COVID 19 UPDATE

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, February 6, 2022

Today's Topic and Speaker: "Can I See the God In Me?" Dr. Edward Viljoen

This Month's Theme: "The Inner Life"

This Week's Affirmation: THE SPIRIT WITHIN ME IS GOD. THAT SPIRIT IS PERFECT.

Recommended Reading: *Radical Forgiveness* by Colin Tipping

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/

Stepping Stones Books and Gifts

- We are open Sundays from 10 to 11 am and from 12 to 12:30 pm
- New Valentine's Day table
- February Science of Mind magazine now available
- Check out our new children's section
- Gift certificates
- Many 2022 books of the month now in stock
- 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/

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

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 February it The Climate Center, proposing policies to accelerate equitable climate action, www.theclimatecenter.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/

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 this Tuesday, February 8
- Journey of the Soul, with Bette Smith, RScP, begins this 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

February: Black History Month

For the past several years, Celeste Austin, Lawrence Edwards, Calvin Johnson, and Olivia Kinzler have shared their insights on the wisdom and experience of African Americans in this country. This year they dive deeply into what has and continues to support them in being present and mighty, with love. Here is the schedule:

- February 2 – Lawrence Edwards: A Different Lens: Conversation with Interracial Persons
- February 9 – Celeste Austin: We Are Here
- February 16 – Calvin Johnson: We've Been to the Mountaintop
- February 23 – Olivia Kinzler: Where I Came From

Everyone is welcome to join us from 12 noon to 1 pm on Zoom. The link is https://tinyurl.com/Lunchtime2022

Quilt Display

For Black History Month, there is a display on the west wall of the Social Hall featuring a quilt made by congregant Olivia Kinzler titled "Underground Railroad." There is also information about the quilts of Gee's Bend in Alabama that use patterns and piecing styles that were passed down over generations surviving slavery, the antebellum South, and Jim Crow.

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.

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

FULL CIRCLE: CONVERSATIONS ABOUT DEATH & DYING
Today, 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. This month's topic is "Meeting Our Fear." Everyone is welcome and invited to participate at their comfort level. The Zoom link is https://tinyurl.com/SundayFullCircle

SENIORS IN SPIRIT
This 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 link in "Our Online Blogs" on the previous page.

BOARD OF TRUSTEES
Thursday, February 24, 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

THE THIRD ACT
Monday, February 28, 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/

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

PRAY WITH DR. EDWARD
Tuesday, March 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.

WEDNESDAY NIGHT LIVE WITH REV. RUSS LEGEAR
Wednesday, March 2, at 7 pm. Join Rev. Russ on the first Wednesday of the month where we come together in spiritual practices aligned with our global theme of the month. In March our theme is "Play." Did you know that play is a deep spiritual practice? We will be exploring all the different ways we can bring a sense of playfulness into our lives, and how an overly serious attitude can hold us back from really enjoying life. No need to sign up, simply drop in on Zoom! The link is http://cslsr.org/Zoom-FirstWednesday