



**December 1, 2019**

**Today's Message**

*Science of Mind and Rohatsu*  
Dr. Edward Viljoen

**At the Center Today**

- Free Five-Minute Affirmative Prayer after each service, Grinton Chapel. See page 4.
- AIDS/LifeCycle Bake Sale, Social Hall. See page 2.
- 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. Returns in February.
- Sunday Evening Conversations, 7 pm, Room 11, North Wing. See page 2.

**This Week**

*Tuesday, December 3*

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

*Wednesday, December 4*

- Chair Yoga with William Abel, 9 to 10 am, Grinton Chapel.
- Meditation, 6:15 to 6:50 pm, Room 11, North Wing.
- Wednesday Wisdom, 7 pm, Waggoner Hall, North Wing. See page 3.

*Thursday, December 5*

- Board Meeting, 5:30 pm, Rooms 1 and 2. See page 4.

*Saturday, December 7*

- ManSpirit Brunch, 9 am, Waggoner Hall. See page 2.
- 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 Study Group, 11 am, Room 3.
- Days for Girls, 2 to 5 pm, Room 7, upstairs. See page 2.

Dear Friends,

This month we are celebrating the many ways various spiritual traditions observed the Holy Days. Today we are exploring Rohatsu, a Japanese Buddhist celebration of the moment the Buddha achieved enlightenment. Rohatsu in Japanese means the eighth day of the twelfth (lunar) month, which means it sometimes falls in January. After the adoption of the Gregorian calendar, the celebration became fixed on December 8 and is sometimes called Bodhi Day. Bodhi means awakened or enlightened. Those who celebrate Rohatsu sometimes extend each evening's meditation, making it longer than the previous evening and culminating in a night-long meditation.



Also, this month, we are inspired by the Christian tradition of Advent, focusing on the qualities of Hope, Peace, Joy, and Love in our free Wednesday Wisdom classes at 7 pm. Rev. Tara Steele, Rev. Siota Belle, and Rev. Joyce Kinzel will be facilitating the first three Wednesday evenings; and then on December 25, we will have one service only at 10 am on Christmas morning, focusing on love, and facilitated by Rev. Ruth Barnhart. All are welcomed.

If you would like support in your meditation practice, Rev. Siota Belle is hosting a Wednesday evening meditation, from 6 to 6:45 pm starting on January 8, called Inviting the Sacred. Watch this bulletin for more information about how to start your new year off on the right spiritual footing.

Blessings,  
Edward Viljoen

**Our Anniversary  
Free Dessert & Dance Party**

**Monday, December 16, from 7 to 9 pm.** Join Dr. Edward to celebrate 65 years of Science of Mind in Santa Rosa. This fun-filled evening will feature music by The Core. Please sign up near the Information Table and check out the photos from the past 65 years.

## What's It All About?

### Quick Start and Basic Principles Classes

January is a perfect time to jump in with a quick start in Science of Mind, the teaching of our Center. Dr. Edward will present **three free classes**—on January 5, 12, and 19—with handouts and videos from previous classes to help you dive deeper into spiritual learning. This class is a great way to find out if studying Science of Mind is something you would like to do. You'll learn about active and receptive spiritual practices and the importance of starting with a clear concept of the Divine. After the free three-week course, you may decide to enroll in **Basic Ideas of Science of Mind**, a twelve-week class taught by Practitioner Megan Rooney. Topics include your mind and how it works, thought and its power, the focus of attention, our creative mind, and the technique of treatment. In this class you will learn about the Power within you that responds to you and can lift your life to its highest level, promote health, bring peace amid turmoil, bring success out of failure, and bring happiness out of loneliness.

### Giving Records for 2019

Due to a computer crash this summer, we weren't able to send out our annual letter with your 2019 giving record. Please see Anne or Linda at the Information Table if you would like an update of your giving.

### 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 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.

### 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 "Everything is Holy NOW." Tom McCurry brings his beautiful music. Everyone is welcome. Love offerings gratefully received.

### 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.

### ManSpirit Brunch

This Saturday, December 7, from 9 am to 12 noon, in **Waggoner Hall**. Join men of the Center for brunch on the first Saturday of each month. Bring your own mug and place setting along with some food to share. Details: Peter Stickney, RScP, peter@shareprayer.com.

### Be Aware

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

### Holiday Wreath Sale



**ONE DAY ONLY. Next Sunday, December 8.** Support our teens by purchasing some fragrant holiday wreaths to brighten up your home for the holidays. Prices are \$15 and \$25. Proceeds go toward teen activities and teen camp.

### Let Us Sew, Let Us Sew, Let Us Sew Project Sleep Warm

**Saturday, December 7, 10 am to 1 pm, Room 7, upstairs.** We meet on the first Saturday of every month to make quilts and comforters for homeless women and children in Sonoma County, as well as blankets and bibs for new moms. No experience necessary. We will teach you what to do. Contact: Brenda Kobrin, RScP, 707-280-9680.

### Days-for-Girls Sewing Day

**Saturday, December 7, 2 to 5 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.

### 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.

### December Nonprofit Partner

**Shasta Regional Community Foundation Fire Relief Fund**, receiving donations for those in Northern California impacted by the Carr Fire. [www.shastacf.org](http://www.shastacf.org).

## Featured Volunteer Ken McCauley



Ken McCauley has served as Treasurer on the Board of Trustees and as a longtime volunteer member of the Stewardship Team, seeing to the financial integrity of our Center. Ken says about sacred service, "Many years ago, I learned that service is its own reward. Ever since, I love working with a team and offering my time and talent to a common good.

In doing so, I feel I am a part of a community; I am a part of our beloved Center. I belong." Thank you, Ken, for your gracious and meticulous care of our Center and for sharing your wisdom about one of our pillars of spiritual practice.

## Wednesday Wisdom Celebrations of Light

Free Drop-in Class, 7 pm, Waggoner Hall, North Wing, with Revs. Tara Steele, Siota Belle, and Joyce Kinzel

- December 4 – The Light of Hope
- December 11 – The Light of Peace
- December 18 – The Light of Joy

## Diversity Discussion Group

Next Sunday, December 8, at 1:30 pm. This month we gather for a holiday potluck off site. Please check in at our table to sign up and find out more details. You can also contact Lili Escovedo, RScP, at [liliescovedo@gmail.com](mailto:liliescovedo@gmail.com). We return to our regular monthly discussions in Waggoner Hall on January 12.

## Christmas Eve Candle Lighting Service



Tuesday, December 24, at 6 pm and 8 pm. Enjoy a magical evening of music, inspiration, prayer, and lights. After a message from Dr. Edward, the candle lighting procession will be accompanied by sacred music of the season

specially prepared by music director Christopher Fritzsche and performed by the Christmas Eve Choir and Orchestra. Come 15 minutes early to sing familiar carols together.

## Candle Lighting Service Dress Rehearsal

Monday, December 23, at 7 pm. Can't make the annual candle lighting service? We have an option for those who are traveling and can't attend. On Monday, Dec. 23, we have a dress rehearsal with a preview audience. Not only will you be able to enjoy the season's music, orchestra, and chorus, but you will also be providing us with the valuable opportunity to practice before an audience. We look forward to seeing you there!

## Christmas Day Service

Wednesday, December 25, at 10 am. Grinton Chapel. Join Rev. Ruth Barnhart to anchor in the spirit of this holy day. Her topic is "The Light of Love." Also enjoy music during the service and stay afterwards for coffee, tea, hot cocoa, and conversation.

## Parking Team for Christmas Eve



If you would like to help make parking easy for visitors to the Center on Christmas Eve, please visit the Volunteer Table to sign up for one or both parking teams that night. It's a great way to help our congregants and also earn volunteer hours toward education scholarships. Training provided. Details: [evan.dw@cslsr.org](mailto:evan.dw@cslsr.org).

## 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 by appointment in advance by emailing [cslsrenespanol@gmail.com](mailto: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](mailto:cslsrenespanol@gmail.com).*

## Holiday Shopping at Stepping Stones



Stepping Stones Books and Gifts has beautiful new items for the holiday season. Choose from jewelry, scarves, hand-carved statues, calendars, children's books, wind chimes, and more.

## Are You a Member of the Center? 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](http://cslsr.org). Select "File Downloads" under the Resources tab. The last day to turn in a completed application is today.

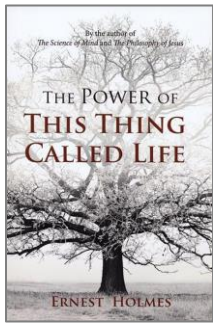
## Travel to Hawaii with Dr. Edward

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.

## 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.

## Recommended Reading for December



*The Power of This Thing Called Life*, by Ernest Holmes. Our founder, Ernest Holmes, explains what This Thing Called Life is and how each person can use it in a way that makes for a dynamic, zest-filled life. Compiled from never-before published transcripts of Ernest Holmes's radio program "This Thing Called Life," *The Power of This Thing*

*Called Life* is a rare gift for those interested in a fresh approach to heightened spiritual ideas. This edition of the book is updated to include contemporary language structure and idioms that have evolved since the original material was presented. It uses gender-neutral language making the ideas apply more broadly to all readers.

## 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:

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.

## Board Meeting

The next meeting of our Board of Trustees is this Thursday, December 5, at 5:30 pm in Rooms 1 and 2. You are invited to attend.

## World Peace Meditation



**Tuesday, December 31, at 4 am in the Sanctuary.** Join us for this peace-filled event that has been observed at the Center since 1986. Why do we meet at 4 am? It is noon, Greenwich Mean Time, and it is Dec. 31 in all 24 time zones on our planet. We sing, meditate, and pray

simultaneously with people all over the world. Feel free to wear your jammies and to bring a blanket.



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](mailto: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](http://cslsr.org) → Quick Links → Make an Online Prayer Request

Affirmative Prayer Library: [cslsr.org](http://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 and Tuesday: 11 am to 5 pm

Closed Wednesday Thursday, Friday, and Saturday

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