

OCTOBER 1, 2024

# THE WHOLY TIMES

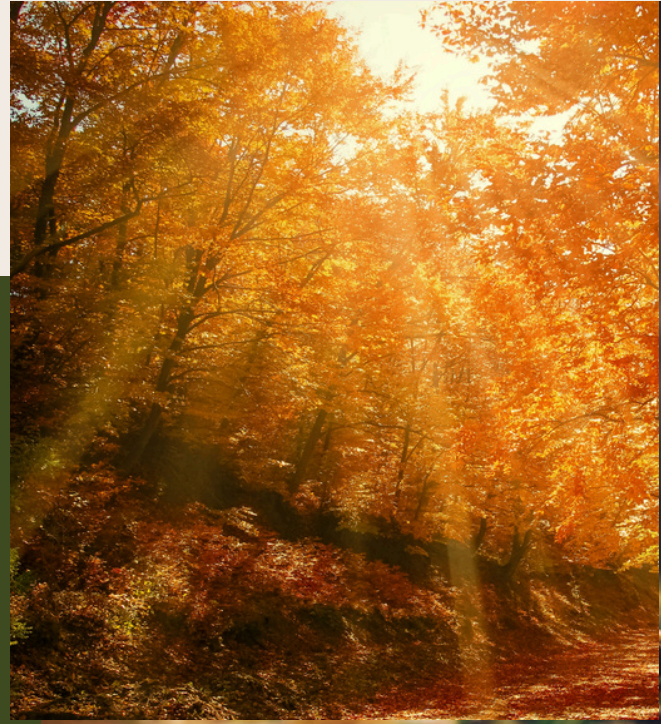
WHOLY GROUND SPIRITUAL CENTER NEWSLETTER

HAPPY **5<sup>th</sup>** ANNIVERSARY!

## FAITH REVISITED!

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A Radically Inclusive, Inter-Spiritual,  
Justice-Influenced, Compassion-  
Centered Wholistic Experience



## HIGHLIGHTS

- Community Spotlight
- Upcoming Events
- Reflections & Teachings
- Action & Advocacy
- Wellness & Wholeness



“Christian, Jew, Muslim, shaman,  
Zoroastrian, stone, ground, mountain,  
river, each has a secret way of being  
with the mystery, unique and not to  
be judged.”

~ Rumi

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## WELCOME TO OUR QUARTERLY NEWSLETTER!

Welcome to our latest edition of the Wholy Ground Spiritual Center Newsletter! We are thrilled to share the latest updates, events, and reflections from our vibrant and inclusive community. Together, we continue to journey towards a more compassionate and just world.

Wholy Ground Spiritual Center celebrates five years! The number five represents freedom, curiosity, and change. All of these align with where we are in this moment and time. Mindful that spirituality, sexuality, gender, and the seasons are fluid and can change, Wholy Ground is also energized to move in ways of growth, wisdom, and call to action in our purpose and Wholyness. The healthiness and authenticity of mind, body, and spirit.

With everything, let's give thanks! With gratitude, Wholy Ground is still a virtual spiritual community. We appreciate the follows, the likes, the views, your donations, and your presence. We express affirmation for you and your journey in mind, body, and spirit aligned to live a Wholy life. With most things, if there is community with values and commitment to healing, learning, and growth, Wholyness can abide.

*Thank you for reading!*

"I THINK IT'S REALLY IMPORTANT TO TAKE THE STIGMA AWAY FROM MENTAL HEALTH... MY BRAIN AND MY HEART ARE REALLY IMPORTANT TO ME. I DON'T KNOW WHY I WOULDN'T SEEK HELP TO HAVE THOSE THINGS BE AS HEALTHY AS MY TEETH."

- KERRY WASHINGTON

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## Community Spotlight

This quarter's spotlight is for all of you who are educators, healers, coaches, mindset leaders, spiritual/faith directors, and guides. Any of us at any moment can be stopped, paused, or confused about our purpose, our worth, and our support during this lifetime. We highlight these individuals doing this sacred and sacrificial work, especially when holidays, weather, and life begin to challenge our movement and bring up memories that may be unpleasant.

There are a few Wholy Grounders to keep in mind and prayer during this season:

- Tiffany Mills-Howell
- Rev. Ladale Benson
- Mary Perkins
- Coach Ingeri
- Coach Cayme
- Pastor Isai
- Lucretia Vandyke
- Rev. Yani Davis
- Rev. Cedric Harmon
- Rev. Kyndra Frazier
- Rev. Glencie Rhedrick
- Rev. Melissa McQueen-Simmons
- Angela Harvey

Follow them and the incredible work they are doing to make a difference.

“The mind and body are not separate. What affects one, affects the other.”

– Unknown

## Upcoming Events

The Seven-step Inter-spiritual Contemplative Meditation series continues.

### October

- Tuesday, October 1st- Wholy Meal 8 pm EST
- Wednesday, October 9th Wholy Experience: 5th Anniversary edition Wholy Grounder Interest meeting (Zoom) and Check-in at 8 pm EST
- Sunday, October 13th- Contemplative Meditation "Gratitude" live streaming at 11 am EST on Facebook and YouTube.
- Sunday, October 20th- Christian Wholy Experience at 8 pm EST

### November

- Friday, November 1st- Wholy Meal 8 pm EST
- Saturday, November 9th Wholy Experience: Kickstart Creativity (Zoom) 9 am-10:30 am EST
- Sunday, November 17th- Contemplative Meditation "Transformation" live streaming at 11 am EST on Facebook and YouTube, Christian Wholy Experience beginning at 8 pm EST

### December

- Sunday, December 1st, Wholy Meal at 8 pm EST
- Monday, December 9th Wholy Experience: Wholy Writing (Zoom) 8 pm-9:30 pm EST
- Sunday, December 15th- Contemplative Meditation "Compassion" live streaming at 11 am EST on Facebook and YouTube, Christian Wholy Experience: December 22nd at 8 pm EST



# REMEMBERING OUR INTERCONNECTEDNESS

Written by Rev. Hazel M. Cherry, M.Div., MFA

Interconnectedness is defined as the inherent connection between all living and nonliving things. Our society is now globalized through the internet and social media. We can use these mediums to connect to another part of the world. While the past twenty years, with the rise of social media, have allowed us to connect instantly, studies suggest that feeling isolated is a significant issue across generations. With the plethora of ways we can connect, what is fueling our loneliness?

In a world where differences in race, ethnicity, spiritual identity, gender expression, economic status, and political affiliation often divide us, it's important to recognize our interconnectedness. Each of us plays a vital role in shaping our unique lived experiences.

"Our very identity is tied to the plants and animals we eat, the workers who make our clothes and food, and the people who populate our home, country, and world. Our being is tied to the insects that pollinate the trees that yield our fruit, shade us from the sun, and provide lumber for our houses. Recognizing and caring for these connections can enhance our own well-being and the well-being of the world around us."

How we perceive ourselves and the world contributes to our sense of purpose and belonging. The next time you feel alone or isolated, remember that you are a part of the beauty and interconnectedness surrounding you. You are an essential part of what makes the world go around. In the spirit of the South African principle of Ubuntu, "I am because you are."

## **Books for the Quarter**

- No Death, No Fear: Comforting Wisdom for Life by Thich Nhat Hanh
- Rest is Resistance: A Manifesto by Tricia Hershey
- InterSpiritual Meditation: A Seven-Step Process Drawn from the World's Spiritual Traditions by Edward W Bastian, PhD



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# Health is Wealth

As we prepare to enter a season of Thanksgiving and close out the calendar year, I invite you to join me on a 75-day journey to enhance our overall well-being, beginning Wednesday, October 9th. By adopting healthy daily habits and prioritizing self-care, we can make lasting improvements to our lives.

The rules are simple:

- eat well
- drink less alcohol
- exercise
- drink water
- read
- reflect

When life gets to life'n, we often neglect our own needs. The goal of this challenge is to integrate these habits into your daily routine, even after the 75 days are over.

**Participation is easy!** If you're interested, please email [Sedare80@gmail.com](mailto:Sedare80@gmail.com) to sign up and receive the 75 Soft Challenge Tracker. You can download and save a copy to your device.

**Please note:**

- The template is only compatible with Google Sheets (not MS Excel).
- Simply check off your goals for each day and close your circle.
- This tracker has been formatted to start on Wednesday, October 9th, and end on Monday, December 23rd.
- The percentage figure will turn green when it hits over 70% for each day.
- The graph will show the success of achieving all goals by the day of the week and automatically update daily.

**Tips for maintaining a balanced mind, body, and spirit:**

- Call, text, or chat 988 to talk to someone ready to give you the mental health help you need.
- Crisis Text Line: Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling
- SAMHSA's National Helpline: Call 1-800-662-HELP (4357) for free, confidential, 24/7, 365-day-a-year treatment referral and information service in English and Spanish.
- Health and fitness news and tips
- Stories of healing and transformation

**“Your body holds deep wisdom. Trust in it. Learn from it.  
Nourish it. Watch your life transform and be healthy.”**

**– Bella Bleue**



This quarter, colors change, leaves fall, the weather has altered our wardrobe, and the warmth from the sun does not touch us the same. Wholy Ground enters the interspiritual quarter in our programming. During this season of your journey, give yourself space to transition, create openness, and prepare to adapt when necessary. The vision for Wholy Ground is as clear now as it was about eight years ago. We have navigated professionally with intention in this space as a nonprofit for five years! Happy Anniversary to us! I know that each of us requires various practices and rituals to create spiritual wellness. We need mindful practices tailored to each of our individual needs to maintain a healthy mind, body, and spirit. We can also utilize contemplative practices to tap into our purpose, our callings, and our vocation during our movement on earth. Even with in-depth theological research and a Master's degree, I know the traditional church may fall short of the complexities of humanity that move beyond religion. We can be Christian with Buddhist principles. We can be religious believers without giving it a name. We can believe that nature is our guide. We can find a voice that speaks to us and our values that is not popular. We each have the power to gather all the sources that bring our being to life to be the best human we can be.

This season allows us to see nature fall and release. During this time of fall and release, we can allow our minds, bodies, and spirits to let go of the things that will not be our best energy source, drop, drift, and float until they reach their next destination.

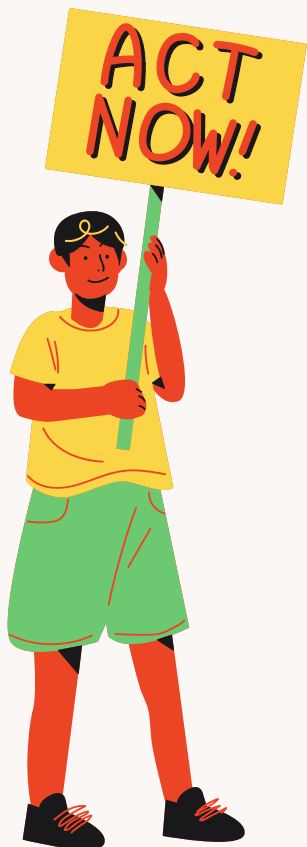
Transition requires us to think about the patterns that keep us in sync. The very thought of transition allows us to see if there is space to alter how we think and what we do, which can deem itself helpful and Wholy. During this season, the sun and moon appear and disappear differently than in other seasons. Adjusting to the darkness and light may require adapting to a new sleep cycle. Watching the leaves change colors from vibrant to warm and neutral can remind you of situations that might be shifting in your life.

Openness to new ideas and change is also in the energy cipher for this quarter. We are reintroduced to the aroma of pumpkin spice, apple, and cinnamon. Some of us will move into the labor of gathering the leaves and cleaning the garden. We can see the colors orange, burgundy, cream, brown, olive, and denim back into the mix of things. Is denim a color, lol? We are also able to move our bodies to festivals, sporting events, corn mazes, and pumpkin patches. The warm, rich tones invite opportunities for us to create home and sanctuary in the coziness available.

The autumn season offers us an opportunity to practice our adaptability to change. We adjust our wardrobe from flip-flops to closed-toe shoes depending on where we live. We add long-sleeved tops to cover our tank tops. Some of us are able to shift from lightweight fabrics to fabrics that are thick, warm, and incredibly soft. We adjust our usual physical movement locations to match the weather. We protect our minds when we have thoughts that are just as dreary and dull as the weather. For a moment, we are able to see the colors of seasons that allow us to experience and remember there is beauty in the transition process for even a moment when we get a glimpse of the brilliant red, orange, and yellow leaves lingering until their transformation.

What spiritual practices will you alter during this time? Is there anything you would like to add or take away to enhance your well-being? Do you have everything you need for a healthy mindset? How will you keep your body healthy? How will you make your passions a priority for your financial wellness? What do you need to live cozy?





### **Your vote is your power.**

Exercise your right and vote in every election, from national races down to local ballots.

### **Empower others to participate.**

Write letters or postcards encouraging others to register and vote.

### **Be part of the solution.**

Volunteer to register voters or become a poll worker to ensure a smooth and fair election process.

### **Stay informed and engaged.**

Find a social justice campaign that aligns with your values and get involved.

### **Wholy Ground Advocacy Resources:**

- [Unite Against Book Bans](#): Join the movement to protect access to information and diverse voices in our communities.
- Native News Online: Stay informed about critical issues facing Indigenous communities: <https://nativenewsonline.net/>

## **SUPPORT WHOLY GROUND – DONATE WITH EASE!**

### **Did you know?**

You can now conveniently support Wholy Ground Spiritual Center directly from your phone! Simply text **"GIVE"** to **980-326-5001** to donate.

### **Your continued support is essential!**

We are incredibly grateful for your generosity. Consider making a recurring donation to Wholy Ground and help us continue our mission.

### **Donation options:**

- Text **"GIVE"** to **980-326-5001**
- Donate online: <http://wholyground.org/give/>
- Cash App: **\$Wholyground**
- Zelle: **wholygroundspiritualcenter.com**



### **Closing Message:**

Thank you for being a part of the Wholy Ground community. Together, we are creating a space where everyone is welcome, valued, and loved. Stay connected with us through our website and social media channels.

With love and gratitude,

*Rev. Melissa McQueen-Simmons*

The Wholy Ground Spiritual Center Support Team

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