

December 2025



We see a world that works for everyone.

Theme for the month: Guidance from Within

December 7 – Edward Viljoen – “The Voice Within”

December 14 – Russ Legear – “Navigating Darkness with Light”

December 21 – Edward Viljoen – “The Strength of Stillness”

December 24 – Edward Viljoen – *Christmas Eve Candle Lighting Service*

December 28 – Russ Legear – “Embracing Inner Transformation”

Joyful Frequency Song Circle

Presented by singer-songwriter Astra Fox, the Joyful Frequency Song Circle is a welcoming monthly gathering where participants come together to 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.

When: Thursday, December 4, from 6 to 7:30 pm

Where: Social Hall at the Center for Spiritual Living, Santa Rosa

Cost: Supported by love donations—contribute what feels right

Who Can Join: Open to everyone—no musical experience required, and family-friendly!

Holiday Arts and Crafts Fundraiser

Have you ever walked into an art gallery and felt yourself pulled into the imagination of the art around you? Have you held in your hands something meticulously crafted, something that so clearly was built with love and intention? Arts and crafts carry the power to communicate in a way words seldom can. This is what you can experience on Saturday, **December 13, 10 am to 4 pm**, here at the Center. Over sixty artists and crafters have generously donated their works, and they are all available to purchase. All proceeds support our community. And there are cooks and bakers who are donating their time and talents to share chili, cornbread, and deserts—so bring your friends and family.

Pre-Solstice Wednesday Evening Service

As the calendar pages turn and we approach the year’s shortest day, we invite you to join us in celebrating light and renewal. Our Winter Solstice service will be on Wednesday, **December 17, at 7 pm**, aligning with our regular weekly Wednesday Evening Service. As the night unfolds, we’ll gather around our community tree, a symbol of hope and the returning light. We will light battery-operated votive candles in the season’s spirit, casting a gentle glow that mirrors our inner light. This act of illumination represents igniting the light within ourselves and each other. This gathering is also a time for setting intentions. As we stand at the threshold of a new cycle, we invite you to reflect on the past and envision

a future filled with growth and possibilities. It's a moment to breathe deeply, acknowledge the stillness, and prepare for the journey ahead. Finally, we will release the past through the flames of a burning bowl ceremony.

Candle Lighting Service

Wednesday, December 24, and enjoy a magical evening of music, inspiration, prayer, and lights. Two identical services: one at 6 pm; the other at 8 pm. After a message from Dr. Edward, we will light candles accompanied by sacred music of the season performed by music director Christopher Fritzsche, the choir, and special guests. Stepping Stones Books and Gifts will be open from 5 to 8 pm. The 6 pm service will be broadcast live on our website, Facebook, and YouTube using the same links as those for Sunday service: <https://cslsr.org/new-sunday-links/>. *(You can come to hear the candle lighting service music at the dress rehearsal on Tuesday, December 23, at 8 pm. The musicians always like to perform for **a live audience.**)*

Annual World Peace Meditation

This peace-filled event has been observed at the Center since 1986. Why do we meet at 4 am? It is noon, Greenwich Mean Time, and it is December 31 in all 24 time zones on our planet. We sing, meditate, and pray simultaneously with people all over the world. **4 am on Wednesday, December 31, 2025.** Doors open at 3:30 am and remain open until 4:15 am. In person. Grinton Chapel, Center for Spiritual Living, Santa Rosa – 2075 Occidental Road, Santa Rosa. What to wear: Comfortable clothing. Feel free to come in your pajamas or bring a cozy blanket and pillow. We meditate for 20 minutes with a short program of music, world peace meditation readings, poetry, and prayer. For more information, please contact Vivian Strand, RScP, at (707) 953-1917.

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 at the 11 am service for creative, age-appropriate activities. To volunteer or learn more, contact Youth and Family Coordinator jennifer.caldwell@cslsr.org.

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.

Nonprofit Partner of the Month: YWCASC, providing quality childcare and trauma-informed counseling with support for families impacted by domestic violence.

Phone: (707) 546-9922 - Website: <https://www.ywcasc.org/>

Volunteer Opportunities: <https://www.ywcasc.org/volunteer/>

Flower Dedications

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

<https://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: <https://cslsr.org/online-prayer-request/>
- Appointments with Practitioners: <https://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 <https://tinyurl.com/lifevisionmondays>
Recordings: <https://tinyurl.com/CSLSR-Life-Vision-Library>
- **Monday – Friday** – Daily Practice: Generating Love, from 10 to 10:25 am on Zoom:
<https://tinyurl.com/GeneratingLove>
Recorded version: <https://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:
<https://tinyurl.com/WedEveMed>

Monthly Gatherings

- **First Sunday – Full Circle: Conversations About Death & Dying**
Sunday, November 2, from 1 to 2:30 pm on Zoom:
<https://us02web.zoom.us/j/87804430156?pwd=c1pnZnBGUXRhYy9QUk8xM0RMTmFjZz09>
- **Third Sunday – Grief and Loss Spiritual Support**
Sunday, November 16, from 10 to 10:40 am
Practitioner Room (upstairs, next to the library)

- **Second Tuesday – Seniors in Spirit**

Tuesday, November 11 at 12 noon. Location: Round Table Pizza, Occidental Road
Contact: Connie McMurray – text (707) 799-9366

- **Second Thursday – Board of Trustees**

Thursday, November 13, at 5:30 pm on Zoom:

<https://us02web.zoom.us/j/84501860285?pwd=SuYSm1db0wbOARQmnkcm3VF1lw6qx3.1>

- **Third Saturday – Project Sleep Warm**

Saturday, November 15, 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**

Sunday, November 30, at 7 pm on Zoom: <https://tinyurl.com/CSLPeaceMed>

Contact: Vivian Strand, RScP Emeritus – (707) 953-1917

Find Us Online

- Website: <https://cslsr.org>
- Facebook Group: <https://www.facebook.com/groups/centerforspirituallivingsantarosa>
- Facebook Page: <https://www.facebook.com/centerforspirituallivingsantarosa>
- Instagram: <https://www.instagram.com/cslsantarosa/>

Blogs and Online Resources

- Affirmative Prayer Library: <https://affirmativeprayerlibrary.blogspot.com/>
- Dr. Edward's Blog: <https://edblogword.blogspot.com/>
- Exploring Spiritual Study: <https://exploringspiritualstudy.blogspot.com/>
- En Español: <https://enespanolcslsr.blogspot.com/>
- New Life Celebrations: <https://cslsrlifecelebrations.blogspot.com/>
- Volunteer Blog: <http://cslsr.blogspot.com/>
- New Thought Resources: <http://newthoughtresources.blogspot.com/>
- Wednesday Night Live: <https://wednesdayeveningsatthecenter.blogspot.com/>
- Youth & Family: <https://youthandfamilyministry.blogspot.com/>

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