

July, 2011
Sunday Services

July 3

Revs. Bob Luckin &
Judith Churchman

9:00 ~ Being Flexible
10:30 ~ Living In-dependence

July 10

Revs. Judith Churchman &
Bob Luckin

9:00 ~ Calm in the Storm
10:30 ~ Shifting Perception

July 17

Revs. Bob Luckin &
Judith Churchman

9:00 ~ The Joy of
Discomfort
10:30 ~ Be Happy

July 24

Rev. Mary Mitchell

9:00 ~ Realizing Perfection
10:30 ~ Power of Prayer

July 31

Rev. Barbara Leger

9:00 ~ Behind the Scenes
10:30 ~ The Ever-ready
Partner



PATRICK'S POINT CALIFORNIA STATE PARK
FAMILY CAMPING TRIP

Thursday - Sunday, July 21 - 24, 2011

\$75 per Adult; \$35 per Child (Ages 5 to 12)

We are planning a great escape to the cool, misty redwood groves of Patrick's Point for a camping trip with anyone and everyone from the Center who wants to go. The group camp site is surrounded by opportunities to explore the ocean, the redwoods, hike a fern-filled canyon, kayak, swap stories around the campfire, roast a few marshmallows, and just plain old *relax!* In addition, Rev. Lynn E. Fritz, Karuk Tribal Descendent, will offer a fireside ritual followed by the Sacred Drumming Circle (bring your own drum or shaker) on Friday, both after dinner and a walking meditation on Saturday, before breakfast. The trip includes seven meals. Dogs are allowed although they have to be on a leash and cannot go on trails or beaches within the park. No trailers or RVs are allowed in the group space. We are encouraging everyone to carpool and a carpool list is available. An information packet is available once you register. Come on – bring your lawn chair, your favorite games and explore with us!

SACRED SERVICES
Wednesdays at 7:30 PM

July 6 ~ Rev. Lynn E. Fritz ~
"Music as Spiritual Practice:
Opening the Heart & Soul
through Music"

July 13 ~ Rev. Mary Mitchell
~ "Freedom Begins Within"

July 20 ~ Rev. Sue Miller
Born ~ "The Gestures of
Prayer"

July 27 ~ Rev. Pam
Sanchez ~ "Joy!"



Pastors' Message
A Behind-the-Scenes
Look at a Day in the Life of
Our Center

Some of our members come to our Center only on Sundays for the 9:00 or 10:30 AM service, so they may have no idea how many people it takes to keep our Center open and running. Without SEVA (selfless service) our Center doors would most likely be closed. We have about 26 separate teams comprised of highly committed members who mop and clean, maintain the grounds, and repair the things that break. They design and create everything from the shape of our gardens to our beautiful Labyrinth. We have a team that plans events and activities, a team that creates our budget and a team that counts the money so generously given on Sundays. We have a health outreach team, a prosperity team and a youth team. If it needs to be done, we have someone on a team getting it done. We have an Endowment team that manages gifts and bequests placed in a fund that is forever growing. It is the interest from this well-managed fund that has helped the Center purchase many of the important things needed to run our Center. We have a greeting/ushers team and a bookstore team. For techies or would-be techies, we have an audio/video team and a team to help us with our website. If you have an interest in being on a team and are willing to set aside a small amount of time to share your skill and talent, odds are we have a team that has been eagerly awaiting your presence. Summer is a time when many of our members go on vacations, travel and enjoy weekend sports. The Center never goes on vacation, the grass doesn't stop growing and the proper care and feeding of our Center is a 365-day a year spiritual adventure. Judith and I thought you should know that the Center you have chosen as your spiritual home is alive and well because of many loving hands. Feel free to give a hand, and know that it will be deeply appreciated.

Blessings,

Revs. Bob Luckin and Judith Churchman

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lucia@earthingthespirit.com www.earthingthespirit.com
 Lucia Massarella ~ Administrator (530) 223-1260

PEACE PRACTICE ~ JULY 2011

"Let us not look back in anger or forward in fear, but around in awareness." James Thurber



Recently, we enjoyed this quote in our class "Be the Change". I am struck by the simplicity of the truth expressed in such a succinct sentence. All we have is what is in the present moment. When our mind wanders into the stories of the past and we attach our emotional memory to what was and if, perhaps, we set our thoughts into the future in the form of worry, we are lost in reverie again. But "what is" is what is now and if we can bathe our attention in *what is* with the pure awareness of Spirit, we are free. Free to be with our awareness and allow Spirit to flow and, as it is written in Isaiah, this "helps make our crooked path straight." July is about freedom. Celebrate the freedom of your Spirit by looking through the eyes of awareness. Be free...

Blessings of Peace,
Rev. Sue MillerBorn

NEW MEMBERS' MEETING

Sunday, July 3, 2011

11:45 AM



If you love the Center for Spiritual Living and want to stand in deep support of our efforts, we invite you to become a member of our Center. Members of the Center commit to support the Center with their time – attending on Sundays as often as possible; their talent – volunteering a minimum one hour per month in some way when possible and their treasure – giving regular financial support. These three gifts are like refreshing rain to our community, bringing vital energy and love into a deep expression. Revs. Judith Churchman and Bob Luckin will be present to provide information and answer questions. The meeting will take place in the Sanctuary right after the 10:30 AM Service. The pre-requisite to becoming a member is to attend an Essence Class and a New Member's Meeting.

REV. DR. ANDREA ASEBEDO'S SEND OFF

Sunday, July 3, 2011

11:30 AM

Bring a Potluck Dish to Share



Revs. Judith Churchman and Bob Luckin invite you to join them in saying a final, loving farewell to Rev. Dr. Andrea Asebedo. As many of you know, after a three-year rest, Andrea received the call to ministry again, and has accepted the position of Senior Minister at the Center for Spiritual Living in Bellingham, Washington. She will be at the 10:30 AM service where we will shower her with love and well wishes. After the service we'll have a potluck picnic on our grounds in back of the Sanctuary. You can give her your personal goodbyes there. Please bring a dish to share and dress for summer outdoors. We'll provide the plates, glasses, napkins, flatware, and drinks. If you forget to bring a dish to share, we will have poor pickins' for our picnic.

OFFICE/BOOKSTORE CLOSED

The office and bookstore will both be closed on Monday, July 4, 2011, in observance of the Independence Day Holiday. They will both reopen for regular business hours (9:00 AM - 5:00 PM) on Tuesday, July 5, 2011.

COURTING LOVE CLASS

With Rev. Mary Mitchell

Thursdays, July 7 - 28, 2011

3:30 - 5:30 PM

Donations Accepted



Courting Love, a 4-week class with Rev. Mary Mitchell, will discuss trust, surrender, authenticity, and increasing our capacity for love. Lessons will reference Marianne Williamson's book, "Return to Love." For more information, call Rev. Mary at 347-0996.

NAMASTE CAFÉ

An Evening with "In2It" and Friends

Friday, July 8, 2011, at 6:00 PM

\$10 per Person

Join us for a remarkable evening of food, live music, and dancing! In2It will be inviting their musical friends to entertain us as we all enjoy a delightful selection of food. There will be prizes raffled off, too. This is a great way to start the weekend with fantastic food and fun while supporting the Center for Spiritual Living in its growth. Please bring your own place setting so we can continue to keep our Center as "green" as possible. We'll see you there!

"THE INFINITE WAY" CLASS

With Diana Bordeaux

Mondays, July 11 - August 29, 2011

7:00 - 9:00 PM

Donations Accepted



"The Infinite Way" is a spiritual teaching of universal principles introduced to the world by the internationally recognized mystic and spiritual teacher, Joel S. Goldsmith. In 1948, Mr. Goldsmith published a book containing these principles which he called "The Infinite Way." Soon after its publication, groups of students began to arrive asking for classes about the

message contained in the book. This was the beginning of what was to be a worldwide ministry. For the rest of his life, Mr. Goldsmith traveled the world teaching others the spiritual reality underlying these principles and a higher, more harmonious way of life. This collection of tape transcripts represents the purest form of Joel Goldsmith's teaching of the message of "The Infinite Way." Most of Mr. Goldsmith's writings were constructed from the transcripts which comprise his audio recordings. These tapes were recorded in classes which Joel taught dating from 1951-1963. Please join Diana for eight weeks of reading and study of this amazing modern mystic!

ENDOWMENT FUND ICE CREAM SOCIAL

Sunday, July 10, 2011

The Endowment Fund Committee is providing root beer floats after the 10:30 AM service in the Social Hall. Bring your taste buds and fun spirit to this event to help create awareness and support of the Endowment Fund. Piggies will be available for adoption and music will be presented by George Rogers. Endowment Fund Committee members will be available to answer questions about this important program that helps support the Center's current and future goals. Vision Statement: Sacred Money in Action; Mission Statement: Through past, present and future giving, our spiritual community manifests its unfolding vision.

"CHICKEN POTLUCK for the SOUL" POTLUCK DINNER

Friday, July 15, 2011

6:00 PM

\$5.00 per Person + a Potluck Dish to Share

Bring your favorite chicken dish to our July social and we'll warm your heart with spiritual community. Bring your recipe to share, also. This will be a complete dinner, so some of you will want to bring other dishes such as salads, breads, or desserts, but don't be chicken about sharing your favorite chicken dish! Enter your chicken dish into our taste contest. The winner will be awarded a \$20.00 gift certificate for the Wayfarer Bookstore! So, bring yourself, your family, your friends, and a place setting for each person attending and a grand time will be had by all!

OFFICE/BOOKSTORE CLOSED

The office and bookstore will both be closed on Thursday, July 21, 2011, for the Family Camping Trip.

EXPANDING POSSIBILITIES WORKSHOP

With Rev. Barbara Leger

Sunday, July 31, 2011

1:00 - 5:00 PM

\$20 Per Person or Love Offering Accepted



This workshop is about the art of widening our capacity to believe – in Life, in Love, in ourselves and in each other, expanding our possibilities and experiences as we learn to trust life and give our best. This practical workshop gives inspiration, information and hands on practice to stretch beyond the currently known opportunities into a 'universe of possibility.' All are welcome and no one will be turned away.



A Message from Rev. Lynn: My ordination was a turning point! A remarkable gift of generosity and support from all! Thanks to the Board of Trustees of Redding and Ukiah, Rev. Sue MillerBorn, Rev. Dr. Candice Becket, Shasta County Interfaith Forum, the guest speakers, the musicians, Sylvia Kunz and her volunteers, the audio team, Lorre Rizzi and her decorating crew who took multiple carloads of things from my home in sacred trust, creating the temenos (sacred space) shared. I wear my ordination robe & the memory of this experience with you, for a lifetime, in deep gratitude. With love, **Ordained Rev. Lynn**

SACRED SERVICES CONTINUE

The ministers of the Center for Spiritual Living offer their unique, sacred services to the community each Wednesday evening at 7:30. If you are bringing children to the service and need childcare, please call the Center in advance at 221-4849 so arrangements can be made.

Schedule:

Rev. Lynn E. Fritz	8/3
Rev. Mary Mitchell	8/10
Rev. Pam Sanchez	8/17
Rev. Sue MillerBorn	8/24
Revs. Bob Luckin & Judith Churchman	8/31

FRIDAY NIGHT at the MOVIES:

"The Living Matrix"

Friday, August 19, 2011

Dinner at 6:00 PM, Movie at 7:00 PM

\$10 per Person;

ADVANCED Payment Requested!



Enjoy a tasty dinner, followed by the film "The Living Matrix" and a discussion led by Revs. Bob Luckin and Judith Churchman.

"The Living Matrix," a new documentary by Greg Becker and Harry Massey, is a provocative

film about healing and the nature of human health. As they followed the trail of groundbreaking research across Europe and the U.S., Becker and Massey tracked down pioneering scientists and leaders in alternative medicine, and revealed a whole new model for understanding and promoting wellness. "The Living Matrix" brings breakthrough information that will transform your understanding of how to get well and stay well. Dynamic graphic-animation is woven with interviews with leading researchers and health practitioners as they share their discoveries on the 'miracle cures' traditional medicine can't explain. These experts reveal how energy and information fields - not genetics - drive human physiology and biochemistry, and illustrate the benefits of integrating conventional and alternative health care. This film is 83 minutes long. For those who pay in advance to be assured of dinner, please arrive by 6:00 PM.

SUGGESTION BOX at the BOARD/ INFORMATION DESK

If you have an idea and aren't sure who to share it with, drop a note in the Suggestion Box at the Information Desk. Appreciations are welcomed, too!

Seva Opportunities

COME PLAY and SERVE!

One of the best ways to get to know our community is to participate on a Seva team. Each team welcomes people to join them, for a single time or ongoing. If you would like to participate on one of our many teams, please let Diana Woolfstead know at 246-1017.

AUDIO/VIDEO TEAM INVITING VOLUNTEERS

Learn how to operate the sound board and help set up for concerts and special events. Contact Roger Gray at 241-2432.

CHILDREN ARE OUR TEACHERS

Our members are invited to be in service to our parents by helping in the children's church on Sunday. Most of them are single parents who really want the inspiration of the Sunday service. If you would like to do this, please contact Wendi Stewart at 515-6623.

CLEANING TEAM INVITING VOLUNTEERS

If you have two hours a month to help keep the Center sparkling, the Cleaning Team invites you to be on their crew. Team members clean on any day of the week, one time a month, that suits their individual schedules. Call Diana Woolfstead at 246-1017 to join and, of course, all the usual benefits apply!

OFFICE SEVA OPPORTUNITIES

Enjoy sharing your time helping in the Center's Office four hours on one day a week? Interested? Call Lorie Barnes or Sylvia Kunz at 221-4849.

PUBLICITY SEVA VOLUNTEERS

Do you ever drive to Palo Cedro, Red Bluff or the outer areas of Redding? The Publicity Team is looking for a few special volunteers to post publicity flyers. Interested? Just call the Center office at 221-4849.

WAYFARER BOOKSTORE VOLUNTEERS

Book lovers! The Wayfarer Bookstore has openings for new volunteers with a passion for knowledge and helping those looking for the perfect book. Contact Sylvia Kunz at 221-4849.

"MIRACLE DAY RETREAT" Based on "A COURSE IN MIRACLES"

With Rev. Bob Luckin

Saturday, August 20, 2011

9:00 AM to 4:00 PM

\$20 per Person



"A Course in Miracles" is indeed a miracle course. To open a greater space for the possibility of greater miracles, Rev. Bob has decided to lead a "Miracle Day Retreat". Come spend a day with two-dozen "Miracle-Minded Explorers" as we partake in an in-depth study of the "Course In Miracles" material to gain a deeper understanding of its truth. To get the most out of this experience, it will be necessary for you to bring a copy of the "Course In Miracles" book, although it is not a requirement. What is a requirement is that you be open to miracle exploration! The class size is limited to twenty-five people.

ANTON MIZERAK AND LAURA BERRYHILL IN CONCERT

Sunday, July 24, 2011

12:00 Noon

Donations Accepted



Anton Mizerak, Mount Shasta keyboardist, harmonica and tabla player, and singer Laura Berryhill will present an afternoon of transformational healing music which will feature Anton's original music, Celtic songs and chants from around the world. Anton Mizerak lives in Mount Shasta and writes his music in nature, believing that our organic experience of sun, wind, water, snow, and earth, transmitted through music, can be a valuable nurturing and healing experience. Anton plays keyboards and harmonica. His music has been featured on the nationally syndicated radio show "Echoes" and on the digital New Age Music format "Soundscapes." The highly acclaimed CD series "When Angels Dream" is a top seller with healers and massage therapists. Many people have seen Anton at New Thought Churches, symposiums and retreats over the past ten years. Laura Berryhill has a Master's Degree in music history from the University of Oregon, where she focused on early 17th-century Italian sacred music. As a vocalist she works in a variety of musical styles, from early European music, to folk music of the Celtic cultures, to new age and jazz. She has appeared at the Festival of Harps in Oakland, the Yachats Celtic Music Festival, Shrewsbury Renaissance Faire, and Faerieworlds. Anton and Laura have toured together since 2005 performing at New Thought Centers in California and the Northwest.

HEARTSANGHA CHOIR SEASON BEGINS!

Thursday, August 25, 2011

Potluck at 6:00 PM & Rehearsal at 7:00 PM



Do you love to sing? Would you like to sing here at the Center for Spiritual Living? If so, then please consider joining the HeartSangha Choir as they begin a new season under the

direction of Chris Johnson. The Choir will meet for a potluck dinner to enjoy good food together and get to know each other. At 7:00 PM the choir will go into the Sanctuary to rehearse. Rehearsals take place each Thursday from 7:00 to 9:00 PM. The choir will be singing new songs this year! What are the requirements to become a choir member?

- A love of singing, whether you read music or not.
- A commitment to practice with the practice CDs that will be provided on an ongoing basis.
- A commitment to attend rehearsals and performances regularly.
- A commitment to show up on time, ready to sing.

We would love to have you participate! Please join us!

SUNDAY TALKS ON MONDAY TV

Reinforce the power of a Sunday message by watching it on Mondays at 7:30 PM on Charter Cable Channel 11.

"GIFTS FROM THE SEA"

A Retreat for Women in Trinidad, California

With Rev. Dr. Andrea Asebedo and Rev. Sue MillerBorn

Friday, September 30 – Sunday, October 2, 2011

\$370 per Woman



We want to update you on the plans for the Women's Retreat this year. Due to the renting of houses for our retreat this year, we are limited in the number of participants we can accommodate. We've had women re-

spond so enthusiastically that the three houses we've reserved are already full. So, if you're still hoping to go, please contact Rev. Sue and she'll add you to the "waiting list." If we get enough response, we may be able to rent a fourth house. For those of you who've already responded, we need your non-refundable deposit of \$160 no later than Monday, August 1st. Your deposit secures your place and allows us to move forward to create the experience that we long to share together. The total cost for the retreat, including all housing and food, is \$370.00. The balance of your payment is due no later than Thursday, September 1st. Be sure to bring the following items with you: sand chair, journal, sunglasses and sunscreen, yoga mat, beach towel/blanket, comfortable clothing for variety of weather, water bottle, and walking shoes. Please call Rev. Sue MillerBorn at 221-7350 with any questions.

COTTAGE DECK REPLACEMENT



You are invited to help support the final phase of the Center's labyrinth project, which is to replace the Healing Arts/ Children's Cottage deck. The existing deck is not safe and is no longer repairable, which means the children and healing arts guests who use the cottage are not safe. The new deck will complement the labyrinth and

provide a safe and useful platform for events at the labyrinth and it will also take care of a major liability concern. An endowment grant will provide the start-up funds required to begin. An additional \$2,000 is required from donations to complete the project. All contributions are welcome as we complete the community labyrinth project and create a safe and beautiful deck that will serve many functions. Please submit your donation with a reference to the Labyrinth Deck Project. If you submit your name and address, you will be provided with a certificate for your support. In addition, the Landscape and Building seva teams will be sponsoring the Social Hall in late July or August to assist in the fundraising. Please look for the date and help support this effort! Please contact Charlie Born at 221-7350 or the Center office with any questions.

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p>3 Sunday Services, 9:00 & 10:30 AM (Revs. Bob Luckin & Judith Churchman)</p> <p>Guest Musician Performs, 10:30 AM</p> <p><u>Rev. Dr. Andrea Asebedo's Send Off (Potluck Picnic), 11:30 AM</u></p> <p><u>New Members' Meeting, 11:45 AM</u></p>	<p>4 Office/Bookstore Closed</p> 	<p>5 Course in Miracles, Rev. Bob Luckin, 3:30 PM</p> <p><u>Introduction to Meditation, Rev. Pam Sanchez, 6:30 PM</u></p> <p>Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 7:00 PM</p>	<p>6 Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 1:00 PM</p> <p>Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM</p> <p>Sacred Service, Rev. Lynn E. Fritz, 7:30 PM</p>	<p>7 Live Free: Raw/Living Foods Education/Support Group, Jaia Lee, 12:00 Noon</p> <p><u>Courting Love Class Begins, Rev. Mary Mitchell, 3:30 PM</u></p> <p>Habits for Health Support Group, Linda Pearson, 5:00 PM</p> <p>Sing for Joy, Marylin Miller, 7:00 PM</p>	<p>8 <u>Namaste Café, 6:00 PM</u></p>	<p>9 <u>Landscape Seva Day, 8:30 AM</u></p> <p>Leadership Team Meeting, 9:00 AM to 12:00 Noon</p>
<p>10 SET Meeting, 8:30 AM</p> <p>Sunday Services, 9:00 & 10:30 AM (Revs. Judith Churchman & Bob Luckin)</p> <p>Youth Group Greets & Ushers, 10:00 AM</p> <p>Guest Musician Performs, 10:30 AM</p> <p><u>Endowment Fund Ice Cream Social, 11:45 AM</u></p> <p>Practitioners' Meeting, 12:00 Noon</p>	<p>11 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM</p> <p><u>"The Infinite Way" Class Begins, Diana Bordeaux, 7:00 PM</u></p> <p>Raja Yoga, Tienne Beaulieu, 7:00 PM</p>	<p>12 Course in Miracles, Rev. Bob Luckin, 3:30 PM</p> <p>Meditation Class, Rev. Pam Sanchez, 6:30 PM</p> <p>Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 7:00 PM</p>	<p>13 Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 1:00 PM</p> <p>Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM</p> <p>Sacred Service, Rev. Mary Mitchell, 7:30 PM</p>	<p>14 Live Free: Raw/Living Foods Education/Support Group, Jaia Lee, 12:00 Noon</p> <p>Courting Love, Rev. Mary Mitchell, 3:30 PM</p> <p>Habits for Health Support Group, Linda Pearson, 5:00 PM</p>	<p>15 <u>"Chicken Potluck for the Soul" Potluck Dinner, 6:00 PM</u></p>	<p>16</p>
<p>17 Sunday Services, 9:00 & 10:30 AM (Revs. Bob Luckin & Judith Churchman)</p> <p>Guest Musician Performs, 10:30 AM</p>	<p>18 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM</p> <p><u>"The Infinite Way," Diana Bordeaux, 7:00 PM</u></p> <p>Raja Yoga, Tienne Beaulieu, 7:00 PM</p>	<p>19 Course in Miracles, Rev. Bob Luckin, 3:30 PM</p> <p>Meditation Class, Rev. Pam Sanchez, 6:30 PM</p> <p>Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 7:00 PM</p>	<p>20 Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 1:00 PM</p> <p>Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM</p> <p>Sacred Service, Rev. Sue MillerBorn, 7:30 PM</p>	<p>21 Live Free: Raw/Living Foods Education/Support Group, Jaia Lee, 12:00 Noon</p> <p>Courting Love, Rev. Mary Mitchell, 3:30 PM</p> <p>Habits for Health Support Group, Linda Pearson, 5:00 PM</p> <p>Sing for Joy, Marylin Miller, 7:00 PM</p>	<p>22</p> 	<p>23</p> 
					<p>Patrick's Point California State Park Family Camping Trip <u>Thursday, July 21 - Sunday, July 24, 2011</u></p>	
<p>24 Sunday Services, 9:00 and 10:30 AM (Rev. Mary Mitchell)</p> <p>Guest Musician Performs, 10:30 AM</p> <p>Anton Mizerak and Laura Berryhill in Concert, 12:00 Noon</p> <p>Youth Group Meeting, 3:00 PM</p>	<p>25 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM</p> <p><u>"The Infinite Way," Diana Bordeaux, 7:00 PM</u></p> <p>Raja Yoga, Tienne Beaulieu, 7:00 PM</p>	<p>26 Course in Miracles, Rev. Bob Luckin, 3:30 PM</p> <p>Board of Trustees Meeting, 6:00 PM</p> <p>Meditation Class, Rev. Pam Sanchez, 6:30 PM</p> <p>Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 7:00 PM</p>	<p>27 Prosperity Plus, Revs. Judith Churchman & Bob Luckin, 1:00 PM</p> <p>Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM</p> <p>Sacred Service, Rev. Pam Sanchez, 7:30 PM</p>	<p>28 Live Free: Raw/Living Foods Education/Support Group, Jaia Lee, 12:00 Noon</p> <p>Courting Love, Rev. Mary Mitchell, 3:30 PM</p> <p>Habits for Health Support Group, Linda Pearson, 5:00 PM</p>	<p>29</p>	<p>30</p>
<p>31 Sunday Services, 9:00 and 10:30 AM (Rev. Barbara Leger)</p> <p>Guest Musician Performs, 10:30 AM</p> <p>Youth Group Meeting, 3:00 PM</p> <p><u>Expanding Possibilities Workshop, Rev. Barbara Leger, 1:00 PM</u></p>						

Recurring Events

"SOURCE" YOUTH GROUP

Meets every Sunday (except holiday weekends) from 3:00 to 5:00 PM in the Social Hall excepting the second Sunday when they meet from 10:00 AM to 12:30 PM. For more information, please call Ace Clemens at 518-4503.

THE SACRED DRUMMING CIRCLE

Meets (usually) the last Sunday of each month from 5:30 to 6:30 PM unless otherwise noted. For more information, please call Rev. Lynn E. Fritz at 243-8862.

SET (SPECIAL EVENTS TEAM)

Meets (usually) the first Sunday of each month from 8:30 to 9:30 AM in the Social Hall. For more information, please call Tara Steele at 355-4283.

SACRED SISTERS WOMEN'S GROUP

Meets the second Monday of every month from 7:00 to 8:30 PM in the Sanctuary. For more information, please call Rev. Sue MillerBorn at 221-7350. **This group is on hiatus until September.**



LIVE FREE: RAW & LIVING FOODS EDUCATION & SUPPORT GROUP meets each Thursday from 12:00 Noon to 2:00 PM in the Social Hall. Suggested donation of \$5. For more information, please call Jaia Lee at 917-8785.

HABITS FOR HEALTH SUPPORT GROUP

Meets each Thursday from 5:00 to 6:30 PM in the Healing Arts Cottage. This group is geared towards weight loss and healthy eating. For more information, please contact Linda Pearson at 515-1262.

HEARTSANGHA CHOIR

Rehearses each Thursday from 7:00 to 9:00 PM in the Sanctuary from late August to mid-May. The choir performs at the 10:30 AM service on the first and third Sunday each month and hosts the Social Hall on the third Sunday of each month. For more information, please call Chris Johnson at 242-1214.

LANDSCAPE TEAM SEVA DAY

On the second Saturday of each month at 8:30 AM. For more information please call Diana Woolfstead at 246-1017 or Charlie Born at 221-7350.

HEALTH MINISTRY / HEALING ARTS COTTAGE

Offers massages, Reiki, and other healing modalities by appointment. For more information, please call Sandy Babcock at 243-5716.

Meditation and Yoga Schedule

- **HATHA YOGA**, the Yoga of postures, every Monday and Wednesday from 5:30 to 6:45 PM in the Sanctuary. Cost is \$5.00 per person. For more information, please call Rev. Sue MillerBorn at 221-7350.

- **RAJA YOGA**, consists of breathing techniques, guided visualizations, chakra activation, and mental concentration exercises, every Monday from 7:00 to 8:30 PM in the Meditation Pavilion. Suggested Donation of \$5. For more information, please call Tienne Beaulieu at 243-1191.



- **INTRODUCTION TO MEDITATION** on the 1st Tuesday of each month from 6:30 to 8:00 PM. For more information, please call Rev. Pam Sanchez at 275-5280.
- **MEDITATION CLASS**, consists of a brief discussion, practice, time for questions/sharing and actual practice on the 2nd - 5th Tuesdays each month from 6:30 to 8:00 PM. For more information, please call Rev. Pam Sanchez at 275-5280.
- **HATHA YOGA**, the Yoga of postures, every Wednesday from 9:00 to 10:15 AM. For more information, please call T. Marie at 241-5065. **On hiatus until the fall.**

Outside Groups

- **AA** every Tuesday from 5:30 to 6:30 PM in the Social Hall. For more information, call Dave Wilson at 224-1901.
- **River Oak Sangha** every Wednesday from 6:30 to 8:30 PM in the Meditation Pavilion. For more information, please call Alexa Singer-Telles at 246-8317.
- **Community Healers Gathering** the last Wednesday of each month from 7:00 to 9:00 PM in the Healing Arts Cottage. For more information, please call Sandy Babcock at 243-5716.



Visit our website, too: www.cslredding.org

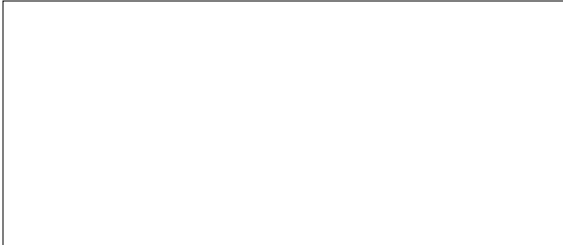


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OUR VISION
 Celebrating our Spiritual Magnificence

OUR MISSION
 Empowering individuals to live an abundant, spirit-connected life through sacred service, community, and Science of Mind Principles.

E-MAILS:
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MINISTERS & PRACTITIONERS

Rev. Judith Churchman	Co-Pastor/Practitioner	605-5982
Rev. Bob Luckin	Co-Pastor/Practitioner	605-5042
Rev. Mary Mitchell	Assistant Minister/Practitioner	347-0996
Rev. Sue MillerBorn	Assistant Minister/Practitioner	221-7350
Rev. Sharon Kennedy	Staff Minister/Practitioner	222-0609
Rev. Pam Sanchez	Staff Minister/Practitioner	275-5280
Rev. Lynn E. Fritz	Focus Minister/Practitioner	243-8862
Tienne Beaulieu	Licensed Practitioner	243-1191
Ace Clemens	Licensed Practitioner	518-4503
Ed Brewer	Intern Practitioner	243-4993
Marylin Miller	Intern Practitioner	722-0681

BOARD OF TRUSTEES

Rev. Bob Luckin	605-5042	Tara Steele	355-4283
Sandy Babcock	243-5716	Wendi Stewart	515-6623
Diana Bordeaux	223-4063	Gillian Trumbull	241-3900
Fred Erickson	339-8111	Diana Wolfstead	246-1017
Kurt Mitchell	351-5575		

OFFICE/BOOKSTORE HOURS:
Monday - Thursday:
9:00 AM - 5:00 PM
Sunday Services:
9:00 AM & 10:30 AM
Nursery (0-3): 9:00 & 10:30 AM
Children (4-9): 10:30 AM
Tweens Group (10-12): 10:30 AM
“Source” Youth Group: 3:00 PM
24-Hour Treatment Line:
221-HEAL/221-4325