

Center for Spiritual Living, Santa Rosa

May 19, 2019

Today's Message

Who Are "The Poor"?

Rev. Adriette Earl

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)
- **Sunday Evening Exploration**, 7 to 8 pm, Room 11. Krista McAtee's topic is *Got Compassion?*

Monday, May 20

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

Tuesday, May 21

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

Wednesday, May 22

- **Chair Yoga with William Abel**, 10 to 11 am, Grinton Chapel. See column 2.
- **Days for Girls**, 10 am to 4 pm, Room 7 (upstairs). See column 2.
- **Meditation**, 6:15 to 6:50 pm, Room 11
- **Wednesday Night Wisdom**, 7 pm, Waggoner Hall. See column 2.

Thursday, May 23

- **Board Meeting**, 6 pm, Rooms 1 and 2

Saturday, May 25

- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room (upstairs)
- **Spirit Writes**, 10 am to 12 noon, Waggoner Hall. See column 3.
- **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 this 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.

Spirituality in Action

May 2019 • Compassion • "I Care for the Poor"



Gary Simmons, in *The I of the Storm*, writes, "Imagine that no one had the ability to judge another. Instead, people would simply ask for what they need or for what's missing for them. How would your life be different if this were your lifestyle and practice?"

Ernest Holmes similarly taught us to think of the Spiritual Universe as nonjudgmentally listening and responding to the meditations of our hearts. This month, when we focus on compassion, I'm reminded to include in my heart those people who do not have the comfort, sustenance, and protections that I do. I'm reminded—in addition to my inner spiritual work—to keep my mind open to practical ways that I can circulate the good that I have in my life.

Blessings,

Edward Viljoen

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.

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.

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.

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

This 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.

New Six-Week Series



Wisdom Healing Qigong

Begins Tuesday, June 11, from 5 to 6:30 pm

in Waggoner Hall. Join Peter Stickney, RScP,

and certified Level 2 WHQ Instructor, to

learn the three foundational WHQ practices: awakening vitality, lift chi up pour chi down, and sound healing. The fee is \$60 for all six classes. Register online 24/7 or in the Social Hall on Sundays.

Reduced Price Tickets for "A Chorus Line"

Transcendence Theatre, a former nonprofit partner of the Center, is offering reduced price tickets for their June 21 performance of "A Chorus Line." Pre-show picnicking starts at 5 pm. The performance begins at 7:30 pm. You can get details and order tickets online at www.broadwaycsl.com or at their table in the Social Hall next Sunday, May 26.

Spirit Writes

Saturday, May 25, from 10 am to

12 noon in Waggoner Hall. Join Rev. Janet Tobin for this monthly two-hour session to explore spiritual principles through writing. Receive support in the creative process and become empowered to tap into your authentic voice. No charge. Love offerings are gratefully accepted.

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 Nancy Moorhead



You may recognize Nancy's smiling face from her long-standing service as fifth Sunday usher and greeter. But that's not all. Nancy

ensures that our roses remain prolific as their pruner and caretaker, she helps count the offering on Monday mornings once a month, and for 18 years she was a joyful teaching assistant in the 5 to 7-year-old youth church classes. Thank you, Nancy, for the many ways you support the Center.

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.*

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, or cooking.



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. Even if you don't sew or knit, we will teach you what to do. Information: kobrin.brenda@gmail.com

Mediumship: Connecting with Your Loved Ones



Wed., June 19, from 6:30 to 9:30 pm.

With knowledge of the psychic world, Karen Peterson will answer questions, explain the process of psychic communication, and

bring messages through from your loved ones and pets. Limited seating. Tickets are \$50 in the Social Hall on Sundays and online at steppingstonesbooksandgifts.org.

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, September 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.



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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