

# Center for Spiritual Living, Santa Rosa

September 29, 2019

## Today's Message

### Healing Our Planet

Dr. Edward Viljoen

## At the Center Today

- **Five-Minute Affirmative Prayer** after each service, Grinton Chapel. No charge. See page 2
- **Silent 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
- **Community Potluck and Vision Circle**, 6 to 7:45 pm, Social Hall. See column 2.

## Monday, September 30

- **Monthly Peace Meditation**, 7 pm, Richard Leo Meditation Room, upstairs. See column 2

## Tuesday, October 1

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

## Wednesday, October 2

- **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.

## Saturday, October 5

- **ManSpirit Brunch**, 9 am to 12 noon, Waggoner Hall. See column 3.
- **Animal Blessing**, 10 am to 12 noon, north parking lot. See column 3.
- **Project Sleep Warm**, 10 am to 1 pm, Room 7, upstairs. 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 Today



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 today. You need not be present to win.

## Spirituality in Action

September 2019 • Stewardship: I Love Our Planet



Thich Nhat Hanh wrote in *Spiritual Ecology: The Cry of the Earth*, that "the world is not a problem to be solved; it is a living being to which we belong. The world is part of our own self and we are a part of its suffering wholeness. Until we go to the root of our image of separateness, there can be no healing. And the deepest part of our separateness from creation lies in our forgetfulness of its sacred nature, which is also our own sacred nature."

In what ways can you commit to staying aware of the sacred nature of our planet, and the sacred nature of our own being?

Blessings,  
Edward Viljoen

## Wednesday Night Wisdom Immortality

Free Drop-in Class, 7 to 8 pm, Waggoner Hall, North Wing. This month Dr. Kim Kaiser welcomes you to a four-week class on Immortality. This week's topic is "Eternal vs. Immortal."

## Community Potluck and Vision Circle

Tonight from 6 to 7:45 pm, Social Hall. 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. **No Sunday Evening Conversations tonight.**

## Register in Social Hall Today for Spiritual Enrichment Courses

- **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](http://steppingstonesbooksandgifts.org) and click on Classes/Workshops/Events.

## Monthly Peace Meditation

Tomorrow, September 30, at 7 pm, Richard Leo Meditation Room, upstairs. Please join us as we gather to focus on an awareness of peace, the evolution of consciousness, and the healing of humanity. Information: Vivian Strand, RScP, 707-953-1917.

## ManSpirit Brunch

This Saturday, October 5, from 9 am to 12 noon, Waggoner Hall, North Wing. All men are welcome to come and share food and camaraderie. Bring a dish to share and your own plate, coffee cup, and eating utensils. If you have questions, please call Peter Stickney, RScP, at 707-478-6752.

## Featured Volunteer Kathryn Jurik



For the past three decades, Kathryn Jurik has given herself in selfless service that blesses our community. Youth Church, Kidz Nights, Family Camp, curriculum writing, and bookstore volunteering is a partial list. Kathryn

has co-created our 4 am Peace Meditation altar and the beautiful batik handprints and hearts that grace our stage from time to time. Currently she enjoys singing in the One Heart Choir and moderating the Center's Facebook page. Kathryn describes service as being the person who likes doing the dishes when everyone else doesn't—not only doing them, but singing at the same time! Thank you, Kathryn, for the many ways you serve us.

## Animal Blessing



This Sat., October 5, from 10 am to 12 noon, in the north parking lot near the entrance to Waggoner Hall. 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.

## Project Sleep Warm

This Saturday, October 5, from 10 am to 1 pm, Room 7, upstairs. We 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. More information:  
kobrin.brenda@gmail.com.

## 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](http://enespanolcslsr.blogspot.com). Live interpretation may be arranged in advance by e-mailing [cslsrenespanol@gmail.com](mailto:cslsrenespanol@gmail.com). La interpretación en español de los mensajes dominicales está disponible en nuestro blog: [enespanolcslsr.blogspot.com](http://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).

## "What Are You Waiting For?"

### Workshop with Maggie Cole



**Saturday, October 19, from 10 am to 1 pm, Room 11, North Wing.** There is no waiting! Say "yes" to your heart's desires. Develop a relationship with your intuitive nature, pinpoint thoughts and beliefs holding you back.

Learn about spiritual practices to assist you in being present. Registration is \$25. Visit Maggie in the Social Hall today and sign up. You can also register online 24/7 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org).

## New Six-week Series Wisdom Healing Qigong with Peter Stickney

Begins Monday, Oct. 21, from 5 to 6:30 pm, Waggoner Hall, North Wing.



Join Peter Stickney, RScP, and certified Level 2 WHQ Instructor to learn the three foundational WHQ practices: awakening vitality, lift chi up pour chi down, and sound healing. The fee is \$60 for all six classes.

Register online 24/7 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org) or at Peter's table in the Social Hall beginning Sunday, October 6.

## 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.

## 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, October 24.

## Are You a Member? Are You Interested in Becoming a Trustee?

If you support the Center financially and have a record of volunteer service here, then you are probably an excellent candidate to serve on the Board of Trustees. You are invited to stop by the Information Table in the Social Hall to pick up an application form. Applications are also available on our website, [cslsr.org](http://cslsr.org). Select "File Downloads" under the Resources tab. The last day to turn in a completed application is Sunday, Dec. 1.

## Free Author Event Anna Gatmon, PhD



**Friday, October 25, from 7 to 8 pm, in the Sanctuary.** In this presentation, Anna Gatmon, author of *Living a Spiritual Life in a Material World*, will discuss a practical formula for leading a balanced and gratifying physical, emotional,

mental, and spiritual life.

## Spirit of Aloha in Kauai with Dr. Edward Viljoen

April 27 – May 2, 2020

In Hawaii, the word Aloha 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 for complete details.

## 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).

# Center for Spiritual Living™ Santa Rosa

*A Science of Mind Community*

2075 Occidental Road  
Santa Rosa CA 95401

Phone: 707-546-4543 • [www.cslsr.org](http://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](http://www.cslsr.org) → Quick Links →

Make an Online Prayer Request

### Affirmative Prayer Library

[www.cslsr.org](http://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](http://www.steppingstonesbooksandgifts.org)

### Member Assistance Program

707-546-4543 ext. 111