

*We see a world  
that works for everyone.*



## **November 2024 Bulletin**

This Month's Theme: A Bun Dance

Recommended Reading: *Thank & Grow Rich: A 30-Day Experiment in Shameless Gratitude and Unabashed Joy*  
by Pam Grout

November 3 – Rev. Russ Legear, "Life is Sweet, Let it Rise"

November 10 – Dr. Edward Viljoen, "More Buns to Share"

November 17 – Dr. Edward Viljoen, "Loaves and Fishes"

November 24 – Dr. Edward Viljoen, "Rise Up and Dance"

## **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](mailto: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/>

## **Be a Trustee!**

Does selfless service call to you? Each year three new members are elected to replace the three members who are completing their terms on the board of trustees. We are now accepting applications for the three members who will join the board in March 2025. You can pick up an application form at the information table or access information on our website at <https://cslsr.org/be-a-trustee/>

## **Art in the Social Hall**

For the month of November we are featuring original paintings by member Michael Seymour, all of which he has generously donated to the Center as a fundraiser. Art is a perfect gift for yourself and those you love. The best time to view and purchase art is on Sundays from 9 am to 12:30 pm.

**TICKETS ON SALE NOW - Benefit Concert: Soph & Trey + 945 Band**

**Friday, November 9, from 7:30 to 9 pm at the Center.** An evening of dance and music to benefit the Center's music ministry. See the homepage of our website, [www.cslsr.org](http://www.cslsr.org) for details.

## **Annual Remembrance Service – Wednesday, November 13, at 7 pm**

You are invited to write the names of loved ones who have passed on since November 2023, on the remembrance pages at the Information Desk in the Social Hall or online at <https://cslsr.breezechms.com/form/RS2024>. You are welcome to bring flowers, photographs, or other mementos to the service to place on the community altar.

## **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.

## **Supporting Our Teens – Holiday Wreath Fundraiser**

Choose a "Classic Wreath" or "Cranberry Splash Wreath" to support our teens in going to winter camp. To order, visit the teens at their table in the Social Hall through Sunday, November 10. Pre-ordered wreaths will be delivered to the Center in early December just in time for the holidays. All orders must be received by Sunday, November 10. No wreath sales after this date.

## **Special Sacred Singing Event with Karen Drucker**

**Wednesday, November 20, from 7 to 8:30 pm in the sanctuary**

Breathing, stillness, rest, calm...allowing yourself to just "be" and not "do" for a little while. Allow yourself to be musically and spiritually nurtured as we sing, chant, meditate, and pray together. Our theme is "Gratitude" for yourself, your loved ones, and for the world.

## **Thanksgiving Eve Service**

**Wednesday, November 27, at 7 pm in the sanctuary**

At the service there will be music by Christopher Fritzsche, the choir, and the Center Band, along with a special message from Dr. Edward Viljoen, and time to fill out your 2025 Thanksgiving Intention Card. Look for details on the homepage of our website, [www.cslsr.org](http://www.cslsr.org).

## **Ernest Holmes Lending Library (Upstairs)**

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. Use the staircase opposite entrance to bookstore.

## **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/>

## **Upcoming Classes and Workshops**

**Look for registration information on the homepage of our website, [www.cslsr.org](http://www.cslsr.org).**

- **(B) The Four Spiritual Laws of Prosperity**, five-week book study with Patty Byrne, RScP, begins Monday, Nov. 4, from 6:30 to 8 pm on Zoom.
- **(S) What Is My Relationship with God?**, four-week spiritual enrichment course with Maggie Cole, RScP Emeritus, begins Tuesday, Nov. 5, from 11 am to 12:30 pm on Zoom
- **(W) Living the Presence**, workshop with Dr. Edward Viljoen, postponed to 2025
- **(W) The Spark and Magic of Meditation**, workshop with Bette Smith, RScP Emeritus, Sunday, Dec. 8, from 1 to 3 pm in person at the Center.

## **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.
- 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/>
- For additional spiritual support, click on "Resources" at the top of our homepage, <https://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.

## **Member Assistance Program**

From time to time we all need a little help from our friends. And sometimes what's really needed is money. A portion of monetary contributions to the Center is set aside in a fund ready to be drawn upon by members in times of need. If you have been a member of the Center for at least one year and have a giving intention on file, you are eligible to apply for one-time financial assistance. Our confidential Member Assistance Program is a shining example of members helping members. Go to <https://cslsr.org/member-assistance-program/> for more information

## 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 November it is VIDAS (Vital Immigrant Defense Advocacy and Services), providing competent and compassionate legal immigration advocacy in the North Bay and beyond. 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-program>

## 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. Go 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 Page: <https://www.facebook.com/groups/centerforspirituallivingsantarosa>
- Facebook Page: <https://www.facebook.com/centerforspirituallivingsantarosa>
- Instagram: <https://www.instagram.com/cslsantarosa/>
- TikTok: <https://www.tiktok.com/@cslsantarosa>
- Stepping Stones Facebook Page: <https://www.facebook.com/Stepping-Stones-Bookstore-116152508558>

## 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; 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](mailto: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 (November 3).* We meet on Zoom to provide education, spiritual support, conversation, and resources around the many ways dying can inform us about living and how valuable it is to have a spiritual practice.

### THIRD SUNDAY

*Grief and Loss Support, 10 to 10:40 am (November 17).* Come to the Practitioner Room upstairs, next to the library, for a facilitated session by a prayer practitioner. You can sit in silence or share your experiences in a safe and sacred space where we listen with honor, acceptance, and love.

### SECOND TUESDAY

*Seniors in Spirit, 12 noon (November 12).* 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.

### THURSDAY

*Board of Trustees, 5:30 pm (November 14).* 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 (November 19).* 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, November 30).* 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>