



Spiritual Light Center

Newsletter -- March 2013

MESSAGE FROM JIM

Dear Spiritual Light Center Family and Friends:

We have reached the season in which the days are lengthening (hurrah), and so we have to remember that Daylight Saving Time will begin on March 10. Don't forget to move your clocks ahead an hour on that day. If you don't do that, you'll very likely be late for church.

If there are SLC issues that concern you, feel free to discuss them with any member of the Board of Trustees. You can find their names and phone numbers later in this Newsletter. They will bring your concerns to a meeting of the Board, which takes place every second Sunday at 10:00 a.m. (usually in the Fellowship Hall). SLC members may always attend Board meetings, as well.

Be sure to return your Speaker Preference Survey form to Bill Groves. If you didn't get such a survey form, or if you have mislaid one, we have more – just ask.

The annual business meeting of the congregation will be held on August 18, the 3rd Sunday in August, as specified in our by-laws. Three of our six trustees are not eligible for re-election, so I ask

that you step up and stand for election! Remember that the officers are not elected by position; the Board will meet right after the election and decide which of them will fill each officer position. Mark the date on your calendars right now, even though it is yet six months away, so that you won't forget this important event.

After consultation with our Realtor, the Board has decided to re-list our property for sale at \$170,000 for both buildings. If a potential buyer wants only one of the buildings, we will entertain a negotiated offer for one or the other. Because of the parking situation, interest in the property has not been great. So, your intentions are requested for a successful sale of the property, and for the location of a wonderful new facility.

Please let others know that we are a spiritual community that welcomes seekers on any spiritual path and that our programs are not based on fear, shame or guilt!

Namasté!

Jim Swanson. President

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.

ONGOING EVENTS **in Fellowship Hall**

Every Tuesday at 5:15pm-

Join our insightful group as we watch a selected film of a spiritual nature, followed by discussion to develop our evolution. Afterward we select a restaurant and go out to eat!

Every Wednesday at 6:30pm-

Musicians and singers gather to share their love of music. Everyone is welcome. Please call Tom Tyre at 421-0520 for more information.

Every other Thursday, 5:15 pm-

Please join us for our meditation group led by Dr Richard Kimball. He begins with an informative discussion on the practice of meditation followed by walking and then sitting meditation. Call Richard at 371-3425 for details.

Every Thursday at 6:30pm-

Come to a group discussion studying the Workbook in A Course in Miracles. This has a powerful message. Expertly led by Arthur Cataldo.

Last Sunday of each Month-

Join us following our Sunday Celebration for a pot luck lunch. Bring a covered dish and join us for food and enjoyment.



UPCOMING EVENTS

February 26 at 6:30pm-

A Planning Committee is forming for the Double Trouble in Recovery 12 Step Program for people struggling with substance abuse or mental health issues. This committee will meet in the offices of the Macon Baptist Association at 110 Doraul Street in Franklin. Anyone interested is welcome.

April 21 at 11am-

There will be no service at The Spiritual Light Center.

Instead we are all encouraged to hear **Annie Sims speak at the Creative Thought Center in Waynesville, NC.** She will conduct the Sunday service at 11a.m. This will be followed by a lunch for all attending. After this is a 2-hour workshop at which Annie Sims will speak on "How to have a Personal Conversion with God". This sounds too good to pass up, so we will carpool and head to Waynesville to take part!

UPCOMING SPEAKERS

March 3, 11 a.m.

Barbara Brady, a certified celebrant and ritual leader, will speak to us on "Good Grief-How the Pain of Loss Calls us to Live more Fully".

March 10, 11 a.m.

Sandra Bear Davis, Appalachian Folk Medicine Woman, will speak on the topic of Appalachian Folk Medicine.

March 17, 11 a.m.

Rev. Ron Lindahn, the wonderful minister of Wayfarer's Unity Church will share with us the topic of "Meditation for Personal Benefit and Spiritual Growth."

March 24, 11 a.m.

Rev. Frank Kish of the Creative Thought Center in Waynesville will speak to us on "Living with Purpose".

March 31, 11 a.m.

Bill Groves, our own office manager, an ex-priest who centers on Christian Mysticism will speak this Easter on "Making Real the Myth of Easter".

April 7, 11 a.m.

Barbara Ross

April 14, 11 a.m.

Carolyn Buttram

April 21, 11AM

Annie Sims in Waynesville

April 28, 11AM

Dr. Harvey Tritel

BOARD OF TRUSTEES

President..... Dr. Jim Swanson
Vice President Kay Smith
Secretary Bill Groves
Treasurer..... Clark Kell
Assistant Treasurer..... Carol Murley
Trustee-at-large..... Dr. Richard Kimball

The Board of Trustees meets at 10 a.m. on the second Sunday of each month.
All members are welcome to attend.

SPIRITUAL LIGHT CENTER INFORMATION

80 Heritage Hollow Drive, Franklin, NC 28734
Right behind the Gazebo Restaurant in Heritage Hollow
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The Law of Karma

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog.

There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked.

'Yes,' the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of.' And that he did.

Farmer Fleming's son attended the very best schools and in time, graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin. Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill ... His son's name?

Sir Winston Churchill. Someone once said: What goes around comes around.

And So It Is!

The Joy of Life

The joy of life rises in us like a pure spring of water. This joy feeds and flourishes all that it touches. As we feel it in our being, we express it in our words and manner, and those around us are uplifted.

This joy lifts us up out of any sorrow and reawakens us in happiness, peace and love. We offer a gift of gratitude for such an experience. This joy is a reflection of the Infinite Spirit, and each of us is a vessel for such existence. Every expression of joy arising in us is evidence of the presence of Spirit in our lives.

Joy can bubble up as laughter, enfold a moment in beauty and flow out in a glow of peace. In this way we share our abundance with others.

Support We Cannot See

*It is said
that those who share their light
through field and forest
mountaintop and ocean deep
shall connect every human being
to the depth of Mother Earth
and the width of the Cosmos*

*Let your light continue to
expand with grace
knowing that your purpose is already
working its magic and the support
that you cannot see walks
with you hand in hand - Blessings
And so it is.*

– Sharon Pilagas



A message from the Stillness of Winter

It is hardly a surprise that when all our busy-ness quiets into calm, a new noise often turns on rising out of all those vague feelings which scream for attention. The interior discussion starts up, the many unsolved problems all pleading for a hearing. Sometimes we can feel powerless in the face of twisted sentiments we cannot untangle.

It makes you wonder if the diversions we look for in the many things outside us might not be an attempt to avoid a confrontation with what is inside. "What should I begin when I'm through with all this work?" This question leads many to flee from themselves and to hold fast to any number of things which make them feel they're still busy. It's as if they were saying: "Where do I turn when I have no more friends to talk to, no more music to listen to, nothing else to read, or TV to watch?" The question is not whether we can live without friends or feeding our eyes and ears, but if we will allow ourselves to be alone with shut eyes, to gently push aside all the assorted noises and sit calmly and quietly.

To be calm and quiet by yourself is hardly the same as sleeping. It is to be fully awake and following with close attention every move going on inside you. It involves a self-discipline. That urge to get up and go leads us to avoid the beauty of an "inner terrain" where what we seek is actually close at hand. Perhaps there will be much fear and uncertainty when we first come upon this unfamiliar terrain, but slowly and surely we begin to see developing an order and a familiarity which summons our longing to "stay home".

With this growing confidence we recapture our own life afresh, from within. We gain mastery not only of our waking, but also our sleeping. For he who has the day gains the night as well. Sleep is no longer the strange darkness, but a friendly curtain behind which dreams continue to live and send out messages which can be gratefully received.

Whenever you do come upon this silence, it seems as though you have received a gift, one that is "promising" in the fullest sense of the word. The promise of this silence is that new life can be born. It is the silence of peace and Oneness, because you are brought back to the One who is truly you.

Then you realize that you can do many things, but it is unnecessary. It is the silence of the "poor in spirit", where you learn to see your life in its proper perspective. In this silence the false pretenses fade away and you can see the world again with a certain distance, and in the midst of all our cares you can pray with the psalmist:

"If God does not build the house, in vain the masons toil; If God does not guard the city, in vain the sentries watch." (Psalm 127)

from With Open Hands by Henri Nouwen

A Simple Guideline to Meditation or “Centering Prayer”

This simple guideline is meant as a suggestion as one form of meditation you could use. You might chose to try this or alter it as you move forward in your practice of meditation.

1. Chose a sacred word as a symbol of your intention to consent to invite God's presence and action within you.
2. Sitting comfortably and with eyes closed, settle down and silently introduce the sacred word into your mind, allowing it to be an anchor holding you in quiet stillness.
3. When you become aware of thoughts, allow them to pass and gently return to the sacred word.
4. Remain in meditation about 20 minutes. At the end of the prayer period remain in silence with eyes closed for a couple of minutes before opening your eyes

Some explanation to these guidelines

- I. The sacred word is a symbol of your intention to consent to allow God to flow into and act within your silence. It is chosen by requesting the help of Spirit to select one suitable for you. Examples of this word might be: Creator, Healing, Abba, Love, Peace, Shalom, Ohm, One. It is suggested that you do not change the word during the prayer period as that would begin a thought process. A simple inward gaze upon God within may be more suitable for some people than the sacred word, thus consenting to God's presence and action by turning inwardly toward the Presence.
- II. By sitting comfortably it is suggested to keep the back straight, feet flat upon the floor, avoiding any position that would cause discomfort or encourage you to fall asleep. The physical limitations of some may require we alter these guidelines to reduce pain or discomfort. Praying in this way after a large meal encourages drowsiness. It is best to wait at least an hour. If you fall asleep continue in meditation at least a few minutes upon awakening.
- III. It is normal to experience thoughts, feelings, images or memories during meditation. By returning ever-so-gently to the sacred word, a minimum of effort is used. This is the only activity we initiate during the time of our centering prayer. During this time the sacred word may become quite vague or even disappear.
- IV. Giving yourself two or three minutes at the end of the prayer period gives your psyche time to readjust to the external senses and enables us to bring the benefit of silence into our daily life.

We highly recommend you join us every other Thursday at 5:15p.m. In the Fellowship Hall for a group meditation. Dr. Richard Kimball gives very valuable guidance in this ancient healing practice as we participate in walking and sitting meditation. ~ Namaste!