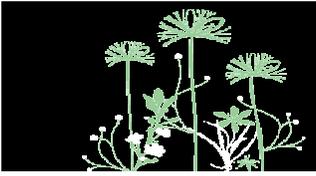


April 2016



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One Spirit - Many Voices

Justice

Byline: *Rev. Dr. J.*

I have been thinking about this spiritual practice of justice since seminary. Practicing justice is a core teaching in Judaism, Christianity, and Islam. Other faith traditions such as Buddhism, Hinduism, Taoism, Confucianism, teach about practicing social engagement with society and the world. Micah 6:8 combined a question with a piece of wisdom. It reads, "*what does the lord require of you, but to do justice and to love kindness, and to walk humbly with your God.*" It is interesting to note that we are required to do all three, not one or the other or a combination of the two, but all three. As I read Micah's precept, these efforts are intrinsically interconnected. We cannot choose between accepting ourselves in relationship with God, caring for God's creations, those we do and do not know, and doing justice in the world. These are not to be singular efforts; rather they must be interwoven into one effort.

Justice is simple, but complex. It begins with us envisioning a world where all of humanity has what it takes to satisfy basic human needs: food, clothing, and shelter. It begins with envisioning a world where every person has the opportunity for health care, safety, education, and paid employment. It begins with envisioning a world where all people have the opportunity to participate in decisions that affect their lives. It begins with envisioning a world where nations do not make war against each other and where the planet, and all that lives on it and in it, is treated with dignity and respect. At the same time, I realize we cannot begin to create such a world if we have not begun to do this work within ourselves and within our own communities. We begin this process by understanding we cannot walk humbly with God, if we are not honest about who we are and who God created us to be. For me this is the beginning of justice, the ability to be honest with God and myself. If I cannot create a space where I can speak as a biracial lesbian, post structural feminist, then I cannot begin the process of doing justice for myself and opening myself up to receive the love and kindness of others, nor can I begin the process of doing it for others. The same is true for each of us.

We cannot have justice without love. Love is a prerequisite to justice. By this, I mean not just love for ourselves, but love for all or humanity. This means figuring out how to deal with the hatred of others, which is often expressed in the violent words and deeds of others.

(continued on page 2)



“... we cannot begin to create such a world if we have not begun to do this work within ourselves and within our own communities...”

WHAT'S
New!

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

Justice (cont’d)

Byline: *Rev. Dr. J.*

While these words and deeds are often times performed by those who are powerless in society, they tend to be sanctioned by those who have power in society, thus making them seem more legitimate. Hate, however, is inimical to a just society. Justice is about being ever vigilant against those who are filled with hate and creating spaces where their hate can be transformed to a desire to be at least kind and eventually to love.

Love and justice are interconnected, but separate. We must pay attention to the connectedness as well as the disconnectedness we feel to humanity. In building connections, where there was none, or where they were severed, we must do so with sincerity. Sincerity about wanting to understand and build bridges between ourselves, those like us, and those whose lives and experiences are unlike ours. Justice, then, is the process of taking actions, which will bring visions to life, love to all of humanity, and a space for all of humanity to be honest about who God created us to be. ♦

What’s New?

- ♥ We have scaled back on our Crafts and Inspiration program to the 3rd and 5th (when those happen) Saturdays of each month to make room for other programs going on and emerging.
- ♥ We have a new guest contributor, Rocco Vallerand, who has begun sharing his thoughts and reflections. I hope you will welcome him and comment on his writing, as well as those of our other guest contributors.
- ♥ Kelleigh and Alan Larrson have taken the lead on creating and maintaining a small community garden. Anyone who is interested in being a part of it and reaping from its benefits is welcome. See the article about this venture for more information.
- ♥ We are also looking for volunteers to help with the maintenance of the prayer and meditation garden this year. We need people to help mow, weed, water, and pray over the garden so that we may continue to keep the garden vibrating at a high frequency. If you are interested in volunteering, please contact us via the website <http://inspiritual.biz/contact/>
- ♥ 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 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@gmail.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“



“This is the inaugural year for Inspiritual's 'Shared Earth Garden'. Please contact us to be part of this venture“

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. ♣

Shared Earth Garden

Byline: Kelleigh Drew Larsson

The Shared Earth Garden will soon be open for use on the grounds of Inspiritual. The concept for this sacred space is that it will be used as a community growing space, and all harvesting will be freely shared. The space we have available to start is about six feet by fifteen feet with room to grow as needed.

We are looking for individuals that would like to assist in planting, maintaining, harvesting and distributing when needed (starting around April 1, 2016). Donations of any of the following things would be greatly appreciated: wood or brick to use as a border, organic fertilizer and soil, germinated seeds, vegetable and herb plants, garden spikes and string, dark colored mulch, and plant cages.

Donations can be dropped off at Inspiritual, or for pick up call Alan Larsson at (585) 721-3889 to set up a time. As this is our first year facilitating this project any input, ideas or advice is welcome. For information and/or input please contact me via email, Klarssonny@rochester.rr.com or phone, (585) 721-8297. As a side note, there is plenty of space available around the yard for flowers and similar ground cover. ♣

Spiritual Masculinity

Byline: Claude Bowen



“...I, like most males lived by a standard that did not necessarily match what I felt. Much too often my struggle was indicative of a thought process that did not fit into the acceptable concept of male behavior...”

Standing in the doorway to the small sanctuary that was home to Unity Fellowship Church Riverside, I questioned all that I had been taught or told God was. My anger, confusion and frustration would not allow me the space to think outside the box which in itself had me bound to an antiquated concept of what God was and why must I continuously call on this masculine entity that just did not respond. I could not and had not been able to wrap my head around the male God head. God being masculine confused and baffled me. Why must I live with that concept when it went against everything I felt? At the very core of my being I knew it was all wrong yet society insisted it was so and many even challenged me for challenging the concept and here I was, ready to deliver yet another message that I knew would be embraced by a few, confuse the majority and piss the diehard believers off.

Maybe, just maybe I had it all wrong. After all, being masculine itself was a struggle for me. Taking ownership of everything I had been taught and or told masculine was, I took ownership of my participation in everything that had brought me forward and released anger, disappointment, bitterness, any residue of regret, and resentment, because my concept of being masculine often distorted my reaction to life situations. Understanding masculinity and or what masculine behavior was, was based on information from a society where being a man or what constitutes masculinity was for the most part, the residue of an institution that marginalized the black male. Therefore, to dismantle the concept of masculinity I knew I had to separate the privileged masculine concept from the oppressed masculine concept.

I, like most males, lived by a standard that did not necessarily match what I felt. Much too often my struggle was indicative of a thought process that did not fit into the acceptable concept of male behavior. A concept that taught me that the strength in masculine thinking was silence and decisive action, especially in the black male. Being vocal was not acceptable behavior and I believe some of this indoctrination is the residual conditioning of slavery inherited by black males, from a system that continuously marginalized the black masculine image. My own programming, being the gentle giant that was my father. Strong yet not very vocal in his own home.

If my understanding of what masculine behavior was distorted, and that behavior was also a subgroup of acceptable male behavior, how then could my understanding of God be separated from the accepted image of masculinity? More than needing to separate the privilege and oppressed physical being, my burning desire was to discover what the masculine spiritual behavior or concept was. How was “IT” and I connected?

That discovery meant an inward journey into my own understanding that depended solely on my experiences, and what I had been taught or told had to be ignored and possibly discarded if it did not enhance what I felt. The patriarchal mindset could not be allowed to taint my thought process.

Spiritual masculinity could not be attached to a gender, but to a connection to the very essence of my being, which included my strength, sensitivity, awareness and what I defined and described as my love ethic. Traits that can only be felt through observing my behavior. Nothing physical or restricted by definitions of society of limited human understanding especially the accepted concepts created and perpetuated by a male dominated instrument of mental control.

(continued on page 5)



“...Spiritual masculinity became the fluid connection to all that I am, balancing the male and female poles to create a responsible source of strength, awareness and responsibility...”



“Lemon oil is NOT just for lemonade! It can be used to augment your health and keep your environment clean and smelling grrreat!”

Spiritual Masculinity (cont'd)

Byline: Claude Bowen

Dismantling it all allowed me to define and connect to a source of power that clearly, for me, could not be captured in a book, any one experience, doctrine nor any theology, created by a hyper masculine fraternity of selective male membership. Spiritual masculinity became the fluid connection to all that I am, balancing the male and female poles to create a responsible source of strength, awareness and responsibility. Spiritual masculinity is the essence of self that allows me to be accountable and responsible for all that I am, all that I do, while not being attached to any specific outcome.

The mirror image of spiritual masculinity is feminine spirituality, they are the same. In spirit there is no separation of gender as it does not exist, yet its presence will and does manifest as it is shaped by human definition of male and female.

Being housed with this understanding I accepted the fact that I could no longer refer to the Infinite Source of Life as male, and not as female, but rather pure energy/light I could feel, yet could not see. Being housed in a physical shell defined as male by a society of limited, being accountable and responsible meant I could no longer refer to the essence of all there is as male or female. How dare I limit the source of creation, or limit my interaction with others bound and driven by a concept accepted and not questioned or explored.

Spiritual Masculinity and my concept of Masculinity in general took on a new life. I defined it all for myself in a space of freedom and clarity. Setting myself free of human concepts that had limited me also gave me the courage to shed the false security of the robe and collar and leave the hiding place the pulpit provided.

Spiritually masculine and feminine became one spiritual force that powers my physical existence on this planet. I will honor and nurture it until it's my time to go. ♦

Spring Zing!

Byline: Kelleigh Drew Larsson

OK, this is a wee bit longer, but I have a lot to say! Spring is here! When I think about spring the first color that comes to mind is yellow, and the first scent is lemon! Many of us are starting to feel full of new life energy, and ready to clean and refresh not only our home but our body and spirit as well. What is the best spring essential oil to have in your home? You got it, Lemon (Citrus Limonum)! My late Mother in-law used to throw lemon peels in the garbage disposal to clean and freshen it. I used to love the smell, and still do. Why is that, you ask? Lemon naturally helps with mood and concentration when smelled/inhaled. Perhaps this is why people who use essential oils in cleaning feel so good even after cleaning an entire house. Lemon does not stop at making you feel good. It can be used for cleaning and dusting, by adding a few drops of oil to vinegar, to clean windows and mop water. I personally love throwing a washrag, with a few drops of oil on it, into my dryer with my towels. Lemon goes even a step further to aide in the minimizing and/or eliminating many health issues such as: skin and hair, infections, kidney and liver function, breathing, and obesity issue, just to mention a few. The reason why it can help in these areas is that lemon has detoxification, antiseptic, anti-fungal, and disinfectant properties.

I include lemon in my top ten most have oils, and recommend it to all of my clients. Therefore, the next time you see a lemon, you will know it is truly a fruit of the divine! Make yourself happy and a bit healthier by adding a drop to your next cup of ice water or ice tea, and let the natural sunshine pour into your spirit and physical body! Have questions or need help finding essential oils, feel free to contact me at Klarssonny@rochester.rr.com. Have a blessed and FRESH month! ♦



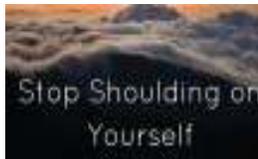
*“...The Living Light
radiates from Zion
His truth flows...”*

King of Greatness

Byline: Gary Bertnick

More than the human soul can ever grasp
 Even imagination run to its limits,
 The Glory Light that consumes all,
 Just as the river of fire that flows beneath the Holy Throne
 The ancient of Days, Majesty upon His Throne,
 Almighty Father One with His Son
 As Holy Spirit power proclaims authority, greatness above all
 In all and through all;
 The Father's will from the beginning to the end
 The First and the Last spoken through the only Son,
 Infinite Creation spoken into being-
 His command given,
 "Water, Blood and Spirit",
 And then it all appeared!
 Our God who is Love and Justice
 Has triumphed in mercy over judgment
 Messiah's Cross stands high above Mount Zion,
 Grace in victory over our sinful human nature
 And its dark predator;
 His greatness is unsearchable
 Yet, is experienced in His beautiful love given
 And in humility received;
 The Shepherd's love shown in richest tenderness
 Tasted in priceless mercy
 Daily lived out in His wealth of gentleness
 Displayed in His absolute faithfulness
 Known in His invaluable kindness.
 The Living Light radiates from Zion
 His truth flows out from Jerusalem
 His pure beauty
 Reflected now in His Creation
 The sky above, the earth below
 Everything that draws breath,
 The hands of His artistry in each one of us,
 He alone is worthy of praise, every song and melody
 To be honored above
 To be exulted by all
 To be worshiped as all in all;
 In choosing us, in choosing you and me
 To know Him
 To be safely within His Holy Kingdom priesthood
 As true living sacrifices
 On His altar we offer our all
 To our King of Greatness,
 Our Lord and our God! "Easter Blessings to you and those you love."

<http://garybertnick.wordpress.com> ♦



"...Imagine if we decided not to buy into society's requirements for success and started living our own truths!..."

Stop "Shoulding" All Over Yourself!

Byline: Rocco Vallerand

"Comparison is the thief of joy" - Theodore Roosevelt

One thing I find truly amazing is how we, as humans, constantly compare our lives and successes to others. We somehow think if we can do as well or even better than those around us, we are successful. We measure our success by what kind of job we have and what we own and drive instead of looking within ourselves and appraising ourselves as human beings.

Most of my life, I have never been financially well off. Like most, I struggle, living paycheck to paycheck, trying to pay my bills, raise kids and put food on the table. I have never owned a new car or a home. I have always lived quite modestly, working in jobs I truly enjoyed even if the pay wasn't as good as I would have liked it to be. However, I have always been happy. When I encounter unhappy people, I usually find, once they open up to me, the root of some of their feelings of inadequacy lay in others' expectations. When I turned 40, I began re-evaluating my life and re-assessing my goals. Even within myself, there was a question of where I "should" be at my age. Society says as we age, we should have more things, a home, good paying job or career and some type of financial independence. To be completely honest, I have none of these things! At least not the way society defines them.

Recently, I was speaking with a co-worker who is roughly in my age group and she was speaking about her life and her past job. We both work at a local major retail company and work together quite a bit. She explained to me how, before she was laid off from her last job, she had a (in her mind) very successful career and made more money than what she was making now. As she spoke, she was describing how, when she sees old co-workers from that previous job come into our store, she feels embarrassed and almost apologetically explains to her former co-workers how she works two jobs (somehow that makes her feel better to say she works two jobs (which she does) instead of just one in a retail store). As I continued to listen to her, I asked her if she enjoyed working where we are employed and she said yes. Then I asked her what made her think these "other people" were happy where they were and she was silent. "Perhaps", I said, "They are the unhappy ones and wished they had a job like yours, where once you leave the building, your work is done". After a moment's pause, she stated "Wow. I never thought of it like that!" She seemed to be excited with the prospect that perhaps she wasn't a "failure" after all!

It is amazing how we can change our emotions by how and what we think. Imagine if we decided not to buy into society's requirements for success and started living our own truths!

When we start saying, "should", we are immediately placing blame on ourselves and others. "I should have a better job", or "they should pay me more" are negative phrases and thoughts we carry around, feeling bad about ourselves and our life paths. Imagine if some of our greatest thinkers, ministers, writers and philanthropists listened to the "shoulds" in their lives! What a tragedy that would be!

The phrase "Don't Should All Over Yourself" is a popular saying in many 12-step support group meetings. Guilt can ruin. Other people's expectations of our lives can be either positive or negative but, when you feel guilty or depressed because of where you think

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Stop “Shoulding” All Over Yourself! (cont’d)

Byline: Rocco Vallerand



“...Too many of us stay in misery because we are afraid to take chances. "What if I fail?" What if you do?...”

you "should" be, you are not living your true-life purpose. Take some time to look at your life. There is nothing wrong with evaluating your life; it is a good thing to do! But, when you start feeling as if something is missing, maybe it is time to look within, instead of outside of you. I know this will not go over well with some of you who read this, but money should never be a factor in your decisions!

Let me state that again - money should not be the goal to any career or life choice. When we surrender by doing something we don't particularly like just for a better paycheck, we are straying completely off our true path. Now, if you find you can live your dream and make good money at it, hooray! Most don't take chances to be happy unless it involves better status, money or power. Imagine cleaning toilets for a living and being completely happy! I did just that for many years. I cleaned local homes and businesses while I went to college so I could have money and still be done in enough time to pick up my daughter from school every day. I didn't make much money, but I was happy because I had a wonderful balance in my life. I was even able to afford my daughter's ballet lessons by bartering with the owner of the dance school. I would clean their building every week and in return, they gave my daughter “free” dance classes. What a wonderful exchange!

Too many of us stay in misery because we are afraid to take chances. "What if I fail?" What if you do? There is a quote by James Michener which says: "*Character consists of what you do on the third and fourth tries.*" It is always wise to have a Plan “B” and honestly, even a plan “C” if something does happen. If I never failed at certain things in this life, I would not be who I am today! I am so grateful to have had the universe show me (with what we call "failures") which way on my path I was to go. If you are happy, just be happy. In the end, you never hear a person on their death bed say "I wish I made more money"! Our regrets are the missed opportunities we had with people and things we loved! If I am unhappy in my life, it is my responsibility to find out what it is and do something to fix it! I refuse to blame myself or anyone else. It is a wonderful place of power when you begin accepting responsibility in your life and making changes! Fear is part of the growth - **walk thru it!**

Listen to your internal voice and see how much of it has been influenced by other people's "shoulds" and society at large. Begin changing that. Success isn't about status or money. To me, success is about how I feel about ME. If I like me, I am truly living a successful life! And, if I can touch people's lives along the way, then I am truly living the dream! ♦



“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/)

April 2016*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10:00am - Love & Inspiration on Zoom	4 7:00pm - Healing Harbor	5 7:00pm - Living the Five Agreements Live onsite & on Zoom	6	7	8	9 1:00pm - Spiritual Journaling Workshop Part 2 of 2
10 10:00am - Love & Inspiration on Zoom	11	12 7:00pm - Living the Five Agreements Live onsite & on Zoom	13	14	15	16 1:00pm - Crafts & Inspiration
17 10:00am - Love & Inspiration on Zoom	18 7:00pm - Healing Harbor	19 7:00pm - Living the Five Agreements Live onsite & on Zoom	20	21	22	23
24 10:00am - Love & Inspiration on Zoom	25	26 7:00pm - Living the Five Agreements Live onsite & on Zoom	27	28	29	30 1:00pm - Crafts & Inspiration
						Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz
			Inspiritual 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

Spiritual Journaling: A Two-Part Workshop

Host/Host Organization: Inspiritual

Date: April 2 and 9, 2016

Time: 1:00pm - 5:00pm

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

Description of Event: Spiritual journaling provides you with an opportunity to reflect on the spiritual understandings, which may be struggling to rise within your consciousness. Anything, which catches your attention in daily life, such as quotes, images, feelings, or things you find in the world, may be the universe's way of catching your attention. The purpose of this series is not to teach you what to write, but to give you strategies to help liberate your writing and take you to a deeper understanding of yourself and your relationship with your Higher Power, however you define that. I will share a different technique each week in this eight-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. Bring a journal to write in and a pencil or pen.

Admission Price: \$10.00 per week or \$70.00 for the entire series.

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: April 3 through 30, 2016

Time: Daily - At your convenience

Place/Venue: Wherever you are

Description of Event: 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. You should be able to commit at least 1 hour or more per day for this month. I will also be available in person, by phone or **Zoom** for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose). A space is created for those in the group to communicate and support each other throughout the journey.

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

28 Week Spiritual Cleansing

Host/Host Organization: Inspiritual

Date: Begins the week of April 3, 2015

Time: Daily - As you have time

(continued on page 12)



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

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

Calendar of Events (cont'd)

Place/Venue: Wherever you are

Description of Event: 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. You should be able to commit at least 1 hour or more per week. I will also be available in person, by phone or **Zoom** for a 30-minute check in after the completion of each 7-week period to assist you in your processing. Supplies needed two journals (each used for a different purpose). A space is created for those in the group to communicate and support each other throughout the journey.

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date April 3, 10, 17, 24, and 31, 2016

Time: 10am - 11:30am

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. Please 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: April 4 and 18, 2016

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 have been blessed with by the Universal Spirits, God, and those who have guided us in our individual journeys.

(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)

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: April 16 and 30, 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

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: April 5, 12, 19, and 26, 2016

Time: 7:00pm - 9:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113, and on **Zoom** <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@gmail.com

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

Wheelchair Accessible: Yes ♣



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

How to Become a Community Sponsor

Inspiritual is a space where all can come for spiritual growth, evolution, and transformation regardless of income. We are intentional about increasing the Gross National Happiness in this world. Our community sponsors help us in one of two ways.

One way is through a reciprocal flow of energy in promoting one’s organizations and events. We strive to create individualized programs to meet the needs and level of reciprocity we have with each sponsor.

The second way is through an annual donation of \$60.00. Both approaches will ensure that your organizational information and logo are listed on our community sponsor page. The latter, however, also provides you with a business card size ad in our monthly newsletter, which is currently emailed out to approximately 400 people. We also ask that you list basic information about Inspiritual and our services on your website. Our community sponsors are the only ones who we allow to advertise in our newsletter.

If you are interested in either of our programs, please let us know which one you are most interested in being involved. In either case, we will need the following information:

- * Name of Organization
- * Description of Organization
- * Contact Person:
- * Phone
- * Email
- * Website
- * Your logo (in jpeg or gif format)

If you would prefer to participate via a reciprocal flow of energy, please let us know what you are willing to provide to help promote and support our efforts to help people heal, evolve, and transform spiritually as well as how we can support you in return.

Our community sponsor information is our website at - <http://inspiritual.biz/community-sponsors-resources/> 



*“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/karengimsley>

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@gmail.com

We're on the WEB!

Our Website

<http://inspirational.biz>

Twitter Page

@Inspirational

Facebook Page

<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 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, Inspirational@gmail.com For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, by 11:00pm.

Please realize that your submissions may be edited and/or not used in the 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!