

## Center for Spiritual Living, Santa Rosa

October 27, 2019

### Today's Message

#### Seeing Others as One

Rev. Edward Viljoen

### 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
- **House Concert**, 2 pm, Waggoner Hall. See column 2
- **Sunday Evening Conversations**, 7 to 8 pm, Room 11 "Letting Love Rule," with Elias Owens.

### Monday, October 28

- **The Third Act**, 3:30 to 5 pm, Grinton. See page 2

### Tuesday, October 29

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

### Wednesday, October 30

- **Chair Yoga**, 9 am, Grinton Chapel
- **Silent Meditation**, 6:15 to 6:50 pm, Room 11, North Wing
- **Peace Meditation**, 6 to 6:45 pm, Meditation Room upstairs.
- **Sacred Singing with Karen Drucker**, 7 pm, Sanctuary. See column 3

### Saturday, November 2

- **ManSpirit Brunch**
- **Saturday Meditation Group**, 10 am, Meditation Room, upstairs
- **Project Sleep Warm**, 10 am to 1 pm, Room 7 upstairs. See page 2
- **A Course in Miracles Drop-in Study Group**, 11 am, Room 3
- **Sound Bowl Healing with Claire Victor, RScP**. 3:30 to 5:30 pm. See page 2
- **Time Change!** Fall back tonight
- **Spirit Writes** will not meet this month

### Ghoulishly Delicious Bake Sale



Today! 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!

### Our 2020 Nonprofit Partners



The Nonprofit Partner Program is an outreach program of the Center for Spiritual Living, Santa Rosa. Each year since 2004, twelve nonprofit partners have been selected from nominations submitted by individuals in our spiritual community who are either associated with a nonprofit or have benefited from the services of a nonprofit. (Nonprofits may not nominate themselves.) Nominations are received in the fall of each year.

A committee reviews the nominations, vets them to make sure they have a nonprofit tax ID number, and ensures that the mission of the nonprofit is harmonious with the values and teachings of the Center for Spiritual Living. From the nominations, twelve are selected, and each nonprofit is assigned a month of the year. During their assigned month, representatives of the nonprofit are invited to make a two-minute presentation during all three of our Sunday morning services, and also to staff a table in our Social Hall with information about their work and volunteer opportunities.

This year your committee selected the following organizations from your nominations for our 2020 Nonprofit Partners:

- **Aids Lifecycle Ride** (nominated by Jerry Huffaker, Jeff Basham, and Nancy Reynolds)
- **Clean River Alliance** (Cindy Collins)
- **COTS 572** (Giving Intention Team)
- **Knights of Sonoma County** (Jeffrey Sanders)
- **Lily's Legacy Senior Dog Sanctuary** (Ronni Berg)
- **Positive Images** (Alicia Carroll)
- **Seeds of Awareness** (Lauren Darges)
- **Shoes4Kidz** (Lucas Hensley)
- **Sonoma Bach** (Christopher Fritzsche)
- **SRJC Shone Farm** (Robin Zolotoff)
- **Verity** (Edward Viljoen, Linda & Dennis O'Rear)
- **Zariki Nursery and Primary School** (Elisa Baker)

### 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. (Last day to add names is November 3.) 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.

### Today

#### House Concert with Gary Lynn Floyd and Jami Lula

Today—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, or online 24/7 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org) and at the door if space is available.

### 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."

### Turn in 2020 Pledges

Today is the last Sunday to turn in pledge cards in person. Turn in your completed 2020 pledge to support our Center at the Giving Intention table today.

### Art on the Mezzanine

See the beautiful art of Lorna Ho on the mezzanine. Take either staircase or the elevator near the Family Room.

### Peace Meditation

REMINDER: The monthly Peace Meditation is on the 30<sup>th</sup> this month, from 6 to 6:45 pm (in the Meditation Room upstairs) to accommodate those wishing to attend the Sacred Singing event.

## 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.

## 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.

## 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).

## Time Change

**Fall Back** at 2 am on Sunday morning, November 3, to return to Standard Time—for the last time. California voters approved a measure allowing the state to make daylight saving time (DST) year-round.

## Featured Volunteer

### Juanita Ortegón



Juanita discovered Science of Mind in 1992 and reveled in learning through taking classes. She reports that the Center feeds her soul and opens her heart.

She delights in volunteering as an usher; lead usher; training new ushers; serving in hospitality Sunday mornings; serving in the Education Ministry and as a greeter at Wednesday Night Wisdom services; and serving as a greeter on Sunday Mornings. She relished her time serving on the Board of Trustees. "There is so much love here. I feel it when I walk through the doors." Our Community thanks you, Juanita, for your loving service.

## Community Holiday Dinner

Thursday, November 28, 2019

Volunteer sign-ups begin on November 3 either in the social Hall or via email to [Simpleenuf@gmail.com](mailto:Simpleenuf@gmail.com) or call 707-495-9133. Doors will open at 11:30 am, dinner begins at 12:30 pm, and ends at 2:30 pm. Please bring a side dish to serve at least 8 people and your own place-ware.

## Project Sleep Warm

Project Sleep Warm (PSW) meets the first Saturday of each month from 10 am to 1 pm to make comforters and sleeping bags for homeless women in Sonoma County, as well as blankets and bibs for new moms. Drop in anytime—we will teach you how to do this satisfying work. We are accepting donations of money for supplies, marked PSW, at the Information Table in the Social Hall. We also need flat sheets (no fitted ones) or large pieces of cotton quilting fabric. Deliver these to the front desk, marked PSW. Contact Brenda Kobrin at [kobrin.brenda@gmail.com](mailto:kobrin.brenda@gmail.com) or 707-566-6785 for information.

## New Six-Week Series

### Deep Slow Yoga

**Wednesday, November 6-to December 18, 5:30 – 7 pm**, No class on November 27 (Thanksgiving Eve). The season for connecting deeply inward is upon us. With our calming breath practices and soothing yoga, we can embody this season of sacredness. Welcome to the sanctuary of your body, mind, and heart. Introductory rate: \$65. Contact Natalie Seagraves, (707) 579-4602.

## 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.

## Full Circle: Conversations About Death & Dying

Normally held from 1 to 2:30 pm in Waggoner Hall, Full Circle has no meetings in November, December, or January. The next meeting is February of 2020.

## 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, to 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.



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### 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