

## Center for Spiritual Living, Santa Rosa

June 9, 2019

### Today's Message

#### *Translating Heartbreak Into Action*

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)
- **Sunday Evening Explorations**,  
7 to 8 pm, Room 11. See column 2.

### Monday, June 10

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

### Tuesday, June 11

- **Seniors in Spirit**, 1 pm, off site.  
See column 3.
- **Science of Mind/12-Step Support  
Group**, 7 to 8 pm, Room 11

### Wednesday, June 12

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

### Friday, June 14

- **Author Event with Edward Viljoen**,  
7 pm, Sanctuary. See page 2.

### Saturday, June 15

- **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. The next meeting is on Thursday, June 27 in Rooms 1 and 2.

### June 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](http://www.sonomafoodrunners.org)

## Spirituality in Action

### May 2019 • Empowerment: I Protect the Vulnerable



People experience and express affection in different ways. What makes you feel cared for? Is it the quality time someone spends with you? Or is it in a warm hug from a friend? For some, caring comes through in a thoughtful card or when someone does a thoughtful service for them, like taking out the garbage. Still others need to hear caring expressed in words while others feel it best when their privacy is respected. Curiously, the way one person experiences affection is not necessarily the same for others. Even close family members, partners and loved ones can have dissimilar modes of caring. You may

love a hug whereas it may do very little for your sibling.

Learning each other's way of caring is a way of developing sensitivity and understanding, both of which are essential if you want to activate compassion in your life. Who are the important people in your life, and what are their various ways of expressing affection?

Blessings,  
Edward Viljoen

### Rickie Byars



### Live In Concert

**Friday, July 12, at 7:30 pm.** Rickie sings songs from her new CD, "My Oh My It's Time to Fly," along with classic favorites. Regular admission is \$35. VIP tickets are \$50 and include a meet and greet reception with Rickie from 6:30 to 7:15 pm. You can purchase tickets in the Social Hall on Sundays or online 24/7 at [www.steppingstonesbooksandgifts.org](http://www.steppingstonesbooksandgifts.org).

### Wholly Holy Way "SingShop"

**Sat., July 13, from 10 am to 12:30 pm.** Rickie will guide us as we explore creativity, motivation, and inspiration through music, story, and joyful ceremony. Tickets are \$50 in the Social Hall on Sundays or online 24/7 at [www.steppingstonesbooksandgifts.org](http://www.steppingstonesbooksandgifts.org).

### Sunday Evening Explorations

**Tonight from 7 to 8 pm, in Room 11.**

If you would like to explore our teaching, Science of Mind, in an intimate setting where you are seen, heard, and valued, consider Sunday Evening Explorations tonight with Sherry Vierra, RScP. Her topic is "Divine Alchemy." Everyone is welcome.

### Seniors in Spirit

**This 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 at 579-1248 to find out where we are meeting and to reserve your place at lunch.

### New Six-Week Series

#### **Wisdom Healing Qigong**

**Begins this 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 or in the Social Hall.

### Wednesday Night Wisdom

#### **Healing Through Wholeness**

**Free Drop-in Class, 7 pm, Waggoner Hall.** Tonight's topic is "From Dis-ease to Ease" with Rev. Tara Steele. Everyone is welcome. Love offerings gratefully received.

### Summer Education

There are still two Spiritual Enrichment Courses available for registration.

**Undiscovered Country**, with Siota Belle, meets for four weeks beginning this Saturday, June 15, from 10 am to 12 noon. Dr. Kim Kaiser's course, **Ten Effortless Spiritual Practices**, meets on four Tuesdays, beginning July 9, from 7 to 9:15 pm. Registration is available online 24/7 or you can stop by the registration table in the Social Hall today. **Free books are available for Siota's class while supplies last.**

## Featured Volunteers Video Team



It takes a village of volunteers to record and edit our Sunday morning messages so that they can be seen and heard far and wide. Cindy Richards, top left, heads up the video recording crew; Naava Dewey, top row, middle, manages the editing team. Other team members, pictured in order, currently include Richard Cullinen, Steve DeLap, Rebecca Graves, Karl Kowalski, Rob Mayfield, David Reichard, and Jean-Pierre Swennen. Thanks to all of you! Our gratitude abounds!

## Last Day Today: Anniversary Raffle and Silent Auction

In the Social Hall today you can buy tickets (\$1 each or 6 for \$5) for raffle items and also place bids for silent auction items. The auction and raffle closes today at 1 pm. Thanks to everyone who donated the goods and services for this amazing fundraiser to benefit the Center. Winners will be announced at our annual potluck picnic next Sunday. You need not be present to win. All winners will be notified and items can be picked up in the Social Hall on Sunday, June 23.

## Author Event Edward Viljoen

**This 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 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.

## 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

## 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.

## Annual Potluck Picnic

**Next 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.

## New Six-Week Series

### Deep Slow Yoga

**Wednesdays, June 19 through July 24, from 5:30 to 7 pm.** Renew your spirit in a peaceful blending of breathing techniques, slow yoga flows, and deep relaxation. Introductory rate is \$65. 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." For more information, contact Joyce Orecchia, RScP, at 695-2249.

## United in Prayer World Peace Meditation

**Sunday, June 30, at 7 pm in Waggoner Hall.** Led by Rev. Tara Steele and other prayer practitioners. Everyone is welcome. This special event is in lieu of Sunday Evening Explorations

## 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. Information is available in the Social Hall and also at [www.vidaespiritual.org](http://www.vidaespiritual.org).



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Phone: 707-546-4543 • [www.cslsr.org](http://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](http://www.cslsr.org) → Quick Links →

Make an Online Prayer Request

## Affirmative Prayer Library

[www.cslsr.org](http://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](http://www.steppingstonesbooksandgifts.org)

## Member Assistance Program

707-546-4543 ext. 111