

MAY 2024

Sunday Service: 10:00 a.m.

Theme for 2024:
A Grand Rising

Book for 2024:
*Everyday Ubuntu:
Living Better Together*
by Mungi Ngomane

Theme for May:
Finding Our Way

Book for May:
*The Lightmaker's
Manifesto: How to Work for
Change without Losing
Your Joy* by Karen Walrond

May 5, 2024

Rev. Sue MillerBorn
Topic: The Inner Landscape

May 12, 2024

Rev. Sue MillerBorn
Topic: Led by Values

May 19, 2024

Rev. Lisa Carson
Topic: Enlighten Up!

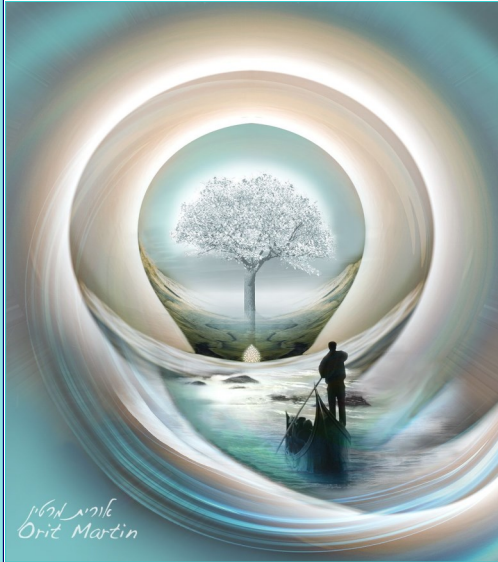
May 26, 2024

Rev. Sue MillerBorn
Topic: Stepping into
the Vision

Our Vision: We inspire and empower people to live spiritually fulfilling lives.

Our Mission: We are a welcoming and inclusive spiritual community, teaching and living the universal principles of Science of Mind®, to be the change we know is possible for the world.

MINISTER'S MESSAGE: FINDING OUR WAY



This month we explore our spiritual journey as it aligns with our deepest callings. Where do you want to serve? Will joy meet you there? It is important that we shape our experience to find what means the most to us and calls us to open our hearts. We are pretty sure we know what we stand for...our convictions inspire us to advocate for matters that we feel deeply about. But to have faith in ourselves, we must do a deep dive into our “inner landscape” and follow the mappings of our consciousness that guide us to our values and beliefs. For many of us, we recognize an inner urge to help be the change that makes for a better life, not

only for ourselves, but for future generations. We live in a time where the powerful, heart-centered leaders are speaking out and reaching out to lead us back to our own pure intentions. The book of the month, called *The Lightmaker's Manifesto*, by Karen Walrond, provides wonderful stories of various activists. Brené Brown comments that the author “...shines her light so we can find our own.” It is a powerful and motivating read to inspire each of us to try a little harder.

I will be teaching another Simon Haas series in our advanced spirituality studies on “Dharma...Finding Our Way”. We will resource Simon's book, *The Book of Dharma*, which can be found online, as an e-book, or as an audio book, but it takes a few weeks to get the physical book. If this interests you, don't hesitate to get the book well in advance of the start of class on May 15.

We also call out to every member and friend to join us for the Community Rummage and Collectibles Sale on May 10 and 11! It is a big week of sorting and pricing and setting the stage for our event. We take pride in creating a beautiful space for the shoppers to browse through. Items can be delivered Sunday, after the service, on May 5. See more details inside this newsletter.

Who thought it was possible, but we are adding even more to our calendar of events to inspire and empower us all to live spiritually fulfilling lives! Look to see what draws your attention. Help us spread the good news to your friends and especially to younger generations. Together, we support the spiritual strength of one another!

Blessings of joy,

Rev. Sue MillerBorn



PLANT AND BULB SALE

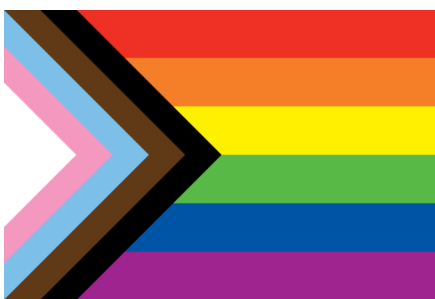
Sunday, April 28 to Sunday, May 5, 2024

This is a fun way to stock up on plants and bulbs. This popular sale helps to spread beauty and joy to our gardens and landscapes. Tell your gardening friends about this clever opportunity to bring beauty to their property!



ENDOWMENT FUND GRANTS

Remember that the Endowment Fund Grants are available for projects to improve the Center until May 1 at 5:00 p.m. The amount available for the grants this year is \$9,400. Grant applications can be picked up at the Center or can be emailed to you if you call Lorie Barnes in the office at (530) 221-4849 or you can email her at lorie@cslredding.org. So, if you know of something that will help the Center, now is the time to fill out and turn in a Grant application!



RAINBOW LOVE CIRCLE OF CONNECTION

All LGBTQIA+ Support Group

With Christy Carr, RScP

First Wednesday of Each Month

Starting May 1, 2024

6:30 to 8:00 p.m. in the Meditation Pavilion

No Cost to Attend

Come OUT! We are here to support you. ❤️ A group that joins together in love and acceptance for everyone! This is a safe place to be yourself and have a voice. As we delve into our conversations of challenges and celebrations, we bridge our understanding with compassion and acceptance. We grow in friendship and community. Please join us on Wednesday, May 1, 2024, from 6:30 to 8:00 p.m., in the Meditation Pavilion, for a meet and greet occasion. This support group is facilitated by Christy, who has a passion for inclusion and diversity in our spiritual community.



SPIRITUAL (Spirited!) MUSIC JAM

Celebrating Spirit through

Musical Instrumentation

Led by Michael Harris, Steve "Shems" Smith, and

Margo Franciose

Friday, May 3, 2024

7:00 to 8:30 p.m. in the Sanctuary

Donations Gratefully Accepted

The intention is to have friends gather with drums, guitars, flutes, harmonicas, chimes, saxophones, trumpets...whatever people enjoy creating music with. The focus is on creating harmonies with our instruments to see what we discover as we get centered in the music. If you have been wanting to play a drum or other instrument, and feel a wee bit shy, here is your chance to blend your sound with others and never miss a beat. No one notices anything but an amazing collection of sounds that get us all moving to a divine energy that uplifts us. This is an evening of fellowship that creates itself. Let's see what unfolds as we just let ourselves go to the beat of the music! Come have fun and engage in a spiritual practice that transports us beyond words!



BEAD THERAPY SESSION!!!

Workshop with Christy Carr, RScP

Saturday, May 4, 2024

1:00 to 4:00 p.m. in the Social Hall

Suggested \$10 Donation per Person

Looking for something fun to do? Join Christy to make beautiful pieces of art and/or jewelry with beads. She will supply all the beads and string needed for you to bead your own piece, along with snacks, great company, and lots of laughs! If you haven't beaded before, here's your chance to learn something new.



NEW MOON CIRCLE

Theme: Defying Gravity Herb: Reishi

With Laurie Buckman

Saturday, May 4, 2024

6:30 to 8:30 p.m. in the Meditation Pavilion

Suggested \$10 Donation per Person (no one turned away)

Maximum of 15 Female Attendees (ages 12 and up)

Monthly on the Saturday closest to the New Moon, we will meet as women have for centuries to set intentions, to foster personal growth, and set direction together. We open space to define and discuss the energies present in our lives in order to consciously align with Divine intent. This sacred practice evolves our awareness using herbal allies, synchronizing with real time cycles and holistic wellness. Join us to thrive!

RUMMAGE SALE

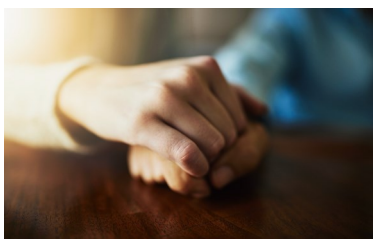


ANNUAL RUMMAGE AND COLLECTIBLES SALE

Friday, May 10, 2024, from 7:00 a.m. to 2:00 p.m.

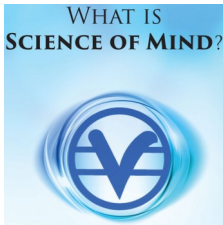
Saturday, May 11, 2024, from 7:00 a.m. to 1:00 p.m.

This community event is back! We call forth all Sevites to help us make it a huge success! The community of Redding looks forward to our historic sale each year. And that is because of every person who steps up to make it happen. We will be closing the Sanctuary **AND** Social Hall from May 5 to 9, 2023, for set up and pricing. You may start bringing your items after the 10:00 a.m. service on Sunday, May 5. We ask that donated items be clean and in good condition. Please know we can't receive computers, exercise bikes, or TV screens. We encourage and invite people to help with sales and with breakdown. This is such a prime opportunity to work in joy with others and get to know each other. The signup lists to help are set up. Jewelry items can be dropped off at the Center now so the jewelry experts can sort and tag the goods carefully. Times of available hours to drop things off is Sunday after the service from 11:30 a.m. to 3:00 p.m. and Monday through Wednesday from 8:00 a.m. to 5:00 p.m. Contact Diana Woolfstead at (530) 227-5216 or Rev. Sue at (530) 524-9828 if you have items that need to be picked up and we will do our best to arrange for truck and trailer pick-up. You can also call Charlie or Sue at 530-524-2371 for special times after hours for delivery of items to the Center. Please don't just drop things at the side without notifying us first due to the homeless situation in our woods. Let the fun begin!



CONGREGATIONAL SUPPORT SEVA TEAM

Were you on the Congregational Support Seva Team before? Would you like to be again? Would you like to join for the first time? Congregational Support offers assistance with meals, etc., if you've been injured or are sick. It also offers people a ride to Sunday services. If your answer to any of these questions is yes, please contact Maggie Fisher via text or cell phone at (530) 776-8118.



THE ESSENCE OF *THE SCIENCE OF MIND* CLASS

With Rev. Dr. Mary Mitchell

Sunday, May 12, 2024

11:15 a.m. to 12:15 p.m. in the Conference Room

No Cost to Attend

Dr. Mary will share the history of Centers for Spiritual Living and this Center, share information about Science of Mind®, and answer questions. This is one of two required meetings for becoming a member of the Center.



SACRED SISTERS WOMEN'S GROUP

With Rev. Sue MillerBorn

Monday, May 13, 2024

7:00 to 8:30 p.m. in the Social Hall

No Cost to Attend

“Way Closes, Way Opens” is the next chapter we share our thoughts about in the book by Donna Markova, *I Will Not Die an Unlived Life*. This chapter is inspiring to read as it touches the heart of our hesitations to move forward. Have you been in a rut? Sometimes we are and the walls are so high we can't find our way out. So join us in the discovery of what matters most to you and see the way open.



MEN'S GROUP

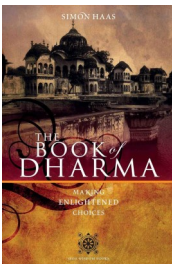
With Roy Woolfstead

Mondays, May 13 and 27, 2024

7:00 to 9:00 p.m. in the Sanctuary and Online via Zoom

No Cost to Attend

The Men's Group is centered around discussions and creating friendship among the men of this community. They examine topics brought by those who attend. The goal is to allow each man to become a better human being. Bring your issues, ideas, articles, and poems. It is for the men in the circle to create a dynamic and safe space to explore who they are and who they want to become. Please email Roy at rdwoolf3@gmail.com for Zoom information.



DHARMA...FINDING OUR WAY

Advanced Spirituality Class with Rev. Sue. MillerBorn

Wednesdays, May 15 to June 19, 2024

7:00 to 8:30 p.m. in the Social Hall and Online via Zoom (by request)

\$60 to \$62 per Person (depending on payment type)

Please Note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

“Until an acorn grows to become a mighty and venerable oak, its Dharma remains an unexpressed potential. We, too, carry an invisible potential within our being.” -- Simon Haas

If you have been challenged with making conscious choices, this six-week class is designed to help you recenter using four universal principles. Join us for an in-depth journey into the spiritual concept of Dharma. We will reference the work of Simon Haas in his book, *The Book of Dharma*. The book is available as an eBook, an audible book, and you can check his website for further options. This book is rich with insights and timeless wisdom. The class discussions add deep truths and revelations to your own journey. Contact Rev. Sue at shantiananda@hotmail.com for the Zoom invite; otherwise, we will meet in person at the Center.



CRYSTAL BOWLS SOUND HEALING BATH

With Irene Bulmer

Friday, May 17, 2024

6:30 to 8:00 p.m. in the Sanctuary

Suggested \$15 Donation (no one turned away)

Immerse yourself in a journey of sound and vibration created by Crystal Singing Bowls. Irene is a certified sound healer and has facilitated sound healing baths in North County San Diego in the past. The healing frequencies will lead the meditation as we move through the chakras. Please wear comfortable clothing and bring your blanket, pillows, and Yoga mat as needed for your comfort. Arrive a little early to get situated and comfortable.



DANCING WITH SPIRIT

With Dawn Michaela Krapfel

Saturday, May 18, 2024

6:00 to 8:00 p.m. in the Sanctuary

\$20 to \$21 per Person (depending on payment type)

Limited to 33 Participants

Please note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

Dance is an ancient and profound practice. When we dance, we tap into something greater than ourselves, surrendering to the flow of energy and opening ourselves to the infinite power that moves through everything. It is a conduit to joy, and a form of meditation that allows you to shed the weight of the world and move your way into a state of bliss, connection, and deep inner peace. During this workshop, you will be led through a blend of ecstatic dance, breathwork, and guided movement to awaken and activate your shakti and kundalini energies, open your body, release repressed emotion, clear mental clutter, and celebrate life. Dawn is a lifelong dancer, has been facilitating dance and movement healing events for over 4 years, and is excited to take you on this journey. No dance experience necessary! Ages 12+. Please bring a cushion or Yoga mat, water, a journal, and wear comfortable and loose-fitting clothing you can move in. Please register in advance, as space is limited.



ENLIGHTEN UP!!

Seriously, Don't Take Life Sooooo Seriously!

“Play”shop with Rev. Lisa Carson

Sunday, May 19, 2024

12:00 noon to 1:30 p.m. in the Sanctuary

\$20 to \$21 per Person (depending on payment type)

Please note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

I am so excited to share not only a talk on Enlighten Up, but a “playshop” afterward. With numerous world events causing overwhelm, along with challenges in our personal lives, it's easy to get into a negative state of mind. We have a powerful way to shift our energy and refocus our mind. There is great levity generated through laughter and joy that can become a powerful tool in transforming the way we interact in the world. Nikola Tesla said, “If you wish to understand the Universe, think in terms of energy, frequency, and vibration.” Whatever energy we emit is what we attract back to us. We need to match the frequency and vibration to transform our life and the world. We can increase our own level of happiness by lightening up, and also create a ripple effect in the world, raising the vibration of those around us. I will be sharing a talk that helps you think about ways you can lighten up and provide the steps to do so. Wear comfortable clothing to one or both events. Also bring an open mind and heart and remember your childlike wonder.



**Community Service Opportunity
SHASTA COUNTY PROJECCT HOMELESS CONNECT**

**At Redding Civic Auditorium
Monday, May 20, 2024
9:00 a.m. to 2:00 p.m.
Set up at 8:30 a.m.**

Two of the Center’s Community Outreach projects, Shoes for Souls (for adults and children) and Feeding Pets of the Homeless, will be highlighted at this event, which is held annually. We are looking for a few Sevites to help us set up and host the display in 2-hour shifts. We appreciate this opportunity to be in service to Shasta County in such an important way. Many other service organizations join in this venture, and we are honored to be included! Contact Rev. Sue if you are interested in helping. A sign up for being in service is available.



CONNECTING WITH THE HOPE VAN

**Feeding People Experiencing Homelessness
At Social Services on Breslauer Lane
Friday, May 24, 2024
Starting at 8:15 a.m.
No Cost to Attend**

If you can bring a warm casserole dish and serving utensil or cookies, the people we serve will be incredibly grateful. The tables get set up for the food line by 8:15 a.m. and move along quickly. It is a joyful morning to be in service to others. Please contact Rev. Sue MillerBorn at shantiananda@hotmail.com if you want to be put on the email reminder list supported by Gillian Trumbull.



**“SPEAK YOUR TRUTH”
POETRY and PROSE OPEN MIC NIGHT**

**Hosted by Stephen “Shems” Smith
Friday, May 24, 2024
7:00 to 9:00 p.m. in the Sanctuary
Suggested \$10 Donation per Person**

You are invited to sing, speak, or play your tune, poetry, stories, songs, or comedy, at the Center’s open mic night. These can be your own compositions or pieces that speak to you. Share who you are with the rest of us, knowing you are supported and encouraged to be your true self for the world to see and hear. Come and listen, being open to a completely different point of view, encouraging, with your clapping, the sincerely gifted members of our Redding community. The audience is what makes it risky and real! A chance to be all that we can be! Arrive a few minutes early to sign up for mic time.



OFFICE/BOOKSTORE CLOSED

**Monday, May 27, 2024
In observance of the Memorial Day Holiday**



**S.O.A.R.: SPIRIT of ADVENTURE RENEWED
ADVENTURE ALWAYS AWAITS!**

No Cost to Attend

Join us on FRIDAY, May 31, for historic Red Bluff Day! (Please note the DAY and DATE change so we can visit certain places that are only open on weekdays). Mark your calendars for our June adventure on Saturday, June 15, for Whitmore Lavender Farms and Dakaro Cellars Winery! Email Cher Matthews at cher321@sbcglobal.net or call her cell phone at (530) 209-4391 to get added to the SOAR email distribution list for up-to-date tour information and/or last-minute itinerary changes. You are welcome to join our SOAR Facebook group at <https://www.facebook.com/groups/165707170669160/>.



**“THE GRACE OF AGING” SAGE WORKSHOP
Young and Old – The Dance**

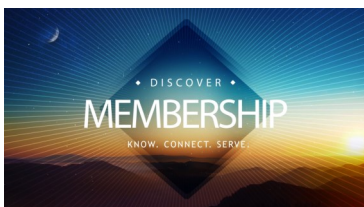
**Hosted by Rev. Sue MillerBorn and Shirley Wade, RScP
Saturday, June 1, 2024, from 9:30 a.m. to 12:30 p.m.**

\$20.00 per Person (with cash or check)

\$21.00 per Person (with credit card)

Please note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

We love these Sage gatherings. We are browsing the book by Parker Palmer, *On the Brink of Everything*, to share our understandings and connections to some of his brilliant ideas. In our process, we find our way to a deeper appreciation of these years in the cycle of life that we find ourselves surprisingly immersed in. How often do you hear yourself questioning that you are the age you are? When did we become “old”? It is so helpful to support one another with our humor and our wisdom. Please feel free to join us, whether you consider yourself to be a wise elder, or if you want to witness an enlightened path to Sagehood.



EXPLORING MEMBERSHIP MEETING

With Rev. Dr. Mary Mitchell

Sunday, June 9, 2024

11:15 a.m. to 12:15 p.m. in the Conference Room

No Cost to Attend

Dr. Mary will share what membership means, information about the Center, and answer questions. This is one of two required meetings for becoming a member of the Center.



OFFICE/BOOKSTORE CLOSED

Wednesday, June 19, 2024

In observance of the Juneteenth Holiday



SUMMER SOLSTICE

Picnic Time in Nature

At Shasta Dam

Special Ritual Hosted by Rev. Sue MillerBorn

Sunday, June 23, 2024

3:00 to 6:00 p.m.

\$10 Donation Requested

We will enjoy a celebration of the Summer Solstice at one of Shasta County’s most beautiful sites. Bring your picnic lunch, water, a chair, and anything else you think you might need. The BLISS Seva Team will provide a treat to share with everyone. More details to come in the June newsletter.

QR CODE FOR DONATIONS



Center for Spiritual Living, Redding, now has its own QR code for donations! If you scan the QR code, it will take you directly to the donation page on the Center’s website and you can make a donation then and there! Thank you!!



SEVA RALLY
Sunday, June 30, 2024
After the 10:00 a.m. Service
In the Sanctuary

Please save the date for an upcoming Seva Rally, where you'll have the chance to offer Seva to one or more of the Center's Seva teams as part of your spiritual practice! More details to come in next month's newsletter.

LIVING IN HARMONY...LISTENING TO NATURE
Sacred Sister's Women's Retreat
At Christ the King Passionist Retreat Center in Citrus Heights, CA
With Rev. Sue MillerBorn
Friday through Sunday, October 25 through 27, 2024
Non-Refundable \$50 to \$52 Deposit (depending on payment type) to Hold Your Spot
Total of \$395 to \$409 per Woman (depending on payment type)
Includes Room and Six Meals
Limited to 34 Women



It is the time of year when we start promoting and taking deposits to reserve places at this year's Women's Retreat. We have secured the beautiful grounds of our favorite location in Sacramento (Citrus Heights), the Christ the King Passionist Retreat Center. They provide a private room and bathroom for each of you and their wonderful meals are served with love. You are welcome to share a room, too. The meeting space has spectacular views of their beautiful grounds. Please contact Lorie Barnes with your intention to go as soon as possible!



CENTER FOR SPIRITUAL LIVING, REDDING
NEW SENIOR MINISTER SEARCH COMMITTEE
INVITATION FOR COMMUNITY INTENTION
AND SUPPORT

UPDATE and COMMUNITY PRAYER

The Center's search for a new Senior Minister continues. The Search Committee and Rev. Sue will keep you updated as we move forward. As always, we appreciate your continued support and sharing any input or questions you have about the process and your thoughts about a new Senior Minister. Please join us in our community prayer.

Community Prayer

There is only One... One spirit, One heart, One mind. This Universal Spirit is infinitely intelligent, infinitely loving, and always accessible. It is indwelling in each one of us and expresses as a positive force, attracting to our Center the right and perfect spiritual leader.

We know together, as a community, that our Center always moves in the Light, and welcomes with enthusiasm a new leader. Our new minister brings wisdom, newness, love, charisma, and joy with them, as well as deep spiritual principles to share.

It is with excitement and love that we extend this invitation, embracing the reality of a new minister and the reality of change and growth. Divine Mind is at the center of this, orchestrating a perfect transition to serve the needs of our community.

It is with deep gratitude and clear intention that we release this prayer, knowing the right and perfect minister is awake, ready, and receptive to this invitation to serve. Our hearts are filled with grace and thanksgiving as we know that these words matter and that they are released to the Divine with assured results. And so it is!



THE HEART OF SEVA

Seva is defined as “selfless service to God.” Seva is a tool, a practice that can be used to deepen one’s own understanding and experience of Spirit. It is both a path to God and the fruit of the path, both the journey and the destination. As a spiritual practice, it helps one to move through the present, conscious awareness into a deepening, expanding state of Self. One also receives the sweetness of the experience of giving of oneself, from one’s own fullness and love. As you give, so shall you receive. As with any spiritual practice, there are some things that are required of us when we commit to doing Seva. Our intent to dedicate our actions to our growth towards God is important. We must be willing to allow Spirit to work on us and through us. Seva can have a purifying effect and point out to us various ways that the ego gets in the way of our own higher experience. It may demand of us that we do indeed surrender some bit of ego that we have grown so attached to in order to grow spiritually. It is also important that we listen both to our inner voice and the messages coming from around us. Contemplate what you are doing, your motives, attachments, and who is really doing the work. Seva can be experienced as open-eyed meditation. Certain negative thoughts and feelings may arise while performing Seva. Allow them to drift away, without attachment, while returning your consciousness to the task at hand. Don’t run away from a little discomfort. Rather, allow the Spiritual Warrior to emerge and do the right thing. For some who have difficulty sitting still to meditate, Seva can serve as a form of Karma Yoga (the path of joining oneself to God through one’s actions, one’s work.) Whichever path one chooses, it is the longing for God that leads us, urging us from within to pursue our goals with determination and purpose. Seva can become, for each one of us, a vehicle for integrating our spiritual practices into every part of our lives. Keeping it lighthearted and remaining gentle with ourselves can make the tool of Seva a mighty joy to wield! **If you would like to offer Seva, the following teams are inviting your participation:**

- | | | | | |
|------------------------|---------------------|-------------------|-------------------|-----------|
| Audio/Video | Awareness Bookstore | BLISS | Children’s Church | Cleaning |
| Congregational Support | Food for Hope | HeartSangha Choir | Kitchen Kookies | Landscape |
| Prosperity | | | | |

Recommended Reading: *Compassion in Action; How Can I Help?; Chop Wood, Carry Water; Bhagavad Gita*



PRACTITIONERS IN SERVICE

“The secret of prayer and its power in the outward life depends upon an unconditioned faith in, and reliance upon, this inner Presence.” --Ernest Holmes

The Practitioner team is here for you. We respond to prayer requests for your health and well-being. We are here to be in service. Please keep our numbers or emails close by as a resource. We share in consciousness through deep prayer work. When we pray, we pray affirmatively. We raise our awareness to witness our oneness with the Divine. Prayer is a powerful tool for shifting our consciousness to remember the greater good. Don’t ever hesitate to reach out. We are right here for you. With love, Rev. Sue, Dr. Mary, Rev. Pam, Robin, Charlie, Christy, and Shirley.



FEEDING PETS of the HOMELESS SPRING PET FOOD DRIVE!!

Spring into Action with Compassion for Pets in Your Community!

The Center is asking you to help us collect the following supplies for both cats and dogs:

- ♥ Canned and dry pet food and treats.
- ♥ New or gently used collars, leashes, bowls, toys, jackets, dog shoes, blankets, pet beds, etc.

This endearing project is overseen by Shirley and Bill McQuiston. If you can help the Center with these supplies, the donations are received in the side entry door to the Center near the restrooms. We distribute some of this food in gallon size bags to pet owners at the meal served near the Hope Van every fourth Friday. A portion of it is also delivered to a distribution center in Anderson. Cat food donations help to feed our own community of feral cats, too. We work with the neighborhood in trying to capture some of these precious cats so they can be spayed or neutered. Thank you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY</h1> <h1>2024</h1>			<p>1 Spring Plant and Bulb Sale, 9 a.m. to 5 p.m.</p> <p>Endowment Fund Grant Requests Due Today, 5 p.m.</p> <p>Hatha Yoga, 5:30 to 6:45 p.m.</p> <p>"Rainbow Love Circle of Connection" LGBTQIA+ Group Begins, 6:30 to 8 pm</p>	<p>2 Spring Plant and Bulb Sale, 9 a.m. to 5 p.m.</p> <p>Reality Retreat Meditation, 9 to 9:45 a.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Lunch with Ernest Holmes, 1 to 2 p.m.</p> <p>Prac II, Part 3, 5:30 to 8:30 p.m.</p> <p>HeartSangha Choir Rehearsal, 7 to 9 p.m.</p>	<p>3 Office/Bookstore CLOSED</p> <p>Spiritual (Spirited!) Music Jam, 7 to 8:30 p.m.</p>	<p>4 Bead Therapy Session, 1 to 4 p.m.</p> <p>"New Moon Circle, 6:30 to 8:30 p.m.</p>
<p>5 Spring Plant and Bulb Sale, 9:30 to 11 a.m.</p> <p>Rev. Sue MillerBorn Speaking, 10 a.m.</p> <p>Children's Church, 10 a.m.</p> <p>Dairrien Call Performs, 10 a.m.</p> <p>Kitchen Kookies Host the Social Hall, 11 a.m.</p> <p>Setup for Rummage Sale, 11:30 a.m.</p>	<p>6 Setup for Rummage Sale, 9 a.m. to 5 p.m.</p> <p>Book Club, 2 to 4 p.m.</p>	<p>7 Setup for Rummage Sale, 9 a.m. to 5 p.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Essential Ernest Holmes, 12:30 to 3:30 p.m.</p> <p>Prayers and Meditations of Yogananda, 7 to 8 p.m.</p>	<p>8 Setup for Rummage Sale, 9 a.m. to 5 p.m.</p>	<p>9 Setup for Rummage and Sale, 9 a.m. to 5 p.m.</p> <p>Reality Retreat Meditation, 9 to 9:45 a.m.</p> <p>Caregiver Support Group, 10 a.m. to noon</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Lunch with Ernest Holmes, 1 to 2 p.m.</p> <p>Prac II, Part 3, 5:30 to 8:30 p.m.</p> <p>Awakening to Oneness with Life Meditation, 6:30 to 8 p.m.</p>	<p>10 Annual Rummage and Collectibles Sale, 7 a.m. to 2 p.m.</p> <p>Office/Bookstore CLOSED</p> <p>Healing Touch Practice Session, 6:30 to 8 p.m.</p>	<p>11 Annual Rummage and Collectibles Sale, 7 a.m. to 1 p.m.</p> <p>Landscape Seva Day, 9 a.m. to noon</p>
<p>12 Mother's Day</p> <p>Rev. Sue MillerBorn Speaking, 10 a.m.</p> <p>Children's Church, 10 a.m.</p> <p>Chris Miller Performs, 10 a.m.</p> <p>Kitchen Kookies Host the Social Hall, 11 a.m.</p> <p>"The Essence of The Science of Mind" Class, 11:15 a.m. to 12:15 p.m.</p> <p>Gong Meditation, 5:30 to 6:45 p.m.</p>	<p>13 Book Club, 2 to 4 p.m.</p> <p>Hatha Yoga, 5:30 to 6:45 p.m.</p> <p>Sacred Sister's Women's Group, 7 to 8:30 p.m.</p> <p>Men's Group, 7 to 9 p.m.</p>	<p>14 TOPS Club, 9 to 11 a.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Essential Ernest Holmes, 12:30 to 3:30 p.m.</p> <p>"Free at Last" A. A. Group, 5:30 to 6:30 p.m.</p>	<p>15 Hatha Yoga, 5:30 to 6:45 p.m.</p> <p>"Dharma...Finding Our Way" Class Begins, 7 to 8:30 p.m.</p>	<p>16 Reality Retreat Meditation, 9 to 9:45 a.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Lunch with Ernest Holmes, 1 to 2 p.m.</p> <p>Prac II, Part 3, 5:30 to 8:30 p.m.</p> <p>HeartSangha Choir Rehearsal, 7 to 9 p.m.</p>	<p>17 Office/Bookstore CLOSED</p> <p>Crystal Bowls Sound Healing Bath, 6:30 to 8 p.m.</p>	<p>18 Dancing with Spirit, 6 to 8 p.m.</p>
<p>19 Rev. Lisa Carson Speaking, 10 a.m.</p> <p>Children's Church, 10 a.m.</p> <p>HeartSangha Choir Performs, 10 a.m.</p> <p>Kitchen Kookies Host the Social Hall, 11 a.m.</p> <p>"Enlighten Up" Workshop, 12:00 noon to 1:30 p.m.</p> <p>Gong Meditation, 5:30 to 6:45 p.m.</p>	<p>20 Shasta County Project Homeless Connect at Civic Auditorium, 9 a.m. to 2 p.m.</p> <p>Tao of Watercolor, 9:30 a.m. to noon</p> <p>Book Club, 2 to 4 p.m.</p> <p>Hatha Yoga, 5:30 to 6:45 p.m.</p>	<p>21 TOPS Club, 9 to 11 a.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Essential Ernest Holmes, 12:30 to 3:30 p.m.</p> <p>"Free at Last" A. A. Group, 5:30 to 6:30 p.m.</p> <p>Prayers and Meditations of Yogananda, 7 to 8 p.m.</p>	<p>22 Hatha Yoga, 5:30 to 6:45 p.m.</p> <p>Dharma...Finding Our Way, 7 to 8:30 p.m.</p>	<p>23 Reality Retreat Meditation, 9 to 9:45 a.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Lunch with Ernest Holmes, 1 to 2 p.m.</p> <p>Prac II, Part 3, 5:30 to 8:30 p.m.</p> <p>Awakening to Oneness with Life Meditation, 6:30 to 8 p.m.</p> <p>HeartSangha Choir Rehearsal, 7 to 9 p.m.</p>	<p>24 Office/Bookstore CLOSED</p> <p>HOPE Van at Social Services on Breslauer Lane, 8:15 a.m.</p> <p>"Speak Your Truth" Poetry and Prose Open Mic Night, 7 to 9 p.m.</p>	<p>25</p>
<p>26 Rev. Sue MillerBorn Speaking, 10 a.m.</p> <p>Children's Church, 10 a.m.</p> <p>Dalton Fitzgerald Performs, 10 a.m.</p> <p>Friendship Potluck in the Social Hall, 11 a.m.</p>	<p>27 Office/Bookstore Closed for Memorial Day Holiday</p> <p>Tao of Watercolor, 9:30 a.m. to noon</p> <p>Hatha Yoga, 5:30 to 6:45 p.m.</p> <p>Men's Group, 7 to 9 p.m.</p>	<p>28 TOPS Club, 9 to 11 a.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Essential Ernest Holmes, 12:30 to 3:30 p.m.</p> <p>"Free at Last" A. A. Group, 5:30 to 6:30 p.m.</p> <p>Board of Trustees Meeting, 5:30 p.m.</p>	<p>29 Hatha Yoga, 5:30 to 6:45 p.m.</p> <p>Dharma...Finding Our Way, 7 to 8:30 p.m.</p>	<p>30 Awareness Newsletter Seva Team Meets, 9 to 11 a.m.</p> <p>Reality Retreat Meditation, 9 to 9:45 a.m.</p> <p>Chair Yoga, 11 a.m. to 12:30 p.m.</p> <p>Lunch with Ernest Holmes, 1 to 2 p.m.</p> <p>Prac II, Part 3, 5:30 to 8:30 p.m.</p>	<p>31 Office/Bookstore CLOSED</p> <p>SOAR Adventure to Red Bluff Day, Time TBA</p>	

CENTER GROUPS

CHILDREN'S CHURCH meets each Sunday from 10:00 to 11:00 a.m. in the Children's Cottage. Questions? Call Bonnie Lantiegne at 530-722-7304.

SACRED SISTERS WOMEN'S GROUP meets the second Monday of each month from September through June from 7:00 to 8:30 p.m. in the Social Hall. Questions? Call Rev. Sue MillerBorn at 530-524-9828.

MEN'S GROUP meets the second and fourth Monday of each month from 7:00 to 9:00 p.m. in the Sanctuary and on Zoom. Questions? Call Roy Woolfstead at 530-246-1017.

HEARTSANGHA CHOIR meets every Thursday from 7:00 to 9:00 p.m. in the Sanctuary from mid-August to mid-May. Questions? Email Gwen Rooker at choirqueries@gmail.com.

CAREGIVER SUPPORT GROUP meets the second Thursday of each month from 10:00 a.m. to noon in the Social Hall. Questions? Call Rev. Dr. Mary Mitchell at 530-347-0996.

AWARENESS NEWSLETTER SEVA GROUP meets the last Thursday of every month (except November and December) from 8:00 to 10:00 a.m. in the Social Hall. Questions? Call Lorie Barnes at 530-221-4849.

LANDSCAPE SEVA GROUP usually meets the second Saturday of each month from 9:00 a.m. to noon. Questions? Call Diana Woolfstead at 530-246-1017.

S.O.A.R. GROUP meets once each month, January through October, to take spiritual adventures together. Questions? Call Cher Matthews at 530-209-4391.

HEALTHY PRACTICES

GONG MEDITATION meets the first and third Sunday of every month from 6:30 to 7:30 p.m. in the Sanctuary. Questions? Call Joan Richards at 530-267-0523.

HATHA YOGA meets every Monday and Wednesday from 5:30 to 6:45 p.m. in the Sanctuary September through June. Questions? Call Rev. Sue MillerBorn at 530-524-9828.

CHAIR YOGA meets every Tuesday and Thursday from 11:00 a.m. to 12:30 p.m. in the Meditation Pavilion. Questions? Call Claire Bay Manner at 908-337-5312. **Please note:** you must have received the most recent Covid-19+ Bivalent Booster shot to attend.

PRAYERS and MEDITATIONS of YOGANANDA meets the first and third Tuesday of each month from 7:00 to 8:00 p.m. in the Meditation Pavilion. Questions? Call Rev. Sue MillerBorn at 530-524-9828.

REALITY RETREAT MEDITATION meets every Thursday from 9:00 to 9:45 a.m. in the Meditation Pavilion. Questions? Call Nithya Ram at 530-355-8384.

AWAKENING TO ONENESS WITH LIFE MEDITATION meets the second and fourth Thursday of every month from 6:30 to 8:00 p.m. in the Meditation Pavilion. Questions? Call Jill Matthews at 530-315-2014.

CRYSTAL BOWLS SOUND HEALING BATH meets the third Friday of every month from 6:30 to 8:00 p.m. in the Sanctuary. Questions? Contact Irene Bulmer at ibnoodle@gmail.com.

GENERAL INFORMATION

CONGREGATIONAL SUPPORT: Offers assistance with meals, etc., if you've been injured or are sick. Questions? Email Maggie Fisher at maggiefisher7744@hotmail.com or text her at 530-776-8118.

CENTERS for SPIRITUAL LIVING WORLDWIDE: Check out our parent organization's website: <https://csl.org>

CSL WORLD MINISTRY of PRAYER: For prayer requests, visit <http://www.csl.org/world-ministry-of-prayer>

CENTER for SPIRITUAL LIVING, REDDING, WEBSITE: <https://www.cslredding.org>

CENTER FOR SPIRITUAL LIVING, REDDING, EMAIL: cslr@csredding.org

AFFILIATIONS

TOPS Club, Inc. in Redding meets every Tuesday from 9:00 to 11:00 a.m. in the Social Hall. Questions? Call Marghi Kilmer at 530-556-0451.

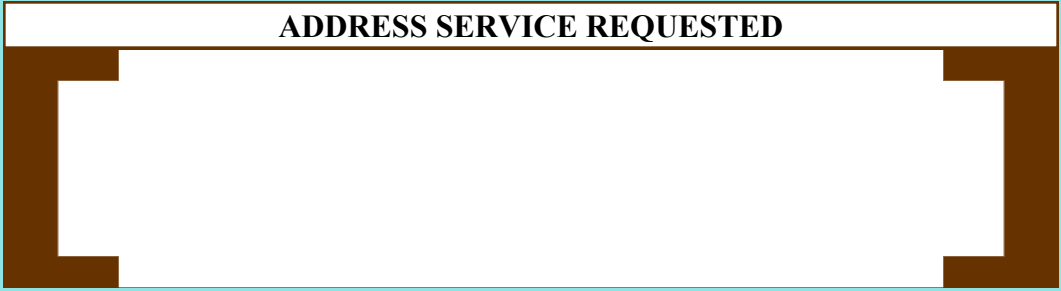
"FREE AT LAST" A. A. Group meets every Tuesday from 5:30 to 6:30 p.m. in the Social Hall. Questions? Call Storm K. at 530-351-8609.

Rev. Dr. Barbara Leger, Ordained Minister, Centers for Spiritual Living: <https://www.goldenpathofpeace.org>



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CLOSED Fridays & Saturdays



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