



FEBRUARY 2024

NEWSLETTER

President's Message

Doug VanOrsdall

Dear Beloved Members,

I hope this newsletter finds you in good health and high spirits as we embark on the journey through the month of February. As we gather to celebrate the essence of our spiritual community, I, as the President of the Board of Directors, am reaching out to you with some important updates and heartfelt reflections.

Financial Support for Our Spiritual Home: First and foremost, I extend my gratitude for your continuous support and dedication to our spiritual worship center. Your commitment has played a crucial role in fostering a nurturing environment for spiritual growth. However, I must bring to your attention the ongoing financial needs our center is facing. We have upcoming expenses related to our building that require careful consideration. Last week, we discovered a major leak in the roof at the fellowship hall that caught everyone off guard. The recent storms in the area have wreaked havoc on a lot of buildings and homes in the area. We are in the process of getting bids for this repair and will find out if this damage is covered by insurance. If not, we will be responsible for the repair if the roofer finds the damage is from deferred maintenance. I kindly ask each of you to reconsider tithing and contributing as generously as you can to ensure the sustainability of our sacred space.

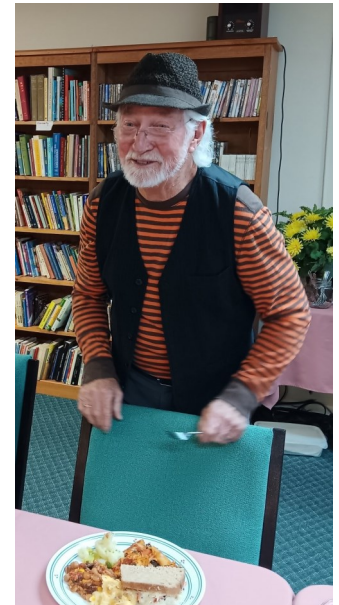
Membership Growth and Speaker Opportunities: In our pursuit of spiritual enlightenment and community connection, we are actively working towards expanding our membership. Your presence and energy contribute to the vibrancy of our spiritual family. Additionally, we are always on the lookout for inspiring speakers to join us during our Sunday services. If you have any recommendations, or if you yourself would like to share your insights, please do not hesitate to reach out. Let's collectively create an enriching experience for all. Please reach out to Nancy Cottrell if you know of anyone she can put on the schedule to come and speak at our center.

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UPCOMING SPEAKERS:

- Feb. 4th.....Corey James
- Feb. 11.....Kate Greysen
- Feb. 18.....Penny Parker
- Feb. 25th.....JeanPaul Belmont





Eleven members of the renown choral group Ubuntu filled the Spiritual Light Center with the magic of their music at our service on January 28th and joined us for covered dish afterwards. Tom Tyre, (pictured on the right) is their director and also leads the non-sectarian Buddhist Fellowship of Franklin . He spoke on authenticity to a full house.

(President's Message, continued from page 1)

Community Engagement Initiatives: As we move forward, let us come together to brainstorm ideas for activities that can enhance our presence in the wider community. Your creativity and enthusiasm are invaluable assets in this endeavor. If you have suggestions, or would like to be part of the planning process, please share your thoughts with us. Let's explore avenues to extend our reach and spread the positive energy we cultivate within our center.

In Memoriam: It is with heavy hearts that we share the news of the passing and transition of Rhonda Murphy's former husband, Gary. He left us last week after a brief illness that led to further complications. Our thoughts and prayers go out to Rhonda and her family during this challenging time.

May Gary find peace in the eternal embrace of the divine, and may Rhonda find strength in the love and support of our community. In conclusion, I express my deepest appreciation for your unwavering dedication to our spiritual community. Together, we can overcome challenges, celebrate victories, and continue to grow as individuals and as a collective force of light.

May the month ahead be filled with love, wisdom, and transformative experiences.

With heartfelt blessings,
Doug



Fifty members and guests gathered in the Fellowship for covered dish following the January 28th service.

Our Vision

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.



Shedding illusions

by Tahlia Hunter

(posted on Facebook by Myriam Giron)

And on the path of self-acceptance,
These twelve illusions you shall shed:

The illusion of being unwanted:
For, in truth, there is no such thing as an
unwanted soul.

The illusion of being unlovable:
For your true self is love.

The illusion of unworthiness:
For you are always deserving of love and success.

The illusion of being weird:
For there is no such thing as normal.

The illusion of needing external validation:
For your worth is never dependent on another's
approval.

The illusion of being insignificant:
For your presence impacts all of humanity.

The illusion of being powerless:
For within you lies the strength to shape your des-
tiny and influence the world.

The illusion of not being good enough:
For you were born good enough.

The illusion of being a burden:
For your existence is a precious gift, and your con-
tributions add value.

The illusion of being unsuccessful:
For success is subjective, and your path is unique-
ly yours.

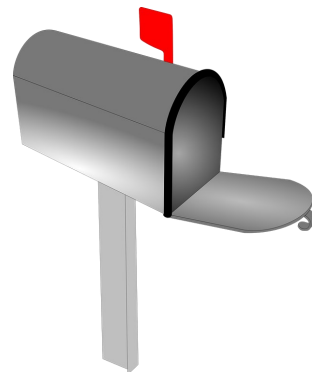
The illusion of being ugly:
Because that label only ever reflects the viewer
being incapable of seeing beauty.

And the illusion that aging decreases your value:
For, in truth, you are not a body but a soul.

*Don't Toss That Old
Mailbox Quite Yet*

*Recycling tips from our
Master Gardener.*

Sue Ditch



Mailboxes—Tired of trying to keep the garden hose neatly coiled? Use an old mailbox, put it on a 4 x 4 post placed near an outdoor spigot, the mailbox is sturdy enough to hold a lot of hose looped around it. And it has a bonus storage space. Keep hose attachments, pruners, twine etc. in the box itself, so they are handy when you need them. You can also paint the box and stand to coordinate with your house and garden.

Pot Scrubbers—Cleaning dirty pots just got easier! Reusing nylon shower puffs as pot scrubbers makes this messy job go faster. They reach into the corners of pots, are easy to rinse clean and maximize whatever detergent you use. Also they come in bright colors that are easy to find in the tool shed or on a potting bench.

THURSDAYS AT 3:00

*Join us in the Fellowship hall for thought provok-
ing videos and conversation, followed by supper
and more fellowship at a local eatery. Everyone
is welcome, members and nonmembers alike.*



Part Memoir, Part Magical Mystery Tour...Sit Awhile with Grandmother Barbara Vitale and Let Your Mind Flow Freely

Long time SLC member, Grandmother Barbara Meister Vitale has been a dedicated and fearless walker between the worlds since she was a child. She has been blessed with many miraculous encounters with sacred "Medicine" elders and teachers. In her latest book, *Beyond Imagination*, she shares the sacred lessons and medicine passed to her as she walks the path of the "Blue Star Woman."

In describing her life, Barbara writes that as a child she experienced a lot of trauma. Her mother was an alcoholic and schizophrenic. "She was my greatest teacher," Barbara says. "When you are locked in closets, you learn out of body travel. She gave me the gift of being able to see into other worlds. She gave me the gift of forgiveness. My dad whom I adored was gone most of the time."

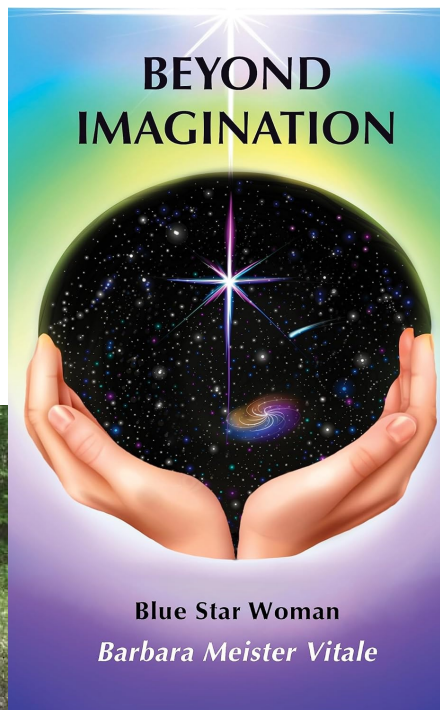


The Kindle edition of *Beyond Imagination* is available from Amazon

"When I was 6 years old we moved back to live with my grandma. I could not write my name nor read. I did not read until I was in 5th grade. My grandma said, "You will read when God is done teaching you the other things he wants you to learn." Once I learned to read, I read everything I could get my hands on. My grandma was my angel. She taught me to talk to the plants, see the fairy folk, heal others, and understand that we are all one.

She also taught me traditional Celtic ways. During these years we were poor. Although I went to an upscale public school, I can remember starting school with the top of my shoes cut out so my toes wouldn't blister. If I was lucky to get a new pair of shoes they were two sizes too big with cotton stuffed in the toes so that I could wear them for two years. Most of my clothes were made from printed feed sacks or hand me downs. Right out of high school I got married. I had married someone just like my mother. We had two children. Both have gone home. After I walked away, I asked spirit to send me someone that could help me do Spirits work and someone I could make the happiest. I met my present husband and soul mate. We have been married 41 years.

"I earned my degree and became a teacher of special students. I taught for 20 years. I took what I was teaching and wrote two books. I was invited to train teachers on Native American reservations. That is when I met the man I call Grandpa. He was a medicine man, saved my life, and trained me for several years. Through ceremony, I became Lakota and have walked that way since 1978. Although I had been very involved in the metaphysical aspects of belief, it was not until I began to travel the world meeting indigenous elders that I really began to understand the many possibilities and dimensions of life. I am still peeling the onion and learning. Each day is a new experience and challenge. Each day Spirit teach-



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We are rolling out the red carpet, and you are all invited to a gala evening at SLC to chase away the winter blues. We are hosting an Oscars Party in the Fellowship Hall. Dress up as your favorite movie star! Wear your finest fake pearls! Bring finger food snacks or hors d'oeuvres to share along with your favorite beverage.



The Oscars will be streaming on our big screen TV to set the mood. Not as movie fan? Come anyway for a guaranteed fun-filled, memorable evening.

SAVE THE DATE

MARCH 10

Members Offering Energy Work

Jeannine Johnson, RM, CHT, who is a Reiki Master and teacher, offers ultimate deep relaxation, stress reduction and balance of mind, body and spirit through Reiki. Her office is above Mountain Valley Health Food in Franklin. Contact her at (828) 421-9567.



(If you are a member of the Spiritual Light Center and would like to have your services listed in the newsletter, please contact us at slcfranklin@frontier.com)

(Barbara, continued from page 4)

es me more about love and non-judgment. I am remembering who I am. I am you. I am ONE." Her new book is available in Kindle format from Amazon where she has received numerous five-star reviews. One reviewer wrote, "It's often said that at the top of the mountain, all Spiritual paths converge. Barbara's wonderful book is filled with insight, wisdom, respect, and love. It is a treasure by a marvelous Being whose life and path shows the way to everyone who may not have experienced the indigenous approaches before."

Another posted, "Experiences with different beings beautifully woven together. Can feel the love and acceptance throughout the book. Deserves many readings to assimilate the knowledge."

A third reviewer wrote, "This was the most amazing story of one woman's encounters in life; merging her life with other tribes, other cultures and the Spirit world. There are so many messages in this book, it can be read over and over and each time you will hear, see, feel, experience something different. There are 7 initiations. The most amazing thing to me as I do know Barbara, is that she did all this while raising a family. She is married, raised children, worked as a teacher, and lectured to very large groups of people about the way she discovered to teach children. There are just so many more experiences that I cannot wait to hear about! The limitations in your own life, are perhaps only because you have listened, absorbed and adopted the belief, ideas, and judgments your culture—society—family—have given you. Take this opportunity to experience an example of stepping out of the mold and finding your true 'self', your true connections, your own tribe."

Grandmother Barbara is an international lecturer, Director of the Meta-Intelligence Institute, and the author of "Unicorns are Real" and "Free Flight." She is also the editor of "The Circle of Life" by Lakota elder Grandfather James Dubray. If you are interested in getting a copy of any of these books please email her at 2137bvitale@frontier.com.

