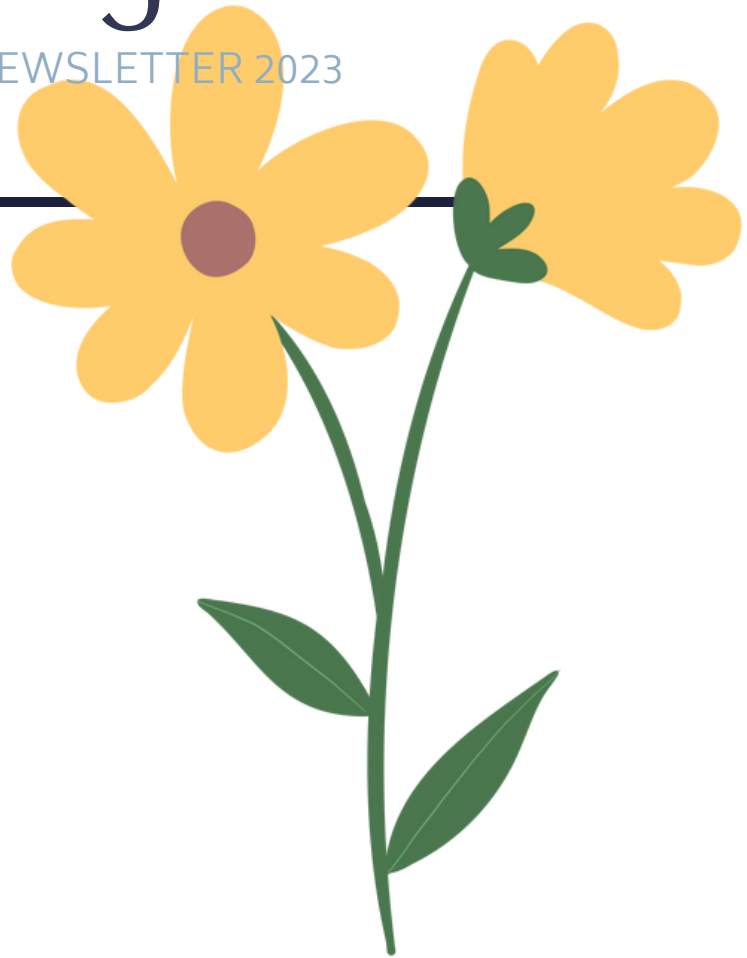


# Spiritual Light Center

APRIL 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

April 2nd - Ashley Peterson

April 9th Pam Keyser

April 16th Forest Rivers

April 23rd Rev. Dr. Katherine Greysen

April 30th Elaine Silver



# President's Message:

We've started our Spring garage sale, and so far it's brought in over \$800, and we're just getting started. Now's the time to bring in all those goodies you saved for our sale. If you are able, please price your items and place them out for sale. Clothes are in our old healing room, and are \$1 unless otherwise marked – so you don't need to mark them!

Pricing supplies, including stickers and pens, are in the top desk drawer just around the corner from the Fellowship Hall entrance. If you aren't able to price your items, place them in the hall to the left of the doorway.

Our sale will be open to the public on Sundays from 1pm until 4pm. Please volunteer to stay after service one Sunday this month to help with the sale.

We've got great hopes that this sale will put us back on good financial footing. We're especially grateful to Aidan and Ashley – they volunteered to forgo payment for their services as co-administrators for February, March and April! Where would we be without them?

The Board has decided that the time has come to return to in-person services only, so we no longer stream services via Zoom. We really hope you will join us in person, because we've truly missed seeing you. We will continue to post our services online afterwards each week.

Much love,  
Rhonda Murphy



April, my dear friend!  
Pam Keyser

Are you near?  
The wicked wind is blowing...  
I so welcome you, my dear.  
Opps, and my green grass needs  
mowing...

April! April! Is it you?

Flowers lift their heads to the sky!  
Lovely Tulips, in the air are  
swinging...  
Our feathered friends begin to fly.  
Oh yes, and the birds serenade us,  
singing.

April it is you! You are here!  
There will be some rain a-weeping,  
But our hearts' are not cold and  
drear,  
Because we wake alive, from  
sleeping.

Thank you, my dear friend, April



**Please  
come & support**



**Elaine  
Silver is  
Coming  
Back for  
the service  
on  
April 30th !**



# Addressing Spring –Sue Ditch

The truth about lawns: No matter what kind of grass you have, it will not look its best unless it gets plenty of water, regular feedings and periodic applications of pesticides. Pesticides is the general term for a chemical that kills pests. Pest can be weeds, insects, nuisance rodents, diseases, etc. An insecticide is a type of pesticide. Insecticides kill insects. You also need to mow it just right, and then turn around and mow it again a week later. In other words, a fine lawn requires a certain level of commitment.

If you don't want to give your lawn the care it needs, there's a great alternative to having thin, weedy grass. Shrink your lawn. The smaller your lawn, the less time you'll have to spend giving it proper care. There are many ways to get small areas of lawn grass to do the work of much larger ones.

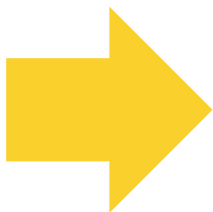
In the front yard, have a section of lawn near the entryway and another one near the street. In between, fill a large, flowering bed with small trees and shrubs.

Group shade trees together by planting ground cover at their feet. Grass doesn't grow well in shade, anyway, and you won't have to maneuver your mower around a tree trunk or whack them with your weed trimmer.

In the backyard, have your lawn next to your patio or deck, so that it works as an extension of your outdoor living areas. Farther away from the house, install ground covers or ornamental grasses where you don't want to mow.

Now is the time to plant trees, shrubs, flowering perennials ground covers. Divide or transplant perennials and herbs.

Master Gardner annual plant sale is Saturday, May 13th from 8:30 to 12:00, the day before Mother's Day, a great way to support us and honor that someone special. Watch for ads in newspapers.



- 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 during service
- See Ashley or Aidan for more info



Requesting containers (ex: Styrofoam that meat, chicken is packaged on). Plastic containers that packages fruit and veggies. These would be to reuse at potlucks for folks taking home leftovers. Lids are ok if available, but we have Saran Wrap to cover any and all donated items. Cleaned.

Doesn't matter what shape or size.

Thanks, from the cleanup crew!

## Marna's Health tips

### Hippocrates

The father of medicine, said “let your food be your medicine and your medicine be your food”. He said that 2400 years ago and was considered the father of modern medicine. Ironically, doctors only take two credits of nutrition in medical school!

So I can confidently say that I know more than doctors know when it comes to Nutrition. I’ve been studying nutrition and herbal medicine for over 40 years! But I wonder what Hippocrates would say now if he knew that so much of the food we eat, that we consider to be health food, is toxic and literally poison if we ingest too much!

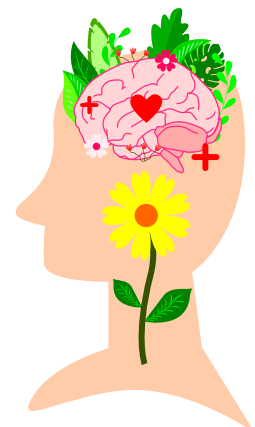
In these short articles, I will give you information about oxalates in increments that you can digest! Excuse the pun

The scientific data and research as well as the recommendations can seem overwhelming, but I’ll try and present it in bitesize bits of info that literally could change your life and your health.

Scientific evidence of oxalate toxicity and overload has been around a long time but Doctors hone in on the connection of oxalates and kidney stones and miss the big picture. They ignore the data that proves time and time again how oxalates can undermine our overall health and well being.

So what are oxalates and how can they be toxic?

I’ll be covering this in the next newsletter, so stay tuned. Feel free to send me questions at [marndog7@gmail.com](mailto:marndog7@gmail.com)



# 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



### Financial Report:

12/31/22 Opening balance \$7,900.20

Income +\$2,721.00

Expenses -\$2,917.91

2/28/23 Ending balance \$7,703.29



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.spirituellightcenter.com.



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.