



*We see a world  
that works for everyone.*

## Bulletin for Sunday, June 26, 2022

**Today's Topic and Speaker:** "The One Body," Dr. Edward Viljoen

**This Month's Theme:** "Body"

**This Week's Affirmation:** I LISTEN TO MY BODY, KNOWING IT IS SPEAKING AS GOD.

**Recommended Reading:** *The Body Keeps the Score* by Bessel van der Kolk

## 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 on Sunday are from 10 to 11 am and from 12 to 12:30 pm. Store now also open on Tuesdays from 11 am to 3 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.com/facebook.com/centerforspirituallivingsantarosa/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](http://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/>

## New Class: History of Science of Mind

Our Education Ministry offers classes throughout the year. Currently, you can register for History of Science of Mind with Dr. Kim Kaiser. It is a four-week class beginning on Thursday, July 14, from 6:30 to 9 pm. For details, go to <https://cslsr.org/class-schedule/>. Be sure to check out options for scholarships and discounts.

## Ernest Holmes Lending Library

Now open on Sundays from 10 am to 12:30 pm. We have books, audio recordings, and video recordings on a wide variety of subjects that are of interest to our spiritual community. We also have multiple copies of textbooks used in some of our classes and patrons are welcome to borrow these books for the duration of the class. Anyone can become a patron of the library after filling out an application form.

## 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](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.

## Stepping Stones Books and Gifts

- Now open Tuesdays from 11 am to 3 pm.
- Open Sundays from 10 to 11 am and from 12 to 12:30 pm
- Science of Mind monthly magazine
- Science of Mind books in Spanish
- 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](mailto:rihart9@gmail.com).

## Sunday Flower Dedications

At the Center we use flowers to send messages of love. You can purchase a flower arrangement for \$50 for the stage. After the last service, you may take the flowers home, or you can donate them to decorate the Center during the week. Click here for the link to the application form:

<https://cslsr.org/sunday-flower-dedication/>

## Prayer Box

If you want to submit a written prayer request while the Center is open on Sunday, you will find prayer request forms and the prayer box on a table in the hallway between the Social Hall and the office wing. You can also submit prayer requests online: <https://cslsr.org/online-prayer-request/>

## 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](mailto: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/>

## 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 June it is Fibershed, developing systems from soil to soil, where textiles are grown, processed, designed, sewn, sold, worn, and eventually composted. [www.fibershed.org](http://www.fibershed.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>

### SUNDAY EVENINGS

***An Instrument for Peace.*** Rev. Russ Legear leads a guitar meditation dedicated to peace on Facebook and YouTube every Sunday from 8 to 8:15 pm.  
Details: <https://cslsr.org/an-instrument-for-peace/>

### 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](mailto: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.*** We are on break for the summer. Will return in September.

## 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.

### SECOND SATURDAY

#### ***Spirit Walks with Rev. Russ Legear***

Join Rev. Russ Legear for a nature walk. Click the following link for details:

<https://cslsr.breezechms.com/form/SpiritWalk-07-02-2022>

### 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>