

SPIRITUAL LIGHT CENTER NEWSLETTER

JULY 2022

PRESIDENT'S MESSAGE

Rhonda Murphy

President's Message:

Heritage Hollow Property Owners Association (HHPOA), held its annual members meeting on June 21st. In that meeting, I learned that SLC's sewer line had been collapsing and has now been replaced – it's where the new asphalt patch in the road is.

There's a sinkhole forming at the main entrance, and the board is looking into a new catch basin and drainage system to prevent it from becoming a problem.

Currently, Duke Energy has been installing new lines throughout the Hollow, and they ended up boring into water lines, causing several folks to lose water for as much as 3 days. Consequently, if we notice any utility problems, we're to inform Tom Harris of the HHPOA Board.

The Town of Franklin has just created a permitting process to convert private roads into public town roads. The north side of the Hollow meets the requirement of a 30' right of way, and they have applied to be converted to a public road. Our south side only has a 16' right of way, and so does not qualify.

HHPOA decided years ago not to replace the washed-away bridge with a new driveable one. However, we'd all like to get a walking bridge there. A sewer line runs across the creek, and often people are seen crossing the river on this pipe, which could be a liability. It would also be helpful to SLC, as we could use parking on the north side and walk over. We are considering a prefabricated bridge suspended over the creek and attached to 4 piers bored into the asphalt on each side. This type would avoid involvement by the Army Corps of Engineers. We don't have quotes yet, but estimates are \$10,000-\$15,000.

The Town Council is interested in extending the Greenway walking trail through the town to Jaycee Park. They have options to stay on the north side of the creek, or to cross it and come through the Hollow. HHPOA says it's possible that the town might assist with the cost of a walking bridge if the trail goes through the Hollow, and this path would also be good for our businesses.

Road runoff has been causing erosion along the Fellowship Hall. HHPOA has agreed to split the cost to create a new asphalt "speed bump" in front of the building to redirect water, and they are arranging the work for us. In preparation, Aidan Russell removed the two Rose of Sharon bushes in the east plant box and relocated them to Gnome Holler farm. That box's railroad ties will be removed just before the asphalt work is done.

Much love, Rhonda Murphy



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.

Upcoming Speakers

July 3rd Melody Cooper will speak, the title of her talk is Step Up

July 10th Doug VanOrsdall will speak, on "what chair do you sit in most of the time?"

July 17th Pope McElvy and Robert Akers will perform a musical service featuring original music that will open your heart and lift your spirits. The theme of this special musical event is "Love Is The Only Answer".

July 24th Kim May will talk about, "Our Light is SOOO needed NOW!"

July 31st Michael Murphy Burke VST will share some poetry and some sound

THOUGHTS FOR YOUR CONSIDERATION

By: Don Peeples

Thought #1 [I wrote this aphorism a few months ago]

"How can I possibly control myself if I'm actively trying to control another?"

Thought #2 [Steve Maraboli]

"I find the best way to love someone is not to change them, but instead, help them reveal the greatest version of themselves."

Thought #3

I made a new friend this spring. Linda Francis, with nickname "Dr. Cub". She lives in Jonesborough TN near Johnson City TN, two hours from Sylva. I learned today (12Aug21) from her:

"I have been bed bound all week -- almost lifeless with Covid. I am so angry; I have had both shots and have tried to avoid indoor activities -- I have no idea how I got it."

Dr. Cub wrote this poem on 08Aug2021-- 4 days ago.

I don't need to control, fear, or judge you.
I should not feel I have the right,
The responsibility, or the need to.
When I give in to this "need", my focus
Becomes powerless, & hopeless.
It keeps the world at war instead of peace.
You see, being busy with You,
Keeps me from seeing me,
From knowing myself,
From being in the only place
Where my focus can really make a change.
Yes, my ego seeks to hold it a secret from me
That peace begins with me.

Thought #4 [I wrote this summer 2021.]

My experience is similar to the old light-bulb joke:

Q: How many psychiatrists does it take to change a light bulb?

A: Only one, but the light bulb has to want to change.

I'm convinced I can't make a change in another's life. I believe I have to patiently wait for the person. I also believe that "wanting to change" is a consequence of "increased self-awareness." The only thing that might help is for me tell this person my story -- this may loosen up anyone in the audience.

Thought #5 [I wrote this a couple of years ago.]

I have within me (as does every other human) an interface to the Creator -- my Consciousness-Link. When I go inside myself (take the "Journey Inward") and focus on my Consciousness-Link, I experience a oneness with the Creator and with all of Creation. I did not know empathy until age 21. However now, I'm in the habit of dealing with certain situations (giving compliments and well-wishes, receiving compliments, denying requests, dealing with newly-learned tragedies to others) by "journeying inward."

As an example, a friend pays me a compliment. When I realize the situation, I block everything else out, focus all my attention on the friend, and listen. When I believe I understand (may ask questions...) the compliment, I go inside to my "center-of-spirituality" and (try to) empathize with the feeling within the friend being offered to me through the words spoken. I "bind", or merge, (my perception of) the friend's inner feeling to my "center-of-spirituality", broadening the oneness I experience. I then look the friend in the eye, wait until I feel settled and the friend is looking at me, and I say: "Thank you. That means a lot coming from you." [Note: We all know "It is more blessed to give than receive." I add to that: "It is harder to receive than to give."]

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OTHER ITEMS OF INTEREST

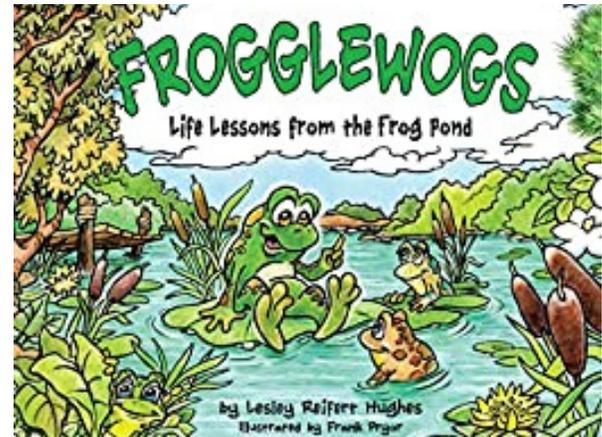
Ongoing Events

Movie Night has Moved to Every Thursday

Each Thursday at 3:00 PM join our group in the Hall for Movie Afternoon! We choose something fun to watch and afterward pick a place and go out to eat!

Yoga Monday Nights at 6 PM

Ashley will be teaching a free all levels yoga class Monday Nights at 6 PM in the Hall. Please bring a mat or towel, wear comfortable clothes you can move in and join us to relax and connect with our bodies and breath. All are welcome.



Lesley Hughes's Newest book is
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directly through Lesley
828-293-1057!

This is especially important when I become aware of tragedies to other humans. I block everything else out, focus all my attention on what happened to the humans. When I believe I understand their tragedies, I go inside to my Personal Consciousness and (try to) empathize with their feelings. I "bind", or merge, (my perception of) the other humans' inner feeling to my Personal Consciousness broadening the oneness I experience. I wait until I feel my Personal Consciousness is connected to the Personal Consciousnesses of the other humans.

Thought #6 [Cheryl Richardson]

"If you avoid conflict to keep the peace, you start a war inside yourself."

Thought #7 [Thomas Merton]

"The beginning of love is the will to let those we love be perfectly themselves, the resolution not to twist them to fit our own image. If in loving them, we do not love what they are, but only their potential likeness to ourselves, then we do not love them: we only love the reflection of ourselves we find in them." This is especially important when I become aware of tragedies to other humans. I block everything else out, focus all my attention on what happened to the humans. When I believe I understand their tragedies, I go inside to my Personal Consciousness and (try to) empathize with their feelings. I "bind", or merge, (my perception of) the other humans' inner feeling to my Personal Consciousness broadening the oneness I experience. I wait until I feel my Personal Consciousness is connected to the Personal Consciousnesses of the other humans.



Mountain Valley Center at the Otto Labyrinth Park

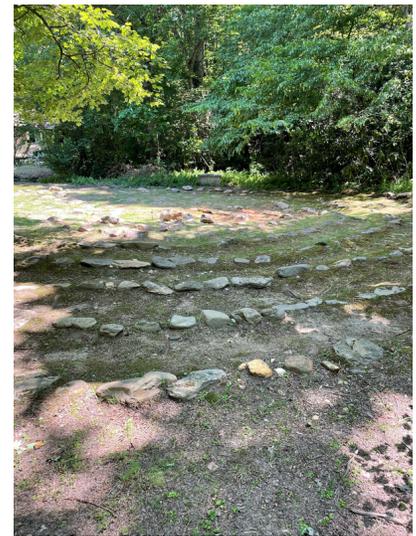
The Labyrinth is a symbol of the spiritual journey to the center. It is the outward sign of the inner pilgrimage. A 7 circuit Cretan Labyrinth is located at the Mountain Valley Center in Otto. They are fundraising to complete their pavilion where they plan to have workshops & events
Gofundme link - <https://gofund.me/d8e7df43>

See photos below for a recent visit

The Gardener's Corner

Contributing author: Sue Ditch

Mow high, Mow often
When the weather is hot and dry, it's best to raise your mower blade a notch and cut your grass high and often. Tall grass withstands dry conditions better, because the grass blades shade the soil, which also discourages weeds.
Enjoy the Fruits of Your Labor
If you keep a vegetable garden, it's important to harvest your bounty regularly. Ripe fruits draw extra moisture from the plants, which makes them need more water. Pull up leafy greens that are past their prime, replace them with more heat tolerant plants.
Remember to Have Fun
You will be busy as a bee keeping up with everything you have growing and, of course, you need to watch out for pests and disease through the summer. But don't forget to relax now and then, and enjoy the beauty of your backyard.



Financial Report:

4/30/22 Opening balance \$9,481.34
Income +\$1,392.00
Expenses -\$1,433.35
5/31/22 Ending balance \$9,439.99

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. Our Zoom link is <https://tinyurl.com/SLC-zoom-meeting>
If you would like to contribute to SLC we now have a PayPal account to make that easier. <https://tinyurl.com/SLC-donate> This link takes you to a page where you can easily donate one time or a recurring donation. You can also mail a contribution directly to us at Spiritual Light Center, 80 Heritage Hollow, Franklin, NC 28734.