



November 2025

This Month's Theme: Living in the Presence

November 2 – Edward Viljoen – “Decoding Unlikability”

November 9 – Russ Legear – “Beneath the Surface”

November 16 – Edward Viljoen – “Opinion, Fact, or Truth”

November 23 – Edward Viljoen – “The Soul of an Octopus”

Wednesday, November 26 – Edward Viljoen – *Thanksgiving Eve Service*

November 30 – Russ Legear – “Grateful for Kith and Kin”

Annual Remembrance Service

Wednesday, November 5, 2025, at 7 pm in the Sanctuary. We honor the passing of our loved ones who have passed on since November 2024 with our annual remembrance service on Wednesday, November 5, at 7 pm in the sanctuary hosted by Rev. Siota Belle and members of our Grief and Loss Support Ministry.

If you would like to have the names of your loved ones read aloud at the service, please enter their names on the remembrance list at the information table in the social hall. You are welcome to bring flowers, photographs, or other mementos to the service to place on the community altar. You are always welcome to visit the Center's Remembrance Pages at <https://communityremembrancepages.blogspot.com/>

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, November 6, 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 to support the circle and the Center.
- Who Can Join: Open to everyone—no musical experience required, and family-friendly!

Gratitude Taize Service with Karen Druker

Wednesday, November 12, from 7 to 8:30 pm in the sanctuary. Free event. Love offering.
“Music has the ability to bypass the mind and sink into the heart.”

Breathing, stillness, rest, calm, allowing yourself to just “be” and not “do” for a little while. Settling into your heart and dropping into that place of inner knowing. With all that is going on in the world right now, give yourself a “time out” and allow yourself to be musically and spiritually nurtured.

This is a participatory musical experience where we sing, chant, meditate, and pray together. We create a sacred space by spending time chanting (singing repetitive and affirmative words), being in silence, listening to short sacred inspirational readings, and just allowing ourselves to “be.” The theme for this event is all about gratitude for yourself, for your loved ones, and for the world. No need to be a good singer — just come with an open heart and a willingness to receive.

Thanksgiving Day Potluck

Join us on Thanksgiving Day, November 27th at 1 pm for a special holiday potluck. Bring a dish to share, or just bring yourself and your grateful heart.

Sign up on our website or at the info desk to let us know you are coming and what you're bringing, if you are bringing a dish.

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: Sebastopol Center for the Arts

Sebastopol Center for the Arts, a place to experience art, make art, share art, and celebrate creative thought. To learn more about our nonprofit partner program and see all 2025 selections, visit: <https://cslsr.org/our-nonprofit-partners>

November Featured Volunteers: Project Sleepwarm

Project Sleepwarm meets on the third Saturday of the month to make comforters and coverlets for unsheltered women and children.

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/centerforspirituallivingantarosa>
- Facebook Page: <https://www.facebook.com/centerforspirituallivingantarosa>
- 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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