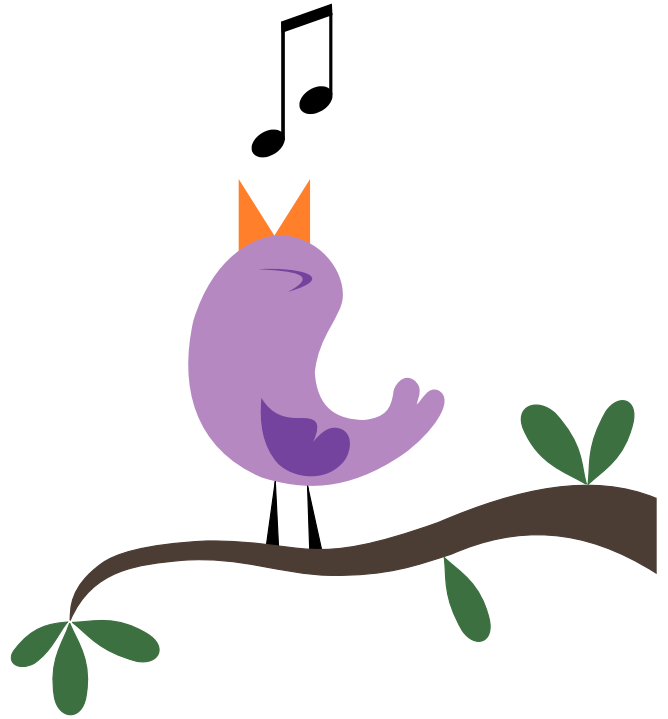


Spiritual Light Center

JUNE NEWSLETTER 2023



UPCOMING SPEAKERS

June 4 Eileen Douglas

June 11th Donna Corso

June 18th Michael Murphy Burke

June 25th Mary Ann Ingram



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.

President's Message:

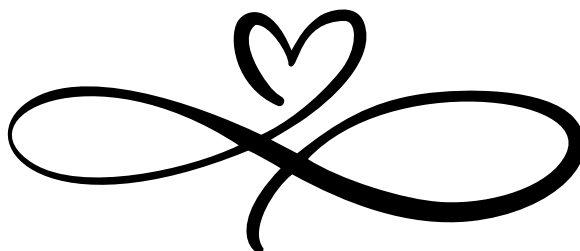
A lesson from my dear teacher and best friend, Bonnie Leighty Rhodes:

Time...Basically does not exist. It's a measure of relative perceived change between two events. We perceive time passed because we see change between time as a child and now.

Anything we do today has an effect on the future and the past. Example: You were 8 and gave a homeless man your coat because you felt sorry for him. 30 years later, you run into the same homeless man and give him a few bucks. He uses it to buy booze. But in order for him to have the craving for the booze, he has to have already become an alcoholic. What you don't know is that 30 years ago he sold the coat to buy his first beer. Now that you've given him the money, he also therefore sold the coat in the past to start the habit that you are helping him to continue now.

Time is essentially more of a Mobius strip than a line, like one with 3 loops where 3 points, past, present, and future can touch. Events are entangled with the quantum entanglement. Everything that ever happened is connected.

Time is any expenditure of energy. A net. Because they are all connected, every event is the same event – the energy source is the same. It all comes down to the very first time. Everything is feeding back to that and coming from it. It's like one big electron cloud and the nucleus is the very first energy expenditure, first microsecond of all time, and also the ultimate final one and what's going on now.



Pres Message Cont..

God created himself by having the first thought, which is an energy expenditure. With that thought he became the first soul, and from that Love creates all.

Love itself creating itself and time, space, I AM. Love intelligently designed. In the beginning there was the WORD. Before that, there was silence, no incantations, no thinking.

Universes...One cell in the beginning of life, and it splits into 2. Likewise, in the beginning there was one atom that divided into 2. Cells split into 2 more for 4 total.

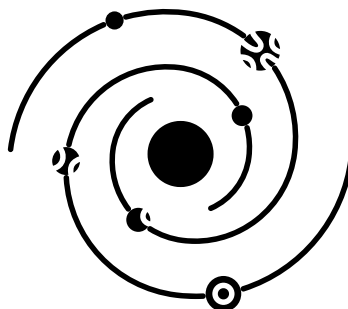
In the universe, they split into a second unit of 4 atoms. Then all 8 (2 units) work together to split off into a 3rd unit of 8, then 16, 32, etc. Each unit is a different type of atom going up the periodic table. Eventually we end up with a mass of varied energy.

When the right energy comes in, such as love, you end up with something with a defined structure, such as molecules and then stars, planets, the universe.

This is the simplistic explanation of how the first universe was formed. When the universe reaches a critical mass point, universe 1 divides.

The second universe splits off in a 90° plane from the first. They are the same size and composition with a starting point of duplicate bodies that receive new souls. Within a nanosecond they start becoming a bit different due to actions and events. The universes vary greatly.

The two earths just touch at 2 points on the equator. And the black holes at the center of the galaxies all connect.



Pres Message Cont..

Over time, the two universes reach critical mass. The splits are always 90°. Eventually, universes are touching at most points. We have a ton of portals that cross into other universes. Currently, there are about 2 million universes. Splits happen approximately every 7 million years.

We're in universe 747. Because time is past, present, and future, universe 746 actions can affect our universe. Our connection to 748 is in the Baltic Sea. Our connection to 2 is at the Sphinx. Our connection to 1 is in the Forbidden City in China near Beijing. The Sphinx is one of the few places on Earth that has links to time, universes, and dimensions.

Dimensions...1st is just disconnected points. Dimensions are like layers laminated together. Each universe has multiple dimensions. The oldest universes have the most dimensions. This is their structural integrity, so the more dimensions a universe has, the more stable it is.

As the higher vibrations come in, it creates a new higher dimension, and the lower dimensions kind of drop away from the higher ones, causing separation. Dimensions are generated by the vibrational energy of the universe, caused by the souls' vibrations. Our universe has 20 dimensions and is in the process of creating its 21st.

What dimension you are in depends on your spiritual development. Universe 2 has over 1000 dimensions.

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Our indoor yard sale is complete, and we brought in just over \$4,000! Our thanks to everyone who donated or purchased items. Special thanks to our volunteers Nancy Cottrell, Larry Turlington, Pam Keyser, Nancy Fox, Sue Ditch, Claudia Arnold and Danny Tew who manned the sale on Saturdays & Sundays.

Another big thank you to Nancy Cottrell, who had Wired service her old laptop, and donated it to us to replace the broken one in our chapel. We're back to recording services and playing music!

Much love, Rhonda Murphy



June. by Pam Keyser

Hey, it's June—sure not
to be a bummer.

It can't be! It contains first day of summer.

it's the favorite of many a
bride.

Be that conventional, or a part of gay pride

June completely banishes the stereotype

As it celebrates the red, white, and blue of
the stars and stripes

And June babes are all are born under the
influence of Gemini or Cancer

June, hot sun, and great green meadows.

Full of honeysuckles and the rose

So sit back and enjoy a good Sherry

Celebrate this June
and be merry

Hey, Shift Happens!

(Disclaimer : written in the car on a phone)

June

Volunteer Help Needed

- Greeters: Come early on Sunday & greet everyone who comes in the door
- Facilitators: You lead the service and introduce the guest speaker
- Sound: Run the music during service
- See Ashley or Aidan for more info



Requesting containers (ex: Styrofoam that meat, chicken is packaged on). Plastic containers that packages fruit and veggies. These would be to reuse at potlucks for folks taking home leftovers. Lids are ok if available, but we have Saran Wrap to cover any and all donated items. Cleaned. Doesn't matter what shape or size.

Thanks, from the cleanup crew!

June Special Event

The Spiritual Light Center Presents A Songwriters' Showcase Featuring:



Rod MacDonald



"Faerie" Elaine Silver



Al Scortino

**Friday, June 23 at 7pm / Doors open at 6:45
Suggested Love Offering: \$20 / No one refused**

The Spiritual Light Center

80 Heritage Hollow Drive, Franklin, NC

828.369.3065 / www.spirituellightcenter.com

All three of these wonderful performers have been writing and presenting their unique expressions for decades.

Come on the 23rd and get to know each one. Listen and hear their stories of life, love and adventure.

It is an honor to have them bless the space at SLC.

For more info, visit their respective websites:

rodmacdonald.com / elainesilver.com / alscortino.com

Marna's Health tips

Self Quiz: Risks, Symptoms and Exposure

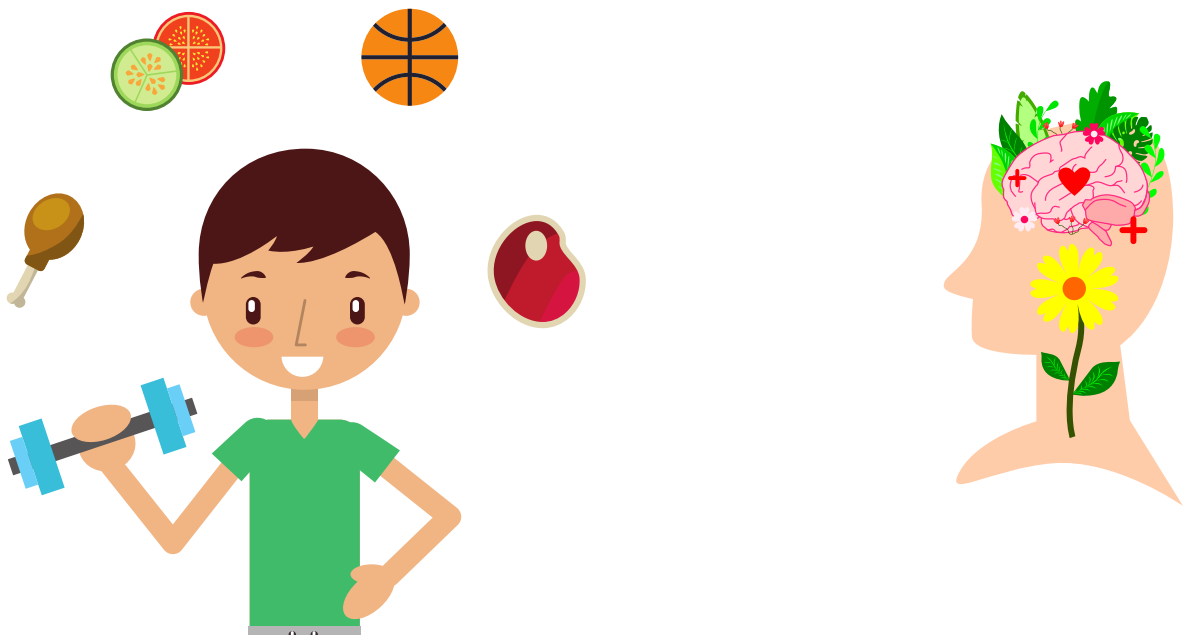
Last newsletter I discussed what oxalates are and how they can affect your health. Now we are going to cover health conditions associated with oxalate overload from our diet and from supplements.

There is a self quiz to access risks, symptoms and exposure. No single symptom is indicative of oxalate overload and symptoms may appear and disappear. What I find interesting is reliance on just one very high oxalate food can exceed your innate oxalate tolerance! In my case, I know that almond butter was a big factor in contributing to my symptoms which has led me to want to share this info with others.

If Interested please send me an email, and I can send the self quiz along

My email is marndog7@gmail.com

Wishing everyone a wonderful, healthy summer! Marna



Ongoing Events

Thursday Afternoons

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

Monday Evenings

Monday Evenings at 6Pm Join Ashley in the fellowship for an all levels Yoga class. Class is free and open to all , just bring a mat and be ready to move- A love offering is much appreciated.

First and Third Saturdays

5 PM -Quaker Style meditation with Tom in offered in the Sanctuary
Come and listen to your inner light

3/31/23 Opening balance	\$7,377.2
Donations (Sunday & Yoga)	+\$1,556.00
Garage Sale	+\$1,320.00
Expenses	-\$848.86

4/30/23 Ending balance	\$9,404.43

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.



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.