

Center for Spiritual Living, Santa Rosa

March 8, 2020

Today's Message

*Mother: The Key to Our Mystical
Union with the Divine*

Rev. Ruth Barnhart

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, "The Mystical Life: Following Divine Guidance Each Day," with Peggy Weber, RScP, 7 pm, Room 11, North Wing
- Grief and Loss Spiritual Support, 12:45 pm, Room 8, upstairs
- Being and Belonging Discussion Group, 1:30 pm, Waggoner Hall. See below.

Tuesday, March 10

- Seniors in Spirit Luncheon, 1 pm, off site. Please call Norma at 579-1248 to reserve your place.
- Science of Mind/12-Step Support Group, 7 pm, Room 11, North Wing

Wednesday, March 11

- Chair Yoga, 10 to 11 am, Grinton Chapel
- Meditation: "Inviting the Sacred," 6 to 6:45 pm, Waggoner Hall

Saturday, March 14

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

Being and Belonging Discussion Group

Today Rev. Tara will lead an experience of listening deeply to ourselves and each other. We will also take time to remember the gifts of our beloved Virginia who passed away February 28. We meet in Waggoner Hall from 1:30 to 3 pm.

Board Meeting

Our Board of Trustees meets once a month at 5:30 pm in Rooms 1 and 2 and you are invited to attend. The next meeting is on Thursday, March 26.

Women of Spirit

This Sat., March 14, from 10:30 am to 12:30 pm, in Rooms 1 and 2. Gather with women of our congregation to explore our unique contributions to the world as expressions of the Divine Feminine. Facilitated by ministerial interns Donna Starr and Lynda Lundry.



March is the month of Women's History, and we are observing it by studying the Divine Feminine in all. Dr. Ernest Holmes writes in *The Science of Mind*, that "Spirit is the Father-Mother God because It is the Principle of Unity back of all things. The masculine and the feminine principles both come from the One. Spirit is all Life, Truth, Love, Being, Cause and Effect." Holmes describes the Soul of the Universe as the Universal Feminine, or the Holy Womb, because not only is it receptive and creative, it does not reject anything.

My grandmother's love helped me understand what the Divine Feminine might be like. She used to tell me when I was a young boy that there was nothing I could ever do that would cause her to stop loving me. Although I tried very hard to prove her wrong, in the end she was true to her claim.

Dr. Holmes invites us to think of the Divine Feminine as that part of our spiritual nature that is receptive to us without judgment, and that gives birth to the ideas we offer to it.

Many blessings to you,
Edward Viljoen

Is Dr. Edward Leaving?

Last month, at the 2020 annual convention of Centers for Spiritual Living in Denver, Dr. Edward was elected Spiritual Leader of our movement. Here are the answers to some frequently asked questions:

- **As the newly-elected Spiritual Leader, what does this position entail?** Dr. Edward is the spokesperson for our international movement. His term is for three years.
- **Will Dr. Edward be leaving Santa Rosa?** No. Dr. Edward will not be relocating; he is staying with us in Santa Rosa as our Senior Minister.
- **How will Dr. Edward fulfill his duties if the Home Office is in Denver?** Video conferencing technology will allow Dr. Edward to fulfill many of his new duties via the internet from Santa Rosa.
- **How does this change Dr. Edward's relationship to our Center in Santa Rosa?** Dr. Edward has already held high-level leadership positions in Centers for Spiritual Living while guiding our thriving community in Santa Rosa. Our practice of shared leadership in Santa Rosa is a core strength and puts us in a position to support him while he supports the movement. Our staff, practitioners, ministers, trustees, and essential volunteers are ready and willing to support our community and Dr. Edward.
- **Will Dr. Edward still speak on Sundays?** Yes. Dr. Edward will continue to have a Sunday off each month, as he has in the past. We don't anticipate a big difference. However, we'll be open to learning together.

Spirit in Business Group Wisdom Circle



Friday, March 20, from 6:30 to 8:30 pm. Guest speaker Wanda Swenson's topic is "Do-it-Yourself Chronic Pain Relief and Prevention." Wanda will provide simple stress-reducing strategies and self-awareness tools that can be life changing. She practices physical therapy in Sonoma

County and is the author of *The How of Ow: Everyday Self-Care and the Art of Pain Relief*.

Wouldn't You Love to Join Our Team?

- **Part-Time Bookstore Manager.** We are looking for someone to manage Stepping Stones on Sundays. Priorities include customer service, coordination of volunteers, and opening and closing duties, 6 to 10 hours per week.
- **Full-Time Activities & Events Manager.** If you love people and are uber-organized, this may be the job for you! This integral member of our team works closely with our volunteers, coordinates Sundays and events, and keeps the Center running smoothly by managing our internal organizational calendar.

For details on these paid positions, please contact Chandra Farnsworth at chandraf@comcast.net.

Living the Five Steps of Prayer



Next Sunday, March 15, from 2 to 4 pm, in Grinton Chapel. Eugene Holden, RScP, presents a workshop designed to take you deeper, beyond just speaking your word. Come learn how to

consciously live life as answered prayer. Registration is \$25 in the Social Hall on Sunday, March 15; also 24/7 at steppingstonesbooksandgifts.org, or at the door if space is available.

Spirit of Aloha in Kauai with Dr. Edward Viljoen

April 27 – May 2. 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.

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.

Two Events: 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 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 and other mementos.

March Nonprofit Partner

Knights of Sonoma County, serving people in need in Sonoma County—especially those who have fallen between the cracks and have not been able to find help from existing agencies. Learn more at their website, www.12stepknights.com.

Parking Lot Awareness

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

Five-Minute Affirmative Prayer

You are lovingly invited to go to Grinton Chapel any time between services to sit in confidence with a Prayer Practitioner. After briefly considering your desired outcome, take your welcome card to an empty chair next to a Practitioner who will pray with you. First, tell the Practitioner what you would like to experience. Then relax as the Practitioner speaks a five-minute affirmative prayer. Finally, leave the Chapel and be on the lookout for your new experience.

Adaptive Yoga New Six-Week Series

March 10 through April 14. We meet on 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 the series or \$15 per class on a drop-in basis, provided there is space available. Call Brenda to register: 280-9680.

Annual Member Meeting

Sunday, March 29. Check-in and free lunch for members is at 12:30 pm. Business meeting, open to everyone, begins at 1:30 pm. Agenda includes electing new trustees and receiving the CPA's financial report.



The slate of three members to fill vacancies on the board of trustees that will occur at the end of the current term are, left to right, Mary Ann Granieri, Kate Luna, and Dinna Withrich. Candidate biographies are on the literature rack in the Social Hall.

Cancer Thrivers Support Group

Six-week series begins next Monday, March 16, from 1 to 2:30 pm in Room 8, upstairs. For those actively dealing with cancer, we discuss and apply Science of Mind concepts to go beyond survival to *thriving*. Recurring six-week sessions, limited to 10 participants (no drop-ins). Get information and register with Kathy Galvin, RScP, at kgwrites@comcast.net. Love offerings gratefully accepted.

Community Seder

Saturday, March 21, from 5:30 to 7 pm, in the Social Hall. Rabbi George Gittleman of Shomrei Torah will share the meaning behind Seder, then lead us through the meal's rituals. Adults, \$20. Ages 18 and under, \$5. You can get tickets in the Social Hall today or online 24/7 through Wed., March 18. No tickets sold at the door.

Spiritual Sustainability



Workshop with Rev. Deborah Johnson Sunday, March 22, from 2 to 4 pm, in Grinton Chapel. Combining New Thought understanding with the Bible's ancient wisdom, Rev. Deborah

brings insights into how to have an enduring and fulfilling life. Rev. Deborah has been a Metaphysical Bible instructor for over 30 years, including being a faculty member at Holmes Institute. She is the founder of Inner Light Ministries in Santa Cruz. Registration for the workshop is \$25. You can register online 24/7 at steppingstonesbooksandgifts.org, or on Sunday, March 22, in the Social Hall or at the door.

Advanced Spiritual Living TEA (Things Everyone Asks)

Sunday, March 22, from 1:15 to 2:30 pm in Rooms 1 and 2. Come and learn more about this 30-week certificated course of study devoted to personal discovery, integrated spiritual practice, community building, and embodied awareness of living

the principles of Science of Mind and Spirit. Detailed information about Advanced Spiritual Living is on our website, cslsr.org. Choose "Classes" under the "Events & Classes" tab at the top of the page.



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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 → Resources →

Affirmative Prayer Library

Listen to Dr. Edward

on KSRO radio (1350 AM/103.5 FM)

Sunday mornings at 8:30 am

Stepping Stones Books and Gifts

Closed for renovations

Reopening Easter Sunday, April 12

www.steppingstonesbooksandgifts.org

Member Assistance Program

707-546-4543 ext. 111