

## ***Beyond 20/20 Spiritual Vision*** **February**

*I clearly see*  
**The Power of  
Nonviolence**

Dear Friends,



February is a month filled with opportunities for growth, celebration, and inspiration. It is the middle of the Season for Nonviolence (January 30 to April 4), which is why we are studying The Wisdom of Gandhi all month. It is also the month of honoring Black History, and our Wednesday evenings will, again, be focused on Black History.

Today we welcome back Rabbi George Gittleman, of Shomrei Torah Congregation. In 1991, he embarked on his rabbinical journey after 8 years in computer sales, obtaining a Masters in Hebrew Letters and Ordination from the Reform Seminary, Hebrew Union College Jewish Institute of Religion in 1996. Rabbi George is also a Senior Rabbinic Fellow at the prestigious Shalom Hartman Institute in Jerusalem and a graduate of the Rabbinic Leadership Program of The Institute for Jewish Spirituality.

Blessings,  
Edward Viljoen

### **Sunday Topics and Speakers in February**

February 9, "Ahimsa: Nonviolence," Dr. Edward Viljoen  
February 16, "Yield and Prevail," Dr. Edward Viljoen  
February 23, "Out of the Ego Cage," Dr. Edward Viljoen

### **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.

### **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.

## **February 2, 2020**

### **Today's Message**

*The Deeper Meaning of Shalom*  
Rabbi George Gittleman

### **At the Center Today**

- **Free Five-Minute Affirmative Prayer** after each service, Grinton Chapel. See page 3.
- **AIDS/LifeCycle Bake Sale**, Social Hall. See column 1.
- **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** 1 to 2:30 pm, Waggoner Hall, North Wing. See page 2.
- **Sunday Evening Conversations**, 7 pm, Room 11, North Wing. See page 2.

### **This Week**

#### ***Tuesday, February 4***

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

#### ***Wednesday, February 5***

- **Chair Yoga** with William Abel is on hiatus, resuming March 4, at 9 am.
- **Meditation: "Inviting the Sacred,"** 6 to 6:45 pm, Waggoner Hall, North Wing. See column 1.
- **Black History with Lawrence Edwards, RScP, "Black Music's Influence on US Culture,"** 7 to 8 pm, Waggoner Hall.

#### ***Saturday, February 8***

- **Saturday Meditation Group**, 10 am, Meditation Room, upstairs
- **A Course in Miracles Study Group**,

## 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, Sherry Vierra, RScP, leads a discussion titled, "The Benevolent Strength of Nonviolence." Why does it take great strength to live a truly nonviolent life? What is your experience? Tonight, together, we will explore some steps that will help us develop the muscle of love, of gentleness. Everyone is welcome. Love offerings gratefully received.

## 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.

## Are You Interested in Joining Our Team?

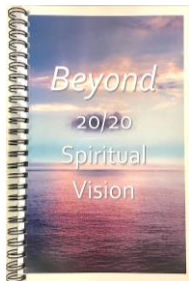
We are excited to announce that we are hiring a full-time Activities & Events Manager for the Center to coordinate our events and volunteers. Must be well-organized and enjoy people. If you are interested in finding out more about this new position, please contact Chandra Farnsworth at [chandraf@comcast.net](mailto:chandraf@comcast.net).

## Adaptive Yoga

**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 a six-week series or drop-in for \$15 per class, provided space is available. Call Brenda for to confirm space is available: 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.

## February Nonprofit Partner

**COTS 572 Lives**, working to help at least 572 people find housing, Learn more at their website, <https://cots.org>

## Full Circle: Conversations About Death & Dying Resumes Today

**From 1 to 2:30 pm in Waggoner Hall, North Wing.** Our topic today is "Re-entering the Conversation: Death Informs Us How to Live." Attendees are invited to share

or just listen. Everyone is welcome, Love offerings gratefully received.

## 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.

## Featured Volunteer

### Susan Stewart



We get to see Susan play bass with Chris Fritzsche and "the gentlemen of the band" as an alternate from time to time. She has sung and assisted the alto section leader with the One Heart Choir for three years, and she enjoys serving coffee and snacks in her Hospitality role on a monthly basis. Susan says that her time given in service is the way she

shows support to this community that gives her so much. It takes a village and Susan is proud to be a part of this life-affirming community of spiritual seekers.

## 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).*

## Circles for Spiritual Connection

Have you heard? Small, in-home groups are returning! Circles for Spiritual Connection, consisting of 6 to 10 congregants, meet weekly for six weeks to create community and deepen our ability to embody our spiritual nature in our daily lives. If you want to learn more or are interested in becoming a host or facilitator, e-mail [circlescslsr@gmail.com](mailto:circlescslsr@gmail.com). We will contact you with details and the dates of the trainings for hosts and facilitators. Groups will begin meeting in mid-May.

## Seeking Crew Members for Our Video Ministry

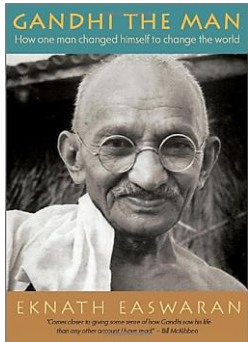
**Editor**—duties include light editing with Final Cut Pro, adding titles and slides as necessary, entering credits, etc. Time commitment for the position: a couple of hours per month. Ideally, we would like two new editors to join the team.

**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

## Board Meeting

The next meeting of our Board of Trustees is on Thursday, February 20, at 5:30 pm in Rooms 1 and 2. You are invited to attend.

## Recommended Reading for February



*Gandhi The Man: How One Man Changed Himself to Change the World*, by Eknath Easwaran.

Gandhi, a young lawyer, became the Mahatma, the "great soul," and led 400 million people to independence—non-violently. Easwaran explains the principles underlying Gandhi's nonviolence and describes ways we can all

use Gandhi's teachings to make the world a more peaceful place.

## Diversity Discussion Group

This monthly discussion group meets on the second Sunday of each month, 1:30 to 3 pm. **Our next meeting is February 9.** Among other topics, we will explore how we become more inclusive by recognizing areas where we hold beliefs that do not serve us or our human community. You can stay informed on group discussions as well as find resources on the group's Facebook page: CSLSR Diversity Discussion Group.

## 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.

## Join the Welcoming Team

The Center's Welcoming Team is expanding! Would you like to serve in a welcoming role on Sunday mornings? You can learn more about the team and its role at the Center and explore this uplifting and engaging volunteer opportunity at our next team Orientation on Saturday, February 29, from 10am to 12 noon. Learn more and sign up at the Information Table or by e-mailing Nancy Reynolds at [nancyreyn12@yahoo.com](mailto:nancyreyn12@yahoo.com).

## 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)

## Unsheltered Love

**On Sunday, February 16**, Unsheltered Love will have a table in the Social Hall where you can get updates on what is happening and also bring new items to be delivered to the unsheltered: **socks, men's and women's underwear, tents, or sleeping bags.** Your gifts will be delivered to the unsheltered. If you have items for the unsheltered at other times, please contact Sonoma County Acts of Kindness on their Facebook page to arrange to deliver them. Thank you to all our donors and volunteers. This month we will be sending donations to three agencies: Sonoma Applied Village Services, Homeless Action, and Sonoma County Acts of Kindness.

## Spirit in Business Wisdom Circle



**Friday, February 21, 6:30 to 8:30 pm, Rooms 1 and 2.** This month's presenter is Gail Raborn, CHT, speaking on the topic, "Discovering Life Purpose from Spiritually Transformative Experiences." Gail a certified hypnotherapist, psychotherapist, intuitive, public speaker, and workshop leader. Join Gail for a fascinating evening of true

stories about the spiritually transformative experiences she has had, and the powerful learnings she has received about life purpose and how you can determine yours. When one almost dies--whether from illness, a violent act, a car accident, or anything else--it's a time for reflection and possibly changing your life course. Gail has faced death in all of these ways and more. But however harrowing the experiences were, she believes that her life-threatening experiences took place so she could find her life purpose, her spiritual mission in life. Except in July, August, and December, Spirit in Business meets on the third Friday of the month. Contact: Joyce Orecchia, RSCP, [orecchiaj@gmail.com](mailto:orecchiaj@gmail.com).



## Nurturing Our Community



Love to knit? To hike? To cook? What skill or interest would you like to share at a small gathering of Center for Spiritual Living folks? From

simple snacks on the patio to a grand sit-down meal, you can help build community and raise money for our Center by hosting an event from May through November. Need more ideas? Stop by the NOC table today! All host forms are due Sunday, February 16.

## Buddhism: The Awakened Mind

What does it mean to be awake? How does one wake up? What is there to wake up from? Turning to thoughts from Buddhism, the students in this four-week class explore what awakening means and how the teachings from the Center offer specific consciousness-raising methods that anyone can practice. Join Dr. Kim Kaiser for this class, which takes place on Thursday evenings, 7 to 9 pm.

## New Art Upstairs

There is a new exhibition in the mezzanine featuring the beautiful art of Nancy Pettitt Martin. Stairs are opposite the entrance to Stepping Stones or near the drinking fountains. Or use the elevator. Be sure to sign the guest book.

## Got Rides?

Are you available to offer a ride to someone who is uncomfortable driving at night or who needs a ride at other times? If you can offer a ride or need a ride, please post on the Center's Facebook page, Rideshare to the Center for Spiritual Living, Santa Rosa.

## Amazon Smile



If you are an Amazon shopper, a percentage of every purchase you make can be donated by Amazon to a nonprofit of your choice. If you want your Amazon purchases to benefit our Center, see the sign-up instruction sheet in the literature rack

under the TV screen in the Social Hall.

## Dr. Edward's Closing Prayer

Know with me that you are never alone, that Spirit is where you are, that you have only to look within at any moment to know that you are guided and inspired by a Presence that expresses Itself in this world as you. With deepest gratitude, let us live our lives accordingly so that in everything we do, say, and think, we honor that Presence within. Amen



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

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 → Quick Links → Make an Online Prayer Request

Affirmative Prayer Library: 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

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