

SPIRITUAL LIGHT CENTER NEWSLETTER

AUGUST 2022

PRESIDENT'S MESSAGE

Rhonda Murphy



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.

UPCOMING SPEAKERS

August 7 Bill Groves
August 14 Craig Eister
August 21- No Service - Annual Meeting
August 28 Donna Corso

On August 28th
PotLucks will resume
in August 2022 we are excited to see
you in person

SLC's Board of Directors hired Aidan Russell to create a new, more representative logo for the center. He presented us with three logo designs. The Board was unanimously drawn to one design with a few minor modifications involving color, which Aidan made immediately. We'll be updating our brochures, signs, website, etc. with our new logo!

Our annual meeting is Sunday, August 21 at 11 a.m. in the Fellowship Hall, so there will be no service on that day. We have three Board positions to fill this year. I've agreed to run for a second 2-year term. Ashley Peterson is running to fill the other 2-year position, and Claudia Arnold is running to fill a 1-year position. Nancy Cottrell and Doug VanOrsdall will continue serving on the board. Many thanks to Tim Cope and Pam Keyser for serving with us this year.

Great news! After two long years, we will resume potluck meals following the service on the last Sunday of each month, beginning August 28. I wonder what I will bring?

Much love, Rhonda Murphy



The Gardener's Corner

Contributing author: Sue Ditch

From Sweet to Heat

If there's one ingredient that can make any meal memorable, it's peppers. From mild to hot and everything in between, peppers are packed with sweet, sometimes smoky flavors and, oftentimes heat.

Datil Pepper

Used in hot sauces, jellies, mustards. The Datil pepper has similar heat index to habanero peppers. But unlike their distant cousins, these are sweet not spicy, with a tangy aftertaste that clings to everything it touches.

Hatch Chile

Anaheim peppers have a close cousin in Hatch Chiles, they are much hotter sometimes four times as much. Even though the two peppers are otherwise similar, the temperature, soil, and climate, creates a variation in the heat and flavor of the peppers that set them apart.

Habanero

Up to 20 or even 30 times hotter than jalapeño peppers, loved for their heat and intense flavor, they release a floral aroma that fills the air when cooking or eating.

Sport Pepper

Mild chili peppers. Once pickled in vinegar, sport peppers morph from dark to pale green. Has a flavor profile that's part spicy, part tangy, and certainly vinegary.

Anaheim Pepper

These peppers are relatively mild, making them a great choice for a wide variety of dishes. Especially Chile relleno.



Ongoing Events

Movie Night has Moved to Every Thursday

Each Thursday at 3:00 PM Join our group in the Hall for Movie Afternoon! We choose something fun to watch and afterward pick a place and go out to eat!

Yoga Monday Nights at 6 PM

Ashley will be teaching a free all levels yoga class Monday Nights at 6 PM in the Hall. Please bring a mat or towel, wear comfortable clothes you can move in and join us to relax and connect with our bodies and breath. All are welcome. **NO YOGA AUG 15th **

Book Club?

Is anybody would be interested in having a book discussion group facilitated by Pam? Once a week, every two weeks?

We could meet at Gelato's and have a snack and book discussion for an hour. Kind of a Snack & Script club.

Anyone interested let us know.



DEATH CAFE

Sunday, August 14, 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 in the welcoming space of Wayfarers Chapel about death and dying/life and living. Come talk about all things death-related with others wanting to join the discussion. Share your fears, tears, laughter, curiosity, creativity, stories, or lend an open ear in this safe, relaxed and supportive setting.

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

Financial Report:

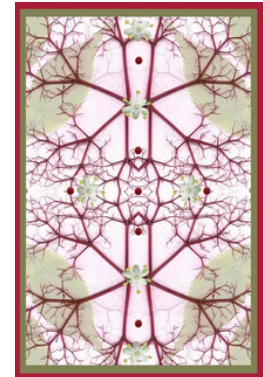
5/31/22 Opening balance \$9,439.99
Income +\$1,184.00
Expenses -\$1,311.99
6/30/22 Ending balance \$9,312.00

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.

This is the Time to Harvest Elderberries

Thea Summer
Deer, D.S.P.S.
Herbalist ~
Educator ~
Author

www.theasummerdeer.com



Elderberry Syrup

For coughs, colds and flu. Promotes circulation and elimination. Take 2 Tablespoons as needed in warm water or tea. Works best when taken in warm liquid to enhance diaphoretic action.

Ingredients: 9 cups Fresh or frozen elderberries 2 oz. fresh ginger chopped 30 whole cloves 1 cup honey

Simmer elderberries, ginger and cloves until reduced (approx 15 min.) Strain, return to pot, add honey and simmer until reduced by half. bottle, refrigerate and use within three months.

I harvest the fresh berries in mid-summer as they are more potent when used fresh. I watch for their white clusters of flowers in the fields or along the side of the road in late spring so I know where they are growing. You can also buy dried in bulk. The best way to get the berries off the branch when making fresh, and in order to not get the staining juice all over you, is to freeze them first. They strip easier off the branch this way.