

*We see a world
that works for everyone.*



February 2025 Bulletin

This Month's Theme – Interconnectedness

February 2 – Edward Viljoen, "Emptiness: The Wonder of Interbeing"

February 9 – Edward Viljoen, "You Are Enough: The Art of Happiness"

February 16 – Karen Drucker, "Ripples: The Art of Mindful Living"

February 23 – Russ Legear, "Letting Go, A New Way of Being Together"

Sunday Service Times

We offer two identical, in-person services at the center. One is at 9 am; the other is at 11 am. The 9 am service is broadcast live and recorded for viewing afterwards on our website.

Youth Program

Children of all ages are welcome to attend our youth program led by Youth & Family Coordinator Jennifer Caldwell. While parents attend the 11 am service, their children can enjoy age-appropriate activities with other kids. If you would like to volunteer or get details and more information, contact Jennifer Caldwell at jennifer.caldwell@cslsr.org.

One-on-One Prayer with a Practitioner

Tell a practitioner what is in your heart, and you will receive prayer to affirm that your desired good is present and available to you. Available in the sanctuary after both morning services and on Zoom at 10 am. The Zoom link is <https://cslsr.org/zoom-prayer/>

Wednesday Evening Service

Join us at the center at 7 pm for a mid-week spiritual boost. Enjoy music, prayer, spiritual practice, a message, and more. In-person only. The service is not broadcast or recorded.

Valentine's Taize Service with Karen Drucker

Join beloved singer-songwriter Karen Drucker at 7 pm on Wednesday, February 12, in the sanctuary, for a magical musical evening of songs and readings with the theme of LOVE. A taize concert consists of community singing and chanted prayers along with inspirational readings and time for silent meditation. This is a free event. Everyone is welcome. Love offering.

Special Event: Astra Fox CD Release Party

Join us at the center, for a special evening celebrating the release of Astra Fox's new album, My Own Medicine, on Friday, February 21, from 7 to 9 pm. This intimate concert will feature Astra Fox and the band performing songs from the album in a heart-centered, uplifting evening of healing music and celebration. The event begins with a grounding and elevating "sound healing" experience by the incredible Fluidgirl, creating a space of connection, creativity, and inspiration. Tickets are \$25 in advance, \$30 at the door, and free for children 12 and under. Go here to get tickets: <https://cslsr.breezechms.com/form/AFCDRP>

Ernest Holmes Lending Library (Upstairs)

Our library is located upstairs above the coffee serving area of the social hall. We are open every Sunday from 10 am to 12:30 pm. We have books, audio recordings, and video recordings on a wide variety of subjects that are of interest to our spiritual community. We also have multiple copies of textbooks used in some of our classes and patrons are welcome to borrow these books for the duration of the class. Use the staircase opposite entrance to bookstore.

Nurturing Our Community is Coming Back!

Enjoy get-togethers that create deeper connections, while at the same time generating financial support for the center. You can find details on the homepage of our website.

Every Time You Shop at Oliver's Market...

...the Center receives a donation at no cost to you. Please stop by the literature display in the social hall and pick up the form to use for getting started.

Free Community Book Exchange

Start bringing your "already read" books to the center and we will arrange them in categories in preparation for our next book exchange on Sunday, February 23, from 10 am to 12 noon in the social hall. All categories are welcome. You can drop off your donated books in the reception area of the office wing on Mondays, Tuesdays, and Wednesdays, between 10 am and 3 pm. You can also drop off books in the reception area on Sundays between 9 am and 12 noon. All books at the event are free for the taking, whether you donate books or not.

Spiritual Coaching

If you have benefited from prayer sessions on Sunday, give yourself the gift of a full, confidential fee-for-service practitioner session via phone or Zoom. Your practitioner supports you by clarifying with you your next step in spiritual growth and applying affirmative prayer to make it so. Contact a practitioner through the online practitioner directory at <https://cslsr.org/members/practitioners/>

Upcoming Classes and Workshops

Look for registration information on the homepage of our website, www.cslsr.org.

Class dates and times are subject to change. Please check the website for the most recent information.

- **(W) Radical Self-Love**, Sunday, Feb. 16, from 1 to 2 pm in person at the Center. Workshop presented by Krista McAtee, RScP.
- **(S) Forgiveness: A Path to Freedom and Inner Peace**, four-week spiritual enrichment course with Dr. Edward Viljoen, in person at the center and also on Zoom. Begins Tuesday, Feb. 18, from 6 to 7:30 pm.
- **(S) Understanding Trauma in Ourselves**, three-week spiritual enrichment course with Rev. Siota Belle and Jan Svoboda, RScP, on Zoom. Begins Saturday, March 1, from 10 am to 12 noon.
- **(B) Belonging without Othering: How We Save Ourselves and the World**, four-week book study with Rev. Tara Steele on Zoom. Begins Wednesday, March 5, from 10 am to 12:30 pm
- **(C) Meditation is More Than You Think**, eight-week core class with Rev. Siota Belle on Zoom. Begins Thursday, March 6, from 6 to 8:30 pm. Discounts and scholarships available.

Contacts for Spiritual Support

- For grief support, call Rev. Siota Belle at (707) 527-3650.
- To have someone pray with you, call our Telephone Prayer Ministry, (707) 527-3484. Leave your name and number; a prayer practitioner will return your call.
- To hear an inspirational message and prayer, call Dial-a-Thought, (707) 527-3545.
- To request hospital or home visits, call Heart in Hand, (707) 527-3574.
- If you want to submit a written prayer request while the center is open on Sunday, you will find prayer request forms and the prayer box on a table in the hallway between the social hall and the office wing. You can also submit prayer requests online: <https://cslsr.org/online-prayer-request/>
- For additional spiritual support, click on "Resources" at the top of our homepage, <https://cslsr.org>
- To have a one-on-one appointment with a prayer practitioner for coaching and prayer, go to <https://cslsr.org/members/practitioners/> and contact the practitioner of your choice. Fees apply.

Member Assistance Program

From time to time we all need a little help from our friends. And sometimes what's really needed is money. A portion of monetary contributions to the center is set aside in a fund ready to be drawn upon by members in times of need. If you have been a member of the center for at least one year and have a giving intention on file, you are eligible to apply for one-time financial assistance. Our confidential Member Assistance Program is a shining example of members helping members. Go to <https://cslsr.org/member-assistance-program/> for more information.

Don't Miss a Thing!

- To see a list online of all upcoming center events, go to <https://cslsr.org/events/>
- For a monthly calendar view of our events, go to <https://cslsr.org/events/month/>

Newly Added to the Library

Submitted by Hochima Treppa, Library Assistant

Beyond Words: Talking with Animals and Nature by Marta Williams. This author shares fascinating stories that explore the intuitive connections among humans, nature, and animals. The stories show effective ways of intuitive communication, with the aim of helping to bring humans back into balance with the rest of the beings on earth.

Online Resources

- AFFIRMATIVE PRAYER LIBRARY
Read a prayer on a subject of your choice. You can search the prayers by subjects such as Health, Peace, Grief and Loss, Abundance, and more. The link to the prayer library is <https://affirmativeprayerlibrary.blogspot.com/>
- ONLINE PRAYER REQUESTS
Use our website to submit a prayer request for our practitioners to pray on. The link to the prayer request form is <https://cslsr.org/online-prayer-request>

Social Media

- Facebook Group Page: <https://www.facebook.com/groups/centerforspirituallivingsantarosa>
- Facebook Page: <https://www.facebook.com/centerforspirituallivingsantarosa>
- Instagram: <https://www.instagram.com/cslsantarosa/>
- Stepping Stones Facebook Page: <https://www.facebook.com/Stepping-Stones-Bookstore-116152508558>

Our Online Blogs

- Dr. Edward's Blog: <https://edblogword.blogspot.com/>
- En Español: <https://enespanolcslsr.blogspot.com/>
- (NEW) Exploring Spiritual Study at the Center: <https://exploringspiritualstudy.blogspot.com/>
- New Life Celebrations: <https://cslsrcelebrations.blogspot.com/>
- New Thought Resources: <http://newthoughtresources.blogspot.com/>
- Remembrance Pages: <https://communityremembrancepages.blogspot.com/>
- Volunteer Blog: <http://cslsr.blogspot.com/>
- Wednesday Night Live: <https://wednesdayeveningsatthecenter.blogspot.com/>
- Youth and Family Ministry: <https://youthandfamilyministry.blogspot.com/>

DAILY AND WEEKLY GATHERINGS

MONDAY AFTERNOONS

Life Visioning Practice. Every Monday from 12 noon to 1 pm on Zoom, we practice consciously opening to the still small voice within. Facilitators are Antonio Aversano; Angél Fiorito, RScP; and Katrina Borneman, RScP. No meetings on 12/23 or 12/30. The Zoom link is <https://tinyurl.com/lifevisionmondays>. You can download and/or listen to previous sessions at <https://tinyurl.com/CSLSR-Life-Vision-Library>

MONDAY THROUGH FRIDAY

Daily Practice: Generating Love, Every weekday, Monday through Friday, from 10 to 10:25 am. The Zoom link is <https://tinyurl.com/GeneratingLove>. You can use a video of this meditation practice on your own at any time: <https://vimeo.com/489089737>

TUESDAY AFTERNOONS

Cancer Thrivers. We provide mutual support for those actively dealing with cancer. We meet on Tuesdays from 1 to 2:30 pm. Contact: Kathy Galvin, RScP, at kqwrites@comcast.net

WEDNESDAY EVENINGS

Wednesday Meditation: Inviting the Sacred. Every Wednesday from 6 to 6:45 pm on Zoom. The new Zoom link is <https://tinyurl.com/WedEveMed>

WEDNESDAY EVENINGS

Wednesday Evening Service. Mid-week spiritual boost every Wednesday from 7 to 7:45 pm in person at the center. Details: <https://wednesdayeveningsatthecenter.blogspot.com/>

Sunday Flower Dedications

At the center we use flowers to send messages of love. You can purchase a flower arrangement for the stage. After the last service, you may take the flowers home, or you can donate them to decorate the center during the week. Go here for the order form: <https://cslsr.org/sunday-flower-dedication/>

Our Nonprofit Partner Program

Each year the center selects twelve nonprofit partners from nominations submitted by individuals in our community. We feature one of them each month. For February it is Daily Acts, helping to create climate-resilient communities through education, workshops, and demonstration gardens. To learn more about our nonprofit partner program and to see a list of all 12 partners for 2024, go here: <https://cslsr.org/our-nonprofit-partners>

MONTHLY MEETINGS

FIRST SUNDAY

Full Circle: Conversations About Death & Dying, 1 to 2:30 pm (February 2). We meet on Zoom to provide education, spiritual support, conversation, and resources around the many ways dying can inform us about living and how valuable it is to have a spiritual practice. The Zoom link is:

<https://us02web.zoom.us/j/87804430156?pwd=c1pnZnBGUXRhYy9QUk8xM0RMTmFjZz09>

THIRD SUNDAY (NEW)

Grief and Loss Support, from 10 to 10:40 am (February 16). Come to the Practitioner Room upstairs, next to the library, for a facilitated session by a prayer practitioner. You can sit in silence or share your experiences in a safe and sacred space where we listen with honor, acceptance, and love.

SECOND TUESDAY

Seniors in Spirit, 12 noon (February 11). We meet at Round Table Pizza on Occidental Road near the Center for lunch, friendship, prayer support, and to plan outings together as a group. Text Connie McMurray at (707) 799-9366.

FIRST THURSDAY (NEW)

Joyful Frequency Song Circle, from 5:30 to 7:30 pm. (February 6). Join singer-songwriter Astra Fox in the social hall to sing simple, uplifting songs that inspire connection, joy, and personal transformation. Open to all ages and experience levels. Go here to learn more: <https://cslsr.org/joyful-frequency-song-circle/>

THURSDAY

Board of Trustees, 5:30 pm (February 27). Except for executive sessions, board meetings are open to the public. The Zoom link is <https://us02web.zoom.us/j/82409732515>. No meeting in March since this is the month of the Annual Member Meeting. Dates for November and December may vary due to holidays.

THIRD SATURDAY

Project Sleep Warm, 10 am to 1 pm (February 15). We meet at the center in Room 7 (upstairs) to make comforters and coverlets for unsheltered women and children. Contact: Brenda Kobrin, RScP, at (707) 566-6785.

LAST DAY OF THE MONTH

World Peace Meditation (Friday, February 28). Except in October, when we meet on the 30th, and December 31, when we meet at 4 am, we meet at 7 pm to pray for peace on our planet. For more information, contact Vivian Strand, RScP Emeritus, at (707) 953-1917. The Zoom link is <https://tinyurl.com/CSLPeaceMed>