

Center for Spiritual Living, Santa Rosa

February 9, 2020

Today's Message

Ahimsa – Nonviolence

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, Waggoner Hall. See col. 3.
- Sunday Evening Conversations, 7 pm, Room 11, North Wing. Peggy Weber, RScP, leads a conversation on the topic "Nonviolence Means Divine Action."

Tuesday, February 11

- Seniors in Spirit Luncheon, 1 pm, off site. Call Norma at 707-569-1248 to reserve your place.
- Science of Mind/12-Step Support Group, 7 pm, Room 11, North Wing

Wednesday, February 12

- Meditation: "Inviting the Sacred," 6 to 6:45 pm, Waggoner Hall. See page 2.
- Celebrating Black History, 7 pm, Waggoner Hall. See column 2.
- Chair Yoga is on hiatus, resuming March 4.

Saturday, February 15

- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- Women of Spirit, 10:30 am to 12:30 pm
- A Course in Miracles Drop-in Study Group, 11 am, Room 3
- Sound Bowl Meditation, 3:30 to 5:30 pm, Waggoner Hall. See page 2.

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.

Recommended Reading

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

February Nonprofit Partner

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



Ahimsa is the spiritual concept of nonviolence based on the idea that all living beings have the spark of Divinity in them and should therefore be treated with respect. Being nonviolent in action may be the most accessible way to practice, however, nonviolence in thoughts and words is equally rewarding.

Dr. Raymond Charles Barker wrote this Affirmative Prayer, which I find effective in keeping my thoughts, words, and deeds on the path of most kindness and least harm:

There is only one mind, God, and my world is saturated with divine ideas that lead me every step of my way. No more indecision, mistakes or wrong judgments. My consciousness is a center of perfect intelligence in that mind which is God. The action of God's ideas in my thinking is now complete. I know what I need to know at the instant I need to know it. My consciousness is ever expanding in its scope and interest. I let divine ideas govern my thinking and divine love govern my feelings. I am the unlimited outlet open unlimited mind.

Blessings,
Edward Viljoen

Are You Interested in Joining Our Team?

We are excited 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.

Diversity Discussion Group

Today, 1:30 to 3 pm, Waggoner Hall
Join us as we explore how to become more inclusive by recognizing beliefs that do not serve us or our human community. You can stay informed on our discussions and find resources by visiting our Facebook page: CSLSR Diversity Discussion Group.

Celebrating Black History

Wednesday Evenings in February, 7 pm, Waggoner Hall. Learn about and celebrate the contributions of African Americans as some of our congregants share their experiences. Still to come:

- February 12—Calvin Johnson—Just Mercy: The Work of Bryan Stevenson
- February 19—Olivia Kinsler—The Political Scene: How Far Have We Really Come?
- February 26—Celeste Austin—A Journey of Family, Prayer, and Transformation with the Prayer Chapel Singers (Sanctuary)

Buddhism: The Awakened Mind

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, beginning February 17.

Featured Volunteer

Linda Connor



Linda wandered into the Center in 2002 and was mesmerized by the music. Linda Webb-Khakaba was singing "Thank You Mother-Father God." She immediately joined Linda's choir and also

sang backup on stage every Sunday. She says, "It was the music which brought me and the message which kept me." Currently, Linda co-leads the soprano section of the One Heart Choir and serves as the choir's Assistant Director. Linda says that being in service allows her to receive so much more than she could ever give. She feels blessed to be a part of this organization. Linda, you bless all of us with your presence. Many thanks!

Nurturing Our Community (NOC)



Who can host an event? You! Ask a Nurturing Our Community team member what

hosting, or co-hosting, an event entails. Be creative. Break bread together and make new friends by sharing what you love. All Host forms are due next Sunday, Feb. 16.

Women of Spirit

Join us this Saturday, February 15, from 10:30 am to 12:30 pm. Come gather with your sisters in Waggoner Hall for the first Women of Spirit get-together in 2020! Bring your drums and rattles for a drum circle and join the visioning as we create our Vision and Mission Statement with you for the coming year! Your new facilitators, ministerial students Lynda Lundry and

Donna Starr, are looking forward to meeting you all!

Giving Voice to Our Souls

Five Mondays, March 2 – March 30, from 5 to 6:30 pm. Based on Parker J Palmer's book, *A Hidden Wholeness: The Journey Toward an Undivided Life*, this five-week book study, facilitated by Rev. Tara Steele, is an opportunity to experience the gift of seeing ourselves and others more clearly. We will learn to speak our own truth; listen receptively to the truth of others; ask honest, open questions of each other; and offer the healing and empowering gifts of silence and laughter.

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

This Saturday, February 15, from 3:30 to 5:30 pm, in Waggoner Hall. 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

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.

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.

Circles for Spiritual Connection

Small, in-home groups are returning! Circles for Spiritual Connection, consisting of 6 to 10 congregants, will 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, visit our table in the Social Hall today. You can also e-mail circlescslsr@gmail.com and we will contact you with details and the dates of the trainings for hosts and facilitators. Groups will begin meeting in mid-May.

Unsheltered Love Underwear Drive

Visit us at our table next Sunday as we accept your donations of men's and women's new socks, bras, and underwear for distribution to our unsheltered neighbors. Thanks for your support!

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.

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.

One-Time Adaptive Yoga Class

Tuesday, February 18, from 10:15 to 11:30 am, Grinton Chapel. This one-time class is by donation and 100% of proceeds will benefit the Days for Girls Team at the Center to help buy supplies for making menstrual kits for girls in developing countries. This slow-moving class is designed for those with balance and mobility challenges. We use chairs, walls and props to help and adapt poses for each individual's ability. If you've been thinking of trying it, this is a perfect opportunity to check it out.

Days for Girls Sewing Day

Wednesday, February 19, 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. Come with your sewing skills and we'll teach you what to do. We meet in Room 7, upstairs. Contact: Brenda Kobrin, 707-280-9680.



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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