

Center for Spiritual Living, Santa Rosa

September 8, 2019

Today's Message

Love in Action

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
- **Diversity Discussion Group**, 1:30 pm, Waggoner Hall, North Wing. See column 2.
- **Sunday Evening Conversations**, 7 pm, Room 11, North Wing. See column 3.

Tuesday, September 10

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

Wednesday, September 11

- **Chair Yoga**, 9 am, Grinton Chapel
- **Silent Meditation**, 6:15 to 6:50 pm, Room 11, North Wing
- **Wednesday Night Wisdom**, 7 pm, Waggoner Hall, North Wing. See column 3.

Saturday, September 14

- **Saturday Meditation Group**, 10 am, Meditation Room, upstairs
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3
- **Women of Spirit**, 10:30 am, Waggoner Hall, North Wing. See column 3.

Stepping Stones Raffle



Win a beautiful hand-carved Buddha from Indonesia. 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.

Spirituality in Action

September 2019 • Stewardship: I Love Our Planet



Our Founder, Dr. Ernest Holmes, was a lover of Spirit and Its creation, particularly nature. He wrote in *Creative Mind* that we are to learn to appreciate Nature. He used an upper-case N when referring to nature, to indicate the holiness of what Spirit created. Dr. Holmes advised us to "spend much time in the outdoors; look up at the stars; let them be your companions; tread the pathless ways of the trees and the giant forests and see God in everything that you look upon, the God of everywhere."

This advice matches the sentiment expressed in the essay by Sandra Ingerman in our recommended book for this month, *Spiritual Ecology*, that "we must shift the focus of our energy from our heads to our hearts, where we can listen to [the wisdom that surrounds us.]" May our studies together draw you deeper into a love relationship with the wisdom of Spirit as it appears in Nature.

Warm regards,
Edward Viljoen

Fire Drill Today

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.

Fall Classes

Register in Person Today

Visit the Education tables in the Social Hall today to register in person for any of the following:

- **Roots of Science of Mind** (starts tomorrow)
- **Mother Mary and Mary Magdalene**
- **Rumi, Hafez, and Friends**

Five-Minute Affirmative Prayer

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, joyfully given.

Diversity Discussion Group

Today from 1:30 to 3 pm in Waggoner Hall, North Wing. At today's meeting, our conversation focuses on the good/bad polarity, "How can a good person be a racist?" All are welcome to the discussion. Go to CSLSR Diversity Discussion Group on Facebook for more information. Information: Lili Escovedo, RScP, liliescovedo@gmail.com.

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.

Sunday Evening Conversations

Tonight from 7 to 8 pm in Room 11, North Wing. We meet each week to explore our teaching, Science of Mind, in an intimate setting where you are seen, heard and valued. Tonight's topic is "Getting Unstuck," led by Sherry Vierra, RScP. Everyone is welcome. Love offerings gratefully received.

Wednesday Night Wisdom

This Week: The Path to Unconditional Love

Free Drop-in Class, 7 to 8 pm, Waggoner Hall, North Wing. 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.

Seniors in Spirit

This Tuesday, September 10, at 1 pm. We meet every second Tuesday for lunch and to plan future events and outings. Call Norma Miller, 579-1248, for more information and to reserve your place at lunch.

Women of Spirit

This Saturday, September 14, from 10:30 am to 12:30 pm 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.

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. Contact Rev. Tara Steele for more information. You can reach her at tara@everydaycommunity.org. Ideas for kindness practices can be found at UnitedInKindness.blogspot.com.

Featured Volunteer Vivian Strand, RScP



Vivian came to the Center on Orchard Street on St. Patrick's Day, 1985, when her husband Jim was invited to play Irish music. They both felt so welcomed that they began attending regularly, took many classes, and put Science of Mind to work in their

lives. Vivian has served on the Board of Trustees, is Chaplain to the Practitioner body, and sees clients for spiritual support and coaching. Along with Jim, Vivian became involved in the first World Peace Meditation on December 31, 1986. Together they have continued facilitating it on the last day of every month—32 years! Thank you, Vivian and Jim, for your love and service.

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 in the Social Hall.

Days for Girls Sewing Day

Monday, September 16, from 10 am to 2 pm. Come to Room 7, upstairs, and help us create reusable menstrual kits for girls in developing countries so they can be in school or at work all month long. Contact: Brenda Kobrin, RScP, 707-280-9680.

Spirit in Business Wisdom Circle

Friday, September 20, from 6:30 to 8 pm, Rooms 1 & 2. "Soar in Your Personal Power," presented by Janet Caliri, international speaker, author, and coach. Learn how curiosity is the key to increase your



productivity with ease. Go from overwhelmed to overjoyed. Your love offerings benefit the Center directly.

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.

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.

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.

Deep Slow Yoga

New six-week series begins Wednesday, September 25, from 5:30 to 7 pm. In autumn we tend to turn inward to nourish the body and spirit. You are invited to join us for gentle yoga and breathing practices. Introductory rate is \$65. Please call Natalie to register: 579-4602.

Board Meetings

Our Board of Trustees meets once a month at 6 pm in Rooms 1 and 2. You are invited to attend. The next meeting is on Thursday, September 26.

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.

Community Potluck and Vision Circle

Sunday, Sept. 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. After we enjoy a meal together, 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. Please bring your own place settings along with food to share.



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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 Conversations

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