

Center for Spiritual Living, Santa Rosa

Today's Message

Up Level Your Joy Quotient

Rev. Shannon O'Hurley

At the Center 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)
- **Afternoon Workshop with Rev. Shannon O'Hurley**, 2 to 4 pm. See column 2.
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8
- **Sunday Evening Exploration**, 7 pm, Room 11 (North Wing). "Walking the Talk: Putting Principle into Practice," with Elias Owens, RScP

Monday, January 28

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

Tuesday, January 29

- **SOM/12-Step Support Group**, 7 to 8 pm, Room 11 (North Wing)

Wednesday, January 30

- **Gentle Yoga with William Abel**
On hiatus until Feb. 13. See page 2.
- **Meditation**, 6:15 to 6:50 pm, Richard Leo Meditation Room (upstairs)
- **A Night of Gospel**, 7 pm, Sanctuary. See column 2.

Thursday, January 31

- **Monthly Peace Meditation**, Richard Leo Meditation Room. See column 3.

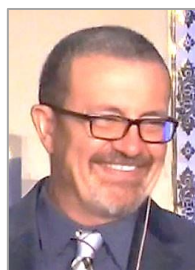
Saturday, February 2

- **ManSpirit Brunch**, 9 am to 12 noon, Waggoner Hall. See column 3.
- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room (upstairs)
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3

February and March Classes

Registration for classes that begin in February and March—"Affirmations," "Embracing Change," and "World Mysticism"—is available online 24/7 at www.cslsr.org. Click on "Online Class Registration" in the Quick Links box. In-person registration will be available in the Social Hall on Sunday, February 24.

2019: Spirituality in Action



Dr. Ernest Holmes, our founder, used the pronoun "It" to refer to the Divine. He wanted us to move away from an anthropomorphic idea about God and offered a number of suitable words to use for God to help our understanding expand: The Thing Itself, Life, Mind, Creative Genius. He taught that we exist within the allness of The Thing Itself, and that our thoughts take place within It. Our practice of Spiritual Mind Treatment (affirmative prayer) is based on this idea, and we have been taught to think clearly, affirmatively, and kindly, knowing that our very thoughts are prayers.

Dr. Holmes suggests that we should daily affirm: "There is one Life, that Life is God, that Life is my life now," so as to regularly return our thinking to the acceptance that The Thing Itself is all around us, within us, and through us.

Blessings,

Edward Viljoen

Afternoon Workshop

"Up Level Your Joy Quotient"

Today from 2 to 4 pm, Grinton Chapel.



Join Rev. Shannon O'Hurley for a powerful workshop of growth and change. Rev. Shannon provides a safe, loving, and light-filled environment

where she shares practical tools to assist in transforming difficulty, challenge, or pain into a greater experience of peace, love, and joy! Tickets are \$25 available in the Social Hall and at the door.

Free Concert

A Night of Gospel

This Wednesday, Jan. 30, at 7 pm in the Sanctuary. Lawrence Edwards, Olivia Kinzler, and Calvin Johnson present a free concert to kick off Black History Month which we will celebrate on Wednesday evenings in February.

Black History Month

- Feb. 6, "Black History Month: The Beginning of Diversity," with Calvin Johnson
- Feb. 13, "Black Music's Contribution to America," with Lawrence Edwards
- Feb. 20, "Who You Callin' Girl?" with Olivia Kinzler
- Feb. 27, "We Are in This Together!" with Calvin, Lawrence, and Olivia

Board Meetings

You are invited to our board of trustees meetings. We usually meet on the fourth Thursday of the month. Our next meeting is at 6 pm on Thursday, February 28, in Rooms 1 and 2.

Upstairs in the Mezzanine

Seeing the Divine Through the Lens of Visual Arts

Now featuring the photography of Jim Thomason, on display through Sunday, March 31. If you are an artist and would like to find out more about this program, please contact Bob Hart at rihart9@gmail.com or stop by the Information Table in the Social Hall for details.

ManSpirit Brunch

This Saturday, Feb. 2, from 9 am to 12 noon in Room 11 (North Wing).

What makes ManSpirit special? Your attendance! What can be more special than that? Bring a dish to share and your own plate, coffee cup, and eating utensils. Questions? Call Peter at 707-478-6752.

Host a "Nurturing Our Community" Event



Imagine hosting a creative food event in your home and having folks bid for seats at your table. Proceeds benefit the Center. Come talk with us today at our table in the Social Hall to get ideas and pick up an application to host an event.

Monthly Peace Meditation

This Thursday, Jan. 31, at 7 pm in Richard Leo Meditation Room

(upstairs). We gather to focus on an awareness of peace, the evolution of consciousness, and the healing of humanity. Everyone is welcome to participate in this simple practice. For more information, please contact Vivian Strand at 707-953-1917.

Spirituality in Action

Friday, February 8, from 7 to 8:30 pm in Room 1. Join us for a lively discussion ranging from being accountable for our values to showing up for social justice in the world. We meet on the second Friday of each month. For more information, contact Rev. Tara Steele: tara@everydaycommunity.org.

Looking Up

What's Upstairs?

- Mezzanine Art Gallery
- Lending Library
- Meditation Room
- Practitioner Room
- Room 7
- Room 8

How Do I Get There?

- Staircase opposite entry to Stepping Stones Books and Gifts
- Staircase near drinking fountains
- Elevator next to Family Room

Featured Volunteer

Teri Ward



As Teri moves to Arizona this weekend, let's appreciate and thank her for her numerous volunteer activities at the Center. Teri began attending the Center in the 1990s. She's been an usher, served on the Hospitality Team, shopped for supplies, helped shop for the summer family picnic, and cleaned the Center's kitchens. She did all of this from a loving place, with joy and pleasure. Thank you, Teri. We will miss you!

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

Sunday Morning Meditation

Enhance your Sunday service experience with meditation from 9:35 to 9:50 am, either before the 10 am service or after the 8:30 am service. Meet in the Richard Leo Meditation Room. All are welcome.

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.

Are You a Rider or a Roadie?

You can be part of next year's AIDS 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.

Chair Yoga with William Abel

Begins Wednesday, February 13 in Grinton Chapel. This gentle weekly yoga class is suitable for those who have never done yoga or who are feeling hesitant to participate in a mat yoga class. At the same time, all poses may be modified so that experienced yogis will enjoy and benefit from the class. Drop-in, \$12 per session. For questions, e-mail William at wba31@yahoo.com.

Melissa and Z CD Release Concert

Friday, February 15, at 7:30 pm



Ignite your heart and satisfy your soul. Bask in the unique blend of song and spoken word as you enjoy songs from "Walk by Faith," the newest album from Melissa Phillippe and Z Egloff. Advance tickets are \$20 available in the Social Hall on Sundays and online 24/7. Tickets, if still available, are \$25 at the door. No refunds.

January Nonprofit Partner

"It's Elementary," a program of the Santa Rosa Symphony Institute for Music Education. You can learn more at www.srsymphony.org.



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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