

Center for Spiritual Living, Santa Rosa

August 25, 2019

Today's Message

Honoring All People

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)
- **New Member Class**, 1 pm, Waggoner Hall (North Wing). See column 3.
- **Chant and Heart Songs Concert**, 7 pm, Sanctuary. See column 2.

Monday, August 26

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

Tuesday, August 27

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

Wednesday, August 28

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

Saturday, August 31

- **Saturday Meditation Group**, 10 am, Meditation Room (upstairs)
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3
- **Monthly Peace Meditation**, 7 pm, Meditation Room (upstairs)

Wednesday Night Wisdom

The Reciprocal Universe

Free Drop-in Class, 7 pm, Waggoner Hall (North Wing). Join Dr. Edward this Wednesdays for the final class exploring Science of Mind and the reciprocal nature of life. The topic is "What Thought Can Do, Surely Thought Can Undo." Everyone welcome.

August Nonprofit Partner

JAYC Foundation, serving families that have suffered a familial or non-familial

Spirituality in Action

August 2019 • Gratitude: I Appreciate Other Nations and Peoples



How do I honor all people? How do I honor people I don't agree with? How do I honor people who challenge my center of peace? Dr. Ernest Holmes, in *The Science of Mind*, page 232, reminds us that "Every thought of cruelty is disturbing to the entire body. Solomon tells us that "[The one] who is cruel, troubleth [their] own flesh," and every adverse thought is cruel." It seems, then, that our task on the spiritual journey is to find something to be grateful for in our encounters with others, something to bless and appreciate.

This is not necessarily an easy practice but a rewarding one. I remember visiting an ashram in India, where the guru taught his followers that nothing is worth abandoning your center of peace. I've never forgotten that wisdom, and I try to apply when I detect that I'm becoming disturbed by what is going on around me. I practice it by silently remembering the love in my life, the things I'm grateful for, and the miracle of life.

Warm regards,
Edward Viljoen

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.

Fall Classes

Register in Person Today

Visit the Education tables in the Social Hall today to register in person. Online registration continues 24/7. Note: Early Bird prices end on Sunday, Sept. 1.

Bhagavad Gita for Beginners

Three-week course begins tomorrow, August 26, from 6:30 to 8:30 pm. Using his newly-published book as a text, Dr. Edward will lead participants through a modern retelling of the powerful Hindu epic tale that has proven to be a timeless source of spiritual wisdom through the ages. Online registration for this course ends at 5 pm today.

Jaya Lakshmi and Ananda

Chant and Heart Songs Concert



Tonight 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.

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 can sign the United in Kindness declaration found at interfaithsonoma.org/declaration. Ideas for kindness practices can be found at UnitedInKindness.blogspot.com. Rev. Tara Steele would be happy to provide more information. You can reach her at tara@everydaycommunity.org.

New Member Class Today

From 1 to 4 pm in 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.

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.

Special Music

Don't miss the amazing musical surprise that Christopher Fritzsche and a stage full of musicians will present at all three services next Sunday, September 1.

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.

World Peace Meditation

This Saturday, Aug. 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, RScP, at 707-593-1917.

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 Volunteers **Jail Ministry**



In 2018, after receiving security approval and training by the Sonoma County jail, members of our new Jail Ministry Team began sitting individually with men and women in the jail to listen and know with them that they have freedom and choice. Inmates sign up for a visit with a team member. One woman openly cried and said the ministry changed her whole attitude about life when she heard, "We have time for you." Currently the team makes 20 to 30 visits to the jail each month. Team members, pictured left to right, are Kathleen Kearney, Krista McAtee, Dan Parun, Susan Bennett, Tamarya Hulme, and Rosalie Sulgit-Shay.

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.

Return Visit: Ron Donoho



Free Author Event

Friday, Sept. 27, at 7 pm. Ron Donoho's book, *Thin Doors*, speaks to the importance of sharing the message that we are not alone in our lives and that in

addition to family and friends who encircle us, we also have the unseen guidance of those who have gone before. Donoho is a national speaker, life coach, and educator.

"Your Spiritual Intuition"

Saturday Workshop, Sept. 28, from 9 am to 12 noon. Ron Donoho will share his own five-step formula for tapping into your personal spiritual intuition. Tickets are \$40 at steppingstonesbooksandgifts.org.

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