

October 2017



One Spirit - Many Voices

Mystery

Byline: *Rev. Dr. J.*

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LEAVE EVERYTHING UNDEFINED, INCLUDING YOURSELF. BEFRIEND UNCERTAINTY. FALL IN LOVE WITH MYSTERY. KNEEL AT THE ALTAR OF NOT KNOWING. GIVE YOUR QUESTIONS TIME TO BREATHE. THE ANSWERS WILL FIND YOU.

Jeff Foster

Why is it that so many people love reading mysteries, but are not open to mysteries in life? Part of one's spiritual journey is learning how to have respect and appreciate the great mysteries in life. There are so many things in life we do not understand. We are constantly seeking to find answers, to know why things are the way they are. Yet practicing the spiritual discipline of mystery challenges us to live

in unknowing and be comfortable with not knowing.

Learning to practice mystery is about opening ourselves up to the things we do not understand in the world around us. It is about resisting the temptation ask why and to not be afraid to say I do not know. It is about being okay with now knowing why evil, injustice and suffering exists, because the way of the Divine is not our way and our understandings are not God's understandings. So while we can put forth some explanations based on what we think we know about a situation, sometimes we just don't know and we just don't understand and that is ok.

Practicing mystery requires us to understand and appreciate the complexity of the world. Practicing mystery is counter-cultural. We live in a world where we are supposed to have answers for every question. We want to find a way for everything to fit neatly in some little cubbyhole. We think there should be round holes for round pegs and square holes for square pegs. We are not always comfortable when we don't have a nice, neat, tidy system and way of answering the whys in life. We are not okay when things lie outside our nice, neat, logical way of thinking. However, there is something liberating and transformative in being okay with not knowing and not having to have an answer for every question.

It is like the day I wrote this piece, I had decided to give myself some time to do some personal reading that was just for me. It was not to help me be more inspirational nor was it to be something related to my job as an adjunct professor. So I randomly selected an audiobook. Because I love reading books that have to do with spirituality, I found all the audiobooks at my local library that had to do with spirituality, put them in alphabetical order by last name and decided to listen to the first book. The very first sentence of the book left me in tears.

While I could explain why I was crying, I could not explain why the Universe had brought this book to me at this moment in my life, when I needed to read it the most. I could tell you how I picked it, but the why behind it I cannot.

I can sit and try to explain why it is, but honestly I am just going to sit in the mystery of not knowing, other than to know that the Ultimate Consciousness knew what I needed at this very moment and I am okay with that. This month, let's practice being okay with the not knowing and appreciating the mysteries in life. ♦



“Tea tree oil is beneficial for many skin ailments.”

Top Ten Essential Oils - Part 2 (Tea Tree)

Byline: *Sherry White*

Tea Tree (*Melaleuca alternifolia*): has antimicrobial, antibacterial, antifungal, and antiviral properties. It also supports and enhances immune system health.

Tea tree essential oil has antiseptic properties and is often used to help prevent infections. Because of its regenerative and cleansing properties, it has been known to help improve one's skin, particularly regarding acne.

For an acne home remedy, tea tree oil works just as well as some top drugstore acne remedies, such as benzoyl peroxide.

Add a few drops (3-4) of tea tree oil with 20 to 40 drops of witch hazel to a cotton swab, and apply to skin prone to acne outbreaks, once or twice a day. Be careful to not overuse it. Tea tree oil may be gentler than benzoyl peroxide, but it can dry out your skin, causing an overproduction of your body's natural oils, which can make your acne worse. If you apply it to your face, stay out of the sun. Tea tree oil can make you more sensitive to ultra-violet (UV) rays.

For normal to dry skin, try mixing 1/4 cup of grapeseed carrier oil with ten (10) drops of tea tree oil in a four ounce sterilized glass jar with a tight-fitting lid and shake until blended. Store in a cool, dark place.

To use mixture for make up removal, saturate a cotton ball with the oil and smooth over your face. Rinse well with warm water and follow with a toner.

“First Aid in a Bottle” is how many refer to tea tree oil because of its antifungal, anti bacterial and antiseptic properties. One of tea tree's common uses is combating toenail fungus. Blend with a carrier oil such as grapeseed and apply to your toenails with a Q-tip. Be consistent in its use - 2-4 times a day for several weeks. You can even use a drop of tea tree oil, without carrier oil, to fight fungal growth!

Tea tree oil is very beneficial and useful to have on hand because it can be used topically to treat almost any common ailment. Although you'd never ingest tea tree oil, it can be used topically on the following disorders:

Athlete's foot	Dermatitis/eczema	Acne	Insect bites...just to name a few!
Cold sores	Nail fungus	Warts	

You can add a few drops of it to unscented shampoo to help moisten the scalp, in cases of dandruff and/or psoriasis.

It's even been used, by adding a few more drops in that same shampoo, for head lice as well: Blend a few drops of tea tree essential oil with one (1) tablespoon of grapeseed carrier oil and use a cotton swab to apply to sores, two or three times a day.

barefut Essential Oils are 100% pure and are ethically grown and processed around the world. They're vegan and certified kosher. *barefut* oils do not contain fillers, additives, or any other type of dilution. *barefut* oils can be ordered online, via their website, <https://barefut.com/?a=637> ♦



“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.

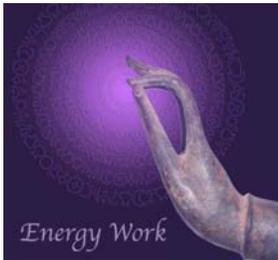
Our community sponsor information is on our website at - <http://inspiritual.biz/community-sponsors-resources/> ♦

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. ♦



"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/>. ♦



*"...Special purposes
for existence expressed
artfully from above..."*

Each

Byline: *Gary Bertnick*

Each one of us
Eternal qualities
Eternal destiny,
Good seeds scattered by Noble Hands
Unique in time as flowers with rare scents
Unique in place and purpose
Every fruitful beauty within and about
Miraculously woven together as DNA blossoms
Mystical genetic designs with a heavenly breath
Made as a special creature of God
Singular patterns blended into singular earthly circumstances
Even new Holy Spirit creations in Messiah Yeshua!
Just as nations newly birthed
With tribes and languages
All splendid in appearance
Qualities unmatched in all the Earth
Special purposes for existence expressed artfully from above
In the greatest knowledge of the Lord of Creation,
Each nation, each land, each person
Held up in new light
While the sun rises
Growth and development in wonder
Until the majestic sun sets for the common rest;
New birth into new life
As vessels of highest honor
Meant for the One enthroned
A river of purifying fire that flows out
From beneath the Glory Throne,
Holy zeal consumes;
As countless new songs of beauty are heard
Music for the heart and soul of each one
Beauty of worship moves freely on the winds of power
Lifts the bodies and spirits of those who truly listen
Who can embrace spiritual pleasure, encouragement without end,
Nations as well meant to stand in harmony
In creative balance of oneness throughout the Earth
Each one giving their gifts freely to the other
Each one receiving with a thankful heart
And returning gifts multiplied
In perfect union, in perfect freedom together
All done in honor of our God of love and peace
Eternity set before His Throne as a crystal sea
Everyone and everything seen clearly with fire eyes of jeweled purity
The Ancient of Days before whom the Universe and each one of us will stand.

<https://garybertnick.wordpress.com>



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



October 2017*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 28 day Spiritual Cleansing Intensive begins	2 7:00pm - Readings & Reiki Night	3	4 7:00pm - Spiritual Discussion - Transformation on Zoom	5	6	7 1:00pm - Spiritual Journaling Workshop Part 1
28 week Spiritual Cleansing begins						
10:00am - Love & Inspiration on Zoom						
8 10:00am - Love & Inspiration on Zoom	9	10 7:00pm - Spiritual Discussion - Transformation on Zoom	11 7:00pm - Spiritual Discussion - Transformation on Zoom	12	13	14 1:00pm - Spiritual Journaling Workshop Part 2
15 10:00am - Love & Inspiration on Zoom	16	17 7:00pm - Spiritual Discussion - Transformation on Zoom	18 7:00pm - Spiritual Discussion - Transformation on Zoom	19	20	21 1:00pm - Spirituality & Metaphysical Book Club
22 10:00am - Love & Inspiration on Zoom	23 7:00pm - Readings & Reiki Night	24	25 7:00pm - Spiritual Discussion - Transformation on Zoom	26	27	28
29 10:00am - Love & Inspiration on Zoom	30	31				

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Inspirational
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Rochester, NY 14624



*“Educate yourself
before using
any product...this
includes essential*

New Moon Psychic Festival & Holistic Healing Expo

NEW MOON PSYCHIC FESTIVAL & HOLISTIC HEALING EXPO DAMASCUS SHRINE CENTER - BAY ROAD, WEBSTER OCTOBER 21 & 22, 2017

The 16th ANNUAL New Moon Psychic Festival & Holistic Healing Expo offers a broad array of holistic healers, psychics, mediums, metaphysical & wellness-minded vendors, jewelry, crystals, authors, artists, musicians and much more. Come enjoy homemade food, beverages and desserts in a heated food tent.

New Moon Expo is dedicated to the wellness of the mind, body and spirit. Experience a warm, inviting, natural environment where you can explore alternative holistic approaches to healing and well-being in an affordable non-intimidating manner. Curious? Come discover what works for you! Ask questions and open your world to infinite possibilities! There will be exciting door prizes and free lectures available from the Expo participants throughout the event.

Our **LOCATION** overlooks beautiful Irondequoit Bay!

- The Damascus Shrine Center, 979 Bay Rd., Webster 14580
- October 21 & 22, 2017
- Saturday 10AM - 7PM, Sunday 10:00 AM - 6:00 PM
- \$7.00 at the door, \$10 for a 2-day pass, \$5.00 for Seniors and Students with ID

New Moon Expo, produced by Rev. Barbara Konish and is proud to support the efforts of Shriners Hospitals for Children and Breast Cancer Awareness.

Handicap accessible and interpreting for the deaf will be provided.

For more information and a list of participants and lectures, please go to our website: <http://www.NewMoonForYou.com/> and Like our Facebook page, *New Moon Expo*.

Come join us at the 2017 New Moon Expo and experience
community Love!

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*

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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!

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503-841-1366

selevabeauty@gmail.com

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

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products and/or
services can assist you,
your organization, or*



ROC *Metaphysical*
YOUR BODY, MIND & SPIRIT CONNECTION

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

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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>

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!