

September 2011
Sunday Services

September 4

Revs. Bob Luckin and Judith Churchman

9:00 ~ Field of Vision

10:30 ~ Must We Labor to Have a Good Day?

September 11

Revs. Judith Churchman and Bob Luckin

9:00 ~ How Can We Create Peace?

10:30 ~ Is Peace Really an Inside Job?

September 18

Revs. Bob Luckin and Judith Churchman

9:00 ~ Is the God of Your Experience Kind or Unkind?

10:30 ~ If Your Dreams Were to Come True, What Would You Do?

September 25

Revs. Judith Churchman & Gary Layman

9:00 ~ The Corridors of Time

10:30 ~ Cultivating a Mystical Presence

Affirmations

Every day, in every way, I am getting better and better!

Life is beautiful and I enjoy every moment of it!

I am blessed by God and I, in turn, bless all around me!



Pastors' Message

Teen Time Can Be Tear Time

Do you remember when you were a teenager? It is a tough phase of life -- a time when the previously valued parental guidance and love seem useless. Parental values and concerns seem old-fashioned and out-of-touch to the teen. The teenager

seeks approval and acceptance almost exclusively from peers. How they dress, act, wear make-up, etc. can seem bizarre to parents, but "cool" to their friends.

Unfortunately, teen peers are often cruel when it comes to those greatly sought-after prizes: acceptance and approval. The young person can feel alone and misunderstood, as if he or she will never belong to the "in-crowd." It is a time of learning how to forge one's own identity and self-esteem (or lack thereof.) It is also a time of high risk for suicide. The pressures of non-acceptance and impending adult responsibilities can seem too huge to overcome. We at our Center have unfortunately experienced some of the trauma such struggles bring to families.

How great would it have been for those teens to have had a peer support group who accepted them unconditionally and told them of all the potential they had to create the life they wanted? For that matter, how great would it have been in your own teen experience?

That's what our "Source" Youth Group does. Under the expert direction of Licensed Practitioner/Lead Adviser Ace Clemens and Adviser Erin Marie "Ski" Szymanski, our teens explore the challenges of their lives with the support of our empowering teaching as well as the support from fellow teens to remind them of the Truth of their being. It is truly a gift that keeps on giving the rest of their lives.

Right now Ace and Ski are inviting leadership participation from our members. If you would like to make a difference in the lives of some deserving teens, please contact Ace. She has worked professionally with troubled teens for years, as well as with our accomplished teens in the youth groups in both Chico and Redding. They offer a fun learning experience that is participatory and interactive.

If you have a child who is a teenager, or grandchildren, even those who think they have no interest in a "church group," you owe it to them to drive their resistant selves to the group, which meets on Sunday afternoons from 3:00 to 5:00 PM, to give it a try. I think you'll find that if they try it, they'll like it.

Our organization offers teen camps in the summer and winter. Teens always say the experience is life changing -- that they have never experienced unconditional love like that from their peers before. They travel to Africa and build schools in Malawi with funds they raise on their own. Teens who have participated say they never again ask themselves the question "Could I make a difference in the world?" because they already have!

Don't wait until your teen is withdrawn or suicidal. Insist that they or any teen you care about learns how magnificent their spiritual self is -- at our Center, or one near them.

Many Blessings, Revs. Judith & Bob

PEACE PRACTICE ~ SEPTEMBER 2011

"Breathe deeply into your most intimate being. Allow yourself to become fully immersed. Feel and explore this self. Love this self. Know your own tenderness - allow your natural affection to rise. Bring it forward into the world."

From Meditations with Teresa of Avila by Megan Don



I invite you to join us on Wednesday, September 21, 2011, as we celebrate International Peace Day again this year with prayers and songs that remind us that we live as one on this planet. It is an opportunity to raise our consciousness to a greater appreciation of the

Love we share with the world as we call out our prayers for **peace to prevail. The service begins at 7:00 PM in the Center's Sanctuary. It's about Peace...bring it forward into the world now.**

Blessings,
Rev. Sue MillerBorn

VIRTUES FOR OUR CHILDREN



In August, we started discussing the various virtues with the children in Children's Church. On the first Sunday the virtue was 'being truthful.' After a short discussion, the 4 to 7 year-olds made pictures or wrote what they could not do. Some of the kids couldn't tie their shoe or hold a snake or cut their meat. Other

kids said they were afraid of starting the first day of school and of being scolded. We folded the papers into a cigar box that we took out to the garden and buried. No More "Can't's!!" When we came inside the kids selected rocks and put positive words on them and added a fuzzy caterpillar that reminded them that the "can't's" all change to "cans," which is the truth, when we focus on Spirit! Wendi took the 8 to 12 year-olds to the meditation pavilion where they also worked on truthfulness and the rocks to keep as reminders. The older children had a great time and we expect this group to be growing. Let your creative side play with your children as we bring the Science of Mind to life! The next Children's Church meeting is on Sunday, September 18, 2011, after the service. If you are interested in helping with one of the groups please contact Wendi Stewart at 515-6623 or Rev. Kay Stewart at 410-9582.

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Lucia Massarella ~ Administrator

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NEW MEMBERS' MEETING

Sunday, September 4, 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. Members commit to support the Center with their time – attending on Sundays as often as possible and their talent – volunteering a minimum one hour per month in some way. These 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 Members' Meeting.**

OFFICE/BOOKSTORE CLOSED

The Center's office and the Wayfarer Bookstore will both be closed on Monday, September 4, 2011, in observance of the Labor Day Holiday.

PARKING LOT SALE

Friday, September 9, 2011, 7:00 AM - 3:00 PM

Saturday, September 10, 2011, 7:00 AM - 2:00 PM



We are gearing up for our once-a-year Parking Lot Sale, and as always we welcome all the assistance you can give to make this a wonderfully successful event for our community! **Here's** how you can assist:

- Donate gently-used furniture, baby furniture, patio furniture, antiques, clothing in good repair, housewares, toys, and other household items.
- We gratefully accept furniture items now as we have **access to a storage unit this year thanks to a few of our Center's members!** All donations are welcome the week starting Sunday, September 5, 2011.
- Detailed sign-up sheets are now available for shifts and areas of seva. We especially need help on the two days of the sale, including strong folks willing to assist with transporting heavy items (with dollies) to people's vehicles.

YOGA CLASSES

Yoga classes will not be held on Monday, September 5th and Wednesday, September 7th due to the Parking Lot Sale.

LANDSCAPE SEVA DAY

Please note that Landscape Seva Day in September has changed from Saturday, the 10th to Saturday, the 17th.

PEACE WALK on 10TH ANNIVERSARY of
SEPTEMBER 11TH

Sunday, September 11, 2011

12:00 Noon



We set our intention for peace as we re-member and honor the thousands who lost their lives ten years ago on Sept. 11th at the

World Trade Center in New York City and other locations during the terrorist attack on our country. At noon we will walk the labyrinth on our beautiful grounds. Each person will be given a written prayer for peace as they enter the labyrinth for their focus during the walk of peace in the world. They may leave after their silent walk, or may spend quiet time in the Meditation Pavilion afterwards. We know the answer to terrorism is not fear or retaliation, but love and peace in our hearts and actions.

SACRED SISTERS WOMEN'S GROUP

Monday, September 12, 2011

7:00 PM



"Tapping the Roots of Happiness..." This is the theme for Sacred Sisters this month. It is an opportunity to experience the richness of the inner Self as we delve into the discovery for happiness even as sadness is moving through us. Please bring your journal and dress comfy to enjoy an

evening with the women of our Center. If you have any questions, please call Rev. Sue MillerBorn at 221-7350.

THE NEW FACE of WEDNESDAY EVENING SERVICES

With Rev. Bob Luckin

Beginning September 14, 2011 at 7:00 PM



The ministerial staff, on a rotating basis, has offered Wednesday evening services for over six months. They have been varied and inspiring. A request we are hearing is for a Healing Service.

Therefore, the weekly services will end after August. Starting in September, once a month, a service will be provided by our ministers on a rotating basis that will offer healing through Spiritual Mind Treatment. It will also be an opportunity for individuals to share their demonstrations. We are all inspired when we learn of the miraculous working of Spirit healing our hearts, our minds, and our bodies. We are very excited to offer this new service. After September, this service will take place the first Wednesday of each month.

NAMASTE CAFÉ

Friday, September 24, 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. Please bring your own place setting so we can continue to keep our Center as "green" as possible.

2011/2012 SCIENCE OF MIND® (SOM) CLASSES BEGIN!



Join Rev. Bob Luckin for eight weeks on Tuesdays, beginning September 13, 2011, from 7:00 to 9:30 PM, in the Sanctuary, for SOM® 101 ~ The Spiritual Path. The Spiritual Path introduces students to the background, history, and beginnings of Science of Mind® as well as to a new concept of God.

Classes explore how God relates to the individual and how thought creates our personal reality. SOM® 100 is being offered on a love offering basis AFTER each student pays a required \$10 fee.



Join Rev. Judith Churchman for eight weeks on Tuesdays, beginning September 13, 2011, from 7:00 to 9:30 PM, in the Social Hall, for SOM® 209 ~ Bible History and Scholarship.

This class examines the history and the many misconceptions of the most published book of all time, with special attention to the fallacies of fundamentalist interpretation. The course looks at the most recent advances in bible scholarship, including the discovery of the Nag Hammadi texts [Gnostic in origin] and the Dead Sea Scrolls. The class is an excellent background course for the New Thought student who wants to know more about the Bible. The class fee for SOM® 200 is \$110.

Anyone interested in being a registrar for any SOM® 100 or 200 class needs to contact the instructor of that class directly. Once a registrar has been chosen by the instructor, that person then needs to contact the office at 221-4841 to receive training on paperwork and in the bookstore.



Students new to SOM® 300 will join Rev. Mary Mitchell for thirty-two weeks on Wednesdays, beginning September 14, 2011, from 6:00 to 9:00 PM, in the Social Hall. SOM® 300 is designed for the serious student of Religious Science. It is intended to deepen the student's practice and understanding of affirmative prayer and our power to co-create our world. The class fee for SOM® 300 is \$1,000.



Students taking SOM® 350 will join Rev. Judith Churchman for 7 months on the 3rd Monday of each month, beginning September 19, 2011, from 6:30 to 9:30 PM, in the Social Hall. The class fee for SOM® 350 is \$250.

Please be sure to sign up in advance if you know you're going to take a class so we'll know how many books to order.

CONTEMPLATIONS4U

Contemplations4U is a free internet subscription service offered by the Center. Subscribers will receive a daily inspirational quote sent to their e-mail address. To subscribe, go to Yahoo Groups, register if you are not already a part of Yahoo Groups, search for Contemplations4U and follow the steps to subscribe!

CREATIVE LIVING CLASS

With Revs. Judith Churchman & Bob Luckin
Thursdays, September 15, 2011-May 17, 2011

6:30 - 9:30 PM (30 classes)

\$790 per Person (\$40 Deposit to hold space)



The intention of Creative Living is to promote personal growth and spiritual/psychological wellness. When you complete the class, you will look back

and see it as a positive, pivotal point in your personal journey. This is an opportunity to experience psycho/spiritual counseling in a group setting. If you are interested in exploring blocks that may be holding you back from a deeper experience of living, we invite you to sign up. Creative Living meets on Thursdays for 30 weeks beginning September 15, 2011, from 6:30 to 9:30 PM, at the home of Revs. Judith and Bob. The class is limited to nine people with three alternates. Tuition is \$790 per person which includes a deposit of \$40 to hold your place in the group. SOM® 100 is a prerequisite for this class.

"LIVING THE ESSENTIAL SELF"

MONTHLY RETREAT SERIES

Facilitated by Rev. Judith Churchman

One Saturday per Month Beginning

September 17, 2011 - May 19, 2012

9:00 AM - 4:00 PM

\$800.00 per Person



Some students have asked for an experiential rather than an intellectual class that expands individual consciousness. Rather than pursuing the path of licensed practitioner or minister, they were seeking and discovering alternative, authentic ministries. Everyone has a ministry – it is the calling of the soul. People from all walks of life want to live authentically. This day-long retreat series was created to fill this need. It provides an avenue of success that allows the Essential Self to emerge while participants continue with everyday activities. This series benefits anyone who is truly committed to personal unfoldment. It is a progressive series which fosters an unveiling of original innocence and an awakening to the essential SELF. Those who have completed the series continue to step into the stream of life with new confidence as strong expressions of the Essential Self.

AFFIRMATIVE PRAYER REQUEST

If you would like to receive treatment from one of our Practitioners, please fill out an Affirmative Prayer Request at the Information Desk and put it in the yellow box. A spiritual mind treatment will be done for you right away!

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 are single parents who treasure the inspiration of the Sunday service.** If you would like to serve in this way, 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

Share your time helping in the Center's Office for four hours 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.

THE SERVICES DIRECTORIES ARE HERE!

We had a wonderful response to our overtures for creating a services directory! There are services offered from more than 30 different people! HUGE thanks to Rev. Mary Mitchell for spear-heading this project! You are welcome to pick up your copy of the CSLR Services Directory at the Information Desk on Sundays or in the office during the week.

2011/2012 COURSE CATALOG NOW AVAILABLE!

Would you like to know what ALL of the courses will be throughout this academic school year? Well, now you can! The 2011/2012 Course Catalog is now available at the Information Desk on Sundays or in the office during the week and details all of the classes being offered from now through May, **including book titles, fees and payment options. We'll be happy to mail it to you, too!** Get yours today!

PARENTING WITH LOVE AND LOGIC CLASS

With Rev. Kay Stewart

Sundays, September 18 - November 6, 2011

5:30 - 7:30 PM

\$150 in Advance or \$20 per Class

\$40 in Advance for Spouses, Children's Church Volunteers & School Teachers

"I have heard it said, 'Kids don't come with an owner's manual,' well, I believe Love and Logic is as close as you can get. It is the support system parents have been searching for all this time."

-Tom Spencer



Imagine—No more arguing, manipulation, stress-free parenting! Sounds like a dream come true, right?

Join us in learning techniques that bring this dream together with reality. Is it magic? No. Is it hard work? No, but it does take practice. Practice for us

as parents to remain calm and compassionate, and practice for our children in making decisions and living with the results. Parenting can be fun as we guide our children in becoming responsible and the best part is we can use the same techniques with everyone we deal with. **Love and Logic isn't just for parents and kids.**

THE POWER OF THE PRESENCE:

"Beyond the Prodigal Path"

Seminar with Rev. Gary Layman

Sunday, September 25, 2011 from 1:00 to 4:00 PM

\$20 per Person

Join Rev. Gary Layman for his Sunday message (10:30 AM).

Beyond our current, known experience is a palpable reality of well being and wholeness. It is the next step in our spiritual evolution, often referred to as 'Christ Consciousness.' Gary's message lays the foundation for his afternoon seminar that will give participants additional tools for accessing a deeper relationship with the divine within. After the service, enjoy lunch in the



social hall. Then join Rev. Layman in a 3-hour, experiential seminar that will give participants additional tools in accessing the Higher Self and Source on a day-to-day basis. More palpable awareness of the Divine Presence is the intention of the seminar, which also leads to a greater sense of purpose, joy and increased abundance in life. Based upon his direct experience as a practical mystic and awareness of the 'Perennial Philosophy and Teachings' of the Masters, Gary will take participants on the inner awakening 'Darshan Process' of the natural mystic. Topics to be covered:

- Awareness of the Higher Nature
- Healing the Sense of Separation from Source
- The Power of Thought and Invocation
- Dissolving the Time/Space Paradigm
- Oneness and Communion with the Host of Light

Rev. Layman's book, "I AM LIGHT: The Prodigal Path and Beyond" will also be available for purchase at a discount for participants. For more information regarding his work go to his website at www.IamLightEternal.com.

PRAYER WALK

Friday, September 30, 2011 from 6:00 PM

Donations Appreciated



We set our intention for we walk the labyrinth on our beautiful grounds. Each person will be given a written prayer as they enter the labyrinth for their focus during the walk. They may leave after their silent walk, or may spend quiet time in the Meditation Pavilion afterwards. This event is being offered in place of the Sabbath service that Rev. Dr. Andrea Asebedo used to provide. It begins on Friday, September 30, 2011, which is the day after the Jewish High Holy Day of Rosh Hashanah. This activity will occur on the last Friday of each month except November & December. Please note that this event is weather dependent.

"GIFTS FROM THE SEA"

A Retreat for Women in Trinidad, California

Dr. Andrea Asebedo & Rev. Sue MillerBorn

Friday, September 30 – Sunday, October 2

\$370 per Woman



We deeply appreciate the response to paying forward and remind you that the balance is now due. We will be notifying you of car-pooling opportunities and the rooming situations as the date draws near. Our intention is to have a dinner ready for you around 6-6:30 PM on Friday, September 30, 2011. If you have questions, you can call Rev. Sue MillerBorn at 221-7350 or e-mail her at shantiananda@hotmail.com. Such love supports our journey! Please remember to bring with you: sand chair, journal, sunglasses, sunscreen, yoga mat, beach towel/blanket, comfortable clothing for variety of weather, water bottle, and walking shoes.

USED BOOK SALE

October 2 - 9, 2011



One of our favorite ways to learn is to read – anything! Fiction, non-fiction, poetry, how-to books, you name it! We also know how important it is to keep our energies circulating so that fresh insight and learning can happen. So, donate the books, CDs and DVDs that you have loved, read and watched and are ready to let go of the week of September 25 – 29, 2011, so that they may inspire and uplift another spiritual traveler and get ready for some real deals that will inspire and uplift you during our Used Book Sale!

YOGA PLUS (Intermediate Level I Class)

With Te Marie

Tuesdays, Beginning October 4, 2011 from 8:00 to 9:15 AM

\$5.00 per Person

Using Asana (Yoga postures), Svadhyaya (study of oneself by oneself) and Meditation, this class will put your practice in your hands. These teachings are subtle, handed down through generations of gurus, sages and teachers. Having an open, beginners mind will enable you to grasp the understanding with curiosity, enabling you to see yourself and the world in a way that will let the natural joy, which is your true nature, arise even in the most humble of circumstances. Class size is limited. Call Te Marie at 241-5065 or 604-7654 for more information.

THE ART and PRACTICE of LIVING with NOTHING and NO ONE AGAINST YOU!

Workshop with Gary Simmons, Th.D.

Friday, October 14, 2011, from 7:00 to 9:00 PM and

Saturday, October 15, 2011, from 9:00 AM to 4:00 PM

\$99.00 Early-Bird Tickets Online (ends 1 week before event) or

\$125.00 Tickets at the door

All Workshop Materials are Included



What would life be like if you lived every minute of every day with the deep peace of knowing the nothing and no one is against you? Too often in life we believe that outer circumstances are

holding us back, driving us crazy, or causing us pain. When we wait for others to change, for outer circumstances to adjust, we give away our sense of wholeness and our very freedom to craft the life our heart desires. Humanity is poised to make an **epic leap in its expression, and it couldn't come at a more critical time.** As people, organizations, and systems across the globe struggle to find a new way of being, grounded in Spirit, YOU can lead the way! You can radically shift your consciousness and your experience of life. New Thought teaches that there is only One Presence, One Power and It is Good. Discover how to live this principle more fully in the midst of day-to-day challenges and consciously create from wholeness, even in times of conflict. The workshop weaves together the latest understandings emerging from brain research and quantum science with the profound spiritual wisdom at the heart of ancient and modern spiritual teachings world-wide. During this interactive workshop, you are invited to experience powerful exercises, vivid multi-media presentations, and meaningful small and large group discussion that lay out a step-by-step approach to crafting the life you desire. Learn how to take the most trying circumstances and put them to use in manifesting your magnificence. Unlock the wisdom in your heart and learn to see the gift of Grace that is everywhere present. This is a powerful, multi-faceted experience designed to reignite and energize you to:

- Transform any circumstance into an opportunity to manifest magnificence
- Unleash more fully your unique heart wisdom
- Tune into and live more deeply from Grace
- Apply quantum principles and the latest in brain research for rapid results
- Open to the full meaning of the spiritual principle: There is only one power in the Universe, God the Good, Omnipotent
- Discover your conscious and unconscious exceptions to this principle that create incongruence and resistance.
- **Learn how to differentiate your "True Self" from the myths, messages, and beliefs that underlie patterns and conditioning that lead suffering**

Register online at www.theqeffect.com/redding and receive a free gift!

HARVEST MAGIC DINNER and AUCTION

Saturday, October 29, 2011

6:00 PM

\$25 per Person



It's difficult to believe that the hot, sunny days will give way to the chilly nights and colorful leaves of autumn. When the pumpkins, winter squash and grapes are ready to harvest, the Center will celebrate community with an incredible evening of fun, phenomenal food, dinner music and live and silent auction

opportunities creating the "Harvest Magic Dinner and Auction."

Come participate in an amazing evening that includes a magical feast prepared by Leslie Covington and a stellar crew of gourmet Center volunteers. Our auctioneers promise a fun-filled evening, raising money for our spiritual home. All items are donated so 100% of the proceeds go to the Center. There are many opportunities to help so get involved! Host a table for 8 and express yourself by creating a beautiful display, including a center piece to be raffled off! Cook Friday evening and/or Saturday morning with Chef Leslie. Donate a special talent, service or item. We would love to include your special offering **in our auction! You're welcome to drop off items for the Silent Auction** the week of Sunday, 16 - 20, 2011. **We're looking for good-quality art, jewelry, etc.** See Lorie Barnes at the Harvest Magic table in the back of the Sanctuary to sign-up, buy your dinner tickets, or ask questions. You can also contact her in the office at 221-4849. Dinner tickets are available now. Specify vegetarian or regular. Invite your friends, bring your family and prepare for the most enjoyable social event of the year!

COTTAGE DECK and COTTAGE REVITALIZATION UPDATE



A huge thank you from the Landscape and Building Maintenance seva teams for your contributions to the cottage deck and cottage revitalization project!

The cottage is used for our Children's Church on Sundays and for our Alternative Healers during the week. The new deck will allow for weddings and special ceremonies to be conducted above the labyrinth. The cottage and deck have been heavily used and weathered for close to 20 years. We had unanticipated expenses that went beyond our original budget. However, we are almost done and the final product will be beautiful, strong and useful for many purposes. We expect to be completed, including dry rot repair, cottage painting, window enclosure and back deck repairs, by early September. Remaining funds required to cover all expenses by the seva construction crew is \$650, so any additional donations are most welcome. We plan to celebrate the final project in late September. Please call Charlie Born at 221-7350 with any questions.

CSLR CD CLUB
Monthly CD Subscription
\$30.00 per Month



If you have been enjoying the Sunday lessons and would like to take them home with you, you can, and the CSLR CD Club is how! When you join you receive the **entire month's lessons together. This is a great way to stay connected to our spiritual community during the month!** These CDs are a wonderful way to gain inspiration. Listen while doing housework or yard work, working out, driving in your car or any time you have a few free moments. This is an excellent way to remember the truth about yourself. From time to time you will also receive bonus CDs of meditations created for you by Revs. Judith and Bob. If you would like to introduce our teaching to a friend or to family member, you can. CDs make it possible to share what we believe! To sign up, simply complete an order form at the Information Desk on **Sunday, then turn it in with your payment. It's that simple!** Or, if you're looking for a specific month's CDs, you can buy them through the bookstore for \$28.

CREATIVE THOUGHT MAGAZINES NEEDED

Please drop off your used copies of Creative Thought Magazine to be used in our Friendship Packets.

NEWSLETTER SPONSORSHIPS

Get your business card in the Awareness for \$30 per month! Reach over 500 households each month both electronically and in the mail. Forms are at the Information Desk. **It's easy!**

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!

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.



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Art created by persons
with "developmental disabilities"

WAYFARER BOOKSTORE
AUTUMN SPECTACULAR!

Come experience our new treasures of gifts including statues, wall hangings, crystals, and other exciting spiritual tools.

New to the bookstore is the "Book of the Month!"

Each month we will be featuring a new book to help you on your spiritual journey. This month's book is Mastering Life's Energies: Simple Steps to a Luminous Life at Work and Play by Maria Nemeth, PhD and here's the description:



"Would it be alright if life got easier?"

Everyone has had luminous moments - those instances when we experience the **beauty and grace of life, whether we're** looking into the eyes of a newborn or watching the sun set over the ocean.

But those moments are usually brief and difficult to consciously create. Many of

us have been successful in attaining personal and professional goals, but we're too exhausted to enjoy what we've accomplished. Or we might walk around in a fog, feeling vaguely frustrated, resigned, or cynical and asking all the wrong questions about how to make our lives better. In either case, we miss the purpose of being alive: to wake up and fully become ourselves, to allow others to contribute to us and, in turn, to contribute our gifts to the world - fully savoring the journey along the way. This fascinating book give us specific methods for bringing luminosity into our lives on a consistent basis, allowing us to view the world with much younger, more vibrant eyes. It shows us how to use all the energies of our lives - physical vitality, creativity, time, money, enjoyment, and relationship - to realize our goals and dreams and, even more important, live a **luminous life, filled with possibility and promise."**

This book will be on sale for 15% off while supplies last.

Also new to the bookstore is the "CD of the Month!"

Each month we will be selecting a CD to highlight. This month's CD is Wings II: Return to Freedom by 2002 and here's the description:



"Fly away with 2002 on tranquil breezes, through starlit nights, arriving upon sun-drenched shores.

This soft, instrumental CD features over an hour (10 tracks) of relaxing music, designed to inspire and **restore the phoenix within us all."**

This CD will be on sale for 15% off while supplies last.

Visit our baker's sale rack - all items 75% off!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2011</h1>				1 Live Free: Raw/Living Foods Education/Support Group, Charlotte Garland, 12:00 Noon HeartSangha Choir Rehearsal, 7:00 PM	2	3
4 <u>Farmers Market</u> SET Meeting, 8:30 AM Sunday Services, 9:00 & 10:30 AM (Revs. Bob Luckin & Judith Churchman) Guest Musician Performs, 10:30 AM New Members' Meeting, 11:45 AM Practitioners' Meeting, 12:00 Noon	5 Office/Bookstore Closed for Labor Day Raja Yoga, Tienne Beaulieu, 7:00 PM	6 <u>"A Course in Miracles," Rev. Bob Luckin, 3:30 PM</u> <u>Introduction to Meditation, Rev. Pam Sanchez, 6:30 PM</u>	7	8 Live Free: Raw/Living Foods Education/Support Group, Charlotte Garland, 12:00 Noon HeartSangha Choir Rehearsal, 7:00 PM	9 <u>Parking Lot Sale, 7:00 AM - 3:00 PM</u>	10 <u>Parking Lot Sale, 7:00 AM - 3:00 PM</u>
11 <u>Farmers Market</u> Sunday Services, 9:00 & 10:30 AM (Revs. Judith Churchman & Bob Luckin) Guest Musician Performs, 10:30 AM <u>Peace Walk on 10th Anniversary of 9/11, 12:00 Noon</u> "Source" Youth Group Meeting, 3:00 PM	12 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM Raja Yoga, Tienne Beaulieu, 7:00 PM Sacred Sisters Women's Group, 7:00 PM	13 <u>"A Course in Miracles," Rev. Bob Luckin, 3:30 PM</u> Meditation Class, Rev. Pam Sanchez, 6:30 PM <u>SOM 101 Begins, Rev. Bob Luckin, 7:00 PM</u> <u>SOM 209 Begins, Rev. Judith Churchman, 7:00 PM</u>	14 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM <u>SOM 300 Begins, Rev. Mary Mitchell, 6:00 PM</u> Healing Service, Rev. Bob Luckin, 7:00 PM	15 Live Free: Raw/Living Foods Education/Support Group, Charlotte Garland, 12:00 Noon <u>Creative Living Class Begins, Revs. Judith Churchman & Bob Luckin, 6:30 PM</u> HeartSangha Choir Rehearsal, 7:00 PM	16	17 <u>Landscape Seva Day, 8:30 AM</u> "Living the Essential Self" Monthly Retreat Series Begins, Rev. Judith Churchman, 9:00 AM to 4:00 PM
18 <u>Farmers Market</u> Sunday Services, 9:00 & 10:30 AM (Revs. Bob Luckin & Judith Churchman) HeartSangha Choir Performs, 10:30 AM "Source" Youth Group Meeting, 3:00 PM <u>Parenting with Love and Logic Class Begins, Rev. Kay Stewart, 5:30 PM</u>	19 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM <u>SOM 350 Begins, Rev. Judith Churchman, 6:30 PM</u> Raja Yoga, Tienne Beaulieu, 7:00 PM	20 <u>"A Course in Miracles," Rev. Bob Luckin, 3:30 PM</u> Meditation Class, Rev. Pam Sanchez, 6:30 PM SOM 101, Rev. Bob Luckin, 7:00 PM SOM 209, Rev. Judith Churchman, 7:00 PM	21 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM SOM 300, Rev. Mary Mitchell, 6:00 PM International Day of Peace Ceremony/ Service, Rev. Sue Miller Born, 7:00 PM	22 Live Free: Raw/Living Foods Education/Support Group, Charlotte Garland, 12:00 Noon Creative Living Class, Revs. Judith Churchman & Bob Luckin, 6:30 PM HeartSangha Choir Rehearsal, 7:00 PM	23	24 <u>Namaste Café, 6:00 PM</u>
25 <u>Farmers Market</u> Sunday Services, 9:00 and 10:30 AM (Revs. Judith Churchman & Gary Layman) Guest Musician Performs, 10:30 AM "The Power of the Presence: The Prodigal Path and Beyond" Workshop, Rev. Gary Layman, 1:00 to 4:00 PM "Source" Youth Group Meeting, 3:00 PM Parenting with Love and Logic Class, Rev. Kay Stewart, 5:30 PM	26 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM Board of Trustees Meeting, 6:00 PM Raja Yoga, Tienne Beaulieu, 7:00 PM	27 <u>"A Course in Miracles," Rev. Bob Luckin, 3:30 PM</u> Meditation Class, Rev. Pam Sanchez, 6:30 PM SOM 101, Rev. Bob Luckin, 7:00 PM SOM 209, Rev. Judith Churchman, 7:00 PM	28 Hatha Yoga, Rev. Sue MillerBorn, 5:30 PM SOM 300, Rev. Mary Mitchell, 6:00 PM	29 Live Free: Raw/Living Foods Education/Support Group, Charlotte Garland, 12:00 Noon Creative Living Class, Revs. Judith Churchman & Bob Luckin, 6:30 PM HeartSangha Choir Rehearsal, 7:00 PM	30 <u>Prayer Walk, 6:00 PM</u>	
"Gifts from the Sea" Women's Retreat in Trinidad, CA September 30 - October 2, 2011						

Recurring Events

"SOURCE" YOUTH GROUP

Meets every Sunday (except holiday weekends) from 3:00 to 5:00 PM in the Social Hall. For more information, please call Ace Clemens at 518-4503.

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.



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 Charlotte Garland at 275-2016.

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 Woolstead 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.
- YOGA PLUS, the Yoga of postures, every Tuesday from 8:00 to 9:30 AM. Suggested donation of \$5. For more information, please call T. Marie at 241-5065. On hiatus until October.
- 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.



Affiliated Groups

- The Sacred Drumming Circle the last Sunday of each month from 5:30 to 6:30 PM at the Meditation Pavilion (usually). For more information, please call Rev. Lynn E. Fritz at 243-8862.
- 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.



Visit our website, too: www.cslredding.org



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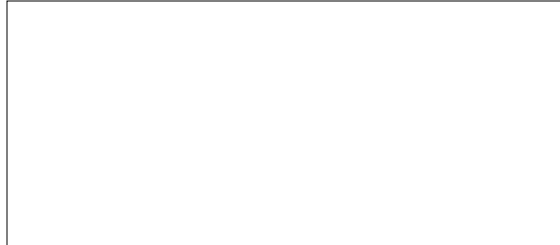
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OUR VISION

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. Kay Stewart	Staff Minister/Practitioner	410-9582
Tienne Beaulieu	Licensed Practitioner	243-1191
Ace Clemens	Licensed Practitioner	518-4503
Diana Bordeaux	Intern Practitioner	223-4063
Charlie Born	Intern Practitioner	221-7350
Marylin Miller	Intern Practitioner	722-0681
Tara Steele	Intern Practitioner	355-4283

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