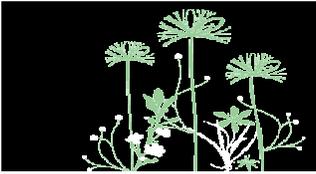


August 2016



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One Spirit - Many Voices

Meaning

Byline: *Rev. Dr. J.*

What does the word, meaning, suggest to you? When people think of it as a noun, they tend to think of it as a definition or what something is trying to convey. When people think of it as an adjective, it is more open for interpretation. It becomes about the interpretation given to it by the person doing the interpreting. In other words, what this means to me is _____, even if that is not what was meant by the person writing or doing something.

For some people, when we think of meaning from a spiritual perspective, it is their spiritual life which gives them meaning. It is what helps them find the meaning and purpose in life. Rarely do we think about meaning as a spiritual practice. When we do it suggests that meaning is something which we can be intentional about doing. It is something which we can use to enhance our understanding. It is something we can practice and apply on a daily basis, just like we can practice love, kindness, faith, compassion, or any of the other spiritual practices we have focused on over the last several months.

One way to tell when we are not practicing looking for meaning in our life is when we notice we are taking on a negative attitude or becoming cynical. When we are practicing looking for meaning in our life, we are practicing stopping and looking at the bigger pictures. We step back and see the patterns in our world and in our lives. We assign meanings to life and we listen for the meanings in everyday experiences.

When we practice looking for meaning we realize that everyday life is filled with opportunities to develop deeper meaning in our lives. Everything we do, read, see, taste, places we go, etc. provides opportunities for us to practice looking for meaning in our lives.

Some of you might be going really, being cynical of what I am even writing and that is not uncommon. That happens a lot in our daily life. Recently someone said to me not everything is spiritual you know. For them that is so true, they do not believe everything should be taken seriously and that everything has a purpose. For me, everything is spiritual. Everything I do, eat, drink, think, read, etc., is spiritual. Everything has something to teach us.

When we practice looking for meaning in our lives, then we begin to see the larger picture for our lives. We have greater ability to discern the possibilities before us. We begin to see the presence of the Divine in everyday life. So this month, may we focus on seeing the meaning in everything in life.

Making Sense of ScentsByline: *Kelleigh Drew Larsson*

"...Individuals and cultures as a whole have been taking part in this scent construct for thousands of years...."

Who does not want to smell good?

Most people would agree that as a culture, we obsess over modifying our own personal scents to fit what we, or others, consider an "attractive" smell. This modification is not limited to our own culture, nor is it a modern concept or ideal.

Individuals and cultures as a whole have been taking part in this scent construct for thousands of years. In Neolithic times, they combined plants and fatty oils to create fragrant ointments that were not only used to cover odors, but were also used in religious rights and ceremonies. This demonstrates that even before the well-known development of fragrances in the Egyptian civilization aromas have played significant roles in our cultural evolution.

When we say perfume in modern times, we typically think of chemically modified fragrance oils, combined with abstract ingredients to create colognes specifically designed based on gender stereotypes. Many of these products are expensive and can be contributory to a wide spectrum of irritations and allergic reactions.

What if I told you that we had the capability of essentially rolling back time to the early Egyptian civilizations and creating "perfumes" that are not only all natural earth based products, but in addition to modifying our scents, they could potentially have the added benefit of creating a healthier balance to mind, body, and spirit.

Creating an essential oil based perfume is extremely simple and a fraction of the cost. There are literally thousands of combinations that you could create, that would smell similar to your designer colognes.

Let us look at six (6) different oils that are commonly combined in perfumes:

1. The health benefits of Sandalwood essential oil are attributed to its properties as an antiseptic anti-inflammatory, anti-phlogistic, antispasmodic, astringent, cicatrisant, carminative, diuretic, disinfectant, emollient, expectorant, hypotensive, memory booster, and sedative.
2. The health benefits of Ylang-Ylang essential oil can be attributed to its properties as an antidepressant, anti-seborrhoeic, antiseptic, aphrodisiac, hypotensive, nervine and sedative substance.
3. The health benefits of Jasmine essential oil can be attributed to its properties as an antidepressant, antiseptic, aphrodisiac, antispasmodic, cicatrisant, expectorant, galactagogue, and emmenagogue, parturient, sedative and uterine substance.
4. The health benefits of Sage essential oil can be attributed to its properties as an anti-fungal, anti-microbial, antioxidant, antiseptic, anti-inflammatory, anti-spasmodic, antibacterial, cholagogue and choleric, cicatrisant, depurative, digestive, disinfectant, emmenagogue, expectorant, febrifuge, laxative and stimulating substance.
5. The health benefits of Bergamot essential oil come from powerful anti-bacterial, analgesic, antiseptic, antispasmodic, and soothing properties.
6. The health benefits of Grapefruit essential oil can be attributed to its properties as a diuretic, disinfectant, stimulant, antidepressant, antiseptic, and aperitif, lymphatic and tonic substance.

(continued on page 3)



“One basic perfume recipe has been included. Feel free to experiment, following the guidelines (about appropriate containers and combinations) provided here and in previous newsletter essential oils articles!”

wishlist

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

Making Sense of Scents (cont'd)

Byline: *Kelleigh Drew Larsson*

When I create a perfume/body spray, my ingredients reflect my intended use and application and are simple, but multifunctional. The intended application for the following recipe is for direct skin application before dressing. You can basically use any combination of oils that you like, that are safe to be used on the skin. I recommend researching any blend you desire to use for the safety aspects. It is also important to also do a small skin test with any oils to check for a reaction.

Basic Recipe:

4-ounce **glass** spray bottle (plastic bottles can be harmed by some oils)

1-ounce vodka

½-ounce coconut oil

½-ounce Jojoba oil

16 drops of each selected essential oil

Top off with approximately 1-ounce of witch hazel to fill bottle.

Here are my top three (3) combos:

Sandalwood and Jasmine

Lemon, Sage, and Lavender

Bergamot and Grapefruit

Bonus combo for the Wild at heart:

Ylang Ylang, Lime, and Clove

Recommended Resource:

Aromatherapy: A Complete Guide to the Healing Art by Kathi Keville ♦

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. ♦

WHAT'S New!

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

What's New?

- ♥ We had a blast celebrating our 6-year anniversary and our friend Sally Tracy's 60th birthday. It was her first birthday party ever and we did all we could to make it special for her. Thank you to all who helped make it special for all of us.
- ♥ Thank you to Rev Maryanna Mueller, aka *The Backyard Shawoman*, who came and weeded our community garden, and donated tomato cages, dirt, mulch, and a little fence. She will be leading an autumnal equinox ceremony in September and offered to teach a gardening class next spring. So exciting!
- ♥ At the anniversary party, Peter Esposito began talk about putting a gazebo in the prayer and meditation garden and the intent was also put out there for a water feature. A few of the guys thought this was a great idea. So who knows what the garden will look like by this time next year.
- ♥ Jen Waterman also got the group talking about redesigning the kitchen and eating area so that it included a wall where people could come and write spiritual thoughts. This led to discussion of a community kitchen remodel. Why do I think year 7 is going to be all about change here.
- ♥ After Rev Sharon got sick a few years ago we scaled back a bit. However, we were asked if we could bring back some old programs. So we are restarting our Movie Time series in September on the first Sunday of each month.
- ♥ The book club is going to slow down and read one book every other month so there is more time to read and discuss, and if a book needs a third month that is fine too.
- ♥ Plans are already under way for Labor Day. Jennifer and Ted Waterman have offered to donate pizza and wings to feed all who come that day. The rest of us are to bring salad, appetizers, and deserts. Sally Tracy will definitely be bringing some sort of desert.
- ♥ We continue to hear from people around the world who are reading our blogs and local people who find us for a variety of reasons. We continue to use free, 'word of mouth advertising, and depend on the direction of the Divine to guide those here who are seeking a space for spiritual growth and evolution.
- ♥ 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 Inspiritual@ymail.com. ♦



*"...His peace surrounds
with ultimate freedom,
Timeless patience
soothes the body and
soul..."*

ALWAYS

Byline: *Gary Bertnick*

the flow of peace
"My Presence always near," says my Lord,
Within my heart
In my spirit and in my soul,
All about my body
Angels, too, guarding every footstep I take
Every day, everywhere
Comforting assurance encloses behind and in front,
Shalom floods my being
Confidence carries like powerful silver wings
That move in and through
And lift high above every circumstance;
Yet, not alone
But those near, dear to me in love and prayers
Who call upon the Name in Spirit and in Truth.
Love now flows around and within us,
Joy carries with the aroma of gladness
And makes each fragrant step a pleasure,
His peace surrounds with ultimate freedom,
Timeless patience soothes the body and soul,
Kindness as a pure stream from within to all we see and meet,
Gentleness reaches out to touch
To encourage each child whether young or old,
Goodness of God as the purest comforting stream within and about
Eyes sense His good work at every turn
In every meaningful purpose,
Faithfulness lived out before our Lord the greatest delight,
Self control through the Cross under the power of an anointed will
To choose to do right
With clear discernment
Sometimes shrewd, sometimes cunning
Yet, to choose love always first.
Our fruitful life in the Holy Spirit
With Messiah's Name above every name
On the lips
In the heart
Written on the forehead
On our morning songs and evening praise
With each breath taken a gift from our God;
Always within me
Always near me
My hope, my destiny
My eternity in a future of His Glory
Forever to experience His Holy Presence
True life never to end.



“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.



● ● ● August 2016*

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

Month at a Glance

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------------------------------|-------------------------------|--------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|---------------------------------------|
| | 1 7:00pm - Healing Harbor | 2 7:00pm - Living the Five Agreements Live onsite & on Zoom | 3 | 4 | 5 | 6 |
| 7 10:00am - Love & Inspiration on Zoom | 8 | 9 7:00pm - Living the Five Agreements Live onsite & on Zoom | 10 | 11 | 12 | 13 |
| 14 | 15 7:00pm - Healing Harbor | 16 7:00pm - Living the Five Agreements Live onsite & on Zoom | 17 | 18 | 19 | 20 1:00pm - Spirituality Book Club |
| 21 10:00am - Love & Inspiration on Zoom | 22 | 23 7:00pm - Living the Five Agreements Live onsite & on Zoom | 24 | 25 | 26 | 27 |
| 28 10:00am - Love & Inspiration on Zoom | 29 | 30 7:00pm - Living the Five Agreements Live onsite & on Zoom | 31 | | | |
| 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/>)

Calendar of Events

Healing Harbor

Host/Host Organization: Inspiritual

Date: August 1 and 15, 2016

Time: 7:00 pm – 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

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@ymail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: August 2, 9, 16, 23, and 30, 2016

Time: 7:00 pm – 9:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624 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@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date August 7, 21, and 28, 2016

Time: 10 am – 11:30 am

(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/>)

Calendar of Events (cont'd)

Place/Venue: **Zoom.** URL will be sent to all those who express an interest in joining us.
Description of Event: Are you seeking a time and space to experience a shared spiritual experience, but not feeling drawn to the traditional "church" or other "religious" service? If so, we invite you to share a time of Love & Inspiration with us.

This will be a time of gathering, listening to inspirational music, time for personal meditation, a reading, and reflection on an inspirational or spiritual reading, affirmations, and communal sharing. Please RSVP via email to reserve your spot and receive additional instructions.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spirituality Book Club

Host/Host Organization: Inspiritual

Date: August 20, 2016

Time: 1:00 – 3:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

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 July and August, we will be reading and discussing *Inside the Miracle* by Mark Nepo, a memoir and deep conversation about cancer, healing, personal transformation, and falling in love with the world.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date September 2, 9, 16, 23, 30 and October 7, 14, and 21, 2016

Time: 7:00 pm – 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

Description of Event: 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 different techniques 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 with you to the first session. Also, bring a journal to write in and something with which to write.

(continued on page 10)

Calendar of Events (cont'd)



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/>)

Admission Price: \$10.00 per week
Email Address: Inspiritual@gmail.com
Website: <http://inspiritual.biz/spiritual-journaling/>
Wheelchair Accessible: Yes

It's Movie Time

Host/Host Organization: Inspiritual
Date: September 4, 2016
Time: 2:30 pm – 5:00 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624
Description of Event Martin Scorsese once said, "I can see great similarities between a church and a movie-house. Both are places for people to come together and share a common experience."

While this space is neither a church nor a movie house, each month, we will be watching a film with some surprising – even unlikely – cinematic choices. Then we will discuss the spiritual messages and lessons that we can take from the story and the characters as we enhance our understanding of who we are and how we are in the world.

The 1st Sunday of each month we will gather at 2:30 pm to view the film and discuss the spiritual lessons. Feel free to bring BYOB. Popcorn will be provided. Love offerings accepted.

September's selection: *God and Buddha: A Dialogue* ~ A dialogue between Deepak Chopra and Robert Thurman on notions of human suffering, consciousness, reality, and God as appear in Buddhism and the Hindu philosophy of Vedanta.

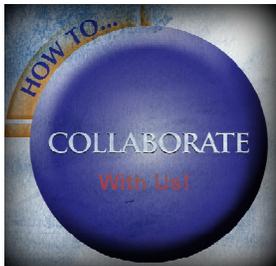
Admission Price: \$5.00
Email Address: Inspiritual@gmail.com
Website: <http://inspiritual.biz/its-movie-time1/>
Wheelchair Accessible: Yes

Labor Day Pizza Party and Picnic

Host/Host Organization: Inspiritual
Date: September 5, 2016
Time: 2:00 pm – 6:00 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624
Description of Event Once again, we are opening our home, garage, and backyard for a Labor Day gathering. This year will be a bit different however, as Jennifer and Ted Waterman have offered to bring enough pizza and wings to feed the crowd. Therefore, we are asking that others bring a non-alcoholic beverage, appetizer, salad, or desert to share. We will provide plates, cups, and serving utensils and ice. We will also be providing a side dish of our own.

We have a huge yard, so bring a blanket/folding chair. The sprinkler will be set up for the kids to run around in and get wet. Hope to see you all then!

Admission Price: None
Email Address: Inspiritual@gmail.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/karengirmsley>

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



Inspiritual

25 Bernie Lane
Rochester, NY 14624-1152

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

We're on the WEB!
Our Website
<http://inspiritual.biz>
Twitter Page
@Inspiritual
Facebook Page
[https://
www.facebook.com/
inspiritual.biz](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 Inspiritual 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!