

## Center for Spiritual Living, Santa Rosa

November 10, 2019

### Today's Message

#### Self-Mastery

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
- **Diversity Discussion Group**, 1:30 pm in Waggoner Hall, See page 2
- **Sunday Evening Conversations**, 7 to 8 pm, Room 11. "My GPS: God, Presence, Spirit" with Maggie Cole, RScP.

### Tuesday, November 12

- **Science of Mind/12-Step Support Group**, 7 pm, Room 11, North Wing
- **Seniors in Spirit**, 1 pm. Call (707) 579-1248 for details.

### Wednesday, November 13

- **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, North Wing. See column 3.

### Friday, November 15

**Spirit in Business**, 6:30-8:30 p.m., Rooms 1 and 2. "Life Spark! Tools for Transformation" with Venus Maher, RScP. See page 2.

### Saturday, November 16

- **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

### Concert Refunds

The Jami Lula/Gary Lynn Floyd concert scheduled on Sunday, October 27, was cancelled due to the fires. If you purchased a ticket and would like a refund, please write your complete name, address, and phone number clearly on the back of the ticket and turn into Martha Salazar, Christopher Fritzsche, or the Information table in the month of November. A check will be mailed to you.

## Our Nonprofit Partners 2020



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 meets to review the nominations, vet them to make sure they have a nonprofit tax ID number, and to ensure 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 2-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 & 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)**

### Thanksgiving Potluck



Thursday, November 28, **Thanksgiving Day**. Come gather in joy and gratitude to celebrate the lavish abundance we enjoy together. Doors open at 11:30 am, dinner is served from 12:30 to

2:30 pm. Bring a side dish to serve at least 8 people and your own tableware. There are many service opportunities for this event. Sign-up in the Social Hall or email Suzanne at Simpleunuf@gmail.com or call 707-495-9133. This is Suzanne's final year as coordinator of the dinner. Let her know if you are interested in stepping into this wonderful volunteer opportunity!

### Aloha to Martha Salazar



After 10 years of superb management of our Stepping Stones Book Store, Martha Salazar is moving on to a new position at Petaluma Creamery. As sad as we

are to lose her on our staff, we are happy for her new adventure. Her last day is next Sunday, November 17, although she will be volunteering in the bookstore on Sundays for a few weeks and she will remain a valued member of our community.

### Featured Volunteer

#### Silas Gio



Silas Gio is a reliable, personable, and competent volunteer at Stepping Stones Books and Gifts. He is an ambassador of kindness and he delights in serving in the used book section

of the store, organizing the shelves regularly. Frequent customers might also receive a warm Silas hug as he waits for the store to clear so he can do his work without interrupting the browsers.

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

### Seniors in Spirit

Seniors in Spirit meet every second Tuesday of the month. Contact Norma Miller (707) 579-1248 for the meeting location and to reserve your place at lunch.

## Sunday Evening Conversations



Tonight at 7 pm in Room 11. *No more words. Hear only the voice within.* Rumi

Some of us trust this inner voice that Rumi speaks to. Some of us, at times, wonder which voice we are hearing. There are ways in which we have

## Spirit in Business

### Life Spark! Tools for Transformation



Friday, November 15, 6:30-8:30 p.m., Rooms 1 and 2.

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))

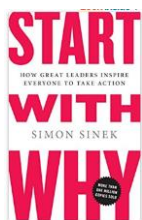
## Diversity Discussion Group



Today at 1:30 pm in Waggoner Hall, North Wing. This month we will talk about how we've

changed over this past year and vision for our group as we move into 2020. The discussion group meets 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).

## 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.

## 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.

## 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).*

## Days for Girls Sewing Project

Monday, 11/11, from 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 what to do. Contact Brenda Kobrin, RScP, 707-280-9680.

## Rumi, Hafez, and Friends Class

Starting Tuesday, 11/19. The poetry of Rumi, Hafez, and others can greatly inspire and liberate the reader. There are great spiritual teachings in these works and also great love to be known and felt through hearing them. In this four-part course, we will meet the poets personally and receive the mystical teachings they have prepared for each one of us. Registration is available Sunday, 11/17 or online at [cslsr.org](http://cslsr.org).

## Event and Class Payments

We are only able to accept credit cards that have a working chip. Contact your financial institution for a replacement.

## No November Board of Trustees Meeting

The next board meeting is on Thursday, December 5. Our Board of Trustees usually meets once a month at 5:30 pm in Rooms 1 and 2. You are invited to attend.



2075 Occidental Road  
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