

# Center for Spiritual Living, Santa Rosa

October 20, 2019

## Today's Message

*God and the Universe*

Rev. Joyce Duffala

## At the Center Today

- Five-Minute Affirmative Prayer after each service, Grinton Chapel. No charge.
- 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
- Sunday Evening Conversations, 7 to 8 pm, Room 11. See below.

## Tuesday, October 22

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

## Wednesday, October 23

- 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 3

## Friday, October 25

- Anna Gatmon free author event, 7 pm, Sanctuary. See column 2.

## Saturday, October 26

- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- A Course in Miracles Drop-in Study Group, 11 am, Room 3
- Spirit Writes will not meet this month.

## 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.

## Sunday Evening Conversations

Tonight, from 7 to 8 pm, Room 11, North Wing. "There is No Place Where God is Absent—Including You," led by Megan Rooney, RScP. Everyone welcome.

## Meet One of Our Sustaining Pledgers



### Juanita Ortegon

I am at the Center every Sunday because I truly desire to change and grow into a more loving and compassionate spiritual being. I *am* changing and I am growing. I see it in how I respond to life rather than react to situations, at home and in everyday life.

I have received so much that I desire to give of myself by volunteering and contributing financially to help keep our Center alive and thriving for generations to come.

### We invite you to join us

Help us create and sustain an environment where lives are changed. To do that, **everyone is invited to participate** at whatever level is appropriate, by **studying, praying** for our Center, **servng** where you can, **meditating** with us, and **contributing financially** at whatever level is appropriate to their personal or family economy.

We invite you to ask yourself...

- What does the Center mean to my family and me?
- What value do I receive from the Center?
- How will this deeper commitment affect my life?

And then, if it feels right, step into a deeper relationship with your giving by completing a **Giving Intention Form** disclosing how much you (and your family) **intend to contribute in 2020**. Turn in your Giving Intention Form at the Center this month and pick up the **Gratitude Gift** we have prepared for you.

## Free Author Event

### Anna Gatmon, PhD

This 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.

## Ghoulishly Delicious Bake Sale

Next Sunday, October 27. Our teens and advisors will be in the Social Hall next Sunday for a bake sale to raise funds for upcoming teen events. We will have lots of tasty treats to tantalize your taste buds and warm your tummy. See you there!

## Featured Volunteer

### Rebecca Emerson



You will see Rebecca's welcoming face volunteering in hospitality, as an usher, power point operator, and filling in for the Logistics Manager, Donna Starr, in her absence. Rebecca also enjoys many behind-the-scenes roles that give her an understanding of the term "Spiritual Center." She has made many friends here and takes pleasure in the sense of belonging that comes with volunteering.

## Peace Meditation

REMINDER: The Peace Meditation this month is on the 30th rather than the last day of the month.

## Wednesday Night Wisdom

Free Drop-In Class, 7 to 8 pm, Waggoner Hall, North Wing. Join Dr. Kim Kaiser and Rev. Joyce Duffala as they chair a Q&A session on "Immortality." This culminates Dr. Kim's October series on eternity, immortality, continuity, and freedom from discord.

## Sacred Singing with Karen Drucker



Wednesday, October 30, 7 pm.

Save the date! The fifth Wednesday of any month is always a special event and nothing is more special than an evening of sacred music

and singing with singer/songwriter Karen Drucker. Karen says, "I am a firm believer that positive music can uplift and inspire. I write my songs and chants with the hope that you will use them in your everyday life and that you will be singing and dancing along with me."

## 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.

## 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.

## House Concert with

### Gary Lynn Floyd and Jami Lula

Next Sunday, October 27, at 2 pm in



Waggoner Hall. Come and enjoy an intimate afternoon with two amazing musicians.

Gary Lynn Floyd is an American singer-songwriter who connects straight to the heart and lifts up a room with his inspirational lyrics and soulful style. Jami Lula's music is more than a shiver-inducing experience in sound; it is inspiration itself as an offering just for you. Limited seating. Tickets are \$20 in the Social Hall on Sundays, [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org) online 24/7 at and at the door if space is available.

## 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.

## Do Numbers Excite You?

Anne Galbraith, our Financial Operations Manager, has decided to retire in the near future. 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, [chandraf@comcast.net](mailto:chandraf@comcast.net), by November 1. After that date, we will broaden our search beyond our congregation.

## Sound Bowl Healing with Claire Victor, RScP



Saturday, November 2, from 3:30 to 5:30 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 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org) online 24/7.

## Art in the Mezzanine

There is a new exhibition in the mezzanine featuring the beautiful art of Lorna Ho. Take 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.

## New Six-week Series

### Wisdom Healing Qigong with Peter Stickney

Begins this 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.

## 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 can bring a snack for the table, go to the Volunteer Table to sign up. All donations go to the Center.

## 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.

## 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).

## 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 for the Board of Trustees. Application forms are at the Information Table in the Social Hall and 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.



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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) → Resources →

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