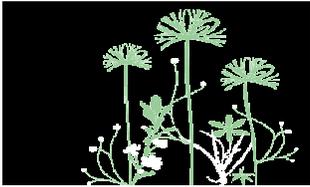


October 2013

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One Spirit - Many Voices

For the Broader Good

Byline: *Rev. Dr. J.*

Last month, I wrote about having a holistic approach to life and remembering the interconnectedness of each of us. It is more than just realizing that what each of us does has a trickle down effect on everyone and everything else; it is about thinking about how our lives have an impact and what kind on the broader good. What does the broader good mean and why is it important?

When we are concerned about the broader good, we are thinking about the concerns of all of humanity, not just ourselves as human beings. We fail to function as a society when we think and respond only to our own demands and needs, failing to consider the needs of others. Martin Luther King, Jr. once said, "An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity: Doing things for the broader good means that we recognize we are all part of one human body and live in a way that supports every member."

Sometimes our ability to rise above our narrow confines relates to the diversity, or lack thereof, of our life experiences and interactions. Steve Jobs said, "A lot of people in our industry haven't had very diverse experiences. So they don't have enough dots to connect, and they end up with very linear solutions without a broad perspective on the problem. The broader one's understanding of the human experience, the better design we will have." While he was talking about computer systems, this applies to life in general.

This is similar to a point that theologian Jose Rieger makes in his book, *God and the Excluded*. The more diverse our life experiences and the people in our lives, the greater our understanding of God's presence in the world and how God works in and through all of humanity. As we broaden our interactions with the diversity of humanity, we broaden our perspective on life, humanity and the Infinite.

It is important to remember that our point of view is not the universal point of view. What is seen as important for the dominant groups in society is not a universal truth for all. As Ani DiFranco said, "I hate it when people don't recognize the work of women as being universal, or having any import to the world at large, as opposed to men's work, which generally tends to be seen as more universal - men's writing about their own experience tends to be put in a broader context." It is important that the broader context we develop is not one that is isolated to the point of view of a single human being or group. When we do so, then we are creating that linear solution and perspective to which Steve Jobs referred.

It is those experiences which we have in life which can assist us in our understanding and appreciation for multiple truths and experiences in life.

(continued on page 2)

For the Broader Good (cont'd)

Byline: *Rev. Dr. J.*



“ It is important to remember that our point of view is not the universal point of view.

What is seen as important for the dominant groups in society is not a universal truth for all. “

As Richard Carmona once said, “I think what it does is it gives me a much broader perspective than the average politician. You know, having walked in those shoes of being hungry and being homeless. The indignities of not getting health care, or waiting in the public hospital, hoping somebody will care for you. Going to sleep with a toothache because you can't go to the dentist.” It is those moments when we were the least of thee which remind us that there are realities and needs other than our own. When we remember or envision what it must feel like to be the least of thee, then it enables us to do to them as we would do to the Infinite. As Jesus said, “what you do to the least of thee, you do to me.” This is the question we should keep in mind as we consider what is being done for the broader good? If we remember that the homeless are God, the poor are God, the uninsured are God, the unemployed, underemployed, and misemployed are God, are we making choices and decisions about our world which consider their experiences and feelings as well as the privileged groups who have never had these experiences in what we do. The broader good is the 80% of the world who live on 20% of the world's wealth, not the 20% of the world who live on 80% of the world's wealth. ♣

Peace 1 - Old Friends

Byline: *Gary Bertnick*

She looks at herself, sees the hand of God near

Jewels of creation drip from fingertips

A multi-faceted diamond rests within,

The walk of life gladly poured out

Footsteps of divine order a pleasure

Purposes sought, purposes discovered

Warmth of friendship always held out

Expressed freely, honestly

Seen clearly

Recognized even far away

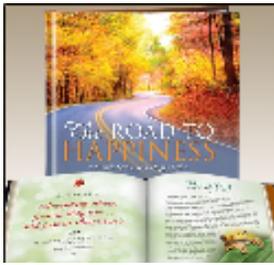
The light of eternity reflected in her eyes.

heavensees (<http://heavensees.wordpress.com>)



“ I've learned that time doesn't heal old pain. It masks it by new experiences. “





“ If you can't find happiness inside yourself, you'll never find it in the outside world, no matter where you move. Wherever you go, there you are. You take yourself with you. This is the essence of happiness— learning to find inner contentment in any situation. “

An Excerpt From ‘The Road to Happiness’

Byline: *Mac Anderson*
and *BJ Gallagher*

When I travel on business, I like to talk to the taxi drivers who take me from the airport to my hotel, or to a convention center, or to a restaurant. Taxi drivers are often immigrants with interesting personal histories and unusual cultural backgrounds. I ask them how long they've been in America, how they chose which city to live in, and what they like best about where they live. Of course, I also ask them for advice on good local restaurants and any special attractions they'd recommend to a visitor. I've had some great experiences on my travels, thanks to the advice of taxi drivers!

On one trip about ten years ago, I was making conversation with the taxi driver, asking him my usual questions about how he came to live where he lived. Then I asked him a hypothetical question: "If you could live anywhere in the world - and if money was no object - where would you live?"

Without hesitating even for a second, he replied, "I live in my heart. So it really doesn't matter where my body lives. If I am happy inside, then I live in Paradise, no matter where my residence is."

I felt humbled and a little foolish for my question. Of course he was right - happiness is an inside job. He had reminded me of something I already knew, but had forgotten. If you can't find happiness inside yourself, you'll never find it in the outside world, no matter where you move. Wherever you go, there you are. You take yourself with you.

I am grateful for the wisdom of that taxi driver. And I'm grateful for all the wisdom others have shared with me about how to be happy. ◆



“ Thank-you to those that have helped in the past, and all those who will find it in their heart to assist us in the future. ”



“ Inspiritual is now a distributor for Young Living Oils. ”

Plant a Seed or Become a Micro Patron

For the last 3 years we have been committed to providing low and no-cost offerings so that all who seek a space for spiritual growth and evolution may have a space to go. This has not always been easy in a struggling economy. Each month, we ask you to consider helping us grow and evolve so we may continue to ensure all are fed. You can assist us in one of two ways. One is to become a part of our Plant a Seed program by making a monthly donation, which will assist us in raising the funds needed to assist us in our growth and expansion. The other is to become a micro patron. Micro-patronage is a way to support Inspiritual through a micro (small) donation. Those who donate \$50.00 or more will be listed on our Micro Patrons page for that year.

As a thank you to those who have expressed a commitment to helping us grow, we are offering the following:

Those donating \$50.00 or more will receive an Inspiritual stress ball.

Those donating \$100.00 or more will receive an Inspiritual mouse pad.

Your investment in us will be used to support the following:

- ♥ Advertise in local community newspaper (\$130.00 every six weeks)
- ♥ Advertise in City newspaper's Mind Body Spirit section (\$120.00 per week)
- ♥ Professional printing of brochures (\$250.00)
- ♥ Trademark our name (\$325.00)
- ♥ Research costs to assist in the writing of *The Zenful Kitchen* and *Spiritual Courtesy* ♦

What's New

On September 11th, Rev Sharon was a guest speaker on Demetris Taylor's Blog Radio show, Dishing TEA with Big Meach. The theme was "What are you Grateful for?" We explored the spiritual epiphanies that come from being Grateful and Acknowledging the blessings of having a heart full of Thanksgiving! You can listen to this Podcast by visiting <http://www.blogtalkradio.com/dishing-tea/2013/09/11/what-are-you-grateful-for>. The interview begins at 27 minutes.

We also became a distributor for Young Living Oils. These essential oils are organic, kosher, earth friendly and approved for human consumption by the FDA, not all essential oils are. To help you learn about essential oils and how they can assist you in your spiritual growth and development, we will be including information on the various oils and how to use them each month in our newsletter. There is a link to our Young Living Essential Oil site on Inspiritual's website <http://inspiritual.biz> (access via the 'YOUNG LIVING ESSENTIAL OILS' menu option), or you can go there directly by visiting <https://www.youngliving.org/inspiritual> ♦



*“ When you get to the
point you don't know
what to say...*

*And you bow your
head and pray...*

God is watching you. “

God is Watching You

Byline: *Nina P. Ploetz*

When you feel alone like no one's around...
When your mind is troubled with eyes on the ground...
 God is watching you.
When all seems lost with nowhere to go...
When you can't take it anymore and yell "So"...
 God is watching you.
When you get to the point you don't know what to say...
 And you bow your head and pray...
 God is watching you.
Through the laughter and the tears...
 Through all the joys and fears...
 God is watching you.
 With Blessings from above...
 Always holding you with Love...
 GOD IS WATCHING YOU.

~Nina Pauline Ploetz

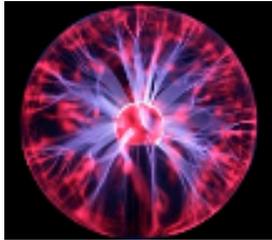
Maple Leaf

Byline: *Sharon Forsythe Hinkson*



Maple Leaf

"The distance between our surface world and the world of the spirits is exactly as wide as the edge of the maple leaf."



“Visit their website
([http://
www.newmoonforyou.
com/](http://www.newmoonforyou.com/)) for ALL the
information about
this event ”

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“No recommendations are made here for the purpose of diagnosis or treatment of disease. Our oils support the body and its systems in the healing process, but we do not regard them as medicine”

Learning About Essential Oils

Byline: *Young Living Website*

As we talked about in our What's New column, we recently became distributors for Young Living Oils. We realized that some of you may not be familiar with essential oils, what they are how to use them, or the various ways they can be used to promote mind, body, and spirit healing in our lives. Beginning this month, we will offer information about them and their uses. Feel free to visit our Young Living distributor's website (<https://www.youngliving.org/inspiritual>) to explore and purchase some of the items and to learn more about them. The information we are sharing this month comes from the Oil Training: Basic Techniques page (http://www.younglivingworld.com/MainFrame.asp?BodyFrame=resources/basictechs_main.asp) on the Young Living website. In subsequent months, we will share more information about essential oils.

Introduction

The recommendations made here are specifically for use with Young Living Essential Oils-not any others. The reason is simply this: We know the quality of Young Living's oils, but not others. And to use these techniques safely and to achieve the desired effects, your oils should meet the same high standards as do Young Living Essential Oils. So, please don't use these techniques with other essential oils unless you know for certain that the batch you are using has been tested for purity and quality.

No recommendations are made here for the purpose of diagnosis or treatment of disease. Our oils support the body and its systems in the healing process, but we do not regard them as "medicine." Rather, they are agents of energetic change that seem to enliven and strengthen us in the direction of wellness-physically, mentally, emotionally, and even spiritually. We urge anyone with a serious medical condition to work with a competent healer.

The Art of Using Essential Oils

It's important to bear in mind that the use of essential oils to support the body, mind, and spirit, is an art. There are many people using essential oils with widely varying approaches. Each approach has its proponents, and accounts of wonderful results. The recommendations presented here are not meant to be exclusive or dogmatic. They just present the approach we choose because of the excellent results we experience. We honor the spirit of diversity and dialogue and hope that the use of these remarkable substances will help all of us feel more and more connected to the marvelous healing power of nature and to each other.

Individuality

Individual responses to essential oils can be as varied as individual responses to food. So, if you were going to try a brand new kind of food, how would you go about it?

(continued on page 8)



“If you are new to the oils or have fair or thin skin, be sure to dilute the oils with a pure vegetable oil such as V-6 Mixing Oil.”

Learning About Essential Oils (cont'd)

Byline: *Young Living Website*

Our recommendation is to proceed with intelligence, intuition, and a sense of discovery. Just like you can easily learn what foods feel good to you, you can learn how essential oils feel to you and how they work for you simply by trying them. Go slowly. Explore this world with patience and sensitivity.

Your first day using essential oils

On your first day, start with only one or two oils. Your body may not be used to the amount of oxygen and other healing substances that the oils can provide. You want to be as aware as you can of the effects of each oil that you use so you can get to know each one well. Give yourself a few days to adapt. After that, once you see how you respond to them, you can expand your style. This writer uses 15 oils commonly in one sitting with wonderful effects. But, every body is different.

Diluting your essential oils

If you are new to the oils or have fair or thin skin, be sure to dilute the oils with a pure vegetable oil such as V-6 Mixing Oil. Even if you have tough skin, there may be places on your body where it's thin and more sensitive, like the center of your chest or under your arms. Putting certain oils undiluted on your skin could be irritating. However, if you dilute each oil, you'll be able to keep the action gentle. Don't be concerned that by diluting you're making the oils less effective. Not so. It just takes a little longer for the oils to go through the skin. Some people believe that the effects may even be stronger when the oils are diluted. The only way to know is to try it.

"Hot" oils

In general, the oils that will tend to feel "hot" or "spicy" are the spice oils, such as Clove, Cinnamon, Peppermint, Oregano, etc. Dilute these oils to "cool" them down, and be careful not to rub your eyes after using them as they'll give you quite a stinging sensation. If this should happen, just put some vegetable oil on a tissue or paper towel and smear it over the affected area. It will cool of in a matter of seconds.

A Few Principles

If one oil doesn't work, try another. Sometimes you may need a week or more of applying an oil to tell if it is helping your body. This is especially true if the symptoms you are trying to affect have been chronic-meaning you've had them for a long time. If they took a long time to develop, they probably won't disappear overnight with any intervention. So, be wary of overly high expectations when dealing with issues of long standing.

(continued on page 9)



“ Don't touch the edge of the bottle to the skin. Touching the rim can leave tiny deposits of bacteria or skin that can accumulate over time and decrease the quality of your oil. “

Learning About Essential Oils (cont'd)

Byline: *Young Living Website*

On the other hand, the fact is that there are people who have had remarkable, sudden improvements in their symptoms within a day or an hour. Such is the mystery of nature and of people. The point here is that how you use your oils is an intuitive matter that no one can really decide for you. If you do use the same oil regularly, be sure to take a break from it every 4 or 5 days. Also, you can experiment with how often you put it on each day. Once? Twice? Every hour? Experiment. The effects of some oils can last as long as several weeks with one application! But sometimes, you'll need to use an oil more than once each day.

In general, if you want to use more than one oil in a session, apply each oil one at a time and allow a minute or so in between oils. You can "layer" oils in this fashion on the same area of the body, whether the feet or the location you're trying to help. (And you don't need to wash your hands between each new oil!)

In general, let the oil fall out of the bottle a drop at a time. Don't touch the edge of the bottle to the skin. Touching the rim can leave tiny deposits of bacteria or skin that can accumulate over time and decrease the quality of your oil.

Heating essential oils changes their chemistry. We recommend that you DO NOT use diffusers that use heat. We also recommend keeping your oils away from bright light or any sources of heat. ♦



Looking for something to do? We have plenty of low OR no cost events on the calendar.



October 2013*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspirational 25 Bernie Lane Rochester, NY 14624	1 Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz	2 Love & Inspiration 6:30 pm Moon — Reiki I Session 2 of 3	3 Love & Inspiration 6:30 pm Moon — Reiki I Session 3 of 3	4 Collective Intent for Broader Good	5 Collective Intent for Broader Good	6 Inspirational 10 am Meditational Mandalas 2:30 pm
7 Healing Harbor 7 pm	8 Healing Harbor 7 pm	9 Love & Inspiration 6:30 pm Moon — Reiki I Session 3 of 3	10 Love & Inspiration 6:30 pm Moon — Reiki I Session 3 of 3	11 Collective Intent for Broader Good 6:30 pm Spirituality Book Club	12 9:30 am Net-working Breakfast Noon — Spiritual Journaling workshop—Session 1	13 Online Love & Inspiration 10 am K's Movie Time! 2:30 pm
14 Online Love & Inspiration 10 am K's Movie Time! 2:30 pm	15 Healing Harbor 7 pm	16 Love & Inspiration 6:30 pm	17 6:30 pm Online Spirituality Book Club	18 Collective Intent for Broader Good	19 Noon — Spiritual Journaling workshop—Session 2	20 Online Love & Inspiration 10 am Spiritual Partnership: Introduction 2 pm
21 Healing Harbor 7 pm	22 Healing Harbor 7 pm	23 Love & Inspiration 6:30 pm	24 Love & Inspiration 6:30 pm	25 Collective Intent for Broader Good 7 pm Living the Five Agreements	26 Online Living the Five Agreements—noon EST	27 Online Love & Inspiration 10 am
28 Healing Harbor 7 pm	29 Healing Harbor 7 pm	30 Love & Inspiration 6:30 pm	31 Love & Inspiration 6:30 pm	* Please visit our website for event details.		

A space for spiritual evolution and transformation

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

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Calendar of Events

Love and Inspiration

Host/Host Organization: Inspiritual

Date: October 2, 9, 16, 23, and 30, 2013

Time: 6:30 pm - 8:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Are you seeking a time and space to experience a shared spiritual experience, but not feeling drawn to the traditional "church" or other "religious" service. If so, we invite you to share a time of Love & Inspiration with us.

This will be a time of gathering, listening to inspirational music, time for personal meditation, a reading, and reflection on an inspirational or spiritual reading, affirmations, and communal sharing.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/love-inspiration/>

Wheelchair Accessible: Yes

Collective Intent for the Broader Good

Host/Host Organization: Inspiritual

Date: October 4, 11, 18, and 25, 2013

Time: All day

Place/Venue: Wherever you are

Description of Event: During this month, the spiritual value we will be focusing on is the broader good. Each Friday, we will have a collective intent to focus on thinking about what we can do to contribute to the broader good. We will focus on what the broader good means. The broader good is about owning our responsibility for the welfare of the wider community. There may be those days when acting responsibly for the broader good is easy and those it is not. We ask that you join us in being intentional about promoting the broader good is easy and giving ourselves permission to press through any challenging moments which may arise.

Feel free to post comments to help us all focus our collective intent on this day. Promoting empowerment is an opportunity for spiritual reflection and transformation. Share your experiences with us and others.

Feel free to post comments to help us all focus our collective intent on this day. Promoting courage is an opportunity for spiritual reflection and transformation. Share your experiences with us and others.

(continued on page 12)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Admission Price: Free

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/collective-intent/>

Wheelchair Accessible: Yes

Love and Inspiration on Skype

Host/Host Organization: Inspiritual

Date: October 6, 13, 20 and 27, 2013

Time: 10:00 am - 11:30 am

Place/Venue: Skype

Description of Event: Are you seeking a time and space to experience a shared spiritual experience, but not feeling drawn to the traditional "church" or other "religious" service. If so, we invite you to share a time of Love & Inspiration with us.

This will be a time of gathering, listening to inspirational music, time for personal meditation, a reading, and reflection on an inspirational or spiritual reading, affirmations, and communal sharing.

The group is limited to six (6) people each week, RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted via our Help Us Grow webpage (<http://inspiritual.biz/help-us-grow/>)

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/love-inspiration/>

Wheelchair Accessible: Yes

Meditational Mandalas

Host/Host Organization: Inspiritual

Date: October 6, 2013

Time: 2:30 pm - 4:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: David Fontana, a teacher of meditation and of mandalas once wrote, "The mandala is like a mirror that helps us to discover who we are. If the mandala is a suitable one, it is already a reflection of something deep inside us, a reflection that does not judge or condemn, that does not flatter or deceive, and that does not compare us with other people and find us better or worse, that simply reveals to us things as they are. When we stop to think about ourselves we become aware of all sorts of strengths and weaknesses, but the mandala is not interested in these. Like a mirror, it accepts all that it sees. It teaches us not to hide from ourselves.

(continued on page 13)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

It teaches us to stop pretending that we are somebody we are not and to experience what it is to be ourselves rather than becoming lost in an artificial world of concepts, prejudices and needless hopes and fears about ourselves."

Mandala is the Sanskrit word for circle. Mandalas are circular images whose amazing power goes far beyond mere decoration. They have been used in healing for centuries by cultures all over the world because of their transformative effect on the body, mind, and spirit.

Each month, we will begin with a guided meditation associated with a specific gift or emotion. Then we will have quiet time to meditate with the various colors, listening to our intuitive response to each color and its placement in a pre-drawn mandala. Using pre-drawn mandalas allows one to focus on our relationship with color, rather than form. Time and space will be provided to color one's mandala and reflect on the messages behind the colors used.

Coffee, tea, water, and Crystal Light will be provided. Crayons and colored pencils will be provided. However, feel free to bring your own coloring supplies if you would prefer

We will meet the 1st Sunday of each month from 2:30 pm - 4:30 pm

Admission Price: \$10.00/person

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/meditational-mandalas/>

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: October 7 and 14, 2013

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Healing Harbor is an open space of healing. We invite you to "sail" into the safety of our harbor to receive healing before you "sail" back out into the waters of everyday life. We provide a diversity of approaches to healing including Reiki, IET (integrative energy therapy), Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love.

Our healers offer their services as their gifts to the community in thanks for all we have been blessed with by the Universal Spirits, God, and those who have guided us in our individual journeys.

(continued on page 14)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

We do not charge for our services, however, we do request that you make a love offering to help support Healing Harbor.

Admission Price: Love offerings accepted

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/healing-harbor/>

Wheelchair Accessible: Yes

2nd Friday Spirituality Book Club

Host/Host Organization: Inspirital

Date: October 11, 2013

Time: 6:30 pm - 8:00 pm

Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: This month, we will be reading and discussing the book *Imperfect Spirituality: Extraordinary Enlightenment for Ordinary People* by Polly Campbell ISBN-10: 1936740184

Admission Price: Love offerings accepted

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/2nd-friday-spirituality-book-club/>

Wheelchair Accessible: Yes

Metaphysical Practitioners Networking Breakfast

Host/Host Organization: Inspirital

Date: October 12, 2013

Time: 9:30 am - 11:00 am

Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: This is a potluck networking breakfast. Coffee, tea, crystal light, water, and serving materials will be provided. Bring a dish to pass as well as any promotional materials about your services and special events you want others to know about. We will be meeting the 2nd Saturday of each month.

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/metaphysical-and-spirituality-practitioners-directory/>

Wheelchair Accessible: Yes

Spiritual Journaling Workshop- Sessions 1 and 2

Host/Host Organization: Inspirital

Date: October 12 and 19, 2013

Time: noon - 5:00 pm

Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Spiritual journaling is more than keeping a diary where you log the events of your life. It's a place where you share your innermost thoughts with yourself and your Higher Power.

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Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

As you become more comfortable and skilled in doing that, you will sense a deeper spiritual direction for your life. Most spiritual journaling writers suggest there are two rules about spiritual journaling. In *Life's Companion: Journal Writing as a Spiritual Quest*, Christina Baldwin states there are only two rules for spiritual journaling: Date your entries as you go, and don't make any other rules.

Spiritual journaling provides you with an opportunity to reflect on the spiritual understandings, which may be struggling to rise within your consciousness. Anything, which catches your attention in daily life, such as quotes, images, feelings, or things you find in the world, may be the universe's way of catching your attention.

The purpose of this series is not to teach you what to write, but to give you strategies to help liberate your writing and take you to a deeper understanding of yourself and your relationship with your Higher Power, however you define that. You will learn 4 different strategies each session. We will begin with the most basic strategy - streaming. Subsequent sessions will all incorporate streaming in combination with other strategies. Space will be provided for anyone who feels comfortable or desires to share his or her writing.

Please bring a quote, image, feeling or artifact and a sheet of poster board with you to the first session. Also bring a journal to write in and something with which to write.

We will meet the 1st and 2nd Saturdays from noon - 5:00 pm

Cost \$80.00 for the entire workshop.

Admission Price: \$80.00/person

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/spiritual-journaling/>

Wheelchair Accessible: Yes

It's Movie Time

Date: October 13, 2013

Time: 2:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: The 2nd Sunday of each month we will gather at 3:00 pm to view a film and discuss the spiritual lessons. Feel free to bring BYOB. Popcorn will be provided.

This month we will be watching and discussing *Rust and Bone* - A drama about the capacities of some individuals to bounce back and survive in the face of ordeals, setbacks, and suffering.

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Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Admission Price: Love offerings accepted

Website: <http://inspiritual.biz/its-movie-time1/>

Wheelchair Accessible: Yes

Spirituality Book Club on Skype

Host/Host Organization: Inspiritual

Date: October 17, 2013

Time: 6:30 pm - 8:00 pm

Place/Venue: Skype

Description of Event: This month, we will be reading and discussing the book *Imperfect Spirituality: Extraordinary Enlightenment for Ordinary People* by Polly Campbell ISBN-10: 1936740184

The group is limited to nine (9) people each month, RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted via our Help Us Grow webpage (<http://inspiritual.biz/help-us-grow/>)

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/2nd-friday-spirituality-book-club/>

Wheelchair Accessible: Yes

Spiritual Partnership: An Introduction

Host/Host Organization: Inspiritual

Date: October 20, 2013

Time: 2:00 pm - 4:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: One of the questions I am asked most often is what is spiritual partnership? In this workshop, we will begin by talking about what spiritual partnership is, the various ways it is done, and my approach to being a spiritual partner. We will also talk about the benefits of having a spiritual partner in your life. One of the most powerful tools I use in my relationship with those I partner with is the sacred gift of listening. My time with my partners is, what Kay Lindahl has called, conversations of the heart. Typically, our partnership work would be just the two of us, however, in this workshop; I will give you a taste of a few of the tools and techniques you may experience should you decide to continue this journey with me beyond this evening.

Email: <mailto:inspiritual@ymail.com>

Website: <http://inspiritual.biz/individual-spiritual-direction>

Cost: \$10.00/person

Wheelchair Accessible: Yes

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Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: October 25, 2013

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Over eight years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation.

This group will discuss his two books, *The Four Agreements* and *The Fifth Agreement*, and discuss what we are learning about ourselves as we live these agreements. Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements1>

Wheelchair Accessible: Yes

Living the Five Agreements - Skype

Host/Host Organization: Inspiritual

Date: October 26, 2013

Time: noon -2:00 pm EST

Place/Venue: Skype

Description of Event: Over eight years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation. This group will discuss his two books, *The Four Agreements* and *The Fifth Agreement*, and discuss what we are learning about ourselves as we live these agreements. Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

The group is limited to nine (9) people each month, RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted via our Help Us Grow webpage

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements1>

Wheelchair Accessible: Yes ♠

About Us



Inspiritual

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: inspiritual@ymail.com

We're on the WEB!

Our Website

<http://inspiritual.biz>

Twitter

@Inspiritual

Facebook

[https://www.facebook.com/
inspiritual.biz](https://www.facebook.com/inspiritual.biz)

Inspiritual is a space for all those who come ready to look within and engage in a time of spiritual exploration and transformation. *All are welcome!*

It starts with your story.

Our lives are a story. They are a story about us, about what we believe, about the world we live in, about all that we have experienced and all that is yet to come. It is a story about what we know and what we have yet to understand.

We seek the spiritual in everyday life.

Each day is filled with the opportunities for teachable moments. Together we journey together learning from the arts, film, prose, poetry, meditations, and everyday experiences.

Fusion of traditions and beliefs

We see spiritual formation as a fusion of the esoteric wisdom of the world's ancient spiritual traditions with innovative writings and wisdoms of today. Through the movement beyond artificial boundaries, we grow in our understanding of ourselves, of the Infinite, and of the world in which we live. In our approach, we seek to: listen to and honor individual, communal and spiritual stories; recognize that one's entire life is an ongoing revelation of the Infinite Presence; honor and value the process. It is all about the journey, not how long it takes to get there; blend ancient and modern spiritual wisdoms; draw upon the expressive and creative arts to grow in our understanding of the Infinite; and move towards a way of being in the world which, is about love, grace, and compassion. ●

Making Submissions to Your Newsletter



We're excited to share Inspiritual's monthly newsletter, *One Spirit - Many Voices*, with you. The many voices (in the title) represents how we envision the content in future editions. We'd like to see *One Spirit - Many Voices* morph into a collaboration between all involved with Inspiritual. All includes YOU!

The submission process is simple. If you have an article, event, photograph, reflection, book or movie review, or anything you'd like to share with other newsletter readers, that will adapt itself to this format, PLEASE send it to us.

Our parameters for submissions are as follows:

- Review your submission to ensure its content is in harmony with the mission and values of Inspiritual;
- Create your documents using an Microsoft Office product (Word, Publisher, Excel) or an Apple iWorks product (Pages, Keynote, Numbers). A text format is also acceptable. Photos/graphics can be created, using multiple all photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, Inspiritual@ymail.com For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, by 11:00 pm.

Please realize that your submissions may be edited and/or not used in the upcoming month (i.e. due to space and/or content). Should you have questions or comments, please contact us.

Remember this is YOUR newsletter. Submit, and submit often!

Are you ready, willing, and able to share some of your talent and time with the Inspiritual community? Do you know anyone else who might be interested? If so, drop us an email!

***"Remember this is
YOUR newsletter.
Submit often!"***