



**April 7, 2019**

**Today's Message**

*Diversity*

Rev. Joyce Duffala

**At the Center Today**

- **Meditation**, 9:35 to 9:50 am, Richard Leo Meditation Room (upstairs)
- **Youth Classes**, 10 am and 11:30 am, Rooms 1 and 2
- **Teen Group**, 11:15 am, Room 11 (North Wing)
- **Grief & Loss Spiritual Support**, 12:45 pm, Room 8 (upstairs)
- **Full Circle**, 1 to 2:30 pm, Waggoner Hall (North Wing). See page 2.
- **Sunday Evening Exploration**, 7 pm, Room 11 (North Wing). See page 2.

**This Week**

**Monday, April 8**

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

**Tuesday, April 9**

- **Seniors in Spirit**, 1 pm, off site. See page 2.
- **Science of Mind /12-Step Support Group**, 7pm, Room 11 (North Wing). See page 4.

**Wednesday, April 10**

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

**Friday, April 11**

- **Spirituality in Action**, 7 pm, Waggoner Hall (North Wing). See page 2.

**Saturday, April 12**

- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room (upstairs)
- **Women of Spirit**, 10:30 am to 12:30 pm, Waggoner Hall (North Wing). See page 2.
- **A Course in Miracles Study Group**, 11am, Room 3. See page 4
- **Community Seder**, 5 to 7:30 pm, Social Hall. See page 2.

Dear Friends,

A dictionary definition of *perfect* is "lacking nothing essential to the whole; complete of its nature or kind." This wholeness is what we mean when we say, "God is perfect." We understand Divinity to be the Whole, lacking nothing. We call that Unity. Duality implies the existence of more than one power (God and the devil, for instance). Wholeness can (and does) produce a multiplicity of forms without disturbing Its Unity. In other words, everything, and everyone, has a shared spiritual origin. What we do with our spiritual nature is where our freedom comes into play. Our ability to choose and act results in a diversity of expression in life. Some of what we conjure up is not always good for us, or as the Apostle Paul said, "all things are possible, but not all things are advisable."

To learn more about the mystery of oneness and diversity in your life, consider enrolling for the Self-Mastery course I'm teaching starting this Tuesday, April 9. The course uses *The Four Agreements* by Don Miguel Ruiz to look deeply into the freedom we have to dream a new dream and live a better life.

Blessings,

*Edward Vilpen*

### **Important News About Amazon Smile**

If you are an Amazon shopper, a percentage of every purchase can be donated to a nonprofit of your choice. If you want your purchases to benefit our Center, we want you to know that a previous technical glitch is now fixed and **you need to reselect our Center as your designee**. For details, see Linda Hann at the Information Table.

### **Butte County Fire Relief Benefit Concert Results**

Gary Lynn Floyd, Karen Drucker, and Bobby Jo Valentine (who lost his home in the Santa Rosa fires) presented a benefit concert at the Center in January that raised a total of \$10,425. We divided the funds equally and sent checks to the following four agencies

- North Valley Community Foundation
- Caring Choices
- North Valley Animal Disaster Group
- NVCF Camp Fire Relief

Many thanks to everyone who participated in this amazing event!

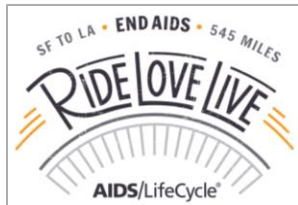
### **From Our Vision Statement**

We see a world in which we are called to conscious social action, where people have enough food, homes, and a sense of belonging. We see a world where there is peace, harmony, and justice for all.

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

*Now featuring the art of Gail Mardfin.*

To beautify our Center and provide enjoyment to our congregation, we are exhibiting art from members of our community. Please take some time to enjoy the art upstairs before or after service. If you are an artist and would like to learn more about this program, please contact Bob Hart at rihart9@gmail.com or stop by the Information Table.



**In the Social Hall Today  
Your Center's Cycle  
Team's Bake Sale**

Help create a world that works for everyone by supporting the Center's AIDS/LifeCycle Team bake sale. Purchase a tasty treat or

donate to support the team's expenses. Please consider donating to individual riders to help them reach their fundraising goals.

**Full Circle: Conversations  
About Death & Dying**

Meets today from 1 to 2:30 pm in Wagoneer Hall. Please join us as the Threshold Choir tells us about their work of bringing comfort through song to bedsides in Central Sonoma County. They will also sing to us. Everyone is welcome.

**What's Alive in You?  
Sunday Evening Exploration**

Tonight at 7 pm in Room 11. This evening's topic is "Where Do I Belong?" facilitated by Maggie Cole, RScP. Join us every week for interactive conversations led by the Sunday Evening Team and guest Practitioners. Everyone welcome. Love offerings gratefully received.



**Are You a Webhead?  
Want to Help Create Our  
New Website?**

If you can help us migrate our current Joomla website into a new design on WordPress, please contact Allan Yeager at 707-583-5459.

**Seniors in Spirit Luncheon**

**This Tuesday, April 9, 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**

**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.

**Deep Slow Yoga**

**New six-week series begins Wed., 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. Please call Natalie to register: 579-4602. Introductory rate is \$65.



**Wednesday Night Wisdom  
Free Class: The Creative Nature  
of Spirit**

Practitioner Lawrence Edwards hosts this month's weekly classes on Wednesday evenings at 7 pm in Waggoner Hall (North Wing). Everyone is welcome.

**Spirituality in Action**

**This Friday, April 12, at 7 pm in Waggoner Hall (North Wing).** At our April meeting, we'll talk about which of the center's nonprofit partners (NPPs) we want to reach out to. The intention is to find ways in which to appreciate their work and assist them in creating a world that works for everyone. You can find the list of NPPs on the literature rack in the Social Hall. Spirituality in Action meets on the second Friday of every month, from 7 to 8:30 pm. You are welcome to join us.

**Women of Spirit**

**This Saturday, April 13, at 10:30 pm in Waggoner Hall (North Wing).** Led by Rev. Joyce Duffala and Practitioner Emeritus Jennifer Mann, we welcome women of our congregation to gather and explore our unique contributions to the world as an expression of the Divine Feminine. For more information, call Jennifer at 707-583-6548.



**Community Seder**

**This 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 today or online until 12 noon on Wednesday, April 10. **Tickets will not be sold at the door.**

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

**Next Sunday, April 14, from 1:15 to 2:30 pm, Rooms 1 and 2.** Come 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.

**Diversity Discussion Group**

**Next Sunday, April 14, from 1:30 to 3 pm in Waggoner Hall (North Wing).** We meet on the second Sunday of each month. The conversation currently focuses on "White Fragility: Why It's so Hard for White People to Talk About Racism." Bring your questions, your comments, and your curiosity about the experiences of others.

**Days for Girls Sewing and Kit Assembly**

**Wednesday, April 17, 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.

**Spirit in Business Wisdom Circle**

**Friday, April 19, from 6:30 to 9:30 pm, Rooms 1 and 2.** This month Practitioner Maggie Cole's topic is "What Are You Waiting For?" Come and be inspired to make yourself available to all that God is offering *now*, in this very moment. Our group meets for guest presentations and opportunities for community building. Light snacks and networking follow the talk. Love offering gratefully accepted. All proceeds go to the Center.

## Spring Flowers for Easter Sunday

If you have calla lilies or other spring flowers that you would like to donate for our Easter Sunday stage décor, please deliver them to the Center on Saturday, April 20, by 11 am.

## April Nonprofit Partner

**Share Sonoma County**, Home sharing was developed in the late 1970s and early '80s to help those who are house rich and cash poor. Share Sonoma County sets up living arrangements between two or more unrelated people who agree to share a home or apartment for their mutual benefit. After the fires, they broadened their scope to allow for all kinds of housing, without age limits or other restrictions. Sonoma County and the City of Santa Rosa now allow Section 8 vouchers to be applied for those renting a room/home sharing. See more on their website, [www.sharesonomacounty.org](http://www.sharesonomacounty.org).

## New Monthly Group The Third Act

Facilitated by Rev. Joyce Kinzel

**Monday, April 22, 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 spiritual values that have guided us so far and discuss the concerns and challenges that face us at this time of our lives. Love offerings gratefully received.



## One Heart Choir Fundraising Concert

**Saturday, April 27, at 7:30 pm.** Claire Victor, RScP, directs "Sing Your Heart Open!" with special guest Christopher Fritzsche, the Choir's fabulous house band, and some special surprises.

Tickets are available in the Social Hall on Sundays and online 24/7.

## New Member Class

**Sunday, April 28, from 1 to 4 pm, Waggoner Hall.**

You are invited to a free one-session member orientation class taught by Dr. Edward to help you get the information you need to decide if membership in the Center is right for you. At the end of the class you will have the opportunity to join the Center. If you prefer to wait, that is okay too. Please register for the class at the Information Table. This class is only offered twice a year.



## 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.

## 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**, Saturday, May 11
- **Anniversary Raffle**, May 12 – June 9
- **Annual Potluck Picnic**, Sunday, 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

### Bob Hart



Bob Hart first attended the Center in the Spring of 1999. He was in search of a spiritual home and halfway through the service, he knew he had found it! Bob has been on the Giving Intentions Team and a member of the Board of Trustees, serving as Vice President. When transitioning off the Board, he remained ex-officio to help complete the solar project in the parking lot. He has assisted with facilities repair

and painting and is the fire tender at the annual picnic. Bob currently serves as co-chair of the Nurturing Our Community Team and as chair of "In the Mezzanine: Experiencing the Divine Through the Lens of Visual Arts," a program that beautifies the Center by exhibiting Member's artwork in a three-month rotation. Last month Bob was elected to a new three year term on the board of trustees and was chosen to serve as treasurer. Thank you, Bob, for your generous giving!

## 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 by appointment 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).*

## Celebrating 25 Years



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

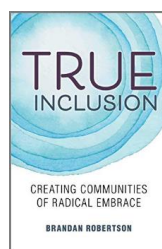
Celebrate Dr. Edward's 25<sup>th</sup> year at Center for Spiritual Living, Santa Rosa at a gala fundraiser. The evening will include hors d'oeuvres, a catered buffet dinner, music by The Core, and dancing.

Tickets are \$100, available in the Social Hall on Sundays and online 24/7. Seating is limited. We expect this event to sell out. **The last day to buy tickets is Sunday, April 28. Tickets will not be sold at the door.**

## Board Meetings

Our Board of Trustees meets once a month at 6 pm. You are invited to attend. This month's meeting is on Thursday, April 25, in Rooms 1 and 2.

## Recommended Reading for April



*True Inclusion: Creating Communities of Radical Embrace*, by Brandan Robertson. He presents a paradigm-shifting vision of community, "...where nothing is simple, nothing is easy, but everything is beautiful." The book contains, step-by-step approaches to becoming deeply, robustly, and richly inclusive of all people regardless of race, gender identity, sexual orientation, political affiliation, and

socioeconomic status. *True Inclusion* will challenge and inspire you to embody a gospel of radical embrace for all. Available from Stepping Stones Books and Gifts.



## Save the Date ManSpirit Retreat

Friday, September 13 through Sunday, September 15. The retreat will be at Walker Creek Ranch in Petaluma. Best rates are available through Saturday, June 1. For information, contact Bradley Brink at 708-906-6101.

## Heart Coherence Meditation

Would you like to feel centered, calm, optimistic, and connected? How about inspired, energized, and creative? Heart Coherence Meditation is a gentle, effective meditation that engages the powerful electromagnetic field of the heart to experience well-being and the beautiful qualities of an opening heart. We meet every Monday evening from 7 to 8 pm in Room 11 (North Wing). This is a free drop-in group. No experience necessary. More information: Linda@LindaMarshall.info or phone 707-837-1982.

## On the Air "Spiritual Living with Edward Viljoen"



Tune in every Sunday at 8:30 am on radio station KSRO, 1350 AM and 103.5 FM. Our radio program reaches thousands of people, making a positive difference in their lives. To contribute, visit our website, [cslsr.org](http://cslsr.org), and click on the Donate button.

## A Course in Miracles Study Group

Meets every Saturday from 11 am to 1 pm in Room 3. Join certified facilitator Peggy Griffith for this ongoing drop-in group. Love offerings gratefully received. For more information, contact Peggy at [ptgriff@comcast.net](mailto:ptgriff@comcast.net).



## Welcome Folders

If you would like to have a welcome folder for yourself or for a friend, please take one from the Social Hall or office reception area. The folder contains a special audio CD by Dr. Edward; a list of our weekly and monthly groups; a yearlong list of Sunday themes, topics, and recommended

reading; and a welcome booklet describing some of the Center's activities and resources.

## Science of Mind/I2 Step-Support Group

We meet every Tuesday at 7 pm in Room 11 (North Wing). Open to anyone seeking to increase their understanding of the relationship between twelve step recovery programs and the principles of Science of Mind. Contact: Georgia Davis, RScP, 707-546-7055.

## 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.

## Ernest Holmes Lending Library



Located upstairs above the coffee serving area of the Social Hall, our library is open every Sunday from 9 am to 1 pm. We have books, audio recordings, and video recordings on a wide variety of subjects of interest to our spiritual community. We also have multiple copies of textbooks used in some of our certificated

classes; patrons are welcome to borrow these books for the duration of the class. Anyone who is interested can become a patron of the library after filling out an application form. The library accepts donations of books, audio recordings, and video recordings.



2075 Occidental Road • Santa Rosa CA 95401

707-546-4543

Office Hours:

Monday, Tuesday, and Wednesday: 10 am to 5 pm

Saturday: 10 am to 1 pm

Closed Thursday and Friday

Sunday Morning Services: 8:30 am • 10 am • 11:30 am

After Service Prayer: 9:30 am • 11 am • 12:30 pm

Sunday Youth Program: 10 and 11:30 am, Rooms 1 & 2

Sunday Teen Group: 11:15 am in Room 11 (North Wing)

Sunday Night Exploration: 7 pm, Room 11 (North Wing)

Wednesday Night Wisdom Free Class: 7 pm, Sanctuary

Meditation

Richard Leo Meditation Room (upstairs)

Sunday, 9:35 to 9:50 am

Monday, 7 pm

Wednesday, 6:15 to 6:50 pm

Saturday, 10 am

Ernest Holmes Lending Library

Open Sunday 9 am to 1 pm • E-mail: [library@cslsr.org](mailto:library@cslsr.org)

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

Member Assistance Program

707-546-4543, ext. 111

Online Prayer Requests:

[cslsr.org](http://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 Radio Station KSRO

Sunday mornings at 8:30 am (1350 AM or 103.5 FM)

Stepping Stones Books and Gifts

707-527-8372

Store Hours:

Sunday: 9:30 am to 1:30 pm

Monday, Tuesday, and Wednesday: 11 am to 5 pm

Closed Thursday, Friday, and Saturday

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Center for Spiritual Living Santa Rosa

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@CSLSantaRosa

#AWorldThatWorksForEveryone