



Dear Friends,

I learned in Science of Mind that whatever the current condition in my life is, there is in me the ability to shift and create something different. I have been intrigued by this idea, testing it in this situation and trying it in another. Can I, by using my creativity and imagination, change the flow of my life? I have to admit that I am sometimes baffled by how quickly life changes when I change my point of view, and also, I'm equally baffled when life seems impervious to my creative ideas for it.

I realize now that there is such a thing as Perfect Right Timing, and although I prefer to have the changes I dream of take place immediately, sometimes there are adjustments that must take place in the world around me and in the world of my thoughts and attitudes before what I wish to see can come to pass.

Dr. Ernest Holmes wrote in *The Science of Mind* that "What we now experience we may cease experiencing if we have the will and imagination to set our vision in an opposite direction and hold it there." To me, that means I ought not to give up if Perfect Right Timing does not match my idea of the right time, but to keep turning steadfastly to the vision of a greater yet to be for me, my family, my neighbors, and for all sentient beings.

Warm regards,

*Edward Viljoen*

## Nominations for 2020 Nonprofit Partners

Have you had a personal experience with a nonprofit whose work is in alignment with Science of Mind principles? Please consider nominating it to be one of our nonprofit partners for 2020. You can pick up a nomination form at the Information Table in the Social Hall. Nominations are due by Sunday, July 28.

**July 7, 2019**

## Today's Message

*Creativity*

Dr. Edward Viljoen

## 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
- **Nursery Care**, 10 am and 11:30 am
- **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, July 8

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

### Tuesday, July 9

- **Seniors in Spirit**, 1 pm (off site). See page 2.
- **Science of Mind /12-Step Support Group**, 7pm, Room 11 (North Wing). See page 3.

### Wednesday, July 10

- **Chair Yoga with William Abel**, 9 to 10 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, July 12

- **Rickie Byars Concert**, 7:30 pm, Sanctuary (see page 2)

### Saturday, July 13

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

## Full Circle: Conversations About Death & Dying

Meets today from 1 to 2:30 pm in Waggoner Hall. Please join us as we discuss "Find a Place of Rest in the Middle of Things," 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.

## 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, join us for Sunday Evening Explorations. Tonight Maggie Cole, RScP, leads a discussion entitled "Free at Last." Music by Tom McCurry. Everyone is welcome. Love offerings gratefully received.

## New Six-Week Series Adaptive Yoga

Tuesdays, July 9 through August 13, from 10:15 to 11:30 am, in Room 11 (North Wing). This slow-moving class, taught by Brenda Kobrin, RScP, RYT, is for people with balance or mobility issues such as MS or Parkinson's. Traditional yoga poses are adapted to each individual's needs using walls, props, and chairs. The cost for all six sessions is \$75. To sign up, contact Brenda at 707-280-9680 or YogaWithBrendaKobrin@gmail.com.

## Seniors in Spirit Luncheon

Tuesday, July 9, 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.

## Ten Effortless Spiritual Practices

Begins this Tuesday, July 9. Dr. Kim Kaiser presents this four-week spiritual enrichment course in person and also online. Participants will study the many effortless practices given by spiritual traditions to make us aware of where we are, always, in the presence of Spirit. Handouts will be provided. Register online today until 5 pm. For more information, contact Linda Almeida at linda@cslsr.org or 546-4543, ext. 103.

## Rickie Byars



### Live In Concert

This 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. Tickets in the Social Hall today or at

the door.

## Wholly Holy Way "SingShop"

This Saturday, 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 today or at the door.

## 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

## July Nonprofit Partner

Chops Teen Club, a modern facility open to all Sonoma County 7<sup>th</sup> through 12<sup>th</sup> grade students after school and on weekends, providing a safe, fun, and productive place for teens to engage, connect, and discover their true potential. Learn more at [www.chopsteenclub.org](http://www.chopsteenclub.org)

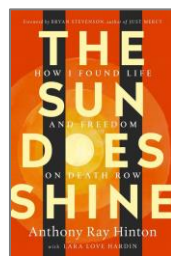
## Chair Yoga with William Abel

Wednesdays from 9 to 10 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, July 13, 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 July



*The Sun Does Shine*, by Anthony Ray Hinton. Released in 2015 after spending 30 years on Alabama's death row for a crime he did not commit, Hinton's story is one of hope, love, justice, and the power of forgiveness. An Oprah's Book Club selection. Available from Stepping Stones Books and Gifts in the store and online with free shipping.

## Presentation, Q&A, Book Signing Anthony Ray Hinton



Friday, August 23, at 7 pm.

We are excited that the author of our July recommended book will make a guest appearance at the Center to describe his experience of being on death row and his resolution to transform his own spirit and those around him through a prison book group where they could talk about their lives, regrets, and ideas. Hinton will also sign copies of his book. General

admission is \$35; VIP up front seating is \$45. You can purchase tickets at [steppingstonesbooksandgifts.org](http://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](http://enespanolcslsr.blogspot.com). Live interpretation may be arranged by appointment in advance by emailing [cslsrenespanol@gmail.com](mailto: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](mailto:cslsrenespanol@gmail.com).*

## 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.



## Wednesday Night Wisdom Abundance

Free Drop-in Class with Rev. Joyce Duffala,  
7 pm, Waggoner Hall

- July 3 – Recognizing Abundance
- July 10 – Opening to Abundance
- July 17 – Receiving Abundance
- July 24 – 2019 AIDS/LifeCycle Team Celebration

## Kirtan Mass



Wednesday, July 31, from 7 to 8 pm in the Sanctuary. Written by music director Christopher Fritzsche and Dr. Edward Viljoen, Kirtan Mass premiered in 2012 here at the Center. Each section of the composition corresponds to one of the five steps of Spiritual Mind Treatment (affirmative prayer). The audience

participates by repeating musical phrases they hear from the stage. The work is inspired by two ancient musical forms: Kirtan, from the east, and Latin Mass settings from the west. Everyone is welcome to join us in this participatory musical experience.

## Diversity Discussion Group

Next Sunday, July 14, from 1:30 to 3 pm in Waggoner Hall (North Wing). Diversity Discussion Group meets the second Sunday of every month. In July we will talk about racism after the Civil Rights Movement. Though many white people assumed the problem was solved in the 60s, sadly, racism continues into the 21st century. Come share your thoughts and experiences.

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

## 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, please contact Bob Hart at [rihart9@gmail.com](mailto:rihart9@gmail.com) or stop by the Information Table.

## Keeping Our Faith Strong Rev. Chris Bell Workshop



Sunday, July 28, from 2 to 4 pm, in Grinton Chapel. Using examples of great religious leaders who struggled for justice, in this workshop we will explore spiritual teachings and practices to keep our faith strong and spirits light as we engage in the world and work for change. Rev. Chris is the minister of Unitarian Universalist Congregation, Santa Rosa. Tickets are \$25 online at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org).

## 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.

## Got Rides?

Our center has several evening programs. Are you available to offer a ride to someone who is uncomfortable driving at night? If you can offer a ride or are in need of a ride, please post on the Center's Facebook page, *Rideshare to the Center for Spiritual Living, Santa Rosa*.

## 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.

## Science of Mind/12 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, 707-591-4074.

## 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, July 25.

## 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, July 22, 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.

**Free Event: Spirituality & Health**  
**Jane Kennedy, CFNP, MN, MPH**



Friday, July 26, from 7 to 8 pm. Learn how to transmit the spiritual principles of self-love, integrity, balance, and self-discipline into a life of better health and well-being. Jane Kennedy, Nurse Practitioner in Integrative Medicine for over 20 years, shares practical tips and recommendations to assist individuals in improving the health of their body, mind, and Spirit.

**World Peace Meditation**

Wednesday, July 31, at 7 pm, Richard Leo Meditation Room (upstairs). We gather to focus on an awareness of peace, the evolution of consciousness, and the healing of humanity. Everyone is welcome to participate in this simple practice. For more information, contact Vivian Strand at 707-593-1917.

**Honoring Patricia Howard and Vivian Strand**  
**Practitioners Emeritus**

by Rev. Joyce Duffala



Being a Practitioner "Emeritus" is an honor bestowed by our denomination, the Centers for Spiritual Living, on a Licensed Practitioner who has provided exemplary service for at least 20 years. Recent recipients of this award are Patricia Howard (pictured above left) and Vivian Strand. Although both women have been in extensive service to our Center for longer than that, there are some noteworthy highlights.

Patricia Howard began to offer Sunday morning meditation in 1998, at first facilitating every week, and then overseeing a team of meditation facilitators. For the past decade, Patricia has expressed her great love for children by being the Practitioner in our youth classes. Every week, you can see her taking prayer requests and praying for our children, ages four through eleven, and leading the toddlers in a brief spiritual exercise.

Vivian Strand, along with husband Jim, initiated our annual December 31 World Peace Meditation in 1987, and has been involved in leading it ever since. The Strands also have been consistently leading our monthly World Peace Meditation, which typically occurs on the last day of each month. Additionally, Vivian serves as the Chaplain to the Practitioners, which means that when the Licensed Practitioners need a prayer, they can go to Vivian!

Should you see Vivian or Patricia, please join me in expressing gratitude for their decades of love and service to our Center.



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 am and 11:30 am, Rooms 1 & 2

**Nursery Care:** 10 am and 11:30 am

**Sunday Teen Group:** 11:15 am in Room 11 (North Wing)

**Sunday Evening Explorations:** 7 pm, Room 11 (North Wing)

**Wednesday Night Wisdom Free Class:** 7 pm, Waggoner Hall

**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](mailto: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](http://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 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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**#AWorldThatWorksForEveryone**