

September 2016



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One Spirit - Many Voices

Nurture

Byline: *Rev. Dr. J.*

We are entering the season of fall, a time of transition. On the east coast, it is a time when leaves change colors, and eventually fall to the ground creating a patchwork of colors and a community of leaves. Our own personal journey is like this. We have to be at one with who we are before we can be in a full and sharing relationship with others. As we nurture our own souls, we grow in our ability to nurture others.

This month is going to be about us focusing on nurturing ourselves. This month I want to focus on two things: learning and reflection. Most spiritual traditions suggest that we constantly learn, read and contemplate material that draws us into a deeper relationship with the world, our Higher Power (however we define that) and ourselves. It is also imperative that we dedicate time, each week, to spend time with those we love, our Higher Power and ourselves. This does not need to be structured time but it needs to be time away from work, time to rest, relax, kick back and enjoy life. Even having fun can be spiritual!

Taking time to nurture ourselves helps us achieve balance in our lives. We need to strive to find that balance between inner exploration and being involved with the outside world. We need to seek balance between time alone and time spent with others. When we are nurturing ourselves we are also finding that balance between work and play. When we are in balance we tend to feel satisfied, loved, and appreciated.

Conversely, when we are out of balance because we have not been nurturing ourselves we might find ourselves feeling deprived, ignored and neglected. When people are engaging in behaviors that scream pay attention to me, it is a sign that they are not taking time to nurture themselves. As the song suggests, sometimes we spending too much valuable time '...looking for love in all the wrong places...' So, rather than begin by loving and nurturing our own souls, we turn to others to make us feel loved. However, in most circumstances this is a short term and temporary fix.

The key with nurturing is balance. Too much inner attention is just as unhealthy as too much outer attention. There may be times we need to give a bit more than we get, but that should be temporary. When it becomes permanent or we're devoting excessive time to one area, chance are, we are living a life that is out of balance.

Think about nurturing like a scale, we are working on giving ourselves equal amounts of energy to the various aspects of our lives. Or maybe it might be best to think of it as a seesaw, there are times the energy flows in different directions, but when we are practicing nurturing ourselves and living in balance, we are never stuck on one end of the seesaw for too long. ♦

Essential Oils: Q & A Session OneByline: *Kelleigh Drew Larsson*

"If you have questions about essential oils,

As we drift into autumn, we are beginning the next segment into our ongoing investigation of essential oils. For the next six issues of the newsletter, we will be taking questions from readers regarding this topic. Also, if appropriate, I'll provide some helpful hints (for using essential oils), and one or more resources.

Our first question comes from James Shackelford of Rochester NY. He asks, "**Why would you want to use essential oils for everyday things when there are other options out there?**"

This is a great question, and one that comes up often in conversation, as well as providing the focus for many debates. Unfortunately James, there is not one clear-cut answer to this question. One of the key reasons for opting to use essential oils (and products derived from essential oils) versus the commercial products is the uncertainty associated with using chemicals and products in today's industrialized and manufacturing society. Many of us have no understanding of these products, and/or their origins. Some of the chemicals and products released for consumer consumption have been researched and proven (or potentially so) detrimental to humans and the natural environment. Pure therapeutic grade essential oils eliminate this concern and exposure to potentially harmful materials because essential oils can be sourced back to their natural plant components. For many people, their choices are driven by their decision to live a more natural and nature-friendly lifestyle.

Essential oils make effective household cleaners, purifiers, and personal care products. Many essential oils, as we have mentioned in past articles, have a high potential for assisting in health and wellness concerns that eliminate the need for our body to process synthetic or harsh pharmaceuticals that can have a multitude of side effects. When it comes to healing the body and mind, essential oils are nature's "medications." As essential oils can defend, heal, and thrive on a cellular level this can make them vital to one's overall health, **when researched and applied properly.**

Bellow, I've shared a several examples of how essential oils can be properly used in your everyday life. The following information was gathered from various Young Living™ resources.

- 1) Apply PanAway® topically to an injured area, such as a twisted ankle, to reduce inflammation and bruising.
- 2) Massage lavender oil around scars to help reduce the formation of scar tissue.
- 3) Apply Purification® and peppermint oils diluted with pure vegetable oil via a cotton swab to a cat or dog's ears to eliminate ear mites.
- 4) Apply a drop of peppermint oil to an embedded tick on your pet and when the tick disengages its head you can safely remove it.
- 5) To disinfect a butcher's block or other cutting surface rub on some lemon oil.
- 6) Apply a few drops of lavender oil to a cloth and throw cloth into the dryer, to freshen laundry.

Please send any question for future articles to me at klarssonny@rochester.rr.com. This month's recommended book is *Aromatherapy: 101 Aromatherapy Recipes for DIY Beauty, Health & Home Cleaning* by Pam Perry. ♦

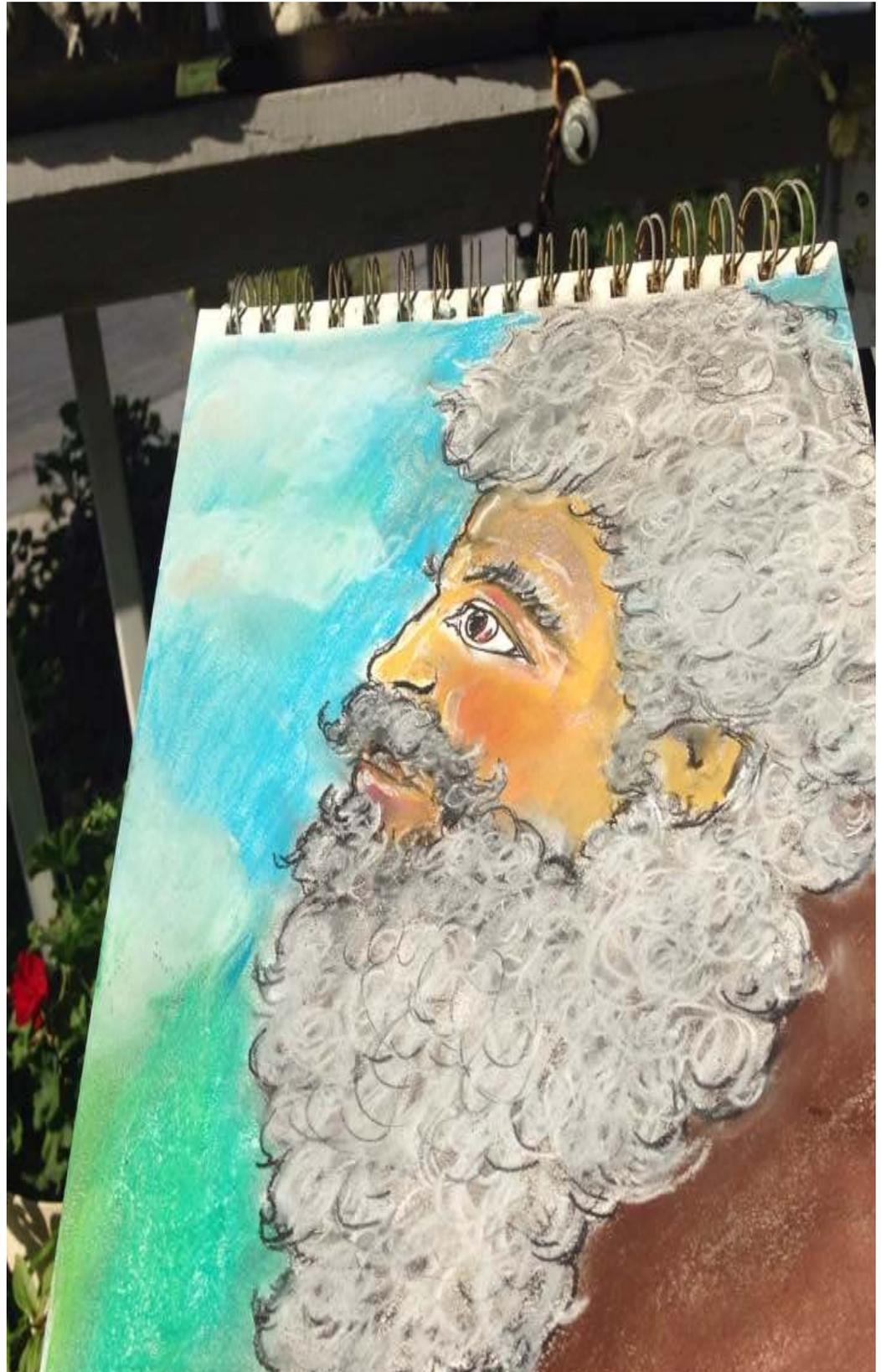
One Spirit - Many Voices

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Will It Rain?

Byline: *Max Allen*

Art is Life
Life is Art





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



*“ If you’d like to assist
in growing or
maintaining one or more
of our ministries here are
a couple of possibilities*

What’s New?

- ♥ Our Movie Time series begins in September and will meet on the first Sunday of each month. Check out the calendar of events for more information.
- ♥ 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.
- ♥ 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 refrain from using paid advertising, but we 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. ♣

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. ♣



*“...Pure and clean
water
Living Water freely
given to the thirsty
Always ready as an
angel who soars from*

Divine Simplicity

Byline: *Gary Bertnick*

As a drink of cool water
On a hot desert world day,
To reach out from your heart
And simply ask,
Living Water in a prayerful cup of the Spirit
Is lifted to your dry lips;
The God of Love waits
Longs to give so many a drink
His abundance of fresh flowing spring water
Pure and clean water
Living Water freely given to the thirsty
Always ready as an angel who soars from above
Skipping past time to serve and protect one more on Earth below,
Faster than the blink of an eye
As compassionate words are spoken
Like sharp silver-tipped arrows that fly
In less than an instant from strong golden bows;
Another "woman at the well"
Takes the humble cup from the hand that reaches out
A pure drink from Heaven flows within
And the Holy Spirit becomes that living spring,
Salvation from the Jews
Through the King of all Jews
Now welling up
To eternal life.

<http://garybertnick.wordpress.com> ♦

Identity can be HELL!

Byline: *Claude Everett*

The subject of identity is and has been a human made hell for people that self-identify as members of the Lesbian, Gay, Bisexual, Transgender (LGBT) community. Being accepted is a basic human need. It was and remains a special kind of hell for those of us that are constantly being rejected for being ourselves, and the continuous adjustments we make to fit in and be accepted, are the foundation for a special hell populated with the 'misfits and outcast of society'.

A hell filled with hate and fueled by ignorance, which is more often than not; built on a foundation of misinterpreted understanding from a collection of writings whose authors had no concept of Same Gender Love (SGL). How could they when nation building was the goal of a then nomadic people in search of their own identity, as well as discovering who God was.

Those dynamics are lost, and their recollections have become law and the standard for all moral behavior. Nothing extracted from these ancient writings quite fit me, and the more I tried to fit in, the more uncomfortable I became. Yet, not uncomfortable enough to break away and just live. I became a captive in that hell, trying to identify as others dictated. The battle was on and became an ongoing struggle to maintain what I felt was right, how I was comfortable being. I look around today and see the shift in the level of freedom my brothers and sisters in the LGBT community enjoy, yet I notice that the

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“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

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, 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/>. ♦



"...Words can create miracles and beauty. Words can also destroy and sabotage the mind,

The Power of the Spoken Word (Part 1) *Byline: Rocco Vallerand*

From the moment we are born, the spoken word becomes critical in who we become and how we see the world. As children, our parents reveled in our first words. We found that with these words we developed an identity and a place in society. I sometimes wonder if we, as humans, forget how much of an impact we have on each other by what we say. Remember the old poem, *Sticks and Stones* and its initial phrase, "Sticks and stones may break my bones, but words will never hurt me." As I matured and became an adult, I realized how false the meaning of that saying was. Just think back to a time when your parent or friend said something to you that was so poignant it left a lasting impact, good or bad, on whom you are or how you felt about yourself. Words can create miracles and beauty. Words can also destroy and sabotage the mind, body and spirit.

One thing I have found to ring true is that words create a spiritual energy, which emulates whatever one is feeling when those words are spoken aloud. If one walks around, day after day, speaking about how unhappy they are, not only do they continue a viscous cycle, but if they pay close attention, they will also notice how people are repelled by the negativity. The basis of our words begin with a thought; a belief, and when we embrace that thought or belief and verbally call those thoughts and beliefs into being, their personal experiences and reality are created.

Imagine having the power to create happiness in your life. Imagine creating a healthier self-image of yourself and the world around you. You can. I want you to do a little experiment. For one day I want you to listen, *I mean really listen* to what you say throughout the course of that day. What kinds of words do you use? Are you building yourself and others around you up? Are you constantly criticizing? What kind of experiences and reality are you creating for your life?

As I speak about this topic, I am reminded of a wonderfully funny example of the power of words. Before he became a United States Senator, Al Franken was a writer for Saturday Night Live (SNL). He created multiple characters for SNL. One of those characters was named Stuart Smalley. Stuart had a fictional self-help public access show. At the beginning of every show, he would sit in front of a mirror and say, "I'm good enough, I'm smart enough, and doggone-it, people like me!" It was silly, but held a large truth: We are what we think and say.

We are the captains of our own ship, and we steer that ship, regardless of the perils we may encounter. Our words are our commands to the ship's crew (our psyche, our feelings, our self-esteem.) What kind of commands are you sending to your crew? ♦



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

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 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 with you to the first session. Also, bring a journal to write in and something with which to write.

Admission Price: \$10.00 per week

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date September 4, 18 and 25, 2016

Time: 10 am – 11:30 am

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: \$5.00

Email Address: Inspiritual@ymail.com

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

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."

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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)

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~*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@ymail.com

Website: <http://inspiritual.biz/its-movie-time/>

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. We are asking that others bring a non-alcoholic beverage, appetizer, salad, or desert to share. We will be providing 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 or folding chairs to sit on or lay out.

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@ymail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: September 6, 13, 20, and 27, 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

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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/online-submission-form) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

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 is \$5.00.

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Metaphysical & Spirituality Book Club

Host/Host Organization: Inspiritual

Date: September 17, 2016

Time: 1:00 pm – 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 September, we will be reading and discussing *The Star in My Heart*: Joyce Rupp uses verse and spiritual exercises to evoke the nurturing powers of Sophia, the feminine wisdom in the Hebrew Scriptures.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: September 19, 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 ♠



“Interested in becoming an Inspiritual community sponsor?”

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*

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>

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Rack Cards Flyers Tag Lines Mission/Vision Statements

Social Media Email Marketing Interviewing Coaching

About Us



Inspirational

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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
@Inspirational
Facebook Page
[https://
www.facebook.com/
inspiritual.biz](https://www.facebook.com/inspiritual.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

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, 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!