



Institute for Spiritual Development Treasure Coast Spring Newsletter 2020

The Institute for Spiritual Development Treasure Coast is co-located with Spark of the Divine
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ABOUT US

The **Institute for Spiritual Development Treasure Coast (ISDTC)** is a non-profit organization dedicated to assisting each person with spiritual and personal development. We warmly welcome you to the newly chartered Institute for Spiritual Development for the Treasure Coast (ISDTC)! We encourage seekers to search for knowledge and understanding with an open and loving mind, with the abundance of love and support of like-minded people who are ready to adapt to change. Our education program incorporates various platforms for learning: the popular study groups, classes and workshops, experiential learning, seminars and interactive Sunday services. In addition, we provide you with the opportunities to participate in the ISDTC community through our Healing Program and as a Volunteer using your unique gifts and talents. We invite you join ISDTC and begin your special journey for intellectual and spiritual growth right here on the Treasure Coast! Together, We Create a Better Tomorrow.

SUNDAY SERVICES

You are invited to join us Sunday morning at 10:30 am in a Service of Celebration. The services are centered on God's most precious gifts to us and our greatest gifts to one another – Love and Understanding. Services are held twice a month. Due to the COV19 Virus and following CDC and Federal Guidelines, Services are limited to 10 worshipers plus ministerial staff.

RSVP is required as we practice safe physical distancing within the sacred space. Below are **ISDTC Service and Educational Protections:**

- Limit to 10 worshipers plus Ministerial Staff
- RSVP required
- Masks required.
- ISDTC does not have access to disposable masks at this time.
- Chairs are set with at least 6ft spacing
- Couples may sit together but are counted within the total limit of 10 worshipers
- No Hospitality
- Collection basket on table, we appreciate your contributions!
- Please cancel RSVP if you can not make it to service.
- Stay Home and Heal if you are sick or feeling unwell
- RSVP Priorities, Members and then timestamp

To RSVP contact: isdtc.sm@gmail.com

Or RSVP on ISDTC MeetUp

SUNDAY SERVICE SCHEDULE

MAY 2020

May 17, 2020 10:30 am
(Limit 10 people, Members priority, Physical Distancing)

JUNE 2020

June 7, 2020 10:30 am
June 21, 2020 10:30 am

Member Share

Member Share is space for Members and Ministerial Staff to share helpful practices, experiences and thoughts.

FULFILLMENT by Jeanette Gallagher

As a life, business and wellness coach I have found most of my clients are showing up with a sense of lacking; because there is a change they want to make in their life but they have hit roadblocks. In addition, especially now with the uncertainties from COVID-19 there is a general sense that too much is out of our control. This can create frustration, diminish self-confidence and increase stress. The lack of fulfillment can lead to unhealthy behaviors to help fill the emotional void.

The trick is to learn how to find fulfillment in the moment; and to do this you need to learn how to process the feelings like frustration so you can move on. Pushing down emotions doesn't help. Having an affirmation that you are fulfilled when you don't actually feel that way won't help either. Both the head and the heart must align. Here are some ideas on how to find fulfillment:

- ISDTC provides a safe and nurturing environment and our mission is to help you "to live in health, happiness and prosperity." Our mission statement goes on to say "We believe that each man and woman has a soul's purpose, obligation and personal responsibility to determine his or her own path and truths, and that spiritual unfoldment is progressive and unending." We cordially invite you to join us for services, which will resume on May 17, 2020 at Spark of Divine.
- Answer the following questions: Do you know your soul's purpose? Why are you here; right now? Spending time in contemplation is a powerful spiritual practice and a great way to get to know yourself better. Paramahansa Yogananda says "to simply ask questions like these is very good karma". Yoga teaches about dharma; the rightful path; and this does change throughout our lives. When we are young, our path includes education for example. Numerology actually tells us our Life Path and Destiny; which many find the affirmation to be helpful when making life choices and finding fulfillment.
- Learn about life mastery techniques such as Emotional Intelligence (EI). The first pillar of Emotional Intelligence is self-awareness and this helps you to be clear about what you are feeling and why. From here, you learn to self-manage (the second pillar) and more easily navigate through life.
- Give yourself permission to embrace the 'Liminal Space'; the time between what was and what will come. Richard Rohr has been talking a lot about this lately and if you'd like please read: <https://cac.org/between-two-worlds-2020-04-26/>
- Find a teacher, mentor, coach or friend to work with. For millennia, people have worked with a teacher on their self-improvement journey and it can really help.

Jenny L. Gallagher is a private consultant, public speaker, published author, certified yoga professional and is a trained Life, Business and Wellness Coach. She holds an undergraduate degree in Management Studies and a Masters in Ayurvedic Nutrition. Additionally Jenny offers Numerology workshops and readings as is a Reiki practitioner and she is pleased to announce the launch of her new business; Illuminate Mind + Body in June 2020. For more information email jennygallagher@msn.com.

MEMBERSHIP

Although you do not have to be a member to participate in ISDTC Services, Educational Courses Retreats and Events, by becoming a member, you support your Spiritual Home on the Treasure Coast of Florida. Members receive discounts on education units and special events.

Membership is open to all who aspire to the path of self-realization and wish to share their spiritual progress with the company of supportive and like-minded individuals. The yearly membership fee is \$45 per individual and \$60 per family. Membership includes free, the self-study course, "You are on a Journey." **Contact for Member information: isdtc.sm@gmail.com**

INTERFAITH & COMMUNITY OUTREACH

The Institute for Spiritual Development is a dedicated supporter of interfaith and spiritually based community cohesion. ISDTC is a member of the Interfaith Community of Indian River County, also known as the Interfaith Lunch Bunch and an active member of Women of Faiths of the Treasure Coast. ISDTC will be on the Interfaith Zoom, Monday, May 18, 2020 at 7:00 pm discussing Justice and Righteousness.

Our Interfaith Community hosts the May edition of the Interfaith Dialogue. Monday, 5/18 at 7pm. This month we will discuss the value of Justice and Righteousness. Our panelists will answer the questions:

***How do you define Justice and Righteousness?
What is the source of Justice/Righteousness? How do your beliefs manifest in actions of Justice and righteousness?***

To Join on Zoom URL:

<https://us02web.zoom.us/j/83976933107>

Let us know that you plan to join us by emailing interfaithcommunitytcf@gmail.com

Below are a reminder of New INSTRUCTIONS TO ENJOY VIRTUAL SERVICES AND CLASSES

The virtual "room" for our services and classes will open 15 minutes before the event. Due to security concerns we have initiated using a "waiting room." A meeting host must admit you. Please use your first and last name when asked for a Zoom name. Check the chat function in the waiting room. The meeting host will use chat if there is a problem. If you can't get into the room, email rabbi@tbsvero.org and we will see what we can do. Thank you all for your patience.

When you come in please make sure your audio is muted. There will be someone monitoring the feed of the chat function if there are any problems. After the service, feel free to reach out by email or phone to give us feedback. We are working to improve this capability with each use.

ISDTC MINISTERIAL STAFF

Rev. Z. Melinda Witter, Director and Pastor

Rev. Beth Franks

Constance Wilson, Order of the Cleric

Serina Halverson, Order of the Cleric

Please contact Rev. Z. Melinda Witter if you are interested in the Institute's Ministerial program at ISDTreasure@gmail.com

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