



**October 6, 2019**

## Today's Message

*Unity*

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 Conversations, 7 pm, Room 11, North Wing. See page 2.

## Sustaining Givers Ann and Kevin Hutchinson



Photo credit: Deanna Thompson

Regular Sunday morning attendance keeps us grounded and centered throughout the week. One particular workshop set my husband and me on a course of daily spiritual practice that has lasted for years and improved every aspect of our lives.

The Center provides a haven for people of any—or even no—belief system, for people at any stage of spiritual growth. All are welcome at the Center; no one is judged. Lives are transformed here. The music and message are always positive and uplifting—the focus is on oneness and God as Love. The teaching is not

fear-based and reminds us we are all perfect God-beings, and that we can make a difference in the world around us.

## Your Giving Intention

Think of your giving as a **sacred commitment** between you and the Spirit of Wholeness within you. Our spiritual community is sustained by each person who answers the call to do what is theirs to do financially. No more, no less.

## Dive In

**The first step** is to complete a **Giving Intention Form** to let us know what you estimate to contribute in 2020, January to December.

**The second step** is to turn in your Giving Intention Form at the Center this month and pick up the **Gratitude Gifts** we have prepared for you.

**The third step** is to **plan your contribution method**. No matter what method you choose, you have become one of our sustaining givers:

- contribute weekly, monthly, or quarterly
- contribute by check, cash, or credit card
- become an **ongoing automatic contributor**. We can help you set it up. Contact Anne Galbraith, Financial Operations Manager, 707-546-4543, ext. 107.

## This Week

### Tuesday, October 8

- Seniors in Spirit Luncheon, 1 pm, off site. See page 2.
- Science of Mind /12-Step Support Group, 7 pm, Room 11, North Wing. See page 3.

### Wednesday, October 9

- 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, North Wing. See page 2.

### Saturday, October 12

- Saturday Meditation Group, 10 am, Richard Leo Meditation Room, upstairs
- Women of Spirit, 10:30 am, Waggoner Hall, North Wing. See page 2.
- A Course in Miracles Study Group, 11 am, Room 3.

## Full Circle: Conversations About Death & Dying



Meets today from 1 to 2:30 pm in **Waggoner Hall, North Wing**. This month we continue our focus on writing eulogies. Several attendees will share what they have written; others will listen or contribute to the discussion. Everyone is welcome. Love offerings gratefully received. This is our last meeting until February, 2020.

## AIDS/LifeCycle Bake Sale Today

Our team for 2020 has started preparing for our epic ride from San Francisco to Los Angeles in June of next year. To date, our rides 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 "Who Are My Family?" Everyone is welcome. Love offerings gratefully received.

## "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).

## 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*.

## October Nonprofit Partner

**Positive Images**, providing support and advocacy to Sonoma County's gay, lesbian, bisexual, transgender, queer, questioning, asexual, and intersex youth and young adults ages 12-24. Learn more at [www.posimages.org](http://www.posimages.org).

## Featured Volunteer

### Jacque Hansen, RScP



Jacque Hansen and her husband, Hector Hernandez, have been delighted to call Sonoma County their home since May of 2017 after retiring from careers in Silicon Valley. For the previous 10 years, they attended the Center for Spiritual Living, San Jose, where Jacque became licensed as a Practitioner. All her life, Jacque has delighted in learning and growing. She is

grateful to be in Santa Rosa to continue on her spiritual journey with such great support and guidance. From the moment she set foot in our Center, she has been interested in the Education Ministry. Jacque assists in classes and serves as the Zoom technician for on-line classes. She also sits High Watch during Sunday service. We are grateful to you, Jacque, for sharing your deep calling, your expertise, and your ever-ready smile.

## What's New in Stepping Stones Books and Gifts?



Autumn is here! Come into the store and browse through our new line of women's fashions for fall: sweaters, wraps, scarves, socks, and leggings. We have added a new line

of Science of Mind jewelry to our lovely selection of necklaces, earrings, and bracelets. If you need to find a perfect birthday or anniversary gift, check out our array of inspirational books, wind chimes, wall art, indoor/outdoor zen critters, or the new mini singing bowls. Remember: when you shop with us you are supporting the Center and the wonderful work we do in our community.

## Seniors in Spirit Luncheon

**This Tuesday, October 8, 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.

## Wednesday Night Wisdom Immortality

**Free Drop-In Class, 7 pm, Waggoner Hall, North Wing**

This month's teacher is Dr. Kim Kaiser.

- Oct. 9 – Eternity, Immortality, and Continuity
- Oct. 16 – Complete Freedom from All Discord
- Oct. 23 – Q&A Panel with Dr. Kim and Rev. Joyce Duffala

## Women of Spirit

**This Saturday, October 12, 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.



## 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.

## Diversity Discussion Group

**Next Sunday, October 13, 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).

## Spirit in Business Group Wisdom Circle



**Friday, October 18, from 6:30 to 8:30 pm, Rooms 1 and 2.** This month's presenter is Bay Area poet and author Neal Grace speaking on the topic, "Fresh Eyes Upon the World." Our group meets for guest presentations and opportunities for community building. Light snacks and networking follow the talk. Love offerings are gratefully accepted. All proceeds to go to the Center. For more information, contact

Joyce Orecchia at 707-695-2249 or [orechiaj@gmail.com](mailto:orechiaj@gmail.com).

## 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).

## New Six-Week Series Wisdom Healing Qigong with Peter Stickney, RScP



**Begins Monday, Oct. 21, from 5 to 6:30 pm, Waggoner Hall, North Wing.** Join Peter Stickney, RScP, and certified Level 2 Wisdom Healing Qigong (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.

## 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).*

## 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. Anna is a visionary educator and spiritual innovator. She comes from an eclectic background that spans the USA, Israel,

Sweden, and France. Her rich life experience includes careers as a fashion model, founder of an alternative elementary school, counselor, and author.

## 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, December 1.

## 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, October 28, 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.

## Sacred Singing Night with Karen Drucker



**Wednesday, October 30, at 7 pm.** In this special evening of comforting camaraderie, hosted by award-winning singer-songwriter Karen Drucker, we will sing, chant, meditate, listen to short readings, and pray together as we allow our hearts to open and connect with others in our community. This is a free event with love offerings gratefully received.

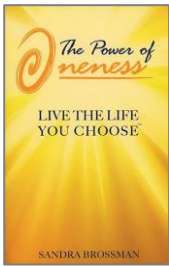
## Science of Mind/12-Step Support Group

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.

## Travel to Hawaii with Dr. Edward

**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. Join Dr. Edward in Kauai to discover the spiritual richness hidden in the true meaning of aloha. Visit the Information Table for details.

## Recommended Reading for October



*The Power of Oneness: Live the Life You Choose* by Sandra Brossman. Sandra Brossman is a facilitator of spiritual healing and a corporate consultant who is dedicated to helping people maximize their potential. She has over 30 years' experience in life coaching, energy healing and business consulting, and leads spiritual workshops across the U.S. The book is available from

Stepping Stones Books and Gifts in the store and online with free shipping.

## World Peace Meditation

**Wednesday, October 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 707-953-1917.

## Yoga Nidra: The Art of Being Still



**Five Monday Evenings, October 21 – November 18, from 6 to 7:15 pm, Grinton Chapel.** Join Kathy Reardon, RScP, and Amrit Method® Certified Facilitator to relax and restore. Let go of all thoughts and drop into a profound state of peace. Limited to 25 participants. Tickets are \$60 for all five sessions, available online 24/7 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org) or in the Social Hall on Sundays.

## Annual Remembrance Service

**Wednesday, November 6, at 7 pm.** In October, the Remembrance Book is available for people to write the names of loved ones who have passed on since November, 2018. The book is at the Spiritual Support table near the drinking fountains in the Social Hall. The names will be read at the Remembrance Service hosted by Rev. Joyce Duffala, Chris Fritzsche, and members of the Grief and Loss Support Ministry. You are welcome to bring flowers, photographs, or other mementos to the service to place on the community altar.

## Do You Shop at Oliver's Market?



If you do, every purchase you make can earn 3% of your purchase as a donation from 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 5:30 pm in Rooms 1 and 2. You are invited to attend. This month's meeting is on Thursday, October 24.



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](mailto: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](http://cslsr.org) → Resources → Make an Online Prayer Request

**Affirmative Prayer Library:** [cslsr.org](http://cslsr.org) → Resources

**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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