

*We see a world
that works for everyone.*



July 2024 Bulletin

This Month's Theme: Practice Makes Imperfect

Recommended Reading: *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brené Brown

July 7 – Rev. Russ Legear, "What if Perfection Isn't the Goal?"

July 14 – Dr. Edward Viljoen, "Leaning into Imperfection"

July 21 – Dr. Edward Viljoen, "Imperfect Practices"

July 28 – Rev. Tara Steele, "Perfectly Imperfect, an Expansive Experience"

Sunday Service Times

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

The 9 am service is broadcast live and recorded for viewing afterwards on our website.

Youth Program

Children of all ages are welcome to attend our youth program led by Youth & Family Coordinator Jennifer Caldwell. While parents attend the 11 am service, their children can enjoy age-appropriate activities with other kids. Check-in begins at 10:45 am. If you would like to volunteer or get details and more information, contact Jennifer Caldwell at jennifer.caldwell@cslsr.org.

One-on-One Prayer with a Practitioner

Tell a practitioner what is in your heart, and you will receive prayer to affirm that your desired good is present and available to you. Available in the sanctuary after both morning services and on Zoom at 10 am.

The Zoom link is <https://cslsr.org/zoom-prayer/>

Wednesday Evening Service

Join us at the Center at 7 pm for a mid-week spiritual boost. Enjoy music, prayer, spiritual practice, a message, and more. In-person only. The service is not broadcast or recorded.

Ordination of Rev. Russ Legear Sunday, July 21

The Center for Spiritual Living, Santa Rosa joyfully requests the honor of your presence at the ordination of our Assistant Minister Rev. Russ Legear at 1 pm Sunday, July 21, in the sanctuary. Reception immediately following. So we can know how many to plan for, please reply by Tuesday, July 16, using the following link: <https://cslsr.breezechms.com/form/57b0a159>. We look forward to seeing you there!

Sharing Our Bounty – Sunday, July 28

As we did last year, we invite you to bring your flowers, fruits, veggies, and baked goods to share from 10 to 11 am. The Center provides coffee, tea, and breakfast treats. Please bring your own bag to fill with bounty from the sharing tables. Open to everyone, whether or not you bring something. Since this fun event takes place between the 9 and 11 am services, stay after or come early to your preferred service.

CSL Sluggers Softball Team

The Center's co-ed softball team continues to play ball on Monday nights at Santa Rosa's Community Park Field 2. Come out and root for the team! Start times vary. Use the following link to learn more:

<https://www.teamsideline.com/sites/srcity/schedule/552552/Monday-Northwest-Community-Park-Field-2>

News from Ernest Holmes Lending Library (Upstairs)

Newly added to our library is *Tattoos of the Heart: The Power of Boundless Compassion* by Gregory Boyle. This book was mentioned by Rev. Russ Legear in his Sunday talk on June 16 as an example of a someone who is "unbounded and unstoppable." It is the touching true story of a Jesuit priest serving as pastor in a church in east Los Angeles, in the middle of a territory of five gangs. We get to know the gang members as individuals, their tragedies and triumphs, as this pastor engages with them and starts a business enterprise to help elevate each person with whom he interacts.

Our library is located upstairs above the coffee serving area of the Social Hall. We are open every Sunday 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

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/>

School Supplies for Local Students

We are partnering with First United Methodist Church and First Congregational United Church of Christ to provide backpacks and school supplies for students in preschool through college. Details on the homepage of our website: <https://cslsr.org/school-supplies-for-students/>

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/>

July Classes and Workshops

Look for registration information on the homepage of our website, www.cslsr.org.

B=book study; C=core class; S=spiritual enrichment course; W=workshop

- (C) **The Seven Spiritual Laws of Success** starts Sat. 7/6 at 9:30 am
- (W) **The Beauty of Imperfection** Sun. 7/14 at 1 pm
- (S) **A Fresh Look at Affirmations** starts Tue. 7/16 at 6 pm
- (W) **Wholeheartedly Me** Sun. 7/28 at 1 pm

New Member Class

Registration is open now for the next New Member Class with Dr. Edward Viljoen. It will be on Tuesday, August 13, at 6 pm. Go to <https://cslsr.breezechms.com/form/NMC08132024>

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, <https://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.

Art in the Social Hall

For the months of July and August the featured art in the Social Hall is by Catherine Lecce-Chong. If you are a member of the Center and would like to exhibit your work, please contact Bob Hart at rihart9@gmail.com.

Every Time You Shop at Oliver's Market...

...the Center receives a donation at no cost to you. Please stop by the literature display in the Social Hall for information on how to sign up.

Don't Miss a Thing!

- To see a list online of all upcoming Center events, go to <https://cslsr.org/events/>
- For a monthly calendar view of our events, go to <https://cslsr.org/events/month/>

Our Nonprofit Partner Program

Each year the Center selects twelve nonprofit partners from nominations submitted by individuals in our community. We feature one of them each month. For July it is 4 C's Sonoma County, providing access to quality childcare and early education in Sonoma County through advocacy, direct service, and empowerment. To learn more about our nonprofit partner program and to see a list of all 12 partners for 2024, go here: <https://cslsr.org/our-nonprofit-partners/>

Sunday Flower Dedications

At the Center we use flowers to send messages of love. You can purchase a flower arrangement 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 order form: <https://cslsr.org/sunday-flower-dedication/>

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/>
- Stepping Stones Facebook Page: <https://www.facebook.com/Stepping-Stones-Bookstore-116152508558>
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Our Online Blogs

- Dr. Edward's Blog: <https://edblogword.blogspot.com/>
- En Español: <https://enespanolcslsr.blogspot.com/>
- (NEW) Exploring Spiritual Study at the Center: <https://exploringspiritualstudy.blogspot.com/>
- New Life Celebrations: <https://cslsrlifecelebrations.blogspot.com/>
- New Thought Resources: <http://newthoughtresources.blogspot.com/>
- Remembrance Pages: <https://communityremembrancepages.blogspot.com/>
- Volunteer Blog: <http://cslsr.blogspot.com/>
- Wednesday Night Live: <https://wednesdayeveningsatthecenter.blogspot.com/>
- Youth and Family Ministry: <https://youthandfamilyministry.blogspot.com/>

DAILY AND WEEKLY GATHERINGS

MONDAY AFTERNOONS

Life Visioning Practice. Every Monday from 12 noon 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 Katrina Borneman, RScP. The Zoom link is <https://tinyurl.com/lifevisionmondays> You can download and/or listen to previous sessions at <https://tinyurl.com/CSLSR-Life-Vision-Library>

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. Contact: Kathy Galvin, RScP, at kgWrites@comcast.net

WEDNESDAY EVENINGS

Wednesday Meditation: Inviting the Sacred. Every Wednesday from 6 to 6:45 pm on Zoom. The new Zoom link is <https://tinyurl.com/WedEveMed>

WEDNESDAY EVENINGS

Wednesday Evening Service. Mid-week spiritual boost every Wednesday from 7 to 7:45 pm in person at the Center. Details: <https://wednesdayeveningsatthecenter.blogspot.com/>

MONTHLY MEETINGS

FIRST SUNDAY

Full Circle: Conversations About Death & Dying, 1 to 2:30 pm (July 7)

We meet on Zoom to provide education, spiritual support, conversation, and resources about death and dying. Our monthly meetings are also a time to share and connect around the many ways dying can inform us about living and how valuable it is to have a spiritual practice. Everyone is welcome.

SECOND TUESDAY

Seniors in Spirit, 12 noon (July 9)

We meet at Round Table Pizza on Occidental Road near the Center for lunch, friendship, prayer support, and to plan outings together as a group. Text Norma Miller at (707) 328-9771 to reserve your place at lunch.

FOURTH THURSDAY

Board of Trustees, 5:30 pm (July 25)

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 due to holidays.

THIRD SATURDAY

Project Sleep Warm, 10 am to 1 pm (July 20)

We meet at the Center in Room 7 (upstairs) to make comforters and coverlets for unsheltered women and children. Contact: Brenda Kobrin, RScP, at (707) 566-6785.

LAST DAY OF THE MONTH

Peace Meditation, 7 pm (Wednesday, July 31)

Except in October, when we meet on the 30th, and December, when we meet at 4 am, we meet at 7 pm 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/CSLPeaceMed>