



May 5, 2019

Today's Message

Real Compassion

Rev. Masando Hiraoka

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.
- Compassion in Action Workshop, with Rev. Masando Hiraoka, 2 to 4 pm, Sanctuary. See page 2.
- Sunday Evening Exploration, 7 pm, Room 11 (North Wing). See page 2.

This Week

Monday, May 6

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

Tuesday, May 7

- Science of Mind /12-Step Support Group, 7pm, Room 11 (North Wing). See page 4.

Wednesday, May 8

- 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 3.

Friday, May 10

- Spirituality in Action, 7 pm, Waggoner Hall. See page 3.

Saturday, May 11

- Saturday Meditation Group, 10 am, Richard Leo Meditation Room (upstairs)
- Women of Spirit, 10:30 am, Waggoner Hall. See page 3.
- A Course in Miracles Study Group, 11 am, Room 3.
- 25th Anniversary Party, 6 pm, Sanctuary. Sold out.

Dear Friends,

Our founder, Dr. Ernest Holmes, wrote that the three great enemies of humankind are war, disease, and poverty, and that these enemies must finally be overcome. Although he is using uncharacteristically strong language with words such as "enemies" and "overcoming," when we read further, it becomes clear that Dr. Holmes means "overcoming" in the sense of replacing the consciousness that allows these things to prosper with the consciousness of divine wisdom. He is calling us to turn entirely away from what produces distress and to turn towards that which produces love.

Our work then is to begin in consciousness, to imagine a world in which people have enough food, adequate shelter, and security. And then follow up our imagination with spiritual mind treatment (the practice of affirmative prayer), and finally with compassionate action.

Our Center partners with organizations that are actively working to alleviate suffering. **COTS 572 Lives**, is rehousing people impacted by the North Bay Fires; **JAYC Foundation** is serving families that have suffered abduction or other trauma; and **Share Sonoma County** is matching individuals needing housing with seniors who would otherwise have been unable to remain in their home due to expenses.

We build these partnerships so that we, as a community, may grow in awareness of the places where we can offer support and help.

Many blessings,

Edward Vilpen

P.S. If you would like to learn about the practice of Affirmative Prayer, called Spiritual Mind Treatment, please join me in Waggoner Hall on the first four Wednesdays this month at 7 pm for my free drop-in one-hour class available to all.

On the fifth Wednesday, May 29, we will host a free kirtan concert in the sanctuary with Mangalananda. Love offerings greatly received.

Full Circle: Conversations About Death & Dying

Meets today from 1 to 2:30 pm in Wagoneer Hall. Please join us as we discuss "Welcome everything; push away nothing" from Frank Ostaseski's book, *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*. Everyone is welcome. Love offerings gratefully received.

Compassion in Action



Today, from 2 to 4 pm, in the Sanctuary. Rev. Masando Hiraoka, author of the monthly column "Being Human" in *Science of Mind* magazine, presents a workshop on how to put our faith and compassion into action so that our unique gifts can meet the deep needs of the world. We have been called to create a world that works for everyone, but we often get stuck on how or

where to begin. This workshop will help clear the way. Tickets are \$25 in the Social Hall and at the door.

Education Ministry Lifelong Learning for Everyone

Visit the Education Table to get information and to register for one or more of our offerings this semester:

- **Embracing Change** with Dr. Edward Viljoen, begins tomorrow, May 6, at 6:30 pm.
- **Spiritual Practices for Daily Living**, (how to have an active, daily connection with Spirit), with Lawrence Edwards, RScP, begins Monday, May 13, at 6:30 pm.
- **Practical Mysticism**, (how to live in the world while maintaining a conscious awareness of the Divine), with Elias Owens, RScP, begins Tuesday, May 14, at 6:30 pm.
- **This Thing Called You**, (beautiful book by our founder, Dr. Ernest Holmes), with Naava Dewey, RScP, begins Tuesday, May 14, at 6:30 pm.
- **Beyond Limits (morning class)**, (a heart-opening, mind-expanding class) with Diane Tapogna, RScP, begins Sat., May 18, at 10 am.
- **Undiscovered Country (morning class)**, with Siota Belle, RScP, (insights from the Bhagavad Gita, Buddhism, Sufi masters, and the great mystical saints). Includes a free textbook while supplies last. Begins Sat., June 15, at 10 am.
- **Ten Effortless Spiritual Practices**, with Dr. Kim Kaiser, begins Tuesday, July 9, at 7 pm. (Online or in person.)

If you have completed a core class last fall or previously, stop by the Education Table and pick up your class completion certificates.

What's Alive in You? Sunday Evening Exploration

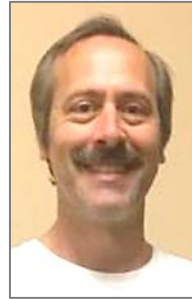
Tonight at 7 pm in Room 11. This evening's topic is "Being Cared For" facilitated by Maggie Cole, RScP. Music by Tom McCurry. Join us every week for interactive conversations led by the Sunday Evening Team and guest Practitioners. Everyone welcome. Love offerings gratefully received.

May Nonprofit Partner

Sonoma Land Trust, conserving scenic, natural, agricultural, and open land for the future of Sonoma County. Learn more at www.sonomalandtrust.org

In the Mezzanine Seeing the Divine Through the Lens of Visual Art

Now through June, we are featuring the art of Gail Mardfin. She "sees the good" through a variety of media. Please take some time to enjoy the art upstairs before or after service. We are exhibiting art from members of our community to beautify the Center and to provide enjoyment to our congregation. If you are an artist and would like to learn more about this program, please contact Bob Hart, rihart9@gmail.com, or stop by the Information Table.



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.

Seniors in Spirit Luncheon

Tuesday, May 14, 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.



Author Event An Evening with M.J. Ryan

Friday, May 31, at 7 pm. M.J. Ryan, author of *Attitudes of Gratitude*, *The Power of Patience*, and *Radical Generosity*, will discuss the many facets of generosity, why generosity is so good for us, and simple techniques for cultivating this remarkable human quality to experience greater joy and connectedness. This is a free event. No need to register.

Project Sleep Warm

We meet on the first Saturday of the month from 10 am to 1 pm in Room 7 (upstairs) to make quilts, sleeping bags, and knitted teddy bears 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. Even if you don't sew or knit, we will teach you what to do. Contact: Brenda Kobrin, 707-566-6785.



Adaptive Yoga: New Five-Week Series

Begins Tuesday, May 28 from 10:15 to 11:30 am 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. The class uses traditional yoga poses adapted to each individual's needs using walls, props, and chairs as needed. The fee is \$62. To register, call Brenda at 707-280-9680 or e-mail her at YogaWithBrendaKobrin@gmail.com.

Wednesday Night Wisdom

Free Drop-In Class with Dr. Edward

Dr. Edward Viljoen hosts this month's weekly classes on the subject of prayer. **Wednesday evenings at 7 pm in Waggoner Hall (North Wing).** Everyone is welcome. Love offerings gratefully received.

Spirituality in Action

This Friday, May 10, at 7 pm in Waggoner Hall (North Wing). This month we'll talk about which of the Center's nonprofit partners (NPPs) we want to reach out to. We want to find ways 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, May 11, at 10:30 am 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.

Bilingual Science of Mind Conference Chapala, Mexico • August 6-10, 2019



Join Dr. Edward Viljoen and Julie Burns, RScP, in Chapala, Mexico for the 2019 bilingual Science of Mind conference. You will connect with like-minded souls

from Latin America, the United States, and Canada. Information is available in the Social Hall and also at www.vidaespiritual.org. Morning yoga practice, uplifting music, afternoon meditation, and inspirational workshops by new thought leaders in English and Spanish (simultaneously translated through provided audio phones—just like at the United Nations!). For morning free time on August 8, you can partake of soul-enriching options or just relax at the hotel's lakeside or thermal swimming pools.

Diversity Discussion Group

Next Sunday, May 12, 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.

Spirit in Business Wisdom Circle



Friday, May 17, from 6:30 to 8:30 pm, Rooms 1 and 2. This month's guest presenter is conflict resolution counselor and author Lorraine Segal. Her timely topic is "Civil Conversations over the Political Divide." Our group meets for guest presentations and opportunities for community building. Light snacks and networking follow the talk. Love offerings

are gratefully accepted. All proceeds go to the Center.

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**, this Saturday, May 11 (sold out)
- **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 Debby Young, RScP

Debby has been supporting the Center as a volunteer in our Youth and Family Ministry for the past nine years. During her time of service she has been a nurturing presence in the nursery, in youth church, and working with our teens. Debby has also stepped in to oversee the Youth and Family Ministry when

our Youth Director has been away. Thank you, Debby, for your many years of service and best wishes as you explore new ways to serve the Center.

Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at enespanolcslsr.blogspot.com. Live interpretation may be arranged by appointment 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.



ManSpirit Retreat

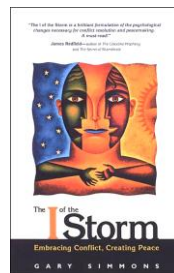
Friday, September 13 through Sunday, September 15. The retreat will be at Walker Creek Ranch in Petaluma. Best rates are available through Saturday, June 1.

Registration forms are on the literature rack in the Social Hall. For details, visit the "Events" page at steppingstonesbooksandgifts.org.

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, May 23, in Rooms 1 and 2.

Recommended Reading for May



The I of the Storm, by Gary Simmons. The author uses spiritual principles, martial arts philosophy, and quantum theory as well as other sciences to point us to the "I" of the storm of conflict—our spiritual Self. In so doing, we can become peace by embracing conflict and allowing it to teach us. Available from Stepping Stones Books and Gifts in the store and online with free shipping.

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.



Welcome Folders

If you would like to have a welcome folder for yourself or for a friend, please take one from the Social Hall. 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.

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.

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.

Earn Money for the Center While You Shop or Eat Out



Register with eScrip to earn money for the Center every time you shop with the following local merchants: eScrip Dining,

Fircrest Market, FoodMaxx, Lucky, Mollie Stone's, Oliver's Market, Petaluma Market, and Scotty's Market. Stop by the Information Table and pick up a new flyer explaining how to use your cell phone to register.

The Third Act

This spiritual discussion group, facilitated by Rev. Joyce Kinzel for those on the mature side of life (the "third act"), will meet this month on **Monday, May 20**, from 3:30 to 5 pm in Grinton Chapel. We 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.



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

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 → Quick Links → Make an Online Prayer Request

Affirmative Prayer Library: 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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