



Spiritual Light Center

Newsletter—September 2014

MESSAGE FROM ARTHUR

Dear SLC Family,

Thirteen stalwart members showed up for our annual meeting this year. After last year's doom and gloom over a dire balance sheet, there was jubilation this year that we have turned the financial situation around, are now operating in the black, and have almost doubled our reserves. Thank you, God, for our abundance!

We are grateful for many other blessings this year. There is a heightened level of camaraderie and congeniality in our congregation. Our attendance at Sunday Celebrations and other events has dramatically increased. Our Sunday and Friday speaker slots are filled through October. Our monthly newsletter distribution has also increased. Thanks to Sandy Frary and her many helpers, the Store is doing very well. It has taken in over \$1000 net since opening. It looks beautiful. Sandy has a gift for arranging the merchandise in an attractive manner. The room looks and feels warm and inviting with much eye candy. We are so thankful to have such a capable and loving store manager. If you haven't seen it lately, come in and see the newest arrivals (and take some home with you). There is new merchandise displayed almost every day. See page 3 for store hours.

The New Board

Both Bill Groves and Kay Smith were re-elected to serve a second term. Congratulations to both of them! They have both done an outstanding job this year developing the Center in many ways. We are fortun-

nate to have retained them both for another term. If you are thinking about serving our Center, let someone on the Board know of your desire/intention. We will put you on the nomination slate next year.

At the first meeting of the new Board, the following officers were selected:

Arthur Cataldo, President
Kay Smith, Vice President
Linda Ramsey, Treasurer
Bill Groves, Vice Treasurer
Millard Deutsch, Secretary
Raymond Braziel, Trustee

Congratulations to our new officers, and thank you to those who agreed to keep their current positions. Thank you all for your past year of superlative service. Together we look forward to another year of growth, abundance and good cheer.

Arthur Cataldo, 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 Wednesday, Sept 10 & 24, at 2p.m. – Take part in **The Sacred Circle**, dedicated to spiritual sharing and growth. For more info please call Sandry Frary.

Every other Thursday, Sept 4 & 18, 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 sitting meditation. Call Richard at 371-3425 for further details.

Thursdays at 6:30 p.m. - Come join us for our **book study**. We are reading *One Day My Soul Just Opened Up* by Iyanla Vanzant. This is a very powerful book! Join us for some enlightening conversation.

UPCOMING SPEAKERS

September 7, 11 a.m.

David Debs has been using a simple, easy practice based on the Ishaya Ascension Technique for over fifteen years. If done on a regular basis, this will change

your life. He will share this in “Journey to the Center – A Spiritual Travel Log”.

September 14, 11 a.m.

Rev. Frank Kish, an ordained Science of Mind minister from the Creative Thought Center in Waynesville, returns to speak on “Backing into Revelation”.

September 21, 11 a.m.

Dr. Faye Corbett, doctor of Naturopathic medicine and an expert in Ayurvedic medicine and herbology, will share with us on “Connecting to the Sacredness of All Things”.

September 28, 11 a.m.

J. Robin Whitley, a poet, musician and author of multiple books - one just published, will be speaking to us on “The Art of Prayer”.

FRIDAY SPIRITUAL EDUCATION

6 p.m. in the Fellowship Hall

September 12 – Kim May, our beloved Science of Mind practitioner from CTC in Waynesville, will speak on “Tools for Change – A Condensed Version”.

September 26 – Dr. Faye Corbett, Naturopathic and Ayurvedic physician and herbologist, returns to speak on “Good Vibrations from Herbs”.

Come Join Us for a **GRATITUDE PARTY!**

Because this has been such an awesome year at SLC we have decided to give thanks with a gratitude party! It will be in our Fellowship Hall **Saturday September 13th from 6 – 8 p.m.** You’re welcome to bring finger food and a beverage of your choice. Come join in the fun of this special celebration!





**On Monday September 15 at SLC
2 Sessions with Willaru Huayta of Cusco, Peru
Incan Prophecy and Planetary Transformation**

Willaru Huayta is a Quechua Indian from the Amazon and an Incan Spiritual Messenger. Early in life he encountered many illuminated beings and learned esoteric wisdom during spiritual quests in the Amazon jungles. A few years ago he had a vision

to travel to Cusco as a Chasqui (messenger) for the Great White Brotherhood with messages pertaining to the transitional times in which we live. He writes, "After 2000 years, the sun is rising. Its rays bring health, purity and wisdom for the healing of all humanity. We live in a time of the fulfillment of prophecy."

We have scheduled two different sessions; one to accommodate those who are free in the afternoon, 2:00 pm to 4:00 pm, and one for those who prefer the evening, 6:00 pm to 8:00 pm. You may attend either or both. There will be a potluck dinner and get-acquainted time between sessions from 4:30 to 6:00. Please bring something to share if you are able.

Willaru will be doing personal sessions on Tuesday, the 16th, from 9 am to 1 pm.

Contact Barbara Vitale 828-369-2862 or at 2137bvitale@frontier.com for further information.

Willaru does not charge. He supports himself and his families with the donations he receives for his talks and private sessions. Please be as generous as you are able with your love offering.

OUR SLC METAPHYSICAL STORE IS BEAUTIFUL!

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 NEW BOARD OF TRUSTEES

- PRESIDENT.....Arthur Cataldo
- VICE PRESIDENT.....Kay Smith
- SECRETARY.....Millard Deutsch
- TREASURER.....Linda Ramsey
- VICE TREASURER.....Bill Groves
- 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.spiritualightcenter.com**

Thoughts on Kindness

☪ Transformation through Kindness by Bill Groves

During our SLC Annual Membership Meeting last month there was a lot of excited talk about how abundant and fun the last year has been. I'd certainly agree with that. I very clearly remember my first board meeting as president a little over a year ago. I was so nervous, fearing my abilities weren't up to the task! Oooh my, I'll crash a burn as an utter failure! (Arthur, I hope your self esteem is more advanced than mine!) I recall the first words out of my mouth. Concerning our financial woes at the time I said that our first priority must not be to improve our finances. It must be to establish a strong comradery amongst our membership, an atmosphere of kindness and mutual respect, to eliminate every last vestige of harsh speech or sharpness of tongue. It has always been my strong belief that if our spiritual union with God is put first, financial soundness will flow naturally and abundantly. Apparently our community has proven to be up to the task. We've all sensed the love and kindness grow, and financially we've been blessed. The wisdom in Matthew 6:33 keeps jumping into my mind, "Seek first the kingdom of God and his righteousness and all these things will be added to you as well". I'd say we did just that.

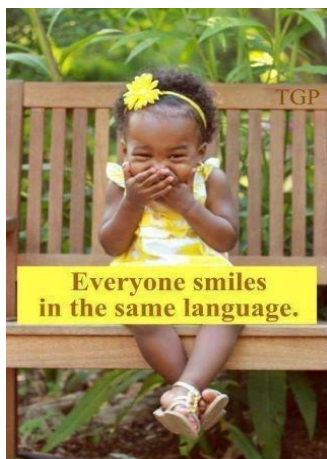
The word "abundance" gets tossed around a lot in New Thought communities. I'd say "to each his own" when it comes to our spiritual beliefs. I'm no authority to tell anyone what to believe, but I can humbly share my personal thoughts. It's my belief that placing our financial, material well-being as the primary goal of our spiritual quest is to put the cart in front of the horse. Financial abundance flows from our surrender to living a life dedicated of manifesting the Will of the Divine. As we see to it that our lives are centered in the Divine Will, that we are where we are called to be and doing what we are called to do, everything we can possibly need to live out such a dedicated life will manifest itself, without fail. (Notice I said what we *need*, not necessarily every detail we may want.) I've seen this happen repeatedly in my life, in the most extreme manner. As a youth I used to hitchhike all over this continent, from Canada to southern Mexico, with zero money, but with a lot of faith that God would provide all I could ever need. I not once missed a meal or a place to sleep. I've not forgotten the lesson of those journeys.

If I am to "seek first the kingdom of God and his righteousness" (a tall order) I will inevitably be transformed by that quest. My very being and how I appear spiritually to others will radically change by my dedication. Picture in your heart what such a person centered in the divine would seem like to you. How would they speak? What would be their demeanor? The very first thing that comes to my mind is that such a person would



radiate kindness. Their great strength would be held in abundant gentleness. Their own divinity would be bursting with the reality that “God is Love”. I would feel utter trust in their presence knowing that I, with all my faults and foibles, would be honored and respected, never needing fear judgment, harshness, or an unkind word.

Kindness is not a *response* to what I experience in this world or from others. Kindness is a decision that I make, a way of being that is my fundamental choice. If I have not made this decision my moods will be like a candle in the wind, shifting and changing in response to every word I hear from others and every experience I encounter. Kindness must be the rock upon which I build my own solid state of being. It is the light within me that encounters every person and experience, an unchangeable decision I have made based on my surrender to the Divine Light of Love. I know that I personally don't succeed in living that decision every moment of every day. Those who know me very well can certainly testify to that. Nevertheless, kindness is my fundamental choice to which I seek to return after realizing I've missed the mark.



I do wish kindness were taught to us from infancy. I think it's generally considered a nice thing to do if you feel like it, or if you're not too annoyed by your circumstances. Parents often make huge excuses when their children act with blatant unkindness. I've heard such things as “Well, he only acts like that because his father wasn't around for him when he was younger”, or “She's only behaving like that because she's so upset over what someone said to her”. In other words, we've taught our children well that their unkind behavior is an appropriate response to what they happen to feel or experience at that moment. Many people still use their immediate feelings as an absolution for their thoughtless, unkind behavior. “Well, I was just SO ticked off

that I just let him have it!” OK, we all have such feelings, and sometimes they can get pretty overwhelming. And yet feelings simply are not an excuse for our behavior. Feelings are what they are, an emotional message that tells me important things about what's going on in my life. I need to listen to them, honor them, and never judge them within myself or others. Getting in touch with them is a central part of my overall health. Regardless, feelings never excuse my *actions*. Behavior, my words and actions, how I treat others, is a choice. It is not dictated by how I feel. That's an excuse I need to eradicate if I am to *empower* myself to grow into the full stature of the Divine Being I truly am. Blaming my unkind words and behavior on my feelings disempowers me, making me a victim of how I feel. Choices empower me. I am not a victim of anything, including my feelings. My strength comes from taking total responsibility for my words and actions, and changing them so I may become who I choose to be. I *choose* to be kind. I can do so regardless of my circumstances or how I feel. It's my decision; it's who I want to Be.

This doesn't mean I have to become some sappy 50's sitcom housewife who stuffs everything she feels behind a façade of fabricated sugary goo and a fake smile. True kind-

ness is empowered by divine strength. I cautiously say that kindness is assertive. My caution comes from the fact that assertiveness has become terribly misunderstood and used as an excuse for unkind harshness. The fakeness of the 50's led to a revolution of assertive honesty. Thank God! But as the philosopher Hegel taught us, society tends to swing from one extreme to another before we reach the middle ground, swings called Hegelian Shifts. The result was that our assertiveness became a tad aggressive. By the 80's being "honest" often became being harsh, sharp, with the excuse that the other person should "get over it". "If they don't like it that's their problem". As I see it, facing the world with such an attitude is like shooting darts and blaming others for bleeding. The truth is, harshness causes wounds and hurt people hurt people. (No, that's not a typo.) Another truth is that my words will never be heard if they are unkind and sharp. The other person will have to put up their defenses to avoid injury, and your words won't get in. What's the point of speaking when your words can't be heard? If we couch our words in true assertiveness which is truthful, but also kind, clear, and non-threatening, those words will reach their mark and might be able to make a difference. I learned this through 35 years of priesthood and counseling. Kindness produces trust and openness. In such an atmosphere I could say anything and it would be heard. Kindness can be detected in the eyes. It cares that what we say has the potential of being heard and bringing healing. Kindness is rooted in the love of God.

I believe we are embarking on a journey that is way beyond the Spiritual Light Center. It is a global transformation, a shift in energy. If anything will be its vanguard it will be an aura of Divine Love emanating kindness and true respect. It will not be weak; it will be infinitely strong, so strong it will need no defense. We are being given the opportunity to be the ambassadors of this Universal Transformation. If we take that opportunity, we ourselves will be the first thing to be transformed. I want to be in the forefront. I want to make the choice to be remade in the image of Kindness; in the image of God.



Anthony Cymerys is a barber. He's 82 years old. Every Wednesday, he brings his chair, his clippers, and a car battery to power the clippers to a local park in Hartford. He then gives haircuts to the homeless. He doesn't charge them a dime. All they have to do is give him a hug.

☪ "There is a profit in kindness, even for our self-interest, our true self-interest. Being kind removes us from the thrall of egoism, at least temporarily, and ushers us into a more connected and natural world. If we could but see that acts of kindness benefit our own being as much as the recipient of our kindness, our resistance would melt away and we would seek opportunities to be kind." ~Joseph Naft

☪ "My religion is very simple; my religion is kindness." ~the Dalai Lama

☞ *An Excerpt from Everyday Kindness* by Stephanie Dowrick

Whether you are conscious of it or not, it's in your power to increase other people's joy, satisfaction and safety through simple acts of kindness. A thoughtful word, a smile or acknowledgment, giving something that's needed, listening with care, extending your patience, expressing your concern appreciatively, ordinary courtesies, refraining from criticism or outbursts, acknowledging someone else's point of view or legitimate needs, making time for someone who is struggling. It's the basis of your confidence in yourself. It lets you know that regardless of what is happening outside your control, your life is vital, sustaining and absolutely worth living.

Kindness drives connection and engagement, empathy and comfort. It is thoughtfulness in action. It is self-respect and concern for others in action. Kindness lets you live life to the full. It expresses your gratitude for who you are and what you can contribute. You can't become kinder to others without also benefiting yourself.

Kindness doesn't mean surrendering your boundaries. It doesn't mean becoming a doormat that others can walk over. It can mean being much clearer about saying no as well as yes. Nonetheless, kindness pushes you to take other people into account constantly, while also saving you from harming, demeaning or sacrificing yourself.

Kindness helps you physically as much as it does emotionally and spiritually. It keeps you connected. It relaxes you. It radically reduces tension and stress. It doesn't depend upon status, education or wealth. It doesn't depend upon brilliance or age. And it certainly can't depend on things always going well for you. (Easy to be kind when everything is going our way. It's far more vital to be kind when life is not going our way.) Kindness, as a way of life and living, depends on choices made and remade on a daily basis. Sometimes it will be self-evident and easy. Sometimes it will be an effort. Sometimes it will seem intuitive. Sometimes we will have to silence those self-righteous reasons why we should not be kind.



Perhaps we learn most about kindness when we have to think about it, when we are forced by circumstances to leave our comfort zone, question our emotional habits and think hard about the effect on others of what we are doing or saying. It is particularly powerful when we can be kind for kindness's sake, rather than because it will make us a hero in other people's eyes or win us favors.

Many regard kindness as something sweet. It can sweeten life, sometimes immeasurably. But in practice it is far tougher than sweet. Whoever we are, and however much self-awareness we have, to behave and live with kindness challenges our egocentricity

and the delusion that we are the center of the universe with needs that should always take precedence over others.

Kindness is learned moment by moment. But it will always carry the most weight when we take it up as a fundamental attitude rather than as a series of individual acts: when we see it as cause and as effect.



☞ Kindness: The Basic Practice

from spiritualityandpractice.com

Kindness is the first of the three great treasures advocated by Lao Tzu. The Buddha taught that generosity is a primary quality of an awakened mind. Muhammad regarded kindness as an essential sign of faith. Jewish and Christian ethics are built upon deeds of kindness, as are the daily interactions of people of primal traditions.

The spiritual practice of kindness encompasses a range of acts and habits that we know as old-fashioned good manners — saying "please" and "thank you," waiting your turn, lending a helping hand, never interrupting, responding to personal emails. It applies not just to your relationships with other people. Kindness in the spiritual life extends to things, animals, plants, and the Earth.

This practice also means being generous with your presence, your time, and your money. Give freely without expecting anything in return. Just do it. Kindness is not a quid pro quo endeavor.

Few of us would describe ourselves as unkind, cruel, or nasty, yet we would have to admit that we often miss the mark on this spiritual practice. Just remember the many times you have been hurt by someone not doing something — the call that didn't come when you were feeling low, the message that was not responded to, the missed appointment — and then consider how often you have neglected to act in similar circumstances. Kindness is very susceptible to the sin of omission.

Still, acknowledging that we've been saddened by another's lack of kindness can make us want to be kind more consistently ourselves. This is one of those situations when a negative experience has a positive outcome.

Of course, sometimes we are simply too self-absorbed to notice that we are not being kind. Selfishness can quickly undermine manners.

☞ "When our focus is on kindness, our minds move away from fear and problems toward a place of peace and clarity. There is no place where love and fear can exist simultaneously. If peace is your goal, you must find a place to share your kindness and then watch how things change." ~Rev. Sue Borg