

Center for Spiritual Living, Santa Rosa

January 20, 2019

Today's Message

What It Does

Rev. Elizabeth Rowley

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
- **Rev. Rowley Workshop**, 1 to 4 pm
- **Sunday Evening Exploration**, 7 pm, Room 11 (north Wing). See col. 2.

Monday, January 21

- **Office and Book Store** closed for Martin Luther King, Jr., holiday
- **Heart Coherence Meditation**, 7 to 8 pm, Room 11 (North Wing)

Tuesday, January 22

- **Yoga Nidra**, 6 to 7:30 pm, Grinton Chapel
- **SOM/12-Step Support Group**, 7 to 8 pm, Room 11 (North Wing)

Wednesday, January 23

- **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, Grinton Chapel. See p. 2.

Saturday, January 26

- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room
- **Spirit Writes Group**, 10 am, Room 7.
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3

Winter 2019 Classes

February and March Classes

Registration for "Affirmations," "Embracing Change," and "World Mysticism" classes that begin in February and March is available in the Social Hall and on line 24/7 at

SPIRITUALITY IN ACTION



In our anchor book for 2019, *365 Science of Mind: A Year of Daily Wisdom*, Dr. Ernest Holmes offers these words of affirmative prayer for January 20:

"The Divine Presence leads me on the pathway of peace. It directs my thought, my words, and my actions into constructive channels of self-expression. It unites me with others in love, in kindness, and in consideration.

Today I accept this action gratefully and realize that it brings into my experience everything necessary to my happiness. Knowing there can be no good to myself alone, for God is in all people, I affirm for others that which I accept for myself."

Dr. Holmes suggest that we should take time daily to feel a deeper union with Life, by saying such words to ourselves with meaning and conviction. He used the word Life to refer to the indwelling God, the God of the everywhere, within us.

Blessings,

Edward Viljoen

www.cslsr.org. Click on "Online Class Registration" in the Quick Links box.

Workshop Today Infinite Possibilities with Rev. Elizabeth Rowley



Live a life you truly love by creating a powerful 2019! Make 2019 your best year ever by living with purpose and power, and creating consciously. As a being filled with

infinite possibilities, you have the power to create and live a life you truly love. Attending this workshop may cause spontaneous joy, over-whelming bliss, infinite abundance, and expansive love. Create it with Rev. Elizabeth in today's workshop from 1 to 4 pm; \$25.

Do You Ride or Roadie?

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

Host a "Nurturing Our Community" Event



You may be exactly the right person to host a creative food event! Folks bid for seats at your table (either in your home or someone else's—a host partner) and it's a win-

win-win all around! You get to provide and participate in a fun and worthwhile event, the participants have a great time, and the Center gets a welcome donation.

Need ideas for an event? How about a potluck Thanksgiving in July? Board games and pizza? A mac-and-cheese cookoff? We have lots of inspiration and information about how you can express your creative self while helping support our Center. Come talk with us today at our table in the Social Hall.

Sign-up to be a host on or before January 27th.

Uplevel Your Joy Quotient with Rev. Shannon O'Hurley



In this deeply engaging and transformative workshop, Rev. Shannon O'Hurley shares practical tools

to assist in transforming difficulty, challenge, or pain into a greater experience of peace, love, and joy! Tickets for this workshop are \$25 and online ticket sales end at 5 pm, Tuesday, January 22. Tickets will be available at the door if there is space available No Refunds. January 27, from 2 to 4 pm.

Board Meetings

You are invited to our board of trustees meeting on Thursday, January 24 in Grinton Chapel.

January's Recommended Reading

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 explore the exciting implications of this and other concepts in the book.

Sunday Evening Exploration with, Megan Rooney, RScP: "The Heart of the Matter"

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. "...all thought is creative, according to the impulse, emotion, or conviction behind the thought..." Ernest Holmes

Join us to explore our tender hearts. It is the fire that tempers or ignites our creative thinking.

Featured Volunteer Andy Rangel



Andy has been volunteering in the bookstore since 2014. He shows up every week like clockwork to handle all the behind-the-scenes CD

duplication: Sunday service CDs, Welcome CDs, and Master CDs used in the sound booth. He also orders all the duplication supplies, and when something breaks or malfunctions, he quietly focuses his attention until the issue is resolved. His boss, Martha Salazar, says, "Andy is efficient, dependable, intelligent, calm under pressure, and quite handsome. He is an absolute asset to the bookstore team and a joy and delight to have around."

Wednesday Night Wisdom

This month our theme is Oneness. It is the first of the ten core concepts of Science of Mind that we'll explore in 2019 in the free Wednesday night classes facilitated by Rev. Tara Steele, 7 pm, Grinton Chapel.

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.

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.

Spirit Writes



Join Rev. Janet Tobin on the fourth Saturday of each month, from 10 am to noon in Room 7, for "Spirit Writes." In each two-hour session, you will

explore spiritual principles through writing, receive support in the creative process, and become empowered to tap in to your "authentic voice."

There is no charge for this ongoing group. Love offerings are gratefully accepted.

Full Circle Resumes in February

The Full Circle: Conversations About Death and Dying group that meets the first Sunday of the month does not meet in January but will resume meetings in Room 10 (north wing) on February 3 from 1 to 2:30 pm. This is a drop-in, no-charge group.

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.

January Nonprofit Partner

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



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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