

January 2017



Inside this issue:

Light Works Faire Flyer	2
What's New?	3
Our Wish List	3
Flower of the Morning	4
Smiles of Children	4
<i>The Name</i>	5
Healing & Energy Work	6
Month at a Glance	7
Calendar of Events	8-11
How to Become a Community Sponsor	12
Smiles for Children (cont'd)	12
Inspirational Community Sponsors	13-14
About Us	15
Seeking Contributors	15

One Spirit - Many Voices

Questing

Byline: *Rev. Dr. J.*

There is nothing like starting a new year with a spiritual practice like questing. It is a new year and time for us to shake off that which scares us or that which we believe we know for sure. It is time for us to engage in some new adventures and be willing to take some risks in our exploration of self and our relationship with the Universe and the Divine.

The spiritual practice of questing involves traveling someplace we have been, confronting difficulties, dangers and coming home with new understandings of who we are, the world in which we live and our relationship with the Divine. Many faith traditions and spiritual paths talk about the importance of pilgrimages, as a time for healing and renewal. Quests are a time to explore our own spiritual beliefs, a need to find answers, a need to release, or a need to give thanks.

When most people think about quests, they envision vision quests, which normally require you to leave home, and spend time alone in nature. For me, given my limited ability to travel, I do my questing in our prayer and meditation garden. It is a space where I can go and sit and seek the answers I need. It is a space where I can spend time seeking the gift or insight I need in my journey. During the winter season, when I cannot sit in the garden due to the snow, I do an inner journey through my journaling, some of which I share in my blogs. Questing is about seeking replies in areas where you have never thought to go before.

Why quest? It pushes us out of our comfort zones and steers us away from our comfortable answers. It reminds us to be adventurous and open ourselves up to the answers that do not come to us in our comfort zones. These quests, regardless of where we go, broaden our horizons and help us develop the skills to thrive in new situations. Quests teach us how to take risks and move through any fears that may be holding us back.

Questing has for me, pushed me to move beyond what I think I know. It reminds me that certainty is rigid, questing keeps me fluid and ever evolving. It reminds me that I do not know it all and that I must always stay open to learning. Questing, like questioning, reminds me to be a seeker, to keep searching for new and loving ways to meet the challenges of our time.

This month, may we open ourselves up to the quests that avail themselves to us and the courage to question and be open to the possibilities that lie beyond the walls of our certainties. ♦

Light Works Faire Flyer



“Come out and join in the activities. There will be TONS of great buys (i.e. gems, crystals, incense, oils, jewelry, and MORE). Many healing practitioners will be on hand to conduct Reiki treatments, card readings, chakra balancing, massages, etc.”

LIGHT WORKS! PRESENTS ITS ANNUAL WINTER MYSTICAL & WELLNESS FAIRE



NEW YEAR FOCUS - ALL ABOUT LOVE AND ACCEPTANCE
“Where there is great love, there are always miracles.” ~ Willa Cather
“The moment that judgement stops through acceptance of what it is, you are free of the mind. You have made room for love, for joy, for peace.” — Eckhart Tolle

WHEN
JANUARY 21, 2017 FROM 10AM - 7PM

WHAT
SIGN UP FOR THE WORKSHOP! -
DREAMS: A WAY TO ACCESS GUIDANCE, INTUITION AND HEALING 10 - 12:00
Experiential workshop with discussion. Prepay \$15, \$20 at the door.



FEATURING · VENDORS WITH CRYSTALS, GEMS AND MINERALS, INCENSE, OILS, JEWELRY. BOOST YOUR ENERGY WITH CHAIR MASSAGE, REIKI AND CHAKRA BALANCING.

INTUITIVES OFFERING READINGS ALSO WITH ANGEL CARDS, TAROT CARDS, ANIMAL TOTEM CARDS, AND MEDIUMS. COST IS 15 MINUTES FOR \$20, 20 MINUTES FOR \$25, 25 MINUTES FOR \$30 AND SO ON.
SPECIAL - Partner Reading for 2 people - 30 MINUTES FOR \$45.



WWW.MEETUP.COM/LIGHT-WORKS

COME TO SHOP, GET A READING, FEEL THE GREAT ENERGY AND ENJOY THE DAY



WHERE
CARMEN CLARK LODGE
BRIGHTON TOWN PARK
777 WESTFALL RD

ADMISSION
FREE ADMISSION 1-7PM

READERS
TOBIE HEWITT
MARY LEE
DOREEN SCANLAN
SYLVIA
CHRISTIAN
ALEX MILAN





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



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

What's New?

- ♥ It's a new year and we are moving in some new directions
- ♥ We are trying to ensure that everything we do each month is in support of the spiritual practice of the month. So our blogs and thoughts for the day will continue to focus on the spiritual practice for the month, but now so will our offerings.
- ♥ We have changed the name of Healing Harbor to Readings and Reiki night to be more reflective of what we do.
- ♥ We are saying goodbye to our Living the Five Agreements Group. It has been an amazing journey with this group, however, we will be integrating some of this into our new programming.
- ♥ Our new offering on Wednesday nights will be Spiritual Practice Night. Each week will be a different experience by all designed to assist with our personal exploration and spiritual development associated with the spiritual practice for the month.

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 welcomed 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. ♦

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. ♦



“Essential oils are a wonderful supplement to many of your daily life activities!”

Flower of the Morning

Byline: *Kelleigh Larsson*

Welcome to 2017! I am excited to announce a new layout for our monthly oil article. Each month we will feature oil, with a question and answer format. This month we are going to talk about Ylang-Ylang. This oil on a medicinal level is a bit misconstrued, and my objective today is to clarify and offer some basic information.

Question: “I have seen Ylang-Ylang listed as an ingredient in many perfumes and aromatherapy oil blends, are there any actual benefits, or is it just used as a fragrance?”

Answer: The simple answer to your question is ‘Yes’. In some cases, especially as it relates to inclusion in a perfume, it is being used as a fragrance, an additive.

In essential oil blends and when it stands alone, it can have some amazing benefits when properly extracted via steam distillation. Some of the potential medicinal benefits may include assistance with hormone balancing, healing of the skin and hair, soothing eczema and its most notable effect is its impact on an individual’s mood. It is because of the later side effect, that you find Ylang-Ylang as an ingredient in multiple perfumes and specialty blend. Its’ aroma has both an uplifting and calming scent. The next time you are out and you walk by someone that has a warm, rounded, floral scent feel free to inhale deeply, the rest of your day may be just a little bit calmer.

It is an essential oil recommended for individuals dealing with certain mental health concerns. Subsequently when used as a supportive ingredient in skin and hair products, it has a twofold benefit, topical and aromatic. Additionally, there is some evidence of this oil having anti-septic properties, which might also add to why we so often see it used in skin care products.

Two fun facts about this oil: The oil is best when derived from plants that are harvested in the morning, and in other countries, it has been used as an aphrodisiac. For more information about Ylang Ylang essential oil, please refer to the dōTERRA® and/or Young Living™ websites.

Product recommendation: doTERRA Console - This is one of my favorite blends as I find it soothing and very stimulating at the same time. It is in my top ten (10) most used and recommended to my clients. Book recommendation: *Lotion Making: 25 Lotion Recipe Guide for Beginners Hobby or Business* by Jennifer Tynan.

Please be aware that although you will find it noted on the ingredient lists of many oil blends and herbal supplements many of these products are not FDA approved. Consumers should only use these products with the approval of a medical professional, due to the possibility of them inducing nausea and/or headaches upon ingestion. ♦

Smiles for Children

Hi, I am Joann. I run the Facebook page *Smiles for Children* (https://www.facebook.com/pg/Smiles-for-Children-605889446139686/about/?ref=page_internal) and the sponsor only group, *Smiles for Christmas* (<https://www.facebook.com/groups/581748685193502/>).

We try to reach as many kids across the United States as we can. Our goal is to help send smiles to children across America during the Christmas season, where financial conditions would have made this otherwise unachievable.

(continued on page 12)



“We were able to reach more this year but, would love to increase that number in 2017.”



*"...The Name is spoken
within the human spirit
Where an eternal Light
glows
A divine Gift from
above..."*

The Name

Byline: *Gary Bertnick*

A cloud of dust far below the stars, swirls about
Irritates the eyes
Disturbs the senses
Ties little knots in the mind
Aggravates the soul
Twisted thoughts that swirl with the repeated confusion,
Negative things, borderline destructive things
Memories of the past
Relationships and circumstances
Good taken hold of, good lost
Foolishness pursued, stumbled over often;
But now, the Name,
The Name above all dwells within
Greatness beyond this Earthly realm
What the world does not understand
Nor those enslaved by the world,
What those who belong to the world will never desire to embrace;
The Name is spoken within the human spirit
Where an eternal Light glows
A divine Gift from above;
The Light brightens the soul
Even radiates from the body
As heavenly Spirit Wind chases all demons away
Darkness of the "fallen one" flees the only Light
It always does, it always will.
The mind and soul become cleansed of lies
Free of guilt and all fears
All thoughts taken captive as written in the Book
His Holy Presence becomes Peace within
Rises from the place of eternal rest
Forever before the King's Throne,
The Father's Gift of freedom
Wrapped in beauty about the Word spoken
Emmanuel our Present from our Creator
"The Word made flesh"
The Name above every name-
Yeshua Messiah.

-Christmas Gift to all...

<http://garybertnick.wordpress.com> ♦



"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/>.

Readings & Reiki Night - Readings & Reiki Night 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 Readings & Reiki Night. Learn more about our healing staff at <http://inspiritual.biz/readingsreiki/>.

Reiki - Reiki works on different levels the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. Reiki is an ancient Japanese method of healing uses energy to balance the body and mind. This healing modality provides benefits, which can be felt by practitioners and their clients. In fact, Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit. It has been proven Reiki can help people suffering from various major and minor ailments. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both in the hospital and from outpatient health care providers. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well. To learn more about the benefits of Reiki or schedule an appointment visit <http://inspiritual.biz/reiki/>.

Spiritual Partnership - Spiritual Partnership is the ongoing process of being gentle with others as they seek to evolve in their relationship with their Higher Power, however they define that. A Spiritual Partner is a person trained in HOLY LISTENING. It is not counseling. Together the Spiritual Partner and companion listen, pray, and talk in the presence of Spirit. The focus of a session is Spirit and Energy. You can learn more by reading the brief article in this issue of the newsletter or visiting <http://inspiritual.biz/individual-spiritual-direction/>. ♦



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

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

January 2017*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00am - Love & Inspiration on Zoom	2 7:00pm - Readings & Reiki Night	3	4 7:00pm - Spiritual Practice Night	5	6	7 1:00pm - Spiritual Journaling Workshop Part 1
8 10:00am - Love & Inspiration on Zoom	9	10	11 7:00pm - Spiritual Practice Night	12	13	14 1:00pm - Spiritual Journaling Workshop Part 2
15 10:00am - Love & Inspiration on Zoom	16 7:00pm - Readings & Reiki Night	17	18 7:00pm - Spiritual Practice Night	19	20	20 10:00am - Dreams: A Way to Access Guidance, Intuition and Healing 1:00pm - Spirituality & Metaphysical Book Club
22 10:00am - Love & Inspiration on Zoom	23	24	25 7:00pm - Spiritual Practice Night	26	27	28
29 10:00am - Love & Inspiration on Zoom	30	31				

Month at a Glance

Phone: 585-729-6113
E-mail: inspiritual@gmail.com
Website: <http://inspiritual.biz>

Inspiritual
25 Bernie Lane
Rochester, NY 14624



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

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

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date January 1, 8, 15, 22, and 29, 2017

Time: 10:00am - 11:30am

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

Description of Event: Are you seeking a time and space to experience a shared spiritual experience, but not feeling drawn to the traditional "church" or other "religious" service. If so, we invite you to share a time of love & inspiration with us.

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

Admission Price: \$5.00

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: January 1st through January 28th, 2017

Time: Daily, at your convenience

Place/Venue: Wherever you are

Description of Event If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the evening of January 1, 2017, you will receive daily readings, homework assignments and an affirmation from me.

This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance and peace to your life, and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least one (1) hour or more per day for this month. I will also be available in person, by phone or **Zoom** for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed are two journals (each used for a different purpose).

An online space is created for those in the group to communicate and support each other throughout the journey.

Admission Price: \$140.00

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

28 Week Spiritual Cleansing Program

Host/Host Organization: Inspiritual

Date: Begins January 1, 2017

Time: At your convenience throughout the week



(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: Where ever you are

Description of Event If you are ready to do some spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the Saturday before each week begins, you will receive weekly readings, homework assignments and an affirmation from me.

This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance and peace to your life, and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least one (1) hour or more per week for 28 weeks. An online space is created for those in the group to communicate and support each other throughout the journey.

Supplies needed are two journals (each used for a different purpose).

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Readings & Reiki Night

Host/Host Organization: Inspiritual

Date: January 2 and 16, 2017

Time: 7:00 pm - 8:30 pm

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

Description of Event: Readings & Reiki Night exists in an open space of healing. We invite you to come into the safety of our space to receive healing before you return to your 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 Readings & Reiki Night.

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

Admission Price: Love offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Practices Night

Host/Host Organization: Inspiritual

Date: January 4, 11, 18 and 25, 2017

Time: 7:00pm - 9:00pm

(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/>)

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

Description of Event Each month we focus on a different spiritual practice. To help us with our growth and evolution, we will meet weekly for discussions, journaling exercises, meditations, and creative expression. Every week is different, but all are designed to help us grow and focus on a specific spiritual practice.

Admission Price: suggested donation \$5.00

Email Address: Inspiritual@gmail.com

Website: <http://inspiritual.biz/spiritual-practice-night/>

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: January 7 and 14, 2017

Time: 2:00pm - 5:00pm

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 four different techniques each week in this two week series. We will begin with the most basic technique—streaming. Subsequent technique will incorporate streaming in combination with other technique. Space will be provided for anyone who feels comfortable or desires to share his or her writing.

Please bring a quote, image, feeling or artifact and a sheet of poster board with you to the first session. Also bring a journal to write in and something with which to write.

Admission Price: \$80.00

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

Spirituality & Metaphysical Book Club

Host/Host Organization: Inspiritual

Date: January 21, 2017

Time: 1:00pm - 2:30pm

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

Description of Event *Walking Home: A Pilgrimage from Humbled to Healed* by Sonia Choquette when her life was falling apart. Within the space of three years, Sonia Choquette had suffered the unexpected death of two close family members, seen her marriage implode, and been let down by trusted colleagues. Sympathy was not forthcoming. “You’re a world-renowned spiritual teacher and intuitive guide,” people jeered. “How could you not have seen this coming?” Having intuitive abilities didn’t make her superhuman. Nor did it exempt her from being wounded or suffering the pain of loss and the consequences of our all-too-human traits such as anger, resentment, and pride—traits that can lead even the best of us to stray from our spiritual path.

(continued on page 11)

Calendar of Events (cont'd)



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

Admission Price: \$5.00

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Dreams: A Way to Access Guidance, Intuition, and Healing

Host/Host Organization: ROC Metaphysical

Date: January 21, 2017

Time: 10:00am - 11:00am

Place/Venue: 777 Westfall Rd, Brighton, NY 14620

Description of Event Because everyone dreams, we all have access to this way of communicating. In this class I will give personal accounts of receiving guidance and healing through dreams and visions and provide tools and practices that will enable you to listen to spiritual wisdom through your dreams. Signing up in advance, your cost is \$15.00. You will pay \$20.00 at the door. At 1:00pm the Faire begins with vendors, with all types of unique items for sale - crystal, jewelry, spirit dolls, natural soaps and more. Check out the intuitive readers to see what's new for 2017. Get your energy balanced with Reiki, Chakra balancing and chair massage. Admission for the Faire is **FREE**.

Admission Price: \$15.00-\$20.00

Email Address: Pam_Perkins@bcasd.org

Website: <http://www.meetup.com/light-works>

Wheelchair Accessible: Yes ♣

Do you have something for next month's calendar? Please complete the online submission form

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



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



“If your interested in helping out for next year’s drive, please don’t hesitate to contact us.”

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

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 on our website at - <http://inspiritual.biz/community-sponsors-resources/> ♦

Smiles for Children (cont’d)

This year we were able to help 60 children with their Christmas wishes. Last year our count was 70 children. Next year, we hope to increase the number of children and families we’re able to reach.

In order for a family to participate, we only ask that they provide us with documentation of financial need and provide us with pictures of received gifts and children opening received gifts.

The parents of the children are asked to send proof that they need the help. They have to send pictures of recent check stubs, proof of welfare, that kind of thing. We focus our time and resources on families that are willing to work with our criteria. It’s important to our organization that our potential sponsors and sponsors view *Smiles for Children* as reputable and dedicated to helping provide for families that are truly in need.

In return, sponsored families are asked to send photos (to our page) of gifts when they arrive, and photos of children unwrapping gifts. Pictures are to be submitted on Christmas Day, when the children open their gifts.

Our criteria are set up as a way of showing joy and gratitude. Parents, children and sponsors get to share in the experience, which is loved by everyone.

If you’d like to make a difference and would like to assist with next year’s drive, please contact me via Facebook. Thank you all so much. ♦

Inspirational Community Sponsors

ROC Metaphysical

Thank You To Our Sponsors!



*"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!"*



What's so metaphysical in the Greater Rochester area? Find out in ROC *Metaphysical*, a community on-line magazine with articles written by local and soon to be national writers on a variety of topics. There's also a calendar, want ads, gratitude listing and lots of space to advertise.

Free to view on line at <http://www.rocmetaphysical.com>. If you'd like to contribute or advertise, please email me at rocmetaphysical@gmail.com.



Contact: Pam Perkins

Phone: (585) 233-5619

Email: ocmetaphysical@gmail.com

Website: <http://www.rocmetaphysical.com>

Inspirational Community Sponsors (cont'd)

Jewelry in Candles

Thank You To Our Sponsors!



*"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!"*



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/karengrimley>

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

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We're on the WEB!
Our Website
<http://inspirational.biz>
Twitter Page
@Inspirational
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www.facebook.com/
inspirational.biz](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@ymail.com For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, on or before 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!