

Center for Spiritual Living, Santa Rosa

June 23, 2019

Today's Message

The Divine Invitation

Ester Nicholson

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
- **Teen Group**, 11:15 am, Room 11 (North Wing)
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8 (upstairs)
- **Workshop with Ester Nicholson**, 2 to 4 pm, Grinton Chapel. See column 2
- **Sunday Evening Explorations**, 7 to 8 pm, Room 11 (North Wing). See column 2.

Monday, June 24

- **The Third Act**, 3:30 to 5 pm, Grinton Chapel. See column 3.
- **Heart Coherence Meditation**, 7 to 8 pm, Room 11 (North Wing)

Tuesday, June 25

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

Wednesday, June 26

- **Chair Yoga with William Abel**, will not meet today.
- **Days for Girls**, 10 am to 4 pm, Room 7 (upstairs). See page 2.
- **Meditation**, 6:15 to 6:50 pm, Room 11 (North Wing)
- **Wednesday Night Wisdom**, 7 pm, Waggoner Hall (North Wing). See page 2.

Thursday, June 27

- **Board Meeting**, 6 pm, Rooms 1 & 2

Saturday, June 29

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

Board Meetings

Our Board of Trustees meets once a month at 6 pm. You are invited to attend. The next meeting is this Thursday, June 27, in Rooms 1 and 2.

June Nonprofit Partner

Sonoma Food Runners, sharing excess food with those in need. Learn more at www.sonomafoodrunners.org.

Spirituality in Action

June 2019 • Empowerment: I Protect the Vulnerable



People live prosperously at all levels of income because prosperity is not about money; it's about freedom and love. Prosperity is about the freedom to express life in your particular way.

Prosperity is also about happiness. And happiness is about generosity of spirit. Generosity of spirit happens, for example, when you give more than you can afford to a project you believe in, and you feel good about doing so. The gift does not leave you feeling diminished; it leaves you feeling expanded and happy. Or, generosity of spirit is when you show up for others when it is inconvenient for you to do so. Or when you serve an organization or in a project knowing that it is unlikely that acknowledgement will happen.

That is what living a prosperous life is like: accepting the Divine invitation to express generosity of spirit, and to live happy and free.

Blessings,
Edward Viljoen

Workshop with Ester Nicholson Keys to Abundant Living



Today from 2 to 4 pm, Grinton Chapel. Learn how to heal your challenges and free yourself to reveal your highest potential in all areas of life: personal, professional, and spiritual. \$25.

Sunday Evening Explorations

Tonight from 7 to 8 pm, in Room 11 (North Wing). Elias Owens, RScP, leads tonight's discussion, "Living with an Open Mind."

Rickie Byars



Live In Concert

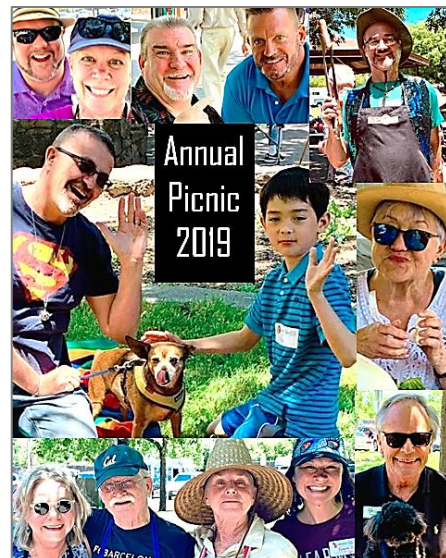
Friday, July 12, at 7:30 pm. Rickie sings songs from her new CD, "My Oh My It's Time to Fly," along with classic favorites. Regular admission is

\$35. VIP tickets are \$50 and include a meet-and-greet reception with Rickie as well as up front seating at the concert.

Wholly Holy Way "SingShop"

Sat., July 13, from 10 am to 12:30 pm.

Rickie will guide us as we explore creativity, motivation, and inspiration through music, story, and joyful ceremony. Tickets are \$50 in the Social Hall on Sundays or online 24/7 at www.steppingstonesbooksandgifts.org.



See more picnic photos on Donna Starr's Facebook page.

Perfect Picnic

Many thanks to our 25 volunteers, who set up, barbecued, provided games, and cleaned up this past Sunday. We couldn't have done it without you! And much appreciation to our community for bringing all of the yummy side dishes and desserts to share. The picnic was a great success because of you!

The Third Act

Monday, June 24, from 3:30 to 5 pm, Grinton Chapel. This spiritual discussion group, facilitated by Rev. Joyce Kinzel, is for those on the mature side of life (the "third act"). We share and learn from one another about the concerns and challenges that face us at this time of our lives. Love offerings gratefully received. Contact Rev. Joyce K. at 707-230-2849 for more information.

Wednesday Night Wisdom Healing Through Wholeness

Free Drop-in Class, 7 pm, Waggoner Hall (North Wing). Tonight, this month's facilitators come together as a panel, inviting your questions and comments on Healing through Wholeness. Everyone is welcome. Love offerings gratefully received.

Days for Girls Sewing and Kit Assembly

This Wed., June 26, from 10 am to 4 pm. Join us in Room 7 (upstairs) to sew and assemble reusable menstrual kits for girls in developing countries so they can be in school or at work all month long. Information: brenda.kobrin@gmail.com.

Yoga Nidra: The Art of Being Still



New Five-Week Series Begins Mon., July 1, from 6:30 to 7:45 pm in Grinton Chapel.
Kathy Reardon, RScP, an Amrit Method® Certified Facilitator of Yoga Nidra, guides participants to relax

and drop into a profound state of peace. The series is dedicated to self-love, healing grief, relief from depression and anxiety, and releasing pain and PTSD. You can register today at Kathy's table in the Social Hall or online 24/7 at steppingstonesbooksandgifts.org.

Summer Education

Dr. Kim Kaiser's course, **Ten Effortless Spiritual Practices** meets on four Tuesdays, beginning July 9, from 7 to 9:15 pm. This course is available for students to participate in class or online via Zoom webinar technology. Register online (steppingstonesbooksandgifts.org) or in the Social Hall next Sunday, June 30.

Featured Volunteer Cindy Martineau Collins



In 2012 Cindy signed up as a volunteer for a one-year commitment in our Youth and Family Ministry, and she has been serving with our youngest members in the nursery ever

since. Cindy brings her cheerful, loving presence to every child and volunteer with whom she works. As a member of the One Heart Choir, Cindy is the music librarian, organizing and filing the music

for each season. Cindy embodies the Center's teaching by being a loving, light-hearted presence wherever she serves. Cindy, we are grateful for your ongoing support and the light you bring to everyone. Thank you!

Stepping Stones Used Book Sale

Now accepting donations of books in good condition on any subject for our book sale on Sunday, August 18. **Please leave your donations near the reception desk in the lobby**

Upstairs in the Mezzanine Seeing the Divine Through the Lens of Visual Art

Now featuring the art of Gail Mardfin.
If you are an artist and would like to learn more about this program, please stop by the Information Table.

Bilingual Conference Chapala, Mexico • August 6-10

Join Dr. Edward Viljoen and Julie Burns, RScP, in Chapala, Mexico for the 2019 bilingual Science of Mind conference. For details, visit the Information Table in the Social Hall or www.vidaespiritual.org.

Travel to Hawaii with Dr. Edward

The word Aloha is more than a greeting; it's a way of life. In the word is hidden the spiritual instruction for right relationship with the natural world. Dr. Edward invites you to join him in Hawaii next April to explore the rich cultural tradition of Aloha. You can get information at the Spirit Tours table in the Social Hall.

Love to Sing?

The One Heart Choir has openings for new members to join us this fall. Please e-mail Claire Victor at claire@cslsr.org for information about auditions and membership.

Piano Accompanist

Are you a piano accompanist who reads music and can play in a variety of styles? We are looking for an additional pianist to accompany our One Heart Choir. This is a paid position. If you are interested, please send an e-mail message to director Claire Victor at claire@cslsr.org.

United in Prayer World Peace Meditation

Sunday, June 30, at 7 pm in Waggoner Hall (North Wing). Led by Rev. Tara Steele and other prayer practitioners. Everyone is welcome. This special event is in lieu of Sunday Evening Explorations.



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

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