

## August 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 August: Pagan Traditions and the Divine Feminine

Affirmation: *I honor the sacred cycles and dance with the turning of the Wheel..*

August 2 – Ruth Barnhart – “Turning of the Wheel”

August 9 – Joyce Duffala – “The Sacred Feminine and the Living Earth”

August 16 – Tara Steele – “Magic as Conscious Creation”

August 23 – Siota Belle – “Honoring the Ancestors, Healing the Lineage”

August 30 – Nancy Reynolds – “Shadows in the Shade”



Recommended Book:

*The Earth Path: Grounding Your Spirit in the Rhythms of Nature* by Starhawk

**Spiritual Classes – Details on our website. Register at [csls.org/classes](https://csls.org/classes)**

#### **Zhuangzi and the Dao: Effortless Living - Tuesdays, Aug. 4 – 25 • 6 pm**

At its core, Daoism seeks to teach how we can live effortless lives. It does this by focusing on harmony and balance, and also by helping to lift the veil that can sometimes emphasize opposites like good and evil. One way it does this is through stories. We will explore the fun and creative tales that emphasize the deep spiritual truths of Daoism, while using them to build our own Science of Mind spiritual practice.

Teachers: Rev. Russ Legear - \$35 – 100 - 4 weeks - In person and on Zoom

#### **Ancient Wisdom and the Science of Mind - Thursdays, Aug. 6 – Sept. 3 • 6 to 8:30 pm**

Discover how the spiritual insights of the ages come alive in our daily lives. Ancient Wisdom and Science of Mind invites you to explore the timeless teachings of cultures across the world and see how beautifully they harmonize with the Science of Mind Declaration of Principles. Together we will trace the living thread of spiritual thought as it flows from the past into the present moment. Through engaging exploration and meaningful spiritual practice, you will deepen your understanding of the Declaration of Principles and gather wisdom drawn from diverse traditions.

Teacher: Rev. Siota Belle - \$160 (discounts/scholarships available) - 5 weeks - In Person and on Zoom

#### **New Member Orientation Class - Sunday, Aug. 9 • 1 to 3 pm**

What does it mean to be a member at our Center? Membership at our Center also comes with many benefits: one-time emergency financial assistance after a year's membership; a free spiritual coaching session with one of our licensed prayer practitioners; a free workshop; and a coupon for our bookstore.

Members also are empowered to vote on business items in our annual member meeting. Join Rev. Russ to find out how our Center works, how to navigate our website to find exactly what you need, and to say “yes” to being a member in our community.

Teachers: Rev. Russ Legear - FREE – Workshop - In person and on Zoom

### **Spirit Walk on August 18, 2026, 9 am**

~~We will be meeting at Riverfront Regional Park, 7821 Eastside Rd, Healdsburg, CA 95448. Dogs are allowed on this trail. Note there is a \$10 parking fee (though parking is free if you have a regional park pass). Please be sure to arrive early as we will be starting our walk promptly. RSVP at [www.cslsr.org](http://www.cslsr.org)~~

### **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**

[jennifer.caldwell@cslsr.org](mailto:jennifer.caldwell@cslsr.org)

Our program empowers children to define their life purpose, hopes, dreams, and realize more freedom. We help them remember that they are whole, perfect and complete, just as they are.

### **Youth Programming happens every Sunday between 11 am and 12 noon.**

- Nursery – Birth to age 5
- Elementary Grades – ages 6 and up
- Middle School Grades – through age 12
- Teens – Ages 13 to 18

### **Our Youth and Family Volunteers**

We have a dedicated team of trained volunteers to work in our youth programs, with each member bringing a great deal of experience with youth. If you would like to join our team, please contact Jennifer Caldwell, Youth and Family Coordinator.

### **Teen Program**

Our Teen program is live! Your teens are welcome to join our Teen Group every Sunday at 11 am during the second service. We use the time to connect and support each other as we work together on our spiritual paths. We may eat together, watch movies, read a thing or two, do some artwork, play games, and plan community service. We are inclusive and we accept you for who you are and who you are not.

### **Teen Camp**

Twice a year, Centers for Spiritual Living teens and teen group advisors congregate for a week-long overnight teen camp, one in the summer and one in the winter. Teens who are interested in camp should come check out our Teen Connect group.

### **Come out on Friday nights and root for the Center’s softball team!**

Location: Northwest Community Park, 2880 West Steele Lane, Santa Rosa. Park in the lot you first see.

Our playing field is the only one bordering the access road, which you can also park on. (There are two other fields to the west.)

- Fri. 8/7 – 6:30 pm – **CSL Sluggers** vs. Free Agents
- Fri. 8/14 – 7:40 pm – **CSL Sluggers** vs. Raptors
- Playoffs (8/21) will be announced if we make it!

### **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 July, the circle will be on Thursday, August 6, 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](http://wednesdayeveningsatthecenter.blogspot.com)

### **Nonprofit Partner for July 2026**

**Daily Acts** – Connects people and builds community through education, action, and policy change that address the climate crisis to create a livable future for all. [dailyacts.org](http://dailyacts.org)



### **Flower Dedications**

Celebrate someone you love with flowers on the Sunday stage.  
Order online: [cslsr.org/sunday-flower-dedication](http://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**

- Prayer Generator - <https://edblogword.blogspot.com/p/spiritual-mind-treatment-generator.html>
- Grief Support: Rev. Siota Belle – (707) 527-3650
- 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](http://cslsr.org/online-prayer-request)
- Appointments with Practitioners – [cslsr.org/members/practitioners](http://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](https://tinyurl.com/lifevisionmondays)  
Recordings: [tinyurl.com/CSLSR-Life-Vision-Library](https://tinyurl.com/CSLSR-Life-Vision-Library)

- **Monday – Friday** – Daily Practice: Generating Love, from 10 to 10:25 am on Zoom: [tinyurl.com/GeneratingLove](https://tinyurl.com/GeneratingLove)  
Recorded version: [vimeo.com/489089737](https://vimeo.com/489089737)
- **Tuesday Afternoons** – Cancer Thrivers Support Group, from 1 to 2:30 pm. Contact: Kathy Galvin, RScP at [kgwrites@comcast.net](mailto:kgwrites@comcast.net)
- **Wednesday Evening Meditation: Inviting the Sacred**, from 6 to 6:45 pm on Zoom: [tinyurl.com/WedEveMed](https://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](https://tinyurl.com/CSLPeaceMed) - Contact: Vivian Strand, RScP Emeritus – (707) 953-1917

#### Find Us Online

- Website: [cslsr.org](https://cslsr.org)
- TikTok: [www.tiktok.com/@cslsantarosa](https://www.tiktok.com/@cslsantarosa)
- Facebook Group: [www.facebook.com/groups/centerforspirituallivingantarosa](https://www.facebook.com/groups/centerforspirituallivingantarosa)
- Facebook Page: [www.facebook.com/centerforspirituallivingantarosa](https://www.facebook.com/centerforspirituallivingantarosa)
- Instagram: [www.instagram.com/cslsantarosa](https://www.instagram.com/cslsantarosa)

#### Blogs and Online Resources

- Affirmative Prayer Library: [affirmativeprayerlibrary.blogspot.com](https://affirmativeprayerlibrary.blogspot.com)
- Dr. Edward's Blog: [edblogger.blogspot.com](https://edblogger.blogspot.com)
- Exploring Spiritual Study: [exploringspiritualstudy.blogspot.com](https://exploringspiritualstudy.blogspot.com)
- En Español: [enespanolcslsr.blogspot.com](https://enespanolcslsr.blogspot.com)
- New Life Celebrations: [cslsrlifecelebrations.blogspot.com](https://cslsrlifecelebrations.blogspot.com)
- Volunteer Blog: [cslsr.blogspot.com](https://cslsr.blogspot.com)
- Wednesday Evening Service: [wednesdayeveningsatthecenter.blogspot.com](https://wednesdayeveningsatthecenter.blogspot.com)
- Youth & Family: [youthandfamilyministry.blogspot.com](https://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)
- **Elders Group**  
For those over 60, and wondering what comes next, this is an invitation to join an Elders Group that meets once a month! In a small group of 8-12 people. Information: [www.cslsr.org](https://www.cslsr.org)

#### 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](https://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](https://www.cslsr.org)