

The Awareness Newsletter

MARCH 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 March:

Embracing Newness

Book for March:

*To Bless the Space Between
Us* by John O'Donohue

March 3, 2024

Rev. Sue MillerBorn

Topic: Unlimited
Possibilities

March 10, 2024

Rev. Sue MillerBorn

Topic: Up Until Now...
Congregational Meeting

March 17, 2024

Rev. Sue MillerBorn

Topic: Following Guidance

March 24, 2024

Rev. Cathleen Cox,
Unitarian Universalist

Topic: Grounded in Truth

March 31, 2024

Rev. Sue MillerBorn

Topic: Awake and Ready!
Easter Celebration!!

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: REFRESHING YOUR SPIRITUAL JOURNEY

"This is the charged, the dangerous moment, when everything must be re-examined, must be made new, when nothing at all can be taken for granted." --James Baldwin



As we continue to settle into this year's theme from Centers for Spiritual Living, "A Grand Rising", we check in to see how we are aligning our spiritual intentions with our spiritual journey. Many of us have traveled the spiritual path together over the years and share in the memories of uplifting and joyful times together through various experiences at the Center. We

huddled together in our grief honoring the lives of those who transitioned from our lives. We have a shared spiritual experience. We also have our own personal journey and set of practices that feeds our soul. And sometimes it feels alive and enriches every moment, but other moments there is a standstill. Times we don't feel like going to the mat or meditation cushion. Those times we just want to "check out". We get in a rut.

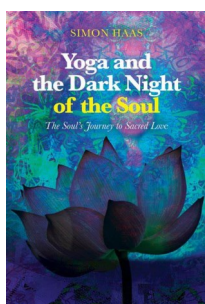
Recently in the Sacred Sisters group we were reading the wisdom of Donna Markova and she expressed it so cleverly: "I had forgotten that recently I came here to reignite my passion and mostly what I'd felt had been inertia and apathy, collapsed like bread dough without the yeast." It is a clever description of those 'dry' moments. What came out of our discussion of her comment was an insightful discovery of how important those moments are on the journey. It becomes a time to rekindle the flame!

This month we want to explore what "newness" feels like. We set the intention throughout the month to stay awake...and choose our experiences to keep us open to Love.

We also invite our membership to join in community for our annual Congregational meeting. This is a time to honor those who have been in service on the Board of Trustees as they complete their term and to vote on the new board members eager to step into this important role. March 10 is our meeting, so please join us in fellowship and support.

With Love and Respect,

Rev. Sue MillerBorn



THE JOURNEY...A DARK NIGHT OR ENLIGHTENMENT?

Part Two of a Non-Certificated, Advanced Spirituality Class

With Rev. Sue MillerBorn

Wednesdays, February 28 to April 3, 2024

7:00 to 8:30p.m. in the Social Hall or on Zoom (by request)

\$60 in Advance (with cash or check); \$62 in Advance (with credit card)

\$15 to \$15.50 per Class Meeting (depending on payment type)

Several of us just completed the first of this two-part series on "The Journey..." We shared deeply from the life changing book by Simon Haas called, *Yoga and the Dark Night of the Soul*. It is a book that can be accessed online via Kindle or Nook (you might find it in paperback on Amazon). You are welcome to join us. We take our time because the insights are life changing, personal, and revealing. Please email Rev. Sue if you want a Zoom link at shantiananda@hotmail.com.

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



SPIRITUAL (Spirited!) MUSIC JAM

Celebrating Spirit through Musical Instrumentation

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

Friday, March 1, 2024

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

Donations Gratefully Accepted

The intention is to have friends gather with drum, guitar, flute, harmonica, chimes, saxophones, trumpets...whatever you enjoy creating music with. The focus will be on creating a blend of harmony with our instruments and see what we discover as we get centered in the music. If you have been wanting to play a drum 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 will create 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, March 9, 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 Carr to make beautiful pieces of art with beads. She will supply all the beads and string needed for you to bead your own piece of art, along with snacks, great company, and lots of laughs! If you haven't beaded before, here's your chance to learn something new.



CONTEMPLATIONS4U

Are you interested in starting off your day with a positive thought or quote from an inspired thinker, writer, or philosopher? If so, sign up at this URL: <https://groups.google.com/forum/#!forum/contemplations4u>.



NEW MOON CIRCLE
Theme: What Needs Mending? Herb: Comfrey
With Laurie Buckman
Saturday, March 9, 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!



SPRING FORWARD!!
Daylight Saving Time Begins!!!!

Please remember to set your clocks FORWARD one (1) hour on Saturday, March 9, 2024, as Daylight Saving Time starts the next day!



ANNUAL "STATE OF THE CENTER"
CONGREGATIONAL MEETING
Sunday, March 10, 2024
11:30(ish) a.m., After the Service

Please join us for our annual meeting and sharing of what is happening at our Center. Where we are and where we are going! This is a chance to ask questions and be informed. We are honoring outgoing board members Marti Butow, Sylvia Henry, and Linda Mitchell, who have served their term, plus extended that time, to be in service to us all. We will vote on approving and ratifying the actions of the Board over the last year and nominate new board members, Suzan Jantz and Christine Stewart.



SACRED SISTERS WOMEN'S GROUP
With Rev. Sue MillerBorn
Monday, March 11, 2024
7:00 to 8:30 p.m. in the Social Hall
No Cost to Attend

"In times of crisis, people reach for meaning. Meaning is strength. Our survival may depend on our seeking and finding it."
--Victor Frankl

Our shared time together is priceless as we meander through the writing of Dawna Markova in her book, *I Will Not Die an Unlived Life*. We collectively share our understanding and insights as we highlight some of her experiences and the wisdom she gleaned. We leave our circle more enriched and connected. Please join us.



MEN'S GROUP

With Roy Woolfstead

Mondays, March 11 and 25, 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.



A CALL TO REVERENCE: GRIEF

With Rev. Lynn E. Fritz

Tuesday, March 12, 2024

6:30 to 7:30 p.m. in the Sanctuary

Suggested \$10 Donation per Person

The community is invited to "A Call to Reverence: Grief" an opportunity to experience grief processing by connecting with healing through music and inspirational reflections. This event will be an hour immersed in a therapeutic environment of candles, silence, music (recorded), contemplation, introspection, and personal grief processing. Those in attendance will be invited to participate in a releasing ceremony with a fire bowl at the end of the service. The event is presented by Rev. Lynn E Fritz, Licensed Marriage Family Therapist, ordained minister, and is co-sponsored by Shasta Interfaith. The Center for Spiritual Living is hosting the event. For more information, please text or call Rev. Lynn at (530) 243-8862 or visit <https://www.cslredding.org>.



CRYSTAL BOWLS SOUND HEALING BATH

With Irene Bulmer

Friday, March 15, 2024

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

Suggested \$15 Donation (no one turned away)

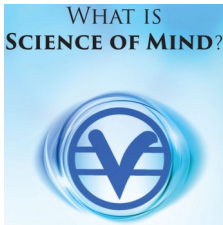
Immerse yourself in a journey of sound and vibration created by Crystal Singing Bowls. Irene is a certified sound healer and has facilitated sound healing baths in North County San Diego in the past. The healing frequencies will lead the meditation as we move through the chakras. Please wear comfortable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



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

No Cost to Attend

Join us on Saturday, March 16, when we will enjoy four short waterfall hikes including Burney Falls, Montgomery Creek Falls, Potem Falls, and Hatchet Creek Falls. Mark your calendar for our April adventure on Saturday, April 27, to Burstarse Falls in Castle Crags State Park. Please email Cher Matthews at cher321@sbcglobal.net or call her 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 ESSENCE OF *THE SCIENCE OF MIND* CLASS

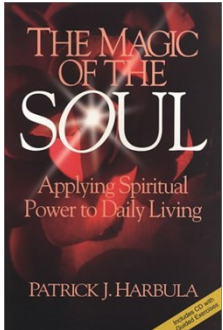
With Rev. Dr. Mary Mitchell

Sunday, March 17, 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.



JOURNEY OF THE SOUL

Certificated Science of Mind® Class: Elective Coursework

With Christy Carr, RScP

Thursdays, March 21 to April 25, 2024

6:00 to 8:30 p.m. in the Social Hall

\$60 by 3/21 (with cash or check); \$62 by 3/21 (with credit card)

\$90 to \$93 After 3/21 (depending on payment type)

+ Optional \$45 to \$46.50 for Class Certificate (depending on payment type)

Join us as we explore the Science of Mind® philosophy using the wisdom of Patrick Harbula in his book, *The Magic of the Soul*. The coursework applies his insights with the principles of *The Science of Mind*. You will appreciate the connection to soul and gain a deeper spiritual enrichment to your life by sharing the curiosities that come up with fellow students. We will appreciate spiritual practices together that will reinforce your transformation! **Please Note:** We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.



CONNECTING WITH THE HOPE VAN

Feeding People Experiencing Homelessness

At Social Services on Breslauer Lane

Friday, March 22, 2024

Starting at 8:15 a.m.

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.



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.



“SPEAK YOUR TRUTH” POETRY and PROSE OPEN MIC NIGHT

Hosted by Stephen “Shems” Smith

Friday, March 22, 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. Shems will be your host. 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.



CELEBRATING THE SPRING EQUINOX!

With Rev. Sue MillerBorn and Friends

Saturday, March 23, 2024

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

Love Donation (Suggested \$15 to \$20)

We gather on the Spring equinox to celebrate the Earth and the beginning of Spring! We use this time to gather in a wisdom circle and share poetry and music together...even dance if we want to! We will also create beautiful mandalas to express our gratitude to this sacred time when the Sun crosses above the Earth's equator. Let's have some fun together!



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!



RELAX AND RENEW: A HEALING CONCERT

With Phoebe Fazio

Saturday, March 30, 2024

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

\$30 per Person (with cash or check); \$31 (with credit card)

Are you feeling some stressors in your life? Do you feel the collective tension? Is your body needing some extra attention? Are you ready for some deep relaxation, to let go of past traumas and current strains? Are you ready to feel loved, supported, uplifted, and free again? We feel so much in our bodies and carry the world on our shoulders. Old trauma lives in our tissues, which can sometimes cause our bodies to ache. Even when we feel up-beat and positive, we can sometimes feel what others are carrying around, right? How about allowing yourself some time to rest? How does that sound? Deep rest. The kind where your body can surrender to the loving support of Mother Earth. Ready to receive the healing medicine of sacred sound vibrations to bring you back to wholeness? If you already remember your wholeness, then you can use this time for your elevation to higher states of consciousness. If you said “yes” to any of this, this concert would serve you. Come prepared to lay down or sit and receive the sacred sounds of Phoebe’s voice, combined with crystal bowls, Tibetan bowls, chimes, and Native American flutes, which make up her Sound Washings®. If you want to be truly immersed in the relaxation part of this unusual concert, you can even experience a little bit of Restorative Yoga, laying down poses, so you can release trauma from your body without any effort. The sounds will facilitate the releasing as you lay in each pose. This is not your typical Yoga. You won’t be working out. If this is appealing to you, see below for details on suggested items to bring. If you just want to sit in our comfy chairs and receive the healing sounds, you are welcome. No matter what position you find yourself in, your body knows how to take in the vibrations to heal itself at whatever level you are needing in that moment. Come away feeling refreshed, and renewed, and ready to follow your highest vision toward what you are called to do and be in this world. **Please Note:** We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

What to bring if you choose the Restorative Yoga (laying down) option for this Healing Concert. Think “sleepover”. We want you to feel really comfortable.

- Padded blankets and pad to lay on (Yoga mat, sleeping bag, comforters, Mexican blanket—one on top of a Yoga mat and one under is not too much). Note: our floor is concrete with carpet, so bring on the padding. Big pillows and/or bolsters (think couch cushions) for supporting your legs and other positions. At least one, but two or three is even better. A soft blanket to cover you up and a small pillow for your head.
- Eye pillow if you have one (or a scarf for your eyes). Dress comfortably. It will be dark, and you will wrap up in a blanket, so no need to look fancy. Sometimes a warm hat is nice.
- Have some water for afterward. You won’t be working out, but it’s good to flush out whatever is being released.
- Anything else that makes you feel safe and comforted.



EASTER CELEBRATION!!

Sunday, March 31, 2024

During the 10:00 a.m. Service in the Sanctuary

Join us for a spectacular Easter Service! Gwen Rooker, our choir director, and the HeartSangha Choir have arranged this fabulous service with each one of us in mind. Included will be a blossoming ceremony to renew our spirits. Bring your family and friends and enjoy being part of the community on this day of inspiration and love. Dress up and wear a hat if you want! It is Easter! Come celebrate with us!

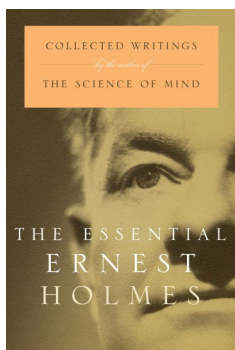


CHILDREN’S CHURCH EASTER EVENT

Sunday, March 31, 2024

10:00 to 11:00 a.m.

Join us for a day of Easter celebration! Children will experience a fun lesson and an Easter Egg hunt, snacks, and games!



THE ESSENTIAL ERNEST HOLMES **Certificated Science of Mind® Class:** **Ernest Holmes Philosophy Coursework**

With Rev. Dr. Mary Mitchell

Tuesdays, April 2 to June 4, 2024

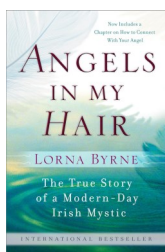
12:30 to 3:30 p.m. in the Social Hall

\$100 by 4/2 (with cash or check); \$104 by 4/2 (with credit card)
+ Optional \$45 to \$46.50 Class Certificate Fee (depending on payment type)

The class is ideal for everyone, from the inquisitive newcomer to a future Practitioner. Welcome to an exciting study of *The Essential Ernest Holmes*, a compilation of key writings by this internationally renowned scholar, mystic, and author. It brings to light his most important ideas that shaped the religious psychology/philosophy he defined as *The Science of Mind*. We will study selections from that text as well as his classic works, such as *This Thing Called You* and *Creative Mind and Success*, and passages from *The Voice Celestial*. The student will feast on his quiet, devotional writings as well as his impassioned, chalk-in-hand teachings to future leaders. Holmes' natural ability helps people see past their problems into the heart of their eternal being. He relates the human condition to a limitless ability to choose what to think and how to feel. Dr. Mary absolutely loves giving this class! It's #1 in the over one hundred classes in metaphysics that she has facilitated here at the Center. Come join the fun! Scholarships are welcomed. **Please Note:** We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

The three main objectives of the class are:

- To study extraordinary ideas that reshape our beliefs about the world and how it works,
- To become more peaceful and happier as our lives transform, and
- To recognize the beauty in Holmes' lifelong synthesis of ancient wisdom and modern discovery, from medieval labyrinths to quantum physics.



BOOK CLUB - *ANGELS IN MY HAIR:* ***THE TRUE STORY OF A MODERN-DAY IRISH MYSTIC***

With Robin Backstrom, RScP

Mondays, April 8 to May 20, 2024

2:00 to 4:00 p.m. in the Social Hall

Donations Gratefully Accepted

In this uplifting autobiography, a modern-day Irish mystic shares her vivid encounters and conversations with the angels and spirits she has known her entire life. Lorna Byrne physically sees and talks with angels every day and has done so ever since she was a baby. As a young child, she assumed everyone could see the angels who always accompanied her. Adults, however, were often skeptical, concerned that Lorna did not seem to be focusing on the world around her. Today, sick and troubled people from all around the world are drawn to her for comfort and healing, and theologians of different faiths seek her guidance. *Angels in My Hair* is a moving and deeply inspirational chronicle of Lorna's remarkable life story. Invoking a wonderful sense of place, she describes growing up poor in Ireland and marrying the man of her dreams - only to have the marriage cut short by tragedy. *Angels in My Hair* has garnered overwhelming responses from readers from many walks of life, giving them hope and helping them to realize that no matter how alone they might feel they always have a guardian angel by their side. With an afterword on angels and America and a bonus chapter on how to connect with your angel.



DANCING WITH SPIRIT

With Dawn Michaela Krapfel

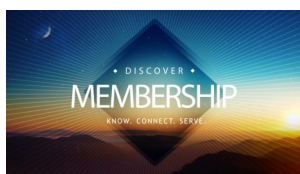
Saturday, April 13, 2024

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

\$20 per Person (with cash or check); **\$21 per Person** (with credit card)

Limited to 33 Participants

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



EXPLORING MEMBERSHIP MEETING

With Rev. Dr. Mary Mitchell

Sunday, April 14, 2024

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

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.



SACRED SISTERS WOMEN'S DAY

Honoring Earth Day

Hosted by Rev. Dr. Andrea Asebedo and Rev. Sue MillerBorn

Saturday, April 20, 2024

10:00 a.m. to 4:00 p.m. in the Sanctuary

\$55 per Woman (with cash or check); **\$57 per Woman** (with credit card)

Includes Soup and Salad Luncheon

Join us on this special day spent with one another honoring Mother Earth. We will create mindful mandalas as a shared spiritual practice and enjoy poetry, song, storytelling, and movement. Dr. Andrea will bring her wisdom and heart to the circle and enrich our spiritual journey in her heartfelt way.



PET FOOD FOR PETS OF THE HOMELESS

One of our community projects is to help support the Pet Food collection for the pets of the homeless population. This endearing project is overseen by Shirley and Bill McQuiston. If you have some pet food to share, 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 align with the neighborhood in trying to capture some of these precious cats so they can be spayed or neutered. All with the heart of love...thank you.



THROUGH THE SECRET DOOR The Mystic's Way of Receiving Guidance and Connection to the Divine

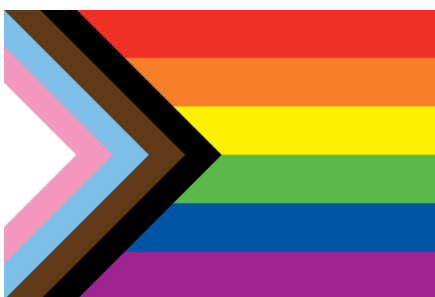
With Rev. Dr. Andrea Asebedo

Sunday, April 21, 2024

11:30 a.m. to 2:00 p.m. in the Sanctuary

\$25 per Person (with cash or check); **\$26 per Person** (with credit card)

Join Dr. Andrea in a workshop exploring the mystery of our connection to the wellspring of wisdom and love. This workshop is a combination of storytelling, poetry, and hands on techniques to open to guidance and intuition. "Through the Secret Door" is an exploration and an opportunity to spend time in Rumi's field – "Out beyond ideas of wrongdoing and right doing is a field. I'll meet you there. When the soul lies down in that grass, the world is too big to talk about." **Please note:** We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.



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

Donations Gratefully Accepted

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.



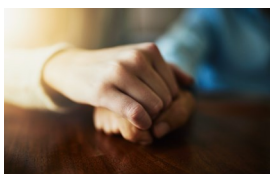
Save the Date!

RUMMAGE AND COLLECTIBLES SALE

Friday and Saturday, May 10 and 11, 2024

The next Rummage and Collectibles Sale is coming soon. We invite you as you start your spring cleaning to save your treasures to pass on to others in our next Big Sale. You can bring in your items from May 5 through 9. This is our best fundraiser of the year, and we begin planting the seeds for success now!

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.

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 per Woman (with cash or check); **\$409 per Woman** (with credit card)

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. The meeting space has spectacular views of their beautiful grounds. Please contact Lorie Barnes with your intentions to go as soon as possible!

WRITING FOR FUN



Do you have a longing to write, whether it's fiction, non-fiction, poetry, biography, etc.? Would you like to meet with other people who have the same longing you do? The Center has heard from some folks who've expressed a desire for this type of group to form. Therefore, the Center would like to offer the opportunity to have this group meet once a month to start. If you would like to participate, please contact

Lorie Barnes in the office at (530) 221-4849 to let her know what day and time would work best for you. Thank you!

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*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Office/Bookstore CLOSED Spiritual (Spirited!) Music Jam, 7 to 8:30 p.m.	2 "Foundations of Healing Touch, Course 1" , 8:30 a.m. to 6 p.m.
3 Rev. Sue MillerBorn Speaking, 10 a.m. Children's Church, 10 a.m. Dairrien Call Performs, 10 a.m. Kitchen Kookies Host Social Hall, 11 a.m. Practitioners' Meeting, 11:15 a.m. Gong Meditation, 5:30 to 6:45 p.m.	4 Tao of Watercolor, 9:30 a.m. to noon Book Club, 2 to 4 p.m. Hatha Yoga, 5:30 to 6:45 p.m.	5 TOPS Club, 9 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Exploring the Roots of Science of Mind, 12:30 to 3:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m. Prayers and Meditations of Yogananda, 7 to 8 p.m.	6 Hatha Yoga, 5:30 to 6:45 p.m. The Journey, Part 2, 7 to 8:30 p.m.	7 Reality Retreat Meditation, 9 to 9:45 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. Prac II, Part 2, 5:30 to 8:30 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	8 Office/Bookstore CLOSED Healing Touch Practice Session, 6:30 to 8 p.m.	9 Landscape Seva Day, 9 a.m. to noon Bead Therapy Session, 1 to 4 p.m. New Moon Circle, 6:30 to 8:30 p.m. Turn Clocks FORWARD one (1) hour BEFORE going to sleep!
10 Daylight Saving Time Begins Rev. Sue MillerBorn Speaking, 10 a.m. Children's Church, 10 a.m. Guest Musician Performs, 10 a.m. Kitchen Kookies Host Social Hall, 11 a.m. Congregational Meeting, 11:30(ish) a.m. to 12:30(ish) p.m.	11 Tao of Watercolor, 9:30 a.m. to noon Book Club, 2 to 4 p.m. Hatha Yoga, 5:30 to 6:45 p.m. Sacred Sister's Women's Group, 7 to 8:30 p.m. Men's Group, 7 to 9 p.m.	12 TOPS Club, 9 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Exploring the Roots of Science of Mind, 12:30 to 3:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m. "A Call to Reverence: Grief", 6:30 p.m.	13 Hatha Yoga, 5:30 to 6:45 p.m. The Journey, Part 2, 7 to 8:30 p.m.	14 Reality Retreat Meditation, 9 to 9:45 a.m. Caregiver Support Group, 10 a.m. to noon Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. Awakening to Oneness with Life Meditation, 6:30 to 8 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	15 Office/Bookstore CLOSED Crystal Bowls Sound Healing Bath, 6:30 to 8 p.m.	16 SOAR Adventure, Four Short Hikes: Burney Falls, Montgomery Creek Falls, Potem Falls, and Hatchet Creek Falls, Time TBA
17 Rev. Sue MillerBorn Speaking, 10 a.m. Children's Church, 10 a.m. HeartSangha Choir Performs, 10 a.m. Kitchen Kookies Host Social Hall, 11 a.m. "The Essence of The Science of Mind" Class, 11:15 a.m. to 12:15 p.m. BLISS Seva Team Meeting, 11:30 a.m. Gong Meditation, 5:30 to 6:45 p.m.	18 Tao of Watercolor, 9:30 a.m. to noon Book Club, 2 to 4 p.m. Hatha Yoga, 5:30 to 6:45 p.m.	19 TOPS Club, 8 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m. Prayers and Meditations of Yogananda, 7 to 8 p.m.	20 Hatha Yoga, 5:30 to 6:45 p.m. The Journey, Part 2, 7 to 8:30 p.m.	21 Reality Retreat Meditation, 9 to 9:45 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. "Journey of the Soul" Class Begins, 6 to 8:30 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	22 Office/Bookstore CLOSED HOPE Van at Social Services on Breslauer Lane, 8:15 a.m. "Speak Your Truth" Poetry and Prose Open Mic Night, 7 to 9 p.m.	23 Celebrating the Spring Equinox with Rev. Sue MillerBorn and Friends, 6 to 8 p.m.
24 Rev. Cathleen Cox, Unitarian Universalist, Speaking, 10 a.m. Children's Church, 10 a.m. Dalton Fitzgerald Performs, 10 a.m. Kitchen Kookies Host Social Hall, 11 a.m.	25 Hatha Yoga, 5:30 to 6:45 p.m. Men's Group, 7 to 9 p.m.	26 TOPS Club, 8 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m. Board of Trustees Meeting, 5:30 p.m.	27 Hatha Yoga, 5:30 to 6:45 p.m. The Journey, Part 2, 7 to 8:30 p.m.	28 Awareness Newsletter Seva Team Meets, 9 to 11 a.m. Reality Retreat Meditation, 9 to 9:45 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. "Practitioner Unit II, Part 3" Class Begins, 5:30 to 8:30 p.m. Awakening to Oneness with Life Meditation, 6:30 to 8 p.m. Journey of the Soul, 6 to 8:30 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	29 Office/Bookstore CLOSED	30 "Relax and Renew: A Healing Concert" with Phoebe Fazio, 6 to 8 p.m.
31 Rev. Sue MillerBorn, Speaking, 10 a.m. Children's Church, 10 a.m. HeartSangha Choir Performs, 10 a.m. Friendship Potluck in the Social Hall, 11 a.m.	<div>MARCH 2024</div>					

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@cslredding.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. Lynn E. Fritz, Ordained Minister, Centers for Spiritual Living/Native American Tradition (Karuk)/Shasta Interfaith.

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

Rev. Cat Cox, Ordained Minister, Unitarian Universalist, CSLR Community Minister



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9:00 a.m. to 5:00 p.m.

CLOSED Fridays & Saturdays

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