

Center for Spiritual Living, Santa Rosa

July 14, 2019

Today's Message

Moving Beyond Our Story

Dr. Edward Viljoen

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
- **Nursery Care**, 10 am and 11:30 am
- **Teen Group** will not meet today
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8 (upstairs)
- **Diversity Discussion Group**, 1:30 pm, Waggoner Hall (North Wing). See column 2.
- **Sunday Evening Explorations**, 7 pm, Room 11 (North Wing). See column 2.

Monday, July 15

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

Tuesday, July 16

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

Wednesday, July 17

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

Saturday, July 20

- **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.

July Nonprofit Partner

Chops Teen Club, a modern facility open to all Sonoma County 7th through 12th 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

Spirituality in Action

July 2019 • Creativity: I Advocate for Freedom of Thought



It's easy to get stuck in a story, and when we do, that story can become the filter through which we assess everything in life. Brad Korpalski writes, "We all have challenges within our lives. I believe each one of us is born into a particular set of circumstances that becomes the foundation for 'our story.' This is the story of what we say to ourselves about who we are and what the world is. Through time, this story twists and turns, and becomes so thick with the moments of our lives, that we forget that it is only one story—and that another option exists: to **write a completely different story.**"

Science of Mind teaches that we can rewrite our life story by mindfully expanding our awareness of the endless possibilities that life has for us. It may not be easy (because so many of us prefer comfort and familiarity); however, it is possible. Ask yourself, what can I do, say, or think, today that will help me expand beyond what I currently know. You and I don't have to know exactly what new path we ought to take; we just need to consider that there may be something larger available to us than what we currently see.

Blessings,

Edward Viljoen

Diversity Discussion Group

Today, from 1:30 to 3 pm, in Waggoner Hall (North Wing). Today's topic is how racism has adapted to continue into this century, despite the Civil Rights Movement. The conversation is based on Chapter 3 of *White Fragility* by Robin DeAngelo. You are welcome whether or not you have been reading along.

Sunday Evening Explorations

Tonight at 7 pm in Room 11 (North Wing). Practitioner Sherry Vierra's topic is "Stories: Do We Get Over Them or Move Beyond Them?"

Wednesday Night Wisdom

7 pm in Waggoner Hall (North Wing). Rev. Joyce Duffala's topic this week is "Opening to the Flow." We'll explore how to tap into the abundance that is all around us. Everyone is welcome.

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.**

2020 Nonprofit Nominations

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.

Free Class

The Art of Spiritual Living

A Quick Start Guide to Science of Mind Three Sundays from 1 to 2 pm: Aug. 4, Aug. 11 and Aug. 18. You can sign up online or in the Social Hall for this free class taught by Dr. Edward.

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.

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.

The Third Act

Monday, July 22, from 3:30 to 5 pm in



Grinton Chapel. This spiritual discussion group, facilitated by Rev. Joyce Kinzel, is for those on the mature side of life (the "third act"). Love offerings gratefully received.

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.

Free Event: Spirituality & Health



**Jane Kennedy,
CFNP, MN, MPH**

Friday, July 26, from 7 to 8 pm, in Grinton Chapel. 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.

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.

Rev. Chris Bell Workshop



Sunday, July 28, from 2 to 4 pm, in Grinton Chapel. 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. Tickets are \$25 online at steppingstonesbooksandgifts.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.*

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). Everyone is welcome to join us in this participatory musical experience.

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. Last day to register is Aug. 4. For details, visit the "Events" page at steppingstonesbooksandgifts.org.

Keeping Our Faith Strong 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. 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 or in the Social Hall on Sundays.

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 folders contain a wealth of information about who we are and what we do.



2075 Occidental Road
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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

Nursery Care: 10 am and 11:30 am

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