

*We see a world  
that works for everyone.*



## Bulletin for Sunday, April 18, 2021

This Month's Theme: "Stepping Into the Unknown"

Recommended Reading: *Love and Law: The Unpublished Teachings* by Ernest Holmes;

*Elastic: Unlocking Your Brain's Ability to Embrace Change* by Leonard Mlodinow

Today's Topic and Speaker: "The Roadmap Home to Your Authentic Self," Ester Nicholson

## Sunday Services

From your computer, tablet, or smartphone, you can watch our Sunday service video each week at any time after 8:30 am. Just click on "Videos" under the "Media" tab of our website, [www.cslsr.org](http://www.cslsr.org). Recordings of previous services are also located there.

If you prefer, you can watch the Sunday service video at 8:30, 10, or 11:30 am as it streams on Zoom or Facebook Live.

- To watch the service video on Zoom, click on the following link:  
<https://tinyurl.com/SundayCelebrationCSLSR>
- To watch the service video 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.)

## 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](http://www.cslsr.org/zoom-prayer)

## Contacts for Spiritual Support

- For grief support, call Rev. Siota Belle at 546-4543, ext. 106.
- To have someone pray with you, call our 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, ext. 370.
- For additional spiritual support, click on "Resources" at the top of our homepage, [www.cslsr.org](http://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.

## Workshop: The Healing Code of Forgiveness

Join Ester Nicholson at 2 pm today, for a workshop titled “The Healing Code of Forgiveness: Freedom from Shame and Trauma.” Reconnect to your authentic self, feelings of safety, and the ability to move forward in your life. Registration (ending at 1 pm today) is \$25 at <https://steppingstones-books-and-gifts.myshopify.com/collections/workshops>.

## Spring Classes

Registration is open now for next semester’s classes. Early Bird price discounts end Sunday, May 3. See the schedule and complete information here: <https://cslsr.org/class-schedule/>

## Advanced Spiritual Living T.E.A. (Things Everyone Asks)

The Education Ministry invites you to a free Zoom session to learn about our 30-week course devoted to personal discovery, integrated spiritual practice, community building, and embodied awareness of living the Principles of Science of Mind and Spirit. The date is next Sunday, April 25, at 1:15 pm. The Zoom link is <https://us02web.zoom.us/j/86173276384>. You can learn more about Advanced Spiritual Living here: <https://cslsr.org/advanced-spiritual-living/>

## Lunchtime Learning: Finding the Heart of Our Teaching

Four Wednesdays in April from 12 noon to 1 pm

One of the first things one sometimes hears about our founder, Ernest Holmes, is how difficult he is to read. Rev. Tara Steele invites you to ramble through some of Holmes’s earliest lectures, collected as *Love and Law: The Unpublished Teachings of Ernest Holmes*. The essays in the book are quite short and cover a variety of subjects. You will undoubtedly find some nuggets of spiritual wisdom as well as ideas that you may disagree with. In this weekly gathering, guided by Rev. Tara, you can look forward to rich conversations with diverse points of view. Everyone is welcome. *Love and Law* is available from Stepping Stones Books and Gifts. Click [[HERE](#)] to order. The Zoom link for Lunchtime Learning is <https://us02web.zoom.us/j/88029232063>

## Gentle Yoga

Instructor William Abel leads a weekly gentle yoga class on Wednesdays from 9 to 10 am. Suggested donation is \$10 per class, payable on our website's Donate tab where you can use either a credit card or your PayPal account. Details are on our website:

<https://cslsr.org/event/gentle-yoga/all/>

The Zoom link is <https://cslsr.org/zoom-GentleYoga/>

## 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/>

## New Member Orientation 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 next Sunday, April 25. Go here for details: <https://cslsr.org/new-member-class/>

## 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/>

## 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/>

## Our Nonprofit Partner Program

Each year the Center selects twelve nonprofit partners from nominations submitted by individuals in our spiritual community. Each month we feature one of them. For April, it is Sonoma Applied Village Services, advocating for the unsheltered in Sonoma County: outreach, meal preparation and delivery, assistance for acquiring permanent housing [www.sonomavillages.org](http://www.sonomavillages.org). To learn more about our nonprofit partner program and to see a list of all 12 partners for 2021, go here: <https://cslsr.org/our-nonprofit-partners/>

## New Website for Home Office

Centers for Spiritual Living has launched a beautiful new website that has been under development for several years. You can see it at [www.csl.org](http://www.csl.org).

## Daily and Weekly Groups

### **DAILY PRACTICE: GENERATING LOVE**

Weekdays (M–F), from 10 to 10:25 am, you can attend a live 25-minute meditation for tapping into, amplifying, and generating a field of Divine Love. The Zoom link is <https://tinyurl.com/GeneratingLove>. 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 “Trusting and Unfolding.” To learn more, visit our blog at <https://sundayeveningsatthecenter.blogspot.com/>. The Zoom link to our weekly gathering is <https://cslsr.org/zoom-SEC>

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

Tuesday, April 20, 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, April 21, at 6 pm. Rev. Siota Belle leads this weekly guided meditation. The Zoom link is <https://tinyurl.com/WednesdayEveningMeditation>

### **SATURDAY MORNING MEDITATION**

Saturday, April 24. Zoom in to the Saturday Meditation Group at 10 am every week to strengthen your meditation practice. The link is <https://tinyurl.com/SatMeditationGp>

## 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>

Dr. 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://cslspiritualleader.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, April 18, 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. 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>

### **SPIRIT SISTERS WOMEN'S GROUP**

Today, April 18, from 2:30 to 4 pm. Open to women of Santa Rosa and San Jose Centers for Spiritual Living. Facilitated by ministerial interns Lynda Lundry and Donna Starr on the third Sunday of the month. The Zoom link is

<https://tinyurl.com/SpiritSistersgathering>

### **BOARD OF TRUSTEES**

This Thursday, April 22, 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, April 26, 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/>

### **WORLD PEACE MEDITATION**

Friday, April 30, at 7 pm. Since 1986, a group of committed people has 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, May 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. Everyone is welcome. The Zoom link is [https://us02web.zoom.us/j/88971045698?pwd=S2xaQjRDcWRkenU4ajhXTkVja05Qd\\_z09](https://us02web.zoom.us/j/88971045698?pwd=S2xaQjRDcWRkenU4ajhXTkVja05Qd_z09)

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

Sunday, May 9, from 1:30 to 3 pm. This month we discuss gender identity.

The Zoom link is <https://tinyurl.com/BBGDiscussion>.

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

## 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

Each week Youth and Family Support Coordinator Susan Robinson creates a blog full of ideas and activities aligned with our monthly themes and weekly topics. You will 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/>

## Wednesday Night Live

On the first Wednesday of each month at 7 pm, we host a well-known guest presenter and provide time for questions and answers. On May 5 we welcome author and lecturer Gregg Levoy speaking on the topic, "What Trusting the Universe Really Means." The Zoom link is <http://cslsr.org/Zoom-FirstWednesday>.

## When Are We Reopening?

The Center looks forward to the time when we can once again open our doors. We miss being together and look forward to seeing each other again. 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.

## 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