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## Bulletin for Sunday, May 31, 2020

This Month's Theme: I Clearly See My Soul's Purpose and Calling

Today's Topic and Speaker: "How Would I Show Up If I Believed," Rev. Joyce Duffala

### \*\*SUNDAY SERVICES

From your computer, tablet, or smart phone, watch our Sunday service each week at 8:30, 10, and 11:30 am.

- To watch the service on Zoom Webinar, click on the following link <https://tinyurl.com/SundayCelebrationCSLSR>. You will be asked for your e-mail address and name.
- To watch the service on Facebook, go to <https://www.facebook.com/centerforspirituallivingsantarosa/> and click on "Posts" on the left. Scroll down until you find the broadcast. (On mobile devices the "Posts" button is on a horizontal menu beginning with "Home" and "About" at the bottom of the screen.)
- To watch the service at any time after 8:30 am, click on "Videos" under the Media tab of our website, [www.cslsr.org](http://www.cslsr.org). Recordings of previous Sunday messages are also located there.

### \*\*AFTER SERVICE FIVE-MINUTE PRAYER

Connect with a licensed practitioner after any Sunday service broadcast for a free, confidential one-on-one prayer. The approximate times are 9:30 am, 11 am, and 12:30 pm. If you watch the service on Zoom, you need to log out of that link and then enter a new Zoom link for prayer: <https://tinyurl.com/GrintonPrayer>

### \*\*NEW: CIRCLES FOR SPIRITUAL CONNECTION



Remember Empowerment Groups? Now we have something new! Beginning the second week of June, gather together once a week on Zoom for four meetings in a small group for spiritual connection and to discuss Sunday messages with focus questions provided by Dr. Edward. Choose a meeting day and time that works best for you. Sessions will last approximately 90 minutes. Register on Doodle by this Wednesday, June 3, at 5 pm. Complete details are on our website. [Click here to see the article.](#)

### MAKING YOUR REGULAR WEEKLY CONTRIBUTION

You can do it online at <https://cslsr.org/online-donations> or by mailing a check to the Center at 2075 Occidental Road, Santa Rosa CA 95401. We pick up the mail regularly from our locked mailbox..

### \*\*NEWS FOR PARENTS

Youth and Family Ministry Director Susan Robinson hosts two Zoom youth classes on Sundays, one at 10 am for children aged 4-7 and another at 11 am for children aged 8-12. These are approximately 30 to 40 minutes in length. If you are interested in having your children participate, please reach out to Susan via e-mail at [susan.robinson@cslsr.org](mailto:susan.robinson@cslsr.org).

### \*\*MONTHLY PEACE MEDITATION

Join us tonight, May 31, at 7 pm. Our gathering will begin with a world peace meditation, a practice we observe on the last day of the month. That rich deep time together will open into a sharing of intentions and prayer, the gifts of being in circle together. All are welcome. For more information, please contact Vivian Strand at (707) 953-1917. The Zoom link is <https://tinyurl.com/World-Peace-Meditation>

## **\*\*SUNDAY EVENING CONVERSATIONS**

This week we join with the Monthly Peace Meditation Group at 7 pm, because the last day of the month falls on a Sunday in May. Details above. The Zoom link is <https://tinyurl.com/World-Peace-Meditation>

## **\*\*SUMMER CLASSES**

Our three final summer classes begin soon

- *William James and the Stream of Consciousness*  
taught by Dr. Kim Kaiser  
begins Thursday, June 11, at 6:30 pm.  
[Online registration is available now.](#)
- *The Power of Meditation*  
taught by Practitioner Bette Smith  
begins Monday, June 15, at 6:30 pm  
[Online registration is available now.](#)
- *Beyond Limits (Foundational Core Class)*  
taught by Rev. Siota Belle  
begins Thursday, July 9, at 6:30 pm  
[Online registration is available now.](#)

Core classes and spiritual enrichment courses will be taught on Zoom until we can meet together in person. No late registrations. [Details are on our website.](#)

## **\*\*SCIENCE OF MIND/12-STEP GROUP**

Tuesday, June 2, from 7 to 8 pm. This support group meets each week via zoom. Everyone is invited. The link is <https://us04web.zoom.us/j/356973050>

## **\*\*LUNCHTIME LEARNING**

Wednesday, June 3, from 12 noon to 1 pm. Join us this month for an exploration of the best-selling book *The 1 of the Storm: Embracing Conflict, Creating Peace* by Gary Simmons. Drop in on days you are available. You don't need to have read the book to participate. Facilitators are Ministerial Intern Lawrence Edwards; Lili Escovedo, RScP; and Practitioner Intern Krista McAtee. Click on the following link to connect via Zoom: <https://tinyurl.com/CSLSRLunchtimeLearning>

## **\*\*WEDNESDAY EVENING MEDITATION "INVITING THE SACRED,"**

Wednesday, June 3, join Rev. Siota Belle from 6 to 6:45 pm for this tranquil gathering and enjoy a sense of peace and Oneness. The Zoom link is <https://tinyurl.com/WednesdayEveningMeditation>

## **\*\*SATURDAY MORNING MEDITATION**

Saturday, June 6. Zoom in to Saturday Meditation Group at 10 am every week to strengthen your meditation practice. The Zoom link is <https://tinyurl.com/SatMeditationGp>

## **\*\*BEING AND BELONGING DISCUSSION GROUP**

Sunday, June 14, from 1:30 to 3 pm. Join with us on Zoom to learn more about our relationship with diversity, inclusivity, social rank, racism, oppression, and privilege. This month our discussion focuses on understanding the journey transgender individuals take to confirm their identity and on ways others can show respect and a willingness to be their allies. All are welcome. The Zoom link is <https://tinyurl.com/BBGDiscussion>

## TELEPHONE NUMBERS FOR SPIRITUAL SUPPORT

- To have someone pray with you, call our Telephone Prayer Ministry, 707-546-4561.
- To hear an inspirational message and prayer, call Dial-a-Thought, 707-544-5423.
- To request hospital or home telephone visits, call Heart in Hand, 707-546-4543, ext. 370.
- For grief support, call Rev. Siota Belle at 707-546-4543, ext. 106.

For additional spiritual support, click on "Resources" at the top of our homepage, [www.cslsr.org](http://www.cslsr.org).

## 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. And so it is.

*Thank you for your patience, understanding, and continued support during this time of social distancing.*

### **\*\*HOW TO ZOOM**

If you have never used Zoom, here is the link to a short video for first-time users:

<https://www.youtube.com/watch?v=9isp3qPeQ0E>