



NOVEMBER 2024

NEWSLETTER

President's Message

Doug VanOrsdall

Creating a Space So Others Feel Safe and Protected

Hello fellow SLC members, friends and family!

November has always been one of my favorite months of the year as it shows the world around us preparing for another season of our life. The chill in the air, the leaves falling, digging through our closet to start wearing warmer clothing, and all the other little things. Thanksgiving events, burning wood in our fireplace and bringing out the Christmas decorations from storage after Thanksgiving are all things that symbolize it's getting colder. These are just a few of the things I love about this time of year when the temperature is dropping.

Just because I love this time of year and the cold weather that comes with it, doesn't mean everyone else likes or enjoys this type of weather and the beginning of the holiday season. We are each different in more ways than we realize, and that's what I want to talk about in this month's message to all of you.

In our vibrant and diverse congregation here at SLC Franklin, we are blessed to gather as a community of people from all walks of life, united not by a single belief system, but by a shared commitment to openness, compassion, and respect. Each of us has a unique story, shaped by our backgrounds, beliefs, families and the countless decisions we make every day. As we come together each week, we're reminded that our diversity is our strength and bond.

While it can sometimes present challenges in understanding one another, it also offers countless opportunities to grow together and get closer. One of the greatest gifts we can offer each other is the practice of patience and kindness. These aren't just abstract virtues—they're tools we can use in every interaction, large or small. In a world that feels so divided right now, taking a moment to listen—to really listen—can make all the difference for both you and the other person you are communicating with. For each of us, communication may look and feel a bit different. Some of us may speak openly and can-

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UPCOMING SPEAKERS:

Nov 3.....Kim May
Nov 10.....Forrest Rivers
Nov 17.....Barbara Vitale
Nov 24.....Barbara Jeffries

**SLC is pet friendly.
Leashes please...
(Rabies shots current)**

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didly, while others may be quieter, taking time to process their thoughts before sharing them.

Please remember that neither style is right or wrong; they're simply different approaches, shaped by our life experiences. Think about the people you interact with daily—family members, friends, spouses, coworkers, even the stranger you pass while walking or the people at the grocery store. Each of these individuals carries their own story, struggles, and joys. Sometimes, that might mean the other person just needs a listening ear; perhaps to share their frustrations or challenges. In those moments, offering patience, instead of a snap judgment can make an enormous difference.

We may not have answers to their problems, but our presence—our willingness to be there—is a gift in and by itself. As the adage goes, “Don’t judge me until you walk a mile in my shoes” is a good reminder that it’s easy to assume we understand someone else’s intentions or choices; but more times than often, we don’t know the full context. By setting aside judgment, we open the door to deeper and more meaningful connections.

In our busy lives, we’re sometimes pressed to do things quickly and efficiently; but not everyone operates on the same timeline, and that’s okay. It’s important to honor that some people need a little more time to process their tasks or decisions. When others complete things differently or at their own pace, they’re not doing it wrong—they’re just doing it in a way that works for them. By being open to this, we show respect for one another’s unique rhythms and avoid frustration or impatience.

At times, we may find ourselves rushing to conclusions or misinterpreting someone’s actions or intentions. In those moments, we need to be willing to say, *“I’m sorry for the way I reacted.”* An apology can be a powerful bridge, allowing us to acknowledge our own growth in humility. And for those who may take a bit more time to share their ideas or feelings, embracing their communication style—without rushing or interrupting them—is another way to show respect. We all need the oppor-



Doug recently visited longtime member Liz Beau at the Eckerd Living Center in Highlands where she is a resident.

tunity to be heard, and some people simply take a little longer to gather their thoughts.

Consider the small, everyday moments when patience matters the most. Here are a few examples I’m thinking of: perhaps when a friend doesn’t respond to a text or email as quickly as we expected, when we’re faced with someone whose style of communication might be more animated or expressive than our own, or a situation where another person reacts to a shared situation in a different way than we do. Rather than reacting with irritation, we can choose understanding. Just as we all communicate differently, we all have different comfort levels with when and how we engage. Accepting this difference can help us create spaces where others feel safe being themselves.

In our congregation here at SLC Franklin, we’re reminded constantly of the value in difference. With members from many backgrounds—Judaism, Christianity, Catholicism, Islam, Wiccan, Atheism and beyond—our center is a microcosm of the world. We don’t come together because we all agree on everything; we come together because we value the opportunity to learn from each other! The beautiful mosaic of our congregation reflects humanity in all its complexity; and it requires each of us to be more patient, open-hearted and willing to understand those around us. This commitment to patience and understanding goes beyond our congregation; it’s something we can carry into all aspects of our lives. Whether we’re

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Gentle Stretch Yoga Now Available Thursdays and Mondays

Yoga returned to SLC in August with the introduction of Gentle Stretch Yoga under the tutelage of 20 year veteran instructor Vickie Rundquest, an SLC member. The class meets at 11 AM in the Fellowship Hall.



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interacting with colleagues who have different work styles, family members who approach daily tasks differently, or friends who may not share our enthusiasm for certain events; these are situations where we are called to be patient and kind. Each person has reasons for the way they choose to navigate life's responsibilities and commitments. Maybe your spouse or friend isn't interested in the same events as you, or maybe they need quiet rather than activity on a weekend. We're all way too quick to judge, but understanding another person's choices without taking it personally, strengthens our relationships. It's easy to feel frustrated when someone approaches life differently than we do. If we pause to consider that their approach is as valid as our own, we can avoid judgment; and instead, appreciate the diversity of the human experience. When we let go of assumptions, we're often surprised by the depth of understanding that follows. We're able to meet people where they are, recognizing that we're all trying to navigate life's complexities as best as we can. Remember what we hear and say often here at SLC Franklin... *"We are all spiritual beings having a human experience"*.

I hope this month's message can be a reminder that patience, kindness and understanding are not just words

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Darby Hensen describes class as "Perfect Fit" Yoga, stating "the class develops each person's ability to 'feel' exactly what their body is asking for and then gently responds to that request".

The class is an hour long and it is designed for EVERYONE, no matter what your age or physical abilities or limitations. You do not need to already be flexible to join! That is the point of class ... start where you are ... no judgements.

The class is designed to help each individual participant be able to do their activities of daily living easier, whether that's cooking in one's kitchen, working in the yard, riding your motorcycle, or engaging in vigorous exercise activities. Flexibility and balance, focuses of class, make all of life's activities easier and safer.

Pam Keyser shared "I couldn't get off the floor without holding on to something then I began with Gentle Yoga. Now I can get off the floor without any assistance and my posture has improved! Yay YOGA!"

Class will continue throughout November and December, when holiday seasons can be stressful for people. It will help us to relax and keep us calm, centered, and balanced during this season. Thursday yoga also enhances mental well-being, as well as being gentle movement focused. It is both spiritual and meditative, allowing participants to carry mindfulness and breath awareness away from class with them throughout the rest of the day and week.

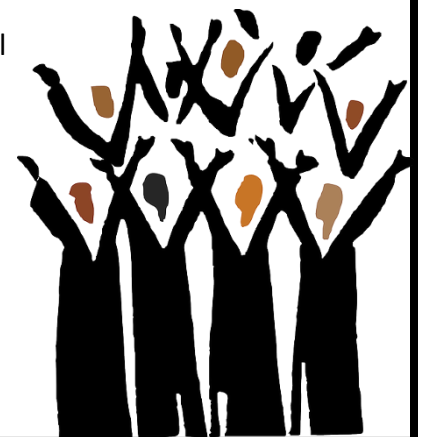
Donations are graciously accepted to keep the classes coming but no one will be turned away for inability to donate.

Please come join us sometime soon!

Good news for Yoga enthusiasts who want to step up their practice. Vickie is also teaching gentle stretch yoga Mondays at 11 AM in the Otto Community Building above the Otto firehouse. Turn just before the Otto Post Office.

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.





You're All Invited to Our Second Annual Thanksgiving Dinner on Thursday, November 28th

Last year more than 50 people gathered in the festively decorated Fellowship Hall for our first ever Thanksgiving pot luck. It was so much fun to share the day with our extended SLC family and their guests that support was enthusiastically unanimous to do a repeat this year.

Rhonda and Nancy are cooking turkeys. We can't promise there will be wild boar again unless one comes wandering into Larry's yard, but there are bound to be surprises on the menu. Plan to bring one of your favorite sides, a vegetarian main dish, accompaniments or dessert.

Please RSVP no later than Sunday, November 24 to Nancy at cottrell@morrisbb.net or by texting **828-371-3402**. Please include your name, the number of people in your party and what you plan to bring. (Just the food category is fine if you are a

last minute planner.) Water, coffee and tea will be provided, and it is BYOB for anything else.

Dinner is planned for 3:30 so no one has to drive



after dark if that is an issue. The doors open at 3 PM, so come early and stay late.

Hocus Pocas Recap...Halloween Fun at the Ditches



Give Them the Boot

by Master Gardiner Sue Ditch

Gardening truly is good for the 'sole'. Give old boots new life by turning them into a creative collection of plant containers.

Cowboy boots, leather work boots, high fashion boots and others. Endless possibilities!

Fill with potting soil, poke drainage holes in the soles with a nail, or drill a hole. Sedums and succulents such as hens and chicks, may live for years in a pair of leather boots. A bonus, as the leather decays, it releases nutrients to the plants.

Or use the boots as pot holders, setting plastic pots of geraniums, herbs, or trailing plants into the tops. Add foam packing peanuts, or wadded up newspaper, if necessary, to keep the pots on top.



It was so nice to have Jim Swanson with us on the 27th for Luci's celebration of life and to meet their children (daughter and sons pictured with Jim above) and grands (below). The sanctuary was filled to overflowing for the heart warming memorial.



Book Club Meets Tuesdays at 6 pm

A Course in Miracles Made Easy by Alan Cohen (*Mastering the Journey from Love to Fear*) is our summer Book Club read. It is being facilitated by the Rev. Penney Parker, who has studied ACIM for 20 years. It is never too late to join in.

Not a reader? Chapter by chapter videos are available on YouTube. Search for *Alan Cohen, ACIM Made Easy*.





SLC members Larry, Nancy and the Pam were among the 100 witches and wizards participating in downtown Franklin's annual **Witches Walk** and street festival on Oct. 26th.

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you choose when describing a situation or thinking about something; but rather, let them be actions we choose to embody in our daily lives. As we gather, whether in person, prayer or in spirit, let's commit to this practice. In doing so, we can make our congregation, our community and our world, a little brighter; one interaction at a time.

NAMASTE~~

Doug

Volunteer Opportunities at SLC

Are you comfortable with computers? Consider helping with music and recording the service on an occasional Sunday. Other volunteer opportunities include facilitating, decorating and setting up for covered dish events, sending out meeting notices, helping with scheduling speakers, being a greeter on Sundays, or helping with minor maintenance tasks.



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

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 8/31/24.....\$ 8656.51
Income.....1217.00
Expense..... 1757.26
Balance on 9/30/24.....\$ 8116.25



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.spirituallightcenter.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.