

COVID 19 UPDATE



January 11, 2022

Hello Beautiful People of the Center,

On Monday, January 10, the Sonoma County Health Officer issued new Covid-19 health restrictions for Sonoma County that are in effect until Sunday, February 13, limiting the size of large gatherings. While places of worship, including ours, are exempt from this requirement, the Health Officer advises that we all limit our exposure to the virus.

Therefore, in addition to the steps we have already taken to ensure a safer environment, we have updated our safety requirements for attending our in-person 9 am or 11 am Sunday Service:

- If you are unvaccinated or have health risks, for your own safety we encourage you to stay home and take advantage of our 9 am online Sunday live streams:
 - On our website, www.cslsr.org
 - On YouTube, <https://www.youtube.com/cslsr>
 - On Facebook, https://www.facebook.com/centerforspirituallivingsantarosa/live_videos
- To enter the Center, you must wear an effective mask. The following mask types, due to being less effective against the spread of the Covid-19 virus, are no longer allowed on their own:
 - Bandanas
 - Balaclavas
 - Gaiters
 - Cloth masks
- If our greeters see that you are wearing an ineffective mask, they will offer you an approved KN95 mask or surgical mask before you enter the Sanctuary.
- Because eating and drinking require that you take off your mask, food and drink are not allowed in the Sanctuary or the Social Hall on Sundays.
- Masks must be worn properly, covering both your nose and mouth, tightly fitting to your face, at all times.
- In our 750 capacity sanctuary, in-person attendees will be able to space out well. Please sit as far away from other attendees as possible.

We enjoy feeling connected with you since we have been back in person, and we want to ensure that we can continue to offer in-person services in a way that is safer for both you and our community.

Thank you for your cooperation.
Rev. Edward Viljoen, DD (Hon.)
Senior Minister

*We see a world
that works for everyone.*



Bulletin for Sunday, January 23, 2022

Today's Topic and Speaker: "Question Everything," Rev. Russ Legear

This Month's Theme: "Living Everyday Wonder"

This Week's Affirmation: I ASK QUESTIONS AND ALLOW THE ANSWERS TO COME.

Recommended Reading: *What's in the Way is the Way* by Mary O'Malley

Sunday Service Times

We offer two identical, in-person services at the Center. One is at 9 am; the other is at 11 am.

Open seating. No reservations required. Children can sit with accompanying adults.

The 9 am service is broadcast live and recorded for rebroadcast. Bookstore hours are from 10 to 11 am and from 12 to 12:30 pm.

Where to Watch Sunday Service from Home

You can watch our 9 am service live from your smartphone, tablet, or computer. (Around 10 am, you can watch a recording of the 9 am service at any time thereafter.)

- On our website: <https://cslsr.org/sunday-service-broadcast/> Live at 9 am and available afterwards in our online video archive: <https://cslsr.org/category/videos/>
- On our new YouTube channel: <https://www.youtube.com/cslsr>
- On Facebook: https://www.facebook.com/centerforspirituallivingsantarosa/live_videos

Pray with a Practitioner

Connect on Zoom with a practitioner on Sunday at 10 am or 12 noon for a confidential one-on-one prayer. The Zoom link is www.cslsr.org/zoom-prayer. Spiritual Mind Treatment, also called Affirmative Prayer, may be the most precious tool of the Science of Mind philosophy. Simply tell the practitioner what is in your heart, and you will receive prayer to affirm that your desired good is present and available.

Spiritual Coaching

If you have benefited from prayer sessions on Sunday, give yourself the gift of a full, confidential fee-for-service practitioner session via phone or Zoom. Your practitioner supports you by clarifying with you your next step in spiritual growth and applying affirmative prayer to make it so. Contact a practitioner through the online practitioner directory at <https://cslsr.org/members/practitioners/>

Workshop: "Set Your Whole Self Free"

Do you want to live more freely with more power to choose the highest good in your life? To help you learn how to do that, Rev. Russ Legear is offering an afternoon workshop via Zoom on Sunday, January 30, at 3 pm. Registration opens today. The cost is \$25. Enrollment is limited. Details are on the home page of our website. Scroll down and click on the picture of the hiker.

Circles for Spiritual Connection

Small groups meet weekly on Zoom to discuss the Sunday message. The focus of these groups is to build community and deepen the embodiment of our spiritual nature. Each session is about 90 minutes long and is led by an experienced facilitator. Registration is open now for six-week sessions that begin the week of January 30. There are both daytime and evening groups.

Mondays, 6:30 to 8 pm — Facilitator: Pat Byrne, RScP

Tuesdays, 11 am to 12:30 pm — Facilitator: Traci Tinder

Wednesdays, 4 to 5:30 pm — Facilitator: Lorena Fischer, RScP

Thursdays, 6:30 to 8 pm — Facilitator: Kim Hansen

To register, e-mail Kim Hansen at khansen31@icloud.com.

News from Stepping Stones Books and Gifts

- We are open Sundays from 10 to 11 am and from 12 to 12:30 pm. Occupancy is monitored.
- Many new products in stock including statues and jewelry
- Lots of original art and gifts to choose from
- Gift certificates
- Many 2022 books of the month now in stock
- All past books of the month are at least 50% off; some are just \$5 each
- Visit our Facebook page:
<https://www.facebook.com/Stepping-Stones-Bookstore-116152508558>
- Shop online: <https://steppingstones-books-and-gifts.myshopify.com/>

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/>

Youth and Family Blog

The Center maintains an archive of inspiring blog posts full of ideas and activities for parents and children of all ages. 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/>

Education Survey

Spiritual Study is one of the central practices of our teaching, Science of Mind. Our Education Ministry team would like to receive your feedback on our education program. Please take two or three minutes to complete a short survey located at www.cslsr.org/edusurvey2022. Thank you for sharing your thoughts with us. We would appreciate your input by the end of January.

Register for Winter Classes

For details, go to <https://cslsr.org/class-schedule/>. Be sure to check out options for scholarships and discounts.

- Blindspots, with Rev. Russ Legear, begins Tuesday, February 8
- Journey of the Soul, with Bette Smith, RScP, begins Thursday, February 10
- Mental Equivalents, with Rev. Joyce Duffala, begins Monday, March 21
- Non-Dual Spiritual Teaching: Advaita Vedanta, Taoism, Dzogchen, and Zen with Dr. Kim Kaiser, begins Tuesday, March 22

January Lunchtime Learning

Join Rev. Tara Steele on Zoom from 12 noon to 1 pm on the four Wednesdays in January for a discussion of Mary O'Malley's book, *What's in the Way is the Way*. In particular, we will delve into the introduction, "Your Transformation Begins," and Chapter 1, "It's All Okay—It's Truly Okay." We will explore how to meet our experiences in a new way—unclouded by fear or judgment, and infused with an abiding sense of ease, trust, and openness to all of life. The Zoom link for Lunchtime Learning is <https://tinyurl.com/Lunchtime2022>

Got Stories of Hope?

Rev. Russ Legear is collecting stories of hope that our community can share with one another. Rev. Russ will read the stories aloud on video recordings for our Facebook page. You are invited to send your personal stories of hope, whether they reflect things that actually happened to you, or fiction you have written with a hopeful outcome. Please note that we may edit what you submit to help it work with the Facebook format. E-mail to stories@cslsr.org.

Contacts for Spiritual Support

- For grief support, call Rev. Siota Belle at (707) 527-3650
- To have someone pray with you, call our Telephone Prayer Ministry, (707) 527-3484. Leave your name and number; a prayer practitioner will return your call.
- To hear an inspirational message and prayer, call Dial-a-Thought, (707) 527-3545
- To request hospital or home telephone visits, call Heart in Hand, (707) 527-3574
- 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.

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 January it is Carbon Cycle Institute, working to stop and reverse global climate change, www.carboncycle.org. To learn more about our nonprofit partner program and to see a list of all 12 partners for 2022, go here: <https://cslsr.org/our-nonprofit-partners/>

Daily and Weekly Gatherings

DAILY PRACTICE: GENERATING LOVE

Every week, Monday through Friday, from 10 to 10:25 am. The Zoom link is <https://tinyurl.com/GeneratingLove> You can use a video of this meditation practice on your own at any time: <https://vimeo.com/489089737>

SUNDAY EVENING CONVERSATIONS

We meet on Zoom every Sunday from 7 to 8 pm. Everyone is welcome. To see the topic and facilitator, visit our blog at <https://sundayeveningsatthecenter.blogspot.com/>. The Zoom link to our weekly gathering is <https://cslsr.org/zoom-SEC>

LIFE VISIONING CIRCLE

Every Monday from 12:15 to 1 pm on Zoom, we practice consciously opening to the still small voice within. Facilitators are Antonio Aversano, Rev. Joyce Duffala, Rev. Siota Belle, and Rev. Tara Steele. The Zoom link is <https://tinyurl.com/MondayVisioningCircle> . Everyone is welcome.

CANCER THRIVERS

We provide mutual support for those actively dealing with cancer. We meet on Tuesdays from 1 to 2:30 pm. For more information, please contact Kathy Galvin, RScP, at kgWrites@comcast.net

WEDNESDAY EVENING MEDITATION, "INVITING THE SACRED"

Every Wednesday at 6 pm, Rev. Siota Belle leads a weekly guided meditation. The Zoom link is <https://tinyurl.com/WednesdayEveningMeditation>

SATURDAY MORNING MEDITATION

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

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 Live: <https://wednesdayeveningsatthecenter.blogspot.com/>

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

Monthly Meetings

THE THIRD ACT

Monday, January 24, from 1:30 to 2:30 pm. The Third Act gives the seniors in our community an opportunity 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://cslsr.org/zoom-TheThirdAct/>

BOARD OF TRUSTEES

Thursday, January 27, at 5:30 pm. Our board of trustees usually meets on the fourth Thursday of the month. Except for executive sessions, the meetings are open to the public. The meetings are held on Zoom. Here is the link: <https://us02web.zoom.us/j/82409732515>

PRAY WITH DR. EDWARD

Tuesday, February 1, at 3 pm. Join Dr. Edward and the staff on the first Tuesday of the month for prayer. The Zoom link is <http://cslsr.org/Zoom-TuesdayStaffPrayer>.

FULL CIRCLE: CONVERSATIONS ABOUT DEATH & DYING

Sunday, February 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://tinyurl.com/SundayFullCircle>

SENIORS IN SPIRIT

Tuesday, February 8. We meet on the second Tuesday of the month at 1 pm for lunch and to plan future outings together. Contact Norma Miller at (707) 579-1248 to find out where we are meeting and to reserve your place at lunch. Bring your ideas for places we might visit as a group.

BEING AND BELONGING DISCUSSION GROUP

Sunday, February 13, from 1 to 2:30 pm. The Zoom link is <https://tinyurl.com/BBGDiscussion>. You are also invited to visit our blog. See the hyperlink in this bulletin.

MONTHLY PEACE MEDITATION

Monday, February 28 at 7 pm. Except in October when we meet on the 30th, we meet on the last day of the month to pray for peace on our planet. For more information, contact Vivian Strand, RScP Emeritus, at (707) 953-1917. The Zoom link is <https://tinyurl.com/World-Peace-Meditation>

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>

Stepping Stones Facebook Page:

<https://www.facebook.com/Stepping-Stones-Bookstore-116152508558>