

**January 6, 2019**

**Today's Message**

*The Thing Itself*

Dr. David Ault

**Affirmation**

I learn and embody Science of Mind

**Today**

- **Meditation**, 9:35 to 9:50 am, Richard Leo Meditation Room (upstairs)
- **Youth Classes**, 10 am and 11:30 am, Rooms 1 and 2
- **Teen Group**, 11:15 am, Room 11 (North Wing)
- **Full Circle** will not meet in December or January. Resumes February 3.
- **Sunday Evening Exploration**, 7 pm, Room 11 (North Wing). See p. 2.

**This Week**

**Monday, January 7**

- **Heart Coherence Meditation**, 7 to 8 pm, Room 11 (North Wing). See p. 4.

**Tuesday, January 8**

- **SOM/12-Step Support Group**, 7pm, Waggoner Hall (North Wing)
- **Yoga Nidra: The Art of Being Still** 6 pm. See p. 2
- **Seniors in Spirit Luncheon** 1 pm. See p. 2

**Wednesday, January 9**

- **Deep Slow Yoga** Wednesday, 5:30 to 7 pm. See p. 3.
- **Yoga with William Abel** returns February 13
- **Meditation**, 6:15 to 6:50 pm, Richard Leo Meditation Room (upstairs)

**Friday, January 11,**

- **Spirituality in Action**, 7 pm. See p. 3

**Saturday, January 12**

- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room (upstairs)
- **A Course in Miracles Study Group**, 11am, Room 3. See p. 4
- **Project Sleep Warm**, 10 am to 1 pm
- **Women of Spirit**, 10:30 am to 12:30 pm, Waggoner Hall. See p. 4

Dear Friends,

2019 marks 25 years that I have served this community as Senior Minister and I am so grateful to have had the privilege. And later this year, our Center will reach its 65th year of operation in Sonoma County. Since this Center began, its focus has been on studying and applying the Science of Mind for the purpose of living a fuller life. "The practice of Science of Mind," our founder Ernest Holmes wrote, "calls for a positive understanding of the Spirit of Truth." Here he was writing about the Truth of our oneness with the Divine, and through It, with each other.

This year we will be exploring how our spiritual studies can enhance, not only our personal lives, but also make a positive contribution to society. For that reason, we have adopted a theme for 2019: Spirituality in Action, based on the ten prophetic justice principles developed by Rev. James A. Forbes. We have matched each justice principle (such as seeking the common good, diversity and inclusion, caring for the poor, advocating for the vulnerable, etc.) with values of the Center for Spiritual Living (such as oneness, diversity, compassion, etc.)

We have selected an anchor book for the year, *365 Science of Mind: A Year of Daily Wisdom* from Ernest Holmes, to keep us closely connected to our Science of Mind teaching while we explore how to bring what we are learning at the Center into action in the world. We have also selected a supporting book for each month, to supplement your study if you enjoy additional reading.

May this year bring peace and joy for you, and your loved ones. And, thank you for everything you do to make the Center the shining light of hope that it is in our county.

Warm regards,

*Edward Viljoen*

**January Nonprofit Partner**

The "It's Elementary" program of the Santa Rosa Symphony Institute for Music Education. You can learn more at this website: <https://tinyurl.com/srsymphie>.

## Lifelong Learning for Everyone

### New Class Schedule

Next Sunday, January 13, is the last day to register in the Social Hall for classes starting in January. Registration for classes beginning in February and March will be available February 24 and March 3 in the Social Hall. Online registration is available 24/7 at [www.cslsr.org](http://www.cslsr.org).

### What's Alive in You?

#### Sunday Evening Exploration

Tonight at 7 pm in Room 11. You are invited to join interactive conversations every week facilitated by the Sunday Evening Team and guest Practitioners. Be seen and heard. Have your contributions shared and valued. Be a loving, compassionate witness for others in our community. This evening's topic is "The Thing Itself: Design and Design Your God" facilitated by Maggie Cole, RScP. Tom McCurry brings his beautiful music to the gathering. Love offerings gratefully received.

#### Yoga Nidra: The Art of Being Still



Tuesday, January 8, at 6 pm, is the first night of a six-week Yoga Nidra series taught by Kathy Reardon, RScP. Yoga Nidra is a non-movement, deep, guided meditation using tensing and relaxing breathwork and attention to create a state of bliss, relaxation, and

restoration by connecting to one's true self. This series will softly focus on the benefits of Yoga Nidra regarding self-love as well as healing grief, depression, anxiety, and PTSD.

Kathy Reardon, a licensed prayer Practitioner in our spiritual community and an Amrit Method® Certified Facilitator of Yoga Nidra, guides participants to relax and drop into a profound state of peace. Registration is for a maximum of 25 participants. Register in the Social Hall on Sundays. To learn about the location, contact Kathy at 707-318-9269



#### Adaptive Yoga

This slow-moving class, taught by Brenda Kobrin, RScP, RYT, is for people with balance and mobility issues such as MS or Parkinson's. The class uses traditional yoga poses adapted to each individual's needs using walls, props, and chairs as

needed. A new six-week series begins Jan. 15 for \$75. Sign up in the Social Hall on Sunday, Dec. 16, or contact Brenda at [YogaWithBrendaKobrin@gmail.com](mailto:YogaWithBrendaKobrin@gmail.com) or call 707-280-9680.

### Seniors in Spirit Luncheon

Tuesday, January 8, at 1 pm. We meet every second Tuesday of the month for lunch and planning future events and outings. Please contact Norma Miller at 579-1248 to find out where we are meeting and to reserve your place at lunch.

### Board Meetings

Our Board of Trustees meets once a month at 6 pm. You are invited to attend. This month's meeting is on Thursday, January 24, in Rooms 1 and 2.

### Benefit Concert for Paradise

Saturday, January 19, at 7 pm in the Sanctuary



Well-known singer/songwriters Bobby Jo Valentine, Karen Drucker, and Gary Lynn Floyd present a concert of their most popular songs as a fundraiser for Paradise wildfire relief. The artists are donating 100% of the proceeds. The Center is donating the production costs.

### Heart Coherence Meditation

Would you like to feel centered, calm, optimistic, and connected? How about inspired, energized, and creative? Heart Coherence Meditation is a gentle, effective meditation that engages the powerful electromagnetic field of the heart to experience well-being and the beautiful qualities of an opening heart. We meet every Monday evening from 7 to 8 pm in Room 11 (North Wing). This is a free drop-in group. No experience necessary. More information: [Linda@LindaMarshall.info](mailto:Linda@LindaMarshall.info) or phone 707-837-1982.

### Children's Safety at the Center

Unless they are checked in to youth classes, children must be in the presence of a supervising adult at all times while they are at the Center.

### Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at [enespanolcslsr.blogspot.com](http://enespanolcslsr.blogspot.com). Live interpretation may be arranged by appointment in advance by emailing [cslsrenespanol@gmail.com](mailto:cslsrenespanol@gmail.com). La interpretación en español de los mensajes dominicales está disponible en nuestro blog: <https://enespanolcslsr.blogspot.com>. Para solicitar la interpretación en vivo de un mensaje dominical, por favor envíe una solicitud por adelantado a [cslsrenespanol@gmail.com](mailto:cslsrenespanol@gmail.com).



## Ernest Holmes Lending Library

Located upstairs above the coffee serving area of the Social Hall, our library is open every Sunday from 9 am to 1 pm. We have books, audio recordings, and video recordings on a wide variety of subjects of interest to

our spiritual community. We also have multiple copies of textbooks used in some of our certificated classes and patrons are welcome to borrow these books for the duration of the class. Anyone who is interested can become a patron of the library after filling out an application form. The library accepts donations of books, audio recordings, and video recordings.



## Welcome Folders

If you would like to have a welcome folder for yourself or for a friend, please take one from the Social Hall or office reception area. The folder contains a special audio CD by Dr. Edward; a list of our weekly and monthly groups; a yearlong list of Sunday themes, topics, and recommended reading; and a

welcome booklet describing some of the Center's activities and resources.

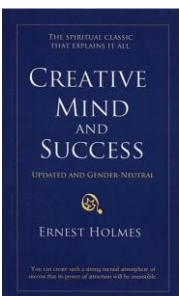
## New Group Spirituality in Action

There are many ways to embody our values in the world. One way is to work toward a world that works for everyone through action in our communities. If this is something you are doing or want to learn more about, you are invited to the first monthly meeting of this new group on Friday evening, January 11, at 7 pm. We'll explore material from Ernest Holmes's book, *Creative Mind*, and share what draws us into this conversation. Contact Rev. Tara Steele if you have questions or suggestions.

**20%  
OFF**

## Stepping Stones Pre-Inventory Clearance Sale

Visit us for 20% off all merchandise. (Excludes consignment items and monthly book offer.) Sale ends Sunday, January 13.



## Recommended Reading for January

*Creative Mind and Success* by Ernest Holmes (updated and gender-neutral). As thinking centers in the One Mind, what we think governs our lives, even as God's thoughts govern the universe.

In January, we will explore the exciting implications of this and other concepts in the book.

Available from Stepping Stones Books and Gifts in the store and online with free shipping.

## Earn Money for the Center While You Shop or Eat Out

Register with eScrip to earn every time you shop with the following merchants: eScrip Dining, Fircrest Market, FoodMaxx, Lucky, Mollie Stone's, Oliver's Market, Petaluma Market, Scotty's Market. Stop by the Information Table in the Social Hall and pick up a new flyer explaining how to use your cell phone to register.

## Deep Slow Yoga!

Wednesdays, January 2, through February 6, 5:30 to 7 pm. We use different breathing practices and mindfulness meditation to create a beautiful inner space for yoga practice. Introductory rate: \$65. Call Natalie to sign up, (707) 579-4602.

## Nurturing Our Community Host Sign-ups for 2019

Get ready for a good time! NOC begins signing up hosts for 2019 today. This is the third year of fun-filled community building events. Hosts provide a friendly, relaxed atmosphere to share a meal and conversation. Sometimes there is an added activity like croquet or a movie. Come and talk with the NOC team about how to create and host an event! Find a NOC team member at our table in the Social Hall.

Need inspiration? Stay after the 10 am service on Sunday, January 13, to hear event ideas!

## 2019 AIDS LifeCycle Ride Team

**Ride with Team CSLSR on the 2019 AIDS Life Cycle. Join us for our 5<sup>th</sup> Year of participating in this great event.**

**The Ride changes lives**—not only the lives of the people who participate in it, but also those who use the vital HIV-related services at the Los Angeles LGBT Center, and San Francisco AIDS Foundation, which AIDS/LifeCycle's fundraising dollars support. Visit our table in the Social Hall after service. For more information, contact Jerry Huffaker at 707-291-1500.

## Pick up Your Certificate

Class completion certificates have been received for the classes that completed in November. They can be picked up at the registration table in the Social Hall on Sunday.

## On the Mezzanine—Seeing the Divine Through the Lens of Visual Arts

To beautify our Center and provide enjoyment to our congregation, we are exhibiting art from members of our community on the mezzanine. To start, we are excited to feature the beautiful photographs of Jim Thomason. Please take a moment to view his work before or after service, through March.

If you are an artist and would like to find out more about this program, please reach out to Bob Hart at rihart9@gmail.com or stop by the Information Table in the Social Hall for details.



2075 Occidental Road • Santa Rosa CA 95401

707-546-4543

Office Hours:

Monday, Tuesday, and Wednesday: 10 am to 5 pm

Saturday: 10 am to 1 pm

Closed Thursday and Friday

Sunday Morning Services: 8:30 am • 10 am • 11:30 am

After Service Prayer: 9:30 am • 11 am • 12:30 pm

Sunday Youth Program: 10 and 11:30 am, Rooms 1 & 2

Sunday Teen Group: 11:15 am in Room 11 (North Wing)

Sunday Night Exploration: 7 pm, Room 11 (North Wing)

Wednesday Night Wisdom Free Class: 7 pm, Sanctuary

Meditation

Richard Leo Meditation Room (upstairs)

Sunday, 9:35 to 9:50 am

Monday, 7 pm

Wednesday, 6:15 to 6:50 pm

Saturday, 10 am

Ernest Holmes Lending Library

Open Sunday 9 am to 1 pm • E-mail: library@cslsr.org

Dial-a-Thought: 707-544-5423

Heart in Hand Spiritual Support

Hospital & Home Visits

Grief & Loss Spiritual Support

707-546-4543, ext. 370

Telephone Prayer Ministry: 707-546-4561

Member Assistance Program

707-546-4543, ext. 111

Online Prayer Requests:

cslsr.org → Quick Links → Make an Online Prayer Request

Affirmative Prayer Library: www.cslsr.org → Support tab

Listen to Dr. Edward on Radio Station KSRO

Sunday mornings at 8:30 am (1350 AM or 103.5 FM)

Stepping Stones Books and Gifts

707-527-8372

Store Hours:

Sunday: 9:30 am to 1:30 pm

Monday and Tuesday: 11 am to 5 pm

Wednesday: 11 am to 7 pm

Closed Thursday, Friday, and Saturday

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#AWorldThatWorksForEveryone

**KSRO**

On the Air

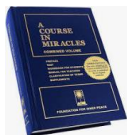
“Spiritual Living with Edward Viljoen”

1350 AM

103.5 FM

Tune in every Sunday at 8:30 am on radio station KSRO, 1350 AM and 103.5 FM. Our

radio program reaches thousands of people, making a positive difference in their lives. To contribute, visit our website, cslsr.org, and click on the **Donate** button. Type “radio show” in the space provided to let us know what the donation is for.



### A Course in Miracles Study Group

Meets every Saturday from 11 am to 1 pm in Room 3. Join certified facilitator Peggy Griffith for this ongoing drop-in group. Love

offerings gratefully received. For more information, contact Peggy at ptgriff@comcast.net.

### Heart Coherence Meditation

Join us for a gentle, effective one-hour meditation to experience well-being and the beautiful qualities of an opening heart. We meet every Monday at 7 pm in Room 11 (North Wing). To learn more, please call Linda Marshall, RScP, at 707-837-1982

### Yes, Prayer Does Work!

You can read real-life examples of results people at our Center have experienced after receiving affirmative prayer in the form of spiritual mind treatment. Look on the bulletin board outside Grinton Chapel opposite the entrance to Stepping Stones Books and Gifts. You can also write about your own demonstrations (answered prayers) and put them on the board.

### Women of Spirit

We welcome women of our congregation to explore our unique contributions to the world as an expression of the Divine Feminine. We meet on the second Saturday of the Month from 10:30 am to 12:30 pm in Waggoner Hall (North) Wing). Led by Rev. Joyce Duffala and Practitioner Jennifer Mann. For more information call Jennifer at 707-546-7055.