

Center for Spiritual Living, Santa Rosa

August 18, 2019

Today's Message

Respect as a Virtue

Rev. Tara Steele

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 19

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

Tuesday, August 20

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

Wednesday, August 21

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

Thursday, August 22

- **Board Meeting**, 6 pm, Rooms 1 & 2. You are invited to attend.

Friday, August 23

- **Anthony Ray Hinton**. 7 pm, Sanctuary. See column 3.

Saturday, August 24

- **Saturday Meditation Group**, 10 am, Meditation Room (upstairs)
- **Spirit Writes**, 10 am to 12 noon, Waggoner Hall. See column 3.
- **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.

Spirituality in Action

August 2019 • Gratitude: I Appreciate Other Nations and Peoples



A virtue is a behavior that shows strong moral standards. Synonyms for virtue include integrity, honesty, respect, and trustworthiness. In *The Voice Celestial*, by Ernest and Fenwicke Holmes, we are advised to understand virtue correctly:

Be not deceived by those who seek to prove
That virtue lies alone in flight from love.
Retreat from life to cave or hermitage
Does not convert a [person] to saint or sage;
The solitude in which thy God is shown
Is in the mind and in the mind alone.

The words remind us that it is in relationship with each other that we get to practice virtue. Perhaps it is not enough for us to merely think about respect, but to find ways in which we can express it in the community of beings on this planet.

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 next Sunday, August 25. Early Bird prices end on Sunday, September 1.

Used Book Sale Today

Due to your generosity, we have an abundance of books for our used book sale today. 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). Megan Rooney, RScP, leads a conversation on the topic "Honoring the Face of God in Everyone: No Exceptions." 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.

Wednesday Night Wisdom

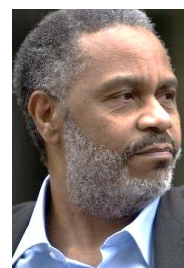
The Reciprocal Universe

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. Upcoming topics are:

- August 21—So, If We Believe That It Will Not Work...
- August 28—What Thought Can Do, Surely Thought Can Undo

A Life of Hope and Faith

Anthony Ray Hinton



This Friday, Aug. 23, at 7 pm. Anthony Ray Hinton is a perfect example of Spirituality in Action. He will share his incredible story of wrongful imprisonment, hope, love, and

the power of reading. Hinton will sign copies of his book, *The Sun Does Shine*, following the presentation. General admission is \$35; VIP up-front seating is \$45. Today is the last day to purchase tickets in the Social Hall. Tickets may be purchased online and at the door.

Spirit Writes

This Saturday, August 24, from 10 am to 12 noon, Waggoner Hall. Join Rev. Janet Tobin to explore spiritual principles through writing and to receive support in the creative process. For more information, you can contact Rev. Janet at 707-874-2726.

New Member Class

Next 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 in order 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



Next
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 compositions in 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. The current exhibit is "Our Unseen Neighbors," a photo essay on those whose home is on the streets. You'll also find copies of the updated Homeless Action! Santa Rosa Resource Guide, designed to assist those currently unsheltered.

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.

Featured Volunteer Allan Yeager



After serving on the board of trustees and volunteering in the library, bookstore, and business department, Allan is now a volunteer staff member at our Center. He has the title of Communica-

tions Officer. That means he maintains our website and produces everything we publish, such as the Sunday bulletin, the welcome booklet for visitors, event posters, class workbooks, and so much more. Allan and a team of collaborators, who also love grammar, spelling, design, and clarity, help make us look good. Thank you!

Special Music

Don't miss the amazing musical surprise that Christopher Fritzsche and a stage full of musicians will present at Sunday service on September 1.

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.

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.



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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