"
Gratitude and love abound
For all God's beauty is around
The sky, the earth, the air I breathe
Are given freely, that I receive
Each new breath that fills my soul
Brings in renewed life and goal
For when I take my morning walk
I take in God's glory in just a thought
Be Blessed this day as you begin
For with God you know you win
Peace and Love and Grace are given
As this morning walk, you're livin'
I am grateful for God's gift of you
Know God holds you in all you do
For as above so is below
This is God's promise, of that I know
So thank you for this morning walk
God's union with us to listen and talk

*With Love ~nina pauline
Love and many Blessings to you and yours always and in all ways. ♣*

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/)



October 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					
5 28 day Spiritual Cleansing Intensive begins 10:00 am Love & Inspiration on Skype 2:30 pm Meditational Mandalas	6 7:00 pm Healing Harbor	7 7:00 pm Understanding How Energy Forks w/ Heidi Condello	8 6:30 pm Love & Inspiration	9 6:30 pm Love & Inspiration	10 6:30 pm Spirituality Book Club	11 2:00 pm Spiritual Journaling Workshop Part 2
12 10:00 am Love & Inspiration on Skype 2:30 pm It's Movie Time!	13 7:00 pm Healing Harbor	14	15 6:30 pm Love & Inspiration	16 6:30 pm Love & Inspiration	17 2:30 pm Writing with Your Soul	18 2:30 pm Writing with Your Soul
19 10:00 am Love & Inspiration on Skype	20 7:00 pm Healing Harbor	21	22 6:30 pm Love & Inspiration	23 6:30 pm Love & Inspiration	24 7:00 pm Living the Five Agreements	25
26 10:00 am Love & Inspiration on Skype 2:30 pm Rochester Womyn's Drum Circle	27	28	29 6:30 pm Love & Inspiration	30 6:30 pm Love & Inspiration	31	

Month at a Glance

Calendar of Events



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/>)

Love and Inspiration

Host/Host Organization: Inspiritual

Date: October 1, 8, 15, 22, and 29, 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

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: October 4 and 11, 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 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. I will share four different techniques each week in this two-week series. We will begin with the most basic technique - streaming. Subsequent techniques will incorporate streaming in combination with other techniques. 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: October 5, 12, 19, and 26, 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.

(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)

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 nine (9) people each week. RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Meditational Mandalas

Host/Host Organization: Inspiritual

Date: October 5, 2014

Time: 2:30 pm - 4:30 pm

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

Description of Event: 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, listen 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 also be provided. Feel free to bring your own coloring supplies if you would prefer.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

28 day Spiritual Cleansing Intensive Begins

Host/Host Organization: Inspiritual

Date: October 5, 2014

Time: At your convenience

Place/Venue: Where ever you are

Description of Event: If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the evening of October 4, 2014, you will receive daily readings, homework assignments and an affirmation from me.

This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making self a priority, restoring balance and peace to your life and allowing yourself the space to develop a new relationship with yourself. This workshop will address the four elements of nature - air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least 1 hour, or more, per day for this month. I will also be available in person, by phone or **Skype** for a 30-minute check in after the completion

(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)

of each week, to assist you in your processing. Supplies needed are two journals (each used for a different purpose).

A space is created for those in the group to communicate and support each other throughout the journey.

Admission Price: \$140.00

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspirital

Date: October 6 and 20, 2014

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspirital, 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, 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: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Understanding How Energy Works w/Heidi Condello

Host/Host Organization: Inspirital

Date: October 7, 2014

Time: 7:00 pm - 9:00 pm

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

Description of Event: We work with energy, vibration and frequency every day, yet most people don't have any idea exactly what that is or how to work with it. In this class, we will explore these concepts and see, feel and experience our energy. We will work on directing our energy, so bring a high vibration as well as a pendulum and/or dousing rods if you have them!

Admission Price: \$20.00

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/healing-wheidi-condello/>

Wheelchair Accessible: Yes

(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)

2nd Friday Spirituality Book Club

Host/Host Organization: Inspiritual

Date: October 10, 2014

Time: 6:30 pm - 8:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113. You may also join us via **Skype** by adding 'SAJEWord' as a contact and asking us to add you to the video call.

Description of Event: This month, we will be reading and discussing *Fear: Essential Wisdom for Getting Through the Storm* by Thich Nhat Hanh, ISBN 978-0062004727

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

It's Movie Time

Date: October 12, 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 your own beverage (BYOB). Popcorn will be provided. This month we will be viewing and discussing *Why People Don't Heal and How They Can: Three Levels of Power & How to Use Them* by Caroline Myss. Learn about the unacknowledged role that power plays in your spiritual development with *Three Levels of Power and How to Use Them*. Through wise management of your power, Myss teaches, you can stop wasting energy on events from the past and start using it for your ultimate development as a human being. She explains the profound spiritual implications for shifting to the highest level of personal power, a shift that, she shows, is already taking place. The original public TV broadcast is on audio.

Admission Price: Love Offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Writing with Your Soul

Host/Host Organization: Inspiritual

Date: October 18, 2014

Time: 2:30 pm - 4:00 pm

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

Description of Event: There are many ways to connect with your inner consciousness. You can pray, meditate, dream, or visit a shaman, or a minister, or a hypnotherapist. With so many routes into inner consciousness, why write? Of all the ways to get in touch with your Higher Power, to hear the small, still voice pointing you in the right direction, why take the time to write? One reason: it works. It works amazingly well.

If you want to engage in a vibrant conversation with the wisdom that dwells within you, then write.

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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)

Each month we will gather on the 3rd Saturday of the month at 2:30 pm. 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 with others.

Those who wish to participate via **Skype** may do so by adding 'SAJEWord' as a contact and pre-registering.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

[Living the Five Agreements](#)

Host/Host Organization: Inspiritual

Date: October 24, 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: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

[Rochester Womyn's Drum Circle](#)

Host/Host Organization: Womyn's Drum Circle

Date: October 26, 2014

Time: 2:30 pm - 4:30 pm

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

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

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

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'.

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: Inspirational@gmail.com

We're on the WEB!

Our Website
<http://inspiritual.biz>

Twitter
[@Inspirational](https://twitter.com/Inspirational)

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

Meetup
<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@gmail.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!