

*We see a world  
that works for everyone.*



### **May 2025 Bulletin**

This Month's Theme – Raise Your Voice and Create

May 4 – Edward Viljoen, "The Art of Self-Advocacy"

May 11 – Russ Legear, "The Art of Healthy Boundaries"

May 18 – Edward Viljoen, "The Art of Reconciliation"

May 25 – Edward Viljoen, "The Art of Self-Expression"

### **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 and YouTube.

### **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/>

### **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 a cozy space located upstairs, right 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! We offer a wonderful collection of books, audio recordings, and videos on a variety of topics to inspire and support our spiritual community. If you're taking a class, we also have multiple copies of the required textbooks available for borrowing throughout the course. To find us, simply take the staircase across from the bookstore entrance. We look forward to seeing you soon!

### **New Member Class Sunday, May 4, from 1 to 3 pm**

We look forward to seeing you at the next New Member Class with Dr. Edward Viljoen. Each person attending must register separately online. The Zoom link for the class will be emailed to the address you provide in this form 30 minutes prior to the start of the orientation.

### **Project Sleep Warm Raffle**

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 work. Tickets are just \$1 each or 6 for \$5, and the lucky winner will be drawn on Mother's Day, Sunday, May 11. We're raising funds to purchase batting for handmade comforters, lovingly sewn at the center every third Saturday to provide comfort to local women and children in need. 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](mailto:kobrin.brenda@gmail.com). Thank you for your generosity and support!

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

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

## 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.*

- **(C) Roots of Science of Mind**, ten-week core class with Christine Ruddy, RScP, on Zoom, begins Thursday, May 1, from 6 to 8:30 pm.
- **(S) The Principles of Successful Living**, four-week spiritual enrichment course with Dr. Edward Viljoen, begins Monday, May 5, from 6 to 7:30 pm.
- **(W) The Impact of Negative Thinking**, workshop with Dr. Edward Viljoen on Sunday, May 18, from 1 to 3 pm.
- **(C) Mental Equivalents**, five-week core class with Rev. Siota Belle, begins Tuesday, June 3, at 6 pm, on Zoom.
- **(W) Calming Your Anxious Mind**, workshop with Rev. Russ Legear, Sunday, June 22, from 1 to 3 pm, in person at the center.

## 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.

## 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://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; Angél Fiorito, RScP; and Katrina Borneman, RScP. 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/>

## Share a Message of Love with Flowers

At our center, flowers are a beautiful way to express love and appreciation. You can purchase a flower arrangement for the stage as a heartfelt dedication. After the 11 am service, you're welcome to take the flowers home or donate them to brighten the center throughout the week. To place an order, visit: <https://cslsr.org/sunday-flower-dedication/>

## Our Nonprofit Partner Program

Each year the center selects 12 nonprofit partners from nominations submitted by individuals in our community. We feature one of them each month. For May, it is Our Village Closet, providing essentials, support, and community connections for foster children and their families. To learn more about our nonprofit partner program and to see a list of all 12 partners for 2025, go here: <https://cslsr.org/our-nonprofit-partners>

## MONTHLY MEETINGS

### FIRST SUNDAY

*Full Circle: Conversations About Death & Dying, 1 to 2:30 pm (May 4).* 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 (May 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 (May 13).* 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 pm. (May 1).* 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/>

### FOURTH THURSDAY

*Board of Trustees, 5:30 pm (May 22).* Except for executive sessions, board meetings are open to the public. The Zoom link is <https://us02web.zoom.us/j/82409732515>. There is no meeting in March as 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 (May 17).* 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 (Saturday, May 31).* Join us as we come together in prayer for peace on our planet. We meet at 7 pm on the last day of each month, except in October (meeting on the 30th) and December (meeting at 4 am on the 31st). For more information, contact Vivian Strand, RScP Emeritus, at (707) 953-1917.

Join us on Zoom: <https://tinyurl.com/CSLPeaceMed>

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