

July 2017



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One Spirit - Many Voices

Unity

Byline: *Rev. Dr. J.*

I grew up with the belief that if we all worked together as one body, then we could change the world. Unity, for me, has always been about living in harmony with other people. Maybe it was all the time I spent watching those old Coca Cola commercials about teaching the world to sing in perfect harmony. Unity, for me, was about working together for a common cause. It was about the recognition that what benefits one benefits all and what harms one, harms us all. When we work as one body, we build communities and we strengthen the world. Unity is about recognizing that we have these common bonds with each other. When we focus on differences we build walls. When we focus on similarities, we build bridges. It is about recognizing that we are all human beings. In practicing unity, we celebrate our similarities and our differences.

Practicing hospitality in our daily lives provides us with the opportunity to celebrate diversity. It gives us the chance to look for things we like in another person and in ourselves. Practicing hospitality can lead to deepening of relationships, building solidarity within and between groups. Practicing solidarity is about building bridges that traverse the abyss of difference. It creates hope, compassion, justice, and peace.

When we are not practicing unity, we may feel isolated from others and lonely. These feelings challenge us to look at what we are doing to cut ourselves off from others and from the Divine. Is it your way or the highway, or are you able to work with others to create a road you can both travel? Do you work to build solutions or do you get tyrannical and say "You're fired."?

Practicing hospitality allows us to broaden the circle of people we invite to our table. As Jorge Rieger talked about in his book, *God and the Excluded*, when we do so, we not only journey in greater unity with others, but we gain a greater and deeper understanding of the Creator. This month, as we practice Unity, may we rejoice in the unity of all people. ♦



“During allergy season, use essential oil blends to help minimize or eliminate your symptoms.”

Natural Allergy Relief

Byline: *Sherry White*

This is the time of the year, where we are out in the elements more. Along with being outdoors, we breath in allergens, track them into our homes and vehicles, and ‘share’ them with others. This process is akin to a bee pollenating the various plant life in its path. The result of all this activity are seasonal allergies, a stuffy or runny nose, itchy, watery eyes, sore throat and sometimes, difficulty breathing. I have suffered from all of the above noted ailments my entire life. As a result of my allergies, I’ve used multiple over the counter medications and prescription strength treatment regiments.

One day, I met a God sent woman who introduced me to the properties and benefits of essential oils. As I studied them, I discovered some essential oils had great properties and benefits, specifically in the lessening and alleviation of symptoms caused by allergies. I started using a peppermint and lavender blend and realized, **that was it!** It wasn't until later, after further study, did I learn that there are many other essential oils that help with my allergy symptoms. Below are a few, great essential oils blends that may help you:

Peppermint Oil: can be inhaled, cupped in your hands or you can add five (5) drops into a diffuser. I use it to help me breathe better. It will also help clear out mucus and allergens like pollen. It helps reduce inflammation, because it is an anti-inflammatory. Peppermint oil can be applied topically to the chest, back of neck and temples. I even put a little under my nose. When applying topically, always dilute with your choice of carrier oil.

Basil Oil: reduces inflammation and kills germs (anti-viral and anti-bacterial). Dilute 2-3 drops of basil oil with a carrier oil (a 50/50 mixture) of your choice and apply to temples, back of neck and chest.

Eucalyptus Oil: is an anti-inflammatory and expectorant. Diffuse five (5) drops of oil, or apply directly on temples and chest [**NOTE:** This is NOT recommended for people with high blood pressure, who should seek direction from their medical provider].

A great way to use this oil for a stuffy nose or congestion is to mix 1-2 drops of oil into a cup of hot boiling water. Place a towel over your head and lean over steaming mixture, taking deep breaths for five to ten minutes.

Lemon Oil: kills bacteria and is great for use as a natural disinfectant. Add five (5) drops to your diffuser, to kill bacteria in your home. Adding five (5) drops to your laundry will freshen and kill bacteria. Mix five (5) drops in a glass spray bottle, fill with 8 oz. of water and spray bedding, furniture and anywhere allergens and bacteria can grow.

(cont'd on page 10)



“Interested in becoming an Inspiritual community sponsor?”



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

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. ♦



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

**YOU MAY
SEE ME
STRUGGLE
BUT YOU
WILL NEVER
SEE ME
QUIT...**

*"...In most zealous
fervor, determined
commitment..."*

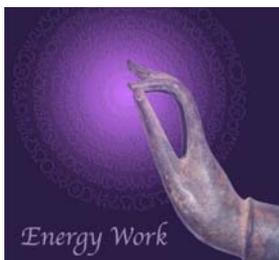
What's New

- ♥ The Zenful Kitchen is taking on a new direction. For the last few years, it has been focusing on the spiritual lessons I have learned in the kitchen and those products and ingredients I have used. However, a few people have been asking for recipes and practical information on Pampered Chef products. So my blogs will take on a new direction with recipes and product information, cooking tips to make life easier, and so much more.
- ♥ Our website is also getting ready to take on a new look. So when you come to visit in the next week or so and the site looks different that is why! ♦

Never

Byline: *Gary Bertnick*

Never a quitter
 Never to fold up the tent and walk away
 Or turn our back on a friend,
 A brother or sister
 Bought by Royal Blood
 So long ago, on the Cross,
 The most fierce warrior ever to walk the Earth
 Triumph and victory the clothes He wore that day
 In most zealous fervor, determined commitment
 Covenant honor to His Father
 Covenant love to all creation
 His family, His apostles, His disciples
 His Israel, His Jerusalem!
 We walk in His footsteps as the Shepherd leads us
 We will never turn to the right or to the left
 But with hearts poured out, we follow Him with all our being;
 Each step taken, each breath drawn in, each pulse of every heartbeat.
 Steadfast love carries us on with perseverance in great endurance
 From impossible to impossible made possible by our God
 Our victorious walk of faith
 Through cities, through country sides
 Through wars in the spiritual realm
 Through earthly battlefields
 Taste of victory always in our mouths
 Triumph over human weaknesses
 From strength to strength our footsteps carry on
 In greatest confidence
 Until we stand in salvation before our Savior,
 Hand in hand with many known and unknown friends
 Arms lifted in praise
 Voices roar together as that Lion does,
 We will finish what was started by each
 Never, ever will we quit the victory we now taste
 The strength and power of our Lord always at our side! ♦



“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

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

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/>)

July 2017*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 10:00am - Love & Inspiration on Zoom 28 day Spiritual Cleansing program begins	3 7:00pm - Readings & Reiki Night	4 Happy 4th of July	5 7:00pm - Spiritual Discussion - Transformation	6	7	8 1:00pm - Spiritual Journaling Workshop on Zoom Part 2
9 10:00am - Love & Inspiration on Zoom	10	11	12 7:00pm - Spiritual Discussion - Transformation	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 Discussion - Transformation	20	21	22
23 10:00am - Love & Inspiration on Zoom	24	25	26 7:00pm - Spiritual Discussion - Transformation	27	28	29
30 10:00am - Love & Inspiration on Zoom 2:00pm - 7 year Anniversary Celebration						
						Phone: 585-729-61 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz
						Inspiritual 25 Bernie Lane Rochester, NY 14624

Month at a Glance



*Looking for
something to do?
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of low OR no
cost events on*

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[online submission
form](http://inspiritual.biz/community-event-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: July 1 and 8, 2017

Time: 1:00pm - 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@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date July 2, 9, 16, 23, and 30

Time: 10am - 11:30am

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

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

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: July 2-29, 2017

Time: Daily

Place/Venue: Weekly meetings on **Zoom**

Description of Event If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. This program will be offered four times during the year January, April, July, and October. If these months are not convenient, please let us know what month you would like to begin your journey.

(continued on page 8)



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something to do?
We have plenty
of low OR no
cost events on*

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/](http://inspiritual.biz/community-event-submission-form/))

Calendar of Events (cont'd)

Beginning the evening before the first Sunday, 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).

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

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Readings and Reiki Night

Host/Host Organization: Inspiritual

Date: July 3 and 17, 2017

Time: 7:00pm - 8:30pm

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

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 nights are from 7:00pm - 8:30pm on 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 Journaling Workshop

Host/Host Organization: Inspiritual

Date: July 1 and 8, 2017

Time: 1:00pm - 5:00pm

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

(continued on page 9)



*Looking for
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We have plenty
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Calendar of Events (cont'd)

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/spiritual-journaling/>

Wheelchair Accessible: Yes

Spiritual Discussion Night - Unity (spiritual practice for July)

Host/Host Organization: Inspiritual

Date: July 5, 12, 19, and 26, 2017

Time: 7:00pm - 8:30pm

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 is \$5.00

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

Spirituality & Metaphysical Book Club

Host/Host Organization: Inspiritual

Date: July 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 *Awakening the Spirit, Inspiring the Soul: 30 Stories of Interspiritual Discovery in the Community of Faiths*. Editors Brother Wayne Teasdale and Martha Howard, MD reveal the common insights gained by spiritual pioneers who have experienced different religious traditions.

Admission Price: Suggested donation \$5.00

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop on Zoom

Host/Host Organization: Inspiritual

Date: August 5 and 12, 2017

(continued on page 10)



*Looking for
something to do?
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of low OR no
cost events on*



*“Don’t eliminate
your physician from
the discernment
process, especially
if you have
long-term, chronic*

Calendar of Events (cont’d)

Time: 1:00pm - 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.

The **Zoom** URL will be shared upon registration.

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes ♠

Natural Allergy Relief (cont’d)

Byline: *Sherry White*

Tea Tree Oil: has anti-bacterial properties. It kills mold and bacteria in your home. Place about 5 drops into your diffuser.

Lavender Oil: is a great anti-inflammatory and natural antihistamine. You can create a 50/50 solution consisting of 2-3 drops and your choice of carrier oil. I apply the mixture under my nose, to the sinus area and the back of my neck and temples.

Frankincense Oil: is an immune booster and an anti-inflammatory. You can do a 50/50 solution comprised of 2-3 drops of oil and your choice of carrier oil. I apply it under my nose, sinus area and the back of my neck and temples.

Other Helpful Tips:

A few more great essential oils known to help with allergy symptoms are: clove, lemongrass, chamomile, bergamot, thyme, oregano and rosemary.

To create a great anti-bacterial cleaner blend combine 40 drops of lemon oil, 20 drops of tea tree oil and a dab of white vinegar, in to a 6oz **glass** spray bottle.

One of my favorite topical blends for allergies starts with three (3) drops of peppermint oil, added to three (3) drops of eucalyptus oil, three (3) drops of lavender oil and a teaspoon of carrier oil. Apply the blend to the temples, behind the ears and on the bottoms of feet. I have also applied the mixture under my nose, the sinuses, above the eyebrows and at the back of the neck.

barefut Essential Oils

<https://barefut.com/?a=637> ♠

Inspirational Community Sponsors

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*

USING SCIENCE TO GET THE BEST OUT OF NATURE!



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!

Please contact your consultant Penny Fergguson:

503-841-1366

selevabeauty@gmail.com

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

Inspirational Community Sponsors (cont'd)

Thank You To Our Sponsors!



*“We'd like to say
THANK-YOU to our
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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.

**Please contact:
Pam Perkins**

(585) 233-5619

ocmetaphysical@gmail.com

<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://](https://www.facebook.com/inspirational.biz)

[www.facebook.com/](https://www.facebook.com/inspirational.biz)

[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

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!