

April 2026

In 2026, we are embarking on an inspiring journey through the world's great spiritual traditions, each explored through the lens of Science of Mind. From January's return to our own foundational teachings to December's year-end refresh, we will visit Islam, Baha'i, Christianity, Buddhism, Taoism, Native American wisdom traditions, Paganism, Judaism, Hinduism, and Sikhism.

Theme for April: Christianity

Affirmation for April: *I rise in love, forgiveness, and renewed life.*

April 5 – Edward Viljoen – “Easter – Awake and Arise”

April 12 – Russ Legear – “The Parable of the Sower”

April 19 – Russ Legear – “The Parable of the Wheat and the Tares”

April 26 – Edward Viljoen – “The Parable of the Mustard Seed”

Recommended Book: *The Hidden Parables: Activating the Secret Lessons of Jesus* by Todd Michael, available at our bookstore.

Nurturing Our Community: Food Centric Fundraiser for the Center

Bidding on events ends on Sunday, April 19 at 1 pm. Register to participate here: cslsr.org/noc

Classes – Register at cslsr.org/classes

Awareness Through Movement® – Saturdays, April 4 – 25 • 10 - 11 am

This practice uses gentle movement sequences and guided attention to quiet your nervous system and help you regain your innate flexibility and ease in movement.

Emphasis is placed on finding your own comfort level and range in doing the movements. **Teachers:**

Donna Hoover and Susan Hammond



Coming Home: The Practice of Self Forgiveness – Tuesdays, Apr. 14 – May 5 • 6 to 7:30 pm

What if forgiveness felt like coming home to yourself? Often, we are taught that forgiveness is about forgiving others. Much of the time, though, the real forgiveness work begins with us and the emotional burdens that linger. In this class you will learn the Hawaiian practice of Ho'oponopono as a path toward gentle self-forgiveness. We'll explore what forgiveness really is, why starting small heals more deeply, how the ancient Hawaiian forgiveness



practice leads us to self-compassion and reconnects us with our own wholeness. This class is grounded in our Science of Mind teaching and offers a safe, peaceful place to soften old patterns and rediscover the truth of who you are. **Teacher: Rev. Siota Belle**

Open to Receive – workshop with **Dr. Edward Viljoen**. Sunday, April 26, 1-3 pm.



Identify what you want to receive more of, nurture receptive states of being, release limiting beliefs, and cultivate an attitude of gratitude. We often neglect our needs and forget to create space for receiving the blessings life offers. This workshop aims to shift our perspective and guide us toward a more balanced and harmonious approach to living by opening to receptive states of being.

Start Where You Are – Thursdays, May 7 – May 28 • 6 to 8 pm

Explore Pema Chödrön's *Start Where You Are* through the lens of Science of Mind in this four-week class on acceptance as a spiritual practice. We'll look at how we relate to ourselves—the habits of self-criticism, the quiet war many of us wage against who we really are—and how that shapes the way we see others. Along the way we'll work with concepts like maitri (unconditional friendliness toward oneself), tonglen meditation, and the Science of Mind teaching that wholeness isn't something we build, but is something we already are. Each week includes meditation, journaling, affirmative prayer, and group conversation. No prior experience needed. **Teacher: Jan Svoboda, RScP**



Sunday Services at the Center

We offer two identical in-person services each Sunday at 9 am and 11 am. The 9 am service is live-streamed and recorded for later viewing on our website and YouTube.

Youth & Family Program

Children are welcome to join our youth program during the 11 am service for creative, age-appropriate activities. To volunteer or learn more, contact Youth and Family Coordinator, Jennifer Caldwell at jennifer.caldwell@cslsr.org.

Joyful Frequency Song Circle

Presented by singer-songwriter Astra Fox, the Joyful Frequency Song Circle is a welcoming monthly gathering where participants sing simple, uplifting songs that inspire connection, joy, and personal transformation. Open to all ages and experience levels, this circle offers a fun and empowering space to explore the spiritual practice of singing affirmative songs. These songs serve as musical affirmations, anchoring positive truths into your mind and body while building community through music. In April, the circle will be on Thursday, April 2, 2026, from 6-7:30 pm.

After Service Prayer

Practitioners are available for one-on-one affirmative prayer in the sanctuary after both morning services. You may also pray with a practitioner on Zoom at 10 am. The Zoom link is <https://cslsr.org/zoom-prayer>

Wednesday Evening Service

Wednesdays at 7 pm in person at the center. Includes music, message, spiritual practice, and community. This service is not recorded or live-streamed. More information:

wednesdayeveningsatthecenter.blogspot.com

Nonprofit Partner for April 2026

Ceres Community Project - Provides beautiful, delicious, and medically tailored meals made with love for those facing serious illness. In addition, Ceres mentors teens to learn about growing, cooking and eating healthy foods and their power to make a difference. Visit them at ceresproject.org



Flower Dedications

Celebrate someone you love with flowers on the Sunday stage. Order online:

cslsr.org/sunday-flower-dedication

Ernest Holmes Lending Library

Open Sundays from 10 am to 12 noon. Find spiritual books, class texts, and more. Location: Upstairs above the coffee area in the social hall.

Spiritual Support

- Grief Support: Rev. Siota Belle – (707) 527-3650
- Telephone Prayer Ministry – (707) 527-3484 (leave name and number)
- Dial-a-Thought (inspiration & prayer) – (707) 527-3545
- Hospital/Home Visits: Heart in Hand – (707) 527-3574
- Submit online prayer requests – cslsr.org/online-prayer-request
- Appointments with Practitioners – cslsr.org/members/practitioners

Weekly Gatherings

- **Monday Afternoons** – Life Visioning Practice, from 12 noon to 1 pm on Zoom. Facilitators: Antonio Aversano; Angél Fiorito, RScP; Katrina Borneman, RScP. The Zoom link is tinyurl.com/lifevisionmondays
Recordings: tinyurl.com/CSLSR-Life-Vision-Library
- **Monday – Friday** – Daily Practice: Generating Love, from 10 to 10:25 am on Zoom: tinyurl.com/GeneratingLove
Recorded version: vimeo.com/489089737
- **Tuesday Afternoons** – Cancer Thrivers Support Group, from 1 to 2:30 pm. Contact: Kathy Galvin, RScP at kgwrites@comcast.net
- **Wednesday Evening Meditation: Inviting the Sacred**, from 6 to 6:45 pm on Zoom: tinyurl.com/WedEveMed
- **Third Saturday – Project Sleep Warm**
From 10 am to 1 pm in Room 7 (upstairs)
Contact: Brenda Kobrin, RScP – (707) 566-6785

- **Last Day of the Month – World Peace Meditation**
7 pm on Zoom: tinyurl.com/CSLPeaceMed
Contact: Vivian Strand, RScP Emeritus – (707) 953-1917

Find Us Online

- Website: cslsr.org
- TikTok: www.tiktok.com/@cslsantarosa
- Facebook Group: www.facebook.com/groups/centerforspirituellivingsantarosa
- Facebook Page: www.facebook.com/centerforspirituellivingsantarosa
- Instagram: www.instagram.com/cslsantarosa

Blogs and Online Resources

- Affirmative Prayer Library: affirmativeprayerlibrary.blogspot.com
- Dr. Edward's Blog: edblogword.blogspot.com
- Exploring Spiritual Study: exploringspiritualstudy.blogspot.com
- En Español: enespanolcslsr.blogspot.com
- New Life Celebrations: cslsrlifecelebrations.blogspot.com
- Volunteer Blog: cslsr.blogspot.com
- Wednesday Evening Service: wednesdayeveningsatthecenter.blogspot.com
- Youth & Family: youthandfamilyministry.blogspot.com

Monthly Gatherings

- **Second Tuesday – Seniors in Spirit**
Tuesday 11 at 12 noon. Location: Round Table Pizza, Occidental Road
Contact: Connie McMurray – text (707) 799-9366
- **Fourth Thursday – Board of Trustees**
5:30 pm on Zoom (link on our website)

Donate Your Unwanted Motor Vehicle

Here is an easy way to bring additional funds to the center

cardonationservices.com/charities/center-for-spiritual-living-santa-rosa

Center for Spiritual Living, Santa Rosa
2075 Occidental Road • Santa Rosa CA 95401
(707) 546-4543 • www.cslsr.org