

Center for Spiritual Living, Santa Rosa

November 17, 2019

Today's Message

Leading from the Heart

Dr. Kim Kaiser

At the Center Today

- Free Five-Minute Affirmative Prayer after each service, Grinton Chapel.
- 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
- Sunday Evening Conversations, 7 to 8 pm, Room 11. "Leading from the Heart" with Krista McAtee. See page 2.

Monday, November 18

- Days for Girls, 10 am to 2 pm, Room 7. See page 2.

Tuesday, November 19

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

Wednesday, November 20

- Chair Yoga, 9 am, Grinton Chapel
- Silent Meditation, 6:15 to 6:50 pm, Room 11
- Wednesday Night Wisdom, 7 pm, Waggoner Hall. See column 3.

Saturday, November 23

- 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 for Sunday, October 27, was canceled 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 your ticket and turn it in at the Information table during the month of November. A check will be mailed to you.

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-

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In the Science of Mind, Dr. Ernest Holmes writes on page 428, "In this drama of human existence, Jesus declared that the meek shall inherit the earth. Let us inquire if his teaching is a true one. Do we teach our children to follow the steps of Caesar and Napoleon? Or do we tell them the story of Jesus or Buddha? The cross is mightier than the crown, and we teach our children that love masters everything! The meek shall inherit the earth. To whom have our artists turned for inspiration and the quickening power which enables them to depict the ideal? Not to the warlords, nor even the captains of industry, but to the meek."

One of my teachers taught me that meek, in this context of spirituality, does not mean weak. Instead it means teachable, nonresistant to new ideas, and flowing. When I am unteachable, determined to be right, and unrelenting in getting my way, I don't get far in life. When I am open to the influences, help, and love of those around me, my journey through life is so much easier.

Blessings,

Edward Viljoen

up in the Social Hall or email Suzanne at Simpleenuf@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!

Rumi, Hafez, and Friends Class

Starts This Tuesday, Nov. 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. You can register in person today in the Social Hall or online until 5 pm.

Be Aware

Please take care that you keep valuables in your car out of sight.

Thank You Martha Salazar

As you move on to your new adventure, know that you have been a stellar member of our staff and that we are grateful you will remain a valued member of our community.

Giving Intention

Thank you to everyone who completed a 2020 Giving Intention Card. Your support of our Center is greatly appreciated. If you meant to fill one out, but haven't had a chance to do so yet, please see Anne or Linda at the Information Table. It's simple: you complete a form telling us what your estimated contribution for 2020 will be and then we can use that to build a budget. If you have received benefit from the Center, we invite you to dive in deeper and become a supporter today. Anne or Linda can also provide you with your 2019 Giving Record.

New Store Hours

Stepping Stones Books and Gifts is no longer open on Wednesdays. New hours are Sunday from 9:30 am to 1:30 pm and Monday and Tuesday from 11 am to 5 pm. The store is closed on Wednesday, Thursday, Friday, and Saturday. As a courtesy to students, textbooks can be ordered online and be available for pick-up at the front desk during business hours.

Featured Volunteer Norma Miller



Norma has been a welcoming presence as usher at the Center for 30 years. Her warmth and graciousness have greeted many a congregant and helped create that feeling of "being home." Norma has run

the Seniors-in-Spirit group for 15 years, took a stint at the front desk for a while, and served former Music Director Linda Webb Khakaba as organizer and friend. Norma loves the many rewards that sharing and being in service have brought her. Thank you, Norma, for all you do!

Wednesday Night Wisdom The Christ Principle

Free Drop-in Class, 7 pm, Waggoner Hall, North Wing. This week's topic is "No Way Can I Be Like Him!" with Rev. Tara Steele.

Thanksgiving Eve Service

Wednesday, Nov. 27, at 7 pm. At this "Family Homecoming," hear music by the One Heart Choir, Claire Victor, and Christopher Fritzsche. Dr. Edward will deliver the message and you will receive a card to write your intentions for 2020, which the Center will keep and mail to you

next year. Please bring a stamp and a pen or pencil.

Sunday Evening Conversations

Tonight at 7 pm in Room 11. Krista McAtee leads a discussion on "Leading from the Heart." Krista says, "Together we will examine aspects of the Heart of a Leader, exploring ways in which we exemplify this leadership, and identify ways to further our ability to lead from the heart."

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. 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: enespanolcslsr.blogspot.com. Para solicitar la interpretación en vivo de un mensaje dominical, por favor envíe una solicitud por adelantado a cslsrenespanol@gmail.com.

Days for Girls Sewing Project

Monday, Nov. 18, 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. We will also meet on Saturday, December 7, at 2 pm.

Travel Size Toiletries

We have an easy way for you to support your community and make use of the little soaps, shampoos, lotions, etc. that you get from hotels. Marlene Mahan is collecting these items for distribution during the holiday season to clients living with mental illness. Please also consider donating deodorant, razors, toothpaste, toothbrushes, and regular size bars of soap. You can place your donations in the plastic box near the east entrance to the Social Hall during the month of November.

November Nonprofit Partner

Dogwood Animal Rescue Project, supporting animals and the people who love them through rescue, re-homing, spay/neuter, and education. Their website is www.dogwoodanimalrescue.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 Meeting

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

Days for Girls

Free Presentation by Founder



Celeste Mergens

Sunday, Nov. 24, 1:30 pm, Waggoner Hall. Come hear directly from the Founder and CEO about the inspiring work of Days for Girls, which has reached 1.5 million

girls and women in 142 countries with the education and means to empower them and break through long-held cultural taboos that have kept women from thriving.

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
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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 →Resources →

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. and Tue. 11 am to 5 pm

Closed Wed. Thur. Fri. Sat.

www.steppingstonesbooksandgifts.org

Member Assistance Program

707-546-4543 ext. 111