

Center for Spiritual Living, Santa Rosa

December 15, 2019

Today's Message

Science of Mind and the Solstice

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.
- **Sunday Evening Conversations**, 7 to 8 pm, Room 11. "The Power That Made the Body, Heals the Body," with Rev. Josephine Smith.

Monday, December 16

- **Anniversary Dessert and Dance Party**, 7 pm. See column 2.

Tuesday, December 17

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

Wednesday, December 18

- **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 Joy." See column 2.

Saturday, December 21

- **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 or January. We return in February.

Project Sleep Warm Raffle Today

Win a beautiful handmade quilt in Project Sleep Warm's raffle to support our work in providing quilts and comforters to Sonoma County homeless shelters. Tickets are \$1 each or 6 for \$5 at our table in the Social Hall. Cash donations are welcome, as well as flat bed sheets (not fitted).

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.

Parking Lot Safety

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



This month we are celebrating the many ways various spiritual traditions observe the Holy Days. Today we are exploring the Solstice, that day when the night is longest and the day is shortest. Celebrations of solstice are varied and include activities honoring the return of the sun as well as the natural cycles within life, spiritually and physically. This year, Solstice 2019, falls on December 21, very close to our Candle Lighting Ceremony on

December 24 at 6 and 8 pm when we light candles for personal reasons. You may light your candle in memory of a loved one, to honor the life and ministry of Jesus of Nazareth, to celebrate a personal rebirth of light, or as an intention for the world.

Solstice reminds me of how everything is reciprocally connected. Dark is connected to light, giving is connected to receiving, and beginnings are connected to endings. Understanding these cycles allows us to be in a dance with the flow of spiritual life rather than working against it. In January, I will be teaching a five-week course titled "**Circulation: Joining the Dance**," which focuses on five key ideas: Giving, Receiving, Gratitude, Asking, and Forgiving. Check out the article on page two of today's bulletin for more information about the class. I look forward to your joining me to learn about where and how you can step more fully into the abundant flow of life.

Warm regards,

Edward Viljoen

Wednesday Wisdom Celebrations of Light

Free Drop-in Class, 7 pm, Waggoner Hall, North Wing. Facilitated by Revs. Siota Belle, Joyce Kinzel, and Tara Steele, this week's topic is "The Light of Joy."

Sunday Evening Conversations

Tonight at 7 pm in Room 11. Join Dr. Josephine Smith for a conversation on the topic, "The Power That Made the Body, Heals the Body." Dr. Josephine is a Chiropractic Neurologist with a practice in Santa Rosa.

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 at the Information Table and also check out the photos in the Social Hall from the past 65 years.

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 coffee, tea, hot cocoa, and conversation afterwards..

Donations for the Unsheltered

Help Sonoma County's unsheltered population. Visit our table in the Social Hall to make a donation (cash or checks payable to CSLSR with "unsheltered" in the memo line) and to learn about volunteer opportunities.

Holiday Shopping at Stepping Stones

Stepping Stones Books and Gifts has beautiful 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.

Recommended Reading for December

In *The Power of This Thing Called Life*, Ernest Holmes explains what This Thing Called Life is and how each person can use it in a way that makes for a powerful, zest-filled life. Compiled from the never-before-published transcripts of Ernest Holmes's radio program, this book is a rare gift for anyone interested in a fresh approach to spiritual ideas. Available from Stepping Stones Books and Gifts.

Volunteer on Christmas Eve

We still have some volunteer opportunities available for one or both of our Christmas Eve services. Visit the Volunteer Table if you can serve as an usher, candle table guard, or fire extinguisher monitor.

Parking Ambassadors

We are bringing back our parking ambassador program to keep a watch over our parking lots during services and events. If you would like to be a part of this important team, please see Evan or Jeffrey at the Volunteer Table.

Are You a Good Receiver?

Every Sunday during the offering we hear Dr. Edward talk about the spiritual practice called the law of circulation. He describes it as a group of practices that include giving, receiving, asking, forgiving, and gratitude practices. Typically, a person is good at one of these practices, but struggles with another. For example, you may be a very good giver but have difficulty receiving. Or you may find it hard to ask for what you want. Challenges with these practices may prevent people from living in the abundant flow of life. Using *The Prosperous Life Journal*, Dr. Edward will teach a five-week class to help you discover where you may be blocked and where you can experience more flow in life. The class, **Circulation: Joining the Dance**, meets on five Tuesdays starting January 28.

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. 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

Jill Earl



Having been a member of the Center for ten years, Jill Earl's volunteer service includes counting the weekly offering with finance staff on Monday mornings, baking items for the snack table, and helping prepare congregational mailings. Jill also has been a regular volunteer with two of our former nonprofit partners: Court Appointed Special Advocates (CASA) and Ceres Community Project. Thank you for your service, Jill. We are grateful for your giving spirit.

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

Before the Center sends out the end-of-year statement of your giving record, please stop by the Information Table to make sure we have recorded all of your contributions this year.



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