

## Center for Spiritual Living, Santa Rosa

March 10, 2019

### Today's Message

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

### Monday, March 11

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

### Tuesday, March 12

- **SOM/12-Step Support Group**,  
7 to 8 pm, Room 11 (North Wing).  
See page 2.

### Wednesday, March 13

- **Chair Yoga with William Abel**  
10 to 11 am, Grinton Chapel.
- **Days for Girls**, 10 am to 4 pm,  
Room 7. See Column 2.
- **Meditation**, 6:15 to 6:50 pm, Room  
11 (North Wing)
- **Wednesday Night Wisdom Free  
Class**, 7 pm, Waggoner Hall. See  
column 2.

### Friday, March 15

- **Spirit in Business Wisdom Circle**,  
6:30 to 8:30 pm, Rooms 1 and 2.  
See column 2.

### Saturday, March 16

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

### Diversity Discussion Group

Today, from 1:30 to 3 pm in Waggoner Hall (North Wing). Join a continuing exploration of white privilege, drawing upon some of the material in Robin DiAngelo's book *White Fragility: Why Is It So Hard for White People to Talk about Racism?*

## 2019: Spirituality in Action



In our Recommended Reading for March, *Beyond Religion*, H. H. Dalai Lama invites us to consider that it is in everybody's interest to do what leads to happiness and to avoid that which leads to suffering. He says that because "our interests are inextricably linked, we are compelled to accept ethics as the indispensable interface between my desire to be happy and yours."

Our founder, Ernest Holmes, writes, "We know that it is not a natural order of things for people to be at war with one another. We know that the human heart is instinctively kind, that it desires peace, it desires self-expression, it desires liberty, and it desires happiness. If we would promote the idea of peace in the world, we must begin with our own individual consciousness."

Our task, then, is to begin—in our own consciousness, recognizing our shared humanity and our interconnectedness—to take responsibility for the effects we set in motion in our world.

Blessings,  
Edward Viljoen



### Nurturing Our Community: Register to Bid Starting Today

Visit the NOC table in the Social Hall to learn more and sign up.

### Days for Girls Sewing and Kit Assembly

This 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. Info: Brenda Kobrin, 707-566-6785.

### Free Class Wednesday Night Wisdom

March 13, at 7 pm, in Waggoner Hall  
"Nature and Life on All Three Planes,"  
with ministerial intern Siota Belle, RScP.

### Spirit in Business Wisdom Circle

This Friday, March 15, from 6:30 to 8:30 pm. Join us in Rooms 1 and 2 for a presentation by Amy Charnay titled "Cultivating Personal Resilience." Amy will discuss herbal medicine, aromatherapy, nutrition, and mindfulness.

### March Nonprofit Partner

Daily Acts, promoting saving water, growing food, conserving energy, reducing waste, and building resilient communities. Go to [www.dailyacts.org](http://www.dailyacts.org) for more information.

### Anniversary Celebrations (65/25)

This year we are celebrating 65 years of Science of Mind in Santa Rosa and 25 years with Dr. Edward Viljoen as our senior minister. We are celebrating these milestones with the following activities.

- **Gala Fundraiser**, Sat., May 11  
(see page 2)
- **Anniversary Raffle**, May 12-June 9  
(see below)
- **Annual Potluck Picnic**, Sun. June 16  
Raffle winners announced
- **Free Dessert Reception**, Monday  
December 16, from 7 to 9 pm,  
commemorating *the actual date*  
Science of Mind began in Santa Rosa  
65 years ago.

### Anniversary Raffle

We are looking for fun, interesting, and unique items that will raise funds for our beloved Center. Suggested items include artisan goods, handmade jewelry, pottery, artwork, weekend getaways, and professional offerings. If you are interested in donating an item, please submit a description, photo (if possible), and value of the item for consideration to Linda Hann at [lindahann@cslsr.org](mailto:lindahann@cslsr.org) by **Sun. March 31**. The raffle begins on Mother's Day, May 12, and continues through Sunday, June 9.

## 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.

## Recommended Reading for March

*Beyond Religion: Ethics for a Whole World* by H. H. Dalai Lama, promoting a global human community based on understanding and mutual respect. At Stepping Stones Books and Gifts.

## Science of Mind/12 Step Group

Any 12 Step members (and those curious) are welcome to join us in the relaxing couches of Room 11 on Tuesdays from 7 to 8 pm as we explore 12 Step Recovery and Science of Mind. Contact: Georgia Davis, RScP, 591-4074.

## Featured Volunteer Peter Stickney



Peter Stickney, RScP, came to the Center in 1989, and like so many of us, knew he was home. He became a practitioner in 1993

and has served on the Board of Trustees and in our Youth and Family Ministry. Peter produced the Center's newsletter for many years and taught Qigong classes. He currently serves on the ManSpirit Retreat committee and manages the audio content for our website and KSRO Radio broadcasts. Thank you, Peter, for all this and more!

## Annual Membership Meeting

Next 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.

## 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 Deborah Titus to 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

## Do You Love Technology? Want to Edit Videos of Sunday Talks?

If you know FinalCut Pro, or want to learn it, you are invited to join the Center's Video team. Your commitment would be around two hours per month. Contact Naava Dewey, RScP, at 707-757-5647 to learn more.

## Gala Fundraiser



Saturday, May 11, from 5:30 to 9:30 pm. Celebrate Dr. Edward's 25<sup>th</sup> year at Center for Spiritual Living, Santa Rosa at

a gala fundraiser. The evening will include hors d'oeuvres, a catered buffet dinner, music by "The Core," and dancing. Tickets are \$100, available in the Social Hall on Sundays and online 24/7. Seating is limited. We expect this event to sell out.

## 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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## 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