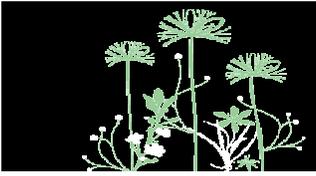


May 2016



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One Spirit - Many Voices

Kindness

Byline: *Rev. Dr. J.*

I am not sure how many of you know about our Kindness Project. Our Kindness Project was inspired by a blog I wrote three years ago, called *K is for Kindness*. You can read it at <http://inspiritual.biz/inspiritual-reflections/2013/2/11/k-is-for-kindness>. Kindness is one of those things that is hard to define. You know when you have experienced it and you know when you were expecting to experience it and did not. While I no longer watch television, I do keep up with the news. The reported news paints a world-view, which denotes pain, suffering and terror, with very little kindness in it. However, this is not the case. To help illustrate the good works in this world and the way people are practicing and experiencing kindness, I thought we would start our own kindness program. The purpose of The Kindness Project is to promote kindness in our community and in the world. You can learn more about The Kindness Project by going to our webpage of the same name, <http://inspiritual.biz/about-the-kindness-project/>. Our webpage provides information about our program, Kindness Project cards you can print out and distribute and ideas for acts of kindness you can perform. There is also a place for you to share your own kindness stories.

Kindness is something, which can be expressed in so many ways. Lao Tzu, a Chinese mystic philosopher, once wrote, "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." Kindness encompasses a range of acts and habits from the smallest of things like saying please and thank you, to the largest of things, such as a woman who gave her daughter's preschool teacher a car when she learned she was walking everywhere in all kinds of weather. Practicing kindness is something that can be as simple as smiling at someone, offering a helping hand, or waiting your turn.

Practicing kindness extends beyond our interactions with other humans; it also includes our interactions with all of creation. It challenges us to be generous with all we have been blessed with by the Divine. Practicing kindness is as Lao Tsu mentioned creating love. However, I would argue it is not just about creating love, but *unconditional* love. Kindness should not come with conditions or expectations. It is not an even exchange, it is just a gift offered without expectations. No strings attached.

I would like to think I am a kind person, and I am sure you would like others to view you as a kind person as well. However, if I were honest with myself, then I would have to admit there have been numerous times when I have been less than kind. There have been times I have forgotten to send a thank you note, forgotten to call someone back, or missed an appointment. I try to remember what it feels like when others are unkind, as I do not intentionally or unintentionally want someone else to experience feeling hurt by my being unkind. Practicing kindness reminds me to stay connected to humanity so that I remember to think about others and not solely about myself.

(continued on page 5)

WHAT'S *New!*

*"Times are a changing',
and so are we! Please
read about our new
offerings"*



*"...Kindness in words
creates confidence.
Kindness in thinking
creates profoundness.
Kindness in giving
creates love..."*

What's New?

- ♥ Our craft group met for the last time formally in April. In its place we will be rebirthing of our Metaphysical and Spirituality Book club. It will meet the 3rd Saturday of each month at 1pm. Beverages will be provided. We are going to be focusing on books from a diversity of spiritual paths that will assist us in our journey. All are welcome!
- ♥ We neglected to announce that Kelleigh Drew Larrson began writing a monthly oils column for us. We are so grateful to Kelleigh and her husband Alan for all they do to support our ministry.
- ♥ Kelleigh and Alan Larrson are taking the lead on beginning 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 it 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 plant, 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/](http://inspiritual.biz/contact/).
- ♥ Are you familiar with 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 Inspiritual@ymail.com. 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. ♦

Kindness (cont'd)

Byline: *Rev. Dr. J.*

Practicing kindness reminds me to stay connected to all of creation. A simple act, such as watering my houseplants or feeding my cats, reminds me to expand my practice to all of creation. As we move through this month may we remember to practice kindness in all situations.

I invite you to take time this month to get involved in our Kindness Project. Leave a card behind. Share a story of when you experienced kindness or a story you heard about someone else practicing kindness. ♦

☆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. ♣



“...If you have one foot in yesterday and one foot in tomorrow, you are peeing all over today...”

Being Here-Taking Advantage of Everyday Opportunities for Success Byline: Rocco Vallerand

There's a saying I once heard years ago that I use quite often to remind people to stay in the “Now”. It states; *“If you have one foot in yesterday and one foot in tomorrow, you are peeing all over today”*. Yes, I do realize how crass this saying is, but it is quite effective. As human beings, we have a tendency to always be either looking ahead or behind ourselves for answers we seek. We deal with guilt at what we feel were mistakes or missed opportunities. We are always looking ahead, worrying about our future, thinking about our next move in this life. When we do this, we could be missing the opportunities we have right in front of us, every single day.

Fear is lack of faith. Faith in what you may call God, The Universe, Great Spirit, etc. When we are disconnected from this higher source, we begin to question and worry about things we feel are out of the realm of our control.

Having to be in control, I feel, is one of the biggest illusions we, as humans, buy into fully and totally, without question. If we are not in control, we are somehow failing in life. This could not be any further from the truth! Part of this wonderful human journey is learning the to let go and allow the universe to deliver miracles to us. The more we allow the universe to flow without our control, the more we will feel in control! Can you imagine?

One of the biggest issues I see many of us struggling with is the need to look ahead, convinced that once things in our life are complete in some way, we will be better off than we are at the present moment. “Once I get that promotion, I will have more money and will be happier and less fearful!”, or “Once I finish school, I won't be so cranky, feel overwhelmed and everything will be better”. In fact, it seems that there is always something we are looking ahead to grasp in order to feel more fulfilled and happy. The truth is, these feelings of happiness and well being are nothing more than choices and have nothing to do with our past, current and future circumstances. When we are constantly looking ahead to some future situation or (in our mind) accomplishment, we totally miss out on the current moment. We miss the experience and miracles happening in the present!

Take a moment to look around you, wherever you are. What is it you see? Everyday is an opportunity to experience miracles and magic. If I am stuck in the guilt or grief of the past, how can I fully be here in this moment? When I was a teenager, my step father would ask me the same question everyday when he got home from work. “What did you do for God and your country today?” Ok, so it sounds a little militant, but the idea was wonderful. What had I done to make a difference in my life and the lives of others that day? Did I shine my light or cast negative shadows? Did I build someone up or tear them down? Every moment of the day is an opportunity to not only improve our lives, but the lives of those around us. What you may think of as a mundane act or situation could be a miracle to someone else. You may have no idea of the impact you have on other people just by offering a smile or a kind word.

Today, I want you to focus on just TODAY. Don't look to tomorrow, next week or last year. Take each moment as a breath of fresh air and seek to find the miracles in your every day activities. Be “HERE” right now in this very moment and try to see yourself

(continued on page 5)



“...Take each moment as a breath of fresh air and seek to find the miracles in your every day activities...”



“Do your homework before using any therapeutic essential oil.”

Being Here-Taking Advantage of Everyday Opportunities for Success (cont'd) Byline: Rocco Vallerand

as an amazing work of spirit, inviting those around you to enjoy and experience your light.

In the law of attraction (<http://www.examiner.com/topic/law-of-attraction>), we are told we must be the change we want in our lives. It isn't just enough to envision what we want, we need to act as if we already have it. If I am a good co-worker, friend, parent, etc., I will attract that positive energy into my life. Start attracting your prosperity (<http://www.examiner.com/topic/prosperity>), love and hope! Enjoy today for the gift it truly is, even thru the challenging moments, and thank the universe for the opportunity to grow and learn. This life can be a wonderful journey, all you have to do is decide that it IS! ♦

Spring is in the Air

Byline: Kelleigh Drew Larsson

Spring is in the air, a time when many of us are thinking about cleaning and summer colds. If you are anything like me, you reach for one of the 2 leading products in the industry: Young Living Thieves® or dōTERRA OnGuard®. Both of these product brands are used in holistic house hold cleaning, body care, and immune boosting either via diffusing or internal intake. This is all wonderful, and I use and recommend this class of oil blends, however; I think that individuals need to be cautioned and reminded that even if you see these products being used or recommended that you do your own research and ingredient reading. A great resource to acquire, if you plan on using essential oils, is *Essential Oil Safety* by Robert Tisserand.

Two cautionary things I would recommend you think about before using this class of oil blends are: Cinnamon Bark and Clove both can cause the blood to thin when used internally, and can potentially trigger nosebleeds when diffusing. If you have a bleeding disorder or peptic ulcers you should avoid these ingredients, especially if you make use of anti-coagulant medications. Rosemary and Eucalyptus oils can potentially slow breathing, especially in the young.

I am not giving you these examples to scare you, but to help you be more aware of just how important it is to do your research and fact-finding when anything is recommended or sold to you. With all essential oils it is always best to test them in a limited fashion before you leap into the bottle with 'both feet'. There are many resources out there, but when in doubt, always consult a certified aroma therapist, or medical practitioner.

I personally have found this class of oils to be very beneficial, and use them in a number of ways throughout my home, from general cleaning, to litter box application, and immune support. It is one of the oils on my top ten list, and one that I consider a must have, but I did my research and recommend you do the same. As we all should, we want to make sure that even when we are picking holistic or natural products, that they are actually safe for our individual needs. ♦

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/>. ♦



"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!"



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



Month at a Glance

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/)

May 2016*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00am - Love & Inspiration on Zoom 	2 7:00pm - Healing Harbor	3 7:00pm - Living the Five Agreements Live onsite & on Zoom	4	5	6	7
8 10:00am - Love & Inspiration on Zoom	9	10 7:00pm - Living the Five Agreements Live onsite & on Zoom	11	12	13	14
15 10:00am - Love & Inspiration on Zoom	16 7:00pm - Healing Harbor	17 7:00pm - Living the Five Agreements Live onsite & on Zoom	18	19	20	21 1:00pm - Spirituality Book Club
22 10:00am - Love & Inspiration on Zoom	23	24 7:00pm - Living the Five Agreements Live onsite & on Zoom	25	26	27	28
29 10:00am - Love & Inspiration on Zoom	30 2:00pm - Memorial Day Potluck Barbecue 	31 7:00pm - Living the Five Agreements Live onsite & on Zoom	Inspiritual 25 Bernie Lane Rochester, NY 14624 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

Healing Harbor

Host/Host Organization: Inspiritual

Date: May 2 and 16, 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.

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 8:10 pm.

Admission Price: Love offerings

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

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

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date May 8, 15, 22, and 29, 2016

Time: 10:00am -11:30am

Place/Venue: **Zoom**. URL will be sent to all those who express an interest in joining us.

(continued on page 9)



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)

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

Metaphysical & Spirituality Book Club

Host/Host Organization: Inspiritual

Date: May 21, 2016

Time: 1:00pm -3:00pm

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

Description of Event: We will gather to discuss a book which will assist us with our spiritual evolution and journey or our understanding of the metaphysical. The books will come from a diversity of faith traditions and spiritual writers. Recommendations are welcome from those attending the group. You are responsible for the purchase and pre-reading of the book. Coffee and hot water for tea as well as Crystal Light will be provided. In May we will be reading and discussing *The Community of Kindness: Random Acts of Kindness*. The editors share brief stories about those who have received or witnessed acts of kindness.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Memorial Day Potluck Barbecue

Host/Host Organization: Inspiritual

Date: May 30, 2016

Time: 2:00pm -6:00pm

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

Description of Event: Join us as we celebrate Memorial Day, the coming of summer and grill out. BYOB (non-alcoholic), something to throw on the grill, and a side dish or desert to pass.

Admission Price: None

Email Address: Inspiritual@ymail.com

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

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!