

*We see a world
that works for everyone.*



December 2024 Bulletin

This Month's Theme – Sticking the Landing

Recommended Reading: *Living the Science of Mind* by Ernest Holmes

December 1 – Dr. Edward Viljoen, "Standing on Solid Air"

December 8 – Rev. Russ Legear, "Hearts Ablaze"

December 15 – Dr. Edward Viljoen, "Flowing Ground"

December 22 – Dr. Edward Viljoen, "The Incredible Light of Being"

December 29 – Rev. Russ Legear, "Expanding at the Top"

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. 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/>

Holiday Happenings – Look for details on the homepage of our website, www.cslsr.org

- **Winter Solstice Service** – Wednesday, 12/18, at 7 pm.
- **Christmas Eve Services** – Tuesday, 12/24, at 6 and 8 pm in person at the Center. The 6 pm service will be broadcast on YouTube.
- **Christmas Day Service** – Wednesday, 12/24, at 10 am on Zoom.
- **World Peace Meditation** – Tuesday, 12/31, at 4 am in person at the Center.

Quan Yin Lotus Statue Raffle

Stepping Stones Books & Gifts is offering a beautiful 16" resin lotus statue of Quan Yin suitable for indoor or outdoor use. Tickets are for sale in the store — \$1 each or 6 for \$5. The drawing will be held on Sunday, December 22. You need not be present to win.

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/>

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.

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/>

A Hidden Gem in the Library by Hochima Treppa, Library Assistant

Keeper of the Keys: Taking the Hell out of Self-Help (DVD)

The transformative story of a man who is caught up in a life of constant negativity. We see him experience a series of losses: his job, his house, and his wife. Afterwards, he has a vision and is led through meetings with recognizable luminaries such as Jack Canfield, Dr. John Gray, Marci Shimoff, and others who share helpful insights touching stories with him to illustrate powerful keys to living the life of your dreams in areas of career success, relationships, and one's experience of fulfillment.

Upcoming Classes and Workshops

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

Class dates and times are subject to change. Please check the website for the most recent information.

- **(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. Sliding scale, \$25 - \$55.
- **(W) Vision Your Life**, workshop with Rev. Russ Legear, Sunday, January 5, from 1 to 3 pm. Sliding scale, \$25 - \$45. In person at the Center.
- **(S) The Nature of Being**, five-week class with Dr. Edward Viljoen, beginning Tuesday, January 14, from 6 to 7:30 pm. Free for those who submitted a 2025 giving intention; otherwise, sliding scale, \$50 - \$100. In person only at the Center.
- **(S) The Nature of Being**, five-week class with Dr. Edward Viljoen, beginning Saturday, January 18, from 9 to 10:30 am. Free for those who submitted a 2025 giving intention; otherwise, sliding scale, \$50 - \$100. On Zoom only.
- **(B) How to Have Anti-Racist Conversations**, six-week book study with Hochima Treppa, LMFT and Krista McAtee, RScP, beginning Thursday, January 16 from 7 to 8 pm on Zoom only. Free.
- **(C) Change Your Thinking, Change Your Life**, six-week core class with Rev. Russ Legear, beginning Monday, January 27, from 6 to 8:30 pm, in person and on Zoom. \$180 (discounts and scholarships available).

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.

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.

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.

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 December 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. No meetings on 12/23 or 12/30. 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 (December 1). 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 (December 15). 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 (December 10). 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 (December 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 (December 21). 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

World Peace Meditation, 4 am (Tuesday, December 31). Except in October, when we meet on the 30th, and December 31, 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>

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