

## June 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 June: Taoism

*Affirmation: I flow with Life and trust the wisdom of balance and simplicity.*

### June 2026 – Taoism

June 7 – Edward Viljoen – “Knowledge of the Tao”

June 14 – Russ Legear – “Letting Go of Opposites”

June 21 – Russ Legear – “Without Seeking Acclaim”

June 28 – Edward Viljoen – “Tranquil But Unceasing”

Recommended Book: *A Path and a Practice: Using Lao Tzu's Tao Te Ching as a Guide to an Awakened Life* by William Martin, available at our bookstore.

### Classes – Register at [cslsr.org/classes](https://cslsr.org/classes)

#### Zen Writing with Tamarya - Wednesdays, Jun. 3 – Jun. 24 • 10 to 11:30 am

This four-week journey will guide you into the heart of mindful expression. Together, we will move beyond the noise of the inner critic and step into a space of creative flow. This curriculum is designed to help you:

- Cultivate Intuition: Discover the insights that arise when you write from a place of stillness.
- Release Judgment: Learn to lay down self-criticism and open yourself to the field of creative possibility.
- Embody Stillness: Practice breathing techniques to quiet the body, allowing you to hear the subtle whispering of Spirit.
- Find Your Voice: Connect with your inner truth through guided meditations and “first-thought’ writing exercises.



**Teacher: Tamarya Hulme, RScP**

## **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. 6/5 – 6:30 pm – CSL Sluggers vs. The Warriors
- Fri. 6/12 – 7:40 pm – CSL Sluggers vs. Happy Hour Here's
- Fri. 6/19 – 8:50 pm – CSL Sluggers vs. Mitz Fitz
- Fri. 6/26 – 8:50 pm – CSL Sluggers vs. Free Agents

## **June 2026 Spirit Walk**

- We will be meeting at Sugarloaf Ridge State Park, 2605 Adobe Canyon Rd, Kenwood, CA 95452. (On Hwy 12 driving South from Santa Rosa, turn left at the Golden Bear Station restaurant). We will be walking the meadow trail out and back. No dogs allowed. Note there is a \$10 parking fee (though parking is free if you have a state park pass). Please be sure to arrive early as we will be starting our walk promptly. RSVP [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.

## **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 June, the circle will be on Thursday, June 4, 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 June 2026**

Northern California Public Media (local NPR station, KRCB 104.9) – Dedicated to utilizing media for inspiration, education, and connection in the region. [www.norcalpublicmedia.org](http://www.norcalpublicmedia.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**

- 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](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](http://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/centerforspirituallivingsantarosa](https://www.facebook.com/groups/centerforspirituallivingsantarosa)
- Facebook Page: [www.facebook.com/centerforspirituallivingsantarosa](https://www.facebook.com/centerforspirituallivingsantarosa)
- 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: [edblogword.blogspot.com](https://edblogword.blogspot.com)
- Exploring Spiritual Study: [exploringspiritualstudy.blogspot.com](https://exploringspiritualstudy.blogspot.com)
- En Español: [enespanolcslsr.blogspot.com](https://enespanolcslsr.blogspot.com)
- New Life Celebrations: [cslsrifcelebrations.blogspot.com](https://cslsrifcelebrations.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)