

Center for Spiritual Living, Santa Rosa

March 31, 2019

Today's Message

Relaxing and Setting the Mind

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)
- **World Peace Meditation**, 7 pm, Waggoner Hall. See column 2.

Monday, April 1

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

Tuesday, April 2

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

Wednesday, April 3

- **Chair Yoga with William Abel**, 10 to 11 am, Grinton Chapel.
- **Meditation**, 6:15 to 6:50 pm, Room 11 (North Wing)
- **Wednesday Night Wisdom Free Class**, 7 pm, Waggoner Hall. See column 3.

Friday, April 5

- **Eating for Spiritual Health & Social Harmony**, 7 pm, Grinton Chapel. See column 3.

Saturday, April 6

- **ManSpirit Brunch**, 9 am to 12 noon, Waggoner Hall. See page 2.
- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room (upstairs)
- **Zentangle Basics**, 10 am, Rooms 1 & 2. See page 2.
- **Project Sleep Warm**, 10 am to 1 pm, Room 7 (upstairs). See page 2
- **Days for Girls**, 2 to 5 pm, Room 7 (upstairs). See page 2.
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3



Nurturing Our Community

Visit the NOC table in the Social Hall to bid on one or more of the 37 home-

hosted events scheduled between the months of April and November. The silent auction takes place after all three Sunday services today and next Sunday, April 7.

2019: Spirituality in Action



Our founder, Dr. Ernest Holmes, wrote a Spiritual Mind Treatment (affirmative prayer) using these words: "No one yet knows what might happen if a group of a thousand persons, gathered together for mutual benefit, should unitedly agree and without dissent or argument, fully accept simply and directly, that there is a Healing presence in the midst of them. Let us form a united front, create a great pool of faith, and from the power generated through this collective thinking, broadcast the message to the whole world."

A group of meditators gather at our Center on the last day of each month to do exactly what Dr. Holmes is talking about—contemplate peace for the benefit of all beings. Since today is the last day of the month, I invite you to attend the special world peace meditation at 7 pm in the Sanctuary. See the article in column 2 below.

Blessings,
Edward Viljoen

Teen "FUNdraiser"

Yummy Brunch Treats

Visit our teens in the Social Hall today to say hello, make a donation, and enjoy a tasty breakfast treat on us!

No More Beyond Limits Prerequisite!

Just in time for the in-person registration in the Social Hall today for Self-Mastery (see article below), and on April 7 for all of our classes, there is a big change in our Education Ministry—Beyond Limits is no longer a prerequisite for taking other certificated classes. Home Office has waived that requirement, and now you are free to take classes in any order. So, if you have been postponing taking Self Mastery because of the prerequisite, you don't have to postpone any longer. You are invited to sign up for the next two weeks and experience a truly mind-expanding class.

Self-Mastery (No Prerequisite)

Begins Tuesday, April 9, at 10 am. This popular class, taught this term by Dr. Edward Viljoen, is an inward journey exploring feelings, ego, relationships, and the process of personal change. You can register for this class in the Social Hall today and also online 24/7. Click on "Online Class Registration" in the Quick Links box on our home page, cslsr.org. Registration for all other classes begins on Monday, April 1 online and in the Social Hall on Sunday, April 7. You can pick up a printed schedule in the Social Hall or view it online.

Special Event

World Peace Meditation

Today, at 7 pm, in the Sanctuary

Join Practitioner Vivian Strand and Revs. Ruth Barnhart, Sharon Kennedy, Peggy Price, and Tara Steele as they share a conversation about their practice of prayer. Following the prayers, we will

continue our center's decades-long tradition of a monthly World Peace Meditation for world healing.

Free Class

Wednesday Night Wisdom

April 3, at 7 pm, in Waggoner Hall

This month's topic is "The Creative Nature of Spirit," with Practitioner Lawrence Edwards. No need to register. Everyone welcome.

65th Anniversary Raffle

Do you have fun, interesting, and unique items that will raise funds for the Center? If you are interested in donating an item, please see Linda Hann at the Information Table or e-mail her at lindahann@cslsr.org by Sunday, April 7.



Gala Fundraiser

Saturday, May 11, from 5:30 to 9:30 pm.

Celebrate Dr. Edward's 25th year at Center for Spiritual Living, Santa

Rosa, at a gala fundraiser. The evening will include hors d'oeuvres, a buffet dinner from A La Heart Catering, music by "The Core," and dancing. Tickets are \$100, available in the Social Hall on Sundays and online 24/7. We expect this event to sell out. **Note: The last day to buy tickets is Sunday, April 28. Tickets will not be sold at the door.**

Eating for Spiritual Health & Social Harmony

This Friday, April 5, from 7 to 8:30 pm

Vegan advocate Dr. Will Tuttle will speak about the principles in his book, *The World Peace Diet*. Learn how your food choices can affect your physical health, spiritual health, and the health of the planet. Vegan snacks provided. Tickets: \$30 in the Social Hall on Sundays and online 24/7.

ManSpirit Brunch

This Saturday, April 6, from 9 am to 12 noon, Waggoner Hall. Join men of the Center for camaraderie and conversation. Bring a dish to share and your own plate, coffee cup, and eating utensils. Questions? Call Peter Stickney, RScP, at 707-478-6752.

Zentangle Basics

This Saturday, April 6, from 10 am to 12:15 pm, in Rooms 1 and 2. Join certified teacher Debbie Butterfield, RScP, for an introduction to Zentangle as a form of relaxed focus and meditation. Tickets are \$33. A materials fee of \$10 is payable in class. Register in the Social Hall on Sundays or online 24/7.

Project Sleep Warm

This Saturday, April 6, from 10 am to 1 pm, in Room 7 (upstairs). Drop in anytime and we will teach you how to make comforters and baby receiving blankets for Sonoma County homeless shelters. Information: Brenda Kobrin, 707-566-6785.

Days for Girls

Sewing and Kit Assembly

This Saturday, April 6, from 2 to 5 pm, in Room 7 (upstairs). Help us sew and assemble sustainable menstrual kits for girls in developing countries. Information: Brenda Kobrin, 707-566-6785.

Community Seder

Saturday, April 13, from 5 to 7:30 pm. Rabbis George Gittleman and Stephanie Kramer of Shomrei Torah will share the meaning behind Seder, then lead us through the meal's rituals. Adults, \$20; Age 18 and under, \$5. Tickets in the Social Hall on Sundays or online 24/7. If you have Seder plates to lend us, please contact Rev. Tara Steele at 494-2464.

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.

- **Gala Fundraiser**, Sat., May 11 (see page 1)
- **Anniversary Raffle**, May 12-June 9 (see page 1)
- **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.



Featured Volunteer

Jim Thomason

Professional, detail-oriented, and devoted to the Center, Jim is a member of our Stewardship Team and has also been managing

the website of Stepping Stones Books and Gifts for more than 15 years. You will see him volunteering in the store on Sundays and at their used book sales and ticketed events. And that's not all! Mowed grass around our property? Thank you, Jim, for this and more!

Deep Slow Yoga

New six-week series begins Wednesday, April 17, from 5:30 to 7 pm. As we blossom into Spring, open the body, mind, and heart with mindful yoga stretches and breath practices. Class will not meet May 1 or May 8. Call Natalie to register: 579-4602. Introductory rate is \$65.

Advanced Spiritual Living T.E.A. (Things Everyone Asks)

Sunday, April 14, from 1:15 to 2:30 pm, Rooms 1 and 2. Come and learn more about a newly developed 30-week certificated course devoted to personal discovery, integrated spiritual practice, community building, and embodied awareness of living the Principles of Science of Mind and Spirit.



Stepping Stones Raffle

Win this whimsical cast concrete statue of Ganesha doing a handstand. Suitable for indoor or outdoor use. Tickets are \$1 each or 6 tickets for \$5. The drawing will be held at 1 pm on Sunday, April 28.

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 David Reichard to learn more: 415-891-9762 or radiodave@igc.org.

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