

Center for Spiritual Living, Santa Rosa

August 11, 2019

Today's Message

Blessings as Gratitude

Dr. Edward Viljoen

At the Center Today

- **Five-Minute Affirmative Prayer** after each service, Grinton Chapel. No charge.
- **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, August 12

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

Tuesday, August 13

- **Seniors in Spirit**, 1 pm (off site). See column 3.
- **Science of Mind/12-Step Support Group**, 7 to 8 pm, Room 11 (North Wing)

Wednesday, August 14

- **Chair Yoga with William Abel**, 9 am (new time), Grinton Chapel
- **Wednesday Night Wisdom**, 7 pm, Waggoner Hall (North Wing). See column 3.

Saturday, August 17

- **Saturday Meditation Group**, 10 am, Meditation Room (upstairs)
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3

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. You can find more information at their website: www.thejaycfoundation.org.

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.

Spirituality in Action

August 2019 • Gratitude: I Appreciate Other Nations and Peoples



To bless something means to confer holiness on it. In Science of Mind, holiness is synonymous with wholeness. Wholeness is the foundation of reality. As such, wholeness cannot be granted to anything or anyone. When we use the word bless, we mean to recognize that which is already true. "I bless you," then, says, "I see you in your spiritual nature."

This month, when we focus on gratitude and respect for the diverse nations of the earth, we can practice looking through the lens of wholeness, saying to ourselves, "I bless..." whatever is before us. The practice of silent blessing is particularly helpful when reading the news, social media streams, and when having challenging conversations. I use it to call me back to my conviction that back of all creation is divine completeness.

Warm regards,
Edward Viljoen

Fall Classes

Online Registration Available Now

Pick up a schedule of classes from the information rack in the Social Hall. In-person registration begins on Sunday, August 25. Early Bird prices end on Sunday, September 1.

Used Book Sale Next Week

Due to your generosity, we have an abundance of books for our used book sale next week. Many thanks to everyone who donated books. We appreciate it! **See you at the sale!**

Sunday Evening Explorations

Tonight at 7 pm in Room 11 (North Wing). Sherry Vierra, RSCP, leads a discussion on the topic "Gratitude: The Substance of Joy." 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.

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 and to explore the weekly suggested kindness practices found at UnitedInKindness.blogspot.com. Rev. Tara Steele would be happy to provide more information. You can reach her at tara@everydaycommunity.org.

Seniors in Spirit

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

Wednesday Night Wisdom

The Reciprocal Universe

Free Drop-in Class, 7 pm, Waggoner Hall (North Wing). Join Dr. Edward on Wednesdays 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 state influences the world. Upcoming topics are:

- August 14 – The Prodigal Child and the Reciprocal Universe
- August 21 – So, If We Believe That It Will Not Work...
- August 28 – What Thought Can Do, Surely Thought Can Undo

On Death Row for 30 Years

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.

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,
Aug. 25,
from 7 to
8:30 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.

New Four-Week Series Adaptive Yoga

Tuesdays, Aug. 27 through Sept. 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, call Brenda at 280-9680.

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.

Featured Volunteer

Lori Ross



Here's what Stepping Stones Manager Martha Salazar has to say about this week's featured volunteer: "Lori Ross has been volunteering in the bookstore since 2013. She is an asset to the store and any team she is on for a variety of reasons: She has an exceptional skill set. She treats any volunteer position like she is the CEO of the company. She is efficient and calm under pressure. She has extraordinary leadership qualities and quietly motivates those around her. Lori is a team player and strong on her own. She is the first to arrive, the last to leave, the organizer, the friend, the confidante, steadfast, loyal, and fiercely dedicated. I am honored to know her and blessed to have her energy and presence in the store."

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.

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.

Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at enespanolclsr.blogspot.com. Live interpretation may be arranged in advance by e-mailing clsrenespanol@gmail.com. *La interpretación en español de los mensajes dominicales está disponible en nuestro blog: enespanolclsr.blogspot.com. Para solicitar la interpretación en vivo de un mensaje dominical, por favor envíe una solicitud por adelantado a clsrenespanol@gmail.com.*

Center for Spiritual Living™ Santa Rosa A Science of Mind Community

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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