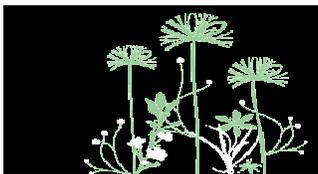


January 2016



Inside this issue:

Help Us Grow	2
Welcome (cont'd)	2
What's New?	3
What is on Our Wish List?	4
Young Living's Active and Fit Kit	4
Month at a Glance	5
Calendar of Events	6-9
Healing and Energy Work	10
How to Become a Community Sponsor	11
Inspirital Community Sponsors (New sponsor!)	12
About Us	11
Seeking Contributors	12

One Spirit - Many Voices

Welcome

Byline: *Rev. Dr. J.*

This is the season where so many of us practice hospitality as we welcome guests into our homes. Normally, however, we are welcoming people we know and already love. Practicing hospitality, however, is not just about welcoming those we already love, but also about welcoming strangers and those we are not necessarily comfortable with into our lives with graciousness.

When we open our home and show hospitality, we are making statements about where we are at in our own journey. It shows that we are open to welcoming all of humanity. It shows that we are focusing on the positives and the blessings that will come from this experience. We are saying we believe the world is a friendly and loving place.

Sometimes practicing hospitality means we work at crossing boundaries or dismantling barriers that keep "the other" out of our lives. For example, a few months ago Wendy and Greg Emerson, friends of mine who live in Honeoye Falls dismantled the barrier that kept me from coming to things at their home. Greg built a ramp that would enable me to walk into their home. This is practicing hospitality.

Practicing hospitality challenges us to celebrate diversity and pluralism in the world. It means that we welcome all of humanity, not just those who look like us or those who believe the same things we do. We practice hospitality when we engage in inter-religious dialogue. Hospitality is about welcome all of humanity. It is about saying that there is room for you in my life.

Hospitality challenges us to recognize and celebrate the divine in each other. It helps us to become trustful in a world that seems to teach us how to be fearful and distrustful. Hospitality helps us practice listening and recognizing the gifts we gain as we learn about the lives and gifts of others. As we open ourselves to experiencing how the Divine is working in the lives of what Jorge Rieger calls the excluded, we come to a deeper understanding of God and how the Ultimate Consciousness works in the lives of all of humanity.

Practicing hospitality brings about balance in our lives. It keeps us from being critical and judgmental of others. In doing so, it raises our personal vibrational frequency enabling us to radiate love and light into the world. It also helps us to raise the vibrational frequency of this world, working to make it a better place, for those we physically encounter and those we do not.

Each day we have a chance to practice hospitality. Our words, actions, and thoughts transform us into a walking welcome mat or a mat that says leave. The ability to exude welcome provides an invitation to share a moment with those who cross our paths.

Maybe this is part of why I love my part time job as a Pampered Chef consultant. I get to help my hosts practice hospitality with their guests and I get to practice hospitality with them as well by looking after their needs and the needs of her guests.

It is one of the reasons, we at Inspirital, have been intentional about saying we are a space where all are welcome. We are intentional about practicing hospitality for all

(continued on page 2)

One Spirit - Many Voices

Page 2



“ We wish to thank those that have and/or will generously give of their resources in support of Inspiritual.”



“ Hospitality challenges us to recognize and celebrate the divine in each other. It helps us to become trustful in a world that seems to teach us how to be fearful and distrustful.”

Help Us Grow

For the last five (5) 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 three ways:

- Become a part of our Plant A Seed Program by making a monthly donation, as low as \$5.00 a month, which will assist us in raising the funds needed to support our ministry.
- 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.
- Contribute to the funding of our community prayer and meditation garden. You can learn more about that by visiting our meditation and prayer garden page <http://inspiritual.biz/meditation-prayer-garden/>. We will be listing our costs, for the maintenance and growth of this public meditation and prayer space, on our donations page. Thus far, we have been able to purchase the benches, construct the berm, and the addition of shrubs, grasses and stones for the berm. However, we are still working to raise funds to put in pavers, a wheelchair accessible sidewalk, into the yard, mulch, and solar lighting to illuminate the space at sunset.

One hundred percent of your donations go to support our ability to provide low and no cost offerings to those seeking to grow and evolve spiritually, many of whom we never get to physically meet, because they live around the world. ♦

Welcome (cont'd)

Byline: *Rev. Dr. J.*

regardless of the spiritual path or paths they are on in their lives.

Practicing hospitality in the most inclusive of ways might seem radical in a time when we are more prone to isolate and stick with our own kind. In the last year, we have welcomed a wide diversity of people into our space. We have welcomed people such as:

- The woman who sat on our couch breastfeeding during a group
- Those who have come with their guide dogs
- Those who are in polyamorous relationships.
- Those who express their gender in ways that are not congruent with their biological sex
- Those who have mental health challenges
- Those whose racial or ethnic background makes them a target for discrimination.
- Those who speak out of turn or feel the need to be the center of attention
- Those who take things personally and do not agree with our core belief system
- Those who have knocked on our door desiring to share their belief system with us.
- Those whose bodies are covered with ink.
- Anybody who came seeking community regardless of who they are, what they believe or where they come from.

Practicing hospitality has meant that we create spaces where people of all backgrounds can come together and have conversation. We have sought to do so by opening our home on most dates of “family” gathering and by transforming our backyard into a space where all can sit and be in the presence of their Higher Power.

This year, we are going to work to expand the way we create these conversation spaces and hope you will join with us as we do so. This is how we build bridges between people; we start conversations with each other one person at a time. We practice listening to each other, creating connections, and building bridges. In the process, we learn how to hear, expand our understanding of the Ultimate, and tear down walls. We hope that in 2016 you will join us in teaching the world to sing with greater harmony and hospitality. Amen. Ashe. And so it is. ♦

WHAT'S New!

*“Times are a
changing’, and so are
we! Please read about
our new offerings”*

What's New?

- ♥ Looking for us on social media? You can follow us on Twitter @inspiritual or on Facebook on our group <https://www.facebook.com/groups/154921854555618/> or business page <https://www.facebook.com/inspiritual.biz>. We also have a page just for our Young Living Essential Oils <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>. You can also find us on Pinterest at <https://www.pinterest.com/inspiritual/>.
- ♥ We have had a few people who have asked to be able to join us on Zoom for our Living the Five Agreements Group, so we have created a space on Zoom for people to gather with those who are in the room as we study and discuss them and how we are living them in our lives.
- ♥ We had an awesome time at our Holiday Gift and Recipe Exchange and also at our Celtic, Haudenosaunee (Iroquois) and Peruvian Shamanism Solstice Celebration, led by Rev Maryanna Mueller. We will be continuing to partner with her in the future with offerings in February and March, so stay tuned.
- ♥ Each month we include information on spiritual partnership. However, reading about it and experiencing it are two different things. So this month, we are offering an introduction to spiritual partnership, so you can come and experience some of the tools and techniques I use.
- ♥ Our spiritual journaling workshop is starting again, as are our 28 day and 28 week spiritual cleansing programs. Contact us or visit the website for more information.
- ♥ We are always open to new opportunities to assist you in your spiritual journey. If you have an idea for something you would like to see us offer, please let us know. We are here to support you in your spiritual evolution and transformation.
- ♥ As always, we are ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

★wishlist

“If you'd like to assist in growing or maintaining one or more of our ministries this holiday season, here are a couple of possibilities thank-you“



“The Active & Fit Kit - for the athlete in you!“

What is on Our Wish List?

We have a few things on our Wish list for this year. So if you feel led to give us a gift, here is what we are seeking:

- Scholarship Fund (\$40.00 per month) - love offerings for those who cannot afford our offerings/partnership work;
- Gift Certificates to Home Depot or The Garden Factory for Prayer & Meditation Garden;
- Gift Certificate to Wegman's, for coffee/tea/paper products;
- Cairn for center (approximately two feet in diameter);
- Tibetan prayer flags which will hang from one of the existent trees;
- Small outdoor sculptures of animals to be tucked in and throughout the grasses;
- Concrete path into Garden;
- Landscape fabric ~ \$95.79;
- 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/rack cards (\$250.00); and
- Trademark our name (\$325.00)

You can plant a seed in these new ministries by making a monthly donation of as little as \$5.00 a month. ♦

Young Living's Active and Fit Kit

Rev up your workout with ease! Our panel of Young Living brand ambassadors and athletes has come together to design this first-of-its-kind fitness kit, which is designed with a carabiner for easy attachment to any gym bag, an exterior pocket that perfectly fits a Slique® Bar, and an interior pocket sized just right for a tube of NingXia Nitro™. As an added bonus, this kit will include three roller fitments to complement each topical essential oil. The Active & Fit Kit supports every fitness regimen, from elite competition to daily workouts.

The Active & Fit Kit includes:

- Nylon carrying case with seven interior mesh pockets for five essential oil bottles, one Slique Bar, and one tube of NingXia Nitro; an exterior pocket; and a carabiner for easy attachment to any gym bag
- Cool Azul™ Sports Gel, 3.4 oz.
- Deep Relief™ essential oil blend, 5 ml
- R.C.™ essential oil blend, 5 ml
- Thieves® essential oil blend, 5 ml
- Copaiba essential oil, 5 ml
- Peppermint essential oil, 5 ml
- 3 AromaGlide® roller fitments
- Product information card ♦



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/>)

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 10:00am - Love & Inspiration on Zoom 28-day Spiritual Cleansing Intensive begins 28-week Spiritual Cleansing Intensive begins	4 7:00pm - Healing Harbor	5 7:00pm - Living the Five Agreements Live onsite & on Zoom	6 7:00pm - Living the Five Agreements Live onsite & on Zoom	7	8 7:00pm - Spiritual Journaling Week 1 of 8	9 11:00am - Spiritual Partnership: An Introduction 1:00pm - Crafts & Inspiration
10 10:00am - Love & Inspiration on Zoom	11 10:00am - Love & Inspiration on Zoom	12 7:00pm - Living the Five Agreements Live onsite & on Zoom	13 7:00pm - Living the Five Agreements Live onsite & on Zoom	14	15 7:00pm - Spiritual Journaling Week 2 of 8	16
17 10:00am - Love & Inspiration on Zoom	18 7:00pm - Healing Harbor	19 7:00pm - Living the Five Agreements Live onsite & on Zoom	20 7:00pm - Living the Five Agreements Live onsite & on Zoom	21	22 7:00pm - Spiritual Journaling Week 3 of 8	23 1:00pm - Crafts & Inspiration
24 10:00am - Love & Inspiration on Zoom	25	26 7:00pm - Living the Five Agreements Live onsite & on Zoom	27 7:00pm - Living the Five Agreements Live onsite & on Zoom	28	29 7:00pm - Spiritual Journaling Week 4 of 8	30 1:00pm - Crafts & Inspiration
31 10:00am - Love & Inspiration on Zoom						

January 2016*



Phone: 585-729-6113
E-mail: inspiritual@dynamail.com
Website: <http://inspiritual.biz>

Inspirational
25 Bernie Lane
Rochester, NY 14624



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

Crafts & Inspiration

Host/Host Organization: Inspiritual

Date: January 2, 9, 23, and 30, 2016

Time: 1:00pm - 3:00pm

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

Description of Event: Come and bring whatever you are working on. There are tables to draw on, a sewing machine to sew on, space to knit, crochet, or work on whatever your project is for that day. This is not about learning how to do something, although we can definitely share with each other. Rather, it is a space to share space with each other, celebrate each other's gifts, and inspire each other through conversation.

Coffee, tea, and water will be provided and periodically something to snack on.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

Website: [Http://inspiritual.biz/crafts-inspiration/](http://inspiritual.biz/crafts-inspiration/)

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: January 3, 10, 17, 24, and 31 2016

Time: 10:00am - 11:30am

Place/Venue: **Zoom.** URL will be sent to all those who express an interest in joining us.

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.

RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

Website: [Http://inspiritual.biz/love-inspiration/](http://inspiritual.biz/love-inspiration/)

Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: January 3 through 30, 2016

Time: Daily, at your convenience

Place/Venue: Wherever you are

(continued on page 7)



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)

Description of Event: This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance, and peace to your life and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least 1 hour or more per day for this month. I will also be available in person, by phone or **Zoom** for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose).

A space is created for those in the group to communicate and support each other throughout the journey.

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/28-day-spiritual-makeover-intensive/>

Wheelchair Accessible: Yes

28 Week Spiritual Cleansing

Host/Host Organization: Inspiritual

Date: Begins the week of January 3, 2015

Time: Daily, as you have time

Place/Venue: Wherever you are

Description of Event: This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance, and peace to your life and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least 1 hour or more per week. I will also be available in person, by phone or **Zoom** for a 30-minute check in after the completion of each 7 week period to assist you in your processing. Supplies needed two journals (each used for a different purpose).

A space is created for those in the group to communicate and support each other throughout the journey

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/28-week-spiritual-makeover/>

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

(continued on page 8)



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)

Date: January 4 and 18, 2016

Time: 7:00pm - 8:30pm

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, 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.

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

Coffee, tea, and water are provided. Services are provided on a first come, first serve basis. Our doors will close to new arrivals at 8:10pm.

Admission Price: Love offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: January 5, 12, 19, and 26 2016

Time: 7:00pm - 9:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113, and on **Zoom** <https://zoom.us/j/903992515>

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: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

(continued on page 9)



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)

Spiritual Journaling: An 8 Week Workshop

Host/Host Organization: Inspiritual

Date: January 8, 15, 22, 29 and February 5, 12, 19, and 26 2016

Time: 7:00pm - 8:30pm

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

Description of Event: 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. I will share a different techniques each week in this eight week series. We will begin with the most basic technique- streaming. Subsequent technique will incorporate streaming in combination with other technique. 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. Bring a journal to write in and a pencil or pen.

Admission Price: \$10.00 per week or \$70.00 for the entire series

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Partnership: An Introduction

Host/Host Organization: Inspiritual

Date: January 9, 2016

Time: 11:00am - 1:00pm

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

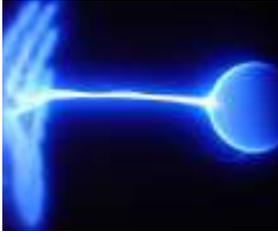
Description of Event: One of the questions I am asked most often is what is spiritual partnership? In this workshop, we will begin by talking about what spiritual partnership is, the various ways it is done, and my approach to being a spiritual partner. We will also talk about the benefits of having 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 are, 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 workshop.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/spiritual-partnership-an-introduction/>

Wheelchair Accessible: Yes ♠



“We offer and/or keep you informed about a diversity of healing and energy work services, from multiple venues, via numerous practitioners. Visit our website (<http://www.inspiritual.biz>), read our monthly newsletter, and/or investigate our social media pages to find out what’s new, fun and YOU!”

Healing and Energy Work

We offer a diversity of services including:

28 Day and 28 Week Spiritual Cleansing programs ~ This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance and peace to your life, and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life. To learn more visit <http://inspiritual.biz/28-day-spiritual-makeover-intensive/> or <http://inspiritual.biz/28-week-spiritual-makeover/>.

Angel Card Readings ~ These readings will offer you comforting, uplifting, and healing messages. The readings also function as a divination tool, as you can ask a question and find the message that gives you guidance and answers. These readings can offer you guidance to help you stay centered in peacefulness and to remember your angels are always beside you, ready to help you with every area of your life. To schedule an appointment visit <http://inspiritual.biz/angel-oracle-card-readings/>.

Healing Harbor ~ 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.

We do not charge for our services, however, we do request that you make a love offering to help support Healing Harbor. Learn more about our healing staff at <http://inspiritual.biz/healing-harbor/>.

Reiki ~ Reiki works on different levels the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. This ancient Japanese method of healing uses energy to balance the body and mind, and its benefits can be felt by both Reiki practitioners and their clients. In fact, Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit. It has been proven Reiki can help people suffering from various major and minor ailments. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both in the hospital and from outpatient health care providers. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well. Below is a list of a few of the health benefits of Reiki. To learn more about the benefits of Reiki or to schedule an appointment visit <http://inspiritual.biz/reiki/>.

Spiritual Partnership - Spiritual Partnership is the ongoing process of being gentle with others as they seek to evolve in their relationship with their Higher Power, however, they define that. A Spiritual Partner is a person trained in HOLY LISTENING. It is not counseling. Together the Spiritual Partner and companion listen, pray, and talk in the presence of Spirit. The focus of a session is Spirit and Energy. You can learn more by reading the brief article in this issue of the newsletter or visiting <http://inspiritual.biz/individual-spiritual-direction/>. ♠



“Interested in becoming an Inspirital community sponsor? Here’s how...”

How to Become a Community Sponsor

Inspirital is a space where all can come for spiritual growth, evolution, and transformation regardless of income. We are intentional about increasing the Gross National Happiness in this world. Our community sponsors help us in one of two ways.

One way is through a reciprocal flow of energy in promoting one’s organizations and events. We strive to create individualized programs to meet the needs and level of reciprocity we have with each sponsor.

The second way is through an annual donation of \$60.00. Both approaches will ensure that your organizational information and logo are listed on our community sponsor page. The latter, however, also provides you with a business card size ad in our monthly newsletter, which is currently emailed out to approximately 400 people. We also ask that you list basic information about Inspirital and our services on your website. Our community sponsors are the only ones who we allow to advertise in our newsletter.

If you are interested in either of our programs, please let us know which one you are most interested in being involved. In either case, we will need the following information:

- * Name of Organization
- * Description of Organization
- * Contact Person:
- * Phone
- * Email
- * Website
- * Your logo (in jpeg or gif format)

If you would prefer to participate via a reciprocal flow of energy, please let us know what you are willing to provide to help promote and support our efforts to help people heal, evolve, and transform spiritually as well as how we can support you in return.

Our Community Sponsor information is on our website - <http://inspirital.biz/community-sponsors-resources/> ♦



*"We'd like to say
THANK-YOU to our
sponsors. Please take
the time to check
them out —see if
their products
and/or services can
assist you, your
organization, or
someone you know!"*

Inspirational Community Sponsors

Jewelry In Candles New Sponsor!



As candle lovers, we ventured into the candle industry looking for ways to enhance the candle experience. Our dream was to create candles that last longer, smell great, and are an eco-friendly alternative to paraffin candles.

We started with 100% soy wax that is natural and burns clean in your home. Then, we added premium fragrances that transform your home into a relaxing and blissful experience.

In our pursuit, we discovered a variety of unique scents that make our candles simply irresistible. We continue to explore and expand our scent collection, offering new scents every week. When you light our surprise candles or tarts, you unlock a delightful experience that will transform your home and take you to paradise. Explore our fragrances and discover your Jewelry In Candles experience, now!

Contact: Karen Grimsley

Email: Darkcelticmermaid@gmail.com

Website: <https://www.jewelryincandles.com/store/karengrimsley>

Marketed by Michelle, LLC



Marketed by Michelle, LLC offers a variety of products and services:

Web Design Press Releases Copy Writing Resume Development
Newsletters Print Advertising Postcards Brochures
Rack Cards Flyers Tag Lines Mission/Vision Statements
Social Media Email Marketing Interviewing Coaching

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 Page

@Inspiritual

Facebook Page

<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. ♠

Seeking Contributors



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

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, art work, poetry, prose, a reflection, book or movie review, and 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 11:00pm.

Please realize that your submissions may be edited and/or not used in the month submitted, due to content clarity and/or space constraints. If you have questions or comments, please contact us.

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