

Center for Spiritual Living, Santa Rosa

February 24, 2019

Today's Message

Integrity: Our Highest Values

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)
- **Sunday Evening Exploration**, 7 pm, Room 11 (North Wing). "Steadfast on the Path," with Elias Owens, RScP

Monday, February 25

- **The Third Act Discussion Group**, 3:30 pm, Grinton Chapel. See column 2.
- **Heart Coherence Meditation**, 7 to 8 pm, Room 11 (North Wing)

Tuesday, February 26

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

Wednesday, February 27

- **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, March 1

- **Workshop: "Aligning Our Food Choices with our Global Vision,"** 6:30 pm, Grinton Chapel. See col. 3.

Saturday, March 2

- **ManSpirit Brunch**, 9 am to 12 noon, Waggoner Hall. See page 2.
- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room (upstairs)
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3
- **Project Sleep Warm**, 10 am, Room 7 (upstairs).
- **Days for Girls Sewing and Kit Assembly**, 2 pm, Room 7 (upstairs). See page 2.

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.

2019: Spirituality in Action



This month we explore how consciousness works with absolute integrity. There is no way to escape from the way our highest values shape our lives by influencing what we say, think, and do. Where we run into difficulty is when we live out of sync with our values, holding one thing to be essential but acting in a way that contradicts that. For example, when we say Oneness is a value but turn around and demonize people who have different values from ours. Or when we say we value equality, but deny that some people in our world have a real experience of inequality.

In our recommended book of the month, *For the Inward Journey*, on page 13, Howard Thurman writes that "Commitment means that it is possible for a [person] to yield to the nerve center of [their] consent to a purpose or cause, a movement or an ideal, which may be more important to [them] than whether [they] live or die."

As a spiritual being interested in co-creating a world that works better for everyone, what is your highest value, and what does a commitment to that value look like to you?

Our founder, Ernest Holmes, wrote, "I invite the inspiration, the illumination, and the guidance of God and gladly cooperate with them."

Love,

Edward Viljoen

The Third Act

Begins this 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.

Adaptive Yoga

New six-week series begins this Tuesday, Feb. 26, at 10:15 in Room 11. This slow-moving class, taught by Brenda Kobrin, RScP, RYT, is for people with balance and mobility issues such as MS or Parkinson's. Traditional yoga poses are adapted to each individual's needs using walls, props, and chairs. Sign up in the Social Hall or contact Brenda at 707-280-9680 or YogaWithBrendaKobrin@gmail.com.

Wednesdays in February Black History Month

Wednesday, February 27, at 7 pm in the Sanctuary. "We Are in This Together!" with Calvin Johnson, Lawrence Edwards, and Olivia Kinzler

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.

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.

Workshop: Aligning Our Food Choices with Our Global Vision



This 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 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

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,

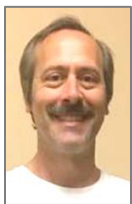
Barbara Frohleich, Bob Hart, and Nancy Reynolds. Election of trustees takes place at our annual meeting on Sunday, March 17. Candidate biographies are available on the literature rack in the Social Hall.

Workshop Tickets" in the Quick Links box on our home page, www.cslsr.org.

ManSpirit Brunch

This Saturday, March 2, from 9 am to 12 noon. 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 Stickney at 707-478-6752.

Featured Volunteer William Abel



Ever wonder who creates the spectacular ever-changing stage and lighting design for the Sanctuary? It's William Abel, whom you may recognize from his chair

yoga class. William has been the Center's dedicated volunteer set designer since 1998. Prior to this, he created the Christmas and Easter stage designs for the Center when we met at the Luther Burbank Center for the Arts. We are ever so grateful for the talent and gifts you share, William. Thank you!

Days for Girls Sewing and Kit Assembly

This Saturday, March 2, from 2 to 5 pm and Wednesday, March 13 from 10 am to 4 pm. Join us in Room 7 (upstairs) to sew and assemble sustainable menstrual kits for girls in developing countries so they can be in school or at work all month long. For information, contact Brenda Kobrin, 707-566-6785, or kobrin.brenda@gmail.com.

Annual Membership Meeting

Sunday, March 17, in the Sanctuary. Check-in and free lunch for members is at 12:30 pm. Business meeting begins at 1:30 pm. Agenda includes electing new trustees and receiving the CPA's financial report.

Spiritual Enrichment Course

"World Mysticism" with Dr. Kim Kaiser meets on Tuesdays at 6:30 pm from March 5 – 26. You can register in person in the Social Hall next Sunday, March 3, or online 24/7 at www.cslsr.org. Choose "Online Class Registration" in the Quick Links box on the home page. Please note that "Affirmations" and "Embracing Change" are closed.

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.

Sound Bowl Meditation

Friday, March 22, from 6:30 to 8:30 pm in the Social Hall. Join Claire Victor, RScP, and immerse yourself in sacred space for two hours of bliss. Relax into a deep meditation following the sound of vocals, crystal singing bowls, and other evocative instruments. Tickets are \$30 in the Social Hall and online

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.



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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