



Spiritual Light Center

Newsletter--October 2013

MESSAGE FROM BILL

Dear SLC Family,

This past month has been an amazing flurry of activity. We have been blessed to see so many people jump on board and help our Center grow toward its full potential. Plants have been potted and planted, our new store has taken shape and opened, signs made and put up, many wonderful donations made, and our new board members have taken on their new roles and started new projects. One way cool thing is seeing people reappear out of the blue we've not seen for a while. Well, hello there and welcome back! Lots to be grateful for.

I love to see new life. I also love seeing it continue to thrive. This month I want to give us a little dose of something I hope will help to sweeten the pot of the new stew I see us brewing at our Center--something that might keep us from burning out along our journey. What I propose is a prescription of *laughter*. Yes indeed, nothing I know of works better to heal wounds and smooth edges than the glorious resonance of angels laughing.

It has been shown that a good chuckle, giggle, or guffaw can increase antibodies, relax muscles, secrete healing en-

zymes, lower blood pressure, release endorphins, and generally brighten our outlook on life. What have we got to lose, except maybe a frown, resentment, or a dark cloud over our head! Let's clean our chakras, scrub up our auras, and maybe even shed some old karma with an outright uproarious laugh! Taking ourselves and one another too seriously can be deadly. Too much stiff correctness and rigid self-righteousness lead us to criticism and judgmentalism. Every spiritual community knows where that kind of nasty stuff will take us, and we don't want to go there. Let's get a load of laughter out of this newsletter, and then greet one another with a smile, chuckle, or even a sly grin.

Many Blessings, Bill Groves, 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, October 3, 17 & 31, at 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.

Thursdays at 6:30pm for only two more weeks - 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

October 6, 11 a.m.

Dale Allen Hoffman, a renowned scholar of the Aramaic Language and one of our favorite speakers will talk with us on "Mary Magdalene: Aramaic Tower of Feminine Strength".

October 13, 11 a.m.

Rev, Frank Kish, ordained Science of Mind minister of the Creative Thought Center in Waynesville, will be joined by Syl and will together speak on "Our Innate Wisdom".

October 20, 11 a.m.

Bill Groves, our office manager and board president, will share one of his stories, "Alice in Underland". Alice falls into an upside down world filled with wisdom quite contrary to our everyday common sense. Can she adapt?

October 27, 11 a.m.

Bill Groves will share another of his stories, "The Magical Music Box" wherein we discover miraculous hidden gifts, which sometimes can only be released when the box is broken.

November 3 – Rita de Maintenon

November 10 – Dr. Harvey Tritel

November 17 – Ubuntu

November 24 – Carol Harrison

OUR NEW SLC STORE HAS OPENED!

SLC is proud to announce that we have opened our new store and resale shop in the Fellowship Hall. We are selling items on consignment or donated, including books, jewelry, gift items, decorative items, art, household goods and crafts. We have received some spectacular merchandise, but we still need your good, saleable donated items (no clothing please). Our store is open Thurs, Fri, and Sat 11-5 and Sunday 12-4. For further info contact Martie Taylor at 828-342-7382. Please stop by and visit this beautiful new space our community has created, and take something wonderful home with you!



OUR BOARD OF TRUSTEES

PRESIDENT.....Bill Groves
VICE PRESIDENT.....Kay Smith
SECRETARY.....Millard Deutsch
TREASURER.....Linda Ramsey
VICE TREASURER.....Arthur Cataldo
TRUSTEE-AT-LARGE.....Raymond Braziel

SPIRITUAL LIGHT CENTER INFORMATION

80 Heritage Hollow Drive, Franklin, NC 28734
Right behind the Gazebo Restaurant in Heritage Hollow
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www.spiritualightcenter.com

Stuff to Tickle Yer Funny Bone

☞ **Here's a tale** about two less-than-brilliant countrymen who hired a boat and went fishing. The men caught some fine fish. When they were going home, one said to the other, "How are we going to make our way back to that wonderful fishing place again?" The second said, "I thought of that -- I marked the boat with chalk!" "You idiot!" said the first. "That's no good. Supposing next time they give us a different boat?"

☞ **Three couples**, an elderly couple, a middle-aged couple and a young newly-wed couple wanted to join a strict church. The pastor said, "We have special requirements for new members. You must abstain from having sexual relations for two weeks." The couples agreed to abstain from such behavior and came back at the end of two weeks.

The pastor went to the elderly couple and asked, "Were you able to abstain from sex for two weeks?" The old man replied, "No problem at all, Pastor." "Congratulations! Welcome to the church!" said the pastor. The pastor went to the middle-aged couple and asked, "Well, were you able to abstain from sex for two weeks?" The middle-aged man replied, "The first week was not too bad. The second week I had to sleep on the couch for a couple of nights but, yes we made it. "Congratulations! Welcome to the church," said the pastor. The pastor then went to the newly-wed couple and asked, "Well, were you able to abstain from sex for two weeks? "No Pastor, we weren't able to go two whole weeks," the young man replied sadly. "What happened?" inquired the pastor. "My wife was reaching for a can of corn on the top shelf and dropped it" said the young man. "When she bent over to pick it up, I was overcome with lust and couldn't help but take advantage of her right then and there!"

"You understand, of course, this means you will not be welcome in our church," stated the pastor. "That's not all," said the young man. "We're not welcome at the supermarket anymore, either."

☯ Zen Thoughts

The journey of a thousand miles begins with a broken fan belt and a leaky tire.

It's always darkest before dawn. So if you're going to steal your neighbor's newspaper, that's the time to do it.

Always remember you're unique. Just like everyone else.

Never test the depth of the water with both feet.

If you think nobody cares if you're alive, try missing a couple of car payments.

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

If at first you don't succeed, skydiving is not for you.

Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me either. Just leave me alone.

Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

If you lend someone \$20 and never see that person again, it was probably worth it.

If you tell the truth, you don't have to remember anything.

Some days you are the bug; some days you are the windshield.

Don't worry; it only seems kinky the first time.

Good judgment comes from bad experience, and often that comes from bad judgment.

The quickest way to double your money is to fold it in half and put it back in your pocket.

A closed mouth gathers no foot.

Duct tape is like the Force. It has a light side and a dark side, and it holds the universe together.

Generally speaking, you aren't learning much when your lips are moving.

Experience is something you don't get until just after you need it.

Never miss a good chance to shut up.

The most wasted day of all is one in which we have not laughed.

☯ Three nuns were talking. The first nun said, "I was cleaning the father's room the other day and do you know what I found? A bunch of pornographic magazines!" "What did you do?" the other nuns asked. "Well, of course I threw them all in the trash." The second nun said, "Well, yesterday, I was in the father's room putting away the laundry and I found a bunch of condoms." "Oh my," gasped the other nuns. "What did you do?" they asked. "I poked holes in all of them," she replied. The third nun said, "Oh Crap!"

☯ The only thing wrong with a perfect drive to work is that you wind up at work.

☞This big Texan goes to Japan for a business conference. When there he decides he'd best fit in, so he goes to a market, takes off his huge cowboy boots and tries to squeeze on a pair of little Japanese shoes. Ends up with a bad case of the Shintoes.

☞One meditating Buddhist monk leaned over to another and quietly asked, "Are you not thinking what I'm not thinking?"

☞Q: How do you describe a schizophrenic Zen Buddhist?
A: Someone who is at two with the universe.

☞Q: How many egotists does it take to screw in a light bulb?
A: One. He holds onto the light bulb and waits for the world to revolve around him.

☞Q: How many Marxists does it take to screw in a light bulb?
A: None. The light bulb contains the seeds of its own revolution.

☞Q: How many Zen Buddhists does it take to change a light bulb?
A: None, they are the light bulb.

☞"I'm not a vegetarian because I love animals. I'm a vegetarian because I hate plants." --A. Whitney Brown

☞ Sally told her friend, "I was worried that my mechanic might try to rip me off, so I was relieved when he told me all I needed was blinker fluid."

☞One woman says to another, "Poor Ethyl really has suffered for what she believes." "Really, what DOES she believe in?" asks the other. "She believes that you can wear a size six shoe on a size nine foot."

☞A New Age Lullaby

Hush little baby don't you squall
Momma's gonna buy you a crystal ball
And if you still can't see Beyond
Momma's gonna buy you a magic wand
And if that wand don't change your fate
Momma's gonna teach you to levitate
And if the astral makes you sick,
Momma's gonna buy you an incense
stick
And if patchouli smells too rank
She'll buy you a sensory deprivation
tank
And if that tank won't ease your heart

Momma's gonna buy you a natal chart
And if your planets go berserk
Momma's gonna buy you some body-
work
And if your aura still needs kneading
Momma's gonna buy you a past life
reading
And if your destiny still stays hid
Momma's gonna buy you a pyramid
And if your chakras still feel stressed
Momma's gonna get you a vision quest
And if all this still won't charm ya,
Sorry, kid, I guess it's just your karma.

🌀Scientific Discovery about Crows

I heard that they found about 200 dead crows near Topeka, Kansas and there was concern that they may have died of Avian Flu. They had a bird pathologist examine the remains of all the crows. He confirmed the problem was definitely NOT Avian Flu, to everyone's relief. However, he determined that 98% of the crows had been killed by impact with trucks, and only 2% were killed by an impact with a car. They then hired an ornithologist to determine the disproportionate percentages for impact with trucks versus cars. The ornithologist determined the cause in short order. When crows eat road kill, they always set up a lookout crow in a nearby tree to warn of impending danger. His conclusion was that all the lookout crows could say "Cah", but none could say "Truck".

🌀The Priest and the Young Rabbi

A priest invited a young rabbi over for dinner. During the meal, the young rabbi couldn't help noticing how attractive and shapely the housekeeper was. Over the course of the evening he began to wonder if there might be more between the priest and the housekeeper than met the eye. Reading the young rabbi's thoughts, the priest volunteered, "I know what you must be thinking, but I assure you my relationship with my housekeeper is purely professional."

About a week later the housekeeper came to the priest and said, "Father, ever since your young rabbi friend came to dinner, I've been unable to find the beautiful sterling silver gravy ladle. You don't suppose he took it do you?" The priest said, "Well, I doubt it, but I'll write him a letter just to be sure." So he sat down and wrote: "Dear Rabbi: I'm not saying that you DID take a sterling silver gravy ladle from my house, and I'm not saying you DIDN'T take it. But the fact remains that one has been missing ever since you were here."

Several days later the priest received a letter from the young rabbi which read: "Dear Father: I'm not saying that you DO sleep with your housekeeper, and I'm not saying that you DON'T sleep with your housekeeper. But the fact remains that if you were sleeping in your own bed, you would have found the gravy ladle by now."

🌀The Jewish Samurai

Once upon a time a powerful Emperor of the Rising Sun advertised for a new Chief Samurai. After a year, only three applied for the job: a Japanese, a Chinese and a Jewish Samurai. "Demonstrate your skills!" commanded the Emperor. The Japanese Samurai stepped forward, opened a tiny box and released a fly. He drew his samurai sword and Whoosh! The fly fell to the floor, neatly divided in two! "What a feat!" said the Emperor. "Number Two Samurai, show me what you can do." The Chinese Samurai bowed confidently, stepped forward and opened a tiny box, releasing a fly. He drew his samurai sword and Whoosh! Whoosh! The fly fell to the floor neatly QUARTERED. "That is great skill!" nodded the Emperor. "How are you going to top that, Number Three Samurai?" Number Three Samurai, Obi-wan Rabinowitz, stepped forward, opened a tiny box releasing one fly, and drew his samurai sword and Whoooooossh! Flourished his sword so mightily that a gust of wind blew through the room. But the fly was still buzzing around. In disappointment, the Emperor asked, "What kind of skill is that? The fly isn't even dead." "Dead, shmed," replied the Jewish Samurai. "Dead is easy. But circumcision...THAT takes skill!"