

Center for Spiritual Living, Santa Rosa

May 12, 2019 • Mother's Day

Today's Message

Cause and Effect

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, North Wing
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8 (upstairs)
- **Diversity Discussion Group**, 1:30 pm, Waggoner Hall. See column 2.
- **Sunday Evening Exploration**, 7 to 8 pm, Room 11. *Being Cared For*, with Practitioner Maggie Cole. Music by Tom McCurry.

Monday, May 13

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

Tuesday, May 14

- **Science of Mind/12-Step Support Group**, 7 to 8 pm, Room 11

Wednesday, May 15

- **Chair Yoga with William Abel**, 10 to 11 am, Grinton Chapel. See column 3.
- **Meditation**, 6:15 to 6:50 pm, Room 11
- **Wednesday Night Wisdom**, 7 pm, Waggoner Hall. See column 2.

Friday, May 17

- **Spirit in Business Wisdom Circle**, 6:30 to 8:30 pm, Rooms 1 and 2. See column 3.

Saturday, May 18

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

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.

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.

2019: Spirituality in Action



Dr. Mary Tumkin, a pioneer in New Thought (the teaching of the Center for Spiritual Living and other metaphysical organizations) described the Law of Cause and Effect as "the horse pill of metaphysics," a large idea that is hard to swallow. The Law of Cause and Effect states that everything is connected, that choices have consequences, and that what we hold in our consciousness has a way of becoming our reality.

When things are going well, this Law is easy to celebrate. When things are not going well, it is more difficult to digest. And, it has been the case that people suffering setbacks have been made to feel poorly because the implication is that they are solely responsible for their circumstances because of what is in their consciousness. This is an oversimplification of the Law of Cause and Effect and does not take into account the consciousness of the group mind which creates the society we live in with all its challenges and inequalities, as well as its compassion and kindness. Metaphysics is not to be used to blame people for the circumstances they are working through. If anything, metaphysics ought to inspire us to love, care for, and help those who are facing challenges.

Warmly,
Edward Viljoen

Anniversary Raffle and Silent Auction

On display in the Social Hall today through Sunday, June 9, you can buy tickets (\$1 each or 6 for \$5) for raffle items and also place bids for silent auction items. Many thanks to everyone who donated the goods and services for this amazing fundraiser.

Diversity Discussion Group

Today at 1:30 pm, in Waggoner Hall. This month we will discuss our experiences of diversity, inclusion, and belonging. All are welcome.

Education Ministry

Last Day to Register for Classes That Begin This Week

Today is the last day to register for upcoming classes. You can sign up in the Social Hall or online until 5 pm. There will be special registration available later in the spring for classes beginning in June and July.

Wednesday Night Wisdom

Free Drop-In Class

with Dr. Edward Viljoen

Waggoner Hall, 7 pm. Dr. Edward hosts this month's weekly classes on the subject of prayer. Everyone is welcome. Love offerings gratefully received.

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.

Spirit in Business Wisdom Circle



This 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.

Chair Yoga with William Abel

Wednesdays from 10 to 11 am, Grinton Chapel. This popular weekly yoga class is suitable for those who have never done yoga or who are feeling hesitant to participate in a mat yoga class. Drop-in, \$10 per session. For questions, e-mail William at wba31@yahoo.com.

Days for Girls

Sewing and Kit Assembly

Wednesday, May 22, from 10 am to 4 pm and Saturday, June 1, from 2 to 5 pm. Join us in Room 7 (upstairs) on one or both days to sew and assemble reusable menstrual kits for girls in developing countries so they can be in

school or at work all month long.
Information: brenda.kobrin@gmail.com.

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 fee is \$62. To register, call Brenda at 707-280-9680 or e-mail YogaWithBrendaKobrin@gmail.com.

Featured Volunteer Carol Seymour



Carol Seymour, RScP, has been in loving service to our Youth and Family Ministries for 24 years, beginning when we were renting space at the Luther Burbank Center. In fact, Carol organized a fundrais-

ing auction to help us purchase our new spiritual home here. In addition to the Practitioner prayers she has been providing for 18 years, Carol has also opened her home to visiting speakers and musicians. All in all, Carol is a stellar ambassador for our Center, and we are deeply grateful to her.

Kirtan with Mangalananda



Wednesday, May 29, 7 pm. Kirtan is the traditional Indian practice of chanting healing sound formulas or mantras. Acharya Mangalananda and his band of talented musicians put these mantras to beautiful, singable melodies, full of joy and grace. All are welcome. Love offerings gratefully received.

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: enespanolcslsr.blogspot.com. Para*

solicitar la interpretación en vivo de un mensaje dominical, por favor envíe una solicitud por adelantado a cslsrenespanol@gmail.com.



Author Event M.J. Ryan

Friday, May 31, at 7 pm. M.J. Ryan, author of *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

Saturday, June 1, from 10 am to 1 pm.

We meet on the first Saturday of the month 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 fabric. Even if you don't sew or knit, we will teach you what to do. For information, e-mail kobrin.brenda@gmail.com

Annual Picnic Sunday June 16

We are beginning volunteer sign-ups for our annual picnic. Stop by the Volunteer Table to choose a task such as clean up, set up, and cooking.

Bilingual Conference

Chapala, Mexico • August 6-10

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.

ManSpirit Retreat

Friday, Sept. 13 through Sunday, Sept. 15. The retreat will be at Walker Creek Ranch in Petaluma. Best rates are available through Saturday, June 1. Register online 24/7 at steppingstonesbooksandgifts.org. Click on the Classes/Workshops/Events tab. Registration forms and flyers are on the literature rack under the TV monitor in the Social Hall.



2075 Occidental Road
Santa Rosa CA 95401
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