

Spiritual Frontiers Fellowship International - Raleigh Chapter  
*presents*

# *Creating Personal Balance in an Unbalanced World*

*We came into this life to be exactly who we are. We don't need fixing; we aren't broken. As the Hopi say, "We are the ones we have been waiting for."*

Time has been accelerated to the point that we have to stretch to remember what we did this morning, let alone last week. We feel pressure from our souls and our hectic schedules to create our lives with spiritual and emotional balance. We regularly experience burnout. The environments that surround our psyche, from polluted air and water to the thought-forms of greed and anger, challenge, sadden and anger us. Creating personal balance in this unbalanced world is not just a matter of tweaking our calendars or getting the "right" things on our lists. It is our guru in disguise.

We came into this life to be exactly who we are. We don't need fixing; we aren't broken. Our world is in horrendous chaos from wars to environment, from suffering to lack of consciousness. Whenever an old form is breaking down, the chaos increases, the *resistance* to a more light-filled way of life is obvious everywhere.

How do we create and maintain balance personally, professionally and in community with each other? How do we avoid and heal burnout? Donna will present practical spiritually-oriented possibilities for balance. She'll treat such timely questions as: How can we support our choices in our own psyches? How can we serve and stay centered? How do we heal "spiritual" exhaustion and burnout when we know our souls can't be exhausted? How can we better support each other in creating balance in ourselves and our world? How do we protect our sensitivity so we aren't psychic sponges, yet keep our hearts fully open?

Donna knows you are not new to this subject; she honors the light-being you are. She'll use the background of her twenty-five years as spiritual counselor and mentor, her personal stories, the stories of all of us, to help us reach new heights of self-appreciation, healing and consciousness. She'll lead a meditation to carry home with you, as well as create plenty of time for questions and answers.

Donna brings love and wisdom of angels, teachers in Spirit. Donna and guides bring us practical answers to our questions, presented with humor, yet a transfusion of empowering light. Behind the words and the energy transfer, is the knowing that we have what we need; we are what we need. As the Hopi say, "We are the ones we have been waiting for."



## *Donna Spring Gulick*

**Thursday, June 3, 2004**

Doors Open - 6:45 p.m.

Meeting - 7:15 p.m.

Early Meditation - 6:30 p.m.

Donna Spring Gulick is a mystic, intuitive, medium, and healer, as well as a popular metaphysical teacher and workshop leader. Her humorous and deeply inspirational talks at conferences, churches and universities have turned audiences into spiritual community. For 24 years Donna's individual counseling, mentorship, healing and classes have successfully moved people through their transformations. She has lead spiritual journeys to sacred places and been a conveyer of messages of truth from many spiritual paths.

Available privately from Donna:

**Attunements, Readings, Healing, Classes & Workshops** – send your e-mail address to [d2gulick@earthlink.net](mailto:d2gulick@earthlink.net) to be on the announcement list; (your address is kept private).

*Installment payments available for all, sliding scale available for ongoing work. For appointments, Call Jeanne, Donna's assistant, at 919-368-1181.*

The Thursday evening lecture will be in the **Community United Church of Christ** at the corner of Wade Ave. and Dixie Trail, Raleigh, NC

**Spiritual Frontiers Fellowship International**  
Raleigh Area Chapter  
P.O. Box 12773  
Raleigh, NC 27605-2773

Non-Profit Organization  
U.S. POSTAGE  
**PAID**  
Raleigh, NC  
Permit No. 1723

*Return Service Requested*

Dated Material

**Find us online at: <http://www.spiritual-frontiers.com/>  
or call us at 833-4188**

## SFF Board

|                       |  |
|-----------------------|--|
| Chairperson           | <b>Diana Henderson</b> 552-0524<br><i>pulsarstar55@earthlink.net</i> |
| Secretary             | <b>Abbie Emory</b> 872-4409<br><i>SFFRaleigh@aol.com</i>             |
| Writer                | <b>Alice Hough</b> 859-0067<br><i>reearth@mindspring.com</i>         |
| Treasurer             | <b>April Rooker</b> 465-1410<br><i>SFFRaleighTreasurer@yahoo.com</i> |
| Programs              | <b>Maryphyllis Horn</b> 542-0260<br><i>soulshaman@aol.com</i>        |
| Healing & Meditations | <b>Diana Henderson</b> 552-0524<br><i>pulsarstar55@earthlink.net</i> |
| Public Relations      | <b>Emily Page</b> 484-0977<br><i>emilypage@aol.com</i>               |
| Resource Coordinator  | <b>David Emory</b> 872-4409<br><i>Quikmixx@aol.com</i>               |
| Webmaster             | <b>Kim Kasdorf</b> 833-4188<br><i>kasdorfj@ix.netcom.com</i>         |

## Our Mission

At the Raleigh Chapter of Spiritual Frontiers Fellowship International, our mission is to enhance the spiritual, mystical and metaphysical awareness and consciousness of our community by sponsoring programs that facilitate personal growth and development and a holistic approach to health and living.

## Audio Tapes

Most SFF programs are available on audio tape – a tape catalog is available at the Thursday lectures. To order, send \$10 for each copy with your mailing address to:  
SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773.  
Exceptions: The cost is \$15 for lengthier programs recorded on two tapes. Most Workshop recordings fit this category.

### SFF Raleigh

*When:* First Thursday of each month (except July)

*Where:* Community United Church of Christ  
814 Dixie Trail, Raleigh, NC 27607

*Cost:* \$5.00 for lecture, early meditation is free

*Time:* Early meditation - 6:30 pm, Lecture - 7:15 pm

## Centering Meditation in June

Charle League will lead a release/surrender centering meditation at the early meditation in June.

Charle is an ordained minister affiliated with the Brigade of Light Ministries in Cedar Mountain, NC (since 2000). She is currently studying for a Masters of Divinity degree with The Seminary of Spiritual Peacemaking and James Twyman (2004-2006). Charle has been studying metaphysics over 20 years and is a strong believer in the concept that WE ARE ALL ONE. In addition to a full-time federal government career, she does one-on-one spiritual counseling and ceremonies as called upon.

The early meditation is held from 6:30 to 7 PM in the Vaughn Wing. Please be on time so as not to disturb the energy.

## Calendar of Events

July, 2004 - **No meeting**

August 5, 2004 - **Marie Anderson-Whitehurst,**  
*Crystals*

September 2, 2004 - **SFF Psychic Fair Fundraiser**

October 7, 2004 - **Tim Bost,**  
*Financial Astrology*

October 9, 2004 - **Tim Bost,**  
*Financial Astrology Workshop*

November 4, 2004 - **Rebecca Nagy,**  
*Topic TBA*

December 2, 2004 - **Mark Malachi,**  
*Solstice Season of Light*