

## Center for Spiritual Living, Santa Rosa

July 28, 2019

### Today's Message

*Living an Empowered Life*

Rev. Chris Bell

### 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)
- **Afternoon Workshop with Rev. Chris Bell**, 2 to 4 pm, Grinton Chapel. See column 2.
- **Sunday Evening Explorations**, 7 pm, Room 11 (North Wing). See column 2.

### Monday, July 29

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

### Tuesday, July 30

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

### Wednesday, July 31

- **Chair Yoga with William Abel**, 9 am (new time), Grinton Chapel
- **World Peace Meditation**, 7 pm, Meditation Room (upstairs)
- **Kirtan Mass**, 7 to 8 pm, in the Sanctuary. See column 3.

### Saturday, August 3

- **ManSpirit Brunch**, from 9 am to 12 noon, Waggoner Hall (North Wing).
- **Project Sleep Warm**, from 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
- **Days for Girls**, from 2 to 5 pm, Room 7 (upstairs). See page 2.

### 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)

## Spirituality in Action

July 2019 • Creativity: I Advocate for Freedom of Thought



Our guest speaker today, Rev. Christopher Thomas Bell writes, that "after nearly a decade of ministry here at Unitarian Universalist Congregation of Santa Rosa, I can say I still think the best is yet to come. I am excited by our steady growth and the energy and positive spirit of our membership. We are known in the broader community as a force for social justice. We have an excellent staff, many of whom have been here nearly as long as I, and lay leaders of the highest caliber. Our volunteers give countless hours to keep our institution strong, and all with a smile on their face. I feel so grateful to be the minister of this remarkable UU congregation."

Rev. Bell is a graduate of the Chamber of Commerce's Leadership Santa Rosa program, and has served in a variety of leadership roles in the local Unitarian Universalist chapter. We are delighted to have Rev. Bell speak to us this morning. Thank you to his community for sharing him with us.

Warm regards,  
Edward Viljoen

### Keeping Our Faith Strong Rev. Chris Bell Workshop



Today, 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 in the Social Hall and at the door.

### Nominations Due Today 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 today.

### Sunday Evening Explorations

Tonight at 7 pm in Room 11 (North Wing). Elias Owens, RScP, will lead a discussion titled "What Are You Thinking—Now?" We meet each week to explore our teaching, Science of Mind, in an intimate setting where you are seen, heard, and valued. Our door is open to you. Everyone is welcome.

### Books Overflowing

Due to your generosity, we have an abundance of books for our used book sale and cannot accept any more donations. Many thanks to everyone who donated books. We appreciate it! See you at the sale on Sun., August 18.

### Kirtan Mass



This 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.

### United in Kindness



Residents of Sonoma County and beyond are encouraged to come together and stand for fairness by doing tangible and sustainable acts of kindness. You are invited to sign the United in Kindness declaration found at [interfaithsonoma.org/declaration](http://interfaithsonoma.org/declaration) and to explore the weekly suggested kindness practices found at [UnitedInKindness.blogspot.com](http://UnitedInKindness.blogspot.com). Rev. Tara Steele would be happy to provide

more information, reach her at tara@everydaycommunity.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 about this trip at the Spirit Tours table in the Social Hall.

### ManSpirit Potluck Brunch

This Saturday, August 3, from 9 am to 12 noon, in Waggoner Hall (North Wing). Men of the Center are invited to join together for food and camaraderie. Bring a dish to share and your own plate, coffee cup, and eating utensils. Contact: Peter Stickney, RScP, at peter@shareprayer.com.

### Project Sleep Warm and Days for Girls

This Saturday, August 3. Project Sleep Warm meets from 10 am to 1 pm to make comforters and baby receiving blankets for Sonoma County homeless shelters; Days for Girls meets from 2 to 5 pm to sew and assemble reusable menstrual kits for girls in developing countries. Contact: Brenda Kobrin, RScP, Brenda.kobrin@gmail.com.

### 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 at the Information Table 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.

### 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.ccb@gmail.com

for information about auditions and membership.

### Featured Volunteers



Our Member Assistance Team reaches out to members who are experiencing temporary financial crises. Along with one-time financial assistance paid to a third-party, such as a hospital or mortgage company, complimentary prayer by a Practitioner is also offered. Since the October fires, this team has been very busy helping those in need. Thanks to Alicia Carroll, Janet DePree, and Megan Rooney for their kind service.

### 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.*

### 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.

### 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.



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

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