

May 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 May: Buddhism

Affirmation: *I meet this moment with clarity, compassion, and peace.*

May 3 – Edward Viljoen – “The Four Noble Truths”

May 10 – Edward Viljoen – “Rest in Openness, Zen”

May 17 – Russ Legear – “The Eightfold Path to Freedom”

May 24 – Russ Legear – “Wake up and Stay Awake: Rohatsu”

May 31 – Edward Viljoen – **All Community Service at 10 am**

Recommended Book: *The Heart of the Buddha's Teaching* by Thich Nhat Hanh, available at our bookstore.

Classes – Register at cslsr.org/classes

The Way of Effortless Mindfulness - Tuesdays, May 19 – June 16 • 6 to 7:30 pm

Have you ever tried mindfulness meditation, but found it hard to focus because your thoughts constantly interrupt you? Do you have an existing mindfulness practice, but are looking to expand it and go deeper? Are you wanting to gain access to that wise inner Self that is filled with love and compassion?

The Way of Effortless Mindfulness, by Loch Kelly, shares a new-to-us form of mindfulness meditation rooted in the centuries old Dzogchen tradition of Buddhism. It is based on having a direct experience of the wise inner Self that is at the core of each of us. In this practice, we become aware of our inner awareness, and through that awareness, become able to cultivate more ease, love, courage, and compassion in our daily lives. We will meditate together, talk about our experiences of Self, and support one another as we grow through this life-changing practice.

Teacher: Rev. Russ Legear



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**

My Own Medicine with Astra Fox – Sunday, May 24, 1 to 3 pm

Join Astra Fox for a two-hour experience where music becomes medicine and creativity becomes your compass. This workshop unfolds around music and intention, with an invitation to listen deeply, reflect honestly, and reconnect with the wisdom you already carry. Through guided reflection and creative expression, you'll move through what's stuck, reclaim what's yours, and discover how joy can be both the path and the destination. **Teacher: Astra Fox**



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

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.

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 May, the circle will be on Thursday, May 7, 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 May 2026

Watch Duty - Watch Duty alerts communities of nearby wildfires and firefighting efforts in real time. Powered by volunteer firefighters, dispatchers, and first responders, they diligently monitor radio scanners and other official sources 24 hours a day to send up-to-date information. watchduty.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/centerforspirituallivingsantarosa
- Facebook Page: www.facebook.com/centerforspirituallivingsantarosa
- 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