



MARCH 2024

NEWSLETTER

President's Message

Doug VanOrsdall

Exploring New Horizons: Let Your Ideas Shine at SLC Franklin

Dear Beloved Members,
 As we journey together on our path of spiritual exploration and growth, I am excited to invite each and every one of you to share your creativity and imagination in shaping the future of our beloved Spiritual Light Center. Your ideas and suggestions are not just welcomed, but deeply cherished, as they are the building blocks of the vibrant community we aspire to be.

Currently, we have our cherished weekly movie group, a gathering where we come together to watch films that inspire, provoke thought and spark conversation. This weekly event has been a long-standing success, and we plan to continue hosting movie group on Thursday afternoons at 3 pm without any changes. Yet, as we gaze into the horizon of possibilities, we yearn for more avenues where we can connect, learn, and grow together. I urge you to unleash your inner visionaries and share with us your ideas for new activities and gatherings at our Center. Remember, these suggestions need not be weekly commitments, but can be bi-monthly, monthly, or semi-annual gatherings, allowing us to savor each experience fully.

Here are just a few ideas to spark your imagination:

1. **Book Study Group:** Delve into the wisdom of spiritual literature, exploring sacred texts, metaphysical teachings and inspiring works of fiction or non-fiction. We are currently coming to an end of our first book study group facilitated by Reverends Anne and Becky while already considering our next book. While in service recently, Frank Smith was kind enough to share that one of our members, Meagan, has completed her initial draft of a book on *The Shadow Work*. If this resonates with you, please stay tuned to our monthly newsletter about upcoming events.
2. **Death Cafe Group Discussion:** Engage in meaningful conversations about the inevitable journey of life and death, fostering acceptance, understanding and spiritual growth around death and transformation.
3. **Meditation and Mindfulness Sessions:** Learn and practice meditation techniques that promote inner peace, clarity, and spiritual awareness.
4. **Yoga, tai chi or chi gong classes**— Nurture your mind, body, and spirit with instruction suitable for practitioners of all levels.
5. **Bucket List Sharing:** Share your dreams, aspirations, and adventures with fellow seekers, inspiring each other to live life to the fullest.

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UPCOMING SPEAKERS:

- March 3.....Angel Rice
- March 10.....Donna Corso
- March 17.....Frank Smith
- March 24.....Kim May
- March 31.....Bill Groves



These are just a few suggestions and I encourage all of you to reach out to Nancy Cottrell to share any of your ideas to be considered. Don't worry about your idea being something out of the norm, as we are a collective group of unique individuals.

And don't forget to mark your calendars for our inaugural event: **"The First Annual Oscars Party"** at SLC on Sunday evening, March 10th. Doors open at 6:30pm to a fabulously decorated fellowship hall to sit and watch The Academy Awards Celebration with all your favorite Hollywood people walking down the red carpet. Please join us for an evening of glamour, celebration, and camaraderie as we gather to watch the Oscars in style. Whether you prefer to dress to the nines, channel your favorite Hollywood star, or simply come as you are in

your cozy pajamas, you are sure to have a delightful time.

To start the party off in fun style, we will have our very own red carpet welcoming everyone to this fun event. We would like each of you to bring a dish of finger foods to share, along with your favorite beverage, as we feast and revel in the magic of cinema together.

PLEASE! PLEASE! PLEASE! Do not let the time of day discourage you from coming to this event! For those members who aren't comfortable driving after dark, simply reach out to Nancy as she is putting together a list of folks who would like to be picked up and taken home after the event. We don't want anyone to miss out on this inaugural event.

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Tapping Our Inner Resources

The Heart Centered Study Group on Wednesday evenings was recently challenged by the Rev. Anne Hartupée to collectively write a prayer or meditation useful for when feelings of hopelessness, fear, blame, pain, discomfort, vulnerability and discomfort sabotage our resilience. They created one of each as follows:

Creator, Mother, Father, Sister, Brother, Friend

Let me embody hope in action and spirit.

Help me feel all my feelings and not fall down into them.

Dear Spirit, lead and guide me as I go through the day in pure love.

Thank you, for my being present knowing your presence (that I am) therefore.

I am powerful in all that I need to be.

Thank you, Source, for the strength, courage, and fearlessness.

I am strength and courage.

I am fearless.

Amen/And so it is.

Meditation *(Do with Yoga breathing...)*

We can do this...

We will get through this.

Life is not a barrier.

Empowering light in...

All negativity out.

Empowering light in...

All negativity out.

Empowering light in...

All negativity out.

(repeat as needed...)

Thank you for helping me to see

The blessing that each experience brings.

Every day in every way

And so we pray.

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.





MAJOR ROOF REPAIR — A leak in the Fellowship Hall roof prompted the need for a major roof refurbishing. Nino's Construction removed the skylights, shifted the roof two inches and replaced all the nails with roofing screws.

(President's message, Continued from page 2)

Last, Nancy sent an email out recently with a ballot about The Academy Awards for you to print out and complete ahead of time. Make your guesses and see how your choices fare. The winner with the most correct guesses will receive a fabulous prize donated by Craig and Doug when the event is over.

In fairness to everyone, you must turn in your completed ballot to Larry or Nancy prior to the start of the show.

Let your ideas shine bright, dear members, for it is through your contributions that our community thrives and flourishes. Together, let us continue to illuminate the path of spiritual enlightenment and fellowship at Spiritual Light Center of Franklin.

With love and gratitude,

Doug

*May the Irish hills caress you.
May her lakes and rivers bless
you. May the luck of the Irish en-
fold you. May the blessings of
Saint Patrick behold you .*



Uses for a Leaky Hose

By Sue Ditch, Master Gardener

There's no need to throw out a rubber or vinyl hose just because it has sprung a leak. Here are two uses for it in the garden.

1. Turn it into a soaker hose. Seal the "male" end of the hose with a cap, available for not much at your garden center. Use a nail to punch a series of holes along the length of the hose, or just in the areas you want. Use it in the vegetable garden or curl it around the base of a thirsty shrub and cover all but the "female" end with mulch.
2. Cut one foot sections of hose and lay them wherever earwigs, sow bugs, or slugs are a problem. The bugs will crawl into or under the hose at night, and you can easily collect them during the day. Just drop them in a bucket of soapy water.

THURSDAYS AT 3:00

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





Growing

A Short Story by Pam Keyser

Orn was enjoying the contrast between the hard ground and the warm sun as he basked happily. Without warning, he was taken up into the sky and confined to a small dungeon. He was roughly shaken before being tossed into a cramped wooden box with others.

Once he composed himself, he inquired about their names and the duration of their stay. Zinny responded, "We can't see the sun, so we're unsure."

Pat finally barged in. "Oh, shut up already! Who are you?"

"Somehow, I ended up here after enjoying the sun and grass. My name is Orn. Where is here?"

"You don't know much, do you?" Pat replied. "This is a seed prison."

Laughing and snorting, Susan mocked Orn's weight by suggesting he couldn't even move.

Orn remained silent, gazing back. Out of nowhere, someone forcefully removed the top of their box, revealing light. "That boy is gonna be my undoing." Then something stirred them about and they tumbled over each other. "Marbles, fuzz, and seeds. Oh, I'll take care of this!"

Out of nowhere, everyone started floating in the wind, being swept south and downwards, until they eventually ended up in an overgrown drainage ditch.

Orn touched down in an area with thick mud, similar to a slushy. He landed heavily, causing him to sink into the sludge.

Afterward, there was a burst of loud laughter as Orn was mocked for his muddy landing. Pat sneered. Susan joined the laughter, saying, "Oh, I landed in soft soil." Pat countered, "I'm luckier than you! I landed between clumps of grass. What about you, Zinny, and Holly?"

"We're okay. We are between the grass and the soft soil in the ditch."

"So sad, to be fatty! Huh, Orn?" Pat mocked.

Orn shrugged. As the days grew longer and warmer, he maximized his potential by tunneling roots down deeply. He paid little attention to the other seeds. He concentrated on his own growth.

That spring, Zinnia and Petunia announced their full flowering.

Pat, whose full name was Impatiens, being the loudest among them, gleefully touted her touchdown as the best between clumps of grass. But then, one morning, they heard her scream. "Oh no. No, no, no, Robins!" After that, she was quiet and spoke no more.

Orn didn't know what a Robin was and decided it didn't concern him. He persisted in focusing on his personal growth.

When Susan's black eye was surrounded by a full crown of bright golden petals, she couldn't help but brag.

Holly kept growing until she became taller than everyone else and boasted about her height.

Orn grew slowly. He stuck his head out of the ground as the soil above him got warmer. The world he saw was incredibly beautiful. Zinnia and Petunia withered away after the first winter, never to come back. Hollyhock and Black-eyed Susan, however, did return, surprised to see Orn almost 3 feet tall.

While Orn kept growing stronger and better, he witnessed the strong winds shattering Hollyhock's stalks and rabbits nibbling on Susan.

Four years later, Orn stood at 12 feet high, towering over Holly and Susan. And he admired their resilience each year. Nevertheless, he observed that the droughts, animals, and insects were weakening them. After four or five seasons, neither returned.

Orn, short for Acorn-White-Oak, stood peacefully enjoying the birds and squirrels playing in his branches. Once in a while, he would notice a Black-eyed Susan growing by the side of the road, and he would wave his branches in a friendly manner to the descendants of Susan. As he soaked up the sun, Orn sighed. "It's a beautiful world."

Pam Keyser is the author of three books: *The Red Glass*, *Cracks in the Red Glass*, and *Izzy*, all of which are available on Amazon.com.





We are rolling out the red carpet, and you are all invited to a fun 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 or don Oscar worthy apparel! Wear your finest fake pearls or come casually dressed in lounge wear. 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 get you in the mood. Not a movie fan? Come anyway to hang with your friends for a guaranteed fun-filled, memorable evening.

Doors open at 6:30 with our own Red Carpet. Don't forget to fill out and bring your award ballots.

SLC Member 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)



NIGHT OUT — *Some members of the Thursday afternoon discussion group stayed in town last month to enjoy the 15th Anniversary Celebration of the Overlook Players at the Performing Arts Center. Larry Turlington won the evening's door prize—a year of tickets for two to all the Overlook Players' productions.*



Our Thursday afternoon gatherings at three o'clock are informal, thought provoking and fun. Newcomers are always welcome. BYOB if you want anything besides coffee, tea or water.



Set Clocks Ahead on March 10

Daylight Savings Time begins on Sunday, March 10. Be sure to set your clocks ahead one hour before you go to bed on the 9th. (Donna Corso, an SLC favorite, will be our speaker on the 10th.)



NEW SIGNAGE — Danny Tew and Larry Turlington recently installed our new sign across from the entrance to Heritage Hollow. A second sign was installed earlier by the chapel entrance and a third sandwich board sign will go on the Heritage Hollow entry island in the near future. We are especially grateful to the owner of the Gazebo Restaurant for giving us permission to place a sign there.



Newsletter

Newsletter Submissions Wanted

This is your newsletter. Help us to improve, be current, and shape it into something you look forward to receiving every month. We are looking for member generated articles, poems, quotes, photos, recipes, tips, event announcements and anything else that you feel might be of general interest.

Looking forward to hearing from you at slcfranklin@frontier.com



We are planning to hold a one-weekend-only indoor Rummage sale this spring to help rebuild our treasury. Any and all donations will be gratefully appreciated. Things may be dropped off after March 10.

Our Mission Statement

We are developing our highest selves by continuous sharing of spiritual ideas in an environment of unconditional love and respect for others.

FINANCIAL REPORT

Balance on 12/31/23.....\$13573.34
 Income.....1480.35
 Expense.....3887.65
 Balance on 12/31/23.....\$11166.04



The **Spiritual Light Center** is located at 80 Heritage Hollow Drive in Franklin (28734) right behind the Gazebo Restaurant in Heritage Hollow. 828-369-3065

slcfranklin@frontier.com www.spirituellightcenter.com

If you would like to contribute to SLC, we have a PayPal account, <https://tinyurl.com/SLC-donate>. This link takes you to a page where you can easily donate one time or make a recurring donation.