



OCTOBER 2024

NEWSLETTER

President's Message

Doug VanOrsdall

Hello, Beloved Spiritual Light Center Family!

As we welcome the Fall season, we are reminded of the profound beauty that surrounds us here in the western North Carolina mountains. The vibrant colors of the changing leaves, the crisp air and the energy of transformation, all reflect the natural cycles of life and Spirit. We are truly blessed to witness this divine artistry right in our own backyards, while many travel from afar just to catch a glimpse, and then go home and return the following Fall to do another visit to this beautiful area. I want to remind everyone to

Take a moment to breathe in the wonder, appreciating how Spirit speaks to us through nature's grace and transformation. Fall is a season of gathering, warmth and community, where we draw closer to one another in celebration of life's abundant blessings. As we settle into this magical time, let me share some of the exciting events that are coming up here at Spiritual Light Center of Franklin, offering us opportunities to connect, celebrate and grow together.

First up, we have a Halloween Party on Friday, October 25, 2024, starting at 3:00 pm at the home of Sue and Leon Ditch. Sue and Leon live in the Cowee area that is a quick 20-minute drive from the parking lot of SLC Franklin. Their generosity allows us to use their barn for this special event, which we will share with the incredible women from the group STELLA'S FRANKLIN FRIENDS, a community of welcoming and friendly souls from Macon County and close by surrounding areas. This is such a wonderful opportunity for us to connect with others and share the truth and light of our spiritual family, while encouraging these new-found friends to join us for an upcoming Sunday service at SLC Franklin.

I wholeheartedly encourage all of you to come to this Halloween party!!! What a joyous chance to expand our circle, celebrate in costume
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UPCOMING SPEAKERS:

- Oct 6.....Tom Tyre
- Oct 13.....Donna Corso
- Oct 20.....Penney Parker
- Oct 27.....Bill Groves

**SLC is pet friendly.
Leashes please...**

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(optional), enjoy delicious food and revel in the warmth of new friendships. The evening will culminate with a magnificent bonfire, a symbolic burning away of the old, as we prepare for the new. For those who prefer not to drive at night, we've made sure to start early so everyone can participate; AND we consciously decided not to have this event on Halloween night as many folks like to stay at home and celebrate Halloween in the privacy of their own home. Don't forget to bring your favorite dish and beverage for a true feast of Spirit. Let's gather, celebrate and share the energy of joy and connection. SLC Franklin and STELLA'S FRANKLIN FRIENDS will be providing bottled water to have at the event.

Next, we will honor the life of a cherished member of our community. On Sunday, October 27, 2024, during our 11am service, we will hold a Celebration of Life for the beautiful spirit of Luci Swanson, who contributed so much to our Center over the years. This will be a sacred time of remembrance, gratitude and love. The memorial part of the service will be facilitated by Bill Groves, and we look forward to seeing Jim, Luci's husband, and Lorilei, their daughter, to help honor Lucy. Following the service, Jim has asked that we gather at Currahee Brewery to toast Lucy's remarkable life alongside her family. This is a personal request and Jim said it will be something that would make Lucy happy as she is shining down on all of us, as we raise our glasses to toast her at the brewery. As always, carpooling is encouraged, and you may leave your car parked at SLC. Let us honor her journey and the light she brought to our community, continuing to hold Lucy's essence in our hearts.

Looking ahead, I'm thrilled to announce that our second annual Thanksgiving Day dinner will take place on Thursday, November 28, 2024, at 3:00pm in the fellowship hall. Last year's gathering was such an uplifting experience, and we can't wait to

do it again! The laughter, love and sharing of food and conversations filled the room as we gave thanks for the abundance in our lives. Be sure to sign up to bring a covered dish so we can create a balanced feast (we don't need 42 stuffing dishes or 27 green bean casseroles—HA! HA!). There will be sign-up sheets along with suggestions of dishes to contribute, at the main entrance to the chapel as the time grows nearer to this celebration. We will also make sure to send out a copy of requested dishes in email format as the event grows nearer to Thanksgiving Day. It's a joyful time to reflect on our blessings and connect as a spiritual family. Don't miss this heart-warming event!

As we prepare for the holiday season, mark your calendars for two more significant events: our Christmas Eve candlelight service on Tuesday, December 24, 2024, and our annual burning bowl ceremony on New Year's Eve, December 31, 2024. These services are always filled with light, love and the promise of new beginnings. We'll share the peace of the season with carols and candles on Christmas Eve, and then release our intentions and dreams for 2025 at the burning bowl ceremony, setting our spirits free to manifest all that is good. We will announce the times for both services as the time grows near.

Of course, our regular weekly activities continue to provide us with opportunities for spiritual growth and connection. Join us for Book Club, where we dive into ***A Course in Miracles Made Easy*** by Alan Cohen, every Tuesday at 6:00pm in the fellowship hall. This event is facilitated by Reverend Penney J. Parker, and she does a fabulous job at getting everyone engaged. If book club is not your first choice, then come stretch your body and soul in our gentle yoga sessions with Vickie Rundquist on Thursdays at 11:00 am in the fellowship hall. Last, don't forget about the Thursday afternoon discussion group at

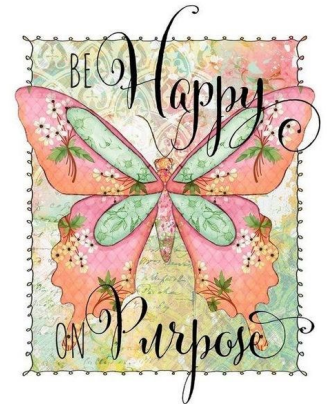
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AGING....

By *Bianka Luz on Facebook*

You grow old, they told me, you are no longer you,
you become distant, sad and lonely.
I didn't answer...
I don't get old, I get wise.
I stopped being what others like me to become, but
what I like to be.
I stopped seeking the acceptance of others and ac-
cepted myself.
I have left behind the lying mirrors that deceive
mercilessly.
—*No, I'm not getting old.*
I just become more selective with places, people,
customs and ideologies.
I have let go of attachments, unnecessary pain, tox-
ic people, sick souls and rotten hearts... bitterness
and unhappiness are not for me, I release them for
my health.
I'm ditching party nights for learning and embracing
insomnia.
I stopped living stories and started writing them. I
threw aside the imposed stereotypes.
I no longer carry eyeshadow in my bag, now I have
a book that beautifies my mind.
I exchanged wine glasses for coffee cups, forgot to

idealize life and started living it.
—*No, I'm not getting old.*
I carry freshness in my soul, innocence in my heart,
and it discovers me daily.
I have in my hands the tenderness of a cocoon that,
when opened, will spread its wings to other places
unreachable for those who seek only the frivolity of
the material.
I have that charming smile on my face when I ob-
serve the simplicity of nature.
I carry in my ears the chirping of the birds that de-
light me and accompany the walk.
—*No, I'm not getting old.*
I become selective, betting my time on the intangi-
ble, rewriting the story I've been told, rediscovering
worlds, saving those old books I've forgotten half
open.
I'm becoming more cautious, I've stopped the out-
bursts that teach me
nothing, I'm learning to
talk about transcendent
things, I'm learning to
cultivate knowledge,
plant ideals and not fal-
sify my destiny.
—*No, I'm not getting
old.*
I begin to live who I real-
ly am.



(President's message, continued from page 2)

3:00 pm, where the group explores a new video
each week followed by engaging conversations on
each thought-provoking topic. The discussion is
followed by an optional dinner at a local restaurant.

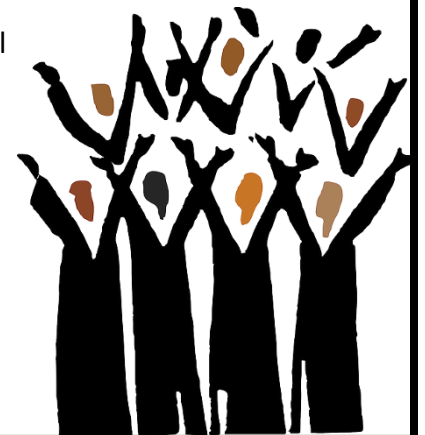
I look forward to seeing each of you at these
events, where we can come together to celebrate
life, Spirit and one another. This is a season of deep
connection, reflection and joy; and I can't wait to
experience it with all of you!

Sending you all love, light and all the abundance of
goodness this beautiful fall season~~

Doug

Our Vision

The Spiritual Light
Center is a peaceful
and joyful fellow-
ship of individuals,
centered in love,
dedicated to the
God within, and
honoring the many
paths to truth.



Remembering Luci...



On October 27, we will be welcoming long time member Jim Swanson home to SLC as we gather to remember his beloved wife and partner of 53 years, Luci, and to celebrate her remarkable life during our Sunday service at 11 o'clock.

Luci was a strong woman who was ahead of her time and a force to be reckoned with. She will be remembered for her wisdom, kindness, generosity, sense of humor, and infectious smile.



The family has requested in lieu of flowers, that memorial contributions may be made to the Alzheimer's Disease Research Center, Johns Hopkins School of Medicine, Baltimore, MD; the College of Nursing, Florida State University, Tallahassee, FL; or the Spiritual Light Center, 80 Heritage Hollow Dr., Franklin, NC. *Following the service, we will gather at Currahee to toast a life well lived.*

3 Ways to Use Mint

by Master Gardiner Sue Ditch

Mint is an easy to grow, versatile herb garden staple. Here are three ways to use it.

1. **Garnish** — Dress up your favorite drinks with mint flowers and leaves. Just snip a few sprigs, rub them in your hands to activate the flavor and toss in a cocktail, tea or other beverage.

2. **Muddle** — Place leaves at the bottom of a cocktail shaker or your glass and gently bruise them with a cocktail muddler to release the juices and flavors. No muddler? Try the end of a wooden spoon.

3. **DIY Simple Syrup** — Try this easy to prepare recipe. Refrigerate leftovers...

1/2 cup granulated sugar or honey

1/2 cup water

1-2 sprigs of mint

Heat sugar water and mint sprigs in a saucepan over medium heat until sugar dissolves, cool to room temperature, then discard herb sprigs. (Makes 2/3 cup)



Annual Metaphysical Picnic—Members of the metaphysical community from around the region including SLC gathered on Sept. 21 at the WCU picnic shelter for their annual get together and picnic.



DON'T DRINK AND FLY



But do come to our first ever Halloween party on Friday, Oct. 25 starting at 3 PM at the home of Sue and Leon Ditch, 145 Upper Dalton Creek Road in Franklin. For those intimidated by the twisty roads in Cowee or impending darkness—car pooling can be arranged from SLC. Costumes are optional. A bonfire is planned, as well as a murder mystery to be solved.

The party is being held jointly with our friends from Stella's, who will be providing bottled water. Food is potluck, and it's BYOB if you want anything other than water.

Book Club Meets Tuesdays 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 Made Easy*.



Volunteer Opportunities at SLC

Are you comfortable with computers? Consider helping with music and recording the service on an occasional Sunday. Other volunteer opportunities include decorating and setting up for covered dish events, sending out meeting notices, helping with scheduling speakers, being a greeter on Sundays, or helping with minor maintenance tasks.

Samaritan's Purse: <https://www.samaritanspurse.org/article/pray-for-those-in-helenes-path/>

United Way of NC: <https://fundraise.givesmart.com/form/1nSUGw?vid=17vvg9>

Operation Airdrop: <https://www.operation-airdrop.com/hurricane-helene>

NC Community Foundation: <https://www.nccommunityfoundation.org/news/hurricane-helene>

Community Foundation of Western NC: https://cfwnc.fcsuite.com/erp/donate/create/fund?funit_id=2286

Manna Foodbank Asheville: <https://donate.mannafoodbank.org/>

Foothills Food Hub- McDowell County: <https://www.foothillsfoodhub.org/donate>

BeLoved Asheville: <https://belovedasheville.com/get-involved/>

Appalachian Voices: <https://appvoices.org/helene-relief/>



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

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 8/31/24.....\$ 8656.51
Income.....1217.00
Expense..... 1757.26
Balance on 9/30/24.....\$ 8116.25



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.spirituallightcenter.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.