

Center for Spiritual Living, Santa Rosa

December 8, 2019

Today's Message

Science of Mind and Kwanzaa

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
- Grief and Los Spiritual Support, 12:45 pm, Room 8, upstairs.
- Diversity Discussion Group, 1 pm, off site. See below.
- Sunday Evening Conversations, 7 to 8 pm, Room 11. "The Wholeness of Us: The Celebration of Kwanzaa" with Practitioner Peggy Weber.

Tuesday, December 10

- Seniors in Spirit, 1 pm, off site. See column 2.
- Science of Mind/12-Step Support Group, 7 pm, Room 11

Wednesday, December 11

- Chair Yoga, 9 am, Grinton Chapel
- Silent Meditation, 6:15 to 6:50 pm, Room 11
- Wednesday Wisdom, 7 pm, Waggoner Hall. "The Light of Peace." See column 2.

Saturday, December 13

- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- A Course in Miracles Drop-in Study Group, 11 am, Room 3
- Women of Spirit will not meet in December.

Diversity Discussion Group

Today, December 8, at 1 pm. This month we gather for a holiday potluck off site. See Rev. Tara Steele for details. We return to our regular monthly discussions in Waggoner Hall on Jan. 12.

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).



This month we are celebrating the many ways various spiritual traditions observe the Holy Days. Today we are exploring Kwanzaa, an African American celebration of life introduced to the United States in 1966, in part to provide an alternative response to what some see as the commercialism of Christmas. The core principles of Kwanzaa are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

The last day of Kwanzaa is the beginning of the new year, January 1, and is a time of self-reflection and recommitment to values and vision. People who celebrate contemplate the answers to these questions:

Who am I? Am I really who I say I am? And am I all I ought to be? It is also a time, if necessary, to recommit to our highest values.

If you would like support getting grounded for the new year, and recommitting to who you are as a spiritual being, consider signing up for our free **Lunch Time Learning** series which takes place on Wednesdays at noon, January 8, 15, 22, and 29. Bring a pen, a bag lunch, and spend some time exploring your spiritual identity and setting your intention for how to navigate the year 2020. All are welcome, but everyone must register at the Information Table.

Warm regards,

Edward Viljoen

Holiday Wreath Sale



Today Only. Support

our teens by purchasing some fragrant holiday wreaths to brighten up your home for the holidays. Prices are \$15 and \$25. Proceeds help fund teen camp.

Seniors in Spirit

This Tuesday, Dec. 10, at 1 pm, off site. Contact Norma Miller at 579-1248 to find out where we are meeting and to reserve your place at lunch.

Wednesday Wisdom Celebrations of Light

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

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

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.

Be Aware

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

Candle Lighting Service Dress Rehearsal

Monday, December 23, at 7:30 pm. If you cannot attend the Christmas Eve Candle Lighting Service, we have an option for you. On Monday, December 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!

Christmas Eve Candle Lighting Service



Tuesday, Dec. 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 is 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.**

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.

Holiday Shopping at Stepping Stones

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

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.

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.

December Nonprofit Partner

Shasta Regional Community Foundation Fire Relief Fund, receiving donations for those in Northern California impacted by the Carr Fire. www.shastarcf.org.

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.

Recommended Reading for December

The Power of This Thing Called Life, by Ernest Holmes. Available from Stepping Stones Books and Gifts.

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.*

Featured Volunteer Linda Thomason



Linda Thomason has offered her gifts of service for nearly all of the two decades she has been a member of the Center—even when we met at Luther Burbank Center for the Arts and she helped with the bookstore operations there. Linda has served on the Board of Trustees and the Stewardship Committee. She enjoys assisting at events and special projects when they arise. Linda says that her monthly bookstore service is a joyful way to meet people and help them select unique gifts or find books that they need. She says that being in service is a privilege and is very gratifying every time she offers herself. Linda's warm smile and kindness brings that same gratification to all of us. Thank you!

World Peace Meditation

Tuesday, December 31, at 4 am in the Sanctuary. This peace-filled event 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.

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.



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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