

# Center for Spiritual Living, Santa Rosa

January 26, 2020

## Today's Message

### Altruism

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.
- Welcoming as a Spiritual Practice 1 – 2:30 pm. See page 2
- Sunday Evening Conversations, 7 pm, Room 11, North Wing. Elias Owens, RScP, "Unconditional Giving"

### Monday, January 27

- The Third Act, 1:30 to 3 pm, Grinton Chapel. See column 3

### Tuesday, January 28

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

### Wednesday, January 29

- Lunchtime Learning, 12 noon to 1 pm, Social Hall. See page 2.
- Meditation: "Inviting the Sacred," 6 to 6:45 pm, Waggoner Hall
- Sacred Singing with Karen Drucker: 7 to 8:15 pm, Sanctuary. See page 2.
- Chair Yoga is on hiatus; resumes March 4.

### Friday, January 31

- World Peace Meditation 7 to 8 pm, Waggoner Hall

### Saturday, February 1

- ManSpirit, brunch 9 am to noon, Room 11
- Project Sleep Warm, 10 am to 1 pm, Room 7, upstairs
- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- A Course in Miracles Drop-in Study Group, 11 am, Room 3
- Days for Girls, 2 – 5 pm, Room 7

### 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. As a result, he has prepared a five-week class in which you will learn the chant, unpack its meaning, and relate it to



This week we are focusing on the value of altruism, which is the practice of being concerned with the well-being of others. What blocks us from caring about and taking care of other people? For some it is anger, others it is pride, and for others it is something else. Whatever blocks you from accessing your natural-born kindness, there is a way to undo those blocks. In Bhutanese Buddhism, blocks that hide our inner glory are removed through chanting sacred texts. The practice is like Science of Mind's

affirmative prayer or repeated affirmations.

I invite you to join our five-week class, Vajra Guru Mantra, which starts on January 27. Each student will receive a mala bead to practice the chant, a recording of the chant to practice with, online video lectures relating the chant to Science of Mind, and the class will meet weekly to discuss progress and homework.

Even if you cannot join the class, you can join us in affirming daily that "There is only one Mind, God, Infinite Good, and I am made in the image and likeness of its Goodness."

Blessings,  
Edward Viljoen

Science of Mind. The class begins tomorrow, 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 (our national convention).

### Board Meetings

Our Board of Trustees meets once a month at 5:30 pm in Rooms 1 and 2. You are invited to attend. Next meeting is on Thursday, February 27<sup>th</sup>.

### 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](mailto:chandraf@comcast.net).

### Full Circle

Full Circle provides education, spiritual support, conversation, and resources about death and dying on the first Sunday of the month in Waggoner Hall from 1 to 2:30 pm. Join us for deep conversations. Come and connect!

### January Recommended Reading

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

### 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 1:30 to 3 pm.**

### Featured Volunteer

#### Krista McAtee



Fluent Spanish speaker Krista McAtee is currently enrolled in Advanced Conscious Studies online with global Spanish-speaking teachers

and students in our movement. In addition, she serves as a spiritual coach in the Center's jail ministry, is on the leadership team of our Diversity Discussion Group, supports our Heart in Hand ministry, and is facilitating six Sunday evening conversations this year. Krista enjoys the practice of visioning as a way of manifesting deeper spiritual living in her many communities. *Gracias*, Krista. We are profoundly grateful for your selfless service.

### Nurturing Our Community Is Back!



Next month you'll hear more about our 4th annual Nurturing Our Community (NOC) program, bringing together people from the Center in small groups over a meal or activity—a fun community fundraiser! You can be an event Host! Think about what you'd love to

share and stand by for more information in February.

### 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).

### Seeking Crew Members for Our Video Ministry

Time commitments vary.

**Editor**—duties include light editing with Final Cut Pro, adding titles and slides as necessary, entering credits, etc. Ideally, we would like two new editors to join the team. **Production Crew**—duties include setup and shut down, running the cameras, and directing. **Camera Operator**—duties include operating the camera according to the director's instructions. Training available. Visit the Volunteer Table to sign up and a video team member will contact you.

### 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](mailto:evan.dw@cslsr.org).

### 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.

### Sound Bowl Meditation

Saturday, Feb. 15, from 3:30 to 5:30 pm.

Join Claire Victor on a journey of sound for personal healing, relaxation, and renewal. Together we create sacred space, then relax into a deep meditation enveloped in the sounds of crystal singing bowls, Tibetan bowls, vocals, and other evocative instruments. Tickets are \$35 in advance or \$40 at the door if space is available. Tickets are available and in the Social Hall on Sundays or online 24/7 at [steppingstonesbooksandgifts.org](http://steppingstonesbooksandgifts.org)

### Free Workshop

#### Welcoming as a Spiritual Practice

Today 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



This 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](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](http://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).

### 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.

### ManSpirit Brunch

Saturday, February 1, 9 am to noon, Room 11 (North Wing). Struggling with your masculinity? Get support from other men and hear that you are really OK. Bring a snack to share as well as your own mug, plate, and utensils. For more information, contact Roger at 707-539-5808.

### Meditation: "Inviting the Sacred"

Join us every Wednesday evening for 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.

### Black History Month

Wednesday Evenings in February, 7 pm.

Learn about and celebrate the contributions of African Americans. Lawrence Edwards Calvin Johnson, Olivia Kinsler, and Celeste Austin will present materials and share their experiences.



## Center for Spiritual Living<sup>™</sup> Santa Rosa

*A Science of Mind Community*

2075 Occidental Road  
Santa Rosa CA 95401

Phone: 707-546-4543 • [www.cslsr.org](http://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](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