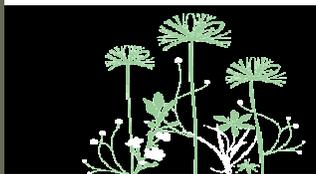


April 2017



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One Spirit - Many Voices

Silence

Byline: *Rev. Dr. J.*

The spiritual practice this month is silence. Silence is a much-needed practice in a world filled with so much noise. Noise is inescapable. It surrounds us. It is present in the environments we dwell and operate, coming from multiple sources – at home, work, places of entertainment, worship, and in nature. Its' sources include social media, television, radio, conversation, the wind, babbling brook, singing birds and buzzing bees. Inescapable noise forever surrounds us.

Few moments or spaces are soundproof or offer silent. Silence then, when we experience it, can feel both welcome and strange. However, silence can be an antidote to what may often feel overwhelmed by demands of the world. Silence can be a time to contemplate. It can present us with time to focus our attention on what is in our hearts and souls. It is a time when we can commune with the Divine and remember there is something greater than all the noise in the world.

Silence is about us changing the way we live and creating space in our lives where we can stop and practice resting and renewing on our spiritual journeys. Silence provides a way to withdraw from the world and re-enter it renewed. Silence is about us broadening the margins in our life. Silence is healthy for us. Florence Nightingale, the 19th century British nurse and social activist, once wrote that “Unnecessary noise is the most cruel absence of care that can be inflicted on sick or well.”¹ Nightingale argued that needless sounds could cause distress, sleep loss and alarm for recovering patients. Silence helps our bodies heal. It lowers stress levels and helps us relax.

Silence gives our brains time to rejuvenate. Our brains are constantly processing, among other things, all the noise around us. When we practice silence, we allow our brain to rejuvenate and cope with the cacophony of sounds, which bombard us. Simply walking in nature, with minimal, natural noise can rejuvenate our spirits and our soul.

Silence squashes the bombardment of noise in our lives, albeit its brevity. However practicing silence allows us to hear the symphony of sounds we are not hearing as they have been silenced by the noise of everyday life. When we silence ourselves, we open ourselves up to thinking more deeply and creatively. As Herman Melville once wrote, “All profound things and emotions of things are preceded and attended by silence.”² It is in our silence, that we also open ourselves up to hearing the whisper and guidance of the one from which we receive our spiritual guidance, however, you call upon that source.

This month, may we practice having moments of silence in our lives. May we use those moments to restore physically, emotionally, mentally, and spiritually

¹<http://www.nature.com/news/2005/051219/full/news051219-4.html>

²<http://www.wisdomcommons.org/wisbits/5249-all-profound-things-and-emotions> ♦



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



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

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/> ♦

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. ♦



*“...And someone who
died a long time ago
Someone special and
something about a
"Cross" somewhere,
A good man who came
back to life
Who is alive even today
To help us, to love us
A friend forever...”*

Return to Me

Byline: *Gary Bertnick*

A child wanders along a school playground
He seeks friends
Wants to laugh and play
He wants to have fun like others
Yet, he wanders alone
As if lost
Yearning from deep within
Longing for something,
For someone
Then, he stumbles once more,
And gets up again
Continues to search
Though he's not sure for what;
Tears have long ago dried up
Given up, then tried again and again.
Suddenly one day a little bird hops along the ground nearby
With a hurt wing
He picks up the sparrow and puts it carefully away
Safely in a small tree on a hidden branch.
Then a tear returns, runs down his face
And he remembers some words he once heard,
A stranger talked loudly by a store downtown
About "rising up again"
And someone who died a long time ago
Someone special and something about a "Cross" somewhere,
A good man who came back to life
Who is alive even today
To help us, to love us
A friend forever
Who cares when no one else does;
Some grownups laughed as they walked by,
But he listened and remembered.
So, he sat down in a corner of the school playground
As some other kids ran around in groups,
He began to talk out loud up to the sky
And even cry for this Lord
To somehow be alive to him, too
A real friend forever;
Then, it happened
Like an angel, but more
Who took him in His arms
Held him close as He spoke
"Forever my son
Yes, forever and ever."
Even more tender words followed that have never left him
As he grew up and later became an old man. ♣



"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/>)

April 2017*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 28 Day Spiritual Cleansing Intensive begins	3 7:00pm - Readings & Reiki Night	4	5 7:00pm - Spiritual Practice Night	6	7	8
28 Week Spiritual Cleansing begins						
10:00am - Love & Inspiration on Zoom						
9 10:00am - Love & Inspiration on Zoom	10	11	12 7:00pm - Spiritual Practice Night	13	14	15 1:00pm - Spirituality & Metaphysical Book Club
16 10:00am - Love & Inspiration on Zoom	17 7:00pm - Readings & Reiki Night	18	19 7:00pm - Spiritual Practice Night	20	21	22
23 10:00am - Love & Inspiration on Zoom	24	25	26 7:00pm - Spiritual Practice Night	27	28	29
30 10:00am - Love & Inspiration on Zoom						
			Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz			
			Inspiritual 25 Bernie Lane Rochester, NY 14624			

Calendar of Events



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/>)

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: April 1 and 8, 2017

Time: 1:00 pm – 5:00 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 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 is 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

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: Begins April 2, 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 1 hour or more per day for this month. I will also be available in person, by phone or **Zoom** for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose).

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

Admission Price: \$140.00

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: N/A

(continued on page7)

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/>)

28 Week Spiritual Cleansing Program

Host/Host Organization: Inspiritual

Date: Begins April 2, 2017

Time: At your convenience, throughout the week

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, 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.

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

Supplies needed 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: N/A



Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: April 2, 9, 16, 23, and 30, 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@ymail.com

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

Wheelchair Accessible: Yes

Readings and Reiki Night

Host/Host Organization: Inspiritual

Date: April 3 and 17, 2017

Time: 7:00pm - 8:30pm

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

(continued on page 8)



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)

Description of Event: Inspiritual is an open space of healing. We invite you to join us on the 1st and 3rd Monday nights where we provide Reiki, readings, Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love.

Readings & Reiki night is from 7:00pm - 8:30pm the first and third Mondays of every month. Most sessions are limited to 15-20 minutes.

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 Inspiritual.

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: April 5, 12, 19, and 26, 2017

Time: 7:00pm - 9:00pm

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@ymail.com

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

Wheelchair Accessible: Yes

Spirituality & Metaphysical Book Club

Host/Host Organization: Inspiritual

Date: April 15, 2017

Time: 1:00pm - 2:30pm

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

Description of Event: This month we are reading and discussing *Silence* by Thich Nhat Han

Admission Price: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes ♡

Inspirational Community Sponsors

Acti-Labs

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!"*



Eco-friendly line of affordable French products that are free of animal testing, parabens, nano-particles, talc, synthetic fragrance, synthetic colours. We use science to get the best out of nature!

Contact: **Penny Ferguson**

Phone: 503-841-1366

Email: selevabeauty@gmail.com

Website: <https://acti-labs.com/me/lorretta-ferguson>

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/karengrimsley>

Inspirational Community Sponsors (cont'd)

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>

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

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

We're on the WEB!
Our Website
<http://inspirational.biz>
Twitter Page
@Inspirational
Facebook Page
[https://
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!