



JUNE 2024

NEWSLETTER

President's Message

Doug VanOrsdall

The Power of Gratitude: Embracing Blessings and Strengthening Connections

Dear SLC Friends and Family—

As we journey together through the multifaceted landscape of life, it is essential to pause and reflect on the blessings that surround us. In our bustling world, where responsibilities and challenges often consume our thoughts, cultivating a spirit of gratitude can profoundly impact our well being and relationships. This month, I invite you to join me in exploring the immense power of gratitude and its transformative effects on our lives.

Gratitude, at its core, is the recognition and appreciation of the goodness in our lives. It involves acknowledging the positive aspects of our existence, whether they be tangible or intangible. This simple yet profound practice can shift our focus from what we lack to what we possess, fostering a sense of abundance and fulfillment. When we intentionally adopt an attitude of gratitude, we open ourselves to a world of possibilities and deeper connections with those around us. Consider the friendships we cherish. Friends are the family we choose, and their presence enriches our lives in countless ways. They celebrate our successes, offer comfort during our struggles, and provide unwavering support through life's ups and downs. By expressing gratitude for our friends, we not only honor their contributions but also strengthen the bonds that unite us. A simple "thank you" or a heartfelt note can convey our appreciation and reaffirm the importance of these relationships.

Our loved ones, too, deserve our gratitude. Family members, partners, and close companions play pivotal roles in our lives. They share in our joys and sorrows, often sacrificing their own needs to ensure our happiness.

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UPCOMING SPEAKERS:

- June 2.....Pam Keyser
- June 9.....Tom Wright
- June 16.....Tom Tyre
- June 23.....Eileen Douglas
- June 30.....Penney Parker



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ness. Acknowledging their efforts and expressing gratitude for their love and support can deepen our connections and foster a nurturing environment where everyone feels valued and cherished.

In our professional lives, coworkers and colleagues also contribute significantly to our daily experiences. They collaborate with us, share knowledge, and help us navigate the complexities of our work. By recognizing and appreciating their efforts, we can create a more harmonious and productive workplace. Gratitude in the workplace can lead to improved morale, increased job satisfaction, and stronger team dynamics.

Within our metaphysical and new age community, we are blessed with a diverse group of individuals who bring unique perspectives and energy. Each member's presence enhances the collective experience, creating a rich tapestry of wisdom and insight. Expressing gratitude for our fellow members and their contributions can foster a sense of belonging and unity. It reminds us that we are part of something greater than ourselves, a community where all paths and beliefs are honored and celebrated. Gratitude also extends to those who pray for us, wish us well, and send loving thoughts our way. These gestures of goodwill, whether spoken or unspoken, have a profound impact on our lives. When someone holds us in a perfect light during times of difficulty—be it personal struggles, job changes, illness, financial hardships, or the loss of a loved one—they offer us a beacon of hope and a reminder that we are not alone. Their prayers and positive intentions can provide comfort and strength, helping us navigate through challenging times.

Living with an intention to be grateful requires a conscious effort to recognize and appreciate the blessings in our lives, even amidst adversity. It involves shifting our perspective from a mindset of

scarcity to one of abundance, where we focus on the positives rather than dwelling on the negatives. This shift can transform our experiences, making us more resilient and optimistic.

Moreover, embracing a spirit of receiving is crucial. Often, we find it easier to give than to receive, but being open to receiving allows us to experience the full spectrum of gratitude. When we receive willingly and joyfully, we honor the giver and acknowledge the interconnectedness of our lives. It is through this

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Attracting Dragonflies

Dragonflies are voracious eaters of mosquitoes, gnats and flies so it really benefits us to attract as many as possible to our yards. Because dragonflies are aquatic insects it helps to have a small pond as part of your landscaping or close by.

They tend to like gardens with open layouts and a wide variety of flowering plants. They love perches like upright bamboo poles or fences with cabling.

Flowers they love include coneflowers, black eyed susans, asters, wild celery, milkweed, water lilies, Asiatic lilies, Joe Pye weed, tickseed, bearded Iris, and yarrow.

Did you know you can actually pet a dragonfly down its back if you have a really gentle touch? And they will perch on your finger if you are patient enough.



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exchange of giving and receiving that we cultivate deeper connections and enrich our collective experience.

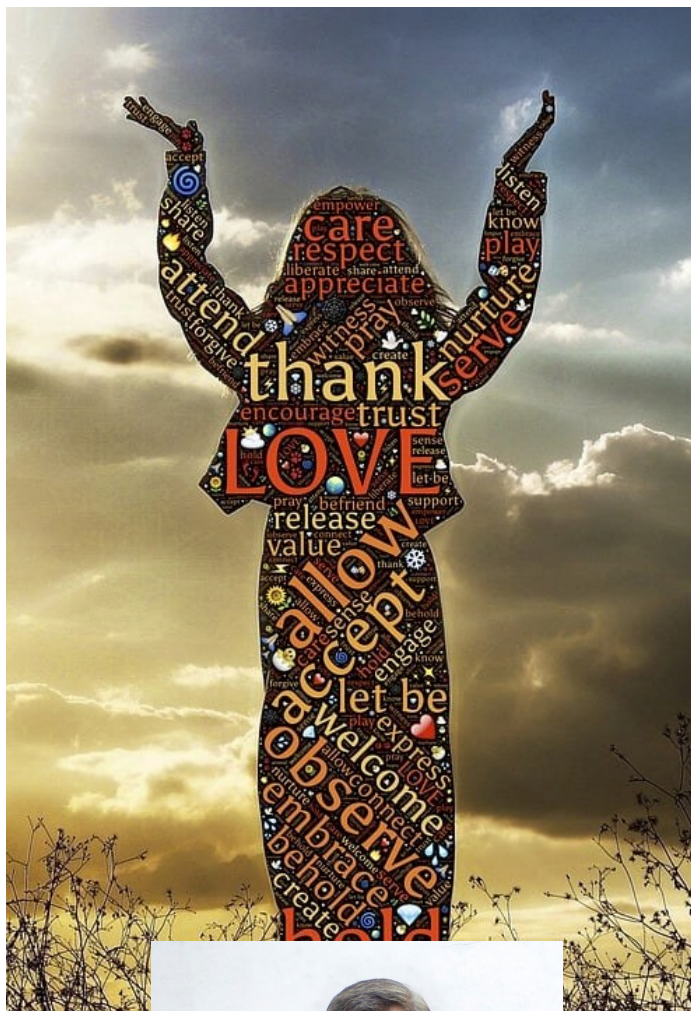
The practice of gratitude can lead to greater things beyond our imagination. When we consistently express gratitude, we attract positive energy and opportunities into our lives. This positive mindset can enhance our overall well-being, reduce stress, and improve our mental and physical health. It can also inspire others to adopt a similar attitude, creating a ripple effect that spreads positivity and kindness throughout our community.

In conclusion, let us embrace the power of gratitude in our daily lives. By appreciating our friendships, loved ones, coworkers, fellow members, and those who send us positive thoughts, we can cultivate a spirit of abundance and fulfillment. Let us strive to live with an intention to be grateful, to receive with joy, and to acknowledge the blessings that surround us. Together, we can create a more compassionate and connected community, where gratitude is the foundation of our shared journey.

I love and appreciate all of you here at Spiritual Light Center of Franklin!

Loving Blessings & Immense Gratitude To All~~

Doug



INDOOR YARD This Month

We are collecting donations for a fundraiser on June 21, 22 and 23. The sale will be for one weekend only. Please drop off clean and new or gently used donations in the Fellowship Hall's Healing Room Thursdays or Sundays when the building is open.

Thanks!!!

Our Vision

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.



Some Thoughts on Healing: ACIM Teaches That the Real Physician Is You

When I was wondering what to share for an inspirational message on Sunday, I picked up Alan Cohen's book, *A Course in Miracles Made Easy*, and it literally fell open to a chapter on healing called The Real Physician.

It seemed serendipitous because at our Thursday movie group we had watched two fascinating videos by people who are living testimonials to our ability to heal ourselves, even when the medical community has given up on us. Dr. Joe Dispenza and Brandy Gillmore both defied medical diagnoses of futures defined by lives in wheelchairs enduring unthinkable pain and found pathways within themselves to total wellness.

A Course in Miracles (ACIM) tells us that we have the capacity, the power, and the right to be healed if we so choose. Choice is the cornerstone of all our experiences. Remove from our minds all the pre-conditions we believe are required before

we can be well, and the healing we thought was distant or impossible is available now.

Does this mean we should never see a doctor, take a pill, experience Reiki, see an acupuncturist or go on a juice fast? No, not at all. A key factor in healing is to work with the belief system we trust. If we believe in a surgeon, shaman, hypnotist, or juicing instructor and our intention is to be healed, the treatment will work. We need to use our positive beliefs to leverage our thoughts and emotions beyond the negative ones.

According to ACIM, **all healing is faith healing**. We all have faith in something. If you need healing, go confidently to the object of your faith. See a coach, doctor, priest, shaman, massage therapist, Reiki master, or friend you trust. If nature brings you peace, retreat to the forest. Stretch in your Yoga class. Commit to the diet that makes you feel the best. It matters not if anyone else understands you, agrees with you, or joins you. What matters is that you act in alignment with your beliefs.

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SLC Member Offering Energy Work

Jeannine Johnson, RM, CHT, who is a Reiki Master and teacher, offers ultimate deep relaxation, stress reduction and balance of mind, body and spirit through Reiki. Her office is above Mountain Valley Health Food in Franklin.

Contact her at (828) 421-9567.



(If you are a member of the Spiritual Light Center and would like to have your services listed in the newsletter, please contact us at slcfranklin@frontier.com)

THURSDAYS AT 3:00

Join us in the Fellowship hall for thought provoking videos and conversation, followed by supper and more fellowship at a local eatery. Everyone is welcome, members and nonmembers alike.



(Healing, continued from page 4)

Twenty-five years ago, I was diagnosed with ovarian cancer and put on a fast track for very extensive surgery. I balked, it just didn't feel right. My grandmother had died of ovarian cancer, and I was determined not to follow in her genetic footsteps. So I went to see a doctor of Chinese medicine in Asheville for a second opinion and started a new-to-me course of treatments that I somehow instinctively

believed in, all under the watchful eye of my gynecologist who insisted on ultrasounds every three weeks. I stand here today still cancer free. Was it the weekly acupuncture, daily castor oil packs and weekly qui gong that healed me or was it my *belief* that they would?


In 2002, Bruce Lipton wrote *The Biology of Belief*, talking about how Thoughts Control Life. He described scientific discoveries about the biochemical effects of the brain's functioning, showing that all the cells in our bodies are affected by our thoughts and described the precise molecular pathways through which this occurs. His book which brought the science of epigenetics to the lay person was hailed as the missing link between life and consciousness. He demonstrated how our thoughts and emotions even regulate our genetic expression and that we are not victims of our genes. He stressed, "Many of the beliefs that propel our lives are false and self-limiting."

The Course in Miracles teaches that we do not need anything outside ourselves to be healed or happy. What a relief to not have to pursue endless books, classes, teachers, diets, travels, gadgets and techniques to find fulfillment. What is a spiritual journey but being called to walk through the veil of illusion that keeps the world but a miniature of its true potential. The Buddha asked, "If you do not get it from yourself, where will you go for it?" All the authority you will ever need is seeded within your soul. Look there and nowhere else. (reprint by request of Nancy Cottrell's inspirational message on May 26)



by Master Gardiner Sue Ditch

Watering African violets (*saintpaulia ionantha*) can be tricky.

Getting room temperature water on the leaves  creates light green discoloration called ring spot. As little as ten degree difference between water and leaf temperature can cause the damage. But while watering from the bottom keeps leaves dry, it doesn't leach salts that can accumulate in the soil.

You can water from the top without getting plants leaves wet. Use a turkey baster, the narrow tip slips under the sensitive leaves and lets water flow down to the roots. If you use organic liquid and fertilizer you can use the baster to draw up the nutrients from your container and apply to the plants.

Remember:

Without having experienced the cold of the winter, one cannot appreciate the warmth of spring.

Chinese Proverb

Book Club Starts June 26th

A Course in Miracles Made Easy by Alan Cohen (Mastering the Journey from Love to Fear) is our summer Book Club pick. It will be facilitated by the Rev. Penney Parker, who has studied ACIM for 20 years. The initial meeting will be Wednesday, June 26 at 6:30 in the Fellowship Hall. Time and day thereafter will be determined by group consensus.

Newsletter

Newsletter Submissions Wanted

This is your newsletter. Help us to improve, be current, and shape it into something you look forward to receiving every month. We are looking for member generated articles, poems, quotes, photos, recipes, tips, event announcements and anything else that you feel might be of general interest.

Looking forward to hearing from you at slcfranklin@frontier.com



Bring YOUR STUFF

We are planning to hold an indoor Rummage sale June 21, 22, and 23 to help rebuild our treasury. Any and all clean and gently used donations will be most gratefully appreciated.

Let yourself be silently drawn by the strange pull of what you really love
It will not lead you astray.

-Rumi-

NO MORE DRIP



We have a new faucet in the kitchen! Hurrah!!

Our Mission Statement

We are developing our highest selves by continuous sharing of spiritual ideas in an environment of unconditional love and respect for others.

FINANCIAL REPORT

Balance on 3/31/24.....	\$10368.08
Income.....	1449.00
Expense.....	879.19
Balance on 4/30/24.....	\$10938.89



The **Spiritual Light Center** is located at 80 Heritage Hollow Drive in Franklin (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 have a PayPal account, <https://tinyurl.com/SLC-donate>. This link takes you to a page where you can easily donate one time or make a recurring donation.