

Center for Spiritual Living, Santa Rosa

January 13, 2019

Today's Message

The Way It Works

Dr. Edward Viljoen

Affirmation

I learn and embody the Science of Mind

Today

- **Meditation**, 9:35 to 9:50 am, Richard Leo Meditation Room
- **Youth Classes**, 10 am and 11:30 am, Rooms 1 and 2
- **Teen Group**, 11:15 am, Room 11 (North Wing)
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8
- **Sunday Evening Exploration**, 7 pm, Room 11 (north Wing). See p. 2.
- **Diversity Discussion Group**, 1:30 pm, Waggoner Hall

Monday, January 14

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

Tuesday, January 15

- **Seniors in Spirit Luncheon**, 1 pm off site. Call (707) 579-1248 for location
- **SOM/12-Step Support Group**, 7 to 8 pm, Room 11 (North Wing)
- **Yoga Nidra**, 6 to 7:30 pm, Grinton Chapel
- **Wednesday, January 16**
- **Gentle Yoga with William Abel**
On hiatus until February 13th
- **Meditation**, 6:15 to 6:50 pm, Richard Leo Meditation Room (upstairs)
- **Wednesday Night Wisdom**, 7 pm, Sanctuary. See col. 3.

Saturday, January 18

- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room (upstairs)
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3

January Nonprofit Partner

The "It's Elementary" program of the Santa Rosa Symphony Institute for Music Education. You can learn more at the website: <https://www.srsymphony.org/Education-Community/Overview>.

SPIRITUALITY IN ACTION



It has long been a tradition in Science of Mind communities to dedicate January of each year to going back to basics. Think of it as a reset button, a moment to reflect on important ideas of our faith tradition: The Thing Itself, The Way it Works, What it Does, and How to Use it. These four ideas come from the first four chapters of Dr. Ernest Holmes's book, *The Science of Mind* and describe our approach to the Divine, its action in our lives, and the specific way we can use our God-given creativity to create peace on this earth for all.

In our anchor book for 2019, *365 Science of Mind: A Year of Daily Wisdom from Ernest Holmes*, these words remind us that the Divine is always active in our affairs. "The key thought for our meditation today is the idea that there is an active Presence of the creative Spirit in all our affairs—not something passive, but something that is moving in and through everything we do." The practical nature of our teaching invites us to take an active approach in life, bringing the spark of the divine that is in us into our world through our thoughts, actions, and words.

Best love,

Edward Viljoen

Winter 2019 Classes

Today is the last day for In-person registration for classes that begin in January. Online registration is open 24/7 at www.cslsr.org. Click on "Online Class Registration" in the Quick Links box. All four spiritual enrichment courses are available for students live online as well as in the classroom.

Benefit Concert for Butte County Wildfire Relief



Saturday, January 19, 7:30 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 Butte County wildfire relief. The artists are donating 100% of the proceeds. The Center is donating all of the production costs. Tickets are \$20–\$100 (you choose) available in the Social Hall on Sundays and online 24/7 at <https://tinyurl.com/ButteConcert>. Doors open at 6:30 pm. Please carpool.

Wednesday Night Wisdom

This Wednesday Night's free class looks at our teaching that there is only One

Mind. How does that impact our lives, our possibilities, our experiences? Join Rev. Tara for a lively conversation about this aspect of our Core Concept of Oneness. The class is from 7 to 8 pm.

Do You Ride?

You can be part of next year's bicycle ride to raise funds to support the San Francisco AIDS Foundation and the Los Angeles LGBT Center in battling AIDS. For information, contact Jerry Huffaker, RScP, at 707-291-1500.

Sharing Brings Joy to Redwood Gospel Mission

With a surplus of sandwiches and other lunch items left over from Saturday's David Ault workshop, Jerry Huffaker took them to the Redwood Gospel Mission. The workers were amazed and overjoyed at the quantity of the donation. That's spirituality in action!

Diversity Discussion Group

Join in this afternoon's discussion of what it means to be inclusive. Share your comments and questions as we look at how our experiences in the world affect our beliefs and how we show up. All are welcome to this conversation about topics that are often pushed aside as not easy to talk about. The meeting is from 1:30 to 3 pm, Waggoner Hall.

Spanish / Español

Spanish language interpretation of Sunday messages is available on our blog at enespanolcslsr.blogspot.com. Live interpretation may be arranged in advance by emailing 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.

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.

Host Sign-ups for 2019 Nurturing Our Community Events

Meet after any service today to get ideas for hosting an event and get ready for good times! Or talk with us at our table for more information. Hosts provide a friendly, relaxed atmosphere to meet friends and be fed in both body and spirit.

Last Day! Stepping Stones Pre-Inventory Clearance Sale

Last day for 20% off all merchandise. (Excludes consignment items and 2019 books of the month.)

Bookstore Hours During Year-End Inventory

- Monday, January 14: 11 am to 3 pm
- Tuesday, January 15: **closed**
- Wednesday, January 16: **closed**

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.

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.

Featured Volunteer

Gil Tully



Gil Tully is retiring after 15 years of Service as a Sunday Morning usher. A member since 10/28/2001, he is always one of the first to respond to our requests for subs and has been on the Christmas Eve Usher Team for many years. Donna Starr, our Logistics Manager, says, "In addition to all the good Gil does for our community, I love the jaunty hats he wears!"

Thank you, Gil, for your many years of love and service.

Featured Volunteer

Janet DePree



Janet DePree, thank you for your volunteering at the Center on the Member Assistant Program, on the Board of Trustees, Project Sleep Warm,

Days for Girls, and through your tireless painting of our facility. Your participation and contributions are deeply appreciated.

What's Alive in You?

Sunday Evening Explorations

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 "Faith Walking," facilitated by Sherry Vierra, RScP.

Adaptive Yoga with Brenda Kobrin

This class is for people with balance and mobility issues such as MS or Parkinson's. We use traditional yoga poses adapted to each individual's needs using walls, props, and chairs as needed. **A new six-week series begins this Tuesday, January 15 for \$75.**

Sign up in the Social Hall today at Brenda's table or contact her at YogaWithBrendaKobrin@gmail.com or 707-280-9680.



2075 Occidental Road
Santa Rosa CA 95401

Phone: 707-546-4543 • www.cslsr.org

Office Hours

Mon. Tue. Wed., 10 am to 5 pm
Sat., 10 am to 1 pm
Closed Thurs., Fri., and Sun.

Sunday Morning Services

8:30 am • 10 am • 11:30 am

After Service Prayer in Grinton Chapel

9:30 am • 11 am • 12:30 pm

Youth Program

10 am and 11:30 am, Rooms 1 & 2

Teen Group

11:15 am, Room 11 (North Wing)

Wednesday Night Wisdom

7 pm, Waggoner Hall (North Wing)

Meditation

in Richard Leo Meditation Room

Sunday, 9:35 to 9:50 am

Saturday, 10 am

Ernest Holmes Lending Library

Open Sunday 9 am to 1 pm

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

Online Prayer Requests

www.cslsr.org → Quick Links →

Make an Online Prayer Request

Affirmative Prayer Library

www.cslsr.org → Support tab

Listen to Dr. Edward

on KSRO radio (1350 AM/103.5 FM)

Sunday mornings at 8:30 am

Stepping Stones Books and Gifts

707-527-8372

Store Hours

Sunday 9:30 am to 1:30 pm

Mon. – Tue., 11 am to 5 pm

Wed., 11 am to 7 pm

Closed Thur., Fri., and Sat.

www.steppingstonesbooksandgifts.org

Member Assistance Program

707-546-4543 ext. 111