



June 2, 2019

Today's Message

Protect the Vulnerable

Rabbi George Gittleman

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 Explorations, 7 pm, Room 11** (North Wing). See page 2.

This Week

Monday, June 3

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

Tuesday, June 4

- **Science of Mind /12-Step Support Group, 7pm, Room 11** (North Wing). See page 3.

Wednesday, June 5

- **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, June 7

- **Spirituality in Action no longer meets.**

Saturday, June 8

- **Saturday Meditation Group, 10 am, Richard Leo Meditation Room** (upstairs)
- **Women of Spirit, 10:30 am, Waggoner Hall.** See page 2.
- **A Course in Miracles Study Group, 11 am, Room 3.**

Dear Friends,

When I was young, if I ever needed a quick fix I would visit my grandmother for a good venting. She would always listen attentively, nod frequently in understanding, express appropriate agreement with my outrage, and her advice was always the same. Regardless of the severity of the case, the impossibility of the problem, or the chaos in my mind, her one simple response was almost always, "It will all work out in the end...it always does."

There were times when her response would be frustrating. However, in retrospect, I see how much more I preferred her "non-fixing" response to my life issues over the advice of many well-meaning friends who sometimes asked "Have you tried this?" or "Have you tried that?"

Do you try to fix other people when they talk to you about their difficulties? How might it be for you if today you offer no advice or opinion on anything? Try it for one day. Just listen.

Many blessings,

Edward Vilpen

Featured Volunteers



Deborah Taylor-French and Marc Hoffman

Deborah Taylor-French began assisting in Youth Church classes 20 years ago. In 2010, she and Marc Hoffman teamed up, bringing musical instruments to class. They love what they do, delighting in watching children become young adults. In their words, "The joy we feel from being with these students can never be measured. They give us a grand sense of the wealth of the human spirit." Thank you, Deborah and Marc, for inspiring the children in Youth Church!

Full Circle: Conversations About Death & Dying

Meets today from 1 to 2:30 pm in Waggoner Hall. Please join us as we discuss "Bring Your Whole Self to the Experience," inspired by Frank Ostaseski's book *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*. Everyone is welcome. Love offerings gratefully received.

Anniversary Raffle and Silent Auction

In the Social Hall today through next Sunday, June 9, you can buy tickets (\$1 each or 6 for \$5) for raffle items and also place bids for silent auction items. Thanks to everyone who donated the goods and services for this amazing fundraiser to benefit the Center. **Winners will be announced on Sunday, June 16, at our annual potluck picnic.**

Sunday Evening Explorations

Tonight at 7 pm in Room 11. If you'd like to explore our teaching, Science of Mind, in an intimate setting where you are seen, heard, and valued, consider Sunday Evening Explorations. Tonight Maggie Cole, RScP, leads a discussion entitled "Vulnerability, You Decide." Everyone is welcome. Love offerings gratefully received.

Used Book Sale

Stepping Stones Books and Gifts is now accepting donations of books in good condition on any subject for its outdoor book sale that will take place on Sunday, August 18, from 9:30 to 1:30 pm. **Please leave your donations near the reception desk in the lobby**

Annual Potluck Picnic



Sunday, June 16, from 1 to 4pm, Finley Park, Stony Point Road at College Avenue. Join us at the large gazebo picnic area. The Center provides the barbeque and you are invited to bring side dishes, dessert, and non-alcoholic beverages. Lots of seating, yummy food, and great company. If you can help set up, cook, or clean up, please sign up at the Volunteer Table in the Social Hall.

May Nonprofit Partner

Sonoma Food Runners, sharing excess food with those in need by collecting quality, donated perishable and prepared foods that would otherwise be discarded. You can learn more at their website, www.sonomafoodrunners.org

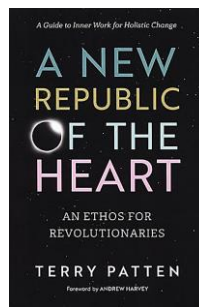
Chair Yoga with William Abel

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.

Women of Spirit

This Saturday, June 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.

Recommended Reading for June



A New Republic of the Heart, by Terry Patten. In this guide to inner work for holistic change, the author recasts current challenges with our environment, economy, politics, and culture as opportunities for us to become active in the positive transformation of human civilization. Available from Stepping Stones Books and Gifts in the store and online with free shipping.

Wednesday Night Wisdom Healing Through Wholeness

Free Drop-in Class, 7 pm, Waggoner Hall

- June 5 - Healing through the Understanding of Wholeness, Don Kobrin, RScP
- June 12 - From Dis-ease to Ease, Rev. Tara Steele
- June 19 - The Highest Value for Healing, Ministerial Intern Siota Belle
- June 26 - Q&A Panel on Healing and Wholeness

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, June 9, from 1:30 to 3 pm in Waggoner Hall (North Wing). This month we consider chapter 2 of *White Fragility: Racism and White Supremacy*. The author explores race as a construct and ways in which the concept of race has supported social and economic structures. This monthly discussion group is open to all, with facilitated discussion and conversation. No need to have read the book.

Seniors in Spirit Luncheon

Tuesday, June 11, 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.

New Six-Week Series

Wisdom Healing Qigong (WHQ)



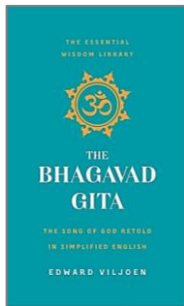
Begins Tuesday, June 11, from 5 to 6:30 pm in Waggoner Hall. Join Peter Stickney, RScP, to learn the three foundational WHQ practices: awakening vitality, lift chi up pour chi down, and sound healing. The fee is \$60. Register online at steppingstonesbooksandgifts.org or in the Social Hall on Sundays.

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.

Author Event



Edward Viljoen

Friday, June 14, at 7 pm. Dr. Edward will discuss his new book, *The Bhagavad Gita: The Song of God Retold in Simplified English*. This unique edition of the timeless epic is designed to be accessible for readers without any prior experience of Hinduism. This is a free event. No need to register. The publisher will release this book for sale on June 11. We will have copies of the book at

the event for purchase and signing.

ManSpirit Retreat



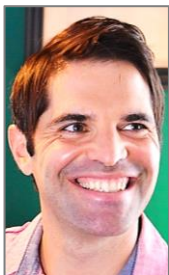
Friday, September 13 through Sunday, September 15. The retreat will be at Walker Creek Ranch in Petaluma. Registration forms are on the literature rack in the Social Hall. For details, visit the "Events" page at steppingstonesbooksandgifts.org.

New Six-Week Series Deep Slow Yoga

Wednesdays, June 19 through July 24, from 5:30 to 7 pm. We practice mindful yoga to clear the mind and relax the body. Enjoy this time to renew your spirit in a peaceful blending of breathing techniques, slow yoga flows, and deep relaxation. Introductory rate is still only \$65. Please call Natalie to sign up: 707-579-4602.

Spirit in Business Wisdom Circle

Friday, June 21, from 6:30 to 8:30 pm, Rooms 1 and 2.



This month's guest presenter is business development coach and consultant Luc Charnay. His topic is "The Regenerative Way: A Path to Self-Empowerment." 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. For more information, contact Joyce Orecchia, RScP, at 695-2249.

Summer Education

There are still two four-week courses available for registration. Siota Belle's **Undiscovered Country** meets on **Saturdays** from 10 am to 12 noon beginning June 15; Dr. Kim Kaiser's **Ten Effortless Spiritual Practices** meets on **Tuesdays** from 7 to 9:15 pm beginning July 9. Register online 24/7 at www.cslsr.org. In the Quick Links box, click on "Online Class Registration."

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.

Got Rides?

Our center has several evening programs. Are you available to offer a ride to someone who is uncomfortable driving at night? Of special interest is next month's Wednesday Night free class on *Healing Through Wholeness*, from 7 to 8 pm. If you can offer a ride for one or more of these Wednesday evenings or are in need of a ride, please post on the Center's Facebook page, *Rideshare to the Center for Spiritual Living, Santa Rosa*.

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 Amazon purchases to benefit our Center, please visit the Information Table for complete information. If you had already signed up with Amazon Smile, please reselect our Center. A previous technical glitch is now fixed. For details, see Linda Hann at the Information Table.

Do You Shop at Oliver's Market?



If you do, every purchase you make can earn 3% of your purchase as a donation from Oliver's to the Center if you have an Oliver's Community Card. Visit the Information Table in the

Social Hall and pick up an information sheet on how to get started. Many thanks!

Board Meetings

Our Board of Trustees meets once a month at 6 pm in Rooms 1 and 2. You are invited to attend. This month's meeting is on Thursday, June 27.

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.

Workshop with Ester Nicholson



Keys to Abundant Living

Sunday, June 23, from 2 to 4 pm, Grinton Chapel. Join Ester in this dynamic workshop and learn how to heal your challenges and free yourself to reveal your highest potential in all areas of life: personal, professional, and spiritual. Ester is an author, teacher, speaker, and renowned vocalist. She uses her inspiring life-story as

the core of her teaching. Tickets are \$25 online at www.steppingstonesbooksandgifts.org.

The Third Act

This spiritual discussion group, facilitated by Rev. Joyce Kinzel, is for those on the mature side of life (the "third act"). We will meet this month on **Monday, June 24, 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.

Workshop with Tracy Brown, RScP



How to Heal Race-Based Hatred and Violence Through Spiritual Consciousness

Sunday, June 30, from 1:30 to 4:30 pm in Waggoner Hall. Are you challenged by anger and distrust between people? In this workshop, Tracy will create a safe environment for us to explore how we can each make a positive difference by

applying spiritual truth as we travel together toward a world that represents heaven on earth. Tickets are \$30 online at www.steppingstonesbooksandgifts.org.

United in Prayer World Peace Meditation

Sunday, June 30, at 7 pm in Waggoner Hall. On the last day of every month, members of our community meditate on world peace. At this sacred time we will enter into a sweet and powerful peace meditation led by Rev. Tara Steele and other prayer practitioners. Everyone is welcome. This special event is in lieu of Sunday Evening Explorations, which will resume on July 7.

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. Our next meeting is on Saturday, July 6.

ManSpirit

Men of the Center are invited to join us for brunch on the first Saturday of each month at 9 am in Waggoner Hall. Bring your own mug and place setting along with some food to share. Our next meeting is on Saturday, July 6. For more information, contact Peter Stickney, RScP, at peter@shareprayer.com.



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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