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## Bulletin for Sunday, August 9, 2020

This Month's Theme: I Clearly See My Spiritual Growth in Action  
Today's Topic and Speaker: "Heroes: A Tribute to Elijah Cummings and John Lewis," Olivia Kinzler, CSLSR Member

## 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).

## 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/>

## Fall Classes

Online registration is open now for our new lineup of core classes and spiritual enrichment courses. Early bird discount pricing is good through Sunday, September 6. Here is the link to the class schedule and registration information: <https://cslsr.org/class-schedule/>

## New Member Class

If you embrace the vision of our spiritual community and are willing to support it with your prayers, words, and actions, our New Member Class will help you get the information you need to decide if membership in the Center is right for you. Join Dr. Edward on Zoom from 1 to 2:30 pm on Sunday, August 23. Details are on our website: <https://cslsr.org/event/new-member-class>

## *Weekly Groups*

### **SUNDAY EVENING CONVERSATIONS**

This week's facilitator is Practitioner Peggy Weber. Her topic is "You Don't Need an Excuse to Let Go." Everyone is welcome to join us at 7 pm. The Zoom link is <https://tinyurl.com/SundayEveningConversation>

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

Tuesday, August 11, from 7 to 8 pm. We meet each week via Zoom; everyone is invited. The link is <https://us04web.zoom.us/j/77231443733>

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

Wednesday, August 12, 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>

### **WEDNESDAY NIGHT WISDOM, "SEE NO STRANGER"**

Wednesday, August 12, from 7 to 8 pm, join facilitators Lawrence Edwards, Lili Escovedo, Bonnie Gonzalez, and Krista McAtee for a discussion of Valarie Kaur's book, *See No Stranger*. This week's topic is "Tend the Wound: Loving Opponents." Visit our blog for details about this August series: <https://wednesdayeveningsatthecenter.blogspot.com/>  
The Zoom link to our weekly gathering is <https://www.tinyurl.com/WednesdayNightWisdom>

### **SATURDAY MORNING MEDITATION**

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

## *Circles for Spiritual Connection*

NEW SERIES BEGINS WEEK OF AUGUST 17. Gather together online for six weeks in a small group of 6 to 12 participants. We meet to build community and deepen our ability to embody our spiritual nature in our daily lives. Each session is about 90 minutes long, led by an experienced facilitator. Here is the link to learn more: <https://cslsr.org/circles-for-spiritual-connection/>

# Monthly Meetings

## **BEING AND BELONGING DISCUSSION GROUP**

Today, August 9, 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 week we will reflect on the life of civil rights leader and congressional representative John Lewis. The Zoom link is <https://tinyurl.com/BBGDiscussion>. You are also invited to visit our blog. See page 5 for details.

## **VIRTUAL SOCIAL HALL**

Next Sunday, August 16, 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>

## **THE THIRD ACT**

Monday, August 24, 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>

## **BOARD MEETING**

Thursday, August 27, 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>

## **WORLD PEACE MEDITATION**

Monday, August 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**

September 6, 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. Today's topic is "Taking Stock in Our Lives: What Is Really Here?" Please come and participate in the discussion by sharing your thoughts or by just listening. Everyone is welcome. The Zoom link is <https://tinyurl.com/y8ejx4qp>

## *Cancer Thrivers Group*

We are a mutual support group partnering with Spirit to actively look at cancer as a part of life. We apply Science of Mind concepts to the cancer journey and remember the Truth of who each of us is. Our intention is to derive spiritual gifts from studying and sharing Principle as it relates to cancer and not only survive but thrive. We meet via Zoom on Tuesdays from 1 to 2:30 pm. Interested? Contact Kathy Galvin, RScP, at [kgWrites@comcast.net](mailto:kgWrites@comcast.net). (Not a drop-in group.)

## *Nominate a Nonprofit Partner*

All nominations are welcome for the year 2021—especially those of organizations that work toward racial equality, inclusion, and justice. Please submit your nominations online before Monday, August 31. Here is the link: [www.cslsr.org/nomination-for-2021-nonprofit-partner](http://www.cslsr.org/nomination-for-2021-nonprofit-partner)

## *Be a Trustee!*

You are invited to consider applying for a position on the Board of Trustees. Information and the application are available on our website: <https://cslsr.org/2020-board-application/>

## *Spiritual Coaching*

If you have 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/>

## *Being and Belonging Blog*

As our conversation continues around topics of diversity, inclusivity, social rank, racism, oppression, and privilege, check out our new blog for an anti-racist resource list that includes books, movies, podcasts, songs, videos, and more. We have also posted a list of resources to help break down transphobia and to support our transgender brothers and sisters. Here is the link to our blog: <http://cslsrbeingandbelonging.blogspot.com>

## *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.

Click on the following link to read the entire article: <https://cslsr.org/black-lives-matter/>

## *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. Nobody can know for certain when that time will be, but it's probably several months away.

For the latest information, visit the COVID-19 Update article on the home page of our website: <https://cslsr.org/covid-19-update/>

Thank you for your patience, understanding, and support.

We love you and we miss 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>