

Center for Spiritual Living, Santa Rosa

February 16, 2020

Today's Message

Yield and Prevail

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 Loss Spiritual Support, 12:45 pm, Room 8, upstairs.
- Sunday Evening Conversations, "Love as Nonviolence." with Krista McAtee, 7 pm, Room 11, North Wing.

Tuesday, February 18

- Science of Mind/12-Step Support Group, 7 pm, Room 11, North Wing
- One Time Adaptive Yoga, 10:15 to 11:30 am, Grinton Chapel

Wednesday, February 19

- Days for Girls Wednesday, 10 am to 2 pm, Room 7, upstairs. See page 2.
- Meditation: "Inviting the Sacred," 6 to 6:45 pm, Waggoner Hall. See page 2.
- Celebrating Black History, 7 pm, Waggoner Hall. See below.
- Chair Yoga is on hiatus, resuming March 4.

Saturday, February 22

- 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 noon, Room 10, North Wing. See column 2.

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.

- February 19—Olivia Kinzler—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)

February Nonprofit Partner

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



Your mind is the place where you must be flexible. Exercise may keep your body flexible and healthy; however, it is not enough. Life demands that we flow with it and for that we must practice being flexible in our thinking. A good starting point is to say silently to yourself:

The Living Spirit Almighty rules and governs everything in my life. It is the source of everything in my life. Because of this,

I identify myself as a spiritual being and my words, thoughts, and deeds move with the flow of Spirit. My mind is a center of activity within Divine Mind; therefore, I tell myself I am not subject to the thoughts of the group mind. I rise above and affirm my kinship with all that is good and true. I accept these thoughts in my deeper mind, and this allows me to yield to all that Spirit is and all that Spirit wants to express in my life.

This week we are exploring the process of dispersing resistance and embracing life more fully. Rev. Tara Steele, our Community Minister, is teaching a class that supports leaning into life in a soulful way. The class, *Giving Voice to Our Souls*, begins on March 2 at 5 pm. In it, students will learn to speak their own truth while listening receptively to the truth of others. It is not a class about fixing, saving, advising, or setting other's straight. It is, instead, a class about soulful connection.

Many blessings to you,

Edward Viljoen

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, February 27.

Are You Interested in Joining Our Team?

We are excited that we are hiring a full-time Events & Activities 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.

Spirit Writes

Join Rev. Janet Tobin on the fourth Saturday of each month, from 10 am to noon in Room 10 North Wing. In each two-hour session, you explore spiritual principles through writing, receive support in the creative process, and become empowered to tap into your "authentic voice." There is no charge for this ongoing group. Love offerings are gratefully accepted.

Recommended Reading for February

Gandhi The Man by Eknath Easwaran. The author 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.

Featured Volunteer Erica Palazzo



Erica Palazzo has served on the Center's Stewardship Core for many years. Her astute conservatorship of

the Center's finances led her to apply for the Board of Trustees where she served for three years. Additionally, Erica is co-chair of the Nurturing Our Community Committee. You may see her greeting congregants before or after Sunday service, so you can thank her for her volunteerism or ask her about her work. Erica says that "There is something, I don't know exactly what it is, that brings tears of joy when I am at the Center. Our Center is definitely a sacred place for me." Thank you for your loving service, Erica.

Nurturing Our Community



Add your unique gathering to the list of Nurturing Our Community (NOC) meals and activities

that will take place from May through November. The more, the merrier! You'll make friends, have fun, and raise funds for our Center by hosting an event. Today is

the last day to sign up to host an event in 2020, although we will still accept completed forms next week.

Circles for Spiritual Connection

Have you heard? Small, in-home groups are returning! Circles for Spiritual Connection, circles 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 attend or be a host or facilitator, see our table in the Social Hall; or e-mail circlescslsr@gmail.com. We will contact you with details. Groups will begin meeting in mid-May.

Buddhism: The Awakened Mind

This four-week class explores what awakening means and how the Center's teachings offer specific consciousness-raising methods that anyone can practice. Join Dr. Kim Kaiser for this class Thursday evenings, February 27 to March 19, from 7 to 9 pm.

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.

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.

Welcoming Team Orientation

Saturday, February 29, 10 am to 12 noon in the Social Hall. The goal of the Welcoming Team is to bring a sense of welcome and belonging to our community on Sunday mornings. Learn more about what is involved and decide if you would like to join the team. Doors open at 9:30 am for coffee and conversation. Orientation sign-up is at the Information Table or by e-mail to 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.

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 reusable menstrual kits for girls in developing countries. This slow-moving class is designed for those with balance and mobility challenges. 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.

Unsheltered Love

Stop by the Unsheltered Love table for an update on our Joe Rodota Trail neighbors. Two ways you can support them: 1) contact elected officials; 2) learn about upcoming volunteer opportunities. Stop by, too, for an update on the Center's donations to other organizations as well.

Tickets on Sale Today

Medium Karen Peterson: Connecting with Your Loved Ones



Friday, March 27, 6:30 to 9 pm, in the Sanctuary. With knowledge of the psychic world, Karen Peterson will answer questions, explain the process of psychic communication, and bring messages through from your loved ones and pets. General admission is \$50, VIP tickets \$85 that include an exclusive meet-and-greet with Karen, from 9 to 9:30 pm. Only 65 tickets are available.

Saturday, March 28, 9:30 am to 12:30 pm. Using art, Karen will help bring you closer to feeling and hearing your own loved one. Together you will create a beautiful collage. \$65 includes most materials; you may bring photos, other mementos, etc.

Parking Lot Safety

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



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