



# Spiritual Light Center

**Newsletter--December 2013**

**MESSAGE FROM BILL**

**Dear SLC Family,**

The past month has been a whirlwind of activity. With all the budding of new life around the Center I'd have believed it was spring. The thing I'm most excited about is the beautiful return of beautiful faces we haven't seen for a while. Welcome back! I saw one member sitting outside actually crying with happiness to see her old friends returning. Now that's what I call being moved! The word is getting out that we and Spirit are moving to co-create our Center in the image of oneness, reconciliation, acceptance and peace. That's a train I want to get on and it's picking up momentum!

I've heard of people setting their ears to the rails to determine if a train is coming. They say you can hear it as it approaches, if you listen. There is no question that Spirit is in high gear right now bringing about significant changes in our world. We are given the opportunity to co-create those changes if we get in tune and listen to the way the spiritual wind is blowing. As I listen, what I hear is that there is a renewed desire arising for community. I don't know why that is, but I definitely sense it. Perhaps things I can't now clearly see are on the

horizon which may require greater community support. I don't yet see, but as I listen I hear it. It is my belief that the Spiritual Light Center is perfectly positioned to be a base of spiritual creation for the times to come, whatever they may bring. It is time for us to unify that we may be what we are capable of being and are needed to be.

This holiday month of December I am dedicating our newsletter to developing our skills of LISTENING. Listening both to the movement of Spirit and to the spirit of one another. Building community requires developing our listening skills. In these pages are some words that can help us toward that goal.

**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 the 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, December 5 & 19, 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** come join us for our **book study**. We're reading The Four Agreements by Don Miguel Ruiz. It's inspiring, easy to read and leads to great group discussions. You'll love this one!



## NEW THINGS HAPPENING

**Sunday, December 22 is our Christmas Pot Luck Meal!** Bring some Christmas food and Christmas decorations and be prepared for *anything*. Santa and all his reindeer may fly clean through the windows!

**A New Women's Group and a New Men's Group** will meet separately right after the Christmas Pot Luck. This is a brand new thing we are beginning with the intention of having it on a regular basis. Please stick around after the pot luck and join in a new form of community at SLC.

**New Educational Groups on Fridays at 1 p.m. have begun!** We've already met twice in November to great success. Here's what's planned so far for December:

**Dec. 6 – Lesley Reifert-Hughes** will speak on her book “Little Old Ladies Laughing Out Loud” and will do performance poetry.

**Dec. 13 – Barbara Vitale** will share with us on Practical Rituals for Everyday Spirituality.

## UPCOMING SPEAKERS

### December 1, 11 a.m.

**Dr. Jim Swanson**, a long-time student of Science of Mind and a friend to all here will speak about “On Being a Creature of Have-it: Manifesting Prosperity”.

### December 8, 11 a.m.

**Nancy Hicks**, a natural health consultant and medical intuitive, will speak to us on “How May I Serve”.

### December 15, 11 a.m.

**Kim May**, a Science of Mind Practitioner, author, and fitness trainer, will speak on “Tis the season to be the Peace”

### December 22, 11 a.m.

**Millard Deutsch**, author and futurist who has lectured internationally, will speak on “May You Live in Interesting Times”.

### December 29, 11 a.m.

**Bill Groves**, our board president, addictions counselor and ex-priest, will talk on “The Renewal of our Lives and Community”.

**Our speakers so far in January include Dr. Harvey Tritel, Gordon Hughes, and Leslie Reifert-Huhes. It will be a very interesting month!**



### OUR SLC METAPHYSICAL STORE IS DOING GREAT!

The store has proven to be far more than any thrift or resale shop. This is a classy metaphysical store with beautiful merchandise. We are selling items on consignment or donated, including books, jewelry, gift items, decorative items, art, and crafts. **We truly need** your good, saleable donated items (no clothing please). They sell quickly! 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 space and do your Christmas shopping!

### MOUNTAIN LIGHT IS SUN. DECEMBER 15<sup>th</sup>

Please gather by 1:30p.m. for a presentation at 2p.m. in the Community Center. The wonderful speaker is Dielle Ciesco on "Voice as a Vessel of Light". Please bring finger food for a Christmas and Winter Solstice celebration.



## A Season for Listening

☪ "In every moment the universe is whispering to you. There are messages for you carried on the winds. There is wisdom for you in the morning songs of the birds outside your window and in the soft murmurs of an ebbing sea. Even ordinary, everyday events in your life carry communications from the realm of spirit.

"Right now as you read this paragraph, you are surrounded by personal messages from the world around you. Whether you are conscious of it or not, you are always encircled by signs. Of course, your night hours are filled with signs that appear in your dreams; however, no less valid are the signs that encompass you in your waking life. Signs are powerful indicators that can give you understanding about yourself and insight about direction in life. They can also reflect what is occurring in your subconscious mind, beneath your conscious awareness.

"In times past, people understood and knew how to interpret these portents and omens. In fact, the entire destiny of a tribe or even a nation was often decided by signs. However, as technology expanded, people became more and more isolated from their connection to the earth and their inner wisdom. Most lost their ability to listen to the secret messages around them and to see the signposts giving personal guidance at every moment.

"It is now time to regain this lost ability. Our planet is changing very quickly, and in the face of this rising tide of change we need to remember how to taste the messages in the wind and how to listen to the gentle voices in the clouds. This ability will be increasingly important in the years ahead. As we hurdle into the twenty-first century, there is an accelerated awakening of planetary consciousness. We are entering a time of signs and omens. There has never been a more powerful time in the history of our planet to realize our magnificence. Signs can show us the way. It is now time to relearn how to listen to the whispers of the universe." *from The Secret Language of Signs by Denise Linn*

☪ Whenever Native Americans come together in groups with things to discuss, there are certain rules that we always observe. Those unspoken rules show whether the participants were reared in a good way. No one has to make a comment about another person's behavior; it is evident through their actions. Listening is the foremost rule that determines a person's integrity and substance.

Talking Circles are what we use to bring problems out into the open, to find solutions, to share our feelings and experiences, and to honor the Sacred Points of View of every person present. To interrupt a speaker is to bring dishonor on his or her words, to bring dishonor on one's upbringing, one's family, Tribe, Clan, and Nation.

Among other cultures, this practice may seem alien because words are not considered part of the Sacred Breath of Life that holds a person's Sacred Point of View. When people are talking, they are not listening. When one person interrupts another, the lack of respect is apparent. When people are constantly talking about anything that comes to their minds, it is a sign that they have no self-reflective skills and do not feel the weight or sacredness that their words carry. If the words that are spoken carry no commitment or carelessly hurt another, the speaker is not in tune with Oneness. Anyone can claim to be spiritual. The truth of how far they have come on the Sacred Path is noted by simply seeing how they listen and how they speak.

*from Earth Medicine: Ancestors' Ways of Harmony for Many Moons by Jamie Sams*



☪ Listening Is A Way of Being With God. Praying, we learn to listen, to listen to Him whom our heart loves. Yet listening is not an effort, not a technique; it is not work to be done. Listening springs from the desires to be with the one whom you wait to hear. Listening is a coming close, waiting for a presence to materialize into words, to form itself out of silence. Listening is a relationship, even in the silence when nothing is heard. Learning to listen is to allow ourselves to be present without imposing or demanding, to hold a space where something can be told, where a meeting can unfold, where openness is answered.

At the beginning we have to learn the art of listening, the art of being present, attentive, and empty. We have to learn to catch the still, small voice of our Beloved, and not interrupt, not ask too many questions. We have to learn to be silent, because listening is born from silence. But the listening of the heart is always an act of love, a coming together, even when nothing is heard. Listening is a wisdom so easily overlooked, because it is feminine, receptive, hidden, and our culture values only what is visible.

Rumi knew how central a part it plays in our loving, in our wordless relationship with our Beloved: "Make everything in you an ear, each atom of your being, and you will hear at every moment what the Source is whispering to you, just to you and for you, without any need for my words or anyone else's. You are — we all are — the beloved of the Beloved, and in every moment, in every event of your life, the Beloved is whispering to you exactly what you need to hear and know. Who can ever explain this miracle? It simply is. Listen and you will discover it every passing moment. Listen and your whole life will become a conversation in thought and act between you and Him, directly, wordlessly, now and always."

Any real relationship is born out of similarity, affinity. Even if we appear to be opposite in many ways to our friend or partner, we are attracted by a similarity: this is our point of meeting. We share something, and the deeper the nature of what we share, the deeper and possibly more lasting the relationship. If we share just a passing interest, then probably the relationship will be passing. If we share an affinity of the soul, then the link is stronger, deeper, more enduring. With the Beloved we have the deepest similarity: we are made in His image. We are created out of His substance. In the depths of our heart we know that we belong to Him and have pledged to witness Him. This means that we have the deepest degree of communion with our Beloved, the deepest quality of listening. But like so much of our relationship with Him, our ability to listen to Him is covered up. Just as we have forgotten to remember Him, so have we forgotten how to listen, how to allow ourselves to listen. We need to rediscover how the heart listens to its Beloved.

*from The Circle of Love by Llewellyn Vaughan-Lee*

🌀 What do you do while you are listening? Are you really listening, or are you looking for an opening to share your own thoughts? Most of us are doing the latter. We are listening for an opening, not opening in order to listen.

Deep listening is another kind of hospitality. It is about making room for the other. When you listen deeply you have no thought as to what you will say in response. There may be no need to respond. You are listening without a script.

By habit most of us have a huge sack of tried and sometimes true things to say. We listen long enough to figure out which script is the most appropriate. We rummage through the files in our mind to find it, and then eagerly wait for just the right moment to read our lines. This isn't listening at all.

Real listening has no script. You don't know what you will say. You respond not from pretested patter, but from the immediacy of the moment.

*Rabbi Rami Shapiro*



🌀 Most people do not listen with the intent to understand; they listen with the intent to reply.

*Stephen R. Covey*

🌀 Listen or thy tongue will keep thee deaf.

*Indian Proverb*

🌀 Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.

*Doug Larson*

🌀 Listening, not imitation, may be the sincerest form of flattery.

*Dr. Joyce Brothers*

🌀 For listening is the act of entering the skin of the other and wearing it for a time as if it were our own. Listening is the gateway to understanding.

*David Spangler*



## 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

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**W** Contrary to what most people assume, listening is not passive; listening involves active engagement with another. To really listen to someone takes great effort. It calls for patience and respect. We will not listen to someone we do not respect. Ultimately, listening is an act of love. We show others love when we choose to listen to them rather than compose in our heads something to say in response or interrupt..

Because listening is an act of love, it does not come effortlessly. True listening does not happen naturally; it is a learned habit. People need to learn to listen, and learn how to listen. The possession of a listening heart is the result of attentiveness and active discipline. It does not come without a fight. *Rich Vincent*

**W** Listening appears such an easy thing to do, but we know from trying to really listen and trying to be listened to, that it isn't always so. If your 'listening strategy' is to launch into commiseration, expressions of sympathy or support, or, heaven help us—advising, then you may need to review this. Even telling people “Oh yes, that happened to me, too...” even if we mean well, may not be the best thing to do. We cut their flow, perhaps through our own need to fix things, our need to get out of the discomfort of another's pain, our need to appear understanding. And sadly, our needs make us ignore or marginalize the other's need to be heard. We need to learn that the greatest gift we can bring to the listening process is ourselves alone. Yet paradoxically - the most important thing to do in order to listen well is to keep ourselves out of the way. *Marguerite Theophil*

**W** “A wise old owl sat on an oak; The more he saw the less he spoke; The less he spoke the more he heard; Why aren't we like that wise old bird?”