

*We see a world  
that works for everyone.*



## **January 2025 Bulletin**

This Month's Theme – Stretching Into Possibility

*Align your inner journey with your outer actions, release fears, embrace your unique light, and cultivate self-love. Recognize the extraordinary in the ordinary, ask new questions, expand beyond your comfort zone, and trust the universe to support your growth.*

January 5 – Russ Legear, "My Spiritual Nature"

January 12 – Tara Steele, "Making Space for It"

January 19 – Edward Viljoen, "It Flows"

January 26 – Edward Viljoen, "Choosing Possibility"

## **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](mailto: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/>

## **Be a Trustee!**

Does selfless service call to you? Each year three new members are elected to replace the three members who are completing their terms on the board of trustees. We are now accepting applications for the three members who will join the board in March 2025. You can pick up an application form at the information table or access information on our website at <https://cslsr.org/be-a-trustee/>

## **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.

## **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.

## **New Member Orientation Class**

If you are curious about what it takes to become a member of the Center, join Dr. Edward in person or on Zoom for a free class on Sunday, January 26, from 1 to 3 pm in Waggoner Hall (North Wing). Go here to register: <https://cslsr.breezechms.com/form/NMC012025>

## **Awareness Through Movement®**

Certified instructor Donna Hoover begins a four-week class on Tuesday, January 14, from 10:30 to 11:30 am in person at the Center, for everyone interested in practicing gentle movement sequences to quiet your nervous system and maintain optimum flexibility and ease of movement. Go here for more information and to register: <https://cslsr.breezechms.com/form/ATM01>

## Newly Added to the Library

Submitted by Hochima Treppa, Library Assistant.

*Love Every Day: 365 Relational Self-Awareness Practices to Help Your Relationship Heal, Grow and Thrive* by Alexandra Solomon, PhD. While the library has many books available that are daily affirmations or meditations, this particular daily reader provides delightful and thoughtful ideas for creating relationship healing, including trauma recovery, and building more closeness and intimacy in primary and romantic relationships. It is truly a treasure trove of bite-sized doorways to more sweet and honest connections.

## Nurturing Our Community is Coming Back in Early 2025

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.

## 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 to 11 am (between services) 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](http://www.cslsr.org).

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

- **(W) Vision Your Life**, workshop with Rev. Russ Legear, Sunday, January 5, from 1 to 3 pm. Sliding scale, \$25 - \$45. In person at the Center.
- **(S) The Nature of Being**, five-week class with Dr. Edward Viljoen, beginning Tuesday, January 14, from 6 to 7:30 pm. Free for those who submitted a 2025 giving intention; otherwise, sliding scale, \$50 - \$100. In person only at the Center.
- **(S) The Nature of Being**, five-week class with Dr. Edward Viljoen, beginning Saturday, January 18, from 9 to 10:30 am. Free for those who submitted a 2025 giving intention; otherwise, sliding scale, \$50 - \$100. On Zoom only.
- **(B) How to Have Anti-Racist Conversations**, six-week book study with Hochima Treppa, LMFT and Krista McAtee, RScP, beginning Thursday, January 23 from 7 to 8:30 pm on Zoom only. Love offering.
- **(C) Change Your Thinking, Change Your Life**, six-week core class with Rev. Russ Legear, beginning Monday, January 27, from 6 to 8:30 pm, in person and on Zoom. \$180 (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 telephone 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.

## 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 for information on how to sign up.

## 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/>

## 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 January it is Santa Rosa Church of the Incarnation's Sunday Open Table Program, serving more than a hundred unsheltered neighbors with fresh-cooked and take-away meals. 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-program>

## 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/>

## 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/>
- TikTok: <https://www.tiktok.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://cslsrifcelebrations.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 [kgWrites@comcast.net](mailto:kgWrites@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/>

## MONTHLY MEETINGS

### FIRST SUNDAY

*Full Circle: Conversations About Death & Dying, 1 to 2:30 pm (January 5).* 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.

### THIRD SUNDAY

*Grief and Loss Support, 10 to 10:40 am (January 18).* 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 (December 14).* 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 Norma Miller at (707) 328-9771 to reserve your place at lunch.

### THURSDAY

*Board of Trustees, 5:30 pm (January 23).* 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 (January 18).* 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, January 31).* 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>

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