

*We see a world  
that works for everyone.*



## Bulletin for Sunday, May 16, 2021

This Month's Theme: "Wholly Holy Uprising"

Recommended Reading: *A New Design for Living* by Ernest Holmes;

*See No Stranger...* by Valerie Kaur

Today's Topic and Speaker: "This Too is God?," Rev. Ruth Barnhart

## 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.

## Returning to the Center in Person

Starting Sunday, May 23, our services will be at 9 and 11 am. The 9 am service will be broadcast from the sanctuary in front of a live audience. Space is limited due to COVID-19 restrictions. The service consists of both live and pre-recorded segments, including music, a message (usually live), prayer, and up-to-date information about what's happening in our community. If you would like to attend, use this link to get all the details: <https://cslsr.org/attend-a-hybrid-service-in-person/> (The 11 am service will be a recording of the 9 am service.)

## 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/>

## Summer Classes: Something for Everyone

- "Being Before Doing: A Spiritual Approach to Getting Things Done," Rev. Joyce Duffala (begins Thur. 5/20 at 4 pm)
- "Radical Self-Love," Practitioners Krista McAtee, Lawrence Edwards, Lili Escovedo, and Linda Marshall (begins Fri. 6/4 at 12 noon)
- "Building a Healing Consciousness," Rev. Siota Belle (begins Sat. 6/12 at 9:30 am)
- "The Science and Spirit of Ecology," Dr. Kim Kaiser (begins Tue. 7/13 at 6 pm)
- "Spiritual Principles and Practices," Rev. Tara Steele (begins Mon. 8/2 at 9 am)
- "Spiritual Principles and Practices," Rev. Tara Steele (begins Mon. 8/2 at 6 pm)

See the schedule and complete information here: <https://cslsr.org/class-schedule/>

## 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/>

## Lunchtime Learning: Coming Out of Lockdown

For the month of May, Rev. Tara Steele facilitates a weekly discussion on Wednesdays at 12 noon on the various aspects of coming out of lockdown. How do we feel? Are we grieving, elated, confused? Here is a link to a list of feelings: <https://connectionpractice.org/connection-practice/about/empathy/feelings-and-needs-list/> Whether you plan to attend on Wednesdays in May or not, this list may be helpful in identifying what you're feeling at various times in your life. Everyone is welcome to share with others in this special weekly check-in. The Zoom link is <https://us02web.zoom.us/j/88029232063>

## 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 May, it is Sonoma Valley Mentoring Alliance, pairing schoolchildren in the Sonoma Valley Unified School District with caring adult mentors who provide social and emotional support. [www.sonomamentoring.org](http://www.sonomamentoring.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. In this 25-minute meditation, we recognize that Divine Love is within each of us. We come together in the experience of sharing and extending that love to expand a consciousness of a world that works for everyone. The Zoom link is <https://tinyurl.com/GeneratingLove> You can 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 Weber. The topic is "Love of Others, Self, The Enemy." 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, May 18, 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, May 19, at 6 pm. Rev. Siota Belle leads this weekly guided meditation. The Zoom link is <https://tinyurl.com/WednesdayEveningMeditation>

### **SATURDAY MORNING MEDITATION**

Saturday, May 22. 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, May 16, 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**

Sunday, May 16, 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**

Thursday, May 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>

### **THE THIRD ACT**

Monday, May 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 new Zoom link <https://cslsr.org/zoom-TheThirdAct/>

### **WORLD PEACE MEDITATION**

Monday, May 31, 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, June 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. 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**

Returns Sunday, August 8.

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

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

## 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/>

## 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/>

## 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