

## Center for Spiritual Living, Santa Rosa

July 21, 2019

### Today's Message

#### Living in Choice

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**, 11:15 am, Room 11 (North Wing)
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8 (upstairs)
- **Sunday Evening Explorations**, 7 pm, Room 11 (North Wing). See column 2.

### Monday, July 22

- **The Third Act**, 3:30 to 5 pm, Grinton Chapel. See column 2.
- **Heart Coherence Meditation**, 7 to 8 pm, Room 11 (North Wing)

### Tuesday, July 23

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

### Wednesday, July 24

- **Chair Yoga with William Abel**, 9 am (new time), Grinton Chapel. See page 2.
- **Days for Girls**, 10 am to 4 pm, Room 7 (upstairs). See column 3.
- **Meditation**, 6:15 to 6:50 pm, Meditation Room (upstairs)
- **AIDS/LifeCycle Thank You Celebration**, 7 pm, Sanctuary. See column 2.

### Thursday, July 25

- **Board Meeting**, 6 pm, Rooms 1 & 2.

### Friday, July 26

- **Free Event: Spirituality & Health** with Jane Kennedy, 7 pm, Sanctuary. See column 3.

### Saturday, July 27

- **Saturday Meditation Group**, 10 am, Meditation Room (upstairs)
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3
- **Spirit Writes**, 10 am to 12 noon, Waggoner Hall (North Wing). See column 3.

### Board Meetings

You are invited to our board of trustees meeting this Thursday at 6 pm in Rooms 1 & 2.

## Spirituality in Action

### July 2019 • Creativity: I Advocate for Freedom of Thought



"The Divine Plan is one of Freedom; bondage is not God ordained. Freedom is the birthright of every living soul. All instinctively feel this. The Truth points to freedom, under Law. Thus, the inherent nature of man is forever seeking to express itself in terms of freedom." (from *Science of Mind*, p. 25.)

In today's world there are many things that we are called to stand up for: freedom, equality for every living being, clean water and food for all people, treating our environment in a mindful way, and treating others in a kind and respectful manner. In the words of Jane Goodall, "It can be very simple: we can make a sad or lonely person smile; we can make a...dog wag its tail or a cat purr; we can give water to a little wilting plant. ...[W]e can't [solve all the problems in the world, but we can do something about the problems under our noses.]"

Blessings,

Edward Viljoen

### July Nonprofit Partner

**Chop's 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)

### Sunday Evening Explorations

Tonight at 7 pm in Room 11 (North Wing). Practitioner Megan Rooney's topic is "Live Closest to the River in Which Your Life Flows."

### The Third Act

This 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.

### We Want to Thank You!

Join the 2019 AIDS/LifeCycle team at 7 pm in the Sanctuary this Wednesday, July 24, for a gratitude celebration as they share stories and photos from their epic 545-mile fundraising ride from San Francisco to Los Angeles.

### 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.

### Days for Girls

This Wed., July 24, from 10 am to 4 pm, Room 7 (upstairs). Come help us sew and assemble reusable menstrual kits for girls in developing countries so they can be in school or at work all month long. Information: [brendakobrin@gmail.com](mailto:brendakobrin@gmail.com).

### Free Event: Spirituality & Health



#### Jane Kennedy, CFNP, MN, MPH

This Friday, July 26, from 7 to 8 pm, in the Sanctuary. 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.

### Spirit Writes

This Saturday, July 27, from 10 am to 12 noon, in Waggoner Hall (North Wing). Join Rev. Janet Tobin to explore spiritual principles through writing, receive support in the creative process, and become empowered to tap into your "authentic voice." There is no charge for this ongoing group. Love offerings are gratefully accepted.

### 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.

### **Keeping Our Faith Strong 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](http://steppingstonesbooksandgifts.org).

### **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.

### **New Six-Week Series**

#### **Deep Slow Yoga**

**Wednesdays, Aug. 7 – Sept. 18, 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.

### **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](mailto: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.

### **Love to Sing?**

The One Heart Choir has openings for new members to join us this fall. E-mail Carole Puzas at [carole.ccbs@gmail.com](mailto:carole.ccbs@gmail.com) for information about auditions and membership.

### **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 in advance by e-mailing [cslsrenespanol@gmail.com](mailto: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](mailto: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.

### **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](http://steppingstonesbooksandgifts.org) or in the Social Hall on Sundays.

### **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](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 folders contain a wealth of information about who we are and what we do.



2075 Occidental Road  
Santa Rosa CA 95401

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, 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](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