

Center for Spiritual Living, Santa Rosa

January 19, 2020

Today's Message

Faith

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 pm, Room 11, North Wing. Megan Rooney, RScP, "24 Brand New Hours"

Monday, January 20

- Martin Luther King, Jr. Holiday. Store and offices closed today.

Tuesday, January 21

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

Wednesday, January 22

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

Thursday, January 23

- Board meeting, 5:30 pm, Rooms 1 & 2. See page 2.

Saturday, January 25

- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- A Course in Miracles Drop-in Study Group, 11 am, Room 3
- Spirit Writes, 10 am to 12 noon, Waggoner Hall. See page 2.

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. The topic this week is "Affirmation."

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



Dr. Raymond Charles Barker wrote this affirmative prayer about prosperity: God is my unfailing, permanent and perfect supply. I do not work for a living. I work for the glory of God and the good of my community. There is no lack, no limitation. God's Mind and Its perfect Ideas sustain me in all ways. I live in abundance. I rejoice in plenty, and I am prosperous in all my ways. God's bounty is mine to use for good, and I use it now with pleasure and wisdom.

It takes faith to affirm this prayer and to live as if it were completely true. That is the focus of our studies this week, to clearly see the Love of the Divine, and to have faith enough in It that we can affirm "God's bounty is mine to use for good."

If you want to learn more about the Law of Circulation, which includes giving, receiving, asking, and forgiving, consider the five-week class I will start teaching on January 28, Circulation: Joining the Dance.

Warm regards,
Edward Viljoen

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.

The Third Act

This spiritual discussion group, facilitated by Rev. Joyce Kinzel, is for those on the mature side of life (the "third act"). We meet this month on **Monday, Jan. 27, in Grinton Chapel at a new time, 1:30 to 3 pm**. We share and learn from one another about the spiritual values that have guided us so far and discuss the concerns and challenges that face us at this time of our lives. Love offerings gratefully received.

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. Waggoner

Hall, North Wing, from 6 to 6:45 pm. Both new and experienced meditators welcome.

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 at chandraf@comcast.net.

Featured Volunteer

Brenda Kobrin



Brenda is a powerful light in the leadership of the Practitioner Body of the Center. She gives of herself generously by being on the Core Council and the Retreat Planning committee,

Grinton Chapel host, typing prayer requests monthly, and praying weekly with the Healing Circle. In addition, Brenda serves in the Education Department assisting in classes and staffing the registration table. She is the founder of Project Sleep Warm and the Days for Girls project, which extend to local and global communities. "I love serving my beloved community wherever and whenever I can. It opens my heart and fills me with a sense of purpose and the satisfaction of knowing that I am making a difference." Thank you, Brenda, for everything you do!

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.

New Art Upstairs

There is a new exhibition in the mezzanine featuring the beautiful art of Nancy Pettitt Martin. Take the stairs opposite the entrance to Stepping Stones or the near the drinking fountains. You can also use the elevator near the family room. Be sure to sign the guest book.

Do You Know a Good Cleaning Company?

From time to time the Center needs to employ a professional cleaning company to reset the Center after a special event. If you know of a company to recommend, please contact Facilities Manager Evan-Dow Williamson at the Volunteer Table or at evan.dw@cslsr.org.

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 this 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.

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.

Volunteer in Youth Ministry

We have volunteer opportunities in our nursery, youth classrooms, and teen group. Pick up a volunteer application form at the Information Table. Contact: Susan Robinson at susan.robinson@cslsr.org.

Spirit Writes

This Saturday, January 25, from 10 am to 12 noon, Waggoner Hall. Facilitated by Rev. Janet Tobin, we meet on the fourth Saturday of the month to explore spiritual principles through writing and to receive support in the creative process. Love offerings gratefully received. Contact Rev. Janet at 707-874-2726.

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.

Sacred Singing with Karen Drucker



Wednesday, January 29, from 7 to 8:15 pm in the Sanctuary. 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, open to everyone. Love offerings gratefully received.

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.



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 Meditation

6 to 6:45 pm, Waggoner Hall

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