



**September 1, 2019**

**Today's Message**

*Love*

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**

*Monday, September 2*

- **Store and office closed today for Labor Day holiday.**

*Tuesday, September 3*

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

*Wednesday, September 4*

- **Chair Yoga with William Abel**, 9 to 10 am, Grinton Chapel. See page 3.
- **Meditation**, 6:15 to 6:50 pm, Room 11, North Wing
- **Wednesday Night Wisdom Free Class**, 7 pm, Waggoner Hall. See page 2.

*Saturday, September 7*

- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room, upstairs
- **ManSpirit Potluck Brunch**, 9 am to 12 noon, Waggoner Hall, North Wing. See page 2.
- **Project Sleep Warm**, 10 am to 1 pm, Room 7, upstairs. See page 2.
- **A Course in Miracles Study Group**, 11 am, Room 3.
- **Days for Girls**, 2 to 5 pm, Room 7, upstairs. See page 2.

Dear Friends,

Author Llewellyn Vaughan-Lee writes that it is only through awakening our awareness of the sacred within creation that we can begin to right the imbalance that lies at the root of our present predicament. "Any awareness of the world as a living whole needs to include its sacred dimension. Otherwise any attempt we make at healing what has gone so wrong will be just treating the symptoms, ignoring their underlying cause."

This month, our focus is on being stewards of our planet and seeing the thread of sacredness throughout all of creation. Our statement of belief says, "we believe in the Living Spirit Almighty, in and through all creation," so it is appropriate for us to approach this world of ours with awe, respect, and gratitude. Vaughan-Lee advises us that the first step is always to see what is happening and to look beyond surface values of materialistic culture so that we can sense inwardly the sacredness that connects us to all life.

Warm regards,

*Edward Viljoen*

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## **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](http://UnitedInKindness.blogspot.com). Feel free to reach out to Rev. Tara at [tara@everydaycommunity.org](mailto: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. This month our focus is on writing eulogies. Several attendees will share eulogies they have written about themselves. Come with yours, if you like. Everyone is welcome. Love offerings gratefully received.

## Register Online for Fall Classes Early Bird Prices End Today

Core classes starting this week:

Tuesday, 9/3, **Visioning**, taught by Rev. Tara Steele

Thursday, 9/5, **The Power of Your Word**, taught by Susan Robinson, RScP

## 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 confidentially 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.

## Sunday Evening Conversations

Tonight at 7 pm in Room 11. If you would like to explore our teaching, Science of Mind, in an intimate setting where you are seen, heard, and valued, join us for Sunday Evening Conversations. Tonight, Maggie Cole, RScP, leads a discussion titled "The Soul's Capacity to Give." Everyone is welcome. Love offerings gratefully received.

## ManSpirit Potluck Brunch

This Saturday, September 7, from 9 am to 12 noon in Waggoner Hall, North Wing. Men of the Center are invited to join us for brunch on the first Saturday of each month. Bring your own mug and place setting along with some food to share. For more information, contact Peter Stickney, RScP, at [peter@shareprayer.com](mailto:peter@shareprayer.com).

## Project Sleep Warm

This Saturday, September 7, from 10 am to 1 pm. We meet on the first Saturday of the month in Room 7, upstairs, to make quilts, sleeping bags, and knitted teddy bears for local homeless women and children. Even if you don't sew or knit, we will teach you what to do. For more information, contact Brenda Kobrin, 707-566-6785.

## Days for Girls Sewing Days

This Saturday, September 7, from 2 to 5 pm and Monday, September 16, from 10 am to 2 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.

## 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.

## Got Rides?

The 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 need a ride, please post on the Center's Facebook page, *Rideshare to the Center for Spiritual Living, Santa Rosa*.

## Wednesday Night Wisdom Forgiveness

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

This month, Rev. Joyce Kinzel and Practitioner Diane Tapogna invite you to a free one-hour class on forgiveness. It's an opportunity to learn and to practice the power of this important spiritual process.

- Start Where You Are
- The Path to Unconditional Love
- Tools for the Journey
- The Courage to Go Deeper

## 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.

## Women of Spirit

Saturday, September 14, 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, September 10, at 1 pm. We meet every second Tuesday of the month for lunch and planning future events and outings. Please contact Norma Miller at 579-1248 to find out where we are meeting and to reserve your place at lunch.

## 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.

## Featured Volunteer Rhonda Lee



Rhonda has been sweeping the floor of the Sanctuary every week since February 2013. She is one of those important volunteers who keep the Center beautiful, while performing their task quietly in the background. Rhonda says this time is sacred to her and that it feels like a spiritual practice. She listens to podcasts or music while she works and looks forward to giving her service each week. Thank you, Rhonda!

## September Nonprofit Partner

**Alquimia Peru**, assisting participants to reach their full potential both in daily life and in business through the learning and application of the principles of Science of Mind. Their website is [www.alquimia.edu.pe](http://www.alquimia.edu.pe).

## Diversity Discussion Group

**Next Sunday, September 8, at 1:30 pm in Waggoner Hall, North Wing.** We meet on the second Sunday of the month to learn more about our relationship with diversity, inclusivity, social rank, racism, oppression, and privilege. Information: Lili Escovedo, RScP, at [liliescovedo@gmail.com](mailto:liliescovedo@gmail.com).

## Fire Drill Next Sunday

**Next Sunday, September 8,** we will conduct a fire drill at 12:20 pm and ask that those attending the 11:30 am service participate. On hearing the signal, everyone will evacuate the building in an orderly manner. Please do not drive your car out of the parking lot during the drill because the fire lanes need to be kept open. Because the building will be completely evacuated, the Social Hall and bookstore will not be open after third service. Thank you.

## 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](mailto:wba31@yahoo.com).

## Free Heart in Hand Training

**Saturday, September 21, from 10 am to 12:30 pm.** The Heart in Hand Spiritual Care Ministry offers spiritual support to congregants during times of health challenges. If you have successfully completed Basic Principles, Beyond Limits, or Foundations and would like to serve in this ministry, you can get more information about the September 21 training at our table in the Social Hall. To register, call Peggy Weber at 707-795-2311 or e-mail [peggyweber17@gmail.com](mailto:peggyweber17@gmail.com).

## 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, September 23, 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.

## Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at [enespanolcslsr.blogspot.com](http://enespanolcslsr.blogspot.com). Live interpretation may be arranged by appointment in advance by emailing [cslsrenespanol@gmail.com](mailto: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](mailto:cslsrenespanol@gmail.com).*

## 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.

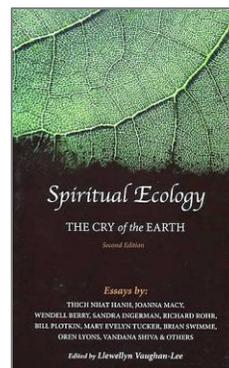
### "Your Spiritual Intuition"

**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](http://steppingstonesbooksandgifts.org).

## Community Potluck and Vision Circle

**Sunday, September 29, from 6 to 7:45 pm.** Visioning is a spiritual practice that invites us into deep listening to Spirit's guidance for ourselves, our families, our community, and our world. Visioning is a simple and powerful practice that can enrich every aspect of life. The last Sunday evening in September, you are invited to enjoy a community potluck and the opportunity to vision together. After we enjoy a meal from the buffet, Rev. Tara will lead us in a visioning for what's on our hearts. Seating is limited; sign up and get your free ticket in the Social Hall today.

## Recommended Reading for September



*Spiritual Ecology: The Cry of the Earth* edited by Llewellyn Vaughan-Lee. This is a collection of essays that serve as a call to action to bring the world as a living whole back into balance. Bringing together voices from Buddhism, Sufism, Christianity, and Native American traditions, as well as from physics, psychology, and environmental disciplines, this book calls on us to reassess our underlying attitudes and beliefs about the Earth

and wake up to our spiritual and physical responsibilities toward the planet. 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.

## 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 twelve-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 to 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, September 26.

## World Peace Meditation

Monday, September 30, 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.

## 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, Room 11, North Wing

Sunday Evening Conversations: 7 pm, Room 11, North Wing

Wednesday Night Wisdom Free Class

7 pm, Waggoner Hall, North Wing

Meditation

Saturday Meditation, 10 to 11 am, Meditation Room, upstairs

Sunday, 9:35 to 9:50 am, Meditation Room, upstairs

Wednesday, 6:15 to 6:50 pm, Room 11, North Wing

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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@CSLSantaRosa

#AWorldThatWorksForEveryone