

Center for Spiritual Living, Santa Rosa

February 17, 2019

Today's Message

Individual vs. Individualized

Rev. Ruth Barnhart

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)
- **Sunday Evening Exploration**, 7 pm, Room 11 (North Wing). "There's No Getting out of This," with Megan Rooney, RScP.

Monday, February 18

- Office and store closed for Presidents' Day
- **Heart Coherence Meditation**, 7 to 8 pm, Room 11 (North Wing)

Tuesday, February 19

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

Wednesday, February 20

- **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 3.

Friday, February 22

- **Author Night with Dawson Church, Ph.D.**, 7 pm, Grinton Chapel. Free event. See column 3.

Saturday, February 23

- **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 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

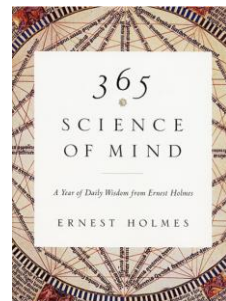


In our anchor book for this year, *365 Science of Mind*, we find a passage by Ernest Holmes to contemplate for every day of the year. Today's reading includes this affirmation:

"Today I accept this gift of Divine Life and Love that God has eternally given to me and to everyone. With deep gratitude and childlike simplicity, I enter into the joy and the peace that come from the realization of Divine Guidance, for I know that Love guides my thoughts even as It guards my life and action."

A beautiful way to use this book is to take time first thing in the morning to sit quietly and read the day's meditation. Then close your eyes and let your thoughts gently roam where they may by considering the question, "How does this uniquely relate to me?" Each of us has access to the gift of Divine Life, and It individually comes through us. We individualize it by the decisions we make regarding how we will express it.

Blessings,
Edward Viljoen



Workshop: Aligning Our Food Choices with Our Global Vision



Friday, March 1, from 6:30 to 8 pm.

Angela Glasser, RScP, begins her workshop with a vegan cheese tasting, followed by a lecture and discussion on the question, "Does veganism

have a place in the evolution of the Science of Mind teachings?" Attendees will receive an overview of the history of veganism in the New Thought Movement, an introduction to resources (including websites, books, and restaurants) on how to transition to a plant-based diet, and a broader perspective on how to widen their circle of compassion. Registration is \$20 in the Social Hall and online 24/7. Click on "Event and Workshop Tickets" in the Quick Links box on our home page, www.csldr.org.

Chair Yoga with William Abel

Wednesdays from 10 to 11 am, 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.

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.

Wednesdays in February Black History Month

7 pm, Sanctuary

- Feb. 20, "Who You Callin' Girl?" with Olivia Kinzler
- Feb. 27, "We Are in This Together!" with Calvin Johnson, Lawrence Edwards, and Olivia Kinzler

Author Night Dawson Church, Ph.D.



This 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.

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.

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.

Featured Volunteer

Anne Gero

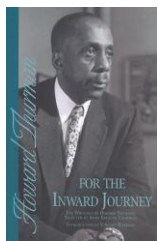


Anne Gero can be found on Tuesday afternoons and Wednesday mornings volunteering as the front desk receptionist. She files, makes reminder calls, and assists with the

welcome folders. She's also been an usher and done hospitality. One day Anne suggested that it would be helpful to the coffee crew if the coffee were pre-measured, and she quickly found herself in charge of ordering and pre-measuring the coffee. Thank you, Anne, for all that you do, especially from us coffee drinkers!

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.

Last Day for Host Sign-ups Host a "Nurturing Our Community" Event

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

Spiritual Enrichment Courses

- "Embracing Change" with Dr. Edward Viljoen. Tuesdays, Feb. 26 – March 19.
- "World Mysticism" with Dr. Kim Kaiser. Tuesdays, March 5 – 26.

In-person registration for "World Mysticism" will be available in the Social Hall on 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. **Note:** Dr. Edward's "Affirmations" course is full.

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 or stop by the Information Table in the Social Hall.

The Third Act

Begins next 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. 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.



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