



Spiritual Light Center

Newsletter -- May 2013

MESSAGE FROM JIM

Dear SLC Family and Friends:

I believe that Spring has finally arrived in Western North Carolina. The Winter wasn't awfully bad, but Spring took its good old time in getting here.

Several of our members traveled to Waynesville on April 21, to attend services at the Creative Thought Center. (Rev. Frank Kish is the minister there; He will be speaking to us here at SLC on June 30th.) The service featured Annie Sims, the singer/songwriter whose music we enjoy every Sunday. She sang some of her music, and also delivered the message for the day.

Following the Sunday celebration, and a delicious lunch, Annie conducted a workshop on "How to Have a Conversation With God." She has collaborated with Neale Donald Walsch, author of the Conversations With God (CWG) series, since 2005; she is the Global Director of CWG Advanced Programs. I was struck by her statement that "... prayers of gratitude are the most powerfully creative." She says that statements of gratitude are prayers in themselves, and she has written that "Being grateful now brings

you more to be grateful for." It is surely OK to express your gratitude for small events as well as big, important ones – beautiful Carolina Blue days as well as hitting the lottery! If you are a journal writer, be sure to include a few statements of gratitude every time you write. Take my word for it: being grateful sets the tone of your day,

I've been attending the Course in Miracles study group that meets at SLC on Thursday evenings, and in connection with that I've started reading "The Disappearance of the Universe" by Gary Renard. This book sheds light on some of the rather "dense" teachings of the course, and is easy to read. The premise of the book is that two ascended masters, Pursah and Arten by name, have appeared to the author, and are teaching him the principles of ACIM. In discussing one fundamentalist group, Pursah said "We may disagree with the teachings of others, but we don't judge them and respect the right of all people to believe what they want." That sounds to me like something we could adopt as a principle here at SLC!

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 5:15 pm - Join our insightful group as we watch a selected film of a spiritual nature, followed by discussion to develop our evolution. Afterward we choose 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 (May 2, 16, 30) - 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 SPEAKERS

May 5, 11 a.m.

Rita de Maintenon, a speaker from Asheville, will speak on "A Lazy Person's Guide to Enlightenment". **This will be followed by David Debs' workshop "Journey to the Center".**

David Debs has been practicing Journey to Center, based on the Ishaya Ascension Technique, for over fifteen years. This is a simple, easy practice that, if done on a regular basis, will change your life. Use the Journey to reach your Center, or just as a fantastic way to become relaxed. The workshop is from 1-5 p.m. in our hall. A love offering is requested.

May 12, 11 a.m.

Dr. Harvey Tritel, lay rabbi at Mountain Synagogue in Franklin, will speak on Kabbalah. His last talk with us was fascinating!

May 19, 11 a.m.

Dale Allen Hoffman, well known Aramaic scholar, will speak on "Opening the Cosmic Heart". You *don't* want to miss this one.

May 26, 11 a.m.

Carol Harrison, professional animal communicator and Reiki Master, known as "Nature's Voice" will speak on Shamanism.

June 2, 11 a.m.

Ubuntu – Celebration in Song

June 9, 11 a.m.

Dr. Jim Swanson

June 16, 11AM

Lesley Reifert-Hughes

June 23, 11AM

Carolyn Buttram

June 30, 11 a.m.

Rev. Frank Kish



BOARD OF TRUSTEES

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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
828-371- 3065
slcfranklin@ frontier.com
www.spirituallightcenter.com

+++GRATITUDE+++

"A grateful mind is a great mind which eventually attracts to itself great things."

--Plato

"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven."

--Johannes A. Gaertner

"If the only prayer you ever say in your entire life is thank you, it will be enough."

--Meister Eckhart

"In our daily lives, we must see that it is not happiness that makes us grateful, but the gratefulness that makes us happy."

--Albert Clarke

"You have no cause for anything but gratitude and joy."

--The Buddha

"Take as a gift whatever the day brings forth..."

--Horace



TWO WORDS TO CHANGE YOUR LIFE

from Rhonda Byrne, Creator of The Secret

There are two words that, when spoken, have the most unfathomable power to completely change your life. Two words which, when they pass your lips, will be the cause of bringing absolute joy and happiness to you. Two words that will create miracles in your life. Two words that will wipe out negativity. Two words that will bring you abundance in all things. Two words which, when uttered and sincerely felt, will summon all the forces and vibrations in the Universe to move all things for you.

The only thing standing between you, happiness, and the life of your dreams, are two words.....**THANK YOU.**

Gratitude is one of the easiest and most powerful ways to transform your life. If you become truly grateful, you will magnetize absolute joy to you everywhere you go, and in everything you do. In fact, without gratitude, nothing can ever change. Your life will change to the degree that you use gratitude and begin to feel grateful. If you are just a little bit grateful, your life will change a little bit. If you are very grateful, your whole life will change. If you live gratitude every single day, you will become one of the greatest human beings on the planet, and the light of your life will uplift our world.

The greatest human beings that have ever lived showed us the way with gratitude, and by their example became shining lights in our history. Einstein said "thank you" hundreds of times every single day! Ancient wisdom dating back thousands of years gave us the truth about gratitude. Every single religion speaks of giving thanks. All the sages and saviors of the world demonstrated the use of gratitude in all their teachings.

It is impossible to be negative when you are giving thanks. It is impossible to criticize or blame when you are feeling grateful. It is impossible to feel sad when you are in gratitude. Most people are sporadically grateful, however, to change your life with gratitude, a new way of learning how to be truly grateful is what will bring unlimited happiness into your life.

So how do you live in gratitude? Begin your day by feeling grateful. Be grateful for the bed you just slept in, the roof over your head, the carpet or floor under your feet, the running water, the soap, your shower, your toothbrush, your clothes, your shoes, the car that you drive, your job, your friends, your refrigerator that keeps your food cold. Be grateful for the weather, the sun, the sky, the birds, the trees, the grass, the rain, and the flowers. Be grateful for the stores that make it so easy to buy the things you need, the restaurants, the utilities and services and electrical appliances that make your life effortless. Be grateful for magazines and the books that you read. Be grateful for the chair that you sit on, and the pavement that you walk on. Be grateful for your favorite music that sweeps you away, and for movies that make you feel good. Be grateful for your phone that connects you with people, for your computer, for the electricity that lights up your life. Be grateful for air travel that flies you everywhere. Be grateful for the roads and traffic lights that keep the traffic in order. Be grateful to those who built our bridges. Be grateful for your pet, for your child, for your loved ones, for your eyes that enable you to read this. Be grateful for your imagination. Be grateful that you can think! Be grateful that

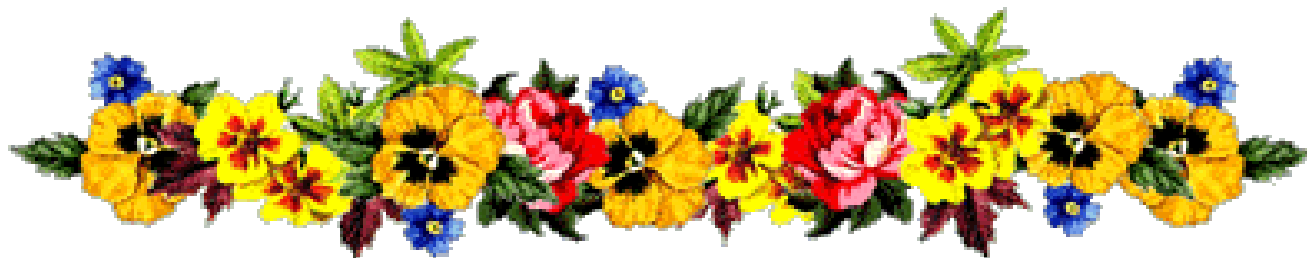
you can speak. Be grateful that you can laugh and smile. Be grateful that you can breathe! Be grateful that you are alive! Be grateful that you are You! Be grateful that there are two words that can change your life!

THANK YOU!

The more that you practice gratitude the more deeply you will feel it in your heart, and the depth of the feeling is the key. The more deeply and sincerely you feel it, the more you will bring absolute bliss and happiness on every single subject. Watch what happens in your life when you practice gratitude every single day and in every single moment and in every opportunity that you can. Remember, if you are criticizing, you are not being grateful. If you are blaming, you are not being grateful. If you are complaining, you are not being grateful. If you are feeling tension, you are not being grateful. If you are rushing, you are not being grateful. If you are in a bad mood, you are not being grateful.

To understand the power and the magic of gratitude, you have to experience it for yourself. So why not begin by deciding to find 100 things a day to be grateful for? As you practice gratitude every day, it won't take long before gratitude is your natural state of being, and when it happens you will have unlocked one of the greatest Secrets to Life.

There is just one other thing that I want you to know about Gratitude.....When you are giving thanks, you FEEL GOOD!



"When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude." -- **Elie Wiesel**

"Gratitude is the memory of the heart." -- **Jean Baptiste Massieu**

"Gratitude is a vaccine, an antitoxin, and an antiseptic." – **John H. Towett**

"Even if I'm dead tired when I lay down to go to sleep, my practice — instead of counting sheep — is to gently think back through my day, and name those things I'm grateful for. It's honestly a great way to fall asleep: savoring those things you are most grateful for." -- **Rev. Dr. Carl Gregg**

