

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXVIII

Number 3

September 2016

Welcome to Fall!

All people can talk about in our neck of the woods is the upcoming US presidential election. No matter which candidate you are in alignment with, the contradictions associated with each candidate, and with the election as a whole, are at the forefront of our minds, as well as nearly every news report and discussion.

The fact is, we can find contradictions among our friends, at work, within our communities, and even within us. We can see them everywhere.

How we deal with those contradictions — whether we can find the Libran energy of balance to put all into perspective — is what is important. Our ability to get a higher perspective of those polarities to come to some form of resolution is essential for a happy and healthy life.

Many of our submissions this issue discuss dealing with contradictions in our lives. You might just find a few of their techniques for coping worth trying for yourself.

We hope that you have a wonderful fall and a productive preparation for the holiday season. And, don't forget *The 19th Gathering* in New York— it is only just over a month away.

Love, Light, and Peace!

Dan & Nancy Walton, and Jan Clayton

Inside this Issue

Astrology	2
Love's Contradiction	3
Choices	4
Dealing with Contractions in My Life	5
Putting Genesis Into Context, Part 2	6
The 19th Gathering of Light	7
Connecting to Our Soul Self	8
World Day of Prayer Reflection Questions	9
Saul's Corner: History of the Universe, Part 1	10
The ROL Forum	13

Julian Affirmation

*There is a divinity within me that
no one can destroy.*

*There is a light within me
that only I can see.*

*As I focus upon this light,
it is my perfection.*

*It is my protection,
my very being.*

It wells within me and fills me.

It surrounds me and protects me.

*It releases me from all negativity and
permits me to move forward in certainty
that wholeness and light are mine and
no being or thing can destroy it.*

*For the Father and I are one and
cannot be separated.*

I know this with a certainty.

I feel it and experience it.

God is. I am. And we are one.

From Self Awareness Series III, Class 5

Copyright 2001 Saul Srour

Authors: Rev. June K. Burke and the Seraph Julian

Astrology

by Eleanore Johnson
Poughkeepsie, New York



Welcome to the Autumn Equinox, September 22, 2016. This is the beginning of Autumn in the Northern Hemisphere.

The planet Jupiter enters the sign of Libra, on September 10, 2016 and remains there through October 11, 2017. Libra, ruled by Venus, is symbolized by the scales of balance, and is the planet of love and harmony. It represents the ability to see both sides of a situation bringing harmony and justice to achieve unity.

This past year, Virgo has been in Jupiter exposing the unacceptable patterns of behavior that have retarded the strong desire within us to overcome these unwanted behaviors.

This placement of Jupiter in Libra will be in opposition to the sign Aries. Uranus is currently in the sign of Aries and will challenge the status quo. This opposition is dynamic and energizes us to have a great determination to bring about change. Sometimes the result is upheaval and other times the unexpected occurs.

The planet Mercury will be retrograde from August 30 to September 22. The retrograde checklist is brought to our attention: awareness of the importance of checking our cars for repairs, temperamental computers, and so on. Anything electrical can be affected.

October finds Mars in Capricorn through November 12. This allows us to work toward a goal with persistence, patience, and self-reliance. Mars in this sign galvanizes us to be aware of our responsibility. This is the best position for Mars, the motivator.

In October and November, Jupiter will square Pluto. The positive expression of this square can permit us to increase our abilities to tap into spiritual realms as Jupiter rules the superconscious realms. Our intuitive faculties become balanced.

If this square is negatively expressed, it could bring actions and crisis into our lives that can make or break our reputations. Speculation of any kind is not wise with this square. It is extremely important to use integrity in all our affairs.

November and December should engender much socialization when Mars is in Aquarius. Mars will sextile Jupiter and Saturn during these two months.

It is a time for careful planning using diligence and patience. Then we can execute our projects with confidence that they will succeed. Pay close attention to detail. This will allow us to work toward new goals that can be fulfilled in the future. At this time objectives and goals are favorable for business and commercial ventures, as well as dealings of a legal nature.

December closes with a New Moon in Capricorn on December 29. This is a great time to make your New Year's Resolutions with confidence, so that they can and will become a reality.

Love and Light,

Eleanor

Love's Contradiction

By Renee Salvatori
Wheeling, West Virginia

Many say that love hurts. Many are afraid to love, because of being hurt. But I don't think it is love that hurts at all. I believe it is the lack of love that leaves one in pain. It's not having it, say after a break-up, a death, or even in a sadder case, of being in a relationship without much love shown. Love is one of the fullest feelings you can have.

We can love ourselves, and that I highly recommend as the kindest form of love, but it can also feel wonderful to get it from others. And when I talk love, I don't just mean partner love. Love can be given by many other people and animals in our lives. Love can be given just by a warm smile.

I have been thinking about lack of love in society a lot lately. Mean-spiritedness is nothing new as it has been playing out since the beginning of time, but lately it's been frustrating me. I'm personally witnessing much road rage, unkind political campaigns, nasty divorces, bullying, etc. My list and my awareness's have grown at dizzying speeds. Most I do not understand, but I have come to some kind of revelation about it and how I can try to rise above it.

If I saw someone physically sick, I would no doubt help. If someone fell down in front of me, I would help him or her up. Many of us would extend a physical helping hand; yet, we can also extend our hearts to those who are unloving in a way that will not suck us into their tor-

ment or mistreatment. We can keep our distance while sending pure light and love while unkindness plays out. It is like offering an invisible love blanket that some may not get to normally feel its warmth.

But let me be honest here. This is not always an easy thing for me to do. Many times I know what I should do, but I do not follow through with it. I have this internal contradiction conversation playing in my head. Picture the little angel on one shoulder and the little devil on the other. The little devil tells me that they don't deserve kindness. The little angel tells me to try anyway. The red faced little man tells me to retaliate with a harsh comment, while the white halo tells me to bite my tongue. Some days the shoulder-to-shoulder tennis match plays out while I consider what to do. Also, as I get older, I feel that my patience is just not as it used to be. I want to throw down the racket and quit. Loving others when I feel they do not deserve it does not come easy for me.

So how can I extend kindness and love to those unloving and mean? Well, this is my work in progress. People can have a mental handicap just the same as a physical one, and maybe I can imagine they have an invisible blue handicapped placard? Can I love when every ounce of my body does not want to? That is the question.

I guess that will continue to be my life lesson and goal — love's contradiction.



Choices

By Jeannie Livingston
North Muskegon, Michigan

During the past few years my mother-in-law has slipped into dementia. What used to be her favorite quote is now on a loop she runs more often than one would like to hear. She attributes the saying to her mother and it goes like this: "On either shoulder sits a bird. One says 'Why?' and the other one says 'Why not?'" Though I used to think her fondness for the quote came from being a Libra, I now look back over our 36-year acquaintance and recognize the saying to be a cover-up for her never really wanting to take chances or do anything outside her comfort zone. And just for the record, even dementia has polarity. In her present state of mind, I've found her to be more real, humorous, and even affectionate. No longer is she the inquisitor with hidden agendas. And I can let go of my need to want from her what she doesn't have to give. We now both stay in the moment. We just hang-out, laugh and hug...all of which were forbidden before her dementia.

As for the two birds, I have Libra on my midheaven. So often in relation to being in public, I can vacillate up the Kazoo. For example... getting dressed to go out somewhere special. Usually I wait 'til the last minute, open my closet, look in and freeze. There's this, but it doesn't go with that, what's the dress code, or suppose it rains, etc. Then I remember I'm an adult. I can ask for help and tell those two birds to screw-off. There are two issues here, not birds: 1) Get help and 2) It's all about choices...make one and let's move on.

As destiny would have it, I'm a Capricorn. Though stubborn, I am practical and enjoy decision making. (That's the power position.) Often from my Victorian childhood, where children were to be seen and not heard, I



was told what to do and expected to do exactly that. In the long run, such a lifestyle didn't fare well with me. Then, thanks to the hippy-dippy 1960s, the dawning of the Age of Aquarius, it was farewell to home and all that as I set out for the Big Apple to find my way and myself.

Part of dichotomy (repeated branching into two equal parts) is perfectionism, or not wanting to make a mistake. Is that possible...really, not making mistakes? The truth is, as Julian explained, it doesn't matter which choice you make. You'll learn and move forward either way. Life is experiential. You'll learn from the "yes," just as you'll learn from the "no." And guess what? In today's world, you can even change your mind!

Of course, I've confronted contradictions from day one just like everybody else. What's lucky for me is that I had a teacher who taught me that inertia comes from two things banging against each other constantly. It's exhausting not to mention a cripple. So I remember what another great teacher said: "Either you do or you don't. Either you will or you won't." And that lesson wakes me up putting me back on the road to consciousness.

I'll never be off the hook of contradictions, nor will you. What planet are we on, anyway? Our saving grace is that there are truly great teachers out there from whom we can learn and grow. God bless them.

John and I have now put our house on the market and are looking to move south. We won't know what will happen until it does. How could we. Yet we aren't hanging from the ceiling, killing each other or complaining about the lousy this or unfair that. We're enjoying our present house and garden, putting one foot ahead of the other, taking care of business and being very grateful for all we have plus the privileges we've experienced together.

Julian and June have taught us all to enjoy the material world. They have helped us with our individual issues and helped us understand that "It's all right not to be all right." So whether we move or not, whether we stay or go...we'll find out in the right and proper time as we appreciate what's here and now.

Today, my spiritual connection is the most important thing there is to me in my life. It's best expressed as "God is my source of all supply, God answers my every need, on time." All the rest is details!

Amen, so be it, and thank you all.

Dealing with Contradictions in My Life

By Yvonne Harbers
Utrecht, The Netherlands

First, I'll introduce myself. I'm Yvonne, I live near Utrecht with my husband and three children (18, 16, and 14 years old). I'm working as a haptotherapist, which is something like a combination of a physiotherapist and a psychologist. The non-verbal communication is very important, and I help people to learn more about themselves, to deal with pain and problems. In Utrecht, I'm taking Transition Energies (TE) with Anne Claire Venemans.

When I started with TE, it was something that I had missed, it helped me with a part of myself I didn't know how to use in my life.

There is a lot to say about TE, so I'll try to write something about the theme: dealing with contradictions in my life. Thinking of this issue's theme, I got some thoughts.

My life is quite busy — a family, my work (at three places), household, sports, and friends. I like all the things I do. In fact, I like many more things, like traveling, but there is not enough time. At the same time, I like to have moments for myself. To be peaceful, to meditate, to read, and to follow TE. But when there's not much time, these last things come under pressure first. And when I make time for them, or choose to do something for myself, I feel guilty, not giving my attention to my family.

So I do TE, go to sit alone after dinner for a while, have dinner with my friend, and try to enjoy everything I do while not feeling guilty.

My wish is to be autonomous, authentic, and free. My mind however often takes over. It tells me how to do things, holds me to the norms and values I have learned. And there's a fear of what other people will think of me when I will be really me. So, I try to find my own way on how to think about things, and how to do things my way carefully. To tell and show others only little parts of it, until I feel safe within myself to be me.



TE has helped me to give more completely of my spirituality. I use this in my work, but not as much as I would like. The haptotherapy has, like every profession, its own framework and tools. How big can I make that framework? Specially now that I'm a teacher at the academy of haptotherapy? So here also I try little things, and when it works out well, I try more.

When I was thinking of what I could write to you, I found a little book called: *Wisdom of the Netherlands*. I found some nice statements:

Those who are afraid of silence, have never read their own heart.

— C.S. Adama van Scheltema (1877-1924), Poet

Only those who attempt the absurd will achieve the impossible.

— M.C. Escher (1898-1972), Artist

The best part of time are the moments when it stands still.

— J.W.F. Werumeus Buning (1891-1958), Poet

How wonderful it is that nobody needs to wait a single moment before starting to improve the world.

— Anne Frank (1929-1945), Diarist

I hope that you have a nice Gathering together, and dream to join that Ring of Light in the future.

Putting Genesis into Context

By **Connie Golden**
Saratoga Springs, Utah

(This is Part 2 of Connie's article about Creation.)

Our Creator can't be described using any terms we use in our physical world, as the Creator is beyond existence. Julian says that our Creator can be experienced by mankind as a powerful mind force of discerning energy, occupying all of space. "God's place is the World, but the World is not God's place," is a Kabbalistic statement that means while God is present in Existence, God is quite separate from it. Our Creator willed to see itself so as to understand itself more completely, or to experience itself more fully, as some Eastern religions express it. Julian states that the created conscious being's purpose was to be the companion of the Creator and to share the universe (all of existence). The Creator said to Moses on Mt. Sinai, "I AM that I AM", stating the highest Holy Name for Itself and its intention. The first "I AM" refers to the Creator, who was addressing Moses. "That" relates the first I AM to the second I AM, which is the echo that reflects the source (the first I AM). The second "I AM" refers to the Creator's image or mankind as a whole in all its levels of consciousness. Julian states that God made us in his image in consciousness, not the physical body that we experience on earth today. That is the reason for mankind's existence; to raise our combined consciousness to the same level as the Creator's, so the Creator can behold Itself in the micro- and macrocosm of Existence. Whether this image will be a companion or a mirrored reflection of the Creator, or both, is really a semantics issue at this time and not important.

The Mirror of Existence: The Laws

The Creator willed a separation so that The Creator might behold or experience Itself. This process was started by a contraction in Absolute All, so as to make a space, or void, wherein the mirror of Existence might manifest. This space was no thing, which held the potential of everything as a kind of homogeneous wholeness of complete indifferenciation. In other words, it was all there, but it had assumed no form, nothing that was tangible or interpretable, but the essence was there, all mixed together. The void is non-directed energy containing the potential for everything, but it has no inherent purpose or focus. Into this space went the pulse, the Mind or Spirit of the Creator (limitless light — the impetus to start things moving and to vibrate). The primal impulse is sometimes called the *Light* or the *Word* — as light is a vibration that we see and sound is a vibration that we hear, so these were attempts at ex-

plaining that the primal impulse set in motion a pulsation or vibration that would continue in perpetuum. The pulse expands until it reaches its inherent limit of expansion and then returns. It doesn't hit a boundary of the Void and then return. Instead, it has an inherent limit to its expansion and then returns upon itself to create a rhythm and a space of balance in which something else can occur, because there is now movement. From the pulse and the rhythm within that space is created a vibration. Each vibrating cell in that space is unique and vibrates uniquely, radiating "light." That is your identity.

The resulting space was built by and upon the principles that have become known as music, mathematics, harmony, system, and balance. Julian identifies the pulse (mind), rhythm and vibration as the first triad of Creation. By changing the rate of vibration, the wave-length, and the frequency, varying movements, patterns, forms and substances came into being, and seven qualities emerged. Many of the teachings call them "The Seven Days of Creation." But the seven days of creation were seven periods of eons of time in which alterations of the vibrations created the universal laws that control all of creation and enable mankind to evolve in consciousness. These laws are usually identified as The Seven Hermetic Laws, as follows, but there are other versions used, usually similar to this set. The first intent of the Laws was to protect the energies resulting from the pulse, and the second was to direct the pulse, rhythm and vibration to continue creation.

The Principle of Mentalism

Mind is all. The pulse is the mind of the divine, which is directed energy given control over the nebulousness of the Universe and mankind. Mind permits raw essence to become form. Mind governs matter. Mind is mankind's tool to bridge to the higher realms and the intuitive energies. The pulse is within each of us, like a heart beat. The power of love is in the Creative pulsation, thus unconditional love is the strongest power that exists. Physical mankind's mind works in three distinct levels. The conscious mind interacts in the physical world, the subconscious mind stores those experiences from study, observation and feelings, as well as thoughts. The superconscious mind is the connection to the divine mind. It is the bridge between the infinite and the finite. Some religions call this communication connection to the divine, the "holy spirit." The way to change vibration is through thought.

The Principle of Rhythm

Rhythm is movement toward manifestation. Everything flows, out and in; all things rise and fall; the pendulum-swing manifests in everything. The measure of the swing to the right is the measure of the swing to the left; rhythm compensates. Rhythm was the very first movement created by the pulse. Pulsation with its regular beat began to have an echo resonance in the never ending circle, which created a space for all activity to occur. This echo resonance created a rhythm in which vibrations formed. Anything in this space can evolve by altering its rhythm.

The Principle of Vibration

Nothing rests; everything moves; everything vibrates. Modern physics indicates that the matter from which our bodies are constructed amounts to just one thing: energy. Atoms are just particles, which are patterns of pure energy, vibrating. Everything is energy and is vibrating. And we, in our world, are nothing more than energy patterns. The food we eat, and our thoughts and actions can increase or decrease our energy.

The Principle of Polarity

Everything is dual; everything has poles; everything has its pair of opposites. For each energy, there are two extremes. Polarity is the balance between the extremes. You want to evolve spiritually in the middle, in a balanced state, where you can see both sides and know that you can handle both

of them in balance and in harmony. Learning to balance between extremes makes us flexible. Polarity keeps the two extremes in balance and thereby enables the light from the Creator to be contained and not flow forever with no form.

The Principle of Correspondence

As Above, so Below; As Below, so Above. The attunement of two spaces, one above in higher comprehension of the intent of the Creator and one at a denser level. Thoughts, words and actions taken at any level of creation impact the other levels.

The Principle of Cause and Effect

Every cause has its effect; every effect has its cause; everything happens according to law. There are many planes of causation, but nothing escapes the law. Become the careful guardian of your thoughts and actions. Some religions refer to this law as Karma or Dharma, or what you sow, so shall you reap.

The Principle of Gender

Gender is in everything; everything has its *active* (sometimes called positive or masculine or force) and *receptive* (sometimes called negative or feminine or form) principles. Gender manifests on all planes. Nothing can be created or manifested, be it thought, word or deed, without both the active and receptive principles working together.

The 19th Gathering of Light SEEDS OF LIGHT

November 4-6, 2016

Last possible sign up October 6!

Gathering Cost

Please join us at the beautiful Best Western Hotel in Kingston, NY, from November 4-6, 2016 for a week-end full of learning, sharing, and community. The focus this year is on becoming a "Seed of Light" on the Planet Earth.

Per Person Price:

Double Occupancy:	\$310
Single Occupancy:	\$450
Extra Nights:	\$142 (per room)
Deposit:	\$100

Speakers include:

- Camille Albrecht
- Cindi Frank
- Adele Lederman
- Angela Tarquini
- Nick Theo
- Eleanor Johnson
- and other teachers

The price includes meetings, lodging, and all meals beginning with dinner Friday and ending with lunch Sunday.

Download the full brochure and registration form at:
<http://julianteachings.com/topics/gatherings/>

Questions to: Saul Srour, s77aul@yahoo.com

Connecting to Our Soul Self

By John Svirky,
Garrison, New York

There is a new vibration of energies coming now from universal consciousness. I wanted to share my take on this new energy and how I am using it. In starting, I wanted to add the disclaimer there is nothing new under the sun. What I am sharing is just a ramping up, an evolvement of energies already present. This has probably been on the Guardian's "drawing board" since the beginning of time. It is something to welcome and invite into our consciousness to let it blossom and grow within each of us. It requires us to go beyond our fear self, maybe even beyond that which we were previously taught was the "right way" to do things. I have been experiencing both fear and trepidation as well as a level of faith that I had not known previously. With polarities like this, it seemed only appropriate to share since the topic for the Ring of Light was "Dealing with Contradictions in My Life."

Let me start with some basic beliefs that I believe to be true. ***Our present world reflects exactly our past beliefs. This is true for everyone on the planet, no exceptions.*** God is not doing it to us; God is not punishing or rewarding us. We are not victims. We receive the positive, or negative, or exactly what we put out into the Universe — we are sowing seeds, as in Jesus' parable about the talents. This is done to help us understand the Law of Mentalism and its progression through the other six Hermetic Principles (Laws). We have incarnated to experience and work through our previous lives and beliefs systems with the ultimate goal of acceptance and non-judgment of all and everything.

It is time for me to let go and open myself to a higher consciousness one inspired by universal principals and Love. Starting from the universal truth that God Is All and Everything, which to me means the God is all there is, and you and I are apart of that — not separate from it. I believe the major shift is that we need to permit it and invite God into our consciousness. Then, the higher frequency will act through us. Frankly, we were not able to handle the higher frequencies until now, and as we can see from all the "crazies out there," many still can't. So, what happens when our respective Higher Consciousness' are motivating us to live from a place of Universal Love and acceptance, from helping others obtain their goals and desires, from giving service where we can, of seeing others as brothers and sisters on "The Road to Consciousness?" We are all fellow travelers on that road.

This is what I am doing in my morning meditation. I devote 20 minutes feeling the presence of my Spirits Guides and Soul. Quite frankly, I am not evolved enough to experience the God Energy, way too big and powerful for me. But I can experience my Soul and my Soul Group. I do this by consciously inviting them to join my meditation. Now, me being me, I start off with complaining what is going wrong. I share my

frustrations, my wants and desires (limited to no more than five minutes — I do this mentally). I sometimes do write all my worries and fears out before I start my meditation. I then say this is what is going on, and I know a lot has happened because I thought I had to do it all alone. I wanted to prove to _____ that I will show you! I will do it all myself!

I know and accept that I cannot, and I accept your help! For the next period of time, I focus my mind on one (only one) attribute of my Higher Self. It could be love, peace of mind, creativity, communication, artistic expression, wisdom, and healing. Lately, I have been focusing on the energy of Love. By being still and allowing thoughts to impress upon me, more and more I am taking on those attributes during the course of my day.

From all my experience of communicating with the other realms, I have found that most communication is done telepathically and empathetically. The higher vibration entities just send the thought, and we receive it and feel it. No mind (ego) resistant barriers. So that is what I am practicing during this meditation, allowing 20 minutes for my Guides and Teachers to "impress" their energy on to me. One thing that surprised me, no Guide has told me what to do. They shared their essence with me and from that, without thinking on my part, I am able to take the next right step. It is as if their love raised my consciousness and awareness and from that place of unconditional love the path unfolds in front of me as I take the next step. If, I don't move, nothing happens.

It is through my willingness, faith, desire, and going through the fear and eventually taking action does my life unfold. For it is my heart felt and spirit inspired desire for me to express my highest and best self right here on planet Earth. And what they have helped me to understand is I cannot do that alone. They cannot do it for me, but together, miracles do happen.

This new energy permits us to be living, conscious channels without leaving our physical bodies. Just as Julian came through June's body and there was a merger of energies, June was not conscious during the process. Yet as time went on they were acting as one energy. So when June was in her body there was unity with the Julian energy. More and more frequently each of us will be channeling our Higher Selves in our day-to-day actions. I believe that was the way it was always meant to be, the purpose often words: body, mind, and spirit. It is our natural right to live connected to our Higher Consciousness and act through that impersonal loving energy of being. This transition involves an elevation of consciousness from "I and Me," to "We and Oneself." From singular to global. In so doing, we all grow.

If this sounds a lot like the Law of Correspondence, it does, because it is.

World Day of Prayer Reflection Questions

By John Svirky,
Garrison, New York

- *What would it mean to you, and your life, if you knew beyond a shadow of a doubt that God lives in you?*
- *How would your life look if you were living every moment from your divine potential in every aspect—your health, your work, your relationships, your plans, and your spiritual life?*
- *What would the world look like if everyone discovered the power within them and unleashed their divine potential?*

Everyone reading this article is part of an energy group; whether we are physically together or spiritually together, we are all helping each other to reach a higher level of consciousness. For that is our common connection: a desire for Spiritual growth and enlightenment on all planes of consciousness.

When we focus on the presence of God within, people will say, they feel love, unconditional love. A feeling of loving acceptance, a gentleness, a kindness of spirit, peace, harmony, unity with all. Others who are more auditory in nature might hear beautiful music, angelic singing or chanting, birds as angels singing their songs; others who are tactile might feel the love of a mother or father would have when holding a baby. It is very personal, but some common elements are unconditional love and the feeling that is beyond our ego consciousness. A feeling of more than just our personality selves.

A very powerful 20 minute meditation that I do daily is first I think of all the problems and fears that are besetting my ego personality self in the present moment. You know the same stuff that ego-personality selves have worried about since the beginning of time, such as food, clothing, shelter, money, security, love, health and all the human fears. This morning, I felt my fears about material security, fears about my mother and father's deteriorating health issues, fears that a project I am working on, which is dependent on others, won't succeed the way I want it to, fear that I won't clearly convey my heart and thoughts in this article, etc. I state them out loud, sometimes I write them out (it is very helpful to write). I then very consciously give them to Higher Power, whom I call God. I say these are the things that are worrying me right now. I give them over to your safekeeping. I give them to you. I know I can and probably will take them back out of fear and insecurity. Then for a moment I release them. Now for the balance of the 20 minutes I focus in on one word, it can be different words on different days, but one word or phrase for each session. Yesterday my word was Love. Today's was God. Sometimes it is enlightenment, sometimes it is peace of mind, and sometimes it is harmony. And for the balance of the 20 minutes as any thoughts pop into my head, and believe me they do. I gently return to my word. The word acts as a trigger for me to feel the vibration of Higher energy.

This morning, as I said above, my word was God. I allowed my body, my mind, and my emotions to feel all that came up and permeated my essence. It was amazing what came up just by me thinking and feeling the word God. The most prominent feeling for me was centering in on what some call the wee small voice within. For a moment I felt the unity and the oneness of being whole. For that singular microsecond, which could have been all of eternity, I lost consciousness so I hadn't a clue of the time. I did not feel the personality self, I felt God within me and acting through me. This is very subtle; I would ask to do God's will. In that moment described above there was no separation; no longer was I asking to do God's will. I relinquished control and returned to my natural state, which is an expression of God. I was no longer asking to do God's will for me; I was the vehicle. God was expressing thru me. There was no separation; there was wholeness, unity, and the sublime feeling of the All that is the All.



The way my mind explained it was in that moment I was one leg of a centipede, the life force was flowing and guiding my movement and the other 99 legs. I did not think about it, I was just part of it. Maybe a more elegant thought would be I am just one cell in the planet earth body. Divine Energy is inspiring each and every cell towards its highest and best use in that moment. The Law of Correspondence could take that even further instead of seeing myself as an ego, I can see myself as part of the evolution of planet earth; planet earth is part of the solar system; solar system part of the galaxy ad infinitum.

The message is I am part of something greater than myself. Rather than cut off the inspiration and guidance, through prayer, meditation and conscious direction, I willingly and freely feel the power of God within and know with a certainty that I am part of the loving whole, guided and directed to exactly where I am meant to be at any given moment. And the amazing thing is I see this energy in everyone else as well. No longer fear-based me versus everyone else. This awareness was always present, just waiting for me to align with it and now that I have my life will never be the same.

Saul's Corner

NEW SERIES

The History of the Universe (Workshop #201)

Copyright © 1986 Saul Srour

Authors: Rev. June K. Burke and the Seraph Julian

INTRODUCTION

Man. What are they really? Just another species of animal, or is it possible that they are a separate life form exclusive unto itself?

Motivated by a deep need to understand ourselves better, many of us have spent enough time in introspection to become aware in the process of a "center," a "core," an "essence" of being that is not explained in terms of a purely physical creation. There is within each of us a knowing of ourselves as something quite apart from our physical appearance, our personality, our individuality; something that operates on a different level of being for which we use the term "spirit," because our understanding of that word is the closest we come to an association with this inner knowing.

"The History of the Universe" is an explanation of how the human race has come to exist, its history through Lemuria and Atlantis to the point of recorded history. It is a new answer to the old question and deserves your thoughtful consideration.

THE HISTORY OF THE UNIVERSE

"From the beginning of time," by man's thinking pattern, often means one or two hundred years. They do not think of all that went before what they now know existed. We are going to probe that beginning.

I would like for you to understand the Void. There are no words in your existence that can explain the energy of a void, but there is an energy feeling that can understand it. If you were to picture for yourself a soundproof room so that no sound could invade from the outside; and, if you were to picture that room without light in any form, be it natural or artificial; and, if you sat in that room in absolute silence and brought your breathing down to a very minor rate, you would begin to feel what void means.

That is visual for you, but the Void is not the void of light, for it is the no-light that is all light. It is not just silence, but the silence that is all sound. There was an expression in the universe, a silence, yet within it was a breathing, a pulsing, an expanding, a contracting. Through it all, there was life, but not life in any manner that you comprehend in your world today. It matters not what you go back to. You might go back as far as that which came from the sea, but you would not be talking about life as it existed in the Void.

I want you to close your eyes for a moment, take several deep breaths and permit yourself to feel the Void — no sound as

you understand sound, no light as you understand light, no fear as you understand fear. The Void was harmonious existence within which life was ready to be thought into being.

Think of yourself as floating and not experiencing anything as you know things today. Nothingness. Float in nothingness that you may understand the beginning.

Surrounding you there is life by movement and, with movement came the creation of that which you call space. It was within the confinement of space that all other life had to come into being. The Void itself had to be brought into movement which would create space within which all other things could form, and the Word, which was Mind, Infinite Mind, began its expression.

If while in your void you sense movement, the movement of a breeze, as if something was swaying, you begin to feel the change of that which you have created within yourself. You will come to find that all things created are created within the self.

Infinite Mind exists within the Void, and Infinite Mind can change and shift the Void. The Void will again be moving as the Aquarian Age proceeds. There will be another altering of the universe. The universe is expanding and will continue to expand. Gradually galaxies will merge and become larger galaxies as the evolution goes on.

There is space and, in space, there is expansion and contraction. There is movement, and the expansion and contraction permits vibratory change which creates form. Everything in the universe is vibratory. The altering of any vibration alters its form.

Man begins to come into being. What do you think of as man? Every man, as you know him today, had to come from a very Infinite Source and that Infinite Source had to be brought into conceptive thought. The movement, the changing of the energies, began to bring the change of focus, which would create the world.

The energies were first directed toward formation of energies, which would then lead and guide all other energies. That which you call galaxies and planets began to be created, each with its specific energy and each with a specific purpose. There are no accidents in the creation of the universe. Because vibration of the elements had to be used for all creation, the elements themselves had to come into being. They were brought into being by expansion and contraction for solidification. Everything that is created in your universe is created by expansion, contraction, and altering of the energy of that particular thing.

When space was created, it began to have form by the altering of its energy; and it began to be something that could be defined — no longer nebulous. You think of outer space as nebulous and yet, that space can be defined. Within that space, movement continued and the elements began to express themselves until there was formation, not formation as you understand your Earth, but a formation that did not yet have direction.

In your world today, every element knows what its purpose is in the world, but, at the time of the altering of space, there was no direction. There was only the beginning of formation. Mineral formed and began to re-form. That which was grain became many grains clustered together and became solid, became stronger, until the elemental part of Earth began to express itself through minerals. Plant life began to form, not with expression or direction, but rather as altered energies affected by other altered energies until they began to be.

You have the concept that there was always thought, but there was not. Your universe existed for millions of years without any directed thought, without any focus toward a specific purpose other than the altering of energies which were creating form. Animal life began to be expressed by altered energies, random molecules coming into formation, meeting and expanding, but not with thought and not with form as you know it, for you think of dog and cat and horse and cow. They were altered energies with the life-force of these energies in them, but not yet with direction.

In the early formation, all that was needed for future formation was created without direction. I reiterate that many times, because it is very important to have that realization. Man, as you know man, did not exist. Man first existed in etheric form as did mineral, plant, and animal life. You were ether long before you were physical form, and that ether form did not have direction. It was energy altered to begin to form but without direction, without mind. When one says "without mind" to you, the concept may be "stupid," but that is not what we are talking about. We are talking about direction.

The etheric man had to form thought patterns, and it was done through an evolutionary process as you know it. There have been eons of time. The time from the etheric man to when man first began to have senses, as you understand them, was millions of years. You are talking about an era in time that is almost beyond conception, because nothing then was as you know it.

In the etheric man, there was movement through the spheres. The spheres began to affect the energy of the etheric man and, as his energy altered in the etheric form, he began to thicken and to have vague moments of almost being visible, almost being what you would consider form, all because of interaction of energies already conceived (created).

Man, in ether form, gradually began to experience sensation, and the first was hearing. It may interest you to know that the last thing to go when you make your transition into the other world is hearing. Many people who are assumed unconscious or in a coma are still hearing and hear to the very end. Hearing is the first to come and the last to go. Man was able to hear, but what did he hear? He heard movement in the universe. He had no words, but he could hear the energies around him, not with a concept of what they meant, because, as yet, he had no direction, but he had the realization that energies moved and changed and altered how he felt. He could hear them move and there were reactions within the etheric self.

He next developed sight, the ability to see. And what did he see? He could not see another body because the body was not there, but he could see the movement, the altering of energies, so the concept that change does occur was there. Thousands of years came between the hearing and the seeing. This was not an overnight thing. It was a very prolonged altering of energies until there could be a concept that would make some meaningful direction for him.

In your universal creation, from the very beginning of time, there have been plateaus — times of action and times of rest. There is a time to garner information; there is a time to absorb it, to let it become a living part of you. In the creation of the universe there was a time of direction — direction of thought to energy from the Creator (which always was and always will be) saying, "Move!"

Man has now come to hear and to see energy movements, and he begins to have a sense of touch. The energy movement is now able to be felt in himself and, when he reaches out, he can feel energy in other areas. The concept of touch is beginning to be born in the etheric body.

Man was in existence for a very long time before he learned to speak. His first pattern of speech (there were many) was a form of grunting, a form of expulsion of air and sometimes in-breathing. Man began to move and pulsate.

There was a breathing in and a breathing out, which in turn altered again his energy, until there began to be a sense of etheric validity. Etheric validity is that which means man was able to see a vaporous being but not arms and legs, for early man did not have them. Early man was a vaporous form that moved with the movement in the universe. In other words, as the motion in the universe occurred, his movement occurred. There was no direction that said to move in a certain way.

I said earlier that there was the Word, and the Word was Mind, and the Mind was the direction for the formation of the universe, but it did not occur overnight. What I am talking about occurred long before man, in the sense that you understand him, came into being.

The next phase of man began to deal with consciousness and, when the conscious concept began to be there, when the senses began to move beyond the feeling-knowing to concentrated effort to know, then came the periods of time of solid man. What we are talking about was the beginning of what led up to Lemuria and, in Lemuria, there was the non-dense body. The etheric body was there, but now had begun to be a shape and form. Shape and form in any world exists according to the environment and need and, therefore, are shaped by the pressures and energies of that environment. All that we are talking about here is the work of God, but before it reached the point of consciousness.

Once man was ready to have the solid body, there had to be some method of direction, and the consciousness level began to form. As man began to become conscious, he began to feel the need to express, the need to exchange energies and, with those exchanges came the need for speech patterns which were directed sound.

(Saul's Corner, continued from page 11)

"I am an etheric man who can hear a tree-shape in ether and feel it in ether. I now translate those sounds to a primate expression of what those sounds come to be to me."

All language is phonetic. Man has, of course, worked to bring it to a finer level, but in the beginning, it was all direction by small sounds.

The sense of smell was developed as soon as there began to be solidify, because it dealt with the Earth. Your sense of smell is tied to the element earth, and your sense of taste is tied to the water element. You have to salivate to taste. Therefore, your sense of taste is associated with water — fluid. Your sense of sight is tied to the fire element because fire is light, and you must have light to see. There is a gradual growth of understanding of the energies around you; and, as you understand the energies around you, you begin to identify with them in a specifically directed manner. This is what began to occur as the universe was being created.

When man began to be ready to leave the etheric universe, began to become a directed being, directed by his own force, then was the life breathed forth. All souls were created at the same time, and those souls had to have solidification to live in a solid world. Man wanted intellect; man was given intellect. He wanted intellect by his own action and the need to communicate, to direct, began. As soon as that began to develop, it was evident there was a need for a great ability to ponder, so to speak, and bring it into direction. The moment intellect was given, polarity came into being.

It is interesting that a new-born baby goes through the evolution. When the baby first comes, he has a mind but does not know how to use it. He does not, as yet, know how to direct it and depends on the inner senses, the light body senses. He knows he is hungry, but he doesn't know what hunger means.

He knows he is afraid of falling, but he does not know what falling really means. He is depending on the Light Force senses.

Now he begins to go through the evolutionary period. Man crawled before he walked in evolution; a baby crawls before it walks. It learns to adjust to its environment as man had to. It learns to hear, to see, to touch, to taste. Have you ever watched a baby? Everything goes in the mouth. They smell it, taste it, feel it. He is going through the evolutionary process. Every little child is going through, in a small quarter, what man in evolution went through.

As the Lemurian stage enters, man is still an etheric body, but intellect, or mind, has begun to function. Early in the Lemurian stage, man is in an etheric existence with a vague beginning of mind. Mind has always been there, but now it is beginning to come into recognition. You were born with everything, created with everything; but you had to come to levels of understanding to bring it out, to come to recognize it, to let it be born within you.

During the time of Lemuria, there were periods of very powerful silences in which the etheric being simply existed, almost in a void of its own. In that period of time, the energy

of the mind came to fruition, and there began to be the ability to know and understand the other being without words, without anything except being. That is the state you are going to go back to, the state of being. As man developed the mental capacity, he also began to manifest needs and the answers to those needs. During a period of approximately a million years, man began to solidify and to become a dense being. Once he became a dense being, he then had to cope with all material energies. The Lemurian, who was so telepathic in the beginning, began to fade from telepathic experience because now, as far as they could think, everything that was reality was solid. They began to move away from and forget that which they had been before.

You will find cycles of 33 million years, always, for certain occurrences within man's growth pattern. The Lemurian period then began to move toward that which was called the Atlantean period. In the Lemurian period, man began to use his conscious mind and direction with matter. In the Atlantean period, he began to escalate that which you call progressive mind. He began to experiment with collective attitudes. It was no longer enough to have single thought; he now started working with collective thought and with energy. This, again, occurred over a long period of time.

You have many analogies in your religious edicts that are a means of explaining phenomena. It is to be recognized that Adam was not man as you know man, and creation days were not days as you know days. There were thousands of years of evolution in every day. When you read: "On the first day God said ..." — and on the fifth, and on the sixth — you must recognize that these are evolutionary periods. They were not as you know your seven-day week and had nothing to do with your seven-day week whatsoever. They were the evolutionary planes of bringing that which is movement and etheric being into shape and form of an etheric nature. The first man didn't think; he just was. There had to be the evolution toward the thinking process, speech, hearing, and so forth, in the etheric plane long before solidity in the physical plane existed.

Your Bible is as accurate as it can be. Let me explain that I do not demean the Bible. It is a good book, but it is written by people of a specific culture at a specific time, recording that which occurred at that time. If everyone in a group were to write a factual work about today's world, you would have as many versions as there are people in the group, and all would be factual by their understanding. Remember that allegory was used a great deal. There were hidden meanings to many things. The reason for that was so that those who were ready would understand.

You are now moving into the final evolutionary period of that seventh day. You are calling it the Aquarian Age, moving from the Piscean direction of spirit to the Aquarian absorption of spirit; from the spirit directed to you to the spirit directed from within you — the living God again. Your Aquarian Age is 2,600 years, so you have again an evolutionary period.

(To be continued in December 2016 ROL)

The ROL Forum

We know from experience that it is always hard to come up with questions when asked. We may be reading a book, or listening to a workshop audio and think "Wait a minute! How does that work? What is meant by that?" Or, we can encounter a situation in life where we may not quite see how the Julian Teachings can help us right there in that moment.

We would love to help you with our perspectives and answers to your questions! And remember that there are no unimportant questions; no question is too small or too silly for us to answer. So whenever any question comes up, please don't hesitate to send it to Anne Claire: anneclaire77@gmail.com

We would like to thank you all for your questions! (If you don't see your question in this issue, expect it in the next one; we haven't forgotten!)

We are looking forward to hearing from you!

Anonymous: "Clearing the attic of our minds. Julian has given us several exercises over the years for doing just that, and yet it is easy to forget! What are the benefits?"

Response from Anne Claire Venemans

The first Universal Law states that "All is mind, mind is all." This implies that we are *doing* a lot of our thoughts; our thinking processes. Just the normal every day things like thinking, planning, and making sure our day will progress in the way we had envisioned for it. But our thoughts also manifest things in our lives.

Now we all hope that we manifest the good, positive things we truly need and desire; and yet every once in a while we surprise ourselves as to what we have manifested; for better or for worse.

And that is where cleaning the attic of our minds comes in. When we never take time to see and evaluate all of the thoughts that are lingering in the attics of our minds, chances are those attics are packed full; and not just with "useful stuff."

We may find that we are holding on to thought forms and patterns that we didn't even know we stored in the attics of our minds and that, in all reality, are so out of date that they are easy to throw out. Perhaps even thoughts that, like little trains on toy tracks, keep running around without adding anything to what we want to accomplish.

Other thoughts we may want to examine more carefully before deciding to keep them or to clear them out...

The result will be a more clean and clear space, which

translates to cleaner and clearer thinking processes and thoughts, and therefore will lead to more precise actions and manifestations in our day-to-day lives.

On top of that, as *All is mind and mind is all*, cleaning out the attics of our minds can have a surprising effect on our space. Whether we define that as spiritual space, personal space, or the space we live in, as soon as we take that time to clean and clear the attics of our minds, it seems to have an immediate effect on our space.

This can happen because we suddenly feel inspired to clear out our actual attic or garage, or it can be just because those old, outdated little thoughts are no longer nagging us every step of the way, leaving us to explore new things, new adventures!

So, if you haven't done it for a while, take some time to clear the attic of your mind and start experiencing the benefits for yourself!

Jan Clayton asked: "What constitutes a Sacred Site? How do you find Sacred Sites?"

(We asked Sam Holland to answer this question as a guest contributor.)

Response from Sam Holland

There is no black and white, or quick and easy answer to "What is a sacred site?"

Sacred sites exist everywhere you look. They are defined, not only by physical appearance, but also by a recognizable collection of etheric energies.

These same energies exist in 5,000 year old stone circles or the great Pyramid in Egypt. They also exist in modern religious structures such as churches, mosques, temples and synagogues. The same energies exist in any artifact or icon such as rings, crosses and cards. Amazingly, every person or sentient being has these energies associated with them and is therefore a sacred site. For every unique site the representation of the energies is unique and gives a distinctive feeling or identity, but their construction and components are the same. Fundamentally, a sacred site exists with everything that needs a connection to the Universe. The Universe includes every creation and therefore, every creation has a Universal connection.

Sacred sites have a power, or an energy that can be felt, but usually is not seen. For instance, years ago when I was experiencing a particularly difficult time in my life, I felt a need to enter an old church to spend some quiet moments in contemplation. When I entered the church a sense of

calm and well being surrounded me. I immediately felt better and had a knowing that whatever happened it was going to be OK. Years later, I had a similar experience on a trip to England. I felt an urge to visit the White Eagle Lodge, which is well known for its healing properties. Upon entering this temple, I was overwhelmed by an enormous sense of love and peace. I felt energies stronger than I had ever known up to that point in time. The energy of those two sites seems to be different yet unchangeable. The spaces have the ability to perpetuate themselves. They have a power that lasts.

Objects also have unique force and power. An object's power is the expression of its purpose, and its force is the movement of that expression. Power, as defined by Julian, is not domination, it is an expression that is felt, not seen. The power or expression of a sacred site depends upon three factors: use, respect and focus.

This power was brought home when I became fascinated by the expression of tarot cards, and wondered why each card has an individual purpose and energy. There seemed to be an attraction between the energy of the cards, the energy of the question and the energies of the reader, the client and Universal wisdom. Dowsing showed that each card has an energy pattern that is constructed identically to the sacred sites of holy places. These energy patterns have all the ingredients to define the unique properties of the card, and to maintain and perpetuate their individual properties. In other words, each tarot card has a purpose that gives it a discernible energy and creates its own sacred site. An energy is created that touches and can be touched in a way that allows Universal wisdom to aid in the selection of a card for any particular question we choose to ask. The ramifications of the answer go beyond our mundane ability to see. Even though sacred sites have similar components, they work in a way that uniquely serves many diverse purposes.

Sacred sites exist because there is a need to connect the higher purpose of the Universe with our human desire to understand. We need to tap into a site that has a known purpose and doesn't change too much over time. We create sacred sites because we need stable sites in our lives. We need them because they provide a link to our source and to our Universe. They are our silent friends, providing gentle guidance along our path.

The result of creating, visiting or using a sacred site is always connected to our individual spiritual growth and to the Universe. It is our good fortune that these sacred sites are created even when we don't have the foggiest idea as to their existence, or for that matter, their ultimate use. All

we do is state or create a need, and the Universe creates the etheric structures that hold the purpose.

The power of a sacred site depends on its ability to express its purpose. This type of power is a depersonalized energy and does not dominate. The power of a sacred site is felt, and cannot be seen other than by the most sensitive eyes or through meditation. Any personality given to a sacred site is actually an expression of the personality-based perspective put upon it by the user. The site doesn't care how it is used, it simply expresses its purpose through energies that have no personality. The true purpose of a sacred site is to provide a connection to the Universe. It is out free will choice as to how we create and use it.

(Most of this article was taken from Sam and Anne Clair's book "Universal Energies of Sacred Sites." The book describes the purpose and all the components of a sacred site. It is available from Sam or Anne Claire in both Dutch and English.)

It seems like attitudes, or saying we want something and then not taking steps to bring it into our lives, are becoming more stressful in today's energy, and are leading to dis-ease more quickly than ever before. Do you have any thoughts on that, and on how we can prevent this from happening on our lives?

Response from Adele Lederman

Mankind has always wanted many *things*, that he/she does not have at present. In our society, wanting is supported and encouraged by advertising and envy of those who have the latest car, gadget, home, position, looks and so on.

When there is mental focus and positive determination to acquire said *things*, they can become a reality by accepting no doubt at all that what is desired is mentally accepted, and the effort to acquire it is done in a positive way.

When the acceptance that what is wanted is not followed through as described, then stress is created. Stress, unrelied over a long period of time, can produce physical or mental dis-ease.

It seems then, that the body senses that more needs to be done to fulfill the desire.

"Self-discovery and Manifestation" by June Burke is recommended for anyone who wishes to create and change for the self.

"Righteous indignation." Julian has talked a lot about it. What is it? And how can we sincerely "turn the other cheek" or take what happened as a warning or even a lesson, rather than wanting to get back at the other person?

Response from Jan Clayton

Righteous indignation is a form of anger. One dictionary defines it as *“a reactive emotion of anger over perceived mistreatment, insult, or malice. It is akin to what is called the sense of injustice.”*

In some Christian doctrines, righteous anger is considered the only form of anger which is not sinful; for example, when Jesus drove the money lenders out of the temple (described in Matthew 21).

Wikipedia writes: *“Righteous is defined as acting in accord with divine or moral law, or free from guilt or sin. It may also refer to a morally right or justifiable decision or action, or to an action which arises from an outraged sense of justice or morality. Indignation is anger aroused by something unjust, mean, or unworthy.”*

Despite the fact that at least some Christian doctrines believe that *Righteous Indignation* is not sinful, I think that Julian would tell us that it is just another form of anger, and that it is no better than any other form of anger.

Julian stated many times: *“Real anger lasts 30 seconds; after that, it is ego.”*

Why does Julian think that getting rid of anger is important? This quote from the Self-awareness Class gives the rationale:

Three things are important now; flexibility, acceptance, and forgiveness.

Flexibility — The winds are shifting friends, flow with them. Allow for detours, rerouting. Keep flexible and you will be able to flow with all the wonderful changes that are coming up.

Acceptance — Accept things for how they are now, and grow from there.

Forgiveness is very important now — Let go of past injustices. This is the Age of Peace and that begins within you and within your own circle of associates. That doesn't mean you have to sit down to the table with everyone, but it does mean that you “be and let be” without judgment, resentment. And forgiveness begins with the self. Let go of past guilts — the past is dead. It is time to move on.

We can always review a situation to see what we can learn from it. Should/could I have done something different to avoid it or diffuse it? How might I want to change my behavior in the future? In any case, the most important thing is to get one's own ego out of the way and get past the situation. How?

Julian gives us the answer: *Say “I bless you, I wish you well. But I choose to have peace in my life, and that is the way I'm going to keep it.”*

Julian also gave us the following process from Development Class #226 to help rid ourselves of righteous indignation:

Know with a certainty you are divine. All limitations are created by the conscious physical self for the physical world knows limitations. But the time has come when the limitations are to be removed. If there is within you anger—if there is within you doubt or fear—let it dissolve now as this divine force fills your entire being.

No thought of mine will block my progress.

No thought or action of mine will hinder my growth.

For the blockages they create are the figments of my imagination.

And in my reality, I move beyond them.

I am limitless.

I know no boundary.

I live happily in a physical world,

For I am guided by the divine self.



About the Ring of Light

The Ring of Light is a quarterly publication serving the Julian Community. This newsletter is a tool to connect our community. *It is your tool to share and use ideas, activities, and creative works.* Thanks to the many writers and editors who contribute their words and ideas to this publication.

Our Next Issue

Theme: *The Gift of Gratitude*

Submission Deadline: 12/2/2016

Send electronic submissions to:
ringoflight@julianteachings.com

Send short paper submissions to:

Nancy Walton
1148 Fairlawn Ct. #1
Walnut Creek, CA 94595

Contact Us

To report a change of address, please contact
Saul Srour at: s77aul@yahoo.com

To received an electronic version of the ROL,
please contact us at: ringoflight@julianteachings.com

All Julian material appearing in this newsletter is ...

Copyright © Saul Srour

Authors: Rev. June K. Burke & the Seraph Julian

Please Support Us

We thank each and everyone of you for the financial support that allows us to produce the Ring of Light. An annual contribution of US\$10.00 will cover the cost of your newsletter! Make checks payable to Nancy Walton.

2015–16 Supporters

Darlene Adams	Blanche Duffy	Peggy Locorotondo
Jill Albano	Karen Ehrenfeldt	Lynn McLewin
Camille Albrecht & Richard Grescowle	Gerry Gallagher	Janice Maricondo
Joey Alvarez	Barbara Garro	Charlotte Mary
Elizabeth Atkins	Chuck & Connie Golden	Mary Miller
Hilda Baratta	Deb Grescowle	Archie Mulvena
Hanna Barniv	Jerry Gross	Carole Nicholas
Marion Bauer	Denise Hall	Jim O'Brien
Natalie & Antonio Bausoni	Elaine Harsch	Betty Rowe
Terry Brown	Robbie Hewitt	Renee Salvatori
Katie Brumfield	Vera Hilsenrath	Linda & Larry Scheer
Leela Burkan	Nadia Jakoubek	Steven Schmidt
Lynn Chandler & Rick Backus	Eleanor Johnson	Barbara Ann Scott
Paul Church	Audrey Jonnson	Linda Sidote
Jan Clayton	Mitzi Kivett	Saul Srour
Roberta Costisick	Marilyn Kunz	Elizabeth St. Claire
Sondra Creary	Mary Ellen Lamvermeyer	Lorene Stein
Bernadette Crowe	Deborah Lecce	John Svirsky
Dolores Dillon	Veronica Lecce	John Strunk
	Adele Ledeman	George & Emma Walters
	Jeanne Livingston	Barbara Waltrip
		Tammy Zeitz