

## March 2011: The TU Journal: A monthly guide to what's new in our Spiritual Community.

We had a busy month and met many new people. We are on our way to getting to know more about our Spiritual Community and the people in it who love to share energies and ideas with others. Stop by on one of our events and meet some of your community members soon. You never know, you may meet your next longtime friend, or someone of your dreams. We are preparing for a warm spring and we have many events to get you out of the house and start feeling the sun and the warmth again. Feel the warmth here, and join us.

This journal is long, we know, but we wanted to make sure you have enough time to mark your calendars, for all of the events you want to attend. Come on in, sip some tea, and sit a spell. Only at Truely Unique!

Read below for the big events in March, April, May and June, not only in our store but in our community.



### A Sweet Time for All

*By David Cappel*

The first annual Chocolate Feast was hosted Sunday February 13<sup>th</sup>, 2011 by Kay and Tony Soto at Truely Unique.

As you entered the front door, the sweet aroma of chocolate filled you with images that would have made Willy Wonka envious. This Chocolate Lovers Breakfast featured everything from homemade candies to cookies and pies. We can't forget about the all-time chocolate favorite Brownies. "The judging was very difficult but also very enjoyable," said Judge Tony Soto, as he returned to the table with plate in hand.

This year's unanimous winner was the "Spicy Chocolate Brownies" by Beneda Clay. For her delicious effort, Mrs. Clay won a \$25.00 gift certificate to Truely Unique and the admiration of everyone. An Honorable mention goes to Travis Edmundson for his decadent Chocolate Meringue Pie. The People Choice awards went to Nancy E. and Debra H for her wonderful Chocolate Toffee Bars and Brownies. Unfortunately Nancy had to leave early so her gift certificate for \$ 10.00 is waiting for her at Truely Unique. No one left empty handed, as there were so many entries; you had to take a sampling plate home. This was also to prevent Kay from going into a Chocolate Coma by Wednesday.

It became a fantastic social time, meeting with friends, old and new, while having a sweet time doing so. Kay has plans to continue and expand this into an annual event. So create your recipe for next St. Valentines eve, impress your friends, entice your love ones and get published in our upcoming cookbook.

Sorry you missed out on this great event? There will be more in the coming year, probably not as sweet. Keep checking this newsletter and online for upcoming events. I have to go now, there's a spicy Brownie on the counter calling to me.

Join us on March 13<sup>th</sup> for Quiche Brunch. Details are below in classes and events.

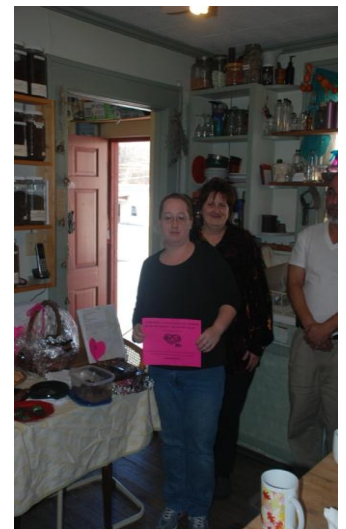


Photo Credit: James Smith ©2011 [jamestsmith72@gmail.com](mailto:jamestsmith72@gmail.com)

## Sales for the Month:

A selection of incense will be on sale all month including Morning Star.

Over one hundred, Renew (second hand) Pagan and Women's Spirituality books came in and we do not have room, come in and help us clear out some, we are taking \$1.00 off any book over \$5.00 and 50 cents off of any book under \$5.00.

Pewter necklaces are buy one get one ½ off for the month of March.

Try our Ostara Tea this month, and St. Patrick's Tea will be available the week of the 17<sup>th</sup>.

On the 19<sup>th</sup> of March, Saturday, we will have many sales; see our calendar for more details.

As always; we have many in-store sales every day.

New hematite jewelry just came in, along with summer bracelets and toe rings.

By Nature Soaps; made in Goldsboro; will be 50 cents off of each bar. New fragrances will be coming in this week.

## Store Events and Classes

Please RSVP by emailing us at [support@truelyunique.com](mailto:support@truelyunique.com) or call us at 237-3800, so we may prepare for the classes and serve food and refreshment to you. If you see a class, and cannot attend because of the date; email us and ask if we can do a make-up class later in the month.

***From now to the end of the year: Bring in can goods, boxed food, and or personal items like toiletries, shampoo, soaps etc., for our food bank and receive \$1.00 off of each class.***

Tarot readings with Sage will be every Saturday this Month.

Thursday, March 3<sup>rd</sup>: **The Making of your own wooden BOS.** Come in and create your own BOS, start the project here and finish decorating at home. Learn ways to personalize it. 6 PM \$10.00

Friday, March 4<sup>th</sup>: **Meditation 101:** Learn how simple it is to relax and to meditate. Learn this simple technique and you will relax and sleep better. 6 PM \$7.00 at 6:30 we will be doing a New moon meditation with Meditation cards.

Thursday, March 10<sup>th</sup>: **Shielding Class with Sola Dragonhart.** Ever feel others emotions, energy? Do you feel closed in or panicky in large crowds? Want to protect yourself for meditation and for spiritual guidance. Come and learn how easy it can be. Sola will guide us through this. 6 PM \$7.00

Friday, March 11<sup>th</sup>: **Movie and Game Night:** A social event to get you out of the house and enjoy the company of others, either join in and play board games, card games, or sit back and watch a movie. Join in a competitive game with Noki Moon and others. Bring a snack to share. A free social event. Meet your local spiritual community! 4 PM

Sunday, March 13<sup>th</sup>: **Quiche Brunch:** Make a quiche, or your favorite breakfast/lunch meal. (Enough to feed at least 4 people.) Share and socialize at the table with us and others. Vote on your favorite entry so someone can win a prize. Free event (E mail your recipe before the event for our future cookbook.) Noon to 4 PM Brunch is 12:30 PM

Thursday, March 17<sup>th</sup>: **Kindred Spirits:** Join us for refreshments and speak with other kindred spirits of all religions and paths, on topics to open the gap between us: FREE! Each month we pick a topic from the jar. Meet your spiritual community. 6 PM

Friday, March 18<sup>th</sup>: **Nutrition, Diet, and Herbals, A Class with Maliki:** Sign up early to save your space for this class that will assist you with eating happy, herbally, and healthy. Learn a way you can eat right in this day and age. Learn to eat healthier, how to eat to lose weight and how to add herbs in your diet. Maliki will also set up appointments after class for personalized information. 6 PM \$7.00

Saturday, March 19<sup>th</sup>: **Super Saturday Sale.** Come in and pick a coupon out of the jar for savings throughout the store. Plenty of sales and all coupons will give you wonderful savings, including free items. 10:00 to 5 PM

Thursday, March 24<sup>th</sup>: **Herbal Class, Lotions, potions, notions.** (Class 2) Learn the many ways to work with herbs, from crafts, to making tinctures, lotions, and more. 6 PM \$5.00 9 (Come by at 5 Pm to take herbal class one if you missed it in January.)

Saturday March 26<sup>th</sup>: **Herbal Class, Lotions, potions, notions.** (Class 2) make up class from January and March. Learn the many ways to work with herbs, from crafts, to making tinctures, lotions, and more. 2 PM and 4 PM \$5.00 for each make up class.

### Upcoming Events at Truely Unique

**EVER FEEL LIKE YOU HAVE NOTHING TO WEAR?** Don't worry! Come have fun and learn how accessories can extend the wardrobe you already own! You are invited to attend an upcoming **Premier Designs TM Jewelry Fashion Show!** Saturday, April 9, 2011, 2:00 - 4:00 pm at Truely Unique Inc. FASHION AND FUN by Lorrie Gay Premier Designs Independent Representative [lorriespremier4u@aol.com](mailto:lorriespremier4u@aol.com) 919.366.0068 (h) 919.369.4437 (c) Cash/Check/All Major Credit Cards Accepted

**The 3<sup>rd</sup> Annual Earth Day Festival** will be held on April 23<sup>rd</sup>. Gather up your family and join us for food, music, games, shop and support our local artist and spiritual consultants, Start you gardens and get the best plants and herbs around from **Toad Song Farm.** They will offer their greenery and advice the last two Saturdays in April. Join us in celebrating the 6 years Truely Unique has been part of our community. More information coming soon!

Saturday, April 30<sup>th</sup>, 2-4pm **Attracting Abundance by Releasing Resistance with Wendy Joy** \$7.00

Most people desire more abundance of some type in their life, and are puzzled when it doesn't arrive. They seem to be following the law of attraction and positively focusing their thoughts, so what's going wrong?

Wendy Joy will explore the hidden resistances that many have toward being truly abundant. She will show how to identify core beliefs and fears that impede the flow of abundance and lead attendees in releasing them. She will share ancient spiritual principles related to abundance and explain that the Universe really does want us to have all that we want.

Although the focus of the workshop will be primarily on monetary abundance, the principles can be applied to many other areas of life, including health and relationships.

Wendy Joy is a writer and healer living in Emerald Isle. She is certified in several healing modalities, including: Reiki, Integrated Energy Therapy, Past Life Regression, Spiritual Journeys, Crystal Layouts, Vibrational Alignments, Dysfunctional Core Belief Release, Emotional Release and Underlying Cause. She worked for 20 years as a medical Speech Language Pathologist in a prestigious brain trauma unit. She will soon be releasing her book *Clear Channel: A Guide for the Newly Awakening.* Visit Wendy Joy at [www.wendyjoy.net](http://www.wendyjoy.net) and link to her Facebook page.

\*\*\*\*\*Wendy will have a limited number of private sessions available that day. To schedule a session, call Wendy directly at (252) 764-2202. Cost: \$65\*\*\*\*\*

Saturday May 21<sup>st</sup> **Real Energy Workshop with Phaedra Bonewits:** Lunch at Noon, 2 PM: Social Hour and Book Signing, 3 PM: Workshop. *Social and books signing is free; Workshop is \$20.00 (Sliding Scale) Bring in can goods/boxed food or personal care items for our food closet, and take \$2.00 off of the price.*

When they tell you to **“ground and center”** do you ever wonder what they really mean? What is this stuff we call “energy” anyway? How do we make it? And what do we do when we’ve got it? Come explore ideas about and uses of magical energy, based on the book **Real Energy**. Join us and explore energy with us.

**Phaedra Bonewits** is a Neo Pagan teacher, writer, and initiate of several traditions of Wicca, Witchcraft and Hermetic Magic, thinks of herself as just another occult generalist who insulates her house with books. In addition to her scholarly pursuits, Phaedra was a pioneer in public Pagan worship in Chicago where she was a founding member of Panthea Temple, was an active public Pagan in North Carolina, and served as national vice president of the Covenant of Unitarian Universalist Pagans (CUUPS). She been a presenter on the topics of magic, Tarot, and ritual at events throughout the US, has published many articles, and was a contributor to Llewellyn’s 2010 Witches’ Companion. Phaedra spent most of the ’00s in New York Druid-wrangling her late husband, Isaac Bonewits, with whom she co-authored **Real Energy: Systems, Spirits, And Substances to Heal, Change, And Grow** (New Page, 2007).

Help us prepare for this Event: Please RSVP for this event and preorder books with us by email at [support@truelyunique.com](mailto:support@truelyunique.com) or calling us at 252-237-3800. Mark your calendars, and reserve your space today!

***Real Energy: Systems, Spirits, and Substances to Heal, Change, and Grow***

(New Page, 2007) *co-authored by Phaedra and her late husband, Isaac Bonewits.*

Energy. Psi, prana, mana, chi, divine power, the tao, reiki, or “vibes,” every system of magic and mysticism calls the energies that power its practices by different names. Whether questioning the power of prayer or a healing session with a Reiki master an underlying question exists of whether this energy is all the same or if they exist as distinctly different “wavelengths” of some universal power?

When New Agers, occultists, spiritual healers, metaphysicians, artists, and Neopagans talk about the “energies” they use, what do they actually mean? Now, for the first time, a single book discusses the vocabulary, magic, metaphysics, art, and science of energy from a multi-model, 21st century perspective.

Lessons included will cover:

Physical vocabulary of energy

How the laws of magic affect energy

Metaphysical vocabulary of energy

The Importance of Focus

Real Energy will then take these lessons to the next level giving you direction on how to understand and begin working with different energies. Half of the book is dedicated to showing you how to work with specific energies, including: the four elements, crystals, plants, animals, your own body, nature spirits, ancestors, and deities to accomplish your goals and enhance life experiences. Specific energy work practices are also covered, including: Reiki, The Huna System, working with “Pure” ESP and PK, Feng Shui, and the Tantra System. With tips from scientists, artists, magicians, and spiritual teachers, Real Energy will give you a solid introduction to both the theory and practice of energy work.

Call me and reserve your book by May 1<sup>st</sup>. Support your local Community, We support you!

**Lucid Dreaming: Harness the Power of Your Dreams With Wendy Joy.** Saturday, June 4, 2–4 pm \$7.00

Lucid dreaming is becoming lucid, or conscious, during the dream state. Lucid dreaming unleashes the power of your unconscious and your higher self and may assist you in connecting with the Akashic Record. In that state, you have the power to learn from your dreams, change your nightmares, solve problems, heal yourself and others, and further your spiritual evolution and so much more. Learn how to achieve this state and harness the power of your dreams!

## Community Events:

(If you are hosting an event, and wish to post it here, send it to me by the 20<sup>th</sup> of the month at [support@truelyunique.com](mailto:support@truelyunique.com))

**The Un-Dead Poets Society** *The first Saturday* of every month, 8:00pm Addies Main St Café, 439 Main St. Tarboro, NC  
This event will be a monthly gathering where people can get together and read their own poetry, read and discuss books, exhibit and talk about local art, drink coffee and have a general chill session. It will not be a karaoke type thing, but if you want to sing a'capella or recite lyrics feel free. Addies Main St Cafe has been kind enough to let us use their shop as a venue, which will make for a perfect place. They will provide coffee and special coffee drinks. Bring snacks and food for yourself or to share.

(We have plans on being there in March, road trip anyone?)

**Spiral Scouts:** Greetings! On Saturday February 12, 2011 your areas Kindred Spirit Spiral Scout Circle had our second meeting. We had 7 children to attend the meeting held at Battle Park. Where we made artwork and let the children get to know each other. We discussed plans for a bake sale to be at Truely Unique on April 23rd during the Earth Day Festival. We are planning to use the money earned at the bake sale to go toward the children's uniforms and also for t-shirts for the children. We will be having our next meeting on **March 12th at 3:00 pm** at Battle Park all who are interested are welcome to come on out. Plans for the March meeting include a brief summary of candle colors and what Element they represent also what direction goes with each Element. We will also be having our first circle this one will be very informal due to most of the children may not have been to Circle before. Hope to see you there!

**Spiral Scouts:** Interested in a Pagan/ All Spiritual friendly activity for your kids? Were you in Boy Scouts or Girl Scouts, but don't think it's the right place for your children? Are you interested in volunteering with a growing Pagan organization? Kids, do you want to go camping, take field trips, learn neat stuff, and earn badges and pins for doing all those fun things? Then you may be interested in Spiral Scouts! Spiral Scouts is an alternative scouting program for boys and girls ages 3-18, and is open to children of any faith & background, from any family structure. There are approximately 200 chartered Circles and Hearths in the US, Canada and Europe. Contact Laura at: [lns0131@centurylink.net](mailto:lns0131@centurylink.net)..

**Two Henrys Beadery 103 E. Anderson Street Selma, NC 27576** [www.twohenrysbeadery.com](http://www.twohenrysbeadery.com)

**It's gotta be green!** March 12 - 9:30 to 12:00 \$25.00 (all materials included) In celebration of St Patrick's Day everything we create will have a "bit of green" Come & try the "luck of the Irish" as we create small jewelry projects!

Spring! April 9 - 9:30 to 12:00 \$25.00: **Wire-wrapped "bird's nest pendant with beads & charms, oh my!** A delightful design that can be used for a variety of projects, such as: earrings, rings & pendants. Appropriate for all levels!

If you have any questions, call 919-965-3105 or email [twohenrysbeadery@att.net](mailto:twohenrysbeadery@att.net) You can also find Two Henrys Beadery on Facebook at: <http://www.facebook.com/pages/Selma-NC/Two-Henrys-Beadery/239848811193?v=info>

**Spiritual Directions NC** offers services and training in shamanic healing, spiritual direction, guided meditation, yoga instruction, chakra balancing, body analysis and alignment, feng shui, space clearing, house blessings, and tarot readings. Spiritual directions have a listed line up of classes. Mark your calendars and enjoy. <http://www.spiritualdirectionsnc.com/>

March 5 1-4 Intro to Shamanic Journeying: Upper World  
May 7 1-4 Shamanic Healing\*  
July 23 1-4 Past Life Regression 2\*  
September 10 1-4 Soul Retrieval Part 1\*  
October 29 1-4 Intro to Tarot Reading

April 2 1-4 Healing Ancestral Lines\*  
June 4 1-4 Past Life Regression 1\*  
August 13 10-4 Women's Retreat with lunch  
October 1 1-4 Soul Retrieval Part 2\*  
December 3 1-4 Feng Shui

Workshops with an asterisk (\*) require at least some experience with shamanic journeying. If you have taken an introduction to journeying before, but have not practiced much, you may want to repeat the introductory classes.

Workshops will be \$30 if paid in advance, \$35 at the door. I am now offering a package deal of 4 workshops for \$100 if paid in advance (with the first one). Please register in advance; space is limited. The Women's Retreat is \$70/80. All workshops will be held at my house, 2906 Ridge Rd NW, Wilson NC.

If you would like to organize a workshop or retreat at another time or date, and you can gather at least 4 people (I will happily send out invitations through my distribution list), I will be happy to accommodate you. Send me an email. May this year bring you new understanding and profound healing.

Jane

**Belly Dancing Basics:** Thursday, March 10 · 7:30pm - 8:30pm., Wilson County Senior Center 1808 Goldsboro Street Southwest Wilson, NC 27893 Come get your shimmy and shake on with Karma Intertwined a Belly dance Troupe based out of Wilson NC Want to have some fun AND get great exercise? Well get up off of that THANG and shake what your mamma gave ya!! First class is FREE!! No bare bellies required. No shoe policy. Please dress in free movement and loose clothing. For More information: Contact Sandra Carter @ Wilson County Senior Center (252) 206-4059

**Weekend with Christopher Penczak, Wiccan Author and Teacher** Friday, March 11 at 7:00pm - March 13 at 4:00pm  
The Sojourner Whole Earth Provisions 414 S. Evans Street Greenville, NC: We will begin taking registrations in person, or over the phone with Credit Card on January 11th.. Tickets are non-refundable after March 4th. East NC Pagans Educational Fund will be underwriting some of the costs to keep ticket prices down. Ticket price includes a catered lunch and hospitality by The Topsy Teapot. Contact 252-758-7656 for more info.

**The Burning Man Festival** in Ernul NC. May 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>. (More info soon)

**Pagan Unity Festival May 19-22 2011 in Burns TN** Special guest this Year: Judy Illes, Dorothy Morrison, J.T. Ellison, M.R. Sellers, Shauna Aura, Mark Mandrake, and Haley E. Garwood. Go to [paganunityfestival.org](http://paganunityfestival.org) for more information.

**We are looking for talented people** to assist us in classes, events, ideas, and writings, we are getting involved in our community even more and we want you to get involved also. Many talents are being wasted and we could use those talents. Volunteering is not a bad word and many tasks may only take a few hours a month. Much can be done in your own home with occasional meetings. Some ideas in the works are: Newsletter, Spiral Scouts, Earth Day Festival, Local Artist Committee, gathering of the groups and spiritual community, Pagan Leadership, Recipe Book, and more, so if you have ideas, and talents, e-mail me and let me know what you want to do, join us in creating a spiritual Community.

We are working on getting our calendar on Google calendar. I have entered the events for the month, Please tell me if you are seeing them? It is under [support@truelyunique.com](mailto:support@truelyunique.com). I will learn more soon. Email me if you are receiving them after you subscribe.

Stop by and see our community sign-up sheet and see all of the goals we have for our area. We have plans on making a community Printed and e-newsletter for all of NC, a coupon corner, Creating an All Season's Cookbook, creating pamphlets, and booklets, we have also started a food closet for our community. See what we have to offer and join us with your talents and show us what you have to offer your community.

Did you know that we make custom oils and incense? Talk to Osvaldo and see what he can do for you.

With the help of Sarah; Truely Unique will soon be on Etsy. Watch for the opening day in March. Thank you Sarah!

Great site to look up if you love belly dancing. <http://www.annwyndance.com/>

Thank you for your support and love, and join us in some events this month.

Blessings to all  
Kay and Osvaldo

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### Coupon

**With the price of gas going up, present this coupon in March for**

**\$2.50 off any purchase over \$25.00**

**\$5.00 off any purchase over \$50.00**

**Only at Truely Unique, come on in and sit a spell!**

**(Valid from march 1st thru March 31<sup>st</sup> 2011 Only one per customer, please.)**

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