

Center for Spiritual Living, Santa Rosa

September 22, 2019

Today's Message

Community and Connection

Rev. Ruth Barnhart

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
- **International Day of Peace**, 4 to 6 pm, off site. See column 2.
- **Sunday Evening Conversations**, 7 pm, Room 11, North Wing. See column 2.

Tuesday, September 24

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

Wednesday, September 25

- **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 27

- **Ron Donoho Free Author Event**, 7 pm, Grinton Chapel. See column 3.

Saturday, September 28

- **Ron Donoho Workshop**, 9 am to 12 noon, Grinton Chapel. See column 3.
- **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 next Sunday, September 29. You need not be present to win.

Spirituality in Action

September 2019 • Stewardship: I Love Our Planet



Our common unity and the power of our collective consciousness are vitally important to our existence together here on planet Earth. Instead of allowing the energy of divisive conversation to discourage us, we can instead raise our vibration, planting mental seeds for a thriving, healthy, sustainable planet—abundant in diverse life forms—and share those ideas with our neighbors, friends, and loved ones. As a universal community, we desire a healthy planet to sustain us. We are not only in community with one another, we are in a reciprocal relationship with God through all that exists.

"I believe the Spirit is in the wind and wave and manifests Its presence throughout all Nature. But most completely, through our own minds and in our hearts, It proclaims our livingness and Its lovingness." —*Can We Talk to God* (1934) by Ernest Holmes

Warm regards,

Edward Viljoen

Today: International Day of Peace



The Interfaith Council of Sonoma County invites us to stand for fairness by doing tangible and sustainable acts of kindness. This afternoon

there is an interfaith celebration of International Day of Peace from 4 to 6 pm at St. Stephen's Episcopal Church in Sebastopol. Go to this link to see event details: <https://tinyurl.com/UnitedInKindnessPeaceDay>.

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 "Spirit in Nature," led by practitioner Elias Owens. Everyone is welcome. Love offerings gratefully received.

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.

Community Potluck and Vision Circle

Next 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.

Return Visit: Ron Donoho Free Author Event



This 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"

Workshop, This Saturday, 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.

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 10/1, 10/8, and 10/15, from 10 am to 12:30 pm, with Rev. Tara Steele
- **Rumi, Hafez, and Friends**, four Tuesdays 11/19, 11/26, 12/3, and 12/10, from 7 to 9 pm, with Dr. Kim Kaiser

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

Featured Volunteers
Nurturing Our Community Team



So many visitors to our Center are enveloped in a blessed feeling of being home. That phenomenon sparked Nurturing Our Community (NOC), now in its fourth year. Participants bid on events held in people's homes where they enjoy intimate connections, nourishing food, and community. Many thanks to everyone on the NOC team! They solicit hosts, create the advertising, and oversee the auction. Pictured here, left to right, are Teresa Jansen, Angela Glasser, and Gail Mardfin. Other team members are Jan Davis, Bob Hart, Anne Gero, Bob Matreci, Erica Palazzo, Jeff Basham, Jenny Hale, Lynn Ruebush, and Rev. Tara Steele.

Animal Blessing



Saturday, October 5, from 10 am to 12 noon. Celebrate the joy of your animal companions by bringing your well-behaved pets to this happy event in the north parking lot near Waggoner Hall.

Practitioners will be on hand to bless the animals and their humans. Dogs must be on leashes and cats in carriers. For not-so-social pets, we have a drive-by blessing station. This is a free event with love offerings gratefully received. Please visit our table in the Social Hall on Sunday, September 29, for more information and a free gift.

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.

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.

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.

Delicious Snacks



Have you ever had a delicious baked item, fresh fruit, or other treat from the Snack Table in the Social Hall? Do you know who provides

them? You do! If you want to bring a snack for the table, please go to the Volunteer Table to sign up. All monetary donations collected go the Center's general fund.

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 to use the word aloha. It is used 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 Information table in the Social Hall for complete details.



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