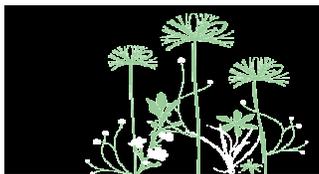


March 2016



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One Spirit - Many Voices

Joy

Byline: *Rev. Dr. J.*

The other night I was watching a commercial with all these people filling their gas tanks. It made me think about how what we put in our car, and the ability to keep the tank full with the right kind of gasoline, will determine how smoothly, if at all, our cars run. If there is no gas in the tank, one is not going anywhere and then winds up reaching out for help.

In some respects, this is like our lives. We are what flows through us. It is important to think about what we have filled our spiritual tanks with each day. Did we pull up to the tank of negative and degrading thoughts that send feelings of lack, limitation, worry and doubt flowing through us and contributing to the negative smog in the universe. If we could see the negativity in the air, we might talk about it as a form of spiritual pollution.

When you fill your spiritual tank with happiness and abundance and let them flow through you, you will experience yourself in a completely different way. Not only will you feel the difference, but you are also contributing to the environmental reduction of spiritual pollution in the universe. You might experience a renewed sense of energy because you are no longer bound to the spiritual pollutants.

When we choose to fill our lives with joy, we are not only affecting our spiritual well-being, but our mental and physical well-beings as well. While, like our cars, we all need regular maintenance, by focusing on keeping the joy flowing through our lives, we reduce the need for major and sometimes costly repairs to our lives. So as you prepare to begin this day, fill up with joy, and let the glow flow out of you into the universe.

What is this joy that we are filling ourselves with? The Merriam and Webster dictionary defines joy as “*the emotion of great delight or happiness caused by something exceptionally good or satisfying; a state of happiness.*” While the dictionary is helpful, happiness is not joy. Happiness depends on the experience. Happiness depends on what happens, Happiness is really a kind of **happinness** and it comes from what is happening outside of us. Joy comes from within. Joy is internal. If you put your trust in happiness, then you are going to be a victim of circumstances, because your happenstance will change. While happiness meets surface needs, joy meets your deepest needs.

Joy is the pure and simple delight in being alive. Joy is the deep satisfaction we know when we are able to serve others and be glad for their good fortune. Joy, unlike happiness is internal, not external. When I think about joy, I am reminded of an important lesson I learned from an eight year old when I was pastoring. She helped me understand this one Sunday morning when she was reading John 3:16 and said, “Whosoever believeth should not perish but have internal life.” That’s what I learned from this child. If you want joy, real joy, wonderful joy, let your Higher Power (however you call upon that source) come into your heart.

Invite joy into your life by staging celebrations. Host festivities to mark transitions and changes in your life. Toast moments of happiness you notice as you go through your day. Dance - jump for joy - as often as possible. Life is not meant to be endured; it is to be enjoyed.

(continued on page 2)



“...Life is not meant to be endured; it is to be enjoyed...”

WHAT'S
New!

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

Joy (cont'd)

Byline: *Rev. Dr. J.*

A friend of mine said she finds it difficult to experience joy while living in a world filled with so much suffering. David Spangler offers some advice on the relationship between joy and suffering. He writes in his book *A Pilgrim in Aquarius*,

“For the experience of joy transcends the self and is also an experience of participation in the well-being and lives of others. Paradoxically, joy makes it possible to face the suffering of the world and not be seduced into a dark imagination that says such pain is too big, too daunting, too overwhelming to ever be healed or transformed; but at the same time, accepting the presence of suffering and taking it into my heart in compassionate and empathetic ways - striving to feel in my own being the suffering of others - opens me to joy because it opens me to the reality of connectedness. This is not joy because others are suffering and certainly not using images of suffering as a meditative tool to make me feel joyous (because what I will undoubtedly feel if I use suffering as a tool is not joy but happiness that I am not suffering, which is a disconnecting attitude). It is the joy that is the natural presence of the Beloved that arises because I am not separating myself from others or from the world.”

As we move through our lives, may we stay connected to the realities of the world and experience joy in that connection. May we be intentional about raising the vibrational frequency of this world by working on raising the vibration of joy in our own lives. May we remember that joy is internal and everlasting. ♦

What's New?

- ♥ We hope you will join us on March 20th for our Shamanic Spring Equinox Ceremony and Potluck from 2:00pm - 5:00pm. See the calendar section for more information on what to bring.
- ♥ Do you know about our Plant A Seed Program. Help support our ability to provide low and no cost offerings to the world by making a monthly donation. All gifts are welcome and appreciated.
- ♥ We want to thank those of you have suggested Rev Sharon consider publishing her reflections. She is beginning conversation with a small publishing firm out of New York City about her work. Thank you.
- ♥ 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 Inspirital@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”



“...Cedarwood oil can be used for a variety of physical, emotional and spiritual purposes...”

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 for garden;
- 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. ♣

Cedarwood, More Than a Moth Repellant Byline: Kelleigh Larsson

A few years back my partner bought me some cedarwood blocks to put in my closet, the scent made me feel all warm and snugly. Why is this?

The scent of cedarwood oil, * produced within the wood, has an effect on the nervous system creating a calming and grounded feeling. Furthermore, spiritually, it can help individuals feel confident, thus enabling them to reach out to others, step outside their comfort zone and ultimately assist in the creation of a stronger support system, network.

Cedarwood oil blends well with many other oils, which makes it one of my favorites. I liken the versatility in cedarwood and other oils to the power that comes from knowledge. The oils that blend the best with cedarwood, in my experience, are lemon, lavender, orange (all varieties), rosemary, and clarity sage.

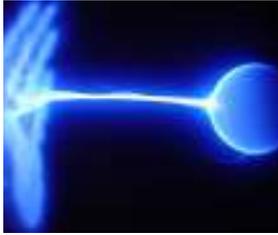
If you'd like to experience a physically, emotionally and spiritually cleanliness in your home, cedar wood is an excellent choice. To achieve the desired effect, create a dusting for hardwood and carpet misting by blending:

1. Ten (10) drops of cedarwood, lemon and sage oils in an eight ounce *glass or aluminum*** spray bottle.
2. Add ten (10) drops of peppermint to the mixture, this will help keep insects out of our sacred homes.

Cedarwood oil can also be diffused to assist with respiratory issues. FYI, cedar wood is common oil in many topical creams and lotions. It is great for the hair and skin, I add a couple drops to my facial cream nightly. I have another regular regime in which I use/ add cedar and lavender oils to my leave-in hair conditioner. This is one of my top ten must have oils on hand.

****Warning cedar wood should not be used during pregnancy.**

****Oils will deteriorate and permeate plastic containers. ♣**



“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 wide 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, Integrative Energy Therapy (IET), 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 they 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. Reiki is an ancient Japanese method of healing uses energy to balance the body and mind. This healing modality provides benefits, which can be felt by 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. To learn more about the benefits of Reiki or 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/>. ♦



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/)



March 2016*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:00pm - Living the Five Agreements Live onsite & on Zoom	2	3	4	5
6 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
20 10:00am - Love & Inspiration on Zoom 2:00pm - Shamanic & Celtic Spring Equinox	21 7:00pm - Healing Harbor	22 7:00pm - Living the Five Agreements Live onsite & on Zoom	23	24	25	26 1:00pm - Crafts & Inspiration
27 10:00am - Love & Inspiration on Zoom	28	29 7:00pm - Living the Five Agreements Live onsite & on Zoom	30	31		
			Inspirational 25 Bernie Lane Rochester, NY 14624		Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz	

Month at a Glance

Calendar of Events



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

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: March 1, 8, 15, 22, and 29, 2016

Time: 7:00pm - 9:00pm

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

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

Admission Price: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date March 6, 13, 20, and 27, 2016

Time: 10am - 11:30am

Place/Venue: **Zoom.** The URL will be sent to 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.

Please RSVP, via email, to reserve your spot and 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: March 7 and 21, 2016

Time: 7:00pm - 8:30pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6223

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.

(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)

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

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

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

Admission Price: Love offerings

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

Crafts & Inspiration

Host/Host Organization: Inspiritual

Date: March 12 and 26, 2016

Time: 1:00pm - 3:00pm

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

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@gmail.com

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

Wheelchair Accessible: Yes

Shaminic Equinox Ceremony and Potluck

Host/Host Organization: The Backyard Shawoman and Inspiritual

Date: March 20, 2016

Time: 2:00pm - 5:00pm

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

Description of Event: Join us as we celebrate the spring equinox through a blending of Native American and Celtic traditions. The service will be followed by a communal potluck. We ask that people bring the following:

- Water
- A list of people and projects to pray for
- A list of things to be released

(continued on page 8)



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

How to Become a Community Sponsor

Inspirital 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 Inspirital 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 our website at - <http://inspirital.biz/community-sponsors-resources/> ♣

Calendar of Events (cont’d)

- Any sound makers you would like to play
- Any crystals or photographs you would like to be charged with the energy of the rights of spring
- A cushion if needed
- A dish to share afterwards

Admission Price: \$7.00

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes ♣



*“We’d like to say
THANK-YOU to our
sponsors. Please take
the time to check
them out —see if
their products
and/or services can
assist you, your
organization, or
someone you know!”*

Inspirational Community Sponsors

Jewelry in Candles



As candle lovers, we ventured into the candle industry looking for ways to enhance the candle experience. Our dream was to create candles that last longer, smell great, and are an eco-friendly alternative to paraffin candles.

We started with 100% soy wax that is natural and burns clean in your home. Then, we added premium fragrances that transform your home into a relaxing and blissful experience.

In our pursuit, we discovered a variety of unique scents that make our candles simply irresistible. We continue to explore and expand our scent collection, offering new scents every week. When you light our surprise candles or tarts, you unlock a delightful experience that will transform your home and take you to paradise. Explore our fragrances and discover your Jewelry In Candles experience, now!

Contact: Karen Grimsley

Email: Darkcelticmermaid@gmail.com

Website: <https://www.jewelryincandles.com/store/karengrimsley>

Marketed by Michelle, LLC



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://inspiritual.biz>

Twitter Page

@Inspiritual

Facebook Page

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

Inspiritual 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 Inspiritual'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 Inspiritual. 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 Inspiritual;
- Create your documents using a 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 photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, Inspiritual@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!