



August 4, 2019

Today's Message

Gratitude

Dr. Edward Viljoen

At the Center Today

- **Five-Minute Affirmative Prayer** after each service, Grinton Chapel. No charge. See page 2.
- **AIDS/LifeCycle Bake Sale**, Social Hall
- **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

Tuesday, August 6

- **Science of Mind/12-Step Support Group**, 7pm, Room 11 (North Wing). See page 4.

Wednesday, August 7

- **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 3.

Saturday, August 10

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

Dear Friends,

In May of 1992, the Science of Mind Magazine published an article by Dr. Ernest Holmes, which stated that "Our religious outlook is a universal one. There is tolerance in its concept and inclusion. The Infinite is all-embracing. We work in harmony with all religious beliefs since each in his or her own way seeks the ultimate Cause, God the 'Father which art in heaven.' The one who understands the Science of Mind will be tolerant, kind, and sympathetic."

If Dr. Holmes were alive today, I wonder if he might consider expanding on the idea of tolerance? I am guessing that he would and that he would invite us, students of Science of Mind, to celebrate the differences that exist between people, religions, and cultures. I suspect that he would encourage us to be grateful for the diversity of creation, to celebrate it, and to be curious about our world.

Warm regards,

Edward Viljoen

United in Kindness

Let's be a Center that radiates kindness. The Interfaith Council of Sonoma County has launched a program to encourage all of us to be more kind—in our homes, our neighborhoods, our organizations. You can sign a declaration of support that will be delivered to the County Board of Supervisors later this year. You can begin a weekly kindness practice, by following UnitedInKindness.blogspot.com. Feel free to reach out to Rev. Tara at tara@everydaycommunity.org with any comments or questions.

Full Circle: Conversations About Death & Dying



Meets today from 1 to 2:30 pm in Waggoner Hall (North Wing). Rev. Ruth Barnhart facilitates our discussion, "Cultivate Don't Know Mind," 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.

Fall Classes Online Registration Begins Today

In today's insert, you can see the next offerings of our Education Ministry. Registration in the Social Hall begins on Sunday, August 25. Early Bird prices end on Sunday, Sept. 1.

AIDS/LifeCycle Bake Sale Today

Our team for 2020 has started preparing for their epic ride from San Francisco to Los Angeles in June of next year. To date, we have raised over \$200k in the effort to support education and services for people living with HIV/AIDS. Come see us in the Social Hall, talk to us, and learn more about the ride.

Five-Minute Affirmative Prayer

Want assistance making changes in your life? You can go to Grinton Chapel any time between services to sit with a Prayer Practitioner for three easy steps:

1. Tell the Practitioner what you would like to experience.
2. Relax as the Practitioner speaks an affirmative prayer.
3. Leave the Chapel and be on the lookout for your new experience. There is no charge; it is a gift to you, joyfully given.

The Art of Spiritual Living – Free Class

Today is the first of three classes, taught by Dr. Edward, from 1 to 2 pm in the Sanctuary. This is a great class to take if you want to enroll in core classes this fall and haven't yet taken Beyond Limits. This quick-start class will give you the foundation to better understand the language and ideas of Science of Mind. Please sign up in the Social Hall.

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 "The Alchemy of Gratitude." Music by Tom McCurry. Everyone is welcome. Love offerings gratefully received.

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 or stop by the Information Table.

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*.

Wednesday Night Wisdom The Reciprocal Universe

Free Drop-in Class, 7 pm, Waggoner Hall (North Wing)

This month, join Dr. Edward for an hour of exploring Science of Mind and the reciprocal nature of life. Joining the dots between thoughts and outcomes is no easy task because of the complex web of interconnection among all things. We may not be able to see the big picture of cause and effect, but we can start to explore the ways in which our spiritual, mental, and emotional states influence the world.

- August 7 – Rev. Barbara Leger – Moving Beyond Our Stories
- August 14 – Dr. Edward – The Prodigal Child and the Reciprocal Universe
- August 21 – Dr. Edward – So, If We Believe That It Will Not Work...
- August 28 – Dr. Edward – What Thought Can Do, Surely Thought Can Undo

Stepping Stones Raffle



Win this beautiful hand-carved Buddha from Indonesia. Made from two-tone suar wood, also known as "rain tree wood," it is over three feet tall and would make an elegant addition to your home or garden. Tickets are \$1 each or 6 for \$5. We accept credit cards for raffle ticket purchases of \$5 or more. The drawing will take place at 1 pm on Sunday, Sept. 29. You need not be present to win.

New Six-Week Series Deep Slow Yoga

Wednesdays, August 7 – September 11, 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

Women of Spirit

This Saturday, August 10, 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.

Seniors in Spirit Luncheon

Tuesday, August 13, at 1 pm. We meet every second Tuesday of the month for lunch and planning future events and outings. Please contact Norma Miller at (707) 579-1248 to find out where we are meeting and to reserve your place at lunch.

Used Book Sale

Sunday, Aug. 18, from 9:30 to 1:30 pm. 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!

August Nonprofit Partner

JAYC Foundation, serving families that have suffered a familial or non-familial abduction or other trauma, encouraging various entities to provide protected spaces for families to heal. More information at www.thejaycfoundation.org.

He Spent 30 Years on Death Row Anthony Ray Hinton



Friday, August 23, at 7 pm. Hinton shares his story of hope and faith during those many years of wrongful imprisonment. His story is one of love, justice, and the power of forgiveness. His book, *The Sun Does Shine*, tell his dramatic thirty-year journey and his remarkable resolve to survive. After his presentation and Q&A, Hinton will 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.

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.

New Member Class

Sunday, August 25, from 1 to 4 pm, Waggoner Hall. You are invited to a free, one-session new member orientation class taught by Dr. Edward to help you get the information you need to decide if membership in the Center is right for you. At the end of the class, you will have the opportunity to join the Center. If you prefer to wait, that is okay, too. Please register at the Information Table.

Jaya Lakshmi and Ananda



Chant and Heart Songs Concert

Sunday, August 25, from 7 to 9 pm. Jaya Lakshmi and Ananda offer a combination of kirtan (call and response singing), bhajan (devotional hymns), and original

singer/songwriter compositions in the languages of English, Sanskrit, and Gurbani. They are known for their powerful blend of modern and ancient soundscapes that touch the heart and invoke a meditative and connected state. Love offerings will be divided equally between the artists and the Center.

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, August 26, 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.

New Four-Week Series Adaptive Yoga

Tuesdays, August 27 through September 17, 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,

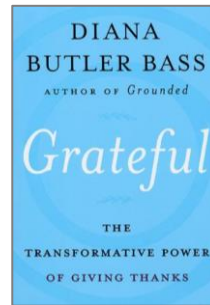
and chairs. The cost for all four sessions is \$50. To sign up, contact Brenda at (707) 280-9680.

Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at enespanolcslsr.blogspot.com. Live interpretation may be arranged by appointment in advance by emailing 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.

Recommended Reading for August



Grateful by Diana Butler Bass. Using her trademark blend of historical research, spiritual insights, and timely cultural observation, the author untangles our conflicting understandings of gratitude and sets the table for a renewed practice of giving thanks by offering up surprising, relevant, and powerful insights into the practice of gratitude.

Available from Stepping Stones Books and Gifts in the store and online with free shipping.

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 in the Social Hall.

Diversity Discussion Group

No Meeting This Month

Although we are not meeting in August, you are invited to stop by the team's table in the Social Hall to learn more about what happens most second Sunday afternoons. You can also sign up to receive e-mail updates on upcoming topics and resources.

Featured Volunteers



Who are the people who write 800 notes every year to thank each person who completes a Giving Intention Form? Who are the ones who collect our intentions, enter our data, and organize our annual pledge program? Answer: The Giving Intention Team, a group of volunteers who work all year long to come up with a dynamic and inclusive way to enroll us into the spiritual practice of circulation to financially support our beautiful Center. Team members, pictured left to right, are Dennis O'Rear, Jerry Huffaker, Bob Hart, Jan Davis, Stephen Hann, Chandra Farnsworth, and Linda O'Rear. Also on the team: Dr. Edward Viljoen and Linda Hann, COO.

Lending Library

Located upstairs above the coffee serving area of the Social Hall, our library is open every Sunday from 9 am to 1 pm. We have books, audio recordings, and video recordings on a wide variety of subjects of interest to our spiritual community. We also have multiple copies of textbooks used in some of our

certificated classes; patrons are welcome to borrow these books for the duration of the class. Anyone who is interested can become a patron of the library after filling out an application form. The library accepts donations of books, audio recordings, and video recordings.

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 12-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. 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, August 22.

World Peace Meditation

Saturday, August 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.

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.

Dr. Edward's Closing Prayer

Know with me that you are never alone, that Spirit is where you are, that you have only to look within at any moment to know that you are guided and inspired by a Presence that expresses Itself in this world as you. With deepest gratitude, let us live our lives accordingly so that in everything we do, say, and think, we honor that Presence within. Amen



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

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 → Quick Links → Make an Online Prayer Request

Affirmative Prayer Library: 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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