



February 3, 2019

Today's Message

Integrity

Dr. Edward Viljoen

At the Center 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, 1 to 2:30 pm,** Waggoner Hall (North Wing). See page 2.
- **Sunday Evening Exploration, 7 pm,** Room 11 (North Wing). See page 2.

This Week

Monday, February 4

- **Heart Coherence Meditation,** 7 to 8 pm, Room 11 (North Wing). See page 2.

Tuesday, February 5

- **SOM/12-Step Support Group,** 7pm, Waggoner Hall (North Wing)
- **Yoga Nidra: The Art of Being Still,** 6 pm, Grinton Chapel

Wednesday, February 6

- **Yoga with William Abel** returns February 13
- **Meditation, 6:15 to 6:50 pm,** Richard Leo Meditation Room (upstairs)
- **Wednesday Night Wisdom, 7 pm,** Waggoner Hall. See page 2.

Friday, February 8

- **Spirit in Business Wisdom Circles,** 6:30 pm, Rooms 1 and 2. See page 2.
- **Spirituality in Action, 7 pm,** Waggoner Hall (North Wing). See page 2.

Saturday, February 9

- **Saturday Meditation Group, 10 am,** Richard Leo Meditation Room (upstairs)
- **Women of Spirit, 10:30 am to 12:30 pm,** Waggoner Hall (North Wing). See page 2.
- **A Course in Miracles Study Group,** 11am, Room 3. See page 4

Dear Friends,

Dr. Ernest Holmes, our founder, wrote that "Many people may be under the mistaken concept that the metaphysical philosophy is attractive to people because it says God is Good and everything is all right; therefore, there is nothing to fear. This is far from the truth. What it says is this: Do you wish to be loved? Then stop hating. Do you want to be happy? Then be sure that you are never the occasion for unhappiness in others."

This month, as we explore the role integrity plays in our spiritual development, we will aspire to make our thoughts, words, deeds, and intentions match what is in our hearts. In his book, *The Inward Journey*, Dr. Howard Thurman gives us inspiration to stay the course:

"In the quietness of this place, surrounded by the all-pervading Presence of God, my heart whispers: Keep fresh before me the moments of my High Resolve, that in fair weather or in foul, in good times or in tempests, in the days when the darkness and the foe are nameless or familiar, I may not forget that to which my life is committed. Keep fresh before me the moments of my high resolve."

Warm regards,

Edward Viljoen

February Nonprofit Partner

COTS 572 LIVES is a new program with the goal of re-housing 572 people impacted by the North Bay Fires over the next three years. The vision of the COTS organization is to end homelessness in Sonoma County. They do this by assisting people to transition from homelessness to a permanent residence. Go to www.cots.org for more information.

In the Social Hall Today

Your Center Cycle Team's Bake Sale

Help create a world that works for everyone by supporting the CSLSR AIDS/LifeCycle Team bake sale. Purchase a tasty treat or donate to support the team's expenses. If you want to be part of this year's ride to raise funds in support of the San Francisco AIDS Foundation and the Los Angeles LGBT Center in battling AIDS, contact Jerry Huffaker, RScP, at 707-291-1500.

Full Circle: Conversations About Death & Dying

Join us today as we begin our 2019 series of presentations. We meet in Waggoner Hall from 1 to 2:30 pm to provide education, spiritual support, conversation, and resources about death and dying. Everyone is welcome.

What's Alive in You?

Sunday Evening Exploration

Tonight at 7 pm in Room 11. This evening's topic is "Am I in Alignment with the Truth?" facilitated by Maggie Cole, RScP. Music by Tom McCurry. You are invited to join us every week for interactive conversations facilitated by the Sunday Evening Team and guest Practitioners. Love offerings gratefully received.

February and March Spiritual Enrichment Courses

- **Tuesdays, Feb. 26 – March 19:** "Embracing Change" with Dr. Edward Viljoen
- **Mondays, March 4 – March 18:** "Affirmations" with Dr. Edward Viljoen
- **Tuesdays, March 5 – March 26:** "World Mysticism" with Dr. Kim Kaiser

In-person registration for these courses will be available in the Social Hall on February 24 and March 3. **Online registration is available 24/7 at www.cslsr.org.** Choose "Online Class Registration" in the Quick Links box on the home page.

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 or phone 707-837-1982.

Wednesdays in February Black History Month

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

Choir Sunday

The One Heart Choir, directed by Claire Victor, sings at all three services next week. Join us in song and spirit!

Host a "Nurturing Our Community" Event



Visit us in the Social Hall today to turn in your application for hosting an event. This is the third year of the Center's fun-filled community building fundraiser. Hosts provide a friendly, relaxed atmosphere to share a meal and conversation. Sometimes there is an added activity like croquet or a movie. There is still time to get your event listed in the catalog so folks can bid on seats at your table.

Days for Girls



This Week: Wed. Feb. 6, from 9:30 am to 3:30 pm and Sat. Feb. 9 from 10 am to 4 pm in Room 7 (upstairs). Help us sew and assemble sustainable menstrual kits for girls in developing countries so they can be in school or at work all month long. Contact Brenda Kobrin, 707-566-6785, or kobrin.brenda@gmail.com.

Upstairs in the Mezzanine Seeing the Divine Through the Lens of Visual Art

To beautify our Center and provide enjoyment to our congregation, we are exhibiting art from members of our community upstairs in the mezzanine. To start, we are featuring the photography of Jim Thomason, on display through Sunday, March 31. Please take a moment to enjoy his work before or after service. 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.



Spirit in Business Wisdom Circles and Networking

This Friday, February 8, from 6:30 to 8:30 pm in Rooms 1 and 2. Guest presenter Dr. Sara Geber, author of the award-winning book *Essential Retirement Planning for Solo Agers* presents a talk titled, "Meeting the Challenge of Solo Aging." This is a free event. Love offerings, gratefully accepted, go directly to the Center.

Spirituality in Action

This Friday, February 8, at 7 pm in Waggoner Hall (North Wing). 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 monthly meetings of this group. We explore material from Ernest Holmes's book, *Creative Mind*, and share what draws us into this conversation. Contact Rev. Tara Steele, tara@everydaycommunity.org, if you have questions or suggestions.

Women of Spirit

This Saturday, Feb. 9, at 10:30 pm in Waggoner Hall (North Wing). Led by Rev. Joyce Duffala and Practitioner Emeritus Jennifer Mann, we welcome women of our congregation to gather and explore our unique contributions to the world as an

expression of the Divine Feminine. For more information call Jennifer at 707-546-7055.

Featured Volunteer



Jan Davis

Since retiring from the position of Chief Operating Officer at our Center, Jan Davis has chosen the Stewardship Committee for her service work. She also continues to serve on the Giving Intention Team "for the umpteenth year." Jan says that she loves volunteering because it gives her a sense of

ownership of the Center which feeds her spirit in so many ways. Thank you, Jan!

Diversity Discussion Group

Sunday, February 10, from 1:30 to 3 pm in Waggoner Hall (North Wing). This monthly group provides an opportunity to talk about the many ways that Spirit shows up in humanity and how we can respect one another. We share experiences, ask questions, and grow together. In February our circle returns to the topic of racism. All are welcome.

Seniors in Spirit Luncheon

Tuesday, February 12, 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, February 28, in Rooms 1 and 2.

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 music 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.

Deep Slow Yoga!

New Six-Week Series: Wednesday, Feb. 20 – March 22, from 5:30 to 7 pm. We use different breathing practices and mindfulness meditation to create a beautiful inner space for yoga practice. Introductory rate is \$65. Call Natalie to sign up, 707-579-4602.

Looking Up

What's Upstairs?

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

Stepping Stones Presents an Author Night with Dawson Church, Ph.D.



Friday, February 22, at 7 pm. Free Author Event. No tickets or registration required.

In Dr. Church's new book, *Mind to Matter*, you can learn to use cutting-edge science to shape your destiny, understand which

thoughts are most powerful and why, and activate "flow state" in order to live your best life. Dawson Church is an award-winning author whose best-selling book, *The Genie in Your Genes*, has been hailed by reviewers as a breakthrough in our understanding of the link between emotions and genetics. Dr. Church is also editor of *Energy Psychology: Theory, Research, & Treatment*, a peer-reviewed professional journal, and he is a blogger for the Huffington Post.

Spanish/Español

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



Ernest Holmes Lending Library

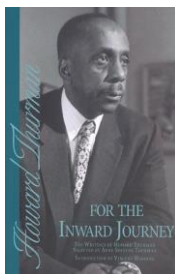
Located upstairs above the coffee serving area of the Social Hall, our library is open every Sunday from 9 am to 1 pm. We have books, audio recordings, and video recordings on a wide variety of subjects of interest to our spiritual community. We

also have multiple copies of textbooks used in some of our certificated classes; 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.

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.

Recommended Reading for February



For the Inward Journey by Howard Thurman. Minister, philosopher, educator—Thurman has been called "one of the greatest spiritual resources of this nation." This anthology of Thurman's most important and eloquent writings is a passionate appraisal of the encounter between God and individuals. The essence of Howard Thurman and his thought emerges in a

message of hope, reconciliation, and love. Available from Stepping Stones Books and Gifts in the store and online with free shipping.

On the Air
"Spiritual Living with Edward Viljoen"



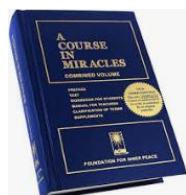
Tune in every Sunday at 8:30 am on radio station KSRO, 1350 AM and 103.5 FM. Our radio program reaches thousands of people, making a positive difference in their lives. To contribute, visit our website, cslsr.org, and click on the

Donate button.

New Monthly Group
The Third Act



Facilitated by Rev. Joyce Kinzel
Begins Monday, Feb. 25, from 3:30 to 5 pm in Grinton Chapel. This spiritual discussion group, facilitated by Rev. Joyce Kinzel, is for those who are on the mature side of life (the "third act"). We will share and learn from one another about the spiritual values that have guided us so far and discuss the concerns and challenges that face us at this time of our lives. Possible topics include "Love and Loneliness," "Gratitude and Celebration," "Healing and Forgiveness," and "Courage to Act and Be." Love offerings gratefully received.



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.

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.

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.

From Our Vision Statement

We see a world in which humanity rediscovers personal creative power, where we live as one global family, and where kinship with all life is valued.



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, Tuesday, and Wednesday: 11 am to 5 pm

Closed Thursday, Friday, and Saturday

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@CSLSantaRosa

#AWorldThatWorksForEveryone