

## Center for Spiritual Living, Santa Rosa

January 12, 2020

### Today's Message

#### Devotion

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, 1:30 pm, Wagoner Hall, North Wing. See below.
- Sunday Evening Conversations, 7 pm, Room 11, North Wing. Practitioner Peggy Weber leads a discussion on "Devotion to the Present Moment."

#### Tuesday, January 14

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

#### Wednesday, January 15

- Lunchtime Learning, 12 noon to 1 pm, Social Hall. See column 2.
- Meditation: "Inviting the Sacred," 6 to 6:45 pm, Waggoner Hall. See page 2.

#### Friday, January 17

- Spirit in Business Wisdom Circle, 6:30 to 8:30 pm, Rooms 1 and 2. See col. 2.

#### Saturday, January 18

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

### Stepping Stones Pre-Inventory Clearance Sale Ends Today

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

#### Diversity Discussion Group

Today from 1:30 to 3 pm, Waggoner Hall. We will identify some of the triggers that cause us to react from conditioning, rather than being present for what is actually happening, and explore their antidotes. All are welcome.

#### Parking Lot Safety

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



Science of Mind teaches us that we are in an endless process of thinking and what we dwell upon must in some way become a form. This is why we used to often say that thoughts are things. In reality, thoughts are not things; they are the origin of things, situations, and events. What does your mind dwell on regularly? Do you think about the worst- or best-case scenario for your life and the lives of your loved ones? What about for our country, or our world? Where do you let your thoughts hang out?

Imagine if you were to take time daily to let your thoughts dwell on the beauty and magnificence of the Living Spirit Almighty. That practice is called devotion and must produce beneficial results. You are a spirit with a definite presence and a creative mind. As such, you are free-flowing in your thoughts, you are creative, and you can use your mind to dwell on whatever you want. I invite you to devote yourself this month to the contemplation of the Living Spirit which appears in you as a unique, kind, loving spirit.

Warm regards,  
Edward Viljoen

#### Register in Person Today

Today is the last day to register in person in the Social Hall for our winter classes. Spiritual Practices for Daily Living begins this Tuesday, January 14. Registration continues to be available online 24/7.

#### Wednesday Wisdom Lunchtime Learning

12 noon to 1 pm, Social Hall. Bring your own lunch and your curiosity to the Center at noon every Wednesday in January. Lunchtime learning is free, and it is an opportunity to learn with Dr. Edward about Science of Mind and to make some intentions for the year ahead.

#### Spirit in Business Wisdom Circle and Networking

This Friday, Jan. 17, from 6:30 to 8:30 pm.



This month Michele and Tory Ponsford present "The Power of Agreements." We usually

meet on the third Friday of the month to bring like-minded people together through book studies, networking, and group dialogs. Details at [cslsr.org](http://cslsr.org). Choose "Groups" under the Events and Classes tab.

#### 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).

#### Thank you, Kevin Hutchinson

Last week we featured our volunteer usher leads and neglected to include the name of Kevin Hutchinson who has been serving in that capacity for over 20 years.

#### Stretching into the New Year

Deep Slow Yoga begins a new six-week series this Wednesday, 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.

#### 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, beloved among Bhutanese Buddhists and 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, unpack its meaning, and relate it to Science of Mind. The class begins on Monday, January 27, at 7 pm.

#### Are You a Good Receiver?

Every Sunday during the offering we hear Dr. Edward talk about the spiritual practice called the law of circulation—a group of practices that includes giving, receiving, asking, forgiving, and gratitude. 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.

## Meditation: "Inviting the Sacred"

Join us every Wednesday evening 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.

## Featured Volunteer

### Sherry Lester



This is how Sherry Lester views volunteerism: "I love being in service to the Center. It allows me to give back for all the wonderful ways the Center has helped to enrich my life and live

positively and with compassion." In her 10 years at the Center, Sherry has enjoyed serving as the Alto Section Leader and Co-Treasurer of the One Heart Choir, serving on the Stewardship Committee, providing bank and payroll reconciliation, and monthly money counting. Her love of service has taken her farther out into the community where she volunteers at Ceres Community Project and sings with a band called Jam Nation that performs at care facilities and farmers' markets in Sonoma County giving the gift of music. Thank you, Sherry. Brava!

## 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. Textbooks for the class are *Journey of Awakening* by Ram Dass and *Can We Talk to God* by Ernest Holmes. The class begins this Tuesday, January 14.

## 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. Visit the Volunteer Table to sign up and a video team member will contact you.

## 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.

## Recommended Reading for January

**The God-Shaped Brain**, by Timothy R. Jennings, M.D. Available from Stepping Stones Books and Gifts.

## 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).

## 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.

## 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.

## Free Workshop

### Welcoming as a Spiritual Practice

Sunday, January 26, from 1 to 2:30 pm.

Being an open-hearted, welcoming presence enriches our lives and the lives of those around us. Join Dr. Edward Viljoen as he shares ways to embody Loving Oneness as a spiritual practice in our daily lives. This free workshop is open to everyone, introverts and extroverts alike. Please sign up at the Information Table.

## 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 in advance by e-mailing [cslsrenespanol@gmail.com](mailto: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](mailto:cslsrenespanol@gmail.com).*



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### 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 Wisdom

Time and location varies.

Check bulletin and website.

### 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](http://www.cslsr.org) → Resources →

Online Prayer Request

### Affirmative Prayer Library

[www.cslsr.org](http://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](http://www.steppingstonesbooksandgifts.org)

### Member Assistance Program

707-546-4543 ext. 111