

Center for Spiritual Living, Santa Rosa

October 13, 2019

Today's Message

The Principle of Oneness

Dr. Edward Viljoen

At the Center Today

- **Five-Minute Affirmative Prayer** after each service, Grinton Chapel. No charge. See below.
- **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
- **Grief and Loss Spiritual Support**, 12:45 pm, Room 8, upstairs
- **Diversity Discussion Group**, 1:30 pm, Waggoner Hall, North Wing
- **Sunday Evening Conversations**, 7 to 8 pm, Room 11. See column 2.

Tuesday, October 15

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

Wednesday, October 16

- **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. See column 2.

Friday, October 18

- **Spirit in Business Wisdom Circle**, 6:30 to 8:30 pm, Rooms 1 & 2. See column 3.

Saturday, October 19

- **Saturday Meditation Group**, 10 am, Meditation Room, upstairs
- **Maggie Cole Workshop**, 10 am to 1 pm, Room 11. See page 2.
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3

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.

Diversity Discussion Group

Today from 1:30 to 3 pm in Waggoner Hall, North Wing. Share your insights on reading *White Fragility*. Hear from others as we talk about race, privilege, diversity, and inclusion in a safe and respectful setting. All are welcome, even if you haven't read the book.

Meet One of Our Sustaining Pledgers



Lili Escovedo, RScP (pictured here with daughter Camille)

What I have learned at the Center has changed my life in every way. The teachings brought me home to me. I am living a more positive, connected, and creative life than I thought possible.

I have learned a whole new way of being, which is my original way of being! Supporting the Center is an obvious choice for me: it's a way to demonstrate my commitment to myself and my community; it is like investing in my garden so good things can grow and nourish myself and others. Connection, community, and all those AHA!'s spark joy for me at the Center!

Dive in With Us

When we know what support to expect in a calendar year, we can plan effectively. With your support we can...

- Continue to provide **Teen Group and a dynamic, age-appropriate Youth and Family Program**.
- **Sustain and increase our ministerial staff** for the greater good.
- Continue our commitment to annually **partner with 12 nonprofit partners**—organizations that are working toward a world that works better for all.
- Continue mindful **stewardship of our facility** to create a safe, contemporary, well-run home that is characterized by an atmosphere of welcome and spirituality.
- **Expand our outreach** via the web through online classes, video and audio content, and international outreach.
- Continue to bring in speakers and events that **inspire us and nurture a sense of community**.
- **Support our amazing Music Ministry** team by continuing to feature outside musicians and upgrade equipment.

Turn in your Giving Intention Form at the Center this month and pick up the **Gratitude Gifts** we have prepared for you.

Sunday Evening Conversations

Tonight, from 7 to 8 pm, Room 11, North Wing. "Healing Our Sense of Separation," led by Sherry Vierra, RScP. Everyone welcome.

Wednesday Night Wisdom

Free Drop-In Class, 7 to 8 pm, Waggoner Hall, North Wing. In October, Dr. Kim Kaiser is presenting a four-week, drop-in class on immortality. This week's topic is "Complete Freedom from All Discord."

Featured Volunteer Leandra Swent



Our treasured One Heart Choir is served by a large number of volunteers. Leandra Swent has given her heart in many capacities for 17 years as singer, music librarian, choir treasurer, and other duties that come along.

Leandra claims that the love and joy she feels in doing so is Spirit passing through her, to the congregation, and back to her. What a beautiful circle of love! Gratitude reigns supreme.

Spirit in Business Wisdom Circle

This Friday, October 18, from 6:30 to 8:30 pm, Rooms 1 and 2. This month's presenter is author Neal Grace speaking on the topic, "Fresh Eyes Upon the World." We meet for guest presentations and opportunities for community building. Light snacks and networking follow the talk. Contact: Joyce Orecchia, orecchiaj@gmail.com.

Art in the Mezzanine

Beginning today is a new exhibition in the mezzanine featuring the beautiful art of Lorna Ho. Use the staircase opposite the entrance to Stepping Stones or the one near the drinking fountains. You can also use the elevator near the Family Room.

Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at enespanolcslr.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: enespanolcslr.blogspot.com. Para solicitar la interpretación en vivo de un mensaje dominical, por favor envíe una solicitud por adelantado a 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.

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 or at Peter's table in the Social Hall.

Yoga Nidra: The Art of Being Still

Five Monday Evenings, October 21 –

November 6, 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 or in the Social Hall on Sundays.

Sound Bowl Healing

with Claire Victor, RScP

Saturday, November 2, from 3:30 to

6:30 pm. Embark on a journey of sound for personal healing, relaxation, and renewal. Together we create sacred space, then relax into a deep meditation enveloped in the sounds of crystal singing bowls, Tibetan bowls, vocals, and other evocative instruments. Tickets are \$35 in advance or \$40 at the door if space is available. You can register in the Social Hall on Sundays or online 24/7 at steppingstonesbooksandgifts.org.

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.

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.

Thank You, Anne



Anne Galbraith, our Financial Operations Manager, has decided to retire in the near future. Anne has been a vital part of the Center's team for the past 14 years and we will miss her greatly. If numbers

excite you and you would like to be a key member of our team, find out more about this position by contacting Chandra Farnsworth, at chandraf@comcast.net by November 1. After that date, we will broaden our search beyond our congregation.

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. Select "File Downloads" under the Resources tab. The last day to turn in a completed application is Sunday, Dec. 1.

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.

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.

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 26.



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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