

*We see a world
that works for everyone.*



March 2025 Bulletin

This Month's Theme – Living in the Flow

March 2 – Edward Viljoen, "Navigating the Tides of Life"

March 9 – Edward Viljoen, "The Still Small Voice"

March 16 – Edward Viljoen, "I Got It, I Lost It"

March 23 – Russ Legear, "Planting My Intentions"

March 30 – Edward Viljoen, "Thriving Through Life's Changes"

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/>

Annual Membership Meeting Sunday, March 23, at 1 pm

Our 2025 meeting for members will be on Zoom and attendance is important since we need to establish a quorum before conducting business. Please register in advance as soon as possible. Couples, please register separately and use different devices when you attend the meeting (computer, laptop, tablet, or smartphone). To register for the meeting, go to <https://tinyurl.com/0323Mtg>. Once you register, you will receive an e-mail message with your personal Zoom link for the meeting. This meeting is for members only; however, we will post a recording of the meeting on our website afterwards.

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.

Project Sleep Warm Raffle – Help Spread Comfort and Care

Join us in bringing warmth to those in need! We're raising funds to purchase batting for handmade comforters, lovingly sewn at the center every third Saturday. These quilts provide comfort to local women and children facing hardship. Stop by the bookstore to see the beautiful handmade lap quilt on display—it could be yours! This one-of-a-kind item is being raffled off to support our cause. Tickets are just \$1 each or 6 for \$5, and the lucky winner will be drawn on Mother's Day, Sunday, May 11. Want to contribute in other ways? We gladly welcome donations of flat sheets or fabric, and extra hands to help with quilting. For more information or to get involved, email Brenda Kobrin at kobrin.brenda@gmail.com. Thank you for your generosity and support!

New Circles for Spiritual Connection Begin Week of March 16

If you are interested in joining a group, let us know by signing up at the information desk in the social hall or clicking on the post on the homepage of our website, www.cslsr.org.

Awareness Through Movement®

New four-week series of classes with certified instructor Donna Hoover begins Tuesday, March 18 at 10:30 am in person at the Center. Look for registration information on the homepage of our website, www.cslsr.org.

Discover the Ernest Holmes Lending Library!

Looking for inspiration, wisdom, or a good book to deepen your spiritual journey? Come visit the Ernest Holmes Lending Library, located upstairs above the coffee area in the social hall! We're open every Sunday from 10 am to 12:30 pm, and we'd love for you to stop by. Our collection includes books, audio recordings, and videos on a variety of spiritual topics, plus extra copies of textbooks used in some of our classes—so if you're enrolled in a course, you're welcome to borrow a book for the duration of the class. Just take the staircase across from the bookstore entrance, and come explore this wonderful resource. We look forward to seeing you there!

Nurturing Our Community is Coming Back!

Enjoy get-togethers that create deeper connections, while at the same time generating financial support for the center. Look for details on the homepage of our website, www.cslsr.org.

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.

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/>

Experience the Power of Spiritual Coaching

If you've found comfort and inspiration in our Sunday prayer sessions, why not take it a step further? Treat yourself to a private, one-on-one spiritual coaching session with a licensed practitioner. These confidential, fee-based sessions offer personalized support to help you gain clarity on your next steps in spiritual growth. Your practitioner will work with you to explore your intentions and use affirmative prayer to support your journey. To connect with a practitioner, visit our online directory at cslsr.org/members/practitioners/. We're here to support you every step of the way!

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.

- **(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.
- **(C) The Art and Science of Spiritual Mind Treatment**, eight-week core class with Peggy Weber, RScP, on Zoom. Begins Tuesday, March 18, from 6 to 9 pm.
- **(S) The Power of Introversion: Harnessing Strength in Quiet**, four-week spiritual enrichment course with Dr. Edward Viljoen, in person at the center and on Zoom. Begins Monday, April 7, from 6 to 7:30 pm.
- **(W) Creativity and Lovingkindness**, workshop with Christine Ruddy, RScP, on Sunday, April 13, from 1 to 3 pm, in person at the center.
- **(S) Radical Self-Love**, six-week spiritual enrichment course with Krista McAtee, RScP, in person at the center and on Zoom. Begins Tuesday, April 22, from 6 to 8 pm.

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.

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/centerforspirituellivingsantarosa>
- Facebook Page: <https://www.facebook.com/centerforspirituellivingsantarosa>
- 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://cslsrlifecelebrations.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; Angé 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

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 (March 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

Grief and Loss Support, from 10 to 10:40 am (March 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 (March 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

Joyful Frequency Song Circle, from 5:30 to 7:30 pm. (March 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 (No meeting in March)

Board of Trustees. 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 (March 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, March 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>

Member Assistance Program – Here for You

We all need a little help sometimes, and when that help means financial support, we're here for you. Thanks to generous donations, our center sets aside funds to assist members facing financial hardship. If you've been a member for at least a year and have a giving intention on file, you may apply for one-time financial assistance. This confidential program is a beautiful way for our community to support one another. To learn more, visit cslsr.org/member-assistance-program.

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