

**November 3, 2019**

## **Today's Message**

*Spirituality*

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** will not meet this month.
- **Sunday Evening Conversations**, 7 pm, Room 11, North Wing. See page 2.

## **This Week**

### **Tuesday, November 5**

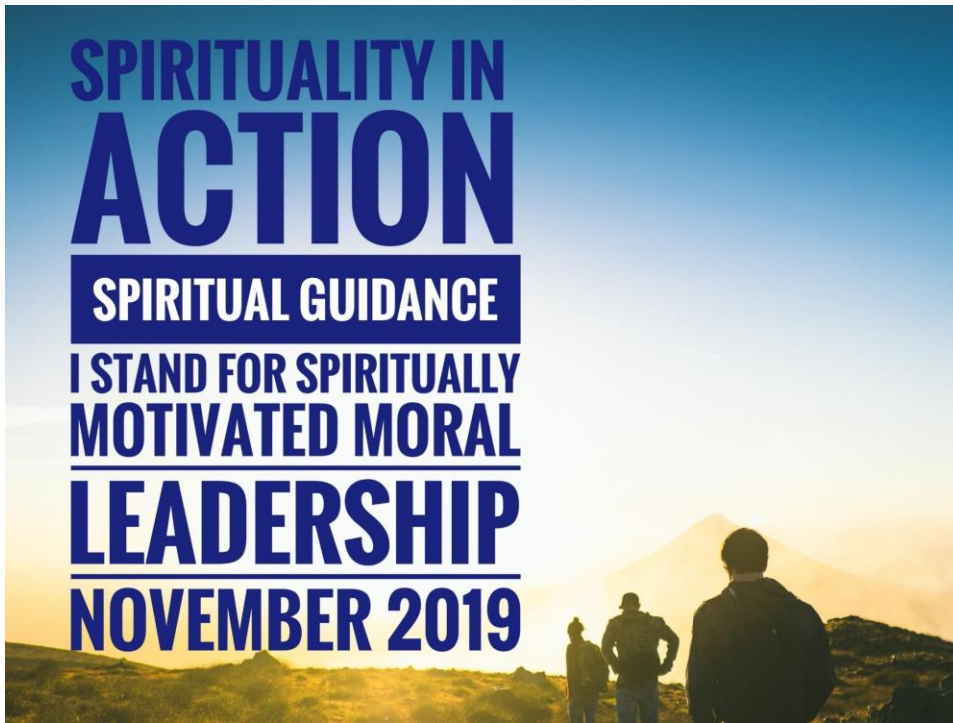
- **Science of Mind /12-Step Support Group**, 7 pm, Room 11, North Wing.

### **Wednesday, November 6**

- **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.
- **Annual Remembrance Service**, 7 pm in the Sanctuary. See page 3

### **Saturday, November 9**

- **Saturday Meditation Group**, 10 am, Richard Leo Meditation Room, upstairs
- **Women of Spirit**, 10:30 am, Waggoner Hall, North Wing. See page 3.
- **A Course in Miracles Study Group**, 11 am, Room 3.
- **Junior Symphony Concert** for ticket holders



Dear Friends,

Last Sunday, October 27, 2019, was the first Sunday in over 25 years that we have not held Sunday services. I missed being with you. As inconvenient as it was for our community not to be able to gather for our celebration services, I am filled with gratitude for those who are going through much more inconvenience, danger, and hardships so that we can be safe.

Thank you, firefighters. Thank you, police officers. Thank you, sheriffs. Thank you, volunteers. Thank you, paramedics. Thank you, medical professionals. Thank you, all helpers and volunteers. Thank you, dispatchers. Thank you, those who prayed, and those who took people into their homes.

As we prepared to return to our homes and works on Wednesday after the mandatory evacuation order was lifted, I felt gratitude for the news sources and reporters who have kept our community up to date and helped us understand the selflessness of our first responders with images showing their tirelessness and bravery.

I am thinking also of those who have lost something, whatever it is. I'm thinking of those who were displaced, or who have yet to return to normal. With them in mind, I'm making a goal of being as kind, helpful, and appreciative as I can be today.

Thank you for being here today, part of our Center for Spiritual Living Community. May you be filled with love today.

Edward Viljoen

Senior Minister

## **Giving Intention Card Submission Extended**

Because services were interrupted last week, we have extended the deadline for you to submit your Giving Intention Card and receive your gratitude gift, as well as to RSVP for the concert gift. Please visit the Giving Intention table in the Social Hall for more information and to let us know if you need additional time to turn in your form. We appreciate you.

## 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, we 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 "What is Guiding Me?" We'll share where our own guidance comes from—where do we find inspiration and motivation in our lives? What are we looking for and where do we seek it? Tom will bring his beautiful music as he engages us to celebrate with him. Everyone is welcome. Love offerings gratefully received.

## Life Spark! Tools for Transformation



**Friday, November 15, 6:30-8:30 p.m.** The magic of shifting is a skill best learned while moving your body and having fun. Join Dr Venus Maher, founder of Life Spark! for a delightful hour of inviting your inner

genius to arise. You will learn powerful practices for transforming "problems" into doorways for growth. Connect and play with the presences that is your true genius—the infinite creative within. Dr Venus Maher is a Chiropractor, Practitioner and Life Coach who founded Life Spark! Tools for Transformation. She delights in sharing tools that facilitate love, abundance, creativity, joy and transformation. Venus gives seminars, classes and privates sessions. Her work is based on decades of creative growth, and the teachings of Gay and Katie Hendricks ([www.hendricks.com](http://www.hendricks.com))

## New Six-Week Series

### Deep Slow Yoga

**Wednesday, November 6-to December 18, 5:30 to 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.

## Days-for-Girls Sewing Days

**Monday, November 4, 10 am to 2 pm.**

Come to Room 7, upstairs, and help us create reusable menstrual kits for girls in developing countries so they can be in school or at work all month long. No experience necessary. We will teach you. Contact Brenda Kobrin, RScP, 707-280-9680.

### Featured Volunteer

## Kathy Galvin, RScP



After moving from Marin County to Seattle for work, Kathy Galvin, RScP, arrived in Santa Rosa in 2017. She attended the Catholic Church until age 22, and practiced Buddhism for over twenty years in mid-life. On a recommendation from a friend, Kathy checked out CSL Seattle, where she reports being "cautiously delighted." At our Center, Kathy reports feeling "blessed and hurtled into new understandings galore" from Dr. Edward's inspired ways of explaining things. Her volunteer activities include secretary to the Practitioner Core, and anything to do with writing and editing, such as contributing to the Sunday Bulletin, proofing Dr. Edward's new book released in June, editing the monthly Senior Minister's report, revising many Education Ministry forms, writing affirmations, and "compulsively alerting people to typos and grammar errors." Kathy, we are very happy to have you in our Community and thank you for your many volunteer contributions.

### Wednesday Night Wisdom

## The Christ Principle

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

This month's topic is "The Christ Principle" with Rev. Tara Steele

- November 6 – Remembrance Service
- November 13 – Human, Divine, Both/And
- November 20 – No Way Can I Be Like Him!
- November 27 – Thanksgiving Eve Service, Sanctuary

## Diversity Discussion Group

**Next Sunday, November 10, 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).

## 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 can 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.

## Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at enespanolcslsr.blogspot.com. Live interpretation may be arranged by appointment in advance by emailing 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.*

## 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.

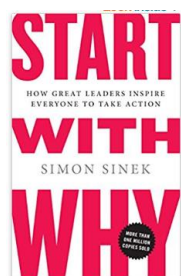
## Science of Mind/12-Step Support Group

**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 November



*Start with Why*, by Simon Sinek. Millions have been touched by the power of Simon Sinek's ideas, including the more than 28 million who've watched his TED Talk—the third most popular TED video of all time. Sinek starts with a fundamental question: Why are some people and organizations more innovative, more influential, and more profitable than others? People like Martin Luther

King Jr., Steve Jobs, and the Wright Brothers had little in common except that they realized that people won't truly buy into a product, service, movement, or idea until they understand the WHY behind it. *Start with Why* shows that those who've had the greatest influence in the world all think, act, and communicate the same way—and it all starts with WHY.

## Annual Remembrance Service

**Wednesday, November 6, at 7 pm.** In October, the Remembrance Book was available for people to write the names of loved ones who have passed on since November 2018. 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.

## Event and Class Payments

We are only able to accept credit cards that have a chip that works. Anyone who has a card without a chip should contact their financial institution for a replacement.

## Women of Spirit

**Saturday, November 9, 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.

## Looking Up

What's Upstairs?

- Mezzanine Art Gallery
- Lending Library
- Meditation Room
- Practitioner Room
- Room 7
- Room 8

How Do I Get There?

- Staircase opposite entry to Stepping Stones Books and Gifts
- Staircase near drinking fountains
- Elevator next to Family Room

## 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!

## 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 the Center.


### Event and Class Payments

We are only able to accept credit cards that have a chip that works. Anyone who has a card without a chip should contact their financial institution for a replacement.

### Art on the Mezzanine

See the 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.

### Important News About Amazon Smile

 If you are an Amazon shopper, a percentage of every purchase can be donated to a nonprofit of your choice. If you want your Amazon purchases to benefit our Center, please visit the Information Table for complete information. If you had already signed up with Amazon Smile, please reselect our Center. A previous technical glitch is now fixed. For details, see Linda Hann at the Information Table.

### 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*.

### Board Meetings

Our Board of Trustees meets once a month at 5:30 pm in Rooms 1 and 2. You are invited to attend; however, this month's meeting is cancelled due to Thanksgiving.

### 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.

### Dr. Edward's Closing Prayer

*Know with me that you are never alone, that Spirit is where you are, that you have only to look within at any moment to know that you are guided and inspired by a Presence that expresses Itself in this world as you. With deepest gratitude, let us live our lives accordingly so that in everything we do, say, and think, we honor that Presence within. Amen*



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

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 → Quick Links → Make an Online Prayer Request

Affirmative Prayer Library: cslsr.org → Support tab

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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