

Center for Spiritual Living, Santa Rosa

February 23, 2020

Today's Message

Out of the Ego Cage

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
- Sunday Evening Conversations, 7 pm, Room 11, North Wing. Tonight's topic is "Would You Talk to God the Way You Talk to You?" with Rev. Josephine Smith.
- Grief and Loss Spiritual Support, 12:45 pm, Room 8, upstairs.

Monday, February 24

- The Third Act, 1:30 to 3 pm, Grinton Chapel. See page 2.

Tuesday, February 25

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

Wednesday, February 26

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

Thursday, February 27

- Board Meeting, 5:30 pm, Rooms 1 and 2. See column 2.

Saturday, February 29

- Saturday Meditation Group, 10 am, Meditation Room, upstairs
- A Course in Miracles Drop-in Study Group, 11 am, Room 3
- Monthly Peace Meditation, 7 pm, Meditation Room, upstairs. See page 2.

Celebrating Black History

This Wednesday, February 26, at 7 pm, Sanctuary. To conclude our month-long celebration of black history, join us for "A Journey of Family, Prayer, and Transformation" with Celeste Austin and the Prayer Chapel Singers. Everyone is welcome.

February Nonprofit Partner

COTS 572 Lives, working to help at least 572 people find housing, Learn more at their website, www.cots.org.



No matter how bad things are, they can get better. No matter how good things are, they can get better. And it is a relief to understand that improvement doesn't depend on something special that I need to have that no other person has. There is only one Life, it is the Living Spirit Almighty, and it lives through me, and you, and everyone.

I did not create my life and cannot take credit for the spiritual energy that flows through me. The Power that created my talents and skills is the same power that created all that is. So, I don't need to be prideful about what flows through my life, because I created none of it. I can, however, embrace the spiritual power that flows through me and use it for the good of all.

The way to use my spiritual power is to create a vision for what I want to see happen in life, for me, and for all sentient beings, for surely what is good for me must be good for all. Visions deal with what is not yet real and may even seem to be impossible. We must not defeat our visions by giving too much attention to how impossible or difficult it may be to attain them. Rather, we must enter into the practice of imagining a greater-yet-to-be with the affirmative attitude that says it is not me personally that makes it so, but the Power of the Living Spirit that does all the work.

Many blessings to you,
Edward Viljoen

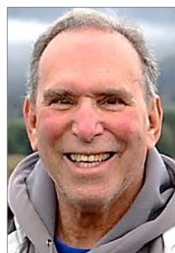
Board Meeting

This Thursday, February 27, at 5:30 pm, in Rooms 1 and 2. Our Board of Trustees meets once a month and you are invited to attend.

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.

Featured Volunteer Don Kobrin



You may not know that there is a weekly Healing Circle that meets to pray together for all the requests that are placed in the prayer box. Don Kobrin has been faithfully serving as part of this selfless service for 22 years. In addition, he loves praying on platform and in Grinton Chapel. Don is the co-founder of the Giving Intention Team, as well as Family Camp. He loved being the Emcee at our annual Holiday Faire and frequently assisting in classes. He serves on the Legacy Team and ManSpirit planning Team. He says this about science of mind: "Its teachings have become a way of life for me and my family. We live each day directed by the principles and it has very much enriched our life experience."

Nurturing Our Community



It's not too late to turn in your 2020 Nurturing Our Community Host

forms! NOC team members at the Social Hall table will happily accept your completed forms today.

Register for Classes in Person Today

Visit the Education Table in the Social Hall to register for the final two winter classes, described in the two articles below. Also, remember to pick up your certificates of completion. Did you know that our Home Office sends us a certificate for every core class you complete? Suitable for framing or keeping with your favorite documents.

Buddhism: The Awakened Mind

This four-week class, taught by Dr. Kim Kaiser, explores what awakening means and how the Center's teachings offer specific consciousness-raising methods that anyone can practice.

Giving Voice to Our Souls

Based on Parker J Palmer's book, *A Hidden Wholeness: The Journey Toward an Undivided Life*, this five-week book study with 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.

Monthly Peace Meditation

This Saturday, February 29, at 7 pm, Meditation Room, upstairs. Everyone is welcome to join us as we focus our awareness on the revelation of world peace via the healing of humanity and the evolution of consciousness. For more information, please contact Vivian Strand, RScP, at 707-953-1917.

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 attend or be a host or facilitator, see our table in the Social Hall; or e-mail circlesclsr@gmail.com. We will contact you with details. Groups will begin meeting in mid-May.

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.

That Welcome Feeling at the Center

What does it mean to feel welcome? Is it possible to create that experience for yourself and others? Come explore these questions and learn about volunteering on the Center's Welcoming Team at our next Orientation, this Saturday, February 29, from 10 am to 12 noon in the Social Hall. Whether you are a shy, gregarious, or anything in between, there is a place on the team for you! Sign up at the Information Table or by e-mailing Nancy Reynolds, nancyreyn12@yahoo.com.

Spanish/Español

Spanish language interpretation of Sunday messages is available on our blog at enespanolclsr.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: enespanolclsr.blogspot.com. Para solicitar la interpretación en vivo de un mensaje dominical, por favor envíe una solicitud por adelantado a cslsrenespanol@gmail.com.

Tickets on Sale Today Medium Karen Peterson: Connecting with Your Loved Ones



Friday, March 27, 6:30 to 9 pm, in the Sanctuary.

Karen Peterson comes with knowledge of the afterlife. She will answer questions, explain the process of

communication, and bring messages through from your loved ones and pets. General admission is \$50. VIP tickets are \$85 and include an exclusive meet-and-greet with Karen, from 9 to 9:30 pm. Only 65 VIP 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. The \$65 fee includes most materials; you may bring photos, other mementos, etc.

The Third Act

This Monday, February 24, from 1:30 to 3 pm, Grinton Chapel. This spiritual discussion group, facilitated by Rev. Joyce Kinzel, is for those on the mature side of life (the "third" act). 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.

Parking Lot Awareness

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

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.

Stepping Stones to Close for Renovation

Stepping Stones Books and Gifts will be temporarily closed for renovation beginning tomorrow, February 24, as we explore the possibility of hiring a part-time manager. All merchandise is 25% off with the exception of consignment items and books of the month. We hope to re-open on Easter Sunday, April 12.



A Science of Mind Community

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