

Center for Spiritual Living, Santa Rosa

April 14, 2019

Today's Message

Uniqueness and Oneness

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)

Monday, April 15

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

Tuesday, April 16

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

Wednesday, April 17

- **Chair Yoga with William Abel** 10 to 11 am, Grinton Chapel. See column 3.
- **Days for Girls**, 10 am to 4 pm, Room 7 (upstairs). See column 3.
- **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 19

- **Spirit in Business Wisdom Circle**, 6:30 to 9:30 pm, Rooms 1 & 2. See page 2.

Saturday, April 20

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



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 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

2019: Spirituality in Action



Dr. Marlene Oaks, one of the key contributors to our spiritual curriculum wrote:

"If we were not free, we would be puppets upon some divine strings, or perhaps some not-so-divine strings. We would be like robots, having to act as we were directed to do. Life would be cold and sterile, perhaps like that of the wives in *The Stepford Wives*. There would be no surprises, since all would be determined by some outside power. Accomplishment would not mean anything to us because we would not be doing it ourselves. There would be no triumph as we surmount challenges, because we would not be doing it with our own uniqueness. We would be glorified robots."

Dr. Oaks was writing about the spiritual freedom we must think, feel, and believe. Each one of us different, producing unique results, and living a life unlike anyone else. Yet these differences in our self-expression never robs us of our shared spiritual heritage. Indeed, it is what we have in common that allows us to love each other in the presence of how different we can be.

Blessings,
Edward Viljoen

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 at the Information Table.

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

Today 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.

Diversity Discussion Group

Today from 1:30 to 3 pm in Waggoner Hall (North Wing). Our monthly 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.

Upstairs in the Mezzanine

Seeing the Divine Through the Lens of Visual Art

Now featuring the art of Gail Mardfin.

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.

No More Prerequisites!

Home Office has waived the requirement of a prerequisite for taking certificated classes, so now you are free to take them in any order. Stop by the Education Table for more information and to register for a class that is just right for you. **Please note that we will not have a table in the Social Hall next week, Easter Sunday, but will return the**

following week, April 28. Online registration is available 24/7.

Flowers for Easter Sunday

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

Easter Parking Teams

See Evan at the Volunteer Table to sign up for one or more of the three parking teams we will have on Easter Sunday to help drivers as they arrive for each of our services. We expect high attendance and want the parking experience to go smoothly for our congregants.

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.

Days for Girls

Sewing and Kit Assembly

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

Deep Slow Yoga

New six-week series begins this Wednesday, April 17 from 5:30 to 7 pm. Open your body, mind, and heart with

mindful yoga stretches and breathing practices. Class will not meet May 1 or May 8. Call Natalie to register at 707-579-4602. Introductory rate is \$65.

Spirit in Business Wisdom Circle

This Friday, April 19, from 6:30 to 9:30 pm, Rooms 1 and 2. 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.

Free Class

Wednesday Night Wisdom

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.

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.

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.**

Project Sleep Warm

We meet on the first Saturday of the month from 10 am to 1 pm in Room 7 to make comforters and sleeping bags for local homeless women and children. We welcome donations of large, clean flat sheets (double or larger; no fitted sheets) and large pieces of cotton quilting fabrics. Please join us anytime you can. We have jobs for sewers and non-sewers and we

teach all you need to know. Contact: Brenda Kobrin, 707-566-6785.

Featured Volunteer



Tom Yanes

Tom joined the Center's Music Ministry in 2006 during Linda Webb-Khakaba's tenure as Music Director. During his first visit to the Center, he was drawn to the music and knew he wanted to be a part of it. Tom continues to play guitar and sing regularly at our Sunday services. In addition to music, Tom serves as an usher and periodically hosts Sunday services. Thank you, Tom, for the gifts of song, music, and heart you share with us.



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. **Use a credit card for purchases of \$5 or more.** The drawing will be

held at 1 pm on Sunday, April 28.

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 or Anne Galbraith at the Information Table.

New Five-Week Series Adaptive Yoga

Tuesdays, April 16 to May 21. We will not meet on May 14. Registration is \$62. Sign up in the Social Hall or contact Brenda Kobrin at 707-566-6785.

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.

April Nonprofit Partner

Share Sonoma County, setting up living arrangements between two or more unrelated people who agree to share a home or apartment for their mutual benefit. Learn more at www.sharesonomacounty.org.



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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