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## Bulletin for Sunday, July 12, 2020

This Month's Theme: I Clearly See the Path to Freedom Through Prayer

Today's Topic and Speaker: "You Have a Spiritual Remote Control: Please Use It,"  
Rev. James Trapp

## 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/centerforspiritual livingsantarosa/> 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 this Zoom link for prayer: <https://tinyurl.com/GrintonPrayer>

## Telephone Numbers for Spiritual Support

To have someone pray with you, call our Telephone Prayer Ministry, 546-4561.

To hear an inspirational message and prayer, call Dial-a-Thought, 544-5423.

To request hospital or home telephone visits, call Heart in Hand, 546-4543, x 370.

For grief support, call Rev. Siota Belle at 546-4543, x 106.

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

## 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](mailto: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](mailto:susan.robinson@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.

## 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 for our practitioners to pray on. The link to the prayer request form is <https://cslsr.org/online-prayer-request/>

## Me and White Supremacy

Facilitated by Rev. Tara Steele and Practitioner Susan Robinson.

Six Wednesdays, Aug. 5 – Sept. 9, from 12 noon to 1 pm. Open to anyone who identifies as white. We will study Layla Saad's eye-opening book and its challenges to white people to unpack their unconscious biases and privileges based on skin color. Doing this deep self-inquiry, we will support each other in discovering and shifting cultural training to stop unconsciously going along with a centuries-old system of white supremacy.

Please register in advance for this free event.

Go to <https://tinyurl.com/Register-MeAndWhiteSupremacy>

## *Weekly Groups*

### **SUNDAY EVENING CONVERSATIONS**

This week's facilitator is practitioner Peggy Weber. Her topic is "Does Prayer Work? What Have You Noticed?" Everyone is welcome to join us at 7 pm. The Zoom link is <https://tinyurl.com/SundayEveningConversation>

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

Tuesday, July 14, from 7 to 8 pm. We meet each week via Zoom; everyone is invited. The link is <https://tinyurl.com/SoM-12step>

### **LUNCHTIME LEARNING**

Wednesday, July 15, from 12 noon to 1 pm. This month our focus is "Living Our American Spiritual Values." Join Rev. Joyce Duffala to see the value-based good already present in our lives and be inspired to expand ourselves and our nation into more good. Click on the following link to connect via Zoom:  
<https://tinyurl.com/CSLSRLunchtimeLearning>

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

Wednesday, July 15, 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, July 18. Zoom in to Saturday Meditation Group at 10 am every week to strengthen your meditation practice. The Zoom link is <https://tinyurl.com/SatMeditationGp>

## *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/>

# Monthly Meetings

## **BEING AND BELONGING DISCUSSION GROUP**

Today, July 12, 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's topic is "Becoming Allies with Our Transgender Brothers and Sisters." All are welcome. The Zoom link is

<https://tinyurl.com/BBGDiscussion>

## **VIRTUAL SOCIAL HALL**

Next Sunday, July 19, beginning at 1 pm. Dr. Edward will greet all of us and provide a focus question to stimulate conversation. We will then go into online groups of three to share our thoughts. We think you will find the Virtual Social Hall to be interesting and enjoyable. A great chance to see and greet some familiar faces and new ones as well! Here is the link:

<https://tinyurl.com/VirtualSocialHall>

## **BOARD MEETING**

Thursday, July 23, 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>

## **THE THIRD ACT**

Monday, July 27, 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. We meet on the fourth Monday of the month. The Zoom link is

<https://tinyurl.com/TheThirdAct>

## **WORLD PEACE MEDITATION**

Join us on Friday, July 31, 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>

## **FULL CIRCLE: CONVERSATIONS ABOUT DEATH & DYING**

Sunday, August 2, 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. This month's topic is "Engaging in Life Fully While Holding It Lightly." All are welcome. The Zoom link is to come.

# Black Lives Matter

*A Message from Rev. Dr. Edward Viljoen, Spiritual Leader*

Centers for Spiritual Living stands with people all around the world who are advocating for justice, equity, inclusion, and peace. We are motivated by our vision of a world that works for everyone and, therefore, we affirm with the people of the world that Black lives matter. Not only do Black lives matter, but according to our teaching, they are sacred.

We have confidence that the momentum of support from individuals, along with spiritual and secular organizations, is more than a fleeting moment, but rather the heralding of lasting change.

We have confidence that a new era of willingness to engage in the inner work that leads to the end of racism in our world has begun.

We have confidence that the unifying cry of our global heart, that Black lives matter, has struck a note of urgency in all who will hear it.

And above all, we have confidence that the Living Spirit Almighty is working through us to bring our stated belief in Oneness into form, in the social, political, judicial, spiritual, and economic realms and, importantly, in our hearts.

The recent tragic loss of Black lives in the United States and other countries due to police violence, and the myriad inequities that have resurfaced, have revealed that our world is still catching up to the vision of a world that works for everyone. We have been called to be brave enough to examine how society can be out of step with its values and how we, as individuals, can be out of step with our spiritual values. One of our values in Centers for Spiritual Living is Love as the self-givingness of the Divine to all creation, expressing through us as compassion, caring, mutual respect, and kindness. Our organization's purpose is to awaken humanity to its spiritual magnificence. What can be more spiritually magnificent than to say a full-hearted yes to this upwelling of affirmation of the sacredness of Black lives?

We invite you to stand with Centers for Spiritual Living, and the people of the world, by affirming with us that Black lives matter, so that we may demonstrate the values of our teaching and embrace the emerging universal consciousness of Oneness.

*Let us, therefore, light the candle of love, human kindness, forgiveness, and understanding in our soul, and let it shine brightly. Let us not peer into the darkness, troubled and concerned because it is so foreboding and unknown. Rather let us remain steadfast in the radiance of that Spiritual Light of Truth within ourselves. Let us stand guard so that the winds of malice, cross purposes,*

*ignorance, or misunderstanding will not blow out the Light. Let us so live each day that the Light from our candle of Spiritual Knowledge will forever be clear and understood, not only by ourselves but by all with whom we come in contact. (Dr. Ernest Holmes, Help for Today (1958), page 99.)*

## *When Are We Reopening?*

The Center looks forward to the time when we can once again open our doors to all of our congregants. We miss being together and look forward to seeing each other again. During the current time of sheltering in place, we have shifted our staff and volunteer resources to online offerings for Sunday services as well as meetings of weekly and monthly groups, all of which are described in the weekly bulletin.

Staff and leadership are monitoring and assessing the situation regularly and will continue to update our community as clarity emerges about our plans. We want to continue meeting the needs of our spiritual family remotely until we can accommodate everyone in our building in a safe way. Nobody can know for certain when that time will be, but it's probably several months away.

Thank you for your patience, understanding, and support.

Continued love and blessings to you.

### **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>