

We see a world
that works for everyone.



Bulletin for Sunday, January 17, 2021

This Month's Theme: "Timeless Wisdom, Evolutionary Vision"

Recommended Reading: *That Was Ernest: The Story of Ernest Holmes* by Reginald C. Armor; *The Book of Soul* by Mark Nepo

Today's Topic and Speaker: "Here and Now," Dr. Edward Viljoen

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, click on the following link:
<https://tinyurl.com/SundayCelebrationCSLSR>
- 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. If you watch the service on Zoom, you need to log out of that link and then enter this Zoom link for prayer:

www.cslsr.org/zoom-prayer

Contacts for Spiritual Support

- For grief support, call Rev. Siota Belle at 546-4543, x 106.
- To have someone pray with you, call Telephone Prayer Ministry, 546-4561. Leave your name and number; someone will call you within the hour.
- 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 additional spiritual support, click on "Resources" at the top of our homepage, www.cslsr.org.
- To have a one-on-one appointment with a prayer practitioner for coaching and prayer, go to <https://cslsr.org/members/practitioners/> and contact the practitioner of your choice. Fees apply.

Celebration of Life for Carol Seymour, RScP

This Saturday, January 23, at 1 pm.

On December 25, 2020, beloved Practitioner Emeritus and Youth Ministry teacher, Carol Seymour, left us to enter her next life experience. On Saturday, January 23, at 1 pm, you are invited to a virtual celebration of Carol's life followed by an informal time of sharing. The Zoom link is <https://cslsr.org/CofL-CarolSeymour/>. For more information, contact the Celebration of Life service officiant, Rev. Joyce Duffala, joyce.duffala@cslsr.org.

Workshop: “Difficult Conversations”

Three Saturdays: February 6, 13, and 20

Based on his book, *Difficult Conversations: The Art and Science of Working Together*, Kern Beare is donating this three-part workshop as a fundraiser for the Center on three Saturdays from 9:30 to 11:30 am, with an extra half hour at the end of the first meeting.

The workshop combines insights into contemporary neurophysiology, self-reflection, self-inquiry, and the opportunity to tell and listen to each other's stories. There are also practical guidelines for turning difficult conversations into meaningful opportunities to get what matters.

The workshop is limited to 40 participants. [Click here to register](#). To learn more about Kern Beare and to order his book, go to <https://difficultconversationsproject.org/>

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/>

Stepping Stones Books and Gifts

Although the store is not open to the public, we offer online sales of books of the month, books by Ernest Holmes and Edward Viljoen, and class textbooks. We process orders every Tuesday with two delivery options (1) U.S. Postal Service and (2) Curbside pickup following guidelines for social distancing. Visit us at <https://steppingstones-books-and-gifts.myshopify.com/>

Weekly Youth and Family Blog

Full of ideas and activities aligned with our monthly themes and weekly topics. You'll find projects, games, and discussion questions, along with links to videos of music and even children's books being read aloud. Go to <https://youthandfamilyministry.blogspot.com/>

Winter Classes

Two of our winter classes start this week: *A Fresh Look at Affirmations* with Dr. Edward Viljoen and *Emma Curtis Hopkins: Teacher of Teachers* with Dr. Kim Kaiser. For complete details, check out this link: <https://cslsr.org/register-for-fall-classes/>

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/>

Lunchtime Learning: The Book of Soul

The Book of Soul, by Mark Nepo, is an antidote to those times when we want to slip into resignation, isolation, or despair. The bestselling author writes about staying connected to our deeper purpose as we rush through our days and about honoring and surrendering to what is sacred, pure, and often confounding but always true about being human. Join Community Minister Tara Steele on Wednesdays in January from 12 noon to 1 pm to discuss some of the ideas in this book. This is a free, drop-in event. You don't need to sign up in advance. The Zoom link is <https://us02web.zoom.us/j/88029232063>

Daily and Weekly Groups

DAILY PRACTICE: GENERATING LOVE

Beginning on Monday, February 1, from 10 to 10:20 am, you can attend a live 20-minute meditation for tapping into, amplifying, and generating a field of Divine Love. The Zoom link is TK. You can also use a video of this meditation practice on your own at any time you choose: <https://vimeo.com/489089737>

SUNDAY EVENING CONVERSATIONS

Everyone is welcome to join us tonight at 7 pm. This week's facilitator is Practitioner Krista McAtee. The topic is "Being Completely in the Moment." To learn more, visit our blog at <https://sundayeveningsatthecenter.blogspot.com/>. The Zoom link to our gathering is <https://cslsr.org/zoom-SEC/>

SCIENCE OF MIND/12-STEP GROUP

Tuesday, January 19, from 7 to 8 pm. We meet each week via Zoom; everyone is invited. The link is <https://zoom.us/j/94490286131>

WEDNESDAY EVENING MEDITATION, "INVITING THE SACRED"

Wednesday, January 20, at 6 pm. The Zoom link is <https://tinyurl.com/WednesdayEveningMeditation>

SATURDAY MORNING MEDITATION

Saturday, January 23. Zoom in to Saturday Meditation Group at 10 am every week to strengthen your meditation practice. The Zoom link is <https://tinyurl.com/SatMeditationGp>

We Love Our Volunteers

Visit our volunteer blog and celebrate the individuals working behind the scenes to "make it all happen." <http://cslsr.blogspot.com/>

Social Media

Facebook Group: <https://www.facebook.com/groups/centerforspirituallivingsantarosa>

Facebook Page: <https://www.facebook.com/centerforspirituallivingsantarosa>

Instagram: <https://www.instagram.com/cslsantarosa/>

Twitter: <https://twitter.com/CSLSantaRosa>

Our Online Blogs

Being and Belonging Group: <https://cslsrbeingandbelonging.blogspot.com>

Edward's Blog: <https://edblogword.blogspot.com/>

En Español: <https://enespanolcslsr.blogspot.com/>

New Life Celebrations: <https://cslsrlifecelebrations.blogspot.com/>

New Thought Resources: <http://newthoughtresources.blogspot.com/>

Remembrance Pages: <https://communityremembrancepages.blogspot.com/>

Spiritual Leader Blog: <https://cslspirituallleader.blogspot.com/>

Sunday Evening Conversations: <https://sundayeveningsatthecenter.blogspot.com/>

Volunteer Blog: <http://cslsr.blogspot.com/>

Wednesday Night Wisdom: <https://wednesdayeveningsatthecenter.blogspot.com/>

Youth and Family Ministry: <https://youthandfamilyministry.blogspot.com/>

Monthly Meetings

VIRTUAL SOCIAL HALL

Today, January 17, beginning at 1 pm. Dr. Edward will greet all of us and provide a fun focus question to stimulate conversation. We will then go into online groups to share with one another. 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, January 25, 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 new Zoom link <https://cslsr.org/zoom-TheThirdAct/>

BOARD OF TRUSTEES

Thursday, January 28, 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

Sunday, January 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, RScP, at (707) 953-1917. The Zoom link is <https://tinyurl.com/World-Peace-Meditation>

FULL CIRCLE: CONVERSATIONS ABOUT DEATH & DYING

Sunday, February 7, from 1 to 2:30 pm. Today's topic is "It's Not About Waiting and Suffering; It's About Finding Meaning." We meet on the first Sunday of the month for education, spiritual support, conversation, and resources about death and dying. Everyone is welcome. The Zoom link is <https://cslsr.org/zoom-FullCircle/>

BEING AND BELONGING DISCUSSION GROUP

Today, January 10, from 1:30 to 3 pm. At this month's gathering, we remember that The Divine is everywhere present—always and in all ways. What have been the hidden blessings of the past year? What is calling you to affirm and embody in the new? Join us and be seen, heard, and supported. The Zoom link is <https://tinyurl.com/BBGDiscussion>.

You are also invited to visit our blog. See page 4.

SPIRIT SISTERS WOMEN'S GROUP

Sunday, February 21, at 2 pm. Open to women of Santa Rosa and San Jose Centers for Spiritual Living. Facilitated by ministerial interns Lynda Lundry and Donna Starr. The Zoom link is TK.

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 when that time will be, but it is many months away.

For the latest information, visit the COVID-19 Update article on our website:

<https://cslsr.org/covid-19-update/>

Thank you for your patience, understanding, and support.

We love you and we miss you.

Space for Rent

While we cannot meet in person at the Center, we are exploring renting out some of our space. The Center has rented space to other organizations in the past, and it is appropriate now to put our resources to work for us until we can meet again in person.

We are working with a commercial real estate agent to let prospective lessees know that parts of our facility are available for short-term leases to entities that need more space during the Pandemic. We are not selling the building, just offering to rent portions of it. Ideally, we would like to make our rooms available for rent to hospitals, clinics, testing sites, storage space for supplies during the crisis, etc.

If you know of anyone who may be interested in leasing space at the Center, please have them contact

Paul Schwartz, Senior Associate
Corcoran Global Commercial
(707) 479-1841

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>