



# Spiritual Light Center

**Newsletter—November 2014**

## **MESSAGE FROM ARTHUR: SURRENDER**

“You cannot fulfill God's purposes for your life while focusing on your own plans,” says [Rev. Rick Warren](#) in [The Purpose Driven Life: What on Earth Am I Here for?](#) Your ego has to surrender to a Higher Power in order to fulfill your/God's purpose for your life on Earth. *A Course In Miracles* teaches us that once we surrender, we will have all the help we need to fulfill our purpose:

*“Once you have accepted His Plan as the one function that you would fulfill, there will be nothing else the Holy Spirit will not arrange for you without your effort.”*

Surrender sounds like giving up. But it is more like the trust exercise we used to do in Encounter Groups. One person would stand with his/her back to the rest of the group and fall backwards, trusting that the group will not let him/her fall and would support him/her. In the same way, God/Holy Spirit always has your back. If you surrender and trust, seeming obstacles will simply fall away.

*“He will go before you, making straight your path, and leaving in your way no stone to trip on, no obstacle to bar your way.”*

Marianne Williamson says: “Something amazing happens when we surrender and just love. We melt into another world, a realm of power already within us. The world changes when we change. The world softens when we soften. The world loves us when we choose to love the world.” This can be interpreted as what happens when we fall in love with a beloved. It is true that the world changes to us as our hearts open. This happens when we find our connection to the Beloved, as in the poetry of Rumi.

The Sufis say that human intimate relationships reflect our relationship with the Beloved for which we yearn – the sacred union with our God-self. Other relationships serve as practice or proving grounds for that one.

*“Nothing you need will be denied you. Not one seeming difficulty, but will melt away before you reach it.”*

I am reminded of the building of the Findhorn Garden. The lesson they received over and over again was that whatever they needed for the garden – money, supplies, additional labor – it showed up *when they needed it*. The frustrating thing to the ego was that it *only* showed up when it was needed. There was no possible stockpiling of supplies for a rainy day, nor planning for *how* the need would be fulfilled. Things often happened in unexpected ways.

*“You need take thought for nothing, careless of everything except the only purpose you would fulfill.”*

“Surrender to what is. Say ‘yes’ to life — and see how life suddenly starts working for you rather than against you.” [Eckhart Tolle](#)  
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, Nov 5 & 19, 4:30 to 6:00p.m.** – Come to **The Sacred Circle/TEA**, an open group dedicated to spiritual sharing and growth, facilitated by Tina Wardell. Contact is 828-276-6557.

**Thursday, Nov 13 (not Nov 27 due to Thanksgiving), at 5:15 p.m.** - Please join us for our meditation group in the Chapel led by Dr. Richard Kimball. We have an informative discussion followed by walking and sitting meditation. Call Richard at 371-3425 for further details.

**Every Thursday except Thanksgiving 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

**November 2, 11 a.m.**

**Dr. Diana Kenney**, the director of Good Grief Ministry, author, and ordained Shamanic Minister, will speak with us on “Loss & Grief”. Let’s welcome her!

**November 9, 11 a.m.**

**Community Discussion**, Bill Groves, our own SLC Office Manager, will lead a group discussion on “The Meaning of Surrender to Spirit”.

**November 16, 11 a.m.**

**Rev. Bonnie Mills**, a gifted psychic who is working on her Masters in Metaphysics and Parapsychology, will speak to us on “Spiritual Gifts Part II”.

**November 23, 11 a.m.**

**Ron Lindahn**, pastor of Wayfarer’s Unity Church in Dillard will return to share with us on “Love the One You’re With”.

**November 30, 11a.m.**

**Rev. Barbara Jefferys**, the newly ordained Science of Mind pastor of Open Door Center in Sylva, will speak on “Ancient Wisdom, Modern Science”.

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

**November 14 – Kim May**, Science of Mind Practitioner at the Creative Thought Center in Waynesville will present on “Tools for Change: A Condensed Version”.

**November 28 – No group due to Thanksgiving weekend**



## 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 BOARD OF TRUSTEES

PRESIDENT.....Arthur Cataldo  
VICE PRESIDENT.....Kay Smith  
SECRETARY.....Millard Deutsch  
TREASURER.....Linda Ramsey  
VICE TREASURER.....Bill Groves  
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### **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)



## *Surrendering to Spirit*

### **☯ Connecting to Spirit and Surrendering Your Troubles**

By Colette Baron-Reid

For many people who experience empathy overload we often feel that there is too much to handle in our lives. We struggle with sorting everything out and feeling as though we are alone in the task of making sure everything turns out well. We are not connecting to spirit and surrendering our troubles.

Sometimes we need to be reminded that we are not alone. One of the best ways to do this is to connect, or even reconnect to our higher power, to Spirit. You can choose to trust that the Spirit will provide harmony and wisdom – all you have to do is surrender.

I am so excited to share this exercise with you – I love how I feel when I practice it and I get great insights into my life and my relationship to Spirit. I hope you do also!

## The Sacred Box Exercise

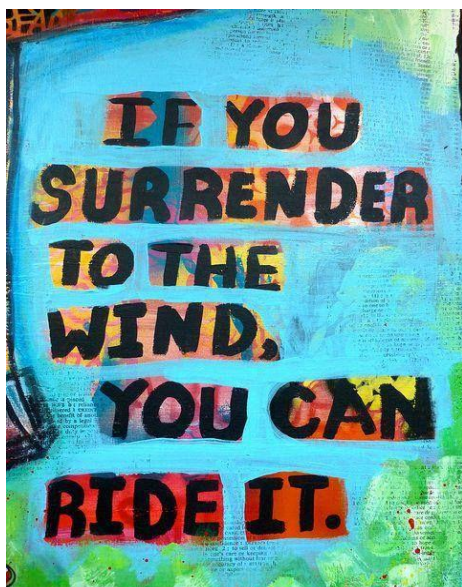
Find a small box, big enough to hold small pieces of paper on which you will have written a sentence or a few words. This space is now your Sacred Box, a sort of mailbox where you can place your troubles, knowing that you're sending them to Spirit so that you can receive the help and support you need to handle specific feelings and situations.

Any time you feel you can't cope or don't understand what's going on in your life and how it's going to lead to your greater good, write a note about it and place the note in the Sacred Box. If you start obsessing about something, place a description of it in the box. You can place your anger there, or your resentment or jealous thoughts, too. If you're feeling overwhelmed, place a note about it here, being mindful that you are surrendering this to the care of the Spirit. Doing this is an act of faith ritualized by having created this receptacle for grace to enter your life. Every six months, or at the end of every year, I take out all the notes I wrote, all the concerns I handed over to my Sacred Box, and sure enough, everything has been taken care of by a force greater than myself.

The Sacred Box probably works so well because making a ritual of a commitment or intention seems to solidify it in ourselves. Although it may seem easier just to say, "Spirit, please take this burden from me," the Sacred Box can be a powerful tool for letting go of worries, too.

"It wasn't such a big deal after all." Have you ever heard yourself say or think this before? Some challenge or obstacle comes up in your life, you worry and stress about it and when it's all over, and time has passed, you look back and think, what was the big deal? Now you know who had a hand in guiding you along the path!

When you truly practice this surrender to the Spirit you will notice your problems work themselves out without having to devote your mental and emotional energy to solving them. Things just have a way of getting resolved by Spirit.



So often our society gives the word, "surrender" a negative connotation. We are often taught the word, "surrender" through the context of war, sports and competition. If we surrender we are "bad" or "weak".

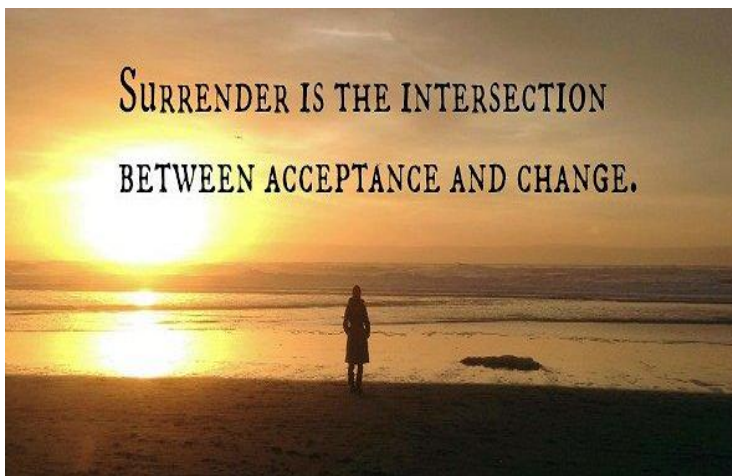
But when we surrender to the flow of Life and Spirit, there is no such thing as losing. When we give in to our Highest Good, the concept of losing ceases to exist and miracles can occur! ~Shirley Johnson

## Waves of Surrender by Bill Groves

I just got back from a beautiful and needed time away, camping on the Outer Banks just across the dunes from the ocean. There is nothing like the rhythm of the ocean surf in its ability to wash clean your soul. In my mind I can still return to that sound, wave after wave pouring in, crashing upon the surf, then softly bubbling its life upon the sand, only to be followed by yet another in the endless outpouring of life, cleansing, healing. The sound mesmerizes me. The smells are intoxicating. As I lie in the presence of these sensations I slip into a timeless state of utter surrender. I yield up my being to the benevolence of the ocean. Its Creator comes to enter my consciousness as a gentle, enveloping white light, touched with greens and purples. In this state surrender becomes so simple, so inevitable. I give myself in utter abandon, thoughtlessly, fully. Cleansed of the cares, the obsessions of ego I touch the simplicity and bliss of my true Self. I meet myself upon the waves and am greeted with the serene, eternal smile that resides only in the bliss of surrender. Might I linger there, hand in hand with my true being, surrounded by the life-giving rhythms of Mother Ocean. Upon those waves I experience the eternity of Being Itself, unencumbered by the entanglements of earthly existence. It is Peace.

And then I came home. Traffic. Obligations. Frustration. I forgot about surrender. I want *my way*. Too soon it's back to the old ego self in conflict with life as it is. All the wonderful slogans I recall slip out the window. Life on Life's Terms, Let Go and Let God, One Day at a Time, God, Grant me the Serenity..... Yes, the Serenity of Surrender as I walked with my true being upon the waves of timeless bliss. Where did it go? I know I just had it in the palm of my hand, and like the sand of the shore it slipped through my fingers. Why can't I hold on!

The ego is persistent. Surrender is fleeting and cannot be clutched in a firm grip of self will by command. I've tried. It slips through the cracks wedged apart by selfishness. I wish I had the answer to how I can make the serenity of surrender remain. I'm not that wise. In truth, I suspect it is something I cannot make happen by the force of will. It happens only as I let go.

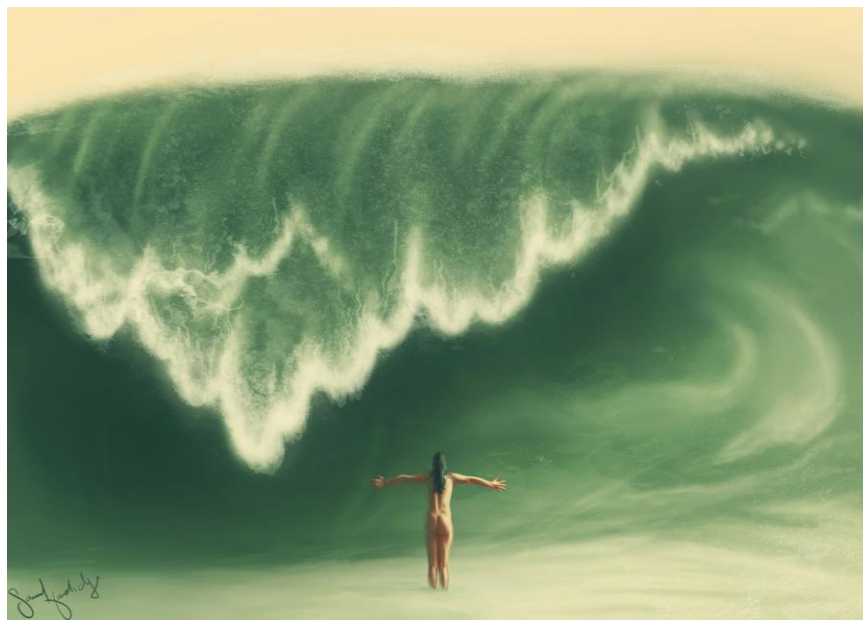


I was once taught that God is a Gentleman. (Forgive the unintended gender specificity; we all know gender is not divided in the Divine.) The point of the metaphor is that a gentleman does not force his way into your presence nor demand anything of you. You are left utterly and completely free to be and do as you choose. A gentleman will only gently whisper a suggestion or point a direction.

It is up to you to listen or not, follow or cling to your preset pattern of egocentric self direction. Over and over again I have experienced where each of these two choices lead. Following the gentle guidance of the Divine Voice always leads to light and peace. Resolutely clutching to egotistical patterns has always led to frustration, conflict and regret. So why do I keep going back there? I somehow seem to forget to *surrender*.

Surrender is not giving up your self. It is finding your Self. It requires distinguishing between the little self and the eternal Self. It takes recognizing that there is this angry, rebellious brat in you that doesn't want to eat the broccoli. We're not talking about the originally innocent Inner Child, either. We're talking about a destructive, spoiled, utterly self-centered hellion that would rather drag you into the pit than give up its own way. That's the hurt child, wounded by years of hardships, neglect, and unkindness. In my many years of counseling experience I've heard a huge, diverse array of techniques to heal this wounded child. In the end, I question if those techniques really work. I have come to believe that in stubbornness that child might prefer it be left pouting, clutching its toys screeching "mine!" Rather than minister to such resolute egocentricity I think it might be better for us to just grow up, turn away, and walk into the Light of our true Self. The ego self will continue to scamper back demanding attention and favors. For how long, I don't know. I haven't fully gotten away from it yet. I can only say that I have grown far enough to have seen and fallen in love with a true, eternal Self that guides me gently into grace and wholeness. My love has not been completely faithful and I often turn back. It takes a lot of humility to admit my indiscretions. I am grateful and fortunate that the love of my true Self is absolutely unconditional. I am always welcomed Home.

I yearn for surrender. I long to reside forever upon the timeless waves of Mother Ocean, enveloped in the Peace of her gently rocking arms. I deeply desire to go beyond just looking upon the serene smile of my true Self Who beckons me forward onto the waves which would cleanse my soul. I wish to realize our utter oneness. I want to release the entanglements of frustration, conflict and ego. I yearn to know the full meaning of blissful Surrender.



*☪ Breathe on me, Breath of God, till I am wholly thine;*

*Until this earthly part of me glows with thy fire divine. Edwin Hatch*

## 🌀 Learning to Surrender by Erica Tucci

I had a stroke in the summer of 2011, which, as crazy as this may seem to some; I feel was a gift from heaven for the wisdom I have gained. As I round the bend on the last leg of my healing, the greatest pearl of wisdom I would like to impart is about surrendering.

It's about "letting go and letting God." We have all heard that saying, but I feel it truly doesn't resonate with someone until they can deeply feel it in their heart. And although I used to "mouth" these words before my stroke, I didn't really "feel" it until after my stroke, when my life changed drastically.

My massage therapist has a wonderful plaque above his massage table that says, "The power that created the body can heal the body." Oh, so true!

If we surrender to the power of Spirit (God, Providence, our Creator, the Universe, Allah or however you define the Higher Power), miracles can happen. When I speak of the Higher Power, I am speaking about that god/dess essence that is in all of us, our own inner Divinity... that source of all creation that connects all of us.

Life's journey is full of magic – the marvelous, the miraculous and the wonderful – but it's not without its hurdles along the way. And when we come to these bumps in the road, we need to have faith and believe that Spirit "has our back" and will be our pillar of strength, propping us up and propelling us forward.

We need to do our part as we move down our path of personal evolution, but Spirit is always there giving us all the support we need to carry through and carry on. We don't need to force things to happen or worry about when things get done. Everything has its own Divine timing.

If we watch the magnificence that is created by the Divine, like the blossoming of a flower or the birth of a baby or the flow of a river, we can learn from the natural flow of life. We see how the miracles of life unfold naturally, without fear, without manipulation, without resistance.

When we surrender to the source of all creation, we are transformed, and as we are transformed, the world around us is transformed.



🌀 With each moment of surrender a momentum seems to grow, and a confidence in the Holy Spirit's Guidance seems to build. This momentum is like a tidal wave of Love. And as the last sands of ego are washed away, it is obvious that Love is all there is.  
*--taken from [Miracleshome.org](http://Miracleshome.org)*

## ☞ Spiritual Surrender: Releasing to the Divine by Julie Conway

There is a poem written by Hafiz, the Persian mystic, which includes mention of being "a hole in a flute that the Christ's breath moves through". I love this idea of being a part of the instrument that is actually nothing yet is vital to the instrument's existence and function. It also implies being empty, being Self by emptying self so that God (or whatever name you use for Source) may move through and create Divine music. That emptying and conceding to God's breath requires faith and trust that, as we purge ourselves, the Divine will flow in. Fear, gripping, and clinging are dams that prevent Divine flow. If we move beyond fear and completely surrender to Spirit, we become His. As Divinity moves through us, how can we separate the hole from the breath?

Completely giving into Divine flow is not always easy, however. The ego thinks it knows best and fears letting go, releasing its perceived power. But God's power is so much greater. I created the affirmations below as a meditation for surrendering to God. It is meant to be used as a labyrinth walking meditation, with each affirmation being spoken at one of seven points on the labyrinth, but it could be used for meditation in any form.

### Meditation for Surrender to the Divine

- |   |   |
|---|---|
| 1. Flowers do not refuse the Sun.<br>I blossom with Divine blessings. | 5. Soul mates never close their hearts.<br>I marry Divine Love. |
| 2. Rivers do not attempt to flow uphill.<br>I flow with Divine will.  | 6. The universe does not refuse<br>to hold creation.            |
| 3. The seasons do not break their cycle.<br>I move with Divine order. | I accept Divine purpose.  |
| 4. The sun does not hide its light.<br>I shine with Divine gifts..    | 7. I am of Source.<br>I Surrender to the Divine.                |



☞ *Place your mind before the mirror of eternity, place your soul in the brightness of His glory, place your heart in the image of the divine essence and transform yourself by contemplation into the image of His divinity, that you too may feel what His friends feel as they taste the hidden sweetness that God himself has set aside from the beginning for those who love Him.*

*Casting aside all things in this false and troubled world that ensnare those who love them blindly, give all your love to Him who gave Himself in all for you to love:  
Whose beauty the sun and moon admire, and whose gifts are abundant and precious and grand  
without end. - Saint Clare of Assisi*