

2025 NEWSLETTER



This month's reminder taken from Doug's January Newsletter:

Byron Katie's process of self-inquiry, known as "The Work," teaches us to question our thoughts and to find peace in the present reality. "When you argue with reality, you lose—but only 100% of the time," she quips. Katie's teachings remind us that acceptance is a powerful form of renewal. As we enter 2025, we can practice *loving what is* while remaining open to what could be. This balance of acceptance and aspiration creates a harmonious foundation for growth. (You can find this terrific resource at thework.com!)

(more info on page... 7)

If you would like to contribute to SLC, we have a PayPal account:

tinyurl.com/SLC-donate

This link takes you to a secure page where you can easily donate one time or make a recurring donation.

Your donations allow SLC to keep the doors open; and at the same time do wonderful things within our community.

Love's blessings, and we THANK YOU!!!!

UPCOMING SPEAKERS

- Feb 2.....Rev. Dr. Kate Greysen
- Feb 9.....Rev. Dr. Barbara Jefferys
- Feb 16.....Kim May
- Feb 23.....Donna Corso

President's Message

Doug VanOrsdall

With all the stress we deal with every day, we are faced with moments in our life when we encounter another person or situation that causes us to express how we feel about the situation. What's your typical style of an initial encounter during a challenging situation? Do you take a breath, pause and then respond; or do you tend to make your feelings known immediately no matter the outcome? I think we all have done both at different times, depending on what stressors are triggering us at any moment. In the journey of life, no matter how calm, composed, or Zen-like someone may appear, everyone has triggers that can lead to an unexpected over-reaction. These triggers often emerge in moments of stress or heightened emotion, catching us off guard; and sometimes, leading us to behave in ways we later regret. How we choose to handle these moments can make all the difference in our relationships and our personal growth.

When emotions are running high, people express themselves in a variety of ways. Some may choose to have a verbal outburst, others might send an impassioned text message or a sternly worded email, pointing out the perceived faults of others. Still, others might take to social media to vent their frustrations publicly. These reactions, while perhaps momentarily satisfying, often escalate the situation or create long-lasting misunderstandings. It's important to remember that everyone's reaction comes from a unique set of experiences and pressures. The person who appears to be overreacting could be dealing with stressors or challenges in their life that you're entirely unaware of. Think about the following situations you may be completely unaware of: the other person in your social club arrives pissed off at the world, because they are too embarrassed to admit they got pulled over in a traffic stop and received a ticket or violation;

(Continued on page 2)

By [Caitlin Jill Anders](#)
Published on Nov 25, 2024

Cole has been a therapy dog at a local school for almost seven years now. The students absolutely adore him and everything he does for them—so each year on his birthday, they throw



him a massive party to show him just how much they appreciate him.

For Cole's birthday, he got to ride around in a special birthday carriage and wear an adorable birthday outfit. A group of his student friends were chosen to push his wagon into the cafeteria, where the entire school was waiting to celebrate him — and give him the sweetest surprise.

"The kids were so excited to be such an important part of his special day," Hannah said. "They practiced signing the song for two weeks prior because they wanted it to be 'perfect' for their boy."

Cole is deaf, so in order to celebrate him to the fullest, every single student learned "Happy Birthday" in sign language and signed it for Cole as they sang. It was truly the perfect way to celebrate, and Cole loved every minute of it.

Submitted by Pam Keyser

(And little children will lead us. Isaiah 11:6)

(President's Message, continued from Page 1)

someone has a loved one who is chronically ill where they are the caregiver, without a break for days on end, and their patience has worn completely thin; your friend who you think you know so well, is acting aloof and responds back to you with "I'm fine," because they aren't ready to share that their beloved pet recently passed away; maybe it's a neighbor or church member who is experiencing enormous financial challenges, they can't pay their light bill or feed their children or pets, and they see no end to their financial challenges; in a certain situation, you may be corresponding with someone online, who suddenly, and for no reason, ghosts or gaslights you and doesn't respond back to any of your messages, because they are experiencing unbearable physical pain and they're having a tough day managing their pain; or it could be the person standing in the grocery line in front of you, who gets short with the cashier, for something that doesn't matter to you, but they are dealing with a young child who has leukemia, and after an arduous round of their child receiving chemotherapy, they had to stop and get some food to eat on the way home, as they didn't have someone else to do that chore for them. Some of the examples I just mentioned are common situations we have all witnessed; or perhaps one or more of my examples seem extreme. And what about those times when we need to give ourselves some grace? Perhaps you've had a long and exhausting day at work with other people around you constantly, perhaps you're in a meeting when another person takes way too long to express themselves, or perhaps you walk in the door and your enthusiastic pet comes bounding to greet you with a huge "WELCOME HOME!" and you don't want to deal with their energy or enthusiasm when they see you? The point I'm trying to convey is that no one is a certified, mind-reader who knows the exact thoughts of another person, so we need to give the other person some grace and patience for the way they are communicating in the present moment. Practicing patience in these moments can create a space for understanding. Instead of reacting impulsively to their behavior, try to respond thoughtfully. This subtle shift from reacting to responding can transform the energy of the interaction.

A very wise minister gave a talk on a Sunday morning many years ago on the topic of distinguishing the difference between reacting and responding. It was one of those days when I needed to hear that exact message: of understanding the difference between these two words, which has stuck with me ever since. He stressed that reacting and responding may sound similar, but they carry vastly different implications. A reaction is often immediate, emotional, and unfiltered—a knee-jerk expression of our feelings. A response, on the other hand, is deliberate, considered, and grounded in awareness. Taking a moment to pause, breathe, and reflect before responding allows us to approach the situation with clarity and compassion. Do I act the right way in every situation when faced with different situations?

(Continued on page 7)



2025 Gratitude Jar

January: I'm grateful for a New Year!

February: I'm grateful for heartfelt friends at SLC.

SLC is a dog friendly Center!

A leash is required at all times while on property and NC mandates that ALL dogs have a current rabies vaccine.



COMMUNITY PAGE



Beautiful Freebie

Slow Juicer,
Aobosi
Slow
Masticat-
ing Juic-
er, Cold
Press
Juicer
Ma-
chines with Reverse
Function, Quiet Motor,
High Juice Yield



Boots
For Sale
Rubber
Soles
7 1/2
Wide Calves!!
Only worn
Twice
\$20



Contact by email: key2kismet@gmail.com

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 may be of general interest. Due date for final submissions is the third Saturday of the month



ACTIVITIES TO CONSIDER




This month's special is everyone who mentions this ad gets a free guess at how many gems are in the Gold City water bottle to win the gems and the water bottle. \$60 value!

Come by and see us for a fun, gem mining experience at our inside flume line!

Gold City Gem Mine
9410 Sylva Hwy
828-369-3905

facebook.com/goldcitygemmine

SUPPORT LOCAL & SLC MEMBERS!!!



Love Finds A Way Home


Penney J Parker
Light Connector

I serve by connecting loving Light!

Western North Carolina | lovefindsawayhome@gmail.com
(828) 341-0800 | (Look for me on Facebook & YouTube!)

Services of the Heart Workshop Facilitator
ACIM (A Course in Miracles)
C-PTSD / Abandonment
No More Stinkin' Thinkin' / Word Salad
Customized Corporate Workshops
Spiritual Services: Weddings; etc.

Post-Secondary Educational Services
NC Notary Public (Instructor)
Community College / Career & Tech Educator



Gentle Stretch Yoga w/ Victoria Will Resume Mid-February

Stay Tuned for Date!

Coming Soon to SLC...

"SITUATIONAL WORKSHOP"

Stay tuned for more details...

youtube.com/channel/UC7MVMZ-ni_FQEtGberre3XA
facebook.com/Holy-Ground-Farm-173833015973793/

Check out her books unlocking the Power of Glyphs, Sacred Symbols of Light, Symbols of the Dawn, Sacred Symbols of the New Age, Sacred Symbols Healing Cards

Dr. Jean Logan
www.drjeanlogan.com
International Best Selling Author and Medical Intuitive



SIP, SAVOR AND SWOON WINE DINNER

J.R. Chophouse
828-369-3663
February 20, 2025
\$74.99 pp / 7:00pm

Celebrate with us this February with a night of candlelight, fun and charm. Chef James and Sommelier Jennifer Smathers invite you for a memorable experience that even CUPID WOULD APPROVE!





1st Course
Lobster Cannelloni
with Truffle Ricotta, Pistachio Pesto and Rose' Butter
Baillly LaPierre Crémant Rose Burgundy France

2nd Course
Shaved Fennel Salad
with Grapefruit Surpemes, Edamame, Feta, Beets and Butter Lettuce Leaves
Honey-Almond Vinaigrette
Eric Chevalier Chardonnay Burgundy France

3rd Course
Miso Glazed Atlantic Salmon
with Hibachi Bok Choy, Forbidden Rice, Mirin and Hot Sesame-Scallion Oil
Salvard Le Petit Pinot Noir Loire Valley France

4th Course
Wild Mushroom and Gorgonzola Stuffed Beef Tenderloin
with Parsnip Puree, Parisienne Potatoes and Mushroom Jus
Chateau Trignon Cote Du Rhone Rhone Valley France

5th Course
Chocolate Pots de Crème
with Raspberry Whip and Valentines Macarons



It's that time again; SLC hosts it 3rd Annual Oscars Night in conjunction with this year's 97th Oscars!

Red Carpet will be rolled out and Fellowship hall will open at 5:30 PM on Sunday, March 2nd 2025!!

Due to recent fires, the Oscar Nomination Announcements had been rescheduled, **BUT**, the 97th Oscars will still be held on Sunday, March 2nd.

(For more information: oscars.org)

What does this mean? Come join us to vote for your nominee. Dress up as your favorite actress, actor, or screen character. Prizes, games, food, laughter, and more...

DON'T MISS THE FUN!!!!

"How to Change the World Instructions"
A really good read that can be found on his website a-course-in-shamanism.com

Tom Wright states, "So you desire a safe and loving world? So be safe and loving to yourself first."

Tom is also creator of "The Ultimate Women's Awareness Self-Defense Manual."

Find the Shamanism in you!



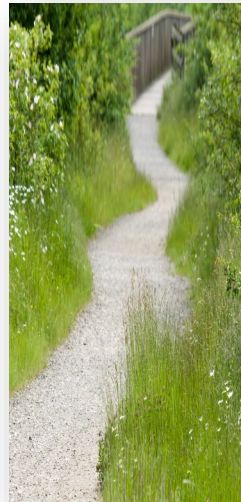
FEBRUARY 19th is NATIONAL CHOCOLATE MINT DAY!

Find Andes Chocolate Crème De Mints in the Vestibule of the Chapel !



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.

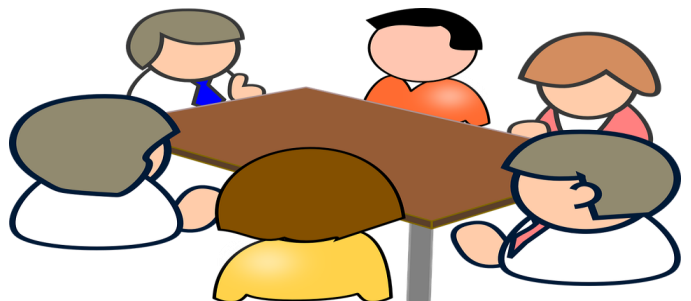


Our Vision

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.

NEXT BOARD MEETING: February 9TH

Immediately following Sunday Celebration, subject to cancellation for inclement weather or unable to reach a quorum. Should this happen, notification will be sent via email.



March 1st begins Book Club - To Be Held Online

Penney Parker (PJ) through “**Love Finds A Way Home**” will offer facilitation of a Book Club online on the **1st** and **3rd** Monday of the month. The link provided will be the same link week after week. To access the link, you will need to download the app *Google Meets*. Chat room will

be open fifteen minutes prior to the meeting for an informal chat. The meeting will start and end promptly 6:30 - 7:45 PM.

meet.google.com/hmt-wbnp-yvt. We will be using the book “**The Body Keeps the Score**” by Bessel Van Der Kolk, MD along with the workbook by Liam Daniels & Alice Moore. (Both books can be found on Amazon in Kindle or paperback formats.)

If planning to attend, please forward your email address to

lovefindsawayhome@gmail.com to be added to the distribution list. Your information will not be shared. However, providing this information will allow you to receive updates, assignments, and/or cancellations regarding this activity. ALL are invited and you are welcome to share the above link for family and friends to also be able to enter the chat room. **Anyone** can jump in at **ANY TIME!**

Please read ahead of our Google Meet; we will begin with the **Prologue** and **Chapter One** from both books.


Strap in, it's going to be a healing journey!

(Doug gave us a beautiful article starting on page one that begins to talk about the difference between responding and reacting. This book represents educational tools to help you respond in a healthy way, as opposed to breaking down relationships. Learn how to respond, NOT REACT! Learn how to regulate and not dysregulate. These books will help you in just about any situation regardless if you have C-PTSD, PTSD, or an abandonment story to tell. If you want healthy relationships, these books can help! For sure and for certain, I bet you know someone that shares such a story.... See you in the chat room; love's blessings, PJ

Thinking Ahead



by Master Gardener Sue Ditch

Because the nights are long and  cold, start thinking about your yard and what changes you might want to make. To get some good ideas, pick up a few gardening books, and magazines, check out the pictures you like. By the time the weather, aka Mother Nature, cooperates for working outside, you'll know exactly what you want to tackle in your garden. Mother Nature prunes trees in winter with her strong winds and heavy loads of ice and snow. As soon as you can, pick up the limbs and sticks that have fallen to the ground. Besides helping out your sleeping lawn, you won't run the risk of tripping over these obstacles the next time you're walking around.

Seed and nursery catalogs are like dream books, that you don't get tired of thumbing through. Besides this time of year, shopping for seeds, plants, or pretty yard art is way better than watching repeat TV Shows.

If you plan on growing flowers for cuttings next summer, set aside plenty of containers you can use as vases. Anything goes, save beer or wine bottles, scout around thrift stores and flea markets for great old jars. You can never have enough old jars and bottles, in shapely shapes and interesting colors!

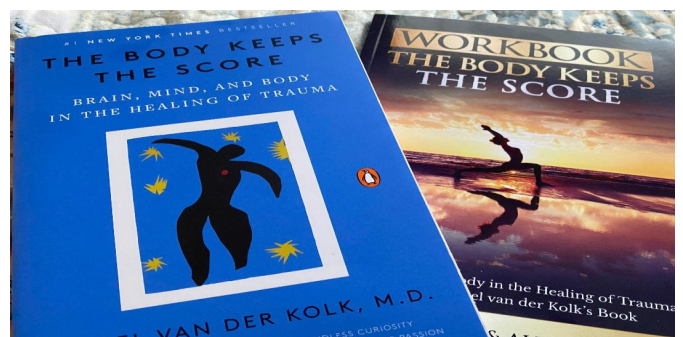


ACIM Text 1:8 & 2:2-4

“The opposite of love is fear, but what is all-encompassing can have no opposite. Thus: Nothing real can be threatened.

Nothing unreal exists.

Herein lies the peace of God.”



NO! I'm human, and I falter. So does everyone else. It's during those moments when we take ownership and responsibility for the way we reacted, and go back to the other person and apologize. Offering an apology does not mean you need to give the reason why you reacted, because a sincere apology will turn the situation around and will give you both some grace. Please also remember it's ok to talk to your pet(s) and offer them an apology, when all they wanted to do was to display their love and affection towards you. Try it sometime - you will feel the energy around you and your pet shift immediately. Offer your apology in a loving, soft tone.

When faced with challenging interactions, consider these steps:

Pause and Breathe: Before saying or doing anything, take a deep breath. This small act can help ground you and create a moment of calm in the midst of chaos.

Reflect: Ask yourself what the other person might be experiencing. Could their overreaction stem from stress, fear, or pain? Empathy can soften your perspective.

Choose Kindness: Instead of reacting with defensiveness or anger, offer a response rooted in love and understanding. A kind word or a calm demeanor can diffuse tension and open the door to resolution.

Forgive: Recognize that overreactions are often cries for help or expressions of inner turmoil. Offering forgiveness can be a powerful act of grace, reminding the other person that they are not alone in their struggles.

Shift Your Energy: By pausing and responding thoughtfully, you can change the trajectory of the interaction. A mindful response not only de-escalates the situation but also models a healthier way of communicating.

We've all had moments when our initial reaction to bad news, criticism, or unexpected challenges wasn't ideal. These experiences are universal and part of being human. However, by cultivating the habit of pausing and responding with intention, we can navigate life's difficulties with greater ease and compassion. In doing so, we create opportunities for healing, understanding, and growth—both for ourselves and for those around us.

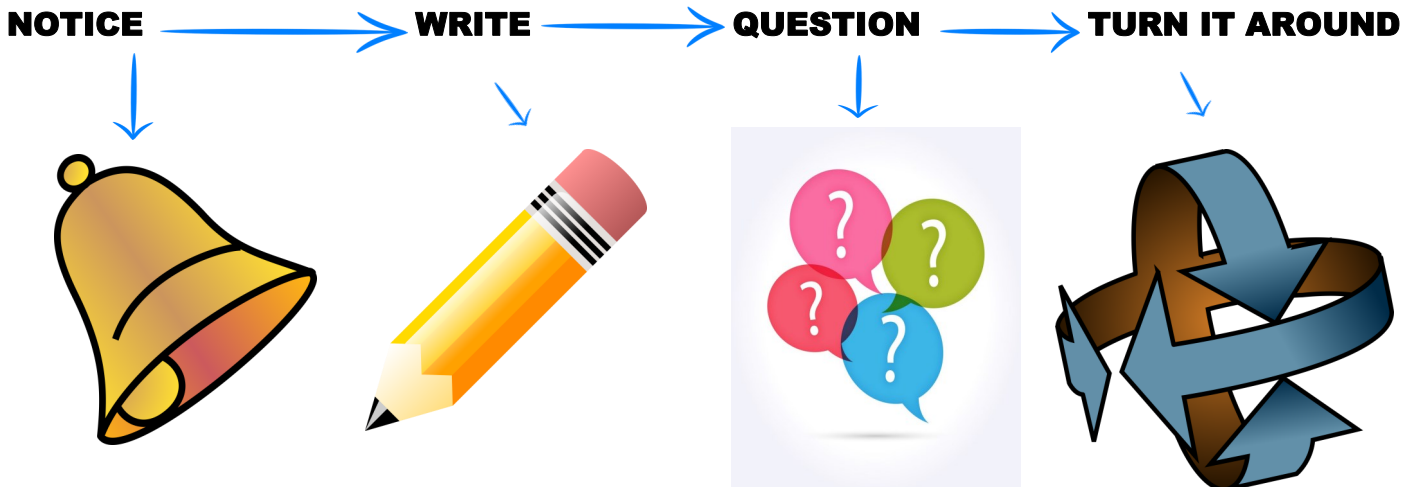
Here's wishing all of you peace, understanding and grace~~ Doug

thework.com

more info from page 1)

How TO DO THE WORK, THE PRACTICE...by Byron Katie

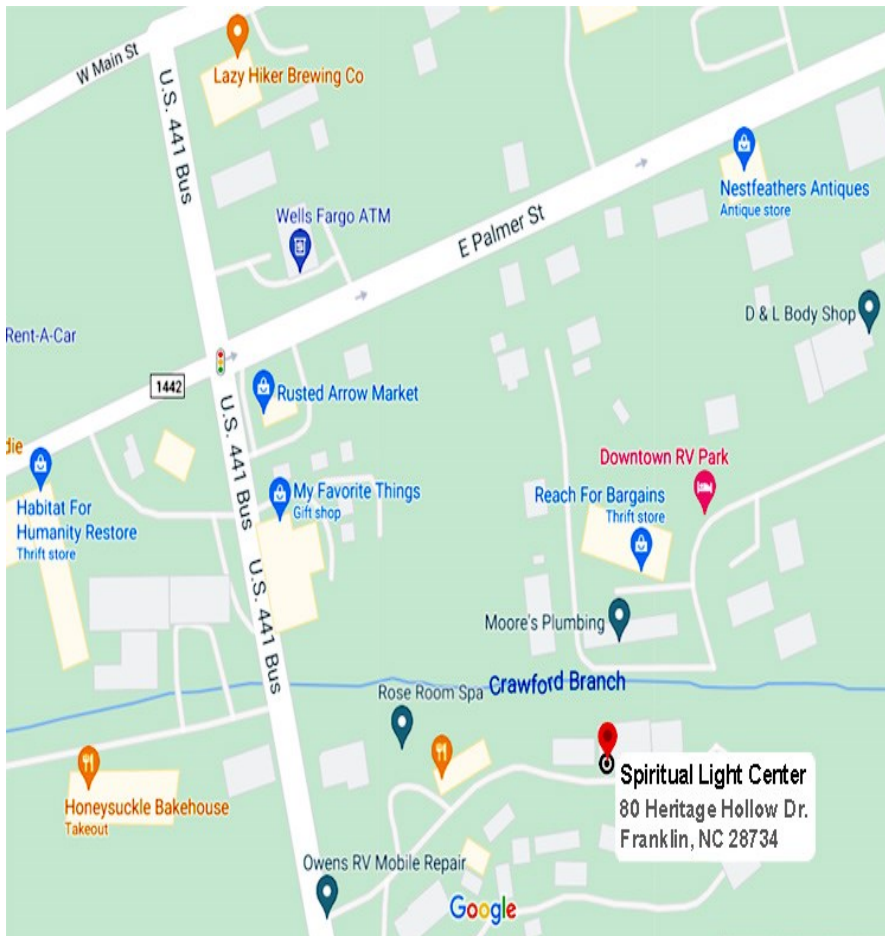
Every step of The Work is meditation. To begin, drop into stillness and observe what arises in the mind's eye. Now, allow The Work to work you.





**80 Heritage Hollow Drive
Franklin NC 28734**

TO:



Contact Information

slcfranklin@frontier.com

(828) 369-3065

spirituallightcenter.com

Sunday Celebration: 11 AM

(You can find us in Heritage Hollow right behind Gazebo Restaurant.)



A Course In Miracles

Prayer is the medium of miracles. ²It is a means of communication of the created with the Creator. ³Through prayer love is received, and through miracles love is expressed. (*ACIM, T-1.1.11:1-3*)