

# Center for Spiritual Living, Santa Rosa

November 24, 2019

## Today's Message

*Science of Mind and Morality*

Dr. Edward Viljoen

## 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
- Celeste Mergens Presentation, 1:30 pm, Waggoner Hall. See column 2.
- Sunday Evening Conversations, 7 to 8 pm, Room 11. "Walking Through Life Like Jesus," with Elias Owens, RScP. See page 2.

## Monday, November 25

- The Third Act, 3:30 to 5 pm, Grinton Chapel. See column 2.

## Tuesday, November 26

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

## Wednesday, November 27

- Chair Yoga, 9 am, Grinton Chapel
- Silent Meditation, 6:15 to 6:50 pm, Room 11

## Thursday, November 28

- Thanksgiving Potluck, 11:30 am to 2 pm. See column 2.

## Saturday, November 30

- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- A Course in Miracles Drop-in Study Group, 11 am, Room 3
- Monthly Peace Meditation, 7 pm, Meditation Room, upstairs. See page 2.

## 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.

## 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



The Science of Mind teaching calls us to align with our spiritual nature, which we inherit from divinity, while respecting the divinity of others. Science of Mind is a prayerful approach to life, that instead of laying out a one-size-fits-all mindset, invites us to contemplate and pursue the highest good for all.

Our founder, Dr. Ernest Holmes, in *How to Change Your Life*, wrote that we ought to be thankful for the splendid design of this Universe that has planted within us a guide to right conduct. He called that guide conscience and said that we may access it through our spiritual intuition. He taught us that by knowing the Truth (which means to contemplate the nature of the Divine) we will be compelled to act in a correct way.

If we take time daily to sit quietly and think about what the Divine is to us (and that idea will no doubt change with our growing understanding) will it not become impossible for us to want to harm another, take what is not ours to take, or be deceitful?

Blessings,  
Edward

courtesy to students, textbooks can be ordered online and be available for pick-up at the front desk during business hours.

## Days for Girls

### Free Presentation by Founder



### Celeste Mergens

Today at 1:30 pm,  
Waggoner Hall.

Come hear 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.

## The Third Act

Tomorrow, Nov. 25, from 3:30 to 5 pm.

Rev. Joyce Kinzel facilitates this discussion group in Grinton Chapel for those who are on the mature side of life. We share and learn from one another about our concerns and challenges. Love offerings greatly appreciated.

## Thanksgiving Eve Service

This 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 gratitude in 2020, which the Center will keep and mail to you next year. Please bring a stamp and a pen or pencil.

## Be Aware

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

## Thanksgiving Potluck



This Thursday, Nov. 28, 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 [Simpleenuf@gmail.com](mailto: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!

## Holiday Parking Teams

If you are available to help congregants park safely for Thanksgiving Eve service and Christmas Eve services, please visit the Volunteer Table and sign up to be on one of our parking teams. It's a great way to help our congregants and also earn volunteer hours toward education scholarships. Training provided.

## Featured Volunteer Peggy Weber



Peggy Weber is one of those special people who make a huge difference without a lot of fuss. When there is a last-minute need for a Sunday morning platform practitioner, there she is. When

someone is unexpectedly rushed to the hospital, Peggy often follows, sitting with the family while they await news, bringing them food when they are too focused on their loved one to remember to care for

themselves. She is also a part of the leadership of Full Circle, a group that meets monthly to make talking about death and dying less difficult and more helpful. Look for someone with a welcoming smile and a helping hand; chances are you are looking at Peggy.

### **New Adaptive Yoga Series**

**Begins This Tuesday, Nov. 26, from 10:15 to 11:30 am in Grinton Chapel.** Taught by Brenda Kobrin, RScP, RYT, for people with balance or mobility issues such as MS or Parkinson's. Four-week series for \$50. Call Brenda at 280-9680 to register.

### **2020 Giving Intention Update**

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, 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 use that information to build a budget. Anne or Linda can also provide you with your 2019 Giving Record.

### **Sunday Evening Conversations**

**Tonight at 7 pm in Room 11.** Practitioner Elias Owens leads a conversation on "Walking Through Life Like Jesus." Our founder, Ernest Holmes, called Jesus "the great example." Let's discuss what it means to follow that example in our own lives.

### **Monthly Peace Meditation**

**Saturday, Nov. 30, at 7 pm.** Richard Leo Meditation Room, upstairs. We gather to focus on an awareness of peace, the evolution of consciousness, and the healing of humanity. Everyone is welcome to participate in this simple practice. Information: Vivian Strand, RScP, 953-1917.

### **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 to pick up an application form. Applications are also available 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, December 1.

### **Event and Class Payments**

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

### **Spirit of Aloha in Kauai with Dr. Edward Viljoen**

**April 27 – May 2, 2020**

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).*

### **Project Sleep Warm Raffle**

Win a beautiful handmade quilt in Project Sleep Warm's December 15 raffle to support their work in providing quilts and comforters to Sonoma County homeless shelters. Tickets are \$1 each or 6 for \$5 at their table in the Social Hall on Sundays. Cash donations are also welcome along with flat sheets (not fitted). And we cheerfully invite anyone interested to join us on the first Saturday of every month in Room 7, upstairs, from 10 am to 1 pm. No experience necessary. We will teach you what to do.

### **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](http://www.dogwoodanimalrescue.org).

### **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.



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. and Tue. 11 am to 5 pm

Closed Wed. Thur. Fri. Sat.

[www.steppingstonesbooksandgifts.org](http://www.steppingstonesbooksandgifts.org)

#### **Member Assistance Program**

707-546-4543 ext. 111