

SPIRITUAL LIGHT CENTER NEWSLETTER

DECEMBER 2022



UPCOMING SPEAKERS

December 4th- Mystical Revelation
December 11th - Katherine Greyson
December 18th- John Sealander
December 24th- Candlelight Meditation
& Prayer at 7 PM
December 25th - Christmas Caroling
with the Grinch



OUR VISION STATEMENT

The Spiritual Light Center is a peaceful and joyful fellowship of individuals, centered in love, dedicated to the God within, and honoring the many paths to truth.

OUR MISSION STATEMENT

We seek to develop our highest selves by continuous sharing of spiritual ideas, in an environment of unconditional love and respect for others.

December 18th is our next Pot Luck!

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PRESIDENT'S MESSAGE

Every cell that composes my body has an independent consciousness and soul—and half of those cells are non-human microbes. All these cells work together to create this body so that the singular soul that I think of as “me” can experience life in this dimension. And I am grateful!

If I feel an ache or pain, it is those cells communicating to me a need. I can listen and ask those cells what would help, or I can ignore and watch the pain grow stronger as the cells try to get my attention.

Doing energy work on a friend who recently had surgery to remove a bunion, I recognized that the cells on each side of the incision missed each other. So I drew energy pathways reconnecting them, to help them find each other physically and thus speed healing.

I then linked to the cells in the area where the bunion had been removed, and saw that they were in mourning—they missed their friends who were gone and never coming back. I let them know that I understood their loss, it was valid, I am sorry, and sent them love. (I did not tell them to “get over it, move on, just heal” as that does not relieve grief.)

The next morning, I felt a bit of tenderness in my own foot in the same place where the friend's bunion had been. I realized that the cells in my foot were also mourning that loss. So I validated their loss and sent them love. The tenderness was gone immediately!

This experience showed me that healers do not truly “take on” the illnesses of those they work with. Rather, the cells in our body are sympathizing with the cells in the body we are working with. When we lovingly help our cells release this sympathetic energy pattern, we will not experience the corresponding illness.

In a meditative state, I can link to all the consciousnesses of my body and feel us as ONE. Then we continue by linking this ONE consciousness to Earth-Gaia, and feel the oneness that comprises her and all the souls that reside in her purview. Next we link this oneness to our sun, Sol, and all the planets and moons revolving around him, and feel us as ONE—because we are also a single body. And we link to all the other similar bodies in our entire galaxy, and then all the galaxies in our universe, feeling the vastness of our unity. We now understand a small part of the love that comprises All That Is.

Because there are also more dimensions and more universes to encompass in our singularity...

Much love, Rhonda Murphy



Backpack of Burdens

As any good hiker knows, you wouldn't throw your pack onto your back with a fifty pound load. You wouldn't get very far before your shoulders would begin to ache and your legs become fatigued and wobble with each strenuous step.

The same is true when you begin each day with a heavy load of burdens on your shoulders. Your load of burdens will lie heavily on all you do or want to accomplish. Your thoughts will always be filled with "should of's" or "could of's". "Why did that happen or why didn't that happen?" Burdens make us feel drained and unmotivated. Burdens blind us to what is happening now and dwell on the past. We often feel like giving up or asking ourselves, "why should I bother?"

Before you start your day with that heavy load, take a few minutes to yourself to remind yourself that most, if not all of this burden, is just in your mind. Meditate and breathe with awareness for a few minutes focusing on the present moment. Assure yourself that you can handle anything that comes along; and if you can't, it's not the end of the world. The Universe, the Creator of all that is, wouldn't give you more than you can handle. Over time you will begin to notice that the load you were carrying on your shoulders, in your heart, and in your mind has begun to become lighter and less noticeable. Eventually you will leave those burdens behind and refuse to collect more as you accept and release the events that used to cause that backpack of crap to weigh you down.

_ Aidan Michael Russell



The PSV (Pawsitive Shelter Volunteers)

**Yard sale is Saturday,
December 10
at Carpenter Community
Building
10-2**

All funds will be applied to help spay/neuter, medical care, supplies, food. Etc.

For donations, please call Romaine. 910-478-5491 Or. Sue 828-369-6240



Christmas Eve, we will host a candlelight meditation and prayer at 7pm.

On Christmas, our service will be a gathering of people who can attend to sing Christmas carols and meet The Grinch in person. Don't miss an opportunity to get your picture taken with one of Christmas's most famous characters since Santa and Rudolph.



DEATH CAFE

Sunday, December 11, 2022, 2-4 pm
Wayfarers Unity Chapel, 182
Wayfarer Lane, Dillard, GA.

DEATH CAFE is a global movement started in the UK whose only objective is: "To increase awareness of death with a view of helping people make the most of their finite lives."

Join Jan Brewer, M.A., CMT, for a group-directed conversation about death and dying/life and living in the welcoming space of Wayfarers Chapel. Come eat cake, drink tea and talk about all things death-related with others wanting to join the conversation. Share your fears, tears, laughter, curiosity, creativity, stories or lend an ear in this safe, relaxed and supportive setting.

For further information please contact Jan at 510-684-5555 or visit www.deathcafe.com.

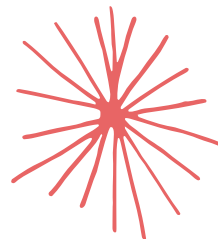
Ongoing Events

Thursday Movie Afternoons

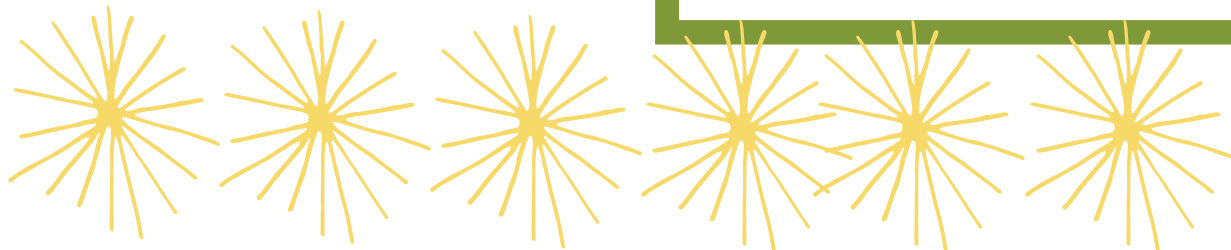
Each Thursday at 3:00 PM
Join our group in the Fellowship Hall at 3 PM for thought provoking movies, interviews and more. If you have time, stay and continue the conversation at a local restaurant.

Yoga

Yoga is postponed until
January 2nd 2023
See you then!



FINANCIAL REPORT
9/30/22 OPENING BALANCE
\$7,962.56
INCOME +\$1,670.00
EXPENSES -\$2,353.24
10/31/22 ENDING BALANCE
\$7,279.32



My Lover—My Friend

By-Pam Keyser

You are my lover—my friend—often my haven.

Each visit, you nourish my soul.

You are someone on whom I depend.

Because of you, I am more whole.

We have great respect for each other.

You take care with your actions, words, and behaviors,

You embrace, but do not smother.

You'll help if needed, but you don't pretend to be my savior

You tell me how you feel, both good and bad.

You trust me enough to show me your belly.

We are vulnerable, and emotionally unclad—

You'll give me a hug even if I'm hot and smelly.

We are a large community, some here, some gone.

We see each other weekly or sometimes on occasion.

To your light, I am continually drawn.

Seldom do we cross words or experience abrasion.

We miss on this earth, those who have ascended.

Raymond, Gary, and Beverly, and more, are with us always—

We hear, feel them now, only their bodies were amended,
their hearts and wisdom with us stay.

Yes, the Spiritual Light Center is my spirit's domicile.

The SLC is my lover; it's my heart's homestead.

You are my soft place to fall and my backbone of steel.

Because of you, SLC, I fear NOT what is ahead.



SPIRITUAL LIGHT CENTER INFORMATION 80 Heritage Hollow Drive, Franklin,
NC 28734 Right behind the Gazebo Restaurant in Heritage Hollow 828-369-3065 •
slcfranklin@frontier.com • www.spirituallightcenter.com. Our Zoom link is
<https://tinyurl.com/SLC-zoom-meeting>

**If you would like to contribute to SLC. We now have a PayPal account to
make that easier. <https://tinyurl.com/SLC-donate>. This link takes you to a
page where you can easily donate one time or make a recurring donation.
You can also mail a contribution directly to us at Spiritual Light Center, 80
Heritage Hollow, Franklin, NC 28734.**