

# Spiritual Light Center

MARCH NEWSLETTER 2023



## 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

March 5th - Rev. Dr. Katherine Greysen  
March 12th- Kim May  
March 19th- Mystical Revelation  
March 26th- Mary Ann Ingram



# SPRING CLEANING FUNDRAISER



The Spiritual Light Center is facing some big ticket expenses; including road repair, Heritage Hollow Association dues, and new signage. Consequently, we are having a garage sale type fundraiser, and need your help to make it a success. Donations of things in sellable condition you no longer use will help make this venture worthwhile. Drop items off in the Fellowship Hall any time the church is open in the space to the left of the door for sorting and marking or give them to any Board Member. If those times are not convenient, call Nancy at 524-6687 to arrange a drop off.

We are putting pictures with prices and contact numbers for large items that we do not have space to display or store on the Bulletin Board at the back of the Fellowship Hall. For example, already listed is a vintage maple, oval dining room table with three leaves and six Windsor chairs, \$100.

The advertised sale date will be at the end of May, followed by renting tables at the Senior Games Flea Market June 3 and 4.

However, you get to take a sneak peek and shop early every Sunday immediately following the service and when the Center is open for Yoga on Monday evenings and movie afternoon, 3 PM Thursdays. If you are a nonparticipant, please be respectful of those activities coming before they start or at their conclusion.

Already available for sale are assorted tools, pet items including a folding pet ramp and wheeled pet stretcher, kitchen and dining things including small appliances, antiques and collectibles, linens, clothing and accessories, artwork, miscellaneous décor, books, and more. Achy hands from arthritis? There's a pair of electric hand warmer mittens available in the Health section that has your name on it. Have you always wanted to learn Spanish? You'll find a complete three level audio course with countless CDs and 2 books.

Please talk the sale up among your friends and advertise it on your Facebook pages. Thank you all in advance for your enthusiasm and support!

The Winner/March Poem  
by Pamela Keyser

Of us four siblings  
I'm nearer the beginning.  
Or maybe the more mature?  
I don't know; I'm just not sure.

I bring life forth!  
And signal the warmth,  
Oops, and hay fever, of course!  
It too is in my source.

Autumn=technicolor, never gray!  
But it's mingled with decay...  
Oh, and can she enthrall.  
I guess that's okay...

Not like the other.  
Winter, my icy brother.  
Frost is in his breath.  
He's, sadly, often tied with death.

Summer is exhortatory.  
She's the one, gets all the glory.  
But beware of Summer's ire...  
She also brings sunburn & fire.

In which season do you rejoice?  
Of the four, what's your choice?  
One makes you dance the highland fling

—  
It's me, of course, Spring!



**Elaine  
Silver is  
Coming  
Back !  
April 30th !**

Stay Tuned for  
more details





## Do You Love Yourself?

By Aidan Michael

Are you loving yourself right now? Do you express gratitude towards yourself? Are you really accepting yourself for where you are in this very moment? Can you see your own beauty? Can you see God, Source, looking back at you when you look in the mirror? Can you see how perfect, how amazing, how beautiful you are? You were created by the Source of all that is. The same stuff that makes the stars makes you. How wonderful and amazing is that?

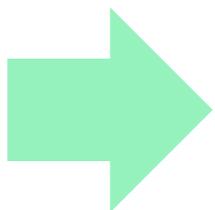
So when we take time to express gratitude for ourselves, our heart, our mind, our body, to give thanks for being where we are, we can receive and open up to the light, the love, from Source. We become open and receptive to those higher states of consciousness. A person that is living from a place of anxiety and fear can't receive that. They are unable to perceive the love and peace which is already there. Already a part of them on the inside. Always there waiting to be found.

When we are driven by unworthiness there is no rest. We are on an unending quest trying to prove ourselves, constantly seeking validation from someone or something out there. The truth is that what we are seeking can only be found from within. So why not give yourself the validation you seek. Why not give yourself the love, the gratitude, the compliments you so desperately seek from others? You won't find it out there, outside of yourself and anything you think you found out there that gives you any sense of what you have been looking for won't last. You will always want more and more because the real journey lies within you.

You have to take responsibility for you. No one else can do this for you. The path to our Source can only be found inside you. It has always been with you. And when you wake up to that reality the war is over. When you awaken to your self love, your pure and natural state, the battle ends.

Take this simple step right now. Place your hand over your heart. Compliment yourself, say, "I love you, I love me being me, for being here right now". Notice as you practice this how good it feels to be present with your own heart, to be supportive and for being in your own radiance. It feels amazing. It is Source loving Source awake. You are love loving love. Give yourself this gift often. Make it a daily practice. When you love yourself you are giving the same love back to Source. Remember, you can't love until you love you. I love you because I love me. And I bless you because I bless me.

Namaste



- Volunteer Help Needed
- Greeters: Come early on Sunday & greet everyone who comes in the door
- Facilitators: You lead the service and introduce the guest speaker
- Sound: Run the music and zoom during service
- See Ashley or Aidan for more info

# Ongoing Events

## Thursday Movie Afternoons

Each Thursday at 3:00 PM Join our group in the Fellowship Hall for thought provoking movies, interviews and more. If you have time, stay and continue the conversation at a local restaurant.



## Yoga

Monday Evenings at 6 PM

FREE YOGA CLASS OPEN TO ALL

BRING YOUR MAT & BE READY TO MOVE AND RELAX



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 make a recurring donation. You can also mail a contribution directly to us at Spiritual Light Center, 80 Heritage Hollow, Franklin, NC 28734.