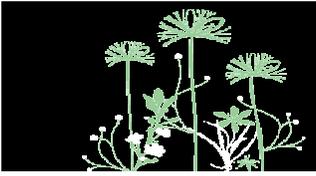


December 2015



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“Regardless of the holiday traditions you celebrate this winter season, may they be full of beauty, peace, joy, love and community”

One Spirit - Many Voices

Hope

Byline: *Rev. Dr. J.*

My friend Kelleigh says “Hope is something you don’t know you have until you don’t have it.” It seems that this is when we look at those who have hope and it is like a lighthouse, it seems to provide a path to safety. This is what Kert Nerburn writes about in his book *Make Me an Instrument of Your Peace*. He said,



We are not saints, we are not heroes. Our lives are lived in the quiet corners of the ordinary. We build tiny hearth fires, sometimes barely strong enough to give off warmth. But to the person lost in the darkness, our tiny flame may be the road to safety, the path to salvation.

It is not given us to know who is lost in the darkness that surrounds us or even if our light is seen. We can only know that against even the smallest of lights, darkness cannot stand.

A sailor lost at sea can be guided home by a single candle. A person lost in a wood can be led to safety by a flickering flame. It is not an issue of quality or intensity or purity. It is simply an issue of the presence of light.

This imagery of hope as light reminds me of the children’s song, “this little light of mine, I’m gonna let it shine.” Children’s hope lights the path for other children’s hope. Our hope as adults lights the path for other adult’s hope. Hope has the power to pull us through the challenging times in life. As my friend Kelleigh suggested, we always have it, but we rarely give thanks for it because when we do not need it we take it for granted.

Our ability to maintain hope in all circumstances comes when we engage in other practices that support it. For example, when we are patient, then it is easier to hope that things will work out the way they are supposed to. When we have courage, then it is easier to hope that everything will be okay. When we are persistence, then we know that no matter what, we will be okay because we have hope for the best of circumstances and possibilities.

Hope helps us stay optimistic about life. It helps us remember to dwell on the reminder that the best is yet to come. Hope is about focusing on the best and avoiding the paths which lead us to focus on the worst. There is no negative energy in hope.

Maybe that is why I forget to turn the lights off in the house. I want the light of hope to shine throughout our home. This day and all days may we let our little light shine. ♦

One Spirit - Many Voices

Page 2



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



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

Help Us Grow

For the last five (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 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, 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 maintenance and growth of this public meditation and prayer space, on our donations page. Thus far, we have been able to purchase the benches, construct the berm, and the addition of shrubs, grasses and stones for the berm. 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 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 physically meet, because they live around the world. ♦

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.

A Spiritual Partner is not there to give advice. However, a Spiritual Partner may suggest an attitude of adjustment from what she/he is hearing. For example, forgiveness, 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/>. ♦

WHAT'S New!

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

What's New?

- ♥ Looking for us on social media? You can follow us on Twitter @inspiritual or on Facebook on our group <https://www.facebook.com/groups/154921854555618/> or business page <https://www.facebook.com/inspiritual.biz>. We also have a page just for our Young Living Essential Oils <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>. You can also find us on Pinterest at <https://www.pinterest.com/inspiritual/>.
- ♥ We have had a few people who have asked to be able to join us on Zoom for our Living the Five Agreements Group, so we have created a space on Zoom for people to gather with those who are in the room as we study and discuss them and how we are living them in our lives.
- ♥ Happy Holidays! No matter what you celebrate this holiday season, or what you don't. Come join us for our holiday gathering. It is going to be fun and simple. Bring two things: an inexpensive gift (\$10.00 or less) for a gift exchange and bring a tray of your favorite holiday treat and at least 12 copies of the recipe. We are going to have a recipe and gift exchange. We will listen to music, socialize, and play games. So come join us for the festivities.
- ♥ A few people have asked us what Inspiritual would like for the holidays, so we have prepared a list of what is on our wish list for this year. You can find it in the newsletter and on our Donations page
- ♥ Come join us on December 27th at 1:00pm as Rev Maryanna Mueller leads us in a Celtic, Haudenosaunee (Iroquois) and Peruvian Shamanism Solstice Celebration. On Sunday, Dec. 27th at 1:00pm, we'll celebrate the Winter Solstice from three traditions: Celtic, Haudenosaunee (Iroquois) and Peruvian Shamanism. Bring folded up notes of thanks for this past year's blessings in one color of paper, dreams/wishes/manifestations/needs for 2016 in another color, all folded up in small packages of an inch or so. In one more color, fold up thoughts, patterns/habits you wish to release. Bring cushion, your own water, stone or twig to offer to the fire, medicine bag or pouch of crystals you use for ceremony, any photos of Beloveds you want to join in, hat/garb of festival flair. A dish to pass and \$7.00 donation appreciated.
- ♥ We are always open to new opportunities to assist you in your spiritual journey. If you have an idea for something you would like to see us offer, please let us know. We are here to support you in your spiritual evolution and transformation.
- ♥ As always, we are ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

★Wishlist

“ If you'd like to assist in growing or maintaining one or more of our ministries this holiday season, here are a couple of possibilities thank-you “



“ There's always something new and/or exciting at Young Living. Check out the Dead Sea bath products. “

What is on Our Wish List?

We have a few things on our Wish list for this year. So if you feel led to give us a gift, here is what we are seeking:

- Scholarship Fund (\$40.00 per month) - love offerings for those who cannot afford our offerings/partnership work;
- Gift Certificates to Home Depot or The Garden Factory for Prayer & Meditation Garden;
- Gift Certificate to Wegman's, for coffee/tea/paper products;
- Cairn for center (approximately two feet in diameter);
- Tibetan prayer flags which will hang from one of the existent trees;
- Small outdoor sculptures of animals to be tucked in and throughout the grasses;
- Concrete path into Garden;
- Landscape fabric ~ \$95.79;
- Advertise in local community newspaper (\$130.00 every six weeks);
- Advertise in City newspaper's Mind Body Spirit section (\$120.00 per week);
- Professional printing of brochures/rack cards (\$250.00); and
- Trademark our name (\$325.00)

You can plant a seed in these new ministries by making a monthly donation of as little as \$5.00 a month. ♦

Young Living Presents Bath Products From the Dead Sea

Young Living Dead Sea Mud Soap will pamper your skin with the luxurious properties found only in the mineral-rich waters of the Dead Sea. Infused with skin-loving essential oils and enriched with the much revered Balm of Gilead grown on Young Living's farm in Israel, this unique and exotic soap will cleanse and exfoliate your skin, leaving it feeling rejuvenated with a healthy-looking glow.

Young Living Dead Sea Bath Salts will pamper your skin with the luxurious properties found only in the mineral-rich waters of the Dead Sea. For thousands of years, people have bathed in the Dead Sea, and now you can enjoy the same experience in the comfort of your home. Treat yourself to an indulgent spa experience and soak in a treasure trove of minerals and Lavender essential oil with Young Living Dead Sea Bath Salts.

Available while supplies last. Order yours at <https://www.youngliving.org/inspiritual>. ♦





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/>)



December 2015*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 World AIDS Day 	2	3	4	5 1:00pm - Crafts & Inspiration
6 Hanukkah (6-14)  10:00am - Love & Inspiration on Zoom	7 7:00pm - Healing Harbor	8 7:00pm - Living the Five Agreements Live onsite & on Zoom	9	10	11	12 1:00pm - Crafts & Inspiration
13 10:00am - Love & Inspiration on Zoom	14	15 7:00pm - Living the Five Agreements Live onsite & on Zoom	16	17	18	19 1:00pm - Crafts & Inspiration
20 10:00am - Love & Inspiration on Zoom 2:00pm - Holiday Gift & Recipe Exchange	21	22 Winter Solstice (Yule) 	23	24	25 Christmas 	26 Kwanzaa (Dec. 26 - Jan. 1) 
27 10:00am - Love & Inspiration on Zoom 1:00pm - Celtic, Haudenosaunee (Iroquois) And Peruvian Shamanism Winter	28	29 7:00pm - Living the Five Agreements Live onsite & on Zoom	30	31	Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz	



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

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: December 1, 8, 15, 22, and 29, 2015

Time: 7:00pm - 9:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624 and on **Zoom**, <https://zoom.us/j/903992515>, 585-729-6113

Description of Event Over eight years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation. This group will discuss his two books *The Four Agreements* and *The Fifth Agreement* and discuss what we are learning about ourselves as we live these agreements. Exercises are offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

Admission Price: suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Crafts & Inspiration

Host/Host Organization: Inspiritual

Date: December 5, 12, and 19, 2015

Time: 1:00pm - 2:30pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-9113

Description of Event: Come and bring whatever you are working on. There are tables to draw on, a sewing machine to sew on, space to knit, crochet, or work on whatever your project is for that day. This is not about learning how to do something, although we can definitely share with each other. Rather, it is a space to share space with each other, celebrate each other's gifts, and inspire each other through conversation.

Coffee, tea, and water will be provided and periodically something to snack on.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: December 6, 13, 20, and 27, 2015

Time: 10:00am - 11:30am

(continued on page 7)



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: **Zoom.** URL will be sent to all those who express an 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, time for personal meditation, a reading, and 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: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: December 7 and 21, 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" back out into the waters of everyday life. We provide a diversity of approaches to healing including Reiki, Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love.

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

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

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

Admission Price: Love offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Holiday Gift & Recipe Exchange

Host/Host Organization: Inspiritual

Date: December 20, 2015

(continued on page 8)



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)

Time: 2:00pm - 5:00pm

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

Description of Event: Happy Holidays! No matter what you celebrate this holiday season, or what you don't. Come join us for our holiday gathering. It is going to be fun and simple. Bring two things: an inexpensive gift (\$10.00 or less) for a gift exchange and bring a tray of your favorite holiday treat and at least 12 copies of the recipe. We are going to have a recipe and gift exchange. We will listen to music, socialize, and play games. So come join us for the festivities.

Admission Price: Donations accepted

Email Address: inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Celtic, Haudenosaunee (Iroquois) and Peruvian Shamanism Winter Solstice

Host/Host Organization: Energy to Go and Inspiritual

Date: December 27, 2015

Time: 1:00pm - 5:00pm

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

Description of Event: Bring folded up notes of thanks for this past year's blessings in one color of paper, dreams/wishes/manifestations/needs for 2016 in another color, all folded up in small packages of an inch or so. In one more color, fold up thoughts, patterns/habits you wish to release.

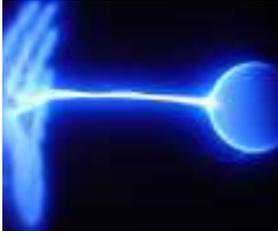
Bring cushion, your own water and stone or twig to offer to the fire, medicine bag or pouch of crystals you use for ceremony, any photos of Beloveds you want to join in, hat/garb of festival flair.

Admission Price: A dish to pass and \$7.00 donation appreciated.

Email Address: inspiritual@ymail.com

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

Wheelchair Accessible: Yes ♣



“We offer and/or keep you informed about a diversity of healing and energy work services, from multiple venues, via numerous practitioners. Visit our website (<http://www.inspiritual.biz>), read our monthly newsletter, and/or investigate our social media pages to find out what’s new, fun and YOU!”

Healing and Energy Work

We offer a diversity of services including:

28 Day and 28 Week Spiritual Cleansing programs ~ This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance and peace to your life, and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life. To learn more visit <http://inspiritual.biz/28-day-spiritual-makeover-intensive/> or <http://inspiritual.biz/28-week-spiritual-makeover/>.

Angel Card Readings ~ These readings will offer you comforting, uplifting, and healing messages. The readings also function as a divination tool, as you can ask a question and find the message that gives you guidance and answers. These readings can offer you guidance to help you stay centered in peacefulness and to remember your angels are always beside you, ready to help you with every area of your life. To schedule an appointment visit <http://inspiritual.biz/angel-oracle-card-readings/>.

Healing Harbor ~ Healing Harbor is an open space of healing. We invite you to “sail” into the safety of our harbor to receive healing before you “sail” back out into the waters of everyday life. We provide a diversity of approaches to healing including Reiki, IET (integrative energy therapy), Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love. Our healers offer their services as their gifts to the community in thanks for all we have been blessed with by the Universal Spirits, God, and those who have guided us in our individual journeys.

We do not charge for our services, however, we do request that you make a love offering to help support Healing Harbor. Learn more about our healing staff at <http://inspiritual.biz/healing-harbor/>.

Reiki ~ Reiki works on different levels the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. This ancient Japanese method of healing uses energy to balance the body and mind, and its benefits can be felt by both Reiki practitioners and their clients. In fact, Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit. It has been proven Reiki can help people suffering from various major and minor ailments. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both in the hospital and from outpatient health care providers. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well. Below is a list of a few of the health benefits of Reiki. To learn more about the benefits of Reiki or to schedule an appointment visit <http://inspiritual.biz/reiki/>.

Spiritual Partnership - Spiritual Partnership is the ongoing process of being gentle with others as they seek to evolve in their relationship with their Higher Power, however, they define that. A Spiritual Partner is a person trained in HOLY LISTENING. It is not counseling. Together the Spiritual Partner and companion listen, pray, and talk in the presence of Spirit. The focus of a session is Spirit and Energy. You can learn more by reading the brief article in this issue of the newsletter or visiting <http://inspiritual.biz/individual-spiritual-direction/>. ♠



*“...A clear trumpet
sounds in their life
circumstances
A new beautiful song
begins to move within
Mysterious peace
becomes a mystery
no more...”*

A Baby Born

Byline: *Gary & Carol Bertnick*

A Heavenly Seed planted in love
True Gift from above
Divine forgiveness wrapped in an earthly bundle;
Who can touch a heart
Who can grasp the humility of a soul lived out
Even the revelation of the greatest mystery,
Always unknown to earth bound mankind
Undesired, without even natural hunger or thirst for truth,
For simple understanding of being alive
Of existence and meaning, purpose of will
And the greatest knowledge of the Cross-
Dying to live in human spirit rebirth!
Messiah Yeshua's Cross the only bridge to Heaven
A miraculous journey across the impossible abyss, the eternal divide!
One cross among others poised on a common hill,
Arrogant Old Roman brutality on proud display
Yet, the royal eternal secret is shown openly
Given to all near and far away,
Resounds as trumpets blasting,
Powerful echoes across the heavens.
But, then, few could really see
Fewer could begin to honestly hear;
In the Gift of spiritual rebirth
All are openly called
A clear trumpet sounds in their life circumstances
A new beautiful song begins to move within
Mysterious peace becomes a mystery no more
To the man chosen to eat the Bread of Heaven
To the woman chosen to drink the New Wine of eternal life.

Blessed Holidays for you and those you love!

Gary and Carol Bertnick ♠



“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



Marketed by Michelle, LLC offers a variety of products and services:

- Web Design Press Releases Copy Writing Resume Development
- Newsletters Print Advertising Postcards Brochures
- Rack Cards Flyers Tag Lines Mission/Vision Statements
- Social Media Email Marketing Interviewing Coaching

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://inspirational.biz>

Twitter Page

@Inspirational

Facebook Page

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

[inspirational.biz](https://www.facebook.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. ♠

Seeking Contributors



"Are you ready, willing, and able to share some of your talent 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, art work, poetry, prose, a reflection, book or movie review, and 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 month submitted, due to content clarity and/or space constraints. If you have questions or comments, please contact us.

Remember this is YOUR newsletter. Submit, and submit often!