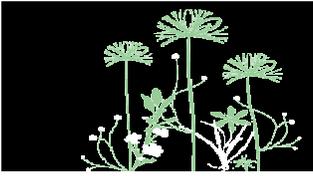


May 2015



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# One Spirit - Many Voices

## Connections

Byline: Rev. Dr. J.

When I was a young girl (which is quite some time ago), one of my favorite things to do was to connect the dots. My parents would buy me books that had numbers or letters and if you drew a line in the right order then you could see the big picture. What initially seemed like separate numbers or letters on a page revealed something magical and mystical when I began to connect the dots. Little did I realize at that time, the ability to connect the dots is an important spiritual practice. When I look back at them now, it is easy to see the image by visually connecting the dots. However, I recently came upon one that challenged me to think outside the box as there were numbers missing and so I needed to make connections in ways that challenged me to transcend the boundaries which I thought existed.

This is what I learned from playing connect the dots. As John Donne once wrote, *no man is an island*. None of us stands alone. To think we are completely separate from one another is an illusion. I truly began to understand this when I began studying world religions. I found that I was consistently making connections across spiritual disciplines and faith traditions. As we become intentional about the spiritual practice of connections, we enhance our awareness of how everything in life is connected to something else. These connections transcend time, space, and people.

It is so easy to see how this works in our own lives. For example, I can take one of our clients to illustrate this principle. She became a client because of a demonstration she had experienced at a fair we did not attend. The instructor she took the class from facilitates a class for us from time to time. Said instructor began teaching here because of a referral from an acquaintance of mine, who I became friends with because of a blog I wrote, *Sharpening Knives*, (<http://inspiritual.biz/the-zenful-kitchen/2012/12/19/sharpening-knives.html>). My blog about knives was connected to stories about moving beyond violence and a book I read while doing my doctoral studies called *Flow* by Mihaly Csikszentmihalyi. I could keep moving back and forth, but hopefully this helps you make the connection, demonstrated by the following phrases: **“One thing always leads to another.”** and **“Everything is related to everything else.”**

We develop this spiritual practice in our lives by consciously and intentionally seeing how we are connected to other beings and events in our lives. You can start anywhere and with anything. Sometimes the connections are quite obvious and visible. Other times, the connections we are experiencing become visible because we have been able to see the connections through mystical and sometimes metaphysical experiences. Each of these helps us to understand and practice making the connections, but also understanding how all we say and do is connected to something else in this world.

The ability to practice seeing and acknowledging these connections in our lives reminds us how everything in our own lives is connected to something else. Our spiritual well-being is connected to our emotional, mental, and physical well-being. Each part of who we are is interconnected to the other. As we recognize this in our own lives and the lives of others, we are able to embody a more holistic way of thinking about

(continued on page 4)

**Strong and Steady**Byline: *Doris Richardson - Edsell**When things fall apart in life, can you put them back together?**“...When your center is off you can feel it...”***Broken Barns**

Sometimes broken objects can be fixed without any detection and other times you need to throw them away or save them in their broken state. Every day I walk by some barns down my street. There are homes in disrepair and others that are strong and sturdy. The funny thing about barns is that they can stay up broken, swaying in the wind, and no one seems to wonder why.

Someone once told me that some barns have a center post that keeps the balance in a *not so sturdy structure*. You too have a *heart center* that can be strong with strength at the center, keeping you strong in mind, body and spirit. When barns do crash down, there may be many memories tucked inside of them that will never be forgotten. Unlike homes, no one seems to be bothered by a barn falling down. Houses have to be stable with many large beams holding the structure strong and steady. If a house sways with the wind, you need to get out quickly.

**Relationships That Sway**

There are so many different types of *relationship crashes*, and some can be saved while others just have to move on. Moreover, just like a barn, you may be able to pick up the pieces and carry on carefully finding ways to reconcile, or give up on your relationship as so many people do. You and your partner have to make the decision as to the worth of your *structure*, just as the farmer assesses the loss of his barn.

**Your Center and Balance**

When your *center is off* you can feel it, especially in your physical being; putting you off balance for the day; leaning to one side or the other.

(continued on page 7)



*“ We wish to thank those that have and/or will generously give of their resources in support of Inspiritual.”*



*“...Our Pampered Chef ministry has ‘pulled out of the gate’ and is running! We have two...possibly three... fundraisers beginning this month.”*

## Help Us Grow

For the last four and a half (4.5) 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 *feed* those in need. You can assist us in one of three ways.

Become part of our Plant a Seed Program by making a monthly donation 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. We list those, who donate \$50.00 or more, on our **Micro Patrons** page for the applicable year.

Contribute to the funding of our community prayer and meditation garden.

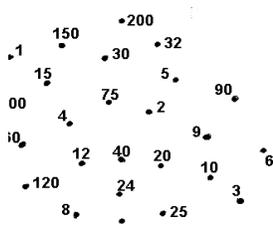
You can learn more about the garden by visiting our **Meditation and Prayer Garden** page, <http://inspiritual.biz/meditation-prayer-garden/>. Thus far, we have purchased and installed benches, constructed a berms, and began filling the area with plants, shrubs, grasses and stones. However, we are still working to raise funds to put in pavers, a wheelchair accessible sidewalk into the yard, and solar lighting to illuminate the space at sunset.

One hundred percent 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 meet because they live in various places around the world. ♦

## What's New?

- ♥ We would like to give thanks to all of you who have kept our family in prayer over the last six months. Rev. Sharon had her gall bladder removed on the 15<sup>th</sup> and the stent was removed on the 29<sup>th</sup>, both successfully. She is on the mend and continuing to work on becoming healthier each and every day. Not only was April 15<sup>th</sup> the day her gall bladder was removed, but it was the day she hit the 50 lb. weight loss mark. She is looking forward to people being able to see less of her.
- ♥ We made the move to **Zoom** and are thrilled with the improved sound and video quality. We can do so much more with our virtual groups now, which is such a blessing.
- ♥ Our Pampered Chef® ministry, to help non-profits, continues to grow. We recently closed out our first fundraiser for the Lions Club of Chili, NY. If you have an organization or cause you would like to raise funds for, please let us know. We can work with you no matter where you are in the United States. If you are not familiar with The Pampered Chef® products, contact us or visit our page at <http://www.pamperedchef.com/pws/sharonjacobson>.
- ♥ In May, we will be doing a couple of fundraisers. One will be to help a friend of ours, Deborah Blish, raise funds to help offset the medical costs incurred when her daughter Alyssa was hit by an SUV.

(continued on page 5)

**Connections (cont'd)**Byline: *Rev. Dr. J.*

*“...making connections allows us to see the bigger picture in life...helps us to move beyond a way of thinking, which tries to compartmentalize and sort our lives...”*



*“...She was 15 years old and is a wonderful young woman with a beautiful and bright future ahead of her, but will need lots of help to get there...”*

others and ourselves. We begin to understand, as the children’s song suggests, how one bone is connected to the next bone. Collectively it is the connection of all these *bones*, which constitutes our body.

The practice of making connections allows us to see the bigger picture in life. Doing so helps us to move beyond a way of thinking, which tries to compartmentalize and sort our lives and the world into neatly organized *file folders*. When we focus on the connections, we move beyond the binaries and dualisms in the world. We realize it is about mind and body, not mind vs body. It is about human and nature, not human vs nature. It is about all of humanity, not just one group or the other. The spiritual practice of connection helps us to move beyond the labels we use to categorize and divide each other, to a space where we recognize and honor the ways we are connected to each other. In doing so, we are better able to recognize the beauty and the presence of the Divine in each other and ourselves. This month, may we each be intentional about connecting the dots in our own lives. ♦

**Facebook Pampered Chef Fundraiser for Alyssa Blish**

On July 9, 2014, Alyssa Blish was hit by an SUV while riding her bicycle. The driver of the SUV only carries \$25,000 insurance for personal injury. Alyssa has multiple injuries, which include brain trauma, fractured humerus (elbow), fractured collarbone (2 places), and fractured pelvis (front and back in several places). She was put into a chemical coma for four and a half weeks, until the swelling in her brain subsided. When she awoke, she was marginally responsive and on a ventilator. Alyssa is a gifted healer, a Deeksha/Oneness Blessing Giver, and has unselfishly given much time to the Greater Rochester Area. She was 15 years old, at the time of the accident, and is a wonderful young woman with a beautiful and bright future ahead of her, but will need lots of help to get there.

Alyssa came home on November 22, 2014 and is continuing her rehab. She is currently receiving outpatient rehab at Unity Rehab, and has at least two more surgeries ahead of her. Her mother, Deborah, does all of her home care and is not able to work at a 9-5 job.

The financial problems are a dire concern. Medicare will pay a family member to do the home care, but not if said family member lives with the patient. The family continues to struggle with Medicaid and the insurance vendors on a number of issues such as, their refusal to cover things like catheter saline flushes, transportation to and from doctor appointments, supplements and alternative healing techniques. However, Alyssa continues to progress!

This fundraiser is an attempt to help one of many families in the world who need our love and support. As with all fundraisers we do, Pampered Chef® will donate 10 - 15% of sales to the recipient organization - in this case, the Heaven and Earth Connection, which is Deborah’s organization. Zoë and I will add an additional 5% to the fund. We invite you to order a product that can aid in making your life easier, but also helps this family. It is always a blessing when we can increase the Gross National Happiness in the world. Orders can be made online May 1<sup>st</sup> through May 29<sup>th</sup>, 2015 <https://www.pamperedchef.com//pws/sharonjacobson/guest-landing/8911885974683>, or ask to be invited to join Alyssa’s Facebook Pampered Chef® fundraiser page, which will kick off on May 15<sup>th</sup>. Remember, big or small is not the question. Every little bit is appreciated and will be put to work to assist this family in getting the services and items they need! ♦



*“...Carol Taylor will be with us this month to conduct her 'Creature Teacher' course. Don't miss this one! ...”*

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

You can read more about this in the newsletter article, *Facebook The Pampered Chef® Fundraiser for Alyssa Blish*, on page 4. Her fundraiser will be **May 1 - 29<sup>th</sup>**. Place an order at <https://www.pamperedchef.com//pws/sharonjacobson/guest-landing/8911885974683>, or ask to be invited to join the Facebook page for Alyssa's fundraiser, which will launch on May 15<sup>th</sup>.

- ♥ The Pampered Chef® is donating \$1.00 per **pink** item purchased during the month of May from their limited collection, *Help Whip Cancer*. Anyone who purchases all four (4) items will be entered into our Mystery Host contest.

This party will be open **May 1<sup>st</sup> through 15<sup>th</sup>**. If we have five (5) or more people order all four (4) pieces, one person will be chosen as the host for the party, and be eligible for the host reward, which will give the winner a minimum of at 50% off one item, \$20.00 in free product and 20% off all other items purchased. The URL to order your four (4) pieces is <https://www.pamperedchef.com//pws/sharonjacobson/guest-landing/8911886171291>.

- ♥ Our 8-week Psychic Development series, which is being taught by Heidi Condello, <http://inspiritual.biz/healing-wheidi-condello/>, is coming to a close on **May 1<sup>st</sup>**. Those who have been a part of this group will be available to do readings for the public. Cost is \$5.00. Mark your calendars!
- ♥ We are excited to have guest teacher, Carol Taylor, who will be teaching a course on Creature Teachers on **May 16<sup>th</sup>** from 1:30pm - 5:30pm. Carol was trained by Grandma Twylah Nitsch. Grandmother Nitsch is an elder of the Seneca Nation; she is also the founder and leader of the Wolf Clan Teaching Lodge, an international organization that promotes the Native teachings of her ancestors.
- ♥ We have expanded our social media outreach and now have a Facebook page to help us identify people and organizations with whom we can do Pampered chef shows and fundraisers <https://www.facebook.com/sharonjacobsonpamperedchef?ref=bookmarks> You can also follow us on Pinterest at <http://pinterest.com/inspiritual> Twitter @inspiritual, on Meetup <http://www.meetup.com/Inspiritual-biz/>, our Facebook group page, <https://www.facebook.com/groups/154921854555618/>, or our business page <https://www.facebook.com/inspiritual.biz>. We also have a page 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. If you would like to offer a course here, please contact us at 585-729-6113 or via email at [Inspiritual@gmail.com](mailto:Inspiritual@gmail.com).
- ♥ As always, we are ever so grateful for your ongoing love and support. ♦

**Rochester Drumming Workshop Flyer**

**BE SURE TO SIGN UP FOR  
ROCHESTER'S DRUMMING WORKSHOP!**  
Featuring **GRACE TURNER, Drum Facilitator/Instructor,**  
**Dynamic Drum Arts of WNY**

Saturday, May 30, 2015, 10:00am - 4:00pm  
Brighton Town Park - Carmen Clark Lodge, 777 Westfall Road, Rochester



Grace Turner

Workshop includes rhythm patterns and techniques, African song and dance and drumming for wellness, plus a performance by the Dynamic Drum Arts women drummers/Miraculous Rhythms of Sankofa Jazz Ensemble. Drumming lessons will continue throughout the day.

New and experienced drummers welcome. Your skill level is not important.

Drums will be available or bring your own.

Bring your own beverage and lunch or purchase food at event.

Vendors will be present, selling interesting items.

Open to all genders. Children over 10 are welcome!

Early registration is \$25.00 on PayPal at [Sherlea@gmail.com](mailto:Sherlea@gmail.com) (Please add "Rochester Drumming Workshop" in the note area), or \$35.00 at open registration, the day of workshop, if space is available.

Questions? Contact [Sherlea@gmail.com](mailto:Sherlea@gmail.com)

This event will be sign language interpreted.



**"Rochester will be heard on May 30<sup>th</sup> with the sound of  
the drums speaking to hearts and in the spirit!"**



*“...When your heart center is off it crashes your emotions and spirit...”*



*“...While we are willing to doing traditional in home cooking shows, and virtual Pampered Chef® parties...we have decided to focus on fundraisers for nonprofit organizations...”*

## ***Strong and Steady (cont'd)***

Byline: *Doris Richardson-Edsell*

You work on your balance problems with exercises such as standing on one foot or yoga, that challenge your posture and balance.

### ***Emotions and Spirit***

When your *heart center* is off, it crashes your emotions and spirit, sending you into a tailspin of emotional turmoil that you have to work on to bring back the balance. You struggle trying to figure out what to do to keep yourself in good balance by reading inspirational literature, talking to a therapist who specializes in helping with emotional and spiritual life, or you may find a friend to confide in who is a good listener. Hopefully, when you find your way through the turmoil of a relationship that needs mending as I have, the relationship grows stronger with a center post holding you together.

*How do you keep yourself balanced in mind, body and soul? ♦*

## ***Pampered Chef Fundraising***

As we mentioned last month, we made the decision to become consultants for The Pampered Chef®. The Pampered Chef® is the premier direct seller of high-quality kitchen tools. The Pampered Chef® is committed to developing multi-purpose kitchen tools, providing expert cooking tips and creating simple recipes that enhance shared mealtime and suit busy lifestyles. Their product-line, includes nearly 500 offerings - from entertainment to everyday cookware, cutlery to cookbooks, stoneware to pantry products, to assist in getting a meal on the table much easier. If you are not familiar with Pampered Chef®, or would like additional information about the company and its products, you can visit their website at <http://www.pamperedchef.com/>.

While we are willing to doing traditional in home cooking shows, and virtual Pampered Chef® parties, which have been an integral part of The Pampered Chef®; we have decided to focus on fundraisers for non-profit organizations. We are finishing up our first fundraiser for the Lions Club of Chili and are talking to various organizations across the country. This month, we are participating in The Pampered Chef's® American Cancer Society fundraising effort by promoting their **pink** products, which can be viewed via the 1<sup>st</sup> link below. With the purchase of each **pink** product, The Pampered Chef® will donate \$1.00, to the American Cancer Society. In addition, we have created an online party where your order of all four **pink** items, will automatically enter you into our Mystery Host Party for the month. This party will be run **May 1<sup>st</sup> through 15<sup>th</sup>** If we have five or more people order all four pieces, one person will be chosen as the host for the party and be eligible for the host reward of, at least 50% off one item, at least \$20.00 in free product and 20% off all other purchases for said order. The URL to order your **pink** products, between **May 1 through May 15<sup>th</sup>** is <https://www.pamperedchef.com//pws/sharonjacobson/guest-landing/8911886171291>. If you have an organization you would like to help raise funds for, please contact us at <http://www.pamperedchef.com/pws/sharonjacobson>.

♦



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/)



Month at a Glance

●●● May 2015\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Inspirational</b> 25 Bernie Lane Rochester, NY 14624	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>				1 7:00pm Student Reading Night	2 11:30am QiGong Instruction  2:00pm Spiritual Journaling Workshop on Zoom
3 10:00am Love & Inspiration on Zoom	4 7:00pm Healing Harbor	5	6 6:30pm Love & Inspiration	7 7:00pm Oneness Blessing	8 7:00pm Spiritual Journaling Workshop - Week 1 of 8	9 2:00pm Spiritual Journaling Workshop on Zoom
10 10:00am Love & Inspiration on Zoom	11	12 6:00pm Integrated Healing Session	13 6:30pm Love & Inspiration	14 7:00pm Your Sixth Sense	15 7:00pm Spiritual Journaling Workshop - Week 2 of 8	16 11:30am QiGong Practice  1:30pm Creature Teachers
17 10:00am Love & Inspiration on Zoom	18 7:00pm Healing Harbor	19 7:00pm Spirituality & Metaphysical Book Club	20 6:30pm Love & Inspiration	21 7:00pm Oneness Blessing	22 7:00pm Spiritual Journaling Workshop - Week 3 of 8	23 11:30am QiGong Practice
24/31 10:00am Love & Inspiration on Zoom	25 2:00pm Memorial Day Potluck Barbecue	26 6:00pm Integrated Healing Session	27 6:30pm Love & Inspiration	28	29 7:00pm Spiritual Journaling Workshop - Week 4 of 8	30 11:30am QiGong Practice



*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

### Student Reading Night

**Host/Host Organization:** Inspiritual

**Date:** May 1 2015

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

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

**Description of Event:** Those who just completed our 8-week Psychic Development program with Heidi Condello will be doing readings for all who come. Come and support our students, who will be performing readings, using a wide diversity of psychic gifts and approaches.

Come support:

Susan Manillo

Jessica Meyer Mctiernan

Kelleigh Larsson

Barb Thurley

Bev Heasley

Janna Davenport

Michelle Bevil Petix

Zoë Davis

**Admission Price:** \$5.00

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

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

**Wheelchair Accessible:** Yes

### QiGong w/Mary Meissner

**Host/Host Organization:** Inspiritual

**Date:** May 2 (instruction) and May 16, 23, and 30, 2015 (practice)

**Time:** 11:30am - 1:30pm (instruction) and 11:30am - 12:30pm (practice)

**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.

**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 on Zoom

**Host/Host Organization:** Inspiritual

**Date:** May 2 (part 1) and 9 (part 2), 2015

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

**Place/Venue:** **Zoom** (URL will be sent to those wishing to join us.), 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.

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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)

The purpose of this series is not to teach you what to write, but 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 and opportunity are available 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:** \$40.00 per Saturday

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

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

**Wheelchair Accessible:** Yes

#### **Love and Inspiration on Zoom**

**Host/Host Organization:** Inspiritual

**Date:** May 3, 10, 17, 24, and 31, 2015

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

**Place/Venue:** **Zoom.** (URL will be sent to those wishing to join us.), 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/or reflection on an inspirational or spiritual reading, affirmations and communal sharing.

RSVP via email to reserve your spot and to receive additional instructions.

**Admission Price:** Love offerings accepted

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

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

**Wheelchair Accessible:** Yes

#### **Healing Harbor**

**Host/Host Organization:** Inspiritual

**Date:** May 4 and 18, 2015

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

**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" 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 gift 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.

(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)

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 8:10pm.

**Admission Price:** Love offerings  
**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/healing-harbor/>  
**Wheelchair Accessible:** Yes

### Love and Inspiration

**Host/Host Organization:** Inspiritual  
**Date:** May 6, 13, 20, and 27, 2015  
**Time:** 6:30pm - 8:00pm  
**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

### Oneness Blessing

**Host/Host Organization:** Inspiritual  
**Date:** May 7 and 31, 2015  
**Time:** 7:00pm - 9:00pm  
**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. We meet the first and third Thursday of each month at 7:00pm.

**Admission Price:** \$10.00  
**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/oneness-blessings/>  
**Wheelchair Accessible:** Yes

(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)

### Spiritual Journaling Workshop

**Host/Host Organization:** Inspiritual

**Date:** May 8, 15, 22, 29 and June 5, 12, 19, and 26, 2015

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

**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 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 and opportunity are available 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:** \$10.00 per Friday

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

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

**Wheelchair Accessible:** Yes

### Integrated Healing Sessions w/Mary Meissner

**Host/Host Organization:** Inspiritual

**Date:** May 12 and 26, 2015

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

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

**Description of Event:** Integrated Healing Sessions (IHS) are exactly what they sound like. It is a time when Mary Meissner, our IHS specialist, uses her intuition and mediumship skills in creating an integrated treatment for each person. Techniques include Reiki, QiGong, Color, Sound, Visualization, Therapeutic Touch, Meridian and Chakra Balancing, Oneness Blessings, and more. The process involves working with the person, to remove blocks and obstructions, facilitating energy flow; energizing the life force (Qi); bringing about balance and harmony in Body, Mind, and Spirit and quieting the emotions, healing the body, and recharging the Spirit.

**Admission Price:** The cost is - \$25.00 for a 30-minute session, \$55.00 for a one-hour session or \$85.00 for a 90-minute session.

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

**Website:** <http://inspiritual.biz/integrated-healing-session-ihs/>

**Wheelchair Accessible:** Yes

### The Sixth Sense

**Host/Host Organization:** Inspiritual

**Date:** May 14, 2015

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

(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 event will use the text, *Everyday Conversations: The Key to the Contemporary Medium*. Local authors and professional psychic-mediums, Susan Fiandach and Connie Wake will talk about our intuitive nature and the sixth sense. The sixth sense, sometimes described as an intuitive faculty, which gives awareness not explained in terms of perception through the other five senses. While some may argue this sense is not **real** because you can't point to a part of the body or organ. It is what the mind-body perceives from a physical and non-physical source. Sometimes people refer to it as intuitive, psychic, mediumistic, empathic/sensitive, paranormal and even dimensional. We need additional information about this energy source.

In this two hour overview, discussion includes what the sixth sense is and what it is not, covering topics such as the difference between psychic and medium readings, methods of receiving information, positive and negative energies, and myths and fears that typically prevent people from realizing their own sixth sense. Whether you are just curious about this topic, or interested in how you can take your intuitive abilities further, check out this informative and experiential class.

Twenty-five dollars (\$25.00) includes a copy of the book (value \$15.95). We will be discussing the book, the Tuesday following this workshop (May 19, 2015), at our Spirituality & Metaphysical Book Club meeting.

**Admission Price:** \$25.00

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

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

**Wheelchair Accessible:** Yes

### Creature Teachers

**Host/Host Organization:** Inspiritual

**Date:** May 16, 2015

**Time:** 1:30pm - 5:30pm

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

**Description of Event:** Carol Taylor, who was taught by Grandmother Twylah Nitsch, is an elder of the Seneca Nation; Grandmother Twylah is the founder and leader of the Wolf Clan Teaching Lodge, an international organization that promotes the Native teachings of her ancestors. The class will cover learning the Native American animal totems and what role they play in a person's life as guides and teachers/mentors. Attendees will be learning to use their intuition to discern which animals are their nine (9) out of 52 totem animals. The class will cover the medicine or energy, and teaching what each animal carries and brings to the person's life.

**Admission Price:** \$40.00

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

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

**Wheelchair Accessible:** Yes

### Spirituality and Metaphysical Book Club

**Host/Host Organization:** Inspiritual

**Date:** May 19, 2015

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

(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)

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

**Description of Event:** This month we are reading and discussing *Everyday Conversations: The Key to the Contemporary Medium - Unlocking the Myths*. The authors of the book are Susan Fiandach and Connie Wake. Fiandach and Wake's book is a thought provoking view of our sixth sense and demonstrates how our connections to non-physical energies are as every day as those things in our physical world. There are no myths, mystics or madness! We have **psychic experiences**, a.k.a. **soul experiences**, all the time. This book explains it through a medium's perspective, for the medium and non-medium alike. Written in an easy and informal style, this natural sense is easy to understand, this text clears up many misconceptions about psychic-medium services.

**Admission Price:** Love Offering

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

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

**Wheelchair Accessible:** Yes

#### Memorial Day Potluck Barbecue

**Host/Host Organization:** Inspiritual

**Date:** May 25, 2015

**Time:** 2:00pm - 7:00pm

**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 Memorial Day 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 few salads.

We have a huge yard, so bring a blanket/folding chair to sit/lay. Hope to see you all then!

**Admission Price:** Love Offering

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

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

**Wheelchair Accessible:** Yes ♣



*“We have many texts, scheduled for the remainder of the year, which you might find thought provoking and life altering. Take a look at the list, and join us for lively discussions”*

## Spirituality and Metaphysical Book Club List for 2015

Below is the remainder of our reading list for this year’s book club. Hope you can join us for some of these discussions.

**May** - *Everyday Conversations: The Key to the Contemporary Medium - Unlocking the Myths* - Susan Fiandach and Connie Wake. This book offers a thought-provoking view of our sixth sense and how the connection to the non-physical energies is as everyday as in our physical world. No myths, mystics or madness! We have "psychic experiences" a.k.a. **soul experiences** all the time...this book explains it through a medium's perspective...for the medium and non-medium alike. *Everyday Conversations* is easy to understand, and is presented in an informal style which assists in clearing up many misconceptions of psychic-medium services.

**June** - *The Quantum Prayer: An Inspiring Guide to Love, Healing, and Creating the Best Life Possible* - Dr. Joshua Kai. This book is an inspiring, deeply personal, chronicle of how the author, Dr. Joshua Kai, remarkably transformed his entire life in the course of just one year. Like so many people today, Joshua found himself at a point where he was simply “enduring” his life. At odds with his work, relationships, home life, finances, and health, he made the courageous choice to systematically walk away from disharmony; embrace his own authenticity, and intentionally create an extraordinary life of what he describes as Heaven on Earth. Joshua shares every detail beginning with his background in metaphysics, his work as a channel, how he discovered Quantum Prayer, and even the divine synchronicities that led him to meet the love of his life. Expanding on his revolutionary new work, Joshua outlines his vision for humanity as we continue to evolve into higher vibrational living. He explains in simple terms and with clear insight how you too can use this unique guidance in your own life to manifest, create, heal, prosper, and even discover your own life purpose.

**July** - *A Passion for Life* - Joan Chittister profiles 30 individuals from all eras and different spiritual traditions who show us how to live with character, courage, and enthusiasm.

**August** - *Joy Together* - Lynne M. Baab. Baab discusses communal spiritual disciplines that enrich faith and serve as correctives to major toxic forces at work in society.

**September** - *Calm Surrender* - Kent Nerburn. The author writes about real people facing steep challenges, illustrating how walking the hard road of forgiveness can be a habit of the heart.

**October** - *Everyday Grace* - Marianne Williamson. Williamson walks the reader through the path of discovering the importance of grace for living with the passions, fears, tensions, and yearnings of our times.

**November** - *365 Thank Yous* - John Kralik. Kralik book chronicles the positive results resulting from his project, in which he sends 365 thank you notes to deserving individuals in his life – from family to peripheral people.

**December** - *Perseverance* - Margaret J. Wheatley. Wheatley takes her readers on a journey that explores the spiritual value and many meanings of perseverance and hope. ♣



*“...Much like the Fantastic Four ingredients of green cleaning (vinegar, salt, lemon juice and baking soda), there is the fabulous core group of essential oils: eucalyptus, lavender, peppermint, and citrus...”*

## Four Essential Oils for a Green House

We recently posted a link to this story on our Facebook page, but thought we would share it here as well for those of you who do not follow us on Facebook, <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils-1514998/3250786542991440>.

Many essential oils, including lavender, ylang-ylang, patchouli, clove, vanilla, and peppermint may already be found in any ordinary garden or in your kitchen cabinets. You may have also seen them on the labels of many cleaning products, especially those that feature the buzzwords "all-natural," "hypoallergenic," and "organic." A word of caution, though: Just because something is natural, it isn't necessarily hypoallergenic. Some people are allergic to even all-natural products.

Essential oils are quite versatile. They are mostly plant-derived, with the exception of musk, which is taken from the musk glands of a large mammal ~ usually the musk ox. The plant-based essential oils are extracted from the leaves, stems, or stalks of the plant through a process of cold- or hot-pressing. For centuries, plants have been used for their different effects on the human body. As more and more people look for greener alternatives for their lifestyles, the many uses of essential oils ~ everything from aromatherapy to cleaning and pest control ~ have had a resurgence in popularity. Much like the Fantastic Four ingredients of green cleaning (vinegar, salt, lemon juice and baking soda), there is the fabulous core group of essential oils: eucalyptus, lavender, peppermint, and citrus.

Essential oils can be suspended in another inert oil, such as mineral oil or another plant-based oil like carrot or apricot seed oil. They can also be combined in a solution with rubbing alcohol and witch hazel. They can't be used with water, since, as you might remember from high school chemistry class, oil and water do not mix. Essential oils can also be used with the Fantastic Four in various household tasks or added to lotions and salves ~ just don't apply them directly to laundry or they'll stain. In some cases (though not for people who are allergic, are in early pregnancy, or are nursing), oils are safe to inhale or ingest. Of course, **make sure to research the safety of an oil first and use where appropriate.**

### **4. Eucalyptus Oil (Young Living carries three different kinds. We recommend the Eucalyptus Radiata:**

Eucalyptus oil has antibacterial and disinfecting powers ~ a few drops added to your mop water can make your floors smell and look better. Eucalyptus oil also works well as an effective insect repellent. However, it does yield a stronger scent than, say, lavender oil. When using it as an air freshener, first dilute it with water.

### **3. Lavender Oil:**

Lavender oil is often used in homemade sprays and sachets. It not only freshens rooms and closets, it keeps away mosquitoes, flies, gnats, and other biting insects. It is also bothersome to moths; when combined with cedar chips or slivers, lavender oil makes a powerful moth repellent. Sprays or lotions made with lavender oil can be used directly on the skin as chemical-free insect repellent. However, be sure to reapply often; depending on the suspension medium (alcohol versus lotion), it may evaporate faster than typical commercial bug repellents. Lavender oil in soy candles, placed around

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*“... Peppermint oil ...can be used to stave away vermin such as ants, roaches, and mice. Using the oil in its undiluted form and placing it in your home at entrances and around the perimeters of a room... will keep the vermin from crossing into your home...”*



*“...individuals will be learning to use their intuition to discern which animals are their...totem animals ...”*

## Four Essential Oils for a Green House (cont'd)

the home or garden, has a bug-repelling effect that is more powerful than citronella and it smells nicer, too. For maximum effect, combine lavender oil with eucalyptus and clove oils. Lavender is also a highly effective disinfectant with antibacterial properties and can be used in garbage and diaper pails. It can be used in a solution to refresh and disinfect nonporous surfaces like countertops and porous surfaces like draperies, upholstery, and bedding.

### 2. Peppermint Oil

Peppermint oil smells nice and fresh, but it also can be used to stave away vermin such as ants, roaches, and mice. Using the oil in its undiluted form and placing it in your home at entrances and around the perimeters of a room (particularly a room that has an exterior wall) will keep the vermin from crossing into your home. Like the other oils, a few drops of peppermint oil can be placed in a pot of water set to simmer to help quickly rid the home of bothersome odors.

### 1. Citrus Oils (Young Living carries lemon, lime, orange, tangerine, and grapefruit)

Citrus oils such as lemon, lime, and grapefruit oils, as well as our fantastic friend lemon juice, can be used in a variety of applications, even as polish for wood floors and wood furniture. Depending upon how severely dry the wood is, citrus oils can be either applied directly or suspended in another inert oil medium. Do not use citrus oils on cooking utensils, however. Citrus oils are also good for removing stickers and other gooey items ~ just add a couple of drops of the oil to the sticker and rub with a damp cloth until the adhesive is gone.

Should you wish to order them for your home go to <https://www.youngliving.org/inspiritual> and remember our member referral number when setting up your account is 1514998.

Source of article: <http://home.howstuffworks.com/home-improvement/household-hints-tips/cleaning-organizing/4-essential-oils-for-a-green-home4.htm>. ♦

## Creature Teacher

On May 16, 2015, Carol Taylor will be joining us to teach a class on Creature Teachers. The class will cover learning the Native American animal totems and what role they play in a person's life as guides and teacher/mentor. The individuals will be learning to use their intuition to discern which animals are their nine (9) out of 52 totem animals. The class will cover the medicine or energy and teaching each animal carries and brings to the person's life.

Carol Taylor was taught by Grandmother Twylah Nitsch. Grandmother Nitsch is an elder of the Seneca Nation, Grandmother Twylah is the founder and leader of the Wolf Clan Teaching Lodge, an international organization that promotes the Native teachings of her ancestors. Carol was born and raised in Western New York. She became a Licensed Practical Nurse in 1969. She has practiced many forms of Spiritual Healing over the last 20 years. She has apprenticed with Grandmother Twylah Nitsch. She is now a certified teacher and Peace elder and has dedicated herself to keeping the teachings alive.

We invite you to join us Saturday May 16, 2015 from 1:30pm - 5:30pm for her special class on animal totems. Cost is \$40.00, which includes all handouts and materials. ♦

**Become A Community Sponsor**

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

**How to Become a Community Sponsor**

Inspirational 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 Inspirational 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://inspirational.biz/community-sponsors-resources/> ♣

**Inspirational Community Sponsors**



**Rev. Vicki Snyder**  
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## About Us



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### **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/inspiritual-biz/)

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

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

### **It starts with your story.**

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

### **We seek the spiritual in everyday life.**

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

### **Fusion of traditions and beliefs**

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

## Making Submissions to **Your** Newsletter



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