

# SPIRITUS

*Rebellis*

## NEWSLETTER

ISSUE | JUNE 2025

### Celebrating Memorial Day in Tom's River

A fun time was had by all in Tom's River NJ as SPIRITUS Rebellis played for the SRP Westerly sold-out event.

Our music kicked off with a salute to the men and women who have served to keep us free in America. Pat sang the "Star Spangled Banner" joined by the many veterans who attended. We played classic rock tunes, some sultry ballads, and kicked off each set with patriotic tunes like "God Bless the USA", "Only in America," and "You're a Grand Old Flag."

Other fun at this event included the Horse Races! Well, the "Human Horse Races," that is. Folks got to bet on their favorites as Cookie did the "play by play" for each race and Debbie and her assistants took bets and made the payouts for the lucky winners. (See photo at right) Kudos to the SRP Westerly Entertainment Team and helpers who made this event such a success!

## CONTENTS

- 1 Memorial Day in Tom's River
- 2 About Our Mission
- 3 In the Works
- 4 Your Spiritual Side: Thoughts From Pat



610-442-9657

SPIRITUS REBELLIS.COM

# In The Works . . .

We are excited about debuting a new original song at an upcoming event. Actually, it's an old song that has a sweet backstory.

Marilyn's mom, Gladys Mathieu, wrote dozens of gospel songs through the years. Some she played at church and music events. She was an accomplished violinist. None she published but Marilyn did record some of them for her before she passed away. One of the songs that captured our hearts was an upbeat, rousing piece called "The Great Amen." We have modernized the song and plan to debut it next month at an Eastern NC event called "Farm Jam for the Van!"

The "Farm Jam for the Van" is a fundraiser for the Evangelical House of Prayer (EHOP) Youth Ministry that will take place at

Wellspring Meadows Farm in Vanceboro, NC on Saturday, July 26<sup>th</sup> from 10am to 4pm. There will be music all day including the talented singer/songwriter, Tracy Coward, who will play a set featuring music from her albums. It will be fun for the whole family! Tickets can be purchased for pony rides, games, and more. Food vendors will be there. Admission is free and all are welcome. If you can't make it, please consider donating! Visit Wellspring Meadows Farm Facebook page for the details!

Back to debuting "The Great Amen" at this event, we think Mom would be happy.

## ABOUT OUR MISSION

SPIRITUS Rebellis, created by Pat and Marilyn Nocera, is more than a music group—it's a collaboration devoted to uplifting and inspiring others. Through our music, we touch hearts, awaken deeper spiritual awareness, and remind each listener of the unique gifts within and the profound connection that links us all.



## YOUR SPIRITUAL SIDE: THOUGHTS FROM PAT

### DIGGING DEEPER



Patrick Nocera

Have you ever wondered what lies just beyond the edge of your awareness? We "feel" it and we "know." There's a quiet wisdom woven into every moment, every breath, every heartbeat—a gentle invitation not just to live life as a series of routines, but to remain curious about the discoveries that await beyond the familiar.

Then, we have our "Ah Ha", inspirational or intuitive moments—flashes of insight that feel instantly right. When we meditate, pray, or simply block out the noise of the world to spend time in quiet reflection, we begin to peer beyond the thin veil that surrounds our daily lives. In those moments, we tap into something deeper within ourselves, something timeless and true.

As we open ourselves to the possibility that the ordinary conceals the extraordinary, we step onto a path that transforms not only how we see the world, but how we experience our very selves. What might you discover if you look beyond the veil?

Interested to learn more? I hope so. Try my "DIY" suggestions for "Unveiling the Self: A Spiritual Exploration Beyond the Physical" on page 3.

# Unveiling the Self: A Spiritual Exploration Beyond the Physical

**This is a simple “do it yourself” method to begin your journey of understanding.**

Have you ever felt there's something just beyond the edge of your awareness—a quiet wisdom, waiting for you to notice? By intentionally exploring this space, you can gain deep insights, inspiration, and a renewed sense of purpose. Try these suggestions to begin the journey of peering beyond the veil and connecting with your inner spiritual self.

## 1. Set Aside Quiet Time

- Schedule undisturbed moments: Find a comfortable, quiet spot where you won't be interrupted.
- Frequency: Aim for at least 15 minutes each week, but daily is even better.

## 2. Clear Your Mind

- Let go of distractions: Silence your phone and minimize external noise.
- Breathe deeply and feel your body relax with each exhaled breath.
- Meditate, pray, or simply in silent reflection.

## 3. Open Yourself to Inner Experience

- Release expectations: Allow thoughts, feelings, colors, images, or memories to arise naturally.
- Be curious: Notice subtle nudges or insights—these are often the beginnings of new understanding.
- Ask yourself:
  - “What truth is waiting for me?”
  - “Who am I?”
  - “What do I need to learn right now?”
  - Choose any question that feels relevant to your current journey.

## 4. Embrace the Unknown

- Imagine yourself as a spiritual traveler: safe, secure, curious and open, even if things feel unfamiliar.
- Stay present: Don't worry if you don't “understand” everything immediately. The value is in the experience and the journey itself.
- When you decide to end the session, awaken slowly and reflect on wherever your mind takes you.

## 5. Journal Your Insights

- Start a spiritual journal:
  - Write the date and your chosen question at the top of each entry.
  - Record anything that surfaces, no matter how small or seemingly insignificant.
  - Review over time: Notice how your insights and perspective shift as you revisit your journal entries.

## 6. Reflect and Share

- Give it time: Like any intricate subject, true spiritual insight often grows through repeated exploration.
- Connect with others: Share your experiences with trusted friends or family. Collective reflection can deepen understanding and foster empathy in your community.

### Tips for Success

- **Patience is key:** Insight may come slowly, and not every session will be profound.
- **Consistency matters:** Regular practice builds a deeper connection with your inner self.
- **Honor your uniqueness:** Your spiritual journey is unlike anyone else's. Trust your process.

By making space for quiet reflection and curiosity, you open the door to discovering the deeper truth and purpose woven through your life. The veil is thin—what you seek may be closer than you think.