

Center for Spiritual Living, Santa Rosa

June 30, 2019

Today's Message

Heart-Centered Social Engagement

Tracy Brown, RScP

At the Center Today

- **Meditation**, 9:35 to 9:50 am, 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 and Loss Spiritual Support**, 12:45 pm, Room 8 (upstairs)
- **Workshop with Tracy Brown**, 1:30 to 4:30 pm, Grinton Chapel. See column 2.
- **World Peace Meditation**, 7 pm, Waggoner Hall (North Wing). See column 2.

Monday, July 1

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

Tuesday, July 2

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

Wednesday, July 3

- **Chair Yoga with William Abel**, 9 am (new time), Grinton Chapel. See column 3.
- **Days for Girls**, 10 am to 4 pm, Room 7 (upstairs). See page 2.
- **Meditation**, 6:15 to 6:50 pm, Room 11 (North Wing)
- **Wednesday Night Wisdom**, 7 pm, Waggoner Hall (North Wing). See page 2.

Saturday, July 6

- **ManSpirit Brunch**, 9 am to 12 noon, Grinton Chapel (North Wing). See page 2.
- **Project Sleep Warm**, 10 am to 1 pm, Room 7 (upstairs). See page 2.
- **Saturday Meditation Group**, 10 am, 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 Thursday, July 25, in Rooms 1 and 2.

Spirituality in Action

June 2019 • Empowerment: I Protect the Vulnerable



To your conscious mind, it may not always be obvious that deeply ingrained subconscious beliefs can hold you back from what your heart desires. When your hidden beliefs conflict with your conscious thoughts, your results tend to be inconsistent and frustrating.

By bringing hidden beliefs to your attention, you can resolve the conflict between the inner and outer levels of thoughts. But unearthing your hidden beliefs is an interesting prospect because it is not always obvious how to do that.

Everyone must find their preferred method for uncovering hidden beliefs. There is no one-size-fits-all method. Here are some suggestions for identifying hidden beliefs related to Social Activism:

- Write down everything you can remember hearing in your family of origin about Social Activism.
- Take each statement one at a time and ask yourself to what degree the phrase has played a part in shaping engagement in society.
- Whether the statements are positive or negative, try asking yourself how your life would be different if you hadn't heard or believed each one.

Blessings,
Edward Viljoen

Workshop with Tracy Brown, RScP

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



Today from 1:30 to 4:30 pm in Waggoner Hall. 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 in the Social Hall and at the door.

United in Prayer

World Peace Meditation

Tonight at 7 pm in Waggoner Hall (North Wing). Led by Rev. Tara Steele and other prayer practitioners. Come to experience different forms of prayer then settle into the monthly peace meditation practice. Everyone is welcome. This special event is in lieu of Sunday Evening Explorations.

Stepping Stones Used Book Sale

Now accepting donations of books in good condition on any subject for our book sale on Sunday, August 18. Please leave your donations near the reception desk in the lobby

Summer Education

Dr. Kim Kaiser's course, **Ten Effortless Spiritual Practices**, 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. Register in the Social Hall today or online 24/7 at www.steppingstonesbooksandgifts.org.

Yoga Nidra: The Art of Being Still



New Five-Week Series Begins tomorrow, July 1, from 6:30 to 7:45 pm in Grinton Chapel. Kathy Reardon, RScP, an Amrit Method® Certified Facilitator of Yoga Nidra, guides

participants to relax and drop into a profound state of peace. You can learn more and register today at Kathy's table in the Social Hall or at the door with cash or check. The fee is \$60 for all five weeks or \$40 for any three sessions.

Chair Yoga with William Abel

New Time: Wednesdays from 9 to 10 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.

Wednesday Night Wisdom

A new, free drop-in class begins tonight at 7 pm in Waggoner Hall (North Wing). Rev. Joyce Duffala leads this month's exploration of the core concept of abundance. This week's focus is how to recognize abundance. Love offerings gratefully received.

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 as well as up front seating at the concert.

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.

Days for Girls

Sewing and Kit Assembly

This Sat., June 26, from 2 to 5 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.

Featured Volunteer

Bette Smith, RScP



Bette first attended the Center in 1995 because two friends recommended it to her in the same week. Like so many of us, she knew immediately she had found her spiritual home. Bette became a Prayer Practitioner in 2002 and began

assisting in classes, volunteering in the nursery, working in the bookstore, producing several Sufi dancing events with Tui, and serving two years on the Practitioner Core. Currently you will find Bette hosting Sunday services, updating content on the Center's website, and creating Sunday morning host scripts and PowerPoint slides. Bette, we so appreciate you for the gifts given through your talents and time!

ManSpirit Potluck Brunch

This Sat., July 6, from 9 am to 12 noon in Waggoner Hall (North Wing). All men are welcome to come and share food and camaraderie. Bring a dish to share and your own plate, coffee cup, and eating utensils. If you have questions, you can call Peter Stickney, RScP, at 707-478-6752.

Project Sleep Warm

This Sat., July 6, from 10 am to 1 pm in Room 7 (upstairs). We 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

Upstairs in the Mezzanine

Seeing the Divine

Through the Lens of Visual Art

Now featuring the photographs of Bryan Jones. If you are an artist, and would like to learn more about this program and the possibility of displaying your work, please stop by the Information Table.

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.

Travel to Hawaii with Dr. Edward

Dr. Edward invites you to join him in Hawaii next April to explore the rich cultural tradition of Aloha. You can get information at the Spirit Tours table in the Social Hall.

Love to Sing?

The One Heart Choir has openings for new members to join us this fall. Please e-mail Claire Victor at claire@cslsr.org for information about auditions and membership.

Piano Accompanist

Are you a piano accompanist who reads music and can play in a variety of styles? We are looking for an additional 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.

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 e-mailing 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.*



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, 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)

Sunday Evening Explorations

7 to 8 pm, Room 11

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. Wed. 11 am to 5 pm

Closed Thur. Fri. Sat.

www.steppingstonesbooksandgifts.org

Member Assistance Program

707-546-4543 ext. 111