



# Spiritual Light Center

**Newsletter—July 2014**

## MESSAGE FROM BILL

**Dear SLC Family,**

As my life settles into the routine of summer I find myself becoming task-oriented, doing little ditties here and there, fix this, prepare that, organize and maintain. I can't say my life has ever been monotonous: boredom is just not my style, but I must admit that in the midst of futzing and putzing I lose sight of beauty scattered right in front of me.

I had a couple of old friends visit me last month. I was astounded by the beauty of our land as seen from their eyes. We trekked trails I'd trodden many times before, but through the vision of their wonder I saw the beauty unfold anew. An orange salamander crossed our path. How could I have missed seeing them? The many roadside fruit stands were monuments to be explored by one friend from Oklahoma. How had I become numb to their presence and not tasted their sweet wares? My child within, that ornery wide-eyed nine year old that delights at the chance to come out and play, was awakened by the wonders I was overlooking. The height of a beautiful summer is not the time to lock him away.

This called me to renew my vision. It has become too easy for me to miss the beauty of the interesting friends I have

been blessed to meet since coming to these mountains. The wonderful talks and services, programs, films, and meditations I can attend continue to fascinate me. We are gifted with such amazing wisdom and talent in these hills. My sincere desire is to stay excited by these insights offered so graciously.

This month I've decided to showcase some of the jewels I've overlooked or otherwise not included in previous newsletters. Quotes, poems, and little articles filled with pearls of wisdom which have not yet adorned these pages will now make their way into print. May they feed your contemplation and, if you choose, may you wear some of these jewels to decorate your heart.

Many blessings to you,  
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 At SLC

**Every Tuesday at 5:15 p.m.** - Join our group in the Hall 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, July 10 & 24, at 5:15 p.m.** - Please join us for our meditation group in the Chapel 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 further details.

**Thursdays at 6:30 p.m.** come join us for our **book study**. We'll soon conclude The Sermon on the Mount by Emmett Fox. This book is filled with wisdom and has continued to generate great discussion.

## UPCOMING SPEAKERS

**July 6, 11 a.m.**

**Carol Harrison**, called Nature's Voice, animal communicator, shamanic practitioner, and Reiki Master, will speak on "Summer Solstice & Feminine Energy".

**July 13, 11 a.m.**

**Rev. Mariah Brooks**, an ordained minister with The Beloved Community with James Twyman and very active in the Oneness Movement from India, will speak on "Following Spirit Within vs. Living from Ego". Let's welcome her!

**July 20, 11 a.m.**

**Bill Groves**, our office manager and board president, counselor & former priest will speak on "Philemon's Problem: The Perilous Pitfalls of Political Propriety".

**July 27, 11 a.m.**

**Barbara Vitale**, well-known author and speaker highly trained in the Lakota and ancient Celtic traditions, returns to speak on "Life is the Ceremony".

## FRIDAY SPIRITUAL EDUCATION 6 p.m. in the Fellowship Hall

**July 11 – Sharon Holland & Heather Perry** will speak on Transfiguring Divine Love by Patricia Cota-Robles.

**July 25 – Arthur Cataldo** will speak on Cymatherapy®: A therapeutic technique employing sound to re-tune cells and tissues to function at an optimum level.



## OUR SLC METAPHYSICAL STORE IS IN FULL SWING!

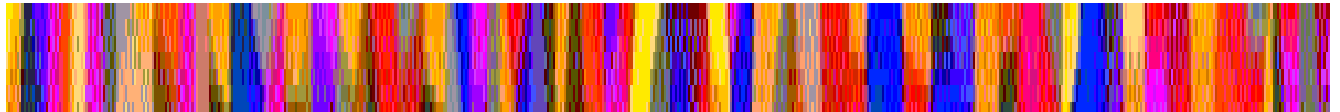
Our store is open under the experienced management of Sandy Frary, certified gemologist. We are selling consignment or donated items, including books, jewelry, gift and decorative items, original art, and handmade crafts and clothing. **The store hours are Fridays 2 pm to 6 pm & Saturdays 12 pm to 4 pm, and Sundays after the service.** Come see the beauty! For information please call Sandy at 828-200-2451.

### 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**  
**828-369-3065**  
**slcfranklin@frontier.com**  
[www.spirituallightcenter.com](http://www.spirituallightcenter.com)



## Scattered Jewels

☯ "The first peace which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe, and all its powers, and when they realize at the center of the universe dwells the Great Spirit and that it's center is really everywhere, it is within each of us." ~Black Elk, Oglala Sioux

☯ "If we did all the things we are capable of, we would literally astound ourselves."  
~Thomas Edison

☯ "Now and then it's good to pause in our pursuit of happiness and just be happy."  
~Guillaume Apollinaire

☯ "Love is the difficult realization that something other than oneself is real."  
~Iris Murdoch

## *25 Simple Ways to Improve Your Relationships* By Joyce Marter, LCPC

1. **Smile.** Put a smile on your face and in your eyes, voice and heart as often as possible.
2. **Make eye contact.** Look people openly, warmly and squarely in the eye.
3. **Open your body language.** While facing the person with whom you are talking, open your chest, your heart and your arms.
4. **Address people by name.** Honor people by calling them by name as you greet them, give them thanks, ask a question or bid them farewell.
5. **Speak with a friendly tone.** Warm your tone of voice with love and kindness.
6. **Be present.** Give your complete and undivided attention to others when they are speaking to you.
7. **Express gratitude.** Focus your attention on the goodness in others, verbalize all that you appreciate and give thanks.
8. **Slow down.** Breathe and gift yourself and others with time to properly address situations and transition from them.
9. **Reflect empathy and compassion.** Honor people's emotional experiences. Normalize and validate their feelings so they feel heard, known and understood.
10. **Have integrity.** Keep your word. Do what you say you are going to do. Live according to your values.
11. **Have good manners.** Be polite, conscientious and gracious.
12. **Demonstrate thoughtfulness.** Get out of your own head and be of service to others. Consider their feelings and experiences.
13. **Give genuine compliments.** Tell others their strengths, give positive feedback and express what you admire about them.
14. **Give salutations.** Make the effort to open and close verbal and email interactions with a nice greeting or closure, rather than abruptly asking for something with neither a hello nor goodbye.
15. **Be generous.** Give and share whatever you can, whenever you can.
16. **Be kind.** Be the bigger person. Kindness is a choice.
17. **Show compassion.** Demonstrate self-compassion by cutting yourself some slack; extend this same compassion to others. Let go of criticism.
18. **Be patient.** Breathe in and breathe out. Patience is a virtue. There is great value staying in the present moment and not hurrying our minds or bodies onto the next task.
19. **Demonstrate self-awareness.** Consider how what you are saying will feel to others and how it will impact them. Notice the impact you have on others by paying attention to their facial expressions, tone and body language. Make adjustments accordingly.



20. **Be truthful.** The truth has different layers and sometimes the deepest layer is hurtful or inappropriate. Speak the truth from the deepest layer that is appropriate. Speak from a place of kindness.
21. **Be reliable.** Follow through with responsibilities and commitments with competency and effective communication.
22. **Be forgiving.** Each time somebody else makes a mistake it is an opportunity for you to extend kindness and compassion. Let go of resentments that keep you tethered to the past.
23. **Apologize.** We are human and nobody is perfect. When you make a mistake, make an amend or extend a sincere and timely apology.
24. **Take responsibility.** Drop the defensiveness and the excuses and accept responsibility for yourself, your actions and your behaviors.
25. **Express love.** Be open-minded and non-judgmental. Extend love to yourself and to others. Choose to be loving whenever possible—it is always possible.



🌀 "Until you've lost your reputation, you never realize what a burden it was."

~Margaret Mitchell

🌀 "To see what is in front of one's nose is a constant struggle." ~ George Orwell

🌀 "God is not a being which I, or anyone else, can define. God is a presence in which I believe I can live. It is the presence of infinite love, of transcendence and of the deepest mystery." ~Bishop John Shelby Spong

🌀 "God made everything out of nothing, but the nothingness shows through."

~Paul Valery

🌀 "Because things are the way they are, things will not stay the way they are."

~Bertolt Brecht

🌀 "What you do speaks so loud that I cannot hear what you say."

~Ralph Waldo Emerson

🌀 "Power doesn't corrupt people, people corrupt power." ~William Gaddis



*An elderly Chinese woman* had two large pots, each hung on the ends of a pole which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream.

'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?'

'That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them.'

For two years I have been able to pick these beautiful flowers to decorate the table.

Without you being just the way you are, there would not be this beauty to grace the house.'

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.



dreamstime.com

*You've just got to take each person for what they are and look for the good in them.*

🌀 "An incompetent attorney can delay a trial for months or years. A competent attorney can delay one even longer." ~Evelle J. Younger

🌀 "When I was younger, I could remember anything, whether it had happened or not." ~Mark Twain

🌀 "Criminal: A person with predatory instincts who has not sufficient capital to form a corporation." ~Howard Scott

🌀 "Sometimes the mind, for reasons we don't necessarily understand, just decides to go to the store for a quart of milk." ~Diane Frolov

🌀 "The only thing standing between you and your goal is the bulls..t story you keep telling yourself as to why you can't achieve it." ~Jordan Belfort



🌀 Between a stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. The last of human freedoms is to choose one's attitude in any given set of circumstances. ~Viktor Frankl

### 🌀 *For Someone Who Did You Wrong*

Though its way is to strike  
In a dumb rhythm,  
Stroke upon stroke,  
As though the heart  
Were an anvil,  
The hurt you sent  
Had a mind of its own.

Something in you knew  
Exactly how to shape it,  
To hit the target,  
Slipping into the heart

Through some wound-  
window

Left open since childhood.

While it struck outside,  
It burrowed inside,  
Made tunnels through  
Every ground of confidence.  
For days, it would lie still  
Until a thought would start  
it.

Meanwhile, you forgot,  
Went on with things  
And never even knew  
How that perfect  
Shape of hurt  
Still continued to work.

Now a new kindness  
Seems to have entered time  
And I can see how that hurt  
Has schooled my heart  
In a compassion I would  
Otherwise have never  
learned.

Somehow now  
I have begun to glimpse  
The unexpected fruit  
Your dark gift had planted  
And I *thank you*  
For your unknown work.

~John O'Donohue