

## Center for Spiritual Living, Santa Rosa

February 10, 2019

### Today's Message

*How God Works Through Us*

Dr. Edward Viljoen

### 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)
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8 (upstairs)
- **Diversity Discussion Group**, 1:30 to 3 pm, Waggoner Hall. See column 2.
- **Sunday Evening Exploration**, 7 pm, Room 11 (North Wing). "Being a Spiritual Dynamo," with Sherry Vierra, RScP.

### Monday, February 11

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

### Tuesday, February 12

- **Seniors in Spirit Luncheon**, 1 pm, off site. See column 2.
- **SOM/12-Step Support Group**, 7 to 8 pm, Room 11 (North Wing)

### Wednesday, February 13

- **Chair Yoga with William Abel**, 10 to 11 am, Grinton Chapel. See column 2.
- **Meditation**, 6:15 to 6:50 pm, Richard Leo Meditation Room (upstairs)
- **Black History Month**, 7 pm, Sanctuary. See column 2.

### Friday, February 15

- **Melissa and Z CD Release Concert**, 7:30 pm, Sanctuary. See column 3.

### Saturday, February 16

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

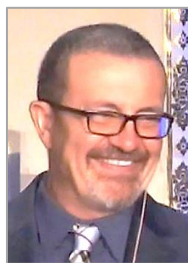
### February Nonprofit Partner

COTS 572 LIVES is a new program with the goal, over the next three years, of re-housing 572 people impacted by the North Bay fires. Go to [www.cots.org](http://www.cots.org) for more information.

### 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, Feb. 28, in Rooms 1 and 2.

## 2019: Spirituality in Action



What is stopping me from living authentically in integrity with the Truth of my spiritual being? Integrity is the state of being whole and undivided; we demonstrate integrity through such practices as honesty, compassion, forthrightness, generosity, and strength of character. We are imbued with choice, which, unfortunately includes being able to opt out of integrity.

If that should happen, we may ask ourselves, what is preventing us from choosing integrity? Then it is important to get still and listen deeply so that God can work through us to lead us back to choices that empower and inspire the best that is in us. After quietly listening, we can affirm "I understand that God works through me, for I know that God is the God of all life, of everyone's life, of everything that lives. God is the intelligence, the beauty, the love, the order, and the animating principle in and through everything. God is my life."

Blessings,

Edward Viljoen

### Diversity Discussion Group

**Today 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 respect one another. Today our conversation will focus on the white privilege video from the morning services. All are welcome.

### Seniors in Spirit Luncheon

**This 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.

### Chair Yoga with William Abel

**Begins This 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. All poses may be modified so that experienced yogis will also enjoy and benefit from the class. Drop-in, \$10 per session. For questions, e-mail William at [wba31@yahoo.com](mailto:wba31@yahoo.com).

### Wednesdays in February Black History Month

**7 pm, Sanctuary**

- 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 Johnson, Lawrence Edwards, and Olivia Kinzler

### Melissa and Z CD Release Concert

**This 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 today or \$25 at the door.

### Featured Volunteer Julie Burns



Julie Burns, RScP, has been a dedicated volunteer since 2007, when she began serving on the Board of Trustees. Julie started, and continues to

coordinate, our Spanish Outreach Ministry. She translates Dr. Edward's Sunday blog posts into Spanish and interprets the Sunday messages for posting on our Center's blog and on Facebook. She also translates affirmative prayers into Spanish for our Center's Spanish Affirmative Prayer library. As part of the Spanish ministry, Julie interpreted in workshops at the Convention of the Americas in Chapala, Mexico in 2018. Julie gives with her whole heart, mind, body, and talents wherever she serves.

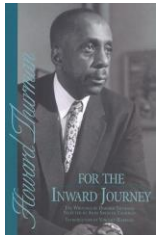
## Slate of Board Candidates



The Board of Trustees is pleased to announce a slate of five members to fill vacancies that will occur at the end of the current term. Pictured, left to right, they are Julie Burns, Alicia Carroll, Barbara Frohlich, Bob Hart, and Nancy Reynolds. Election of trustees takes place at our annual meeting on Sunday, March 17. Candidate biographies are available on the literature rack in the Social Hall.

## Deep Slow Yoga

**New Six-Week Series: Wed., 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.



## 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.” In this anthology, the essence of his thought emerges as a message of hope, reconciliation, and love. Available from Stepping Stones Books and Gifts.

## Spiritual Enrichment Courses

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

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](http://www.cslsr.org).** Choose “Online Class Registration” in the Quick Links box on the home page.

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

Now featuring the photography of Jim Thomason. If you are an artist and would like to find out more about this program, contact Bob Hart at [rihart9@gmail.com](mailto:rihart9@gmail.com) or stop by the Information Table in the Social Hall.

## Host a “Nurturing Our Community” Event

You can turn in your event proposal at our table in the Social Hall today.

### Author Night

#### Dawson Church, Ph.D.

Friday, February 22, at 7 pm. Free Event. No tickets or registration required. In Dr. Church’s new book, *Mind to Matter*, you can learn to activate “flow state” in order to live your best life. Dawson Church is an award-winning author as well as editor of *Energy Psychology: Theory, Research, & Treatment*, a peer-reviewed professional journal. He is also a blogger for HuffPost.

## 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.

## The Third Act

**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 concerns and challenges that face us at this time of our lives. Love offerings gratefully received.

## 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 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).*



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### 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](http://www.cslsr.org) → Quick Links →

Make an Online Prayer Request

### Affirmative Prayer Library

[www.cslsr.org](http://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](http://www.steppingstonesbooksandgifts.org)

### Member Assistance Program

707-546-4543 ext. 111