

Spiritual Light Center

MAY 2023



UPCOMING SPEAKERS

May 7th_ Jaime Ramsey

May 14th- Bill Groves

May 21th John Sealander

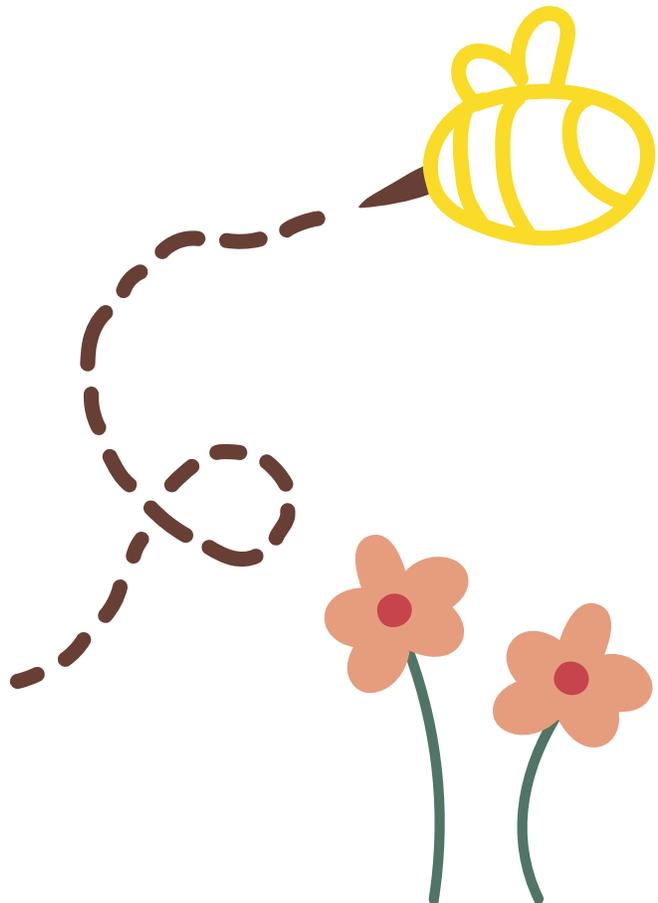
May 28th TBA

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.



President's Message:

Fear is a vacuum that sucks light into it, unsuccessfully attempting to fill its empty black hole. It does not create energy, or obtain it directly from Source. Rather it redirects energy, primarily from people. It distorts light and makes it appear dark.

Fear is more of an effect than an intention. But those who live in fear are driven by its vacuum to create intentions (like hatred, racism) that try to suck in light/love. Like a drowning person climbing up his rescuer to reach air, uncaringly and unwittingly drowning his rescuer in the process, fear desperately wants to fill with love and will do anything to get it. Sadly, it is also attracted to false loves, and will sometimes fill the fearful person with those, like narcissism. It has no intelligence or wisdom, so it can't tell the difference.

Just as Source, the intelligence of Love itself, created life — as in all soul energy — fear creates absence of life. Because fear is the absence of all energy, it has no life force energy, either. Pure and total nothingness.

Fear does not actually really exist! It is an illusion, smoke and mirrors. You can't counter an absence. You can only fill it with something — like love. Love creates light. Intention directs it. When the luminescence of the light exceeds the size of that vacuum, it fills up with love, and fear is vanquished.

That is why love will win. You see, love is a fully natural energy. Fear is most often artificial. Remove those causing the artifice, give the people love and counseling, and love rises to the top. Every time.

* * *

Our indoor yard sale has already brought in over \$2,000! This covered our \$1965 annual Heritage Hollow HOA dues, and is bringing our balance sheet back to pre-Covid levels. This would not be possible without the help of volunteers who work the sale on Sundays from 1–4 PM. We have been relying heavily on the grace of Nancy Cottrell, Larry Turlington, Pam Keyser, Sue Ditch, and Claudia Arnold. As we continue this sale through May, we ask that each of you contribute your time one Sunday afternoon so that these folks can have a day off!

We've put a shopping list on the bulletin board in the Fellowship Hall kitchen. If you notice that we're low on dishwasher detergent, TP, paper towels, hand soap, etc. — or that something needs repair, please write it on the list and we'll take care of it.

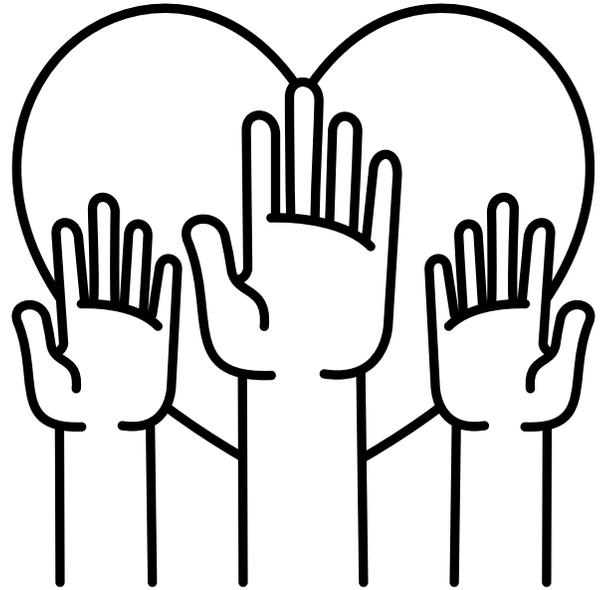
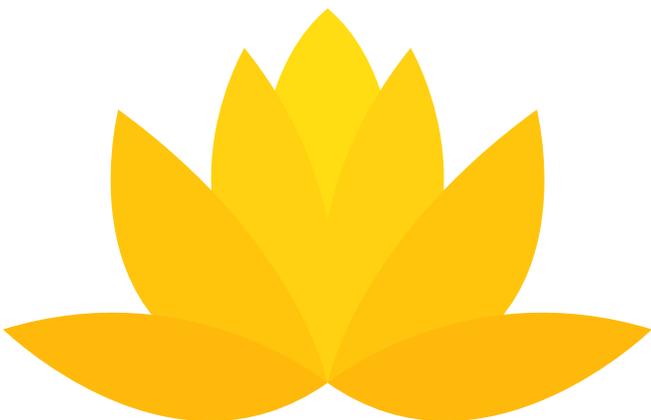
Much love,
Rhonda Murphy

Mother-MAY-I?
by- Pam Keyser

Come hither Spring, you fickle thing!
Dance, jump up, do the Highland Fling!
High spirits come—after cold frost.
We'll just sit in the sun—and defrost!

The best month in the year is here—so,
grab my hand, a maying we must go.
Into the hills where wildflowers grow
Come, come, a maying we will go!

May, ohmi, mother-may-I?
I'm sure, as all, that I can fly!
Mother-May-I, you bohemian dame!
All life's promise—is in your name.



Volunteer Help Needed

- Help with Tag Sale- Sunday after service 1-4
- Facilitators: You lead the service and introduce the guest speaker
- Sound: Run the music during service
- See Ashley or Aidan for more info

Workshop opportunities

Walk on Fire

Once You've walked through fire, you leave sparks of light
everywhere you go!

Join Rev. Kate Greysen, Certified Firewalk Instructor

for this dynamic 3 hour life-changing,

local event

May 20, 2023 @ 6:00 p.m.

\$60.00 Preregistration Required

Paypal: sacredescaperetreats@gmail.com (for more info: 775-354-6091)
Or by check to: Katherine Greysen, 190 Beaverdam St., Canton NC 28716

(Scholarships available, contact Rev. Kate Greysen)

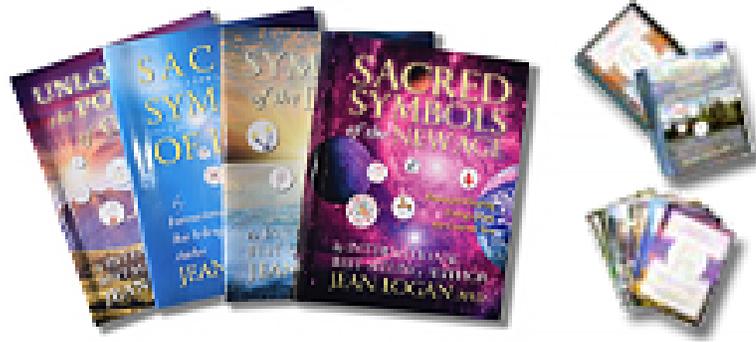
Must be over 18 years of age

Firewalking is the ultimate metaphor for working through life's challenges and obstacles, our own fears and insecurities about them. Firewalking is a potent symbol of all that is possible when you take those first literal steps to a freer, more fulfilling future. (Tony Robbins, 2017)

This 3 hour transformational event also consists of Drum Circle –Workshop – Chanting and Songs
Event to be held @

1111 Windy Ridge Road, Otto, NC 28763

Dr. Jean Logan will be holding a workshop to help people in the use of the powerful Sacred Healing Glyphs she has been given. This workshop will be held on May 13, 2023 in Blairsville, GA, from 12:00 to 3:30 PM, EDT. For more information Contact Cynthia Campbell by phone or text: 404.316.8836.



Greetings everyone,

I would like to invite you to join me for a Quaker-style meditation. Quaker meditation is a simple and quiet practice that allows us to connect with our inner selves and experience a sense of peace and tranquility.

During the meditation, we will sit in silence and listen for the still, small voice within us. We will not have a set agenda or any specific words to recite. Instead, we will let our minds be still and allow our hearts to open.

In the Quaker tradition, we also have the option for people to briefly speak as a lead if they feel moved to share a message or reflection with the group. This can add depth and richness to our meditation and provide insights or inspiration that may resonate with others in the group. However, speaking is not required and the silence will always remain the foundation of our meditation practice.

This type of meditation is suitable for people of all beliefs and backgrounds. It is an opportunity to come together in community and experience a shared sense of calm and centeredness.

So if you would like to take a break from the busyness of your day and connect with your inner self, please join me for a Quaker-style meditation. Let's sit together in silence and see what unfolds.

Thank you
Tom Resta-

We were thinking the first & third Saturday @ 5 PM Starting MAY 20th- if interested please email Tom at reweaving@yahoo.com



Addressing Spring –Sue Ditch

This is one of the best parts of gardening, getting new plants and putting them in the ground. Whether you love to shop, put new treasures in the ground or divide and share them. The more you garden, the more you learn.

How deep to plant

In general, when it comes to planting a tree or shrub, make sure soil is brought up to the same level on the plant as it was at the nursery or in the container. That will make sure that there are no roots exposed.

But you don't want to plant the roots too deeply because they need oxygen and can suffocate, especially in heavy soil. So if your soil is clay or holds excessive moisture, place the new plant in a mound 2-3 inches higher than the surrounding area. That'll keep water from collecting in the crown or around the trunk and possibly drowning or damaging the plant.

There are exceptions to every rule. For example, clematis roots like cool conditions and are easily damaged by cultivation. So set a clematis a couple of inches deeper than it was in the pot. If you're not sure about how deeply to set a specific plant, check with the nursery where you bought it for detailed instructions.

Our sale for the **Master Gardeners** is Saturday, June 3rd from 8:30-Noon at Environmental Resource Center located 1624 Lakeside Drive. We will have a great assortment of dahlia bulbs, native perennials and much more. You can also VISIT the ERC Tuesday and Friday 9-11, where you will find us maintaining the grounds, and answer whatever gardening questions you may have.

“And each flower and herb on Earth’s dark breast rose from the dreams of its wintry rest.” – Percy Bysshe Shelley



Requesting containers (ex: Styrofoam that meat, chicken is packaged on). Plastic containers that package 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

Searching through my thick folder of information on oxalates, I wanted to find a simple way to explain what oxalates are and how they can be harmful to our body. There is much information to be had, and it's a difficult subject to simplify, due to so many factors that can determine how oxalates can affect you personally. One thing I succeeded in doing was finding some common threads throughout the different sources I drew from.

“Oxalates, or oxalic acid, is a compound created in our bodies and plants as a waste product of vitamin C metabolism. Harmful levels of oxalates can be ingested through common plant foods.....Oxalates bind with minerals in the digestive tract and can accumulate as harmful crystals in the body. Oxalates link up with calcium and crystallize under some conditions, including when it encounters damaged tissues. The crystals formed this way can be quite irritating and painful to tissues where they cause or increase inflammation.”

Oxalates prefer calcium and also bind to trace minerals and nutrients preventing the body from absorbing the minerals. Our bodies create oxalate when breaking down vitamin C. Oxalate is a toxic end product that needs to be removed from your body as waste. If your health is optimal, oxalates can be processed through the gut and removed as waste products.

If your health is less than optimal consider these tips: reduce intake and frequency of high oxalate foods. When eating high oxalate foods, pair them with foods rich in calcium, since oxalates bind with calcium in the colon neutralizing their impact. Hydrate before eating will help dilute the oxalates. Limit sodium and sugar intake and get the recommended amount of vitamin C. Too much can increase oxalic production in the body, so limit vitamin C to 500 mg at the most! (I was taking high levels for years!)

Included in this health tip chapter is a beginner's basic food list. On the left side are the worst offenders and on the right side are good replacements. This is not a complete list, but a good place to start. It's my only copy so I have underlined and highlighted several foods that stood out for me. Happy eating! And to your good health!

Next time I'll cover health conditions associated with oxalate overload!
As before, any questions can be sent to 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- OPEN TO ALL LEVELS BRING YOUR MAT AND BE READY TO MOVE AND RELAX

Financial Report:

2/28/23 Opening balance \$7,703.29
Donations (Sunday & Yoga) +\$1,672.00
Garage Sale +\$958.00
Expenses -\$2,956.00
3/31/23 Ending balance \$7,377.29



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.

BEGINNERS' BASIC FOOD LIST

AVOID WORST OFFENDERS

Very High Oxalate Foods

SELECT SAFE BETS

Low and Very Low Oxalate Foods

Meats, Dairy, Butter, Eggs, Fish, Shellfish, Fats.

SEEDS AND NUTS

Chia, Poppy, Hemp, Tahini, Sesame.
Almonds, Cashews, Peanuts, Pine nuts

Seeds: Pumpkin, Watermelon, Sunflower, Flax.
Coconut. Seed Oils (avoid as much as possible).

VEGETABLES

Swiss Chard, Spinach, Beet Greens and Beets, Okra,
Sugar Snap Pea Pods, Artichoke Hearts, Yams,
Sweet Potatoes, White Potato (fries, chips, etc.),
Tomato Sauce, Green tomatoes, Canned tomatoes,
Parsnips, Carrots, Celery, Nopal Cactus.

Asparagus (if boiled), Arugula, Romaine, Bibb, Butter, & Iceberg Lettuce, Bok Choy, Chives, Red Bell Pepper, Brussel Sprouts (if boiled), Cabbage, Capers, Cauliflower, Cilantro, Celeriac Root, Cucumber, Lacinato or Purple Kale, Mushrooms, Onion, Radish, Rutabaga, Turnips, Boiled Green Peas, Pumpkin, Winter Squash, Zucchini, Watercress, Water Chestnuts.

FRUITS

Apricot, Unripe Avocado, Blackberries, Clementine,
Elderberries, Figs, Guava, Kiwi, Olives, Anjou Pear,
Lemon Zest, Plantain, Pomegranate, Prunes,
Raspberries, Rhubarb, Star Fruit, Tangelo

Gala Apple, Ripe Hass Avocado, Fresh Cranberries, Seedless Grapes, Kumquat, fresh Mango, Papaya (½ c), Fresh Plum, Cantaloupe, Watermelon, Honeydew, Lemon & Lime juice. Dates (<4), Blueberries (½ c), Olive oil.

BEANS

Black Beans, Soy Flour, Soy Milk, Soy Protein,
Vegetarian Burgers and Meat Analogues. Great
Northern Beans, Pinto Beans, and most others

Fresh or frozen green peas (boiled). Soaked, boiled, & drained: Black-Eyed Peas, Yellow or Green Split Peas, Mung Beans, Butter Beans. Use in modest portions. Pressure cook.

GRAINS AND GRAIN SUBSTITUTES

Amaranth, Arrowroot, Barley Flour, Bran Cereal,
Buckwheat, Green Banana Flour, Corn Grits,
Whole Grain Bread, Shredded Wheat, Potato Flour,
Pumpernickel, Rice Bran, Rye Bread, Teff,
Quinoa, Tapioca Flour, Wheat Germ.

Coconut Flour, Cornstarch, Potato Starch (not "flour"), Rice Starch, Coconut "Wraps", White Rice, Arborio Rice, Thai Jasmine Rice, Uncle Ben's Minute Rice, Shirataki "Rice" or "noodles", White Rice Spaghetti, Red Lentil Pasta, Kelp Noodles, Cellophane Noodles, Pearl Barley, Corn-on-the-cob.

SNACKS AND TREATS

Potato Chips, Sesame or Seeded Crackers,
Milk or Dark Chocolate, Carob, Cocoa Powder,
Brownies, Plantain Chips, Rhubarb

Pork Rinds, Blueberry Jam, Candied Ginger (1 tsp.), Dates (1-3 per serving), Flax Crackers, Toasted Coconut Flakes, Pickles, Vanilla Ice Cream, Coconut Ice Cream—Vanilla Flavor only, White Chocolate, Whipped Cream.

BEVERAGES

Black Tea, Green Tea, Chocolate Milk,
Concord Grape Juice, Almond Beverages,
Rice Milk (Vanilla and Chocolate), Hot Cocoa

Coconut Milk, Herbal Teas, Coffee, Ginger Ale, Milk, Kefir, Wine, Beer, Sparkling Waters, Barley Water, Apple Cider, Fruit Juices: Apple, Cherry, Cranberry, Lemon, Lime, Orange.

SEASONINGS AND HERBS

Black Pepper, Caraway, Cinnamon,
Cumin, Curry, Onion Powder,
Parsley, Poppy, Turmeric.

Salt, Bay leaf, Spice Extracts, Chocolate Extract, Cardamom, Dill, Fresh Garlic, Honey, Horseradish, Mace, Marjoram, Mustard Seed, Peppermint, White Pepper, Cayenne, Frank's Hot Sauce, Tabasco, Sage, Savory, Stevia, Sugar, Tarragon, Thyme.

