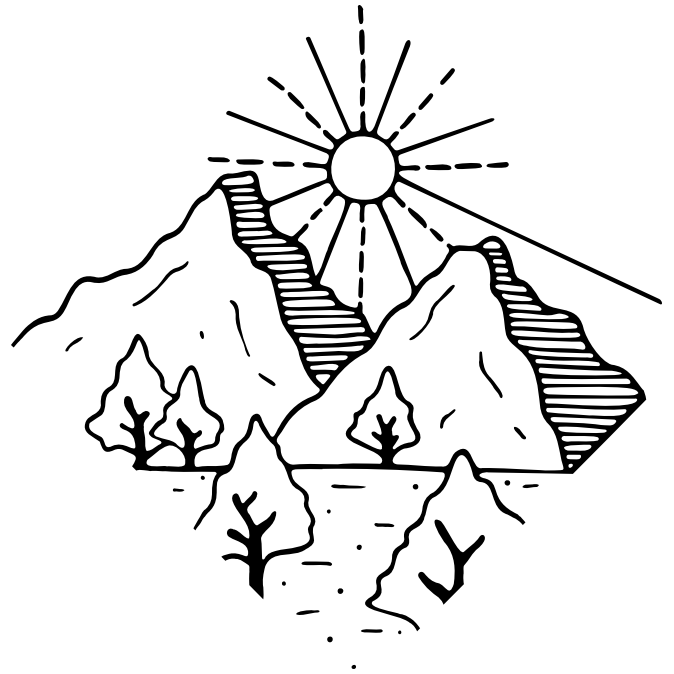


Spiritual Light Center

SEPTEMBER NEWSLETTER 2023



UPCOMING SPEAKERS

September 2nd- Kate Greysen
September 10th-Eileen Douglas
September 17- Madison Jacques
September 24th- Donna Corso

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

HELLO Spiritual Light Center of Franklin Family!

It's been a while since I have been in the role of board president, and I'm eternally grateful for the nominations that brought me back to this role at SLC Franklin. To recap what's taken place recently, we had our 2023 annual meeting where the previous year's activities and events were discussed by everyone in attendance. Nancy Cottrell stepped out of her role as Board Secretary, and I want to applaud Nancy for not just taking copious and detailed minutes at all of the Board meetings and Annual meetings, but also thank her for the insight and wisdom she brought to the SLC Board while in her role as Board Secretary. Our current board will miss her guiding light and presence she offered while serving us in this role.....THANK YOU NANCY FOR A JOB WELL DONE! SLC Franklin's new board members are as follows: President, Doug VanOrsdall; Vice-President, Frank Smith III; Secretary, Rhonda Murphy; Treasurer, Ashley Peterson and Assistant Treasurer, Claudia Arnold.

This past Wednesday on August 30, 2023, there was a blue moon, the second one in August, 2023 and our SLC family was blessed to have the center's first Despacho Ceremony led by our very own Madison Marie Jacques. Even though I wasn't able to attend the Ceremony, I've heard nothing but rave reviews and how this was a new experience for everyone in attendance. Video clips were recorded and pictures were taken by different people during the Ceremony that will be partially shared in this month's newsletter and also made available on the SLC website some time in the next 2 weeks. Please give Aidan and Ashley an opportunity to gather all these photos and video clips so they can publish them on a special section of our website. As a gentle reminder, if you were present for this Ceremony and took photos and/or video clips, please email those over to Aidan or Ashley as soon as possible so they can put them all together.

President's Message Continued

When Madison mentioned she wanted to do a Despacho Ceremony at SLC Franklin, I first thought I heard her say the word "Gazpacho", as in the chilled tomato based soup that's native to a southern region in Spain. As she went on to describe what she would like to do, I quickly realized she wasn't talking about chilled soup. (HA!) Rather, she was talking about a Despacho Ceremony, which is a sacred ritual that celebrates Mother Earth while incorporating various elements of spirituality, unique to each Despacho Ceremony and the persons attending. This ancient ceremony holds great importance in many indigenous cultures and is a way to honor and connect with the natural world. At its core, a Despacho Ceremony is a form of gratitude and offering to Pachamama, the Andean term for Mother Earth, where it's believed that individuals who participate can establish a harmonious relationship with Mother Earth and all other living beings. The Ceremony connects those in attendance to their power, love source and wisdom. The ceremony begins with the creation of a Despacho, which is a carefully crafted bundle of gifts containing various natural materials such as flowers, herbs, wood and seeds. Each and every Despacho Ceremony is uniquely different in that attendees are encouraged to bring different elements to contribute that hold symbolic meaning and represent different aspects of their life and the natural world.



President's Message Continued

Some Ceremonies may have a strong surplus of flowers and beans, where other Ceremonies may have a large supply of cocoa leaves and wine. Whatever elements are brought to the Ceremony, they all carry a different meaning and significance to those persons offering these gifts. For example, flowers may symbolize beauty and growth, while seeds represent potential and abundance. As the Despacho is being created, participants are encouraged to reflect on their connection to the Earth, and express their gratitude for all the gifts the Earth provides back to us. The ceremony is typically led by a shaman or spiritual leader who guides participants through the process. SLC's first Despacho Ceremony was led by Madison and held at the lower back area of our property in that flat area close to the creek that runs behind the Center. Once the Despacho is assembled and complete, it is ritually offered to Pachamama/Mother Earth through a ceremonial fire or burial, where this act of offering symbolizes the release of intentions, prayers and gratitude back to the Earth. It is believed that by offering the Despacho, individuals can establish a reciprocal relationship with Pachamama/Mother Earth, while receiving blessings and guidance in return. The Despacho ceremony is not only a way to celebrate and honor Mother Earth, but also a means of personal transformation and healing. During the ceremony, individuals are encouraged to release negative energies, emotions and previous patterns of behavior allowing them to welcome in new opportunities for spiritual growth and renewal. By participating in this ceremony, one can deepen their connection to the natural world and experience a profound sense of spiritual growth and connection. From the conversations I've had with two SLC members who attended Wednesday's Ceremony, I've heard them use different words such as "powerful", "introspection" and "gratitude" for the experience they took away from our Center's first Despacho Ceremony. It sounds like intentions have been set so we can have more Despacho Ceremonies here at SLC in the future. What a blessing! Thank You, Madison, for raising our awareness of what a Despacho Ceremony is all about and getting us started on this journey!

In closing, may your month ahead be blessed with divine guidance and transformative experiences~~

Doug

September

By Pamela Keyser

Is summer over?

The air's a bit cooler...

I see diamond dew on the clover

Placed there by a cosmic jeweler

School bells loudly ring

What does it signify?

What does it bring?

Is winter nigh?

Hornets have quit stinging

Bugs are now lazy fliers

Yet, the heat keeps clinging

Sometimes September backfires

But Autumn is on its way

Detect the signs & clues

21 Sept., national clique day

Relax, feel the heat defuse

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## 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

# Reiki and Shamanic Healing

available by: Madison Jacques

Reiki healing is a holistic energy healing technique where Reiki energy is channeled through the practitioner into the client's body using gentle hand placements to allow the energy to flow into the client's body where it is needed. This promotes overall peace, relaxation, and wholeness.

Reiki originated from Japan in the 20th century. Re means " Universal Life," Ki means "energy. We all have a life force energy that is constantly flowing through all living things. Reiki is like WiFi—we can't see it but we know it's there, and that it works. When our energy, or Ki becomes blocked, it causes distress in the physical body. This manifests in many ways including disease, illness, and physical and emotional pain.

Reiki healing carries a variety of benefits, and it can do no harm. It is essentially pure source — love energy. A Reiki session is recommended to be added to one's self-care routine, similar to a massage! Reiki benefits include:

Stress, anxiety, and pain relief, Improved Muscle Recovery, Relaxation, clarifies, and energizes the energy systems of the body.

Aides in personal development and or spiritual growth by enhancing self-awareness. Reiki is also used to help promote emotional healing for those who may have depression, and any emotional imbalances. Reiki helps detoxify the body, and prevent the progression of disease by enhancing the body's immune system.

Reiki healing also works well with those receiving traditional Western medicine treatments such as chemotherapy, and dialysis, those diagnosed with a chronic illness, or recovering from surgery.

## **Current Shamanic Healing offers:**

**Shamanic Clearing:** A shamanic clearing session allows Madison to see and clear anything causing you disharmony on a soul, spiritual, and energetic level. During this session, you also receive the flow of Reiki and Shamanic Healing energies, and a Chakra rebalancing.

Shamanic clearings can allow one to feel whole, balanced, and at peace.

Shamanic clearings can also be great for those who have PTSD, chronic illness, depression, anxiety and addictions.

A Shamanic Clearing session benefits include:

A multidimensional healing, deeper soul connection, improved mental health, pain relief, and physical vitality. Allows for a deeper connection to the universe, expands consciousness, and removes blockages that you may have been carrying from traumatic experiences in this life and past life.

# Ongoing Events

## Thursday Afternoons Discussion Group

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 Evening Yoga

Monday Evenings at 5:30 PM 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.

**NO YOGA SEPT 18th**

## Reiki & Shamanic Healings with Madison

Tuesday & Fridays 2-5 By Appointment

Email [Madisonmarie.Jacques@gmail.com](mailto:Madisonmarie.Jacques@gmail.com)



### Financial Report:

6/30/23 Opening balance: \$11,125.76

Donations (Sunday & Yoga): +\$1,879.27

Expenses: -\$1,544.45

7/31/23 Ending balance \$11,460.58



SPIRITUAL LIGHT CENTER INFORMATION 80 Heritage Hollow Drive, Franklin, NC

28734 Right behind the Gazebo Restaurant in Heritage Hollow 828-369-3065 .

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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.