

## Center for Spiritual Living, Santa Rosa

June 16, 2019 • Father's Day

### Today's Message

#### *Creating Meaningful Conversations*

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)
- **Potluck Picnic**, 1 to 4 pm, Finley Park.  
See column 2.
- **Sunday Evening Explorations**,  
7 to 8 pm, Room 11. See column 3.

### Monday, June 17

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

### Tuesday, June 18

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

### Wednesday, June 19

- **Chair Yoga with William Abel**,  
will not meet today.
- **Meditation**, 6:15 to 6:50 pm,  
Room 11 (North Wing)
- **Wednesday Night Wisdom**, 7 pm,  
Waggoner Hall. See column 3.

### Friday, June 21

- **Spirit in Business Wisdom Circle**,  
5:30 to 7 pm, Rooms 1 and 2.  
See column 3.

### Saturday, June 22

- **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

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



The average person's mind dashes from one opinion to the other, often lingering on the past and the future. If you took a moment to sit in a public place such as a shopping mall, watching the activities around you, you might notice that it is a bit like eavesdropping on your very own mind. In the mall you'd probably hear bits of conversations that fit into the whole range of human states of mind. Wanting, preferring, hating, loving, worrying, controlling, etc. If you were actually sitting in the mall, you wouldn't do anything about the bits of conversation you pick up. You would just notice them, and probably assign them to a category such as those listed above.

If you could do the same thing with your mind, you would be practicing a type of meditation in which you observe your inner life, letting it be. You'd notice what passes through, assigning each thought to a category, but not doing much about what you witness other than experiencing it.

Blessings,  
Edward Viljoen

### Annual Potluck Picnic

Today, from 1 to 4 pm, 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. See you there!

### 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 and up front seating at the  
concert. 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 Diane  
Tapogna, RScP. Her topic is "A Deeper  
Listening."

### Wednesday Night Wisdom Healing Through Wholeness

Free Drop-in Class, 7 pm, Waggoner  
Hall. Tonight's topic is "The Highest  
Value for Healing" with Ministerial  
School graduate Siota Belle, RScP.  
Everyone is welcome. Love offerings  
gratefully received.

### 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

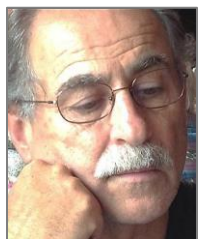
This Friday, June 21, from 6:30 to 8:30  
pm, Rooms 1 and 2. This month's guest  
presenter is business development  
coach and consultant Luc Charnay. His  
topic is "The Regenerative Way: A Path  
to Self-Empowerment." For more  
information, contact Joyce Orecchia,  
RScP, at 695-2249.

### Summer Education

There is still time to register for Dr. Kim  
Kaiser's spiritual enrichment course, **Ten  
Effortless Spiritual Practices** that meets

on four Tuesdays, beginning July 9, from 7 to 9:15 pm. This course is available for students to participate in class or online via Zoom webinar technology. Registration is available online 24/7 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org).

### **Featured Volunteer** **Michael Seymour**



Artist Michael Seymour is one of those behind the scenes volunteers who make our Center shine. He visits our offices during business

hours and makes sure the garbage and recycling bins are properly emptied so that staff can concentrate on their work. On Wednesday afternoons, Michael removes the chairs and mops the floors in Rooms 1 and 2 so that Natalie's yoga class has a clean space to practice. And he is happy to tend to "other tasks" as assigned, completing them with skill and a warm heart. Thank you, Michael, for the generous gifts you give to everyone at the Center!

### **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](mailto:rihart9@gmail.com) or stop by the Information Table.

### **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. For details, visit the Information Table in the Social Hall or [www.vidaespiritual.org](http://www.vidaespiritual.org).

### **Workshop with Ester Nicholson** **Keys to Abundant Living**

**Sunday, June 23, from 2 to 4 pm, Grinton Chapel.** Learn how to heal your challenges and free yourself to reveal your highest potential in all areas of life: personal, professional, and spiritual. Tickets are \$25 online at [www.steppingstonesbooksandgifts.org](http://www.steppingstonesbooksandgifts.org).

### **The Third Act**

**Monday, June 24, from 3:30 to 5 pm, Grinton Chapel.** This spiritual discussion group, facilitated by Rev. Joyce Kinzel, is for those on the mature side of life (the "third act"). We share and learn from one another about the concerns and challenges that face us at this time of our lives. Love offerings gratefully received. Contact Rev. Joyce K. at 707-230-2849 for more information.

### **Days for Girls** **Sewing and Kit Assembly**

**Wednesday, June 26, from 10 am to 4 pm.** Join us in Room 7 (upstairs) 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](mailto:brenda.kobrin@gmail.com).

### **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.** 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 [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org).

### **Yoga Nidra**

**New Five-Week Series Begins Monday, July 1 from 6:30 to 7:45 pm.** Join Kathy Reardon, Amrit Method® Certified Instructor, and drop into a profound state of peace. \$60 for all five sessions; \$40 for any three. Register in the Social Hall on Sundays or online 24/7 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org).

### **Piano Accompanist**

Are you a piano accompanist who reads music and can play in a variety of styles? We are looking for a pianist to accompany our One Heart Choir. This is a paid position. If you are interested, please send an e-mail message to director Claire Victor at [claire@cslsr.org](mailto:claire@cslsr.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. Wed. 11 am to 5 pm

Closed Thur. Fri. Sat.

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

#### **Member Assistance Program**

707-546-4543 ext. 111