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via our website, www.cslsr.org



Bulletin for Sunday, June 7, 2020

This Month's Theme: I Clearly See the Path to Waking Up!

Today's Topic and Speaker: "Breaking Free from Self-Demeaning Talk," Dr. Kim Kaiser

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. 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>

Youth Classes

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.

Teen Group

Our teens meet on Zoom every Sunday from 12 noon to 2 pm. Contact Susan Robinson for details: susan.robinson@cslsr.org.

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.

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.

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 7 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.](#)

No late registrations. [Details are on our website.](#)

Special Event

ADVANCED SPIRITUAL LIVING T.E.A. (Things Everyone Asks)

Sunday, June 28, from 1:15 to 2:45 pm. Get answers to all of your questions about Advanced Spiritual Living, a 30-week course devoted to living the Principles of Science of Mind and Spirit.

The Zoom link is <https://us02web.zoom.us/j/81714863587>

Online Resources

AFFIRMATIVE PRAYER LIBRARY

Read a prayer on a subject of your choice. You can search the prayers by subjects such as Health, Peace, Grief and Loss, Abundance, and more. The link to the prayer library is

<https://affirmativeprayerlibrary.blogspot.com/>

ONLINE PRAYER REQUESTS

Use our website to submit a prayer request and our practitioners will pray on it. The link to the prayer request form is <https://cslsr.org/online-prayer-request/>

Weekly Groups

SUNDAY EVENING CONVERSATIONS

This week's facilitator is Maggie Cole, RScP. Her topic is "What Are You Interested In?" Everyone is welcome to join us at 7 pm. The Zoom link is <https://tinyurl.com/SundayEveningConversation>

SCIENCE OF MIND/12-STEP GROUP

Tuesday, June 9, 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 10, from 12 noon to 1 pm. Join us this month for an exploration of the best-selling book *The I 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/CSLSSLunchtimeLearning>

SPECIAL WEDNESDAY EVENING MEDITATION

Wednesday, June 10, join Practitioner Claire Victor from 6 to 6:45 pm for a special sound meditation with Tibetan bowls and other instruments. Enjoy a sense of peace and Oneness in this beautiful experience. The Zoom link is <https://tinyurl.com/WednesdayEveningMeditation>

SATURDAY MORNING MEDITATION

Saturday, June 13. Zoom in to Saturday Meditation Group at 10 am every week to strengthen your meditation practice. The Zoom link is <https://tinyurl.com/SatMeditationGp>

Monthly Meetings

FULL CIRCLE: CONVERSATIONS ABOUT DEATH & DYING

Today, June 7, from 1 to 2:30 pm. We meet on the first Sunday of the month for education, spiritual support, conversation, and resources about death and dying. Join us for prayer, a message, and sharing together. All are welcome. The Zoom link is <https://tinyurl.com/y8ejx4qp>

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>

VIRTUAL SOCIAL HALL

Sunday, June 21, from 1 to 1:30 pm. Dr. Edward will greet all of us and provide a focus question to stimulate conversation. We will then be invited into online groups of three to check in with each other. We think you will find Virtual Social Hall interesting and enjoyable during the current period of sheltering in place. Here is the link: <https://tinyurl.com/VirtualSocialHall>

THE THIRD ACT

Monday, June 22, from 1:30 to 2:30 pm. The Third Act gives the seniors in our community an opportunity to share their ideas, joys, and concerns and to go deeper in our spiritual journey. Rev. Joyce Kinzel is the facilitator for this group. We meet on the fourth Monday of the month. The Zoom link is <https://tinyurl.com/TheThirdAct>

BOARD MEETING

Thursday, June 25, at 5:30 pm. Our Board of Trustees meets on the fourth Thursday of the month. Except for executive sessions, the meetings are open to the public. During this time of sheltering in place, the meetings are held on Zoom. Here is the link: <https://us02web.zoom.us/j/82409732515>

WOMEN OF SPIRIT

Saturday, June 27, from 10 to 11:30 am. Join women of our congregation to explore our unique contributions to the world as expressions of the Divine Feminine. Facilitators are ministerial interns Donna Starr and Lynda Lundry. The Zoom link for our meeting is <https://us02web.zoom.us/j/88566210957>

WORLD PEACE MEDITATION

Join us on Tuesday, June 30, at 7 pm. Since 1986 a group of committed people have been meeting on the last calendar day of every month to pray and meditate together with a focus on world peace. All are welcome. For more information, please contact Vivian Strand at (707) 953-1917. The Zoom link is <https://tinyurl.com/World-Peace-Meditation>

Spiritual Coaching

If you've benefited from the five-minute prayer sessions in Grinton Chapel on Sunday, give yourself the gift of a full, confidential fee-for-service practitioner session via phone, Zoom, FaceTime, etc. Your practitioner supports you by clarifying with you your next step in spiritual growth and applying affirmative prayer (spiritual mind treatment) to make it so. Contact a prayer practitioner through the online practitioner directory at <https://cslsr.org/members/practitioners/>

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>