

Center for Spiritual Living, Santa Rosa

December 29, 2019

Today's Message

The Science of Mind and Hanukkah

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.
- Seeing Clearly in 2020, 7 to 8 pm, Waggoner Hall. See below.

Tuesday, December 31

- World Peace Meditation, 4 am, Sanctuary. See column 2.
- Science of Mind/12-Step Support Group, 7 pm, Room 11, North Wing

Wednesday, January 1

- New Year's Day. Center Closed. No classes or services.

Saturday, January 4

- ManSpirit Brunch, 9 am, Waggoner Hall, North Wing. See column 3
- Project Sleep Warm, 10 am to 1 pm, Room 7, upstairs. See column 3.
- 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.

Seeing Clearly in 2020

Tonight at 7 pm, Waggoner Hall. The approach of the New Year invites us to release what no longer serves us and to speak our intentions. Join Rev. Tara Steele in spiritual community tonight, the last Sunday evening of the year, 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



This month we are celebrating the many ways various spiritual traditions observe the Holy Days. Today we are exploring the Jewish tradition of Hanukkah which is a festival of lights remembering the rededication of the second Jewish Temple in Jerusalem.

On each of the eight nights of Hanukkah, a candle is lit on a unique candelabra called a menorah. This year, Hanukkah began on Sunday, December 22, and ends on the evening of Monday, December 30.

Hanukkah means dedication and also commemorates the victory of the Maccabees and the miracle of the one vial of oil that lasted for eight full days to illuminate the Temple.

Warm regards,
Edward Viljoen

outreach projects such as the delivery of meals our volunteers provided earlier this week to those living on the Joe Rodota Trail. We will also pass along funds to three or four effective organizations already working with the homeless. Look for monthly updates on this outreach, beginning in January.

Stepping Stones Pre-Inventory Clearance Sale

Visit Stepping Stones Books and Gifts today through Sunday, January 12, for 20% off all merchandise. (Excludes consignment items and 2020 books of the month.)

Are You Up to Date?

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

Register in Person Today

Visit the Education Table to register for a class and to pick up your class completion certificates. Did you know that our Home Office sends us a certificate for every core class you complete? Suitable for framing or keeping with your favorite documents.

Join Our Team

We are seeking a person to manage events, volunteers, and our bookstore. If this full-time position is calling your name, please contact Chandra Farnsworth, at chandraf@comcast.net for more information.

World Peace Meditation

This 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.

ManSpirit Brunch

This Saturday, January 4, from 9 am to 12 noon, 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.

Project Sleep Warm

This Saturday, January 4, from 10 am to 1 pm, Room 7, upstairs. We meet on the first Saturday of the month to make comforters and sleeping bags for homeless women in Sonoma County, as well as blankets and bibs for new moms. Drop in any time. We will teach you how to do this satisfying work.

Featured Volunteer Maggie Cole, RScP



Nationally recognized, award winning Practitioner Maggie Cole has floated in and out of so many uplifting events over the last 30 years that we can't imagine how

we could have arrived to today without her. From usher to Sunday Evening and New Year's Eve service facilitator, to national assistance as stage manager, decorator, and event planner extraordinaire, Maggie has given her best

to so many of us. Her favorite all-time creation was the Spirit of the Rose Dancers who graced our stage for five years in the early 1990s. Maggie's reason for service is that the Science of Mind philosophy literally saved her life and has evolved her consciousness to the degree that she experiences longed-for freedom. Also, being in service has uncovered her creative genius, the Truth about God, and herself. We offer great gratitude for Maggie's many years of service here at the Center and beyond.

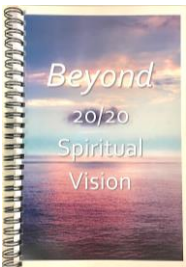
Wednesday Wisdom Lunchtime Learning

Start the New Year off with a spiritual boost. Bring your own lunch and your curiosity to the Center at noon on January 8, 15, 22, and 29. Lunchtime learning is free, and it is an opportunity to learn with Dr. Edward about Science of Mind and make some intentions for the year ahead.

Meditation: "Inviting the Sacred"

Join us every Wednesday evening, beginning January 8, for "Inviting the Sacred," a new facilitator-led meditation experience with Rev. Siota Belle and others. Enjoy a sense of peace and Oneness as we explore different meditation practices together. We meet in Waggoner Hall, North Wing, from 6 to 6:45 pm. This weekly gathering welcomes both new and experienced meditators.

Beyond 20/20 Spiritual Vision



Get a copy of Dr. Edward's book of daily affirmations for 2020. Use each day's message to turn your attention toward spiritually nourishing thoughts that will keep you in close, personal contact with the

Divine. Available from Stepping Stones Books and Gifts. Special price: \$4.

Discover and Design Your Spiritual Practice

Spiritual Practices for Daily Living is a class that focuses on how to have an active daily connection with Spirit and how to find your own unique way of doing that through spiritual practices. You will explore receptive (meditation) and directive (prayer) ways of communing with Spirit to be able to choose the perfect spiritual practice for you in every moment and situation. Various forms of meditation are presented, and you will develop greater skill in verbal and written prayer, especially for others. Textbooks for the class are

Journey of Awakening by Ram Dass and *Can We Talk to God* by Ernest Holmes.

Stretching into the New Year

Deep Slow Yoga begins a new six-week series on January 15. We meet on Wednesdays from 5:30 to 7 pm in Rooms 1 and 2. You are invited to join us for gentle yoga and breathing practices. Introductory rate is \$65. Call Natalie to register, 707-579-4602.

Adaptive Yoga

New six-week series begins Tuesday, January 7. We meet on Tuesdays from 10:15 to 11:30 am in Grinton Chapel. Cost is \$75 for the series or \$15 per class if space is available. Call Brenda Kobrin to register, 707-280-9680.

Parking Ambassadors

We are bringing back our parking ambassador program to keep 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.

Days for Girls Sewing Dates

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. We meet in Room 7, upstairs, on **Wednesday, January 8, from 10 am to 2 pm** and again on **Saturday, February 1 from 2 to 5 pm**. Contact Brenda Kobrin, 707-280-9680.

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.*

Board Meetings

Our Board of Trustees meets once a month at 5:30 pm in Rooms 1 and 2. You are invited to attend. The next meeting is on Thursday, January 23.



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