

January 5, 2020

Today's Message

Love of God  
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, January 7

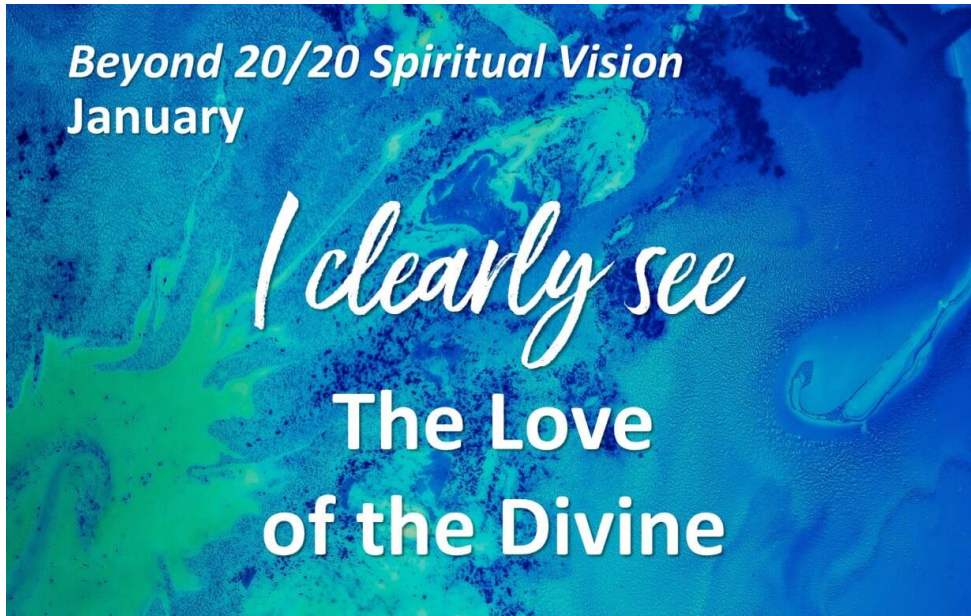
- Science of Mind /12-Step Support Group, 7 pm, Room 11, North Wing.

Wednesday, January 8

- Days for Girls, 10 am to 2 pm, Room 7, upstairs. See page 2.
- Lunchtime Learning, 12 noon, Social Hall. See page 3.
- Chair Yoga with William Abel is on hiatus. Resumes February 12.
- "Inviting the Sacred," facilitator-led meditation with Rev. Siota Belle, from 6 to 6:45 pm, Waggoner Hall, North Wing. See page 3.

Saturday, January 11

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



Dear Friends,



Someone once said to Dr. Raymond Charles Barker, a well-known Science of Mind teacher, that "... as I listen to you lecture I do not have a sense of the Presence of God, because you are always telling us the mechanics of the Law of Mind." Dr. Barker reflected that it was possible that, by focusing on practical spirituality, he may have forgotten about the Thing which makes it all work. After that conversation, Dr. Barker wrote "There is an impelling force for good. It is God. It is in all, through all, and equally distributed in every person. Its main characteristics are intelligence and love."

This month we are focusing on clearly seeing the Love that is the Divine and tuning into its inspiration and warmth. There is an overshadowing Presence which is always with us; it is the loving, creative action of Life. We are always in It and It is always in us.

To learn more about the Divine from a Science of Mind perspective, join our free one-hour class today and the next two Sunday afternoons. Using handouts, sharing, and videos from previous classes, I will be providing a quick start to the Art of Spiritual Living.

Blessings,  
Edward Viljoen

Report from Giving Intention Team

Thank you for participating in our 2020 Giving Intention Program. We are happy to report the following results compared to previous years. Our hearts are overflowing with gratitude for the confidence the community has in the Center. May you and your loved ones enjoy a very prosperous new year.

Year	Cards	General Fund	Renovation	Total
2020	614	\$803,521	\$71,452	\$874,973
2019	714	\$891,160	\$71,026	\$962,186
2018	640	\$741,975	\$60,184	\$802,159

## Honoring Practitioner Service

Ernest Holmes defined "practitioner" as anyone attempting to heal through the mental understanding and spiritual conviction of the ever-present availability of Divine Good. He noted that professional practitioners are those who dedicate their lives to applying this understanding and conviction to the benefit of others. Practitioners who have recently celebrated landmark anniversaries on their path of dedicated service include Evan Dow-Williamson and Catherine Grace (five years), and Melodie Bellagio (15 years).

Four Practitioners have newly attained the status of Practitioner Emeritus. Pictured here, left to right, they are Don Kobrin, Maggie Cole, Susan Fountain, and Venus Maher.



This honor is for those who have served as practitioners for 20 years, and who are nominated and acknowledged for their service by our Center, and by our movement, Centers for Spiritual Living.

## AIDS/LifeCycle Bake Sale Today

Our team for 2020 has started preparing for our epic ride from San Francisco to Los Angeles in June 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 "Faith: How Much Do I Need?" Everyone is welcome. Love offerings gratefully received.

## Stepping Stones Books and Gifts Pre-Inventory Clearance Sale

Visit the store today through next Sunday, January 12, for 20% off all merchandise. (Excludes consignment items and 2020 recommended reading.)

## Stretch into the New Year

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

## Be Aware

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

## 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.

## New Staff Position

Would you like to join our team? We are excited to announce that we are hiring a full time Activities and Events Manager for the Center. If you are interested in finding out more about this newly created staff position, please contact Chandra Farnsworth on or before Jan. 15 at [chandraf@comcast.net](mailto:chandraf@comcast.net).

## Register for Classes 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.

## Adaptive Yoga New Six-Week Series

**Begins this Tuesday, January 7.** We meet on Tuesdays from 10:15 to 11:30 am in Grinton Chapel. Taught by Brenda Kobrin, this class is for people with balance and mobility issues such as MS or Parkinson's. Cost is \$75 for the series or \$15 per class on a drop-in basis, provided there is space available. Call Brenda Kobrin to register: 707-280-9680.

## 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 Book and Gifts. Special price: \$4.

## Days for Girls Sewing Days

**Wednesday, January 8, from 10 am to 2 pm.** 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. **We will also meet on Saturday, February 1, from 2 to 5 pm.** Contact: Brenda Kobrin, 707-280-9680

## Vajra Guru Mantra Class

**Remove blocks that keep you stuck.** Recently Dr. Edward visited the Kingdom of Bhutan where he was introduced to the practice of chanting the Vajra Guru mantra. This prayer is beloved among Bhutanese Buddhists and is believed to remove obstacles that prevent us from flourishing in life. Dr. Edward has prepared a five-week class in which you will learn the chant and meet weekly for an hour to review progress,



unpack the meaning of the chant, and relate it to Science of Mind. Students must be willing to practice daily, review an online video, and attend a weekly class meeting. The class takes place on Monday evenings beginning January 27. Students will be provided with a mala bead necklace and must have access to the internet to view pre-recorded video content for each class.

## Welcome, Mitsi Hughes



### Financial Operations Manager

Mitsi came to the Center three years ago and immediately knew that she had found her spiritual home. She jumped into various classes, Wednesday Wisdom, Women of Spirit, and the Diversity Discussion Group. Her 25 years' experience in accounting at a law office makes her a perfect fit for her new position at

the Center. In her spare time Mitsi enjoys yoga, cooking, gardening, and playing the ukulele, which she began learning last year. You will see Mitsi most Sundays at the Information Table. Stop by and say hello.

## January Nonprofit Partner

**Verity**, working to eliminate all forms of violence, with a special focus on sexual assault and abuse. Learn more at their website, [www.ourverity.org](http://www.ourverity.org).

## 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. Various forms of meditation are presented along with practice in spoken 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.

## New Weekly Meditation: “Inviting the Sacred”

Every Wednesday from 6 to 6:45 pm, join Rev. Siota Belle in Waggoner Hall, for a new facilitator-led meditation. Enjoy a sense of peace and Oneness as we meditate together. Both new and experienced meditators are welcome. Love offerings gratefully received.

## 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. Typically, a person is good at one of these, but struggles with another. 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**, is on five Tuesdays starting on January 28, skipping February 18 for our national convention.

## Wednesday Wisdom in January

**Free Event: Lunchtime Learning with Dr. Edward Viljoen**, 12 noon to 1 pm, Social Hall. Start the New Year off with a spiritual boost by making some intentions for the year ahead. Bring your own lunch and your curiosity to focus with Dr. Edward on the following topics.

- January 8 – Goals
- January 15 – Intentions
- January 22 – Affirmation
- January 29—Release

## Featured Volunteers

### Sunday Morning Usher Leads



These wonderful volunteers, with over 100 years of collective ushering experience at the Center, practice selfless service that keeps our services flowing with grace and ease. Their dedication and commitment are profound. We are all deeply grateful for their gift of love. Pictured here, left to right, are Georgia Davis, Sharon Hawthorne, Chandra Farnsworth, Janet DePree, Lynn Ruebush, Patrick Muldoon, Barbara Alois, Connie Bertlshofer, and Juanita Ortegon. (Not pictured are Sue Adams, Scott Butler, and Tamarya Hulme.)

## Sacred Singing with Karen Drucker

**Wednesday, January 29, at 7 pm.** We will sing, chant, meditate, listen to short readings, and pray together as we allow our hearts to open and connect with others in our community. This is a free event. Love offerings gratefully received.

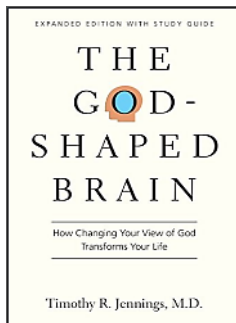
## Spanish/Español

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).*

## 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.

## Recommended Reading for January



Brain research in neuroscience has found that mind and body are interrelated, and how we understand God determines if we thrive. Psychiatrist Tim Jennings unveils how our brains and bodies are benefited when we have a healthy understanding of who God is. Dr. Jennings dispels common misconceptions about God and

shows how different God concepts affect the brain differently. Discover how spiritual practice and neuroscience can bring healing and transformation to our lives. The book is available from Stepping Stones Books and Gifts in the store or online with free shipping.

## 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. First, tell the Practitioner what you would like to experience. Then relax as the Practitioner speaks an affirmative prayer. Finally, 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 on Thursday, January 23, at 5:30 pm in Rooms 1 and 2. You are invited to attend.

## Seeking Crew Members for Our Video Ministry

**Editor**—duties include light editing with Final Cut Pro, adding titles and slides as necessary, entering credits, etc. Time commitment for the position: a couple of hours per month. Ideally, we would like two new editors to join the team.

**Production Crew**—duties include setup and shut down, running the cameras, and directing. Time commitment is a couple of hours on a Sunday as scheduled from 9:30 am.

**Camera Operator**—duties included operating the camera according to the director's instructions. Training available.

Time commitment is a couple of hours on a scheduled Sunday starting at 9:30 am



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 Wisdom

Time and location varies. Check bulletin and website.

### Meditation

Saturday Meditation, 10 to 11 am, Meditation Room, upstairs

Sunday, 9:35 to 9:50 am, Meditation Room, upstairs

Wednesday, 6 to 6:45, Waggoner Hall, 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) → Resources 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

**Follow the Center on Facebook:**

*Center for Spiritual Living Santa Rosa*

**Follow us on Twitter**

@CSLSantaRosa

#AWorldThatWorksForEveryone