



2025 NEWSLETTER



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

The late Vietnamese Zen master Thich Nhat Hanh taught that mindfulness is the foundation of a peaceful and joyful life. "Walk as if you are kissing the Earth with your feet," he said, reminding us to approach each moment with reverence and gratitude. In the context of renewal, Thich Nhat Hanh's teachings inspire us to cultivate mindfulness in our daily lives. Whether through meditation, mindful breathing, or simply being fully present, we can create a sense of inner peace that sustains us as we pursue our aspirations.

(more info on page... 7)

Contributions to support the operations of your Center can be made through our "secure" PayPal account:

tinycloud.com/SLC-donate.

Easily donate one time or with recurring contributions.

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

DON'T FORGET ON MARCH 9TH:



UPCOMING SPEAKERS:

- MAR 2.....Craig Eister
- MAR 9.....Dee Daley
- MAR 16.....Michael Murphy Burke
- MAR 23.....David Busch
- MAR 30.....TBA

**Doug VanOrsdall
&
Frank Smith**



As Doug VanOrsdall (President) and Frank Smith (Vice-President) step down from the Board of Directors, Spiritual Light thanks them for all their

**TIME,
TREASURE
AND
TALENT**

**given to the Center over the years!
All the best to you, gentlemen!!!!!!**



Resuming March 6th!!!

Gentle Stretch & Flexibility Yoga Class
w/ Victoria Rundquist
Thursdays 11 am - 12 noon

Bring mat or blanket. ALL ages & abilities welcome. By donation.

(2nd weekly class: Resuming March 3rd, Mondays 11 am - 12 noon at Otto Community Ctr, conveniently located off GA Rd 441, 60 Firehouse Rd; entrance behind Otto Fire Dept).



IMPORTANT ANNOUNCEMENTS!

- ⇒ Know someone that has something interesting to share? Perhaps they would be willing to be a great Guest Speaker? Send their contact information to spirituallightcenter@gmail.com. Our Guest Speaker Coordinator will reach out to them.
- ⇒ SLC received a letter from the Town of Franklin that they will be rezoning the other side of the creek.



By Kim May "The Best Is Yet To Come!"

Now that the holidays are behind us, and winter has had its grip on us for a couple months forcing us to be quiet, ask yourself, "what have I been dreaming of for my fresh, new year ahead? As a species in general, the human race has experienced life for several hundred years spent in a dualistic, patriarchal, separation, and fear based dark period. Most are so deeply lost in fear, doubt and worry, or worse, depression and hopelessness. They have lost touch with their innate and eternal connection to their Source/God. Many have completely forgotten how to excess true happiness and joy which is very sad.

Good news! Even with all this darkness happening, there have been a critical number of Light workers dedicated to raising the vibration and...the scales have tipped. The Light has grown so strong IT now dominates the general Energy of planet Earth and our dear Mother is well on her way to healing. At this time, we Light workers are being called to re-member our child-like innocence tapping back into anticipation and non-resisted expectation. WE are being called to believe, "The best is yet to come!" Love, Joy, allowing, acceptance and appreciation are the paths to returning to a life lived in conscious connection with your Higher Self. A Life of pure Joy.

The Life that is lived in Alignment with Source/God is one filled with ease and flow on all levels. One of the best ways to move in the direction of your dreams is to focus exclusively on what is going 'right' in your life right now. No matter how small or insignificant that focus may seem, it matters not. The fact is that focusing there 'feels good' and this is ALL that matters. Our vibrational frequency and point of attraction is all about our present focused attention (where are my thoughts taking me) and how that feels! The more we can stay in appreciation, contentment, happiness and Love the faster ALL areas of our lives will begin improving. Remember it is impossible to focus in two places at once and therefore you can decide, every moment, to choose Loving thoughts.

I invite you to spend time daily, while winter is still giving us ample opportunity to contemplate and dream. Just five minutes of deliberate focus on people, places, adored pets, the beauty of Nature, the abundance we all have in our loving communities, or anything that causes you to feel uplifted, is time very well spent. For as you have focused, and allowed your body to have the chemical response to your thoughts, 'good' feelings are the result. You have created a vibrational frequency, an atmosphere if you will, of healing, well-being and All the attributes of your Source are now possible.

This is our work/play as Light workers navigating our lives in 2025 and beyond. To consciously, deliberately, choose our thoughts and thereby create our feelings moment to moment. It may sound overwhelming but I promise, it gets easier and easier to stay 'tuned in' to your feelings and 'course correct' throughout the day. We have become more centered, clear minded and aware than ever before. We are the leading edge of expansion and we are doing an extremely good job. Blessings all around you dear friends and may your hearts be comforted knowing...THE BEST IS YET TO COME!

COMMUNITY PAGE



SLC SPECIAL EVENT — SAVE THE DATE

Saturday — March 15th



We find ourselves living in increasingly complicated times. Join us in the SLC Fellowship Hall on March 15th for a free empowerment workshop on self-defense as we explore identifying potentially dangerous situations before they occur, avoidance strategies, the importance of owning and practicing with a personal protection device and much, much more with three seasoned experts in the field, Rick Litchford, Dan Fenimore, and Bob Cook.

The doors will open at 8:30. (Parking and seating are limited. Carpooling is suggested.)

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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*

SLC Weekly ACTIVITIES TO RESUME THIS MONTH!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Gentle Stretch Yoga on Thursdays @ 11 AM with Vickie Rundquist



Spiritual Discussion Group Thursdays @ 3 PM lead by Bill

For more information go to our Events page by clicking on the link below:

spirituallightcenter.com/events.htm

Still have questions? Send an email to: slcfranklin@frontier.com



When Irish eyes are smiling, it generally means you are up to something!!!!

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.



Irish saying: "You're some yoke!" Translation? "You are AWESOME!"



The SLC 2nd Annual Oscars Night that was set for Sunday, March 2nd 2025 has been **cancelled until 2026.**



A FREE CONCERT ON:

Friday, March 28th
@ 7:30 PM at the

[Smoky Mountain Center for Performing Arts in Franklin, NC](https://www.ncsymphony.org/plan-your-visit/87/-smoky-mountain-center-for-the-performing-arts/)

BY OUR VERY OWN NC SYMPHONY

YOU MUST RESERVE TICKETS!

[ncsymphony.org/plan-your-visit/87/-smoky-mountain-center-for-the-performing-arts/](https://www.ncsymphony.org/plan-your-visit/87/-smoky-mountain-center-for-the-performing-arts/)

MARCH 26th is NATIONAL WEAR A HAT DAY!

Please wear your favorite hat to Sunday Celebration !

OUR MISSION STATEMENT

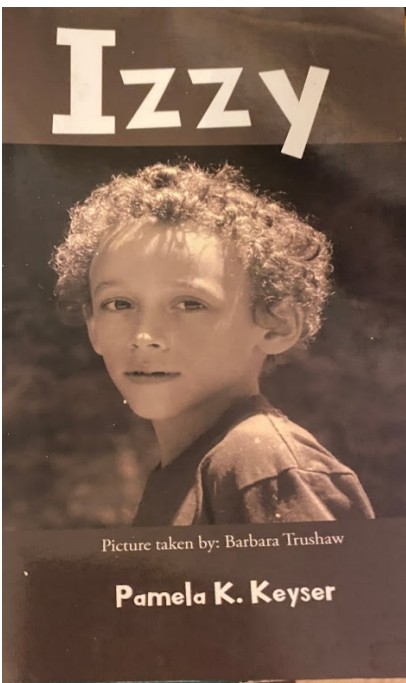
We are developing our highest selves by continuous sharing of spiritual ideas in an environment of unconditional love and respect for others.



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.

Excerpt from the BOOK OF THE MONTH



“Occasionally, I hear a plunk, perhaps a crab doing a belly-flop off a boulder into the water. The sky awes me, the stone warns me, and the lapping water soothes me. And I ponder... Uncle Jay says I’m an old soul.”

[Get it on Amazon ISBN: 979-8-88540-736-6](https://www.amazon.com/dp/9798885407366)

Word of the month: **Propitiate**
Pro.pi.ti.ate
A verb; action word!
To appease or make well disposed; conciliate.

OPPORTUNITIES of SERVICE;

Still Open:

⇒ **Hospitality Chair**

& several folks to make up the Committee to decorate, set up and break down for covered dish meals and special events. Load dishwasher with dirty dishes and unload and put away when clean.

⇒ **Building Maintenance Chair**

& several folks to make up this Committee. (Note: This is not about building construction or intense labor. It's more about small jobs around the Center, much as you would do in your own household like cleaning gutters, securing the building after services, changing out light bulbs, trash removal, etc.

⇒ **Sunday Greeter:** (Get lots of hugs or just a fist bump...) Requires giving and receiving smiles!

⇒ **Sound Tech:** Must be comfortable with technology and computers!

⇒ **Meditation:** Leads us into going within for a brief moment in Service

⇒ **Facilitating Service:** (Master of Service Order)

Your Board is still working hard to try and fill all the above positions. We will continue to do our best, however, some activities such as pot lucks and building rentals may need to be suspended until we can gain additional volunteers and/or help.

2025 Gratitude Jar

January: I'm grateful for a New Year!

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

March: I am grateful that counting my blessings has turned my whole life around!

April: Have one to share for April?



FINANCIAL REPORT

Balance on 11/30/24	\$ 9,123.46
Income	1,461.78
Expense	1,517.18
Balance on 12/31/24	\$9,068.06
Income	1,255.16
Expense	863.78
Balance on 1/31/25	<u>\$9,459.44</u>
Checking	4,450.50
Money Market	5,008.94
Balanced Amount	<u>\$9,459.44</u>



Creator of all that IS, we *thank you* and recognize the abundance and goodness in our lives. May these gifts be a testament to our gratitude and the means to bless others with the bounty we have received.
Amen

NEXT BOARD MEETING: March 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. **There are currently three open positions on the Board.** Why not submit your name?



April 7th begins Book Club / To Be Held Online

Yes, Note the **change** in **start date** due to unforeseen circumstances. This Book Club will now begin the 2nd quarter of 2025. Hope you can still attend.

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 **beginning April 7th**.

Thinking Ahead...

by *Master Gardner Sue Ditch*

Panty Hose Ideas

Panty hoses have many uses in the garden.

- 1) Panty hose make some of the best plant ties around. Cut the legs crosswise to make little rings, then cut each ring to make a strip. These ties are soft and stretch with the plant as it grows.
- 2) Scrunch up the toes or panty portion and secure with a rubber band or two. Use it as a scrubber to clean off muddy tools.
- 3) The feet of pantyhose are great for storing bulbs over the winter. Tuck the bulbs into the pantyhose with a label and tie them off. Hang them in a cool, dry place or put them in a cardboard box with foam peanuts as a packing material.

The next time you're going to upgrade that mower or purchase a better weed whacker, consider giving away your old tools to a worthy organization. Give a call to your local battered women's shelter, residential home for troubled youth, or homeless shelter. Many of these places keep up their landscaping practices themselves and good quality tools can help. Just be sure the tools are in good working condition, if possible pass on the owners manual and other documents.



Here is the link:

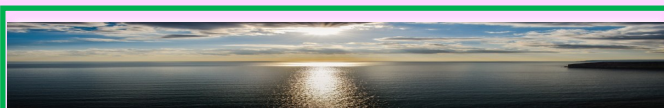
<https://meet.google.com/hmt-wbnp-yvt>. It will be the same link until we exchange these books for the next; this will most likely be a commitment until the fall. To access the link, you will need to download the app *Google Meets*. Chat room will be open fifteen minutes prior to the meeting for an informal chat. The meeting will start and end promptly 6:30 - 7:45 PM. (For those of you that don't wish to participate online, why not travel to SLC's Fellowship Hall and put it up on the big screen?) Again, we are 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 link in, please consider forwarding 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 notifications from PJ, and/or cancellations regarding this activity.* ALL are invited; you are welcome to share the above link with family, friends, or anyone your spirit leads you to do so. And **ANY ONE** can jump in at **ANYTIME!**



Please read ahead of our Google Meet (from both books);
April 7th: The Prologue and Chapter One
April 21st: Chapters 2 & 3
May 5th: Chapters 4 & 5
May 19th: Chapters 6 & 7

Here we go; let's travel this healing journey together!
See you in the chat room; love's blessings, PJ



ACIM Text 15.III

“My Kingdom is not of this world because it is in you. And you are of your Father. Let us join in honoring you, who must remain forever beyond littleness..”



Most of us at SLC have reached a point in our lives where fighting, hating, blaming, and holding onto pettiness just doesn't matter anymore. Long to live fully, with heart open wide. Feel happiness in the simplest of moments, wrapped in love that's **real and deep!**



Escape to Safety Seminar to Teach Tools for Enhanced Personal Safety

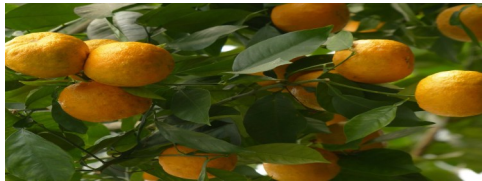
We find ourselves in challenging times, and ensuring personal safety is important to everyone, especially the elderly. On Saturday, March 15th from 9 until noon, the Spiritual Light Center will be hosting a free seminar entitled Escape to Safety to explore personal safety empowerment strategies. A cornerstone of remaining safe is increased situational awareness. Being able to identify, process, and comprehend information about our surroundings will keep us safer by being able to recognize potential threats and react appropriately before a dangerous situation escalates.

However, while situational awareness is a key component, it is best seen as part of a broader, comprehensive approach to keeping yourself safe. Effective self-defense also involves techniques like acquiring and practicing with a preferred protection device, mental preparedness, projecting confidence, and the ability to employ avoidance strategies.

Knowledge is power. On foot or in a vehicle, would you recognize if you are being followed, and have a safety plan in place? What would you do if someone grabs you from behind? What should you do when a stranger knocks on your door or you're alone at night and need to stop for gas? Hearing someone breaking into your house can be a terrifying experience. What should you do to prioritize your safety? It's important to have a safety plan in place beforehand and to be familiar with how to execute it calmly.

Awareness and confidence can go a long way in preventing victimization. It is always a win/win to be proactive and prepared. Bring your questions, curiosity, and concerns and join us on March 15th in the Spiritual Light Center Fellowship Hall, just past the Gazebo Restaurant in Heritage Hollow at 80 Heritage Hollow Dr., Franklin. Parking is limited, so you may have to walk a short distance.

Teaching the workshop and fielding your questions will be three seasoned professionals: Rick Litchford, Bob Cook, and Dan Fenimore who collectively bring to the seminar a broad range of civil and military expertise in security, law enforcement, investigations, and protection acquired during their respective distinguished careers.



Wisdom given to us by Doug in his January Message!

Tangerine meditation

-- Thich Nhat Hanh (From Peace is every step)



One day, I offered a number of children a basket filled with tangerines. The basket was passed around, and each child took one tangerine and put it in his or her palm. We each looked at our tangerine, and the children were invited to meditate on its origins. They saw not only the tangerine, but also its mother, the tangerine tree. With some guidance, they began to visualize the blossoms in the sunshine and in the rain. Then they saw petals falling down and tiny green fruit appear. The sunshine and the rain continued, and the tiny tangerine grew. Now someone has picked it, and the tangerine is here. After seeing this, each child was invited to peel the tangerine slowly, noticing the mist and the fragrance of the tangerine, and then bring it up to his or her mouth and have a mindful bite, in full awareness of the texture and taste of the fruit and the juice coming out. We ate slowly like that.

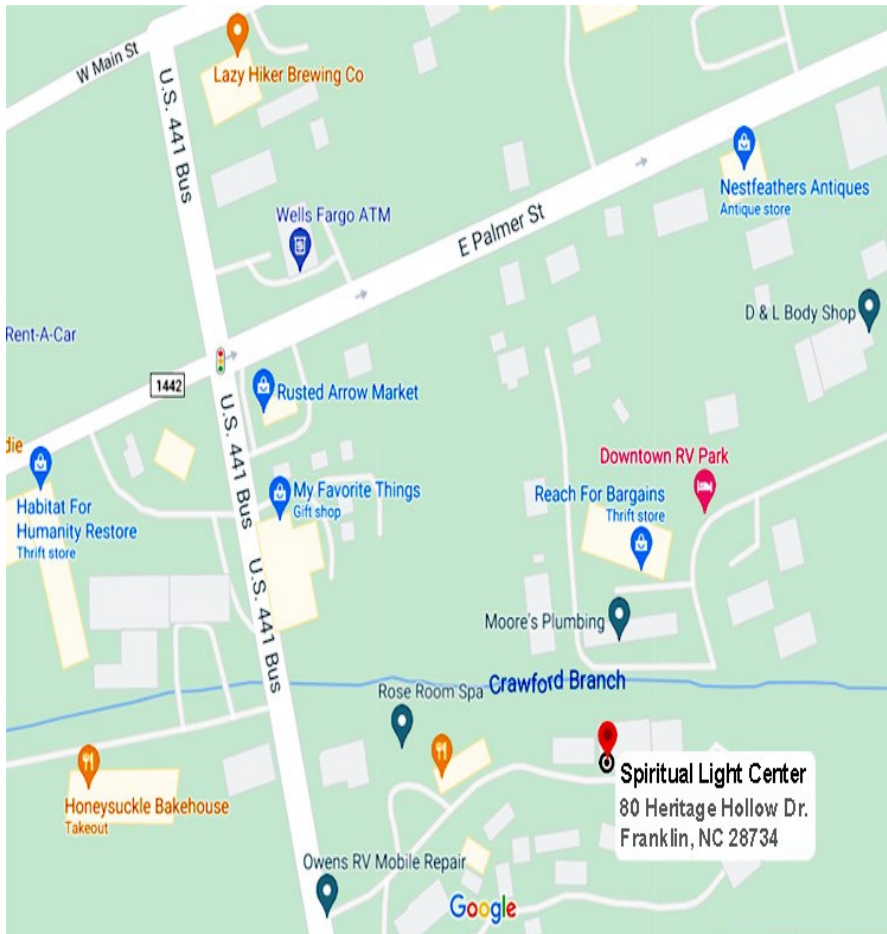
Each time you look at a tangerine, you can see deeply into it. You can see everything in the universe in one tangerine. When you peel it and smell it, it's wonderful. You can take your time eating a tangerine and be very happy.



**80 Heritage Hollow Drive
Franklin NC 28734**



TO:



Contact Information

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spirituallightcenter.com



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.I.11:1-3*)