

Center for Spiritual Living, Santa Rosa

September 15, 2019

Today's Message

Transcending Fear

Dr. Edward Viljoen

At the Center Today

- **Five-Minute Affirmative Prayer** after each service, Grinton Chapel. No charge. See column 3.
- **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 Conversations**, 7 pm, Room 11, North Wing. See column 2.

Monday, September 16

- **Days-for-Girls Sewing Day**, 10 am to 2 pm, Room 7, upstairs. See column 2.

Tuesday, September 17

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

Wednesday, September 18

- **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 2.

Friday, September 20

- **Spirit in Business Wisdom Circle**, 6:30 to 8 pm, Rooms 1 & 2. See column 2.

Saturday, September 21

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



We are part of the matrix of our planet. It not only makes a difference in how we treat the earth physically; our state of being, our emotions, have an effect on living things—all living things including our planet, Mother Earth. But let us not be fearful of what we dislike; let us rather have great faith in what we want to see happen on our planet, and then take steps in the direction of our dreams.

"Fear and faith," Dr. Ernest Holmes wrote, "are identical in that the energy used in the one is the same energy as that used in the other, since there is but one final Energy in the universe and this final Energy is the energy of thought. Fear is a positive acceptance that you shall experience that which you dislike. Faith is a positive acceptance that you shall experience that which you do like. But they are identical in this mental action. The only difference is in the direction." —*Effective Prayer* by Ernest Holmes (p. 50.3).

Warm regards,

Edward Viljoen

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 "Releasing Fear," led by Krista McAtee. Everyone is welcome. Love offerings gratefully received.

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.

Wednesday Night Wisdom Forgiveness:

Tools for the Journey

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.

Spirit in Business Wisdom Circle



This 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 easily increase your

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

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.

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.

Spiritual Enrichment Courses

Registration continues online for

- **Mother Mary and Mary Magdalene**, three Tuesdays in October with Rev. Tara Steele
- **Rumi, Hafez, and Friends**, four Tuesdays in November/December with Dr. Kim Kaiser

Go to steppingstonesbooksandgifts.org and click on Classes/Workshops/Events.

Five-Minute Affirmative Prayer

You can go to Grinton Chapel any time between services to sit in confidence 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.

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.

Featured Volunteer Alicia Carroll



For the past 10 years, Alicia Carroll has brought beauty to all she touches at the Center whether it is ordering beautiful

garments and gifts for Stepping Stones Books and Gifts, decorating for a wedding reception or other special event with flowers and food, or offering her mindful leadership on the Board of Trustees. Alicia donates a lot of time and treasure to our Center, but she claims she receives even more from her willingness to serve. She says that the classes and the people she has met have brought loving kindness to her life in a way that is joyfully transformative. Thank you, Alicia, for the blessings of all you are and all you do.

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.

New Start Time for Board Meetings

Our Board of Trustees meets once a month, now starting at 5:30 pm in Rooms 1 and 2. You are invited to attend. The next meeting is on Thursday, September 26.

Spirit of Aloha in Kauai with Dr. Edward Viljoen



April 27 – May 2, 2020

For those who follow the path of Huna, or for those who are fortunate enough to live in Hawai'i, it is common for us to use the word aloha. We use it in greetings and farewells and in expressing love. But the word means even more, it is a way of life. Within the word aloha is everything you need to know in order to interact rightly with others and with the natural world. Join us in Kauai to discover the spiritual richness hidden in the true meaning of aloha. Visit the Spirit Tours table in the Social Hall for complete details.

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.



2075 Occidental Road
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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