



Spiritual Light Center

Newsletter--July 2013

MESSAGE FROM JIM

Dear SLC Family and Friends:

Welcome to the July issue of the Spiritual Light Center newsletter! The theme of this newsletter is "Forgiveness," and I believe that you will find some inspirational ideas within. It has been said that "the forgiver is the main beneficiary of forgiveness," and so as you forgive others for their errors and shortcomings, you will benefit from your own feelings of well-being. When you forgive yourself as well, you get "double benefit."

In the February 2013 newsletter, I suggested that "an aspect of our mission here in Franklin is to spread the word that we are available to spiritual seekers of every kind, and to provide a place where they can come and share our search for the Source of all, without being required to adopt a set of doctrines [or rules or regulations] in order to be accepted into the fold. I do not mean that we should try to 'convert' folks who are well-satisfied with their spiritual homes; proselytizing is not a practice that we want to get into. But let us affirm that we are a caring spiritual community that welcomes those who do not find the sort of spiritual support they desire in the more traditional settings." I still think that we have a mission to be a place where seekers along every spiritual path can come to be "recharged". Thus, if you know people in or near Franklin who you think would profit from our programs, please invite them to come to a Sunday Celebration, or one of the evening sessions that we offer.

If you are not a member of our congregation and are dissatisfied with spiritual teachings based on fear, guilt, or shame, then give us a try. (One does not have to give up any current affiliations to be a member of our fellowship.)

As a reminder, this Newsletter is a place where you can share your creative work. Poems, meditations, artwork, and stories are solicited. If you have been influenced by the work of others, please give credit where it is due. If the work is original with you, be sure to take credit for yourself. Of course, if you wish to remain anonymous, that's all right too. Please submit your contributions to one of the Board members, or just drop them by the office. Or drop them in the offering basket on Sundays!

Don't forget the Annual Meeting on August 18th, at 11:00 a.m. in Fellowship Hall.

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 other Thursday, 5:15 pm (July 11 & 25) - 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 (except July 4)- Come to a group discussion studying the workbook of 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

July 7, 11 a.m.

Arthur Cataldo, a counselor, healer, and Reiki instructor, will be sharing with us again on



Forgiveness is not an occasional act; it is a permanent attitude.

Martin Luther King, Jr.

Forgo your anger for a moment and save yourself a hundred days of trouble.

Chinese proverb

When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.

Catherine Ponder

the topic of Process: Life, Creation, and Other Musings.

July 14, 11 a.m

Bill Groves, our own office manager, ex-priest and licensed counselor will be speaking on Universal Oneness, Forgiveness, and Community. This promises to be interesting.

July 21, 11 a.m.

Kim May, a wonderful New Thought Speaker from The Creative Thought Center in Waynesville, will join us again speaking on "Forgiveness is the Door and Love is the Key."

July 28, 11 a.m.

Thea Summer Deer, a singer/songwriter, herbalist and educator, will share again with us speaking on "Returning to the Light: How light heals our Bodies and Souls."

August 4, 11 a.m. Nancy Hicks

August 11, 11a.m. Rev. Jack Rodber

August 18, 11 a.m. Annual Membership Meeting in the Fellowship Hall (no Celebration).

August 25, 11 a.m. Sandra Bear Davis

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



Thoughts on Forgiveness

Hatred ceases not by hatred—by forgiveness, which is very beautiful, and is sweeter and more effective than revenge. It is the beginning of love, of that divine love that does not seek its own; and he who practices it, who perfects himself in it, comes at last to realize that blessed state wherein the torments of pride and vanity and hatred and retaliation are forever dispelled, and goodwill and peace are unchanging and unlimited. In that state of calm, silent bliss, even forgiveness passes away, and is no longer needed, for he who has reached it sees no evil to resent but only ignorance and delusion on which to have compassion. Forgiveness is only needed so long as there is any tendency to resent, retaliate, and take offence. Equal love towards all is the perfect law, the perfect state in which all lesser states find their completion. Forgiveness is one of the doorways in the faultless temple of Love Divine. —**James Allen**

Peter came to Jesus and said, Lord, how often shall my brother sin against me, and I forgive him? Seven times? Jesus said to him, not seven times, but seventy times seven. —**Matthew 18:21–22**

When you forgive, you in no way change the past - but you sure do change the future. ---**Bernard Meltzer**

A Meditation on Forgiveness

Our thoughts have a force of their own. We have a choice to stay in love with our pain and past, or to fall in love with our future, which can be pain free. What about you? Is a sense of victimhood holding you back from a greater inner peace and outer joy in living?

The people who “do us wrong” are our teachers. From them we can learn invaluable spiritual lessons about compassion and understanding. However you do not need to endlessly put up with bad behavior. You are permitted and encouraged to stand up for yourself and what you believe to be right, but that needn’t involve clutching resentment.

If you find yourself trying to forgive someone, yet still feel resentment despite your best efforts, don’t despair. Just pray for help ... pray for them... and pray for yourself... and keep trying.

Forgiveness is an act of will: You make yourself do it. You do it because your Higher Self calls you to do it in order to free yourself! It’s okay to practice it imperfectly. But do practice it, because forgiveness will change your life.

Give yourself the gift of forgiveness so that you too may know the great joy that is the result of living without judgment or blame.

As Gandhi said, “The weak never forgive. Forgiveness is the attribute of the strong. Forgiveness is about our freedom, not others”. We don’t practice forgiveness for the benefit of the other person.

The Gospel of Matthew states, “If someone strikes you on the right cheek, turn to him the other cheek also.”. Place your hands, one on each side of your face. Now turn your cheeks – your face – to the right. What happens? You not only see in a different direction, but you realize that you are asked to move in a new direction. As author Nom Bouchard notes: “The text did not say go back and get the other one slapped, but rather head in a new direction. This puts us on a path of forgiveness and freedom.”



Meditation Experience

There really IS such a thing as true and total forgiveness and the only person who has to do that forgiveness work is you. God has never held anything against you. God does not see your faults. God just sees the bright, shining light that you really are and God is saying to you all the time, “Beloved, what can I do for you now?”

Imagine the person that for you is the holiest embodiment of God’s love. Imagine that this person is right there with you, right beside you, holding your hand, and with one arm around you. The holy one is saying to you, “I love you. I love you with an everlasting love. I’ve always loved you. There is nothing you have ever done or ever could do that would stop me from loving you.” Now FEEL that love.

Next: Call to mind anyone that you need to forgive but who you haven’t been able to. What you can’t do, this holy person can. Imagine the one you need to forgive right there with you beside the holy one. Allow the holy one to speak the words of forgiveness you can’t. FEEL that healing taking place.

Now bring up anything hurtful that you've done that you feel saddened about. Ask for forgiveness and then imagine the holy one smiling at you and saying. "My beloved, it's gone! You're free! You're no longer guilty." FEEL how wonderful it feels to let go of all that pain and guilt. Release those feelings and let them go. Take a deep breath and say to yourself, I'm free! I'm forgiven. It is done. And so it is.

From Unity-Farmington.org, by Rev. Jan March 2010



Forgiveness Wisdom

I am the wind, the breath of God, the power of forgiveness. I accept the love of God's mercy. I give the love of God's forgiveness. I am the freedom of the wind, always moving, never holding to the past.

Vicky Thompson

The day the child realizes that all adults are imperfect, he becomes an adolescent; the day he forgives them, he becomes an adult; the day he forgives himself, he becomes wise.

Alden Nowlan

I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain.

James Baldwin

The person who betrayed you is sunning themselves on a beach in Hawaii and you're knotted up in hatred. Who is suffering?

Jack Kornfield

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

The Buddha

If we practice an eye for an eye and a tooth for a tooth, soon the whole world will be blind and toothless.

Mahatma Gandhi

Anger is the tool of fear and causes the loss of your reality to the ego. Forgiveness is your soul's reclamation of your reality; freeing your essence from fear and opening the doorway to your connection to the Universe.

Robert Speeter

Forgiveness is unlocking the door to set someone free and realizing you were the prisoner.

Max Lucado

The more anger towards the past you carry in your heart, the less capable you are of loving in the present.

Barbara de Angelis