



# JULY 2024

## NEWSLETTER

### President's Message

Doug VanOrsdall

#### *Allowing the Spirit of Receiving with Grace and Gratitude*

Dear Fellow SLC Members,

In our journey of spiritual growth and personal development, we often place most of our focus on the virtues of giving, generosity and selflessness. While these qualities are indeed fundamental to our spiritual practice, it is equally important to recognize the profound significance of the spirit of receiving. Embracing the act of receiving with grace, gratitude and kindness not only enriches our lives, but also nurtures deeper connections with others and fosters a sense of community and interconnectedness as well.

Receiving is an art that requires openness, vulnerability and humility. It involves not only accepting tangible gifts or acts of kindness from others, but also acknowledging and honoring the intentions and love behind those gestures that receiving brings to our lives. When we receive from another person(s), we are not simply taking; we are allowing someone else the opportunity to express their care, compassion and goodwill towards us.

By receiving with an open heart and mind, we create a reciprocal exchange of positive energy that uplifts both the giver and the receiver.

One of the challenges we may encounter in the act of receiving is the tendency to deflect or diminish the kindness extended to us. At times, we may feel unworthy of receiving or uncomfortable with being the center of attention. In these moments, it is essential to remember that accepting a gift or gesture of kindness is not a sign of weakness, but rather a demonstration of strength and humility. By graciously receiving from others, we validate their efforts, affirm their value and allow them to experience the joy of giving.

Moreover, the act of receiving is a profound expression of kindness in itself. When we receive with gratitude and appreciation, we honor the inherent goodness in others and affirm the interconnectedness of all beings.

#### UPCOMING SPEAKERS:

- July 7.....Donna Corso
- July 14.....Dee Daley
- July 21.....Kate Greysen
- July 28.....JeanPaul Belmont



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By allowing ourselves to be recipients of love, support and generosity from others, we create a ripple effect of positivity and compassion that extends far beyond ourselves.



As we cultivate the spirit of receiving in our lives, let us remember that expressing this type of kindness is a two-way street. Just as we derive joy and fulfillment from giving to others, we must also allow others the same opportunity to experience the joy and gift of giving to us. Let us embrace these gifts, gestures and acts of kindness that come our way, with an open heart and a spirit of appreciation. In doing so, we not only nurture deeper connections with our community, but we also create a culture of kindness, generosity and love that enriches the lives of all.

May we all practice the art of receiving with grace, gratitude and kindness; and may our willingness to accept and appreciate the gifts of others, be a reflection of the love and light within us that we give back to others!

Namaste~~

Doug



## Raw Honey is Way More than Just Plain Delicious

For some the ultimate comfort food is one of their Grandmom's biscuits, hot out of the oven and drizzled with butter and honey. But did you know that raw honey deserves a place on our shelves even if we are counting calories?

Here are 15 of the most popular uses for natural, unpasteurized honey.

**It soothes allergies**—One of the best ways to soothe allergies is with locally sourced, unpasteurized honey. It is said that the compounds in the honey improve one's tolerance to the pollens found in the local area. Try mixing the honey into cooled nettle tea for a popular home remedy.

**It fights infection**—Feel a sore throat coming on? Have a teaspoonful of honey. Its natural antibacterial properties will help fight the bad bugs.

**It can clear acne**—Honey fights infection, balances moisture, and heals wounds effectively, so it's basically the ideal acne fighter! Simply dab a small amount of raw honey onto affected areas to help prevent and heal acne.

**It is a Natural energy drink**—It is recommended to avoid commercial energy drinks which are laden with sugar and artificial ingredients. Drink water with raw honey instead.

**It assists with memory loss**—Studies have indicated that consuming raw honey can help prevent hormone-related cognitive decline in older people.

**It suppresses a cough**—If you have a dry, tickly cough, there is no better cure than a spoonful of raw honey. This amazing remedy also reduces inflammation and fights infection, so a respiratory infection or even chronic asthma will certainly benefit from regular honey consumption.

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## Our Yard Sale Was a Huge Success!

A big thank you to everyone who donated items we could sell, shopped and then shopped some more, and worked so very tirelessly to make our summer fundraiser such a HUGE success.

When all the proceeds finish trickling in, we will have raised about \$3000 for our center.



*Getting ready sorting and pricing...*



*Ringin up sale after sale...*



*Decisions, decisions...so many nice things to chose from!*



*The doors opened at 9 AM Friday. Shoppers, bless them, started arriving at 7:30 and were so patient while we finished setting up.*



*Everything left at the end of the sale was boxed up on Monday and donated to local charities.*

### 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.



*(Honey, continued from page 2)*

**It supports better sleep**—Raw honey promotes blood sugar stability to keep you sound asleep all night long. It also increases the production of the brain chemicals serotonin and melatonin to assist with well-being and overall healing.

**It's a natural shampoo**—Did you know that you can wash your hair with raw honey? Try mixing a tablespoon with a little warm water to create a gentle shampoo that is both moisturizing and smells great. Don't worry, it rinses clean and won't leave hair sticky.

**It is an antibiotic for wounds**—Honey has been used on wounds since ancient times. It fights infection naturally and can be used as an antiseptic. Hospitals have even been known to use honey on bandages to prevent infection.

**It is a natural face wash**—There is no need to buy expensive skin-care products, which are full of chemicals and perfumes. Honey is the best natural

face wash. Raw honey cleanses the skin while also providing moisture. In addition, it contains antioxidants that fight the signs of aging. What's not to love!

To use, wet your face with warm water, then smooth on about half a teaspoon of honey. If you want an exfoliating scrub, mix a little baking soda, salt or sugar into the honey before applying in circular motions. Leave on for a minute or two, then rinse with warm water. Enjoy!

**It can be a Healthy baking ingredient**—Try sweetening recipes with honey instead of refined sugar or other supposedly "healthy" sweeteners. Honey is a functional food. It's a top choice for a naturally healthy sweet flavor. Try it in coffee, tea, grain-free baked goods and smoothies.

**It can reduce inflammation**—Raw honey is known to reduce levels of an inflammatory marker called homocysteine. This is considered to be an important indicator of protection against chronic inflammatory illnesses such as heart disease.

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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](mailto: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.**





(Honey, continued from page 4)

**It can be a dandruff treatment**—Since honey is known to be antibacterial and antifungal, it is effective against flaky skin conditions such as dandruff and eczema.



## Confused by When or by How Much to Water?

by Master Gardiner Sue Ditch

A basic guideline when it comes to watering your plants is **an inch of water per week**, either by rain or watering.

### A Can of Rain

You can easily turn a small tuna or cat food can into a rain gauge. Wash it well and place the empty can in the center of your garden bed or screw it onto a wooden stake with a rubber washer to seal the connection. These cans are usually about a 1 1/2 inches deep, but if you want an exact measurement, use a permanent marker to make a mark designating one inch on the inside of the can.

### Another Easy Rain Gauge

A straight sided jar or drinking glass makes an inexpensive rain gauge. Simply mark off inches on the sides with a permanent marker; or if you really want the marks to last, dabs of dark fingernail polish work great. Position it atop a stake by finding a lid, maybe the one that came with the jar, or a lid that the jar or glass will fit into. Nail or screw the lid to the post, put glue on inside of lid, and insert your new rain gauge into the lid to make it sturdy.

**It preserves food**—Honey's natural antibacterial properties make it the perfect food additive to prevent spoilage.

**It can actually improve digestion**—Raw honey is rich in prebiotics, which provide fuel for healthy bacteria in the lower digestive system. It is also known to fight nausea and indigestion because it does not ferment in the stomach. Try making a digestion-boosting drink by mixing a teaspoon each of lemon juice, raw apple cider vinegar and raw honey into a tall glass of water and drinking it two or three times daily. Add a little freshly squeezed ginger root juice if nausea is an issue.

**Please note—there are also risks to raw honey.** Sometimes, eating raw honey can cause a form of food poisoning called **botulism**, which results in muscle weakness and breathing problems. This is due to bacterial spores that can contaminate unpasteurized honey.

However, this is only a concern with infants younger than 12 months old, or people with a compromised immune system. Children and adults can safely consume raw honey because they have a more robust digestive system, which is not disturbed by the presence of spores.



### Book Club Meets Wednesdays at 6 pm

**A Course in Miracles Made Easy** by Alan Cohen (*Mastering the Journey from Love to Fear*) is our summer Book Club read. It is being facilitated by the Rev. Penney Parker, who has studied ACIM for 20 years. It is never too late to join in.

Not a reader? Chapter by chapter videos are available on YouTube. Search for *Alan Cohen, ACIM*.

# Highlights from the Recent First World UFO Conference in Clayton

Pam Keyser, Cherie Cates and Nancy Cottrell attended the recent day long World UFO Conference in Clayton. Another SCL member Barbara Vitale was one of the speakers.

**Les Durrant**, a self-styled UFO investigator, was the first to speak. He showed numerous videos he had taken of UFOs from his mountaintop home, and then demonstrated how to turn our no longer used cell phones into UFO cameras. Les has a YouTube channel, **Objects and Orbs**, chock full of videos, links, interviews and all sorts of other fascinating paranormal information for the curious among us.

Les suggested Googling “majic Reagan.” Try it and you will find yourself able to scroll through numerous formerly top secret documents that have since been declassified. He also suggested that we go to Tubi and watch the documentary, **Above Majestic**. Les’ email is **objectsandorbs@gmail.com** if you have sightings you would like to share with him.

We also heard about a Facebook group, **Tri State Supernatural**, that might be worth exploring.

The keynote speaker was **Brooks A. Agnew**, an author with numerous titles to his credit, who spoke on **the Hollow Earth Theory**. Brooks is planning on leading a team of scientists, filmmakers and tourists to the Arctic aboard a Russian nuclear ice-breaker in search of an entrance into the interior of our world. A number of researchers have provided evidence that the earth, like all planets was formed with a hollow core, and that this interior

world may be home to previously unknown life including a technologically and spiritually advanced race of humanoids. You can type his name into YouTube and find out more if you are interested. One of his books, *the Ark of Millions of Years* is free on Kindle.

Pam has put together an extensive list of links available by email upon request to [slcfranklin@frontier.com](mailto:slcfranklin@frontier.com).



## 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](mailto:slcfranklin@frontier.com)

### 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 4/30/24.....\$10938.89  
Income.....1043.00  
Expense.....7570.27  
Balance on 5/31/24.....\$4411.62



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](mailto:slcfranklin@frontier.com) [www.spiritualightcenter.com](http://www.spiritualightcenter.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.