

*We see a world
that works for everyone.*



Bulletin for Sunday, May 1, 2022

Today's Topic and Speaker: "What's on Your Spice Rack?" Rev. Russ Legear

This Month's Theme: "Emotions"

This Week's Affirmation: I AM BLESSED AND GRATEFUL FOR MY EMOTIONS AND FEELINGS.

Recommended Reading: *Fear: Essential Wisdom in Getting through the Storm* by Thich Nhat Hanh

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

After Service Prayer

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/>

Don't Miss a Thing!

To see a list of all upcoming Center events, click here: <https://cslsr.org/events/>

For a monthly calendar view of our events, click here: <https://cslsr.org/events/month/>

Register for Current Classes

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

- Spiritual Principles and Practices with Lawrence Edwards, RScP begins Tuesday, May 3.

Core Class: Spiritual Principles and Practices

Five weeks beginning May 3, from 6:00 to 8:30 pm, with Lawrence Edwards RScP. This class focuses on how to have an active daily connection with Spirit and how to find your own unique way of doing that through spiritual practices. For more information, and the link to register, click here:

<https://cslsr.org/spiritual-principles-and-practices-description/>

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/>

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.

Stepping Stones Books and Gifts

- We are open Sundays from 10 to 11 am and from 12 to 12:30 pm
- Science of Mind magazine now available
- Science of Mind books in Spanish
- Thich Nhat Hanh books in stock
- Calligraphy art gifts
- Children's section
- Visit our Facebook page:
<https://www.facebook.com/Stepping-Stones-Bookstore-116152508558>
- Shop online: <https://steppingstones-books-and-gifts.myshopify.com/>

Art in the Social Hall

For the months of May and June, member Michele Holland is showing her Spirit inspired quilted textile art. If you are a member of the Center and would like to exhibit your work, please contact Bob Hart at rihart9@gmail.com.

AIDS Lifecycle Bake Sale

This Sunday, May 1, you can purchase delicious baked goods and hot drinks from the Center's Lifecycle Team. All proceeds benefit the Team. Ask how you can also support them in other ways.

Join Our Video Team!

Become one of our camera operators. Have fun upstairs in the control room on Sunday mornings. Be part of our amazing video team that sends our Sunday service around the world! Easy Peasy. No experience necessary. We will teach you how. Contact Christopher Fritzsche at christopher.fritzsche@cslsr.org if you are interested.

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/>

Stepping Stones Raffle

Win a beautiful, hand-carved statue from Bali. Six additional winners will receive a selection of six books each that they can choose from designated stock. Tickets are on sale now in the store or online at <https://steppingstones-books-and-gifts.myshopify.com/>. Drawing is at 12 noon on Mother's Day, Sunday, May 8. Need not be present to win.

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 May it is Environmental Protection Information Center (EPIC), combining public education, citizen advocacy, and strategic litigation to protect and restore Northwest California's forests. www.wildcalifornia.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 Groups

SUNDAY EVENINGS

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>.

MONDAY AFTERNOONS

Life Visioning Practice

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; Angél Fiorito, RScP; and Rev. Tara Steele. The Zoom link is <https://tinyurl.com/MondayVisioningCircle>. Everyone is welcome.

MONDAY THROUGH FRIDAY

Daily Practice: Generating Love

Every weekday, 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>.

TUESDAY AFTERNOONS

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 EVENINGS

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 MORNINGS

Saturday Morning Meditation Group

Zoom in 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

FIRST SUNDAY

Full Circle: Conversations About Death & Dying, 1 to 2:30 pm

We meet for education, spiritual support, conversation, and resources about death and dying.

The Zoom link is

<https://us02web.zoom.us/j/88230753730?pwd=T3daOEpGRXN6QWNhMlFIZmx0bjQvdz09>

SECOND SUNDAY

Being and Belonging Discussion Group, 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.

FOURTH MONDAY

The Third Act, 1:30 to 2:30 pm

We meet to give the seniors in our community an opportunity to go deeper in our spiritual journey. Rev. Joyce Kinzel is the facilitator. The Zoom link is <https://cslsr.org/zoom-TheThirdAct/>

FIRST TUESDAY

Pray with Dr. Edward, 3 to 3:15 pm

Join Dr. Edward for prayer. The Zoom link is <http://cslsr.org/Zoom-TuesdayStaffPrayer>.

SECOND TUESDAY

Seniors in Spirit, 1 pm

We meet 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.

FIRST WEDNESDAY

Wednesday Night Live with Rev. Russ Legear, 7 pm

We come together in spiritual practices aligned with our global theme of the month. No need to sign up, simply drop in on Zoom! The link is <http://cslsr.org/Zoom-FirstWednesday>

FOURTH THURSDAY

Board of Trustees, 5:30 pm

Except for executive sessions, board meetings are open to the public. The Zoom link is <https://us02web.zoom.us/j/82409732515>. No meeting in March since this is the month of the Annual Member Meeting. Dates for November and December may vary.

FIRST SATURDAY

Spirit Walks with Rev. Russ Legear, 1 pm

Join Rev. Russ Legear for nature walk on the first Saturday of the month. Click here for details: <https://cslsr.org/spirit-walks/>

LAST DAY OF THE MONTH

Peace Meditation, 7 pm

Except in October, when we meet on the 30th, and December, when we meet at 4 am, we meet 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>