

June 2015



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One Spirit - Many Voices

Devotion

Byline: *Rev. Dr. J.*

Often when we hear the word devotion, we think about it in terms of the world's religions. Each one offers its own ways of reminding us to live in the presence of our Higher Power; however, we define it. For example: Sufis dance, Buddhists chant, Catholics pray with a rosary, Protestants sing hymns, Orthodox Christians meditate on icons, Hindus gather to receive blessings in temples, Jews wrap themselves in a prayer shawl, Native Americans bring up the sun, and Muslims make a pilgrimage. Whether our practices are formal liturgies or informal gestures, each is about recognizing that everything is connected to the Divine. Every aspect of our life is connected to the Infinite Presence who is and is part of our entire existence. Everything we do has the potential to become an act of devotion to the Higher Power who we are in a relationship with in our lives.

Devotion is more than just a prayer or a form of worship, it is also about the love we have for the one we identify as our Higher Power. Maintaining that relationship is not something we do once a week, or just on religious holidays, or on specific days or times in our life. Devotion is about building one's relationship with their Higher Power daily.

Devotion not only assists us in deepening our relationship with the Divine, but also helps us build self-discipline. When we are intentional about claiming time each day for prayer or other communication with the Divine, then we also develop the discipline in other areas of our lives. Conversely, if we lack the commitment to developing our relationship with the divine, then we most likely lack the discipline in other aspects of our life as well.

Matthew Fox, in his book *Sins of the Spirit, Blessings of the Flesh: Lessons for Transforming Evil in Soul and Society*, shared "Recently a car mechanic told me this story: He was depressed at work but stuck with his job because of family responsibilities. Then he encountered a Sufi teacher who said to him, 'Each time you turn the ratchet as you repair a vehicle, speak the word Allah.' The mechanic did so, and his whole life changed, the whole relation with his work changed. 'Now,' he said, 'I love my work. I love cars. They are alive. It is a mistake to think of animate versus inanimate. A car will tell you, if you listen deeply enough, whether it wants to be repaired or whether it wants simply to be left alone to die.' "How would your life change if you spoke to or called upon your Higher Power with everything we do in our daily lives?"

Sometimes we use external sounds like the sound of a bell, a church chime, or the stroke of a clock as a reminder for us to take time to have a conversation with God. Sometimes it is visual reminders like candles, other times it is reports of war, famine, and other disasters that inspire us to take a moment to have a conversation with the Divine.

Life is filled with opportunities to practice our devotion to the one who created, maintains, and sustains us. Rick Hamlin, in his book *Finding God on the A Train: A Journey into Prayer*, shared, "Instead of ignoring disruptions - which only would have drawn our attention to them - Dad incorporated them into his prayers.

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Finding Some Miracles in Your LifeByline: *Doris Richardson - Edsell*

“...Miracles are spontaneous happenings that no one expects but they do happen ...Spirit is always unfolding in miraculous ways...”

What do you think miracles are?

Do miracles have to be unbelievable or so great that you are amazed by them?

***Are you walking down a path where miracles are happening?***

When you are patient in life's events, miracles can happen. You begin by waiting meditatively in calmness, balance and harmony. Sometimes patience in difficult situations is all that you have, and when you stay still long enough to catch your breath, only then do you begin to think of the many things you are not only grateful for but also may be miracles in your life.

Miracles

Miracles are spontaneous happenings that no one expects but they do happen. And even in the worse circumstances, things can change; getting better because there is balance in the Universe. Spirit is always unfolding in miraculous ways.

The hope factor; helping you get through difficult times

Hope and staying positive in bad situations can help. There is much power in prayer and meditative ways. Healing occurs when you let go and just be. You can come up with the positive energy in your inner core to allow you the wisdom to wait and let things unfold. You can hope for success, hope for acceptance, or hope that you can just hang on long enough to pass through to the other side of a life circumstance that may be not so nice right now. When the difficult times are over and things seem to miraculously get better; this may be the miracle that you have been waiting for. And when your moments do not happen exactly the way you wanted them to evolve begin to practice acceptance; allowing yourself to move forward in life; not looking back too much or too far in the future.

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



“...Times are a changing’, and so are we! Please read about our new offerings”

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 will be listed on our Micro Patrons page for that year.

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

You can learn more about that by visiting our 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. Thus far, we have been able to purchase the benches, construct the berms, and begin filling them 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, mulch, and solar lighting to illuminate the space once the sunsets.

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 physically meet, because they live around the world. ♦

What's New?

♥ We just wanted to thank all of you who have been holding Rev. Sharon and the Inspiritual family in prayer the last several months.

♥ Rev. Sharon created a new acronym to explain what is going on at Inspiritual:

Flying

In

New

Energy

FINE represents our new direction, what we are doing. We have a number of new groups and classes being offered, starting in June.

♥ One of our new series is **Art & Soul**, taught by Sam Akin. **Art & Soul** will be meeting weekly on Tuesday nights at 7:00 pm. Sam will be developing art projects to go with the spiritual practice theme of the month. June's spiritual practice is devotion. Each week's project will be about helping you with your devotional practice. June 16th we will be making artful spirit journals; June 23rd prayer jars, and June 30th travel altars. The cost of this class is \$15.00 per week.

♥ Heidi Condello will be offering a few classes in June which include:

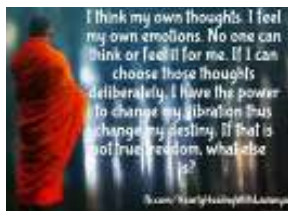
June 2 - **Past Life Readings** - 7:00pm - \$20.00

June 9 - **Being a Healthy Empath** - 7:00pm - \$2.00

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“Heidi, Deborah, Sam and Brian are all on the calendar this month! Many new classes and workshops, with a dose of familiar favorites are on the ‘menu’”



“ ...When was the last time you ‘felt’ the vibration of an emotional reaction to the thought or presence of another?”

What's New? (cont'd)

June 14 - **Reiki 1** - noon ~\$150.00

June 25 - **Intro to Witchcraft** - 7:00pm - \$20.00

- ♥ Deborah Blish, of Heaven & Earth Connections, will be offering a number of courses this summer and fall. In June, she is offering **Healing with Angels** on June 20th. Cost is \$110.00, with a \$20.00 non-refundable deposit due on or before June 5th
- ♥ Just a reminder, we have expanded our social media outreach and now have a Meetup group <http://www.meetup.com/Inspiritual-biz/>. If you want to stay informed and receive invitations to our events this is just one more way for doing so. Please note, that only our physical gatherings are on the Meetup calendar. Our Zoom events are only listed on our website and Facebook. You can also follow us on Twitter @inspiritual or on our Facebook 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 adding 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 teach and/or facilitate a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

Feel the Vibration

Byline: *Woody SnowyOwl*

Like the vibration of an instrument making music, a voice talking, singing or praying, emit vibrations too. Have you ever experienced the hum, the clank or the ting of a bridge as cars travel across its deck? When was the last time you ‘felt’ the vibration of an emotional reaction to the thought or presence of another? These also represent vibrations.

I finally understood, in a physical way, what it is they were trying to say about “vibration”. Emotion truly is a vibration. Last night, as I was feeling sad, I felt a weird vibration in my body, mostly my chest and throat, and I cried. It was a feeling in my heart, like a sick feeling, so much sadness. There was tingling that rose up into my throat and head. Today I feel the vibration of tiredness. I feel it in my head as well, and sometimes, just in my ears. Maybe it’s the wearying caused by the jackhammer at work. All I know is, I want to and need to close my eyes and go to sleep.

Last night, when I felt so sad, I called in the directions, asking for help then went to bed. I lay awake for the longest time, not moving, not wanting to move. I guess I was being healed. Finally, I called a friend, to talk, but I didn’t know what to say. I still felt the vibrations of sadness and tried to talk, did some crying and then I guess finally released it.

These vibrations do seem to have a life and need to be ‘heard’. What is the meaning, the message behind the pain?

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“...Devotion not only assists us in deepening our relationship with the Divine, but also helps us build self-discipline...”



“...By memory association, we attach certain emotions to particular fragrances. As far as perfumes go, scents fall into categories such as Oriental, floral, fruity, woody/earthy, and citrusy...”

Devotion (cont'd)

Byline: *Rev. Dr. J.*

For instance, when my little sister and I started giggling, he asked God to bless our high spirits and good humor. When the German shepherd next door started to bark at some distant siren, he thanked God for the dog. And when our mutt responded, barking and leaping at the sliding-glass doors, Dad asked God to help us keep the pooch happy. When the telephone began to ring, as it always did for my older sister during her high school years, he thanked the good Lord for her popularity and requested a little more peace and quiet around the house.” For me, I have come to understand that this is the Ultimate’s way of reminding me what or whom I need to be praying for at that time. When I am present and in the presence of the Divine, then I can more clearly see the connections and be intentional about practicing my devotion to and with the Divine. What helps you? ♦

Find Your Favorite Scent

Aromas can nudge memories from forgotten moments. They can spark the imagination and lift a mood. All this power found with a single sniff: No wonder many of us search everywhere for a favorite fragrance.

The Nose Knows

Scent preferences come in many flavors—one person’s favorite aroma may be another person’s unpleasant odor. Studies show that smell preferences typically depend on the familiar and what we have experienced. By memory association, we attach certain emotions to particular fragrances. As far as perfumes go, scents fall into categories such as Oriental, floral, fruity, woody/earthy, and citrusy. For a soft alternative to perfume or cologne, use a scented lotion. The fragrance seems lighter, and your skin will appreciate the attention.

Smooth It On

"Moisturize daily" should be a mantra for anyone with dry skin. Actually, it's best to moisturize twice daily, morning and evening, according to dermatologist Zoe Draelos, a member of the Southern Living Healthy Living Advisory Board. "Evening moisturizing prior to bedtime is most effective due to the fact that the body is at rest," she says. There is no specific age to begin moisturizing. You simply moisturize when your skin becomes dry, and this varies from person to person. "Sebum production decreases with age, and thus the need to moisturize increases with advancing age," explains Zoe. The best substances for moisturizing are petrolatum, mineral oil, dimethicone, and glycerin. These are the basis for most moisturizers on the market. Read the labels on lotions and moisturizers, experiment, and find the right one for you.

Aromatherapy or Not?

Though not scientifically proven, essential oils may affect certain emotions. To feel refreshed or stimulated, try eucalyptus, lemon, peppermint, or rosemary. For a relaxed and calm effect, consider chamomile, jasmine, lavender, and rose.

Mix It Up

You can create your own scented lotions at home. Purchase unscented lotion, and then add your choice of essential oils. Look for ones that get their essences from nature. You can use a single note (such as jasmine) or blend several together for a truly different fragrance.

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"...Today, my goal is to stop and think about how important patience, stillness and calmness are to my health in mind body and spirit. ..."



"There are lots of services and products to choose from. It's safe to say, 'There is SOMETHING for EVERYONE!'"

Finding Some Miracles in Your Life (cont'd)

Byline: *Doris Richardson-Edsell*

Practicing Patience

The most difficult practice in my life is being patient. I admit that I try to rush in, figure out what to do, and then move on quickly to another *putting out the fire!* Today, my goal is to stop and think about how important patience, stillness and calmness are to my health in mind body and spirit. And as I speak these words, I promise my inner self that I will practice patience.

My Miracle

I believe that miracles are everywhere; births, life, death, transitions, aging all have their place and not all of them feel like miracles. My miracle is my daily breath; knowing that I am here in this moment; not knowing the future or dwelling on the past. When I am in the here and now, my miracle is happiness and contentment. ♦

Light Works! Festive Friday Mystical Fair

Light Works! Festive Friday Mystical Fair
July 10, 2015 Friday Carmen Clark Lodge
Brighton Town Park 777 Westfall Rd 5:30pm - 9:30pm

It's going to be a warm, sunny day so mark you calendar for our annual mystical event. **FREE ADMISSION.** Choose from a variety of workshops (love donations accepted) - QIGONG, HOOPING (bring or borrow), BELLY DANCING, SHAMAN DRUMMING (bring frame drum/percussion item), and SOUND HEALING CLASS. Take a LENORMAND TAROT Class with Epiphanies for \$10.00 in the open shelter. Vegetarian food available. Info on event, go to

www.meetup.com/light-works.

Inside the cabin we're offering intuitive readings, chair massage, energy healing, chakra balancing - purchase services in time increments. Vendors with jewelry, crystals, incense, wands, and lots of unique items. Everyone is welcome to our Festive Friday! ♦



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/)



June 2015*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:00pm ~ Healing Harbor	2 7:00pm ~ Past Life Readings	3 6:30pm ~ Love & Inspiration	4 7:00pm ~ Oneness Blessing	5 7:00pm ~ Spiritual Journaling Workshop / Week 5 of 8	6
7 10:00am ~ Love & Inspiration on Zoom	8 7:00pm ~ Being a Healthy Empath	9 7:00pm ~ Love & Inspiration	10 6:30pm ~ Love & Inspiration	11 7:00pm ~ Spirituality & Metaphysical Book Club	12 7:00pm ~ Spiritual Journaling Workshop / Week 6 of 8	13 2:00pm ~ Stone and Crystal Party
14 10:00am ~ Love & Inspiration on Zoom Noon ~ Reiki 1	15 7:00pm ~ Healing Harbor	16 7:00pm ~ Artful Spirit Journals	17 6:30pm ~ Love & Inspiration	18 7:00pm ~ Oneness Blessing	19 7:00pm ~ Spiritual Journaling Workshop / Week 7 of 8	20 12:30pm ~ Healing with Angels
21 10:00am ~ Love & Inspiration on Zoom	22 7:00pm ~ Prayer Jars	23 7:00pm ~ Love & Inspiration	24 6:30pm ~ Love & Inspiration	25 7:00pm ~ Intro to Witchcraft	26 7:00pm ~ Spiritual Journaling Workshop / Week 8 of 8	27
28 10:00am ~ Love & Inspiration on Zoom	29 7:00pm ~ Travel Altars	30				

Phone: 585-729-6113
E-mail: inspiritual@gmail.com
Website: <http://inspiritual.biz>

Inspirational
25 Bernie Lane
Rochester, NY 14624



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

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Calendar of Events

Healing Harbor

Host/Host Organization: Inspiritual

Date: June 1 and 15, 2015

Time: 7:00 pm - 8:30 pm

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

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

Our healers offer their services as their gift to the community in thanks for all the blessing we have received by way of 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.

We provide coffee, tea, and water. We offer our services on a first come, first serve basis. The doors will close to new arrivals at 8:10 pm.

Admission Price: Love offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Past Life Readings

Host/Host Organization: Inspiritual

Date: June 2, 2015

Time: 7:00 pm - 9:00 pm

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

Description of Event: Knowledge of past lives can assist you in understanding your current life choices. Your higher soul determines what lifetimes are important for you to learn about, and which ones are best kept hidden. These spiritual boundaries prevent you from becoming obsessed over a past life and trapped in that mindset. Learning about one's past life can be very enlightening. In this class, I will assist you in doing past life readings. Prerequisite: Must be in tune with some form of psychic awareness.

Guest Teacher: Heidi Condello

Admission Price: \$20.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration

Host/Host Organization: Inspiritual

Date: June 3, 10, 17, and 24, 2015

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.

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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)

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

Oneness Blessing

Host/Host Organization: Inspiritual

Date: June 4 and 18, 2015

Time: 7:00 pm - 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 blessings giving, to enrich the healing experience. We meet the first and third Thursday of each month at 7:00 pm.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: June 5, 12, 19, and 26

Time: 7:00 pm - 8:30 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. I will share four different techniques each week in this two-week series. We will begin with the most basic technique- streaming. Subsequent technique will incorporate streaming in combination with other technique. 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: \$10.00 per series session

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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)

Email Address: Inspiritual@ymail.com
Website: <http://inspiritual.biz/spiritual-journaling/>
Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual
Date: June 7, 14, 21, and 28, 2015
Time: 10:00 am - 11:30 am
Place/Venue: **Zoom**. The URL will be sent to all those who express interest in joining us
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, personal meditation, a reading, and reflection on an inspirational or spiritual reading, affirmations, and/or communal sharing.

Please 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/>
Wheelchair Accessible: Yes

Being a Healthy Empath

Host/Host Organization: Inspiritual
Date: June 9, 2015
Time: 7:00 pm - 9:00 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event: If you are an empath, you have likely known for some time you are different from most people around you. You have probably been accused of being too sensitive or overly emotional your whole life. As a child, you may have had a hard time adjusting to new situations. You may have cried easily, had unusually deep thoughts, or asked out-of-the-ordinary questions. In this class, we will explore the common traits of an empath and discuss some coping mechanisms.

Guest Teacher: Heidi Condello
Admission Price: \$20.00
Email Address: Inspiritual@ymail.com
Website: <http://inspiritual.biz/2nd-friday-spirituality-book-club/>
Wheelchair Accessible: Yes

Spirituality and Metaphysical Book Club

Host/Host Organization: Inspiritual
Date: June 11, 2015
Time: 7:00 pm - 9:00 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event: This month we are reading and discussing **The Quantum Prayer: An Inspiring Guide to Love, Healing, and Creating the Best Life Possible** by Dr. Joshua Kai.

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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)

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, which 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, ultimately, 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.

Admission Price: Love offering

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Private Stone & Crystal Party

Host/Host Organization: Inspiritual

Date: June 13, 2015

Time: 1:00 pm - 5:00 pm

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

Description of Event: Brian McGrath, of Brown Dog Natural Creations, will be here and bringing a portion of his collection of stones and crystals with him. If you are interested in coming, please RSVP and let me know if you are looking for anything in particular. I will be forwarding him your requests as they come in so he knows what to bring. Please RSVP by the 11th so he has time to get my email, search his collection and pack requested stones. Thanks.

Admission Price: N/A

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Reiki Level 1

Host/Host Organization: Inspiritual

Date: June 14, 2015

Time: 12:00 pm - 5:00 pm

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

Description of Event: This one-day course is the initial level of Reiki training. You will be able to give yourself, family, friends and pets Reiki, or even expand to the community as a volunteer. The training consists of discussion, the Reiki Level I attunement, hands-on practice, and includes the course handbook *Reiki the Healing Touch* by William Lee Rand of the International Center for Reiki Training, and other course materials.

Guest Teacher: Heidi Condello

Admission Price: \$150.00

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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)

Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/special-events/>
Wheelchair Accessible: Yes

Art & Soul - Artful Spirit Journals

Host/Host Organization: Inspiritual
Date: June 16, 2015
Time: 7:00 pm - 9:00 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event: For this class, we will be exploring some of the many "Artistic Ways" Spirit reaches out to help us understand our journeys. Please bring your own Spirit Journal if you already have one started, or consider picking one up to start your first ever Spirit Journal. A basic 1-subject notebook from the dollar store works really well for a first journal. Lots of decorative papers, markers, ribbons, old magazines, paints, etc. will be provided to help you feel even more connected with Spirit.

Guest Teacher: Sam Akin
Admission Price: \$15.00
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/art-qnd-soul/>
Wheelchair Accessible: Yes

Healing with Angels

Host/Host Organization: Inspiritual
Date: June 20, 2015
Time: 12:30 pm - 5:30 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event: Healing with Angels is perfect for students who do not have any Integrated Energy Therapy® (IET) Training but who love angels and who would like to meet and work with the nine special angels of healing (Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah, and Michael). It is also ideal for IET students who want to learn to call upon the Healing Angels and add a special spiritual dimension to their sessions. You will learn the special healing gift that each angel brings and a special prayer of invitation to call upon the angel. Everyone from angel novice to expert can benefit from this class. Only IET Master-Instructors are authorized to teach this class.

This class is based on a powerful four-step process that enables you to energetically connect with the Healing Angels and develop your personal relationship with each of them. In this class, you will be led by your IET Master-Instructor through this four-step process to focus on each of the Healing Angels. The group energy created in this class will enable you to connect much more powerfully with the Healing Angels than you can do alone. Even "psychic turnips" (those students who cannot feel, see, taste, smell, or sense energy in any way) often have powerful energetic awareness of the Healing Angels in this class.

You will receive a fully illustrated 14-page *Healing Angels of The Energy Field Class Workbook* and an official Healing Angels of the Energy Field Certificate. The workbook includes an image of each Healing Angel; a description of how each Healing Angel can help you in your self-healing spiritual journey; a special prayer of invitation for each Healing Angel; a space for you to write about the ways each Healing Angel can help you and a space to

(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)

write about your perception of each Healing Angel.

Admission Price: \$110.00. A \$20.00 non-refundable deposit is due no later than June 5th.

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Art & Soul – Prayer Jars

Host/Host Organization: Inspirital

Date: June 23, 2015

Time: 7:00 pm - 9:00 pm

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

Description of Event: For this class we will be turning recycled glass jars with lids into a personalized prayer jar. I will be bringing all kinds of decorative papers, ribbons, colored floss, beads and charms, colored permanent markers, etc. to decorate our prayer jars. These will become our wonderful reminders to communicate with our "Higher Powers" not only for ourselves but for others as well. If you have a favorite jar that is inspiring you, then you are more than welcome to bring it with you for this project.

Guest Teacher: Sam Akin

Admission Price: \$15.00

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes

Intro to Witchcraft

Host/Host Organization: Inspirital

Date: June 25, 2015

Time: 7:00 pm - 9:00 pm

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

Description of Event: Witchcraft is a very peaceful, harmonious, and balanced way of life, which promotes oneness with the divine and all that exists. Witchcraft in ancient history was known as "The Craft of the Wise" because most that followed the path were in tune with the forces of nature, had knowledge of Herbs and medicines, gave council, and were valuable parts of the village and community as Shamanic healers and leaders. In this class, we will discuss what it means to be a witch in the modern world.

Guest Teacher: Heidi Condello

Admission Price: \$20.00

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

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



*"...Circumstances intricately woven together
By the Master of the Universe
Sovereign Lord of each human footstep ..."*

Calendar of Events (cont'd)

Art & Soul - Traveling Altar

Host/Host Organization: Inspiritual

Date: June 30, 2015

Time: 7:00 pm - 9:00 pm

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

Description of Event: For this class, we will be creating our very own "travel altar", to take with us when we go on trips. We will be decorating recycled containers that hold our special items that we want to have with us. Maybe it is a small Buddha and a few crystals, prayer beads, a small Angel card, and some incense, or a little Goddess and a bottle of essential oils, etc. The containers provided will be small metal boxes, small jewelry boxes or any other interesting recycled container that calls to me, but please feel free to bring your own container and if you need a larger one, that's OK too. I will be providing many decorative art supplies and as always, you are free to bring something special of your own to use as well.

Guest Teacher: Sam Akin

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes ♣

Life's Journey

Byline: *Gary Bertnick*

New life, new life in Him,
As living words were spoken long ago
After ears were made ready to hear;
Through life's journey
Circumstances intricately woven together
By the Master of the Universe
Sovereign Lord of each human footstep
Of each man's, each woman's destiny
Each child born onto the Earth
Born into this World
Carried forth to a place and time
As the "Finest Artist" creates,
A life shaped, sculpted
Clay formed by the Potter for good purpose
Made to reach out from the heart and soul
To reach out towards Heaven
To believe and to receive
For all meaning in existence
For all purpose in drawing breath into this amazing body given,
Until the moment a divine seed of grace is planted
And revelation settles like a dove floating down,
Old life becomes a dried leaf blowing away in a sudden gust.
Complete change takes hold
And more than the greatest dream
Is given birth, awakened to Heaven's reality,

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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.

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. ♦

Find Your Favorite Scent (cont'd)

Mix It Up

You can create your own scented lotions at home. Purchase unscented lotion, and then add your choice of essential oils. Look for ones that get their essences from nature. You can use a single note (such as jasmine) or blend several together for a truly different fragrance. ♦



"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"





“...There is also a soothing associated with vibrating, a smoothing of the energy that can be done from a visually or auditory position...”

Feel the Vibration (cont'd)

Byline: *Woody SnowyOwl*

Do we just simply need to acknowledge them with a smile, no reason, no fear or anger? On the other hand, as Thich Nhat Hahn suggests: smile, nod and say, ‘Hello old friend’ to it. Hahn says when he acknowledges pain simply, and doesn’t fight or try to ignore it; it disappears. Perhaps he tames it.

Everyone has his or her own reality, but it is an interesting practice. If you tried it and it worked, if it was that simple, that would be cool.

Perhaps the emotion vibration/entity is afraid of recognition and obsolescence of its power, or perhaps in our simple acknowledgement of it, it loses its power. On the other hand, maybe it simply has fulfilled its purpose. Maybe it’s just the lesson. Once we see the emotion/energy and acknowledge it, it no longer has any need to be.

There is also a soothing associated with vibrating, a smoothing of the energy that can be done from a visually or auditory position. It is what is done when humming, ohming, chanting or toning. If you close your eyes and ‘focus in’ with intent you can sometimes ‘see’ the energy.

Sometimes it might be energy connections, like cords, connected to you. What are the cords doing and to whom are they attached? Are they drawing energy from you? Are they putting energy in? What does the energy look like? Does it make you feel good or bad? Sometimes you need to gently disconnect these cords and connect them to a more appropriate source, such as the universe, earth, God or Goddess.

Sometimes the energy may appear so you can see what is hurting another person, or yourself. Perhaps it is the thorn in your heart. You can gently remove them, dissolve them, gently cut the brambles and throw them away into the fire. You can then cauterize and heal the heart. Don’t be afraid to ask for help from the spiritual guardians, helpers and angels. Surround a person, yourself in light and healing energy.

If you or someone else, has a wound or injury, ask for help, then ‘go there’ in your mind ~ to the injury, open yourself up to it and ask ‘what is wrong?’, ‘what is this wound?’, ‘what in this emptiness needs to be healed?’ What does it have to say to you? What does it look or feel like? What is the need? Talk to it lovingly and gently. Nurture and heal it. I suppose you can even talk to these vibrations, emotions. Exactly what is wrong and what can I do to help? What is this need and where does it come from? Perhaps it is ok to have this need and not need to have it fulfilled. Maybe it is what you think you need but perhaps it isn’t what you need. What are you hoping to gain from ‘x, y, or z’? Maybe there is another way, a better way to fulfill that need?

Sound, light, movement, thought and feeling all have a vibration. Everything has a vibration or energy signature. Ours meld or reacts to other vibrations in interesting ways.

One exercise a friend of mine taught me was to hold the good energy for another. We were in a circle and took turns in the center. In the center you could feel and express your emotions, moan, cry, grit your teeth, stomp your feet, swear and mutter. The person inside the circle expresses her emotions, while the women outside the circle surround and hold a peaceful, loving, soothing and protective vibration.

It was a challenge to hold that vibration. It took concentration, but when you understood the intent, it was a lot easier to know you were a part of the healing, an

(continued on page 17)

Feel the Vibration (cont'd)Byline: *Woody SnowyOwl*

“...I wonder how many are susceptible to being sucked into that ‘vibration’ without awareness. How many notice the thought/vibration and question it, pondering, ‘why did I think that?’ ‘I don’t think like that.’ ‘I don’t think like that.’...”

important component in in the creation of a safe space where the energies would be tempered and kept outside the realm of the overwhelmed. You, me, we were given the opportunity to, like a midwife, transform to a purer energy, akin to the vibrations in a pond.

I wrote a long piece the other day on vibration. It included our time spent in the circle where one by one, between one another, there was appreciative, soothing and healing acknowledgment of the diverse vibrations. One was the vibration of ugliness, one of deep sorrow and one of rage. It occurred to me that this could also be the energies of betrayal, of feeling unloved or separated. I once sensed a vibration of a fellow karate student, a young boy. It was like ‘kick him in the face’ or ‘hurt him’. It turns out he was being picked on and beaten, and was there to garner the skills needed to protect himself. His energy was holding these vibrations and I was ‘reading them’ but it was not about me. I have felt the energies of ‘she’s ugly’. I could even ‘hear’ them, but this time, they were not my thoughts. However, ‘his’ energy was somehow reaching out to me – soliciting a call for me to react.

I wonder how many are susceptible to being sucked into that ‘vibration’ without awareness. How many notice the thought/vibration and question it, pondering, ‘why did I think that?’ ‘I don’t think like that.’ I wonder how many reactions to others are a result of a vibration that stuck with them from past events, experiences and feelings from the likes of fear- caused by anger, or weakness attributed by an attack or bullying energy. Conversely, the ‘charisma effect’ that tells us ‘Everyone really likes him but no one knows why’, or the confidence, beauty vibrations and many others. Sometimes it matches the body or spirit and, sometimes not.

What exists primarily in the energy field? I hope that it is one of health. It is interesting to think how our energies can be affected consciously, in a positive way by a smile, a positive or a negative thought, word or action, a song, a hug, a sound or even a color.

It is fun to play with this and see how we can affect our own energies and others for the better, hold the good vibration beyond our present circumstances, and see how it can change things. Just send out that good energy and see if it has an effect, without judging the outcome. My feeling is that this energy may indeed have a positive effect over time.

For example, one time I was too tired to try anymore. I just imagined help coming and whoosh, there it was! Perhaps it is the, giving up-helping, vibration. I wish to create a vibration where there is help before the point of hopelessness. Too often, it seems the point of hopelessness must be reached before we’re able to open up to help. Like the 12-step program serenity prayer, which guides us toward a willingness to relinquish our grasp, ask for help, believe help will come and accept that help, that we are delivered to an outcome. In the expanded prayer, I especially like, ‘granting me patience’ for changes that take time.

Another teacher in my life mentioned how one can change vibration with movement, dance and intension. She showed me how purposeful dance, just starting out moving the way you feel, good or bad, and increase the vibration to a ‘higher level’ with different uplifting movements, can change a direction ~ vibration. It seemed to work quite well, but only if the original emotion is heard and acknowledged, not stuffed.

(continued on page 18)



“ Ever wonder what spiritual partnership is, or how it can assist you in your journey? ”



Feel the Vibration (cont'd)

Byline: *Woody SnowyOwl*

This is important. Respect, honor, express and treat with gentleness and love, then meet the emotional energy and dance with it into a transformative state. The energy, before you realize it, may come to transform and enjoy what it might have resisted had it thought you didn't like it; or didn't want to acknowledge it; or if you had begun by reacted with anger or aggression toward it.

It is said that every action starts with a thought, so start with an intentional thought, release it to manifest into action, physical reality and an open mind, and see what happens! ♦

What is Spiritual Partnership?

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

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

Life's Journey (cont'd)

Byline: *Gary Bertnick*

The very "Breath of God", enters the spirit of a soul
Brings new peace, gift of true love
New confidence at being alive
New hope of a future in trust
Glimpses of the Pure One
Inner sense of the Holy Presence
Touch of a Savior, the Ancient of Days
Who "sat as King at the Flood",
Who now sits as King Eternal;
Lord of my new life freely given
A Throne seen more clearly now, even from a distance
A hope and a future no one, nothing can take away.

<http://garybertnick.wordpress.com>

<http://www.silvercordspirit.com> ♦

Become A Community Spanser

“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



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

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

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About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

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

We're on the WEB!

Our Website

<http://inspiritual.biz>

Twitter

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

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

It starts with your story.

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

We seek the spiritual in everyday life.

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

Fusion of traditions and beliefs

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

Making Submissions to **Your** Newsletter



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

We're excited to share Inspirational's monthly newsletter, *One Spirit - Many Voices*, with you. The many voices (in the title) represents how we envision the content in future editions. We'd like to see *One Spirit - Many Voices* morph into a collaboration between all involved with Inspirational. All includes YOU!

The submission process is simple. If you have an article, event, photograph, reflection, book or movie review, or anything you'd like to share with other newsletter readers, that will adapt itself to this format, PLEASE send it to us.

Our parameters for submissions are as follows:

- Review your submission to ensure its content is in harmony with the mission and values of Inspirational;
- Create your documents using an Microsoft Office product (Word, Publisher, Excel) or an Apple iWorks product (Pages, Keynote, Numbers). A text format is also acceptable. Photos/graphics can be created, using multiple all photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, Inspirational@ymail.com 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!