

July 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 July: Native American Wisdom Traditions

Affirmation: *I walk gently on the earth, guided by the Spirit in all things.*

July 5 – Edward Viljoen – “Changing the Muddied Water”

July 12 – Russ Legear – “Walking In Step with the Greater Circle”

July 19 – Edward Viljoen – “All In Good Time”

July 26 – Edward Viljoen – “Crossing the Bridge”



Recommended Book:

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

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

The Aging Journey

What stories do you carry about growing older? The Aging Journey is a four-week Spiritual Enrichment Course with Chris Kelly that turns toward the wisdom already living within each of us, wisdom that is creative, responsive, and still growing. Tuesdays, July 7–28, 3:00–4:30 pm.

Finding Balance: More Than Standing Still

Join Donna Hoover for this gentle movement-oriented class that will help you learn balance, both physically and spiritually. Saturdays starting July 11 at 10 am, in person at the Center.

A New Take on Mysticism

Affirmative prayer is a practice many of us hear referenced each week. What if Spiritual Mind Treatment is a doorway anyone can walk through? This four-week class with Anne Marie Cheney, RScP, explores SMT through Christian, Feminist, and Modern mystical perspectives, and ends with students writing treatments for one another. Tuesdays, July 28–Aug 18, 10:30 am–12:00 pm.

Conscious Recovery

What would a Science of Mind approach to recovery from addiction look like? Conscious Recovery traces addictive patterns to an essential self that remains whole and complete and offers practical tools for returning to that wholeness through forgiveness, compassion, and gratitude. With Denise Pool, RScP, and Marielle Taylor, MSP, SUDCC IV, at the Center on Sunday, July 19 at 1 pm.

Spirit Walk on July 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

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

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. 7/10 – 6:30 pm – CSL Sluggers vs. Raptors
- Fri. 7/17 – 7:40 pm – CSL Sluggers vs. The Warriors
- Fri. 7/24 – 8:50 pm – CSL Sluggers vs. Happy Hour Here's
- Fri. 7/31 – 6:30 pm – CSL Sluggers vs. Mitz Fitz

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, July 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 July 2026

The Living Room – Collaborative community supporting women and their children during times of housing insecurity and urgent need. www.thelivingroomsc.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)
- **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

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