

Center for Spiritual Living, Santa Rosa

December 22, 2019

Today's Message

The Gifts of the Holy Days

Rev. Julie Schmidt

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. "Finding Your Own Meaning of Holidays" facilitated by Elias Owens, RScP. See column 2.

Monday, December 23

- The Third Act will not meet this month.
- Candle Lighting Service Dress Rehearsal, 7:30 pm. See column 2.

Tuesday, December 24

- Christmas Eve Candle Lighting Services, 6 pm and 8 pm. See column 2.

Wednesday, December 25

- Christmas Day Service, 10 am, Grinton Chapel, See column 3. No Wednesday class tonight.

Saturday, December 28

- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- A Course in Miracles Drop-in Study Group, 11 am, Room 3

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.

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.



This month we are celebrating the many ways various spiritual traditions observe the Holy Days. Our Founder, Dr. Ernest Holmes, had immense respect for the teachings of Jesus of Nazareth and called him the Master Teacher. It is appropriate for us to acknowledge the way Jesus's ministry influenced our spiritual teaching and to honor our Christian friends who celebrate his birth in a variety of ways. For many in our community who do not identify as Christian, we can also celebrate the story of Jesus's birth as a metaphor for the birth of something pure and bright in our world or our own consciousness.

On Christmas Day, December 25, Rev. Ruth Barnhart will facilitate one morning service at 10 am focusing on Love. You are also invited to our Christmas Eve Candle Lighting Service on December 24th at 6 pm or 8 pm, where we light candles for personal reasons, including to honor the birth of Jesus of Nazareth.

Warm regards,

Edward Viljoen

Sunday Evening Conversations

Tonight at 7 pm in Room 11. Join Practitioner Elias Owens for a conversation on the topic, "Find Your Own Meaning of Holidays." Sunday Evening Conversations provide you with an opportunity to explore our teaching, Science of Mind, in an intimate setting where you are seen, heard, and valued. Everyone is welcome.

Christmas Eve Music 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 to enjoy the music portion of the evening. Sing some familiar carols together and also enjoy the music of the orchestra and chorus. This provides the musicians with the valuable opportunity of practicing in front of 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.

Congratulations, Donna



Donna Starr, our Logistics Manager, has accepted a position as Community Ministry Coordinator with Inner Light Ministries in Santa Cruz beginning next

month. She will work alongside Rev. Deborah Johnson as part of their ministerial team in a location that is much closer to Donna's new home in San Jose. We wish Donna every success in this new chapter of her life.

Seeing Clearly in 2020

Next Sunday, December 29, at 7 pm, Waggoner Hall. The approach of the new year invites us to release what no longer serves us and speak our intentions. Join Rev. Tara Steele for a time of reflection, prayer, and intention setting.

Unsheltered Love

Thank you to everyone who has generously supported our commitment to assisting our unsheltered neighbors in Sonoma County. Your donations will fund outreach projects such as the delivery of meals more than 60 volunteers provided

earlier this week to those living on the Joe Rodota Trail. We will also pass along funds to three or four organizations already working with the homeless. Look for monthly updates on this outreach beginning in January. To find out more, contact unshelteredjr@gmail.com.

Holiday Shopping at Stepping Stones

Stepping Stones Books and Gifts has beautiful gift items for the holiday season. Choose from our large assortment of statues, prayer flags, incense, wind chimes, jewelry, novelty socks, and books.

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 Matthew Duran



Matthew Duran is a dedicated volunteer who quietly serves the Center with joy. For the past several years he has looked after our lending library, adding beauty and ease of access for our community. Matthew has also served as a training captain for the Center's AIDS/LifeCycle team and is heading into his twelfth ride for this worthy cause. Thank you, Matthew, for all you do!

Thanks, from Project Sleep Warm

Many thanks to everyone who bought tickets for the raffle to benefit the work of Project Sleep Warm and Days for Girls sewing projects. It was a great success!

Art on the Mezzanine

See the beautiful art of Lorna Ho on the mezzanine. Take either staircase or the elevator near the Family Room.

Five-Minute Affirmative Prayer



You can go to Grinton Chapel any time between services to sit in confidentiality with a Prayer Practitioner. Tell the Practitioner what you would like to experience, relax as the Practitioner speaks an affirmative prayer, then leave the Chapel and be on the lookout for your new experience.

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.

Are You Up to Date?

Are you up to date on your giving intention for 2019? Please stop by the Information Table to check the status of your giving and to make sure we have received all of your contributions this year,

Got Rides?

If you can offer a ride or need a ride, please post on the Center's Facebook page, *Rideshare to the Center for Spiritual Living, Santa Rosa*.



2075 Occidental Road
Santa Rosa CA 95401

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