



Blessing of This Holy Season and Happy New Year

Lifelong Learning at CSL

By Reverend Frances Lorenz and
Clare Petrich, Board President

“The real voyage of discovery consists
not in seeking new lands, but in seeing
with new eyes.” – Marcel Proust

Ernest Holmes, the founder of Science of
Mind/Centers of Spiritual Living, said “We
are a teaching order not a preaching
order. We are a practicing order, not a
proselytizing order.” That speaks volumes as
to why you are reading in this Winter Issue of
the Newsletter about the learning
opportunities offered for the first quarter of
2014 at the Center for Spiritual Learning
Tacoma. We believe in learning!

Reverend Frances and Clare Petrich, President
of the Board, combined our two columns to

talk about learning and to make more room
for class information in this Newsletter.

Change comes through learning new ways of
thinking. Learning expands your viewpoint.
It gives you new knowledge you can use to
improve your life. The act of learning can be a
source of joy. And learning is especially
powerful when it has a spiritual component.

Lifelong learning doesn't mean condemning
yourself to a stack of dusty textbooks and
reading them on your own. CSL offers
classes, workshops, and support groups that
can make educating yourself a fun and
transformational experience.

It's a terrific idea to take spiritual classes with
other like-minded people. When you spend
more time with people who invest much in
learning new spiritual tools, their habits rub
off on you. They will share their knowledge
with you. You will all grow.

External forces rarely persuade you to learn.
The desire has to come from within you. Once
you decide you want to make lifelong learning
a habit, it is up to you to make it a priority in
your life.

Both Clare and Frances have taken spiritual
classes, often two or three classes a year. It is
a source of great growth and balance in our
lives. For Frances, it eventually led to
becoming a practitioner and later a minister.
Wherever the learning leads you, it will enrich
your life. Check out the CSL classes in
healthy living or the
introduction to ten spiritual principles that will
change your life--Foundations-- offered on
Sunday afternoons beginning in January of
2014. Choose the classes that appeal to you
most.

Consider this phase of your lifelong learning
when you make your 2014 resolutions. We
hope to see you in the classroom!

Demonstrations

By Susan Blake

What are demonstrations? Part of the spiritual practice at Centers for Spiritual Living involves a spiritual mind or affirmative prayer treatment which is a five-part process of aligning one's self with spirit and invoking the Truth to manifest in the material world. The five steps are Recognition, Unification, Realization, Thanksgiving, and Release. This process can be done by a practitioner or an individual because we are all connected in Spirit and can access the Law.

Since the possibilities of the Law are infinite, the focus is about aligning one's beliefs, thoughts, ideas and acceptance with the Law than the actual thing one wants to manifest. According to Ernest Holmes, "a treatment does not depend upon environment, condition, location, personality, or opportunity." A treatment depends on your state of mind. Holmes suggests that "when we pray we are to believe that we [already] have."

The Law is neither good nor bad; It simply is and always works. The Universal Law of Cause and Effect responds to our thoughts, feelings, and attitudes which then becomes reflected in our outer experience. It requires that we relinquish the old limiting beliefs and replace them with the knowledge that everything we need is available to us in infinite supply. Often negative feelings and fears have been deeply embedded in our consciousness. To break up old patterns of thought and behavior, we need to open ourselves up to new possibilities. Instead of telling ourselves we don't have enough money, say "I always have enough money." Instead of believing that growing older is depressing, say, "Each day is joyful and inspiring."

I encourage everyone to try a spiritual treatment for whatever you desire – physical, emotional, mental or spiritual. When you find stillness and peace and align yourself with spirit, you might be surprised and please with what you find. If you want to learn more about how to do a spiritual treatment, take a class right here at CSL; your dreams and desires are fulfilled by infinite Spirit!

The Wizard of Us Infinite Abundance Celebration

By Reverend Frances Lorenz

Saturday, November 23, everyone who attended the Wizard of Us - Infinite Abundance Celebration was treated to a wondrous display of color, costume, colored lights, music, and of course, incredible food.

The Infinite Abundance Celebration is the annual event for reestablishing our personal commitment to pledge financial support for CSL.

The goal this year is to obtain \$80,000 in pledges so that our church can thrive in the year ahead. Thanks to those who turned in their pledges this magical evening, we are on our way to meeting this worthy goal.

A special thank you to Melody Melsness, event coordinator, and her troop of volunteers who transformed our sanctuary into the beautiful emerald city complete with a yellow brick road.



The dangerous poppies



Ann and Mario (from Munchkin Land)



A beautiful table of plenty



Clare the Courageous Lion and Victoria the Tiger



Steve the Tin Man and Toto



Susan the Good Witch, Glenda

More photos on Page 5...

Spring 2014 Course Catalogue

CORE CLASSES

Foundations of Science of Mind

Classes will be upstairs every Sunday for 10 weeks, beginning January 12. Time is 12:45-2:45 PM. Cost is \$ 200.

Instructor: Rev. Frances Lorenz

Foundations of the Science of Mind is the beginning class in the study of the Science of Mind and Spirit. This class introduces you to the core concepts of the Science of Mind, including Meditation, Spiritual Mind Treatment, and Visioning, and teaches you how to apply these and other spiritual principles and practices to your own life. The class is experiential, with many guided meditations and exercises to assist you in applying, embracing and incorporating Science of Mind Principles in your own life. Each week will consist of the exploration of spiritual principles and spiritual practices that supports those principles. You will learn to use the creative process as well as powerful and practical tools to "change your thinking, change your life."

There are no prerequisites for this class. It is the prerequisite for all other credentialed Science of Mind classes.

CORE CLASS ADVANCED

Practitioner Studies Year I, Term 1

Classes is every Mondays for 10 weeks, beginning January 13. Time is 6:00-8:30 PM. Cost is \$ 200.

Instructor: Rev. Frances Lorenz

Professional Practitioners Studies is a two-year course that prepares the student for a career as a Professional Spiritual Counselor.

Prerequisites: 6 core Science of Mind classes Please see Rev. Frances Lorenz to see if you qualify for this program.

CORE CLASS

Metaphorical Approach to the Bible (Science of Mind 210)

Class is every Tuesday for 8 weeks, beginning January 21. Time is 6:00-8:30 PM. Cost is \$ 200.

Instructor: Rev. Frances Lorenz

Bible stories are important to our western heritage. They have survived for nearly six

thousand years and are woven into the way we view the world. The purpose of this class is to provide a fresh look at the metaphysical meanings disclosed by Troward, Fillmore and Ernest Holmes and to find personal meanings for each individual in the metaphorical aspects of the stories.

Texts: Revised English Bible and The Science of Mind by Ernest Holmes

Prerequisite: Foundations of Science of Mind

HEALTHY LIVING

Gut Boot Camp

Classes will be downstairs every Thursday for 8 weeks, beginning January 9. Time is 5:30-8:30 PM. Cost is \$ 300

Instructor: Susan Blake, BS, NTP, GCP, WAPF Tacoma Chapter Leader

Gut Boot Camp is a workout for your digestive system! The goal is to learn about healing your digestive system to support your body; to discover the best diet plan for YOU; to be part of a support group; to learn how to plan meals, properly prepare your food; and to find out how to change what, why and how your eat. The class provides many handouts, recipes, strategies and support. **Contact Susan Blake at (253) 759-6770 for questions and registration.**

Tai Chi/Qi Gong

Class is upstairs every Tuesday for 6 weeks, beginning January 14. Time is 8:30 – 9:30 AM. Cost per class is \$ 5 (*proceeds donated to the Pet Food Bank*).

Instructor: Georgia Hart

Easy to learn martial art from a great certified instructor.

WEDNESDAY WISDOM CIRCLE – 2014

Circle will be every Wednesday from 10 – 12 noon, starting January 15. A love offering will be collected at each circle.

Over the course of the next five months, the Wisdom Circle will reflect on growing older and wiser. Different facilitators will offer curriculum each month in a varied program on aging, practical mysticism. And self expression through writing

PART I. Contemplations for Growing Older and Wiser: Aging as Spiritual Practice. January 2014

Facilitator: Sybil Wilkinson.

Four weeks to reap the blessings of happiness, openheartedness and inner freedom using a text by Buddhist teacher, Lewis Richmond. Text is \$ 5

January 8: LIGHTNING STRIKES—The moment we truly wake up to our aging!

People come to terms with their aging often when their parents become ill or needy of assistance or die. We will do contemplative reflections in class and share with each other our own personal experiences of what it is like to realize we are getting older.

January 15: COMING TO TERMS—

Comparing ourselves to how we once were!

Letting go of the person we were in the past and coming to terms with who we are today.

January 22: ADAPTATION—Letting go of who we were and embracing who we are!

All aging related diseases and conditions are affected by lifestyle choices. That's important news because we can change those. Learning to cultivate flexibility and engaging in service are ways to manage stress and increase good health.

January 29: APPRECIATION—

Acknowledging that "This is my life. No other!"

The practice of gratitude is a way to increase feelings of happiness. We will learn what Religious Science and Buddhism teach about growing older. We will learn to conquer five fears and develop a plan for a day away.

PART II. Undiscovered Country: Elders in the 21st Century. February 2014

Facilitator: Elsa Bowman

February 5: What Are We Meant to be Doing?

Key questions! Looking at the issues of aging, it seems that key questions are not being asked. The messages from the media are about postponing or even denying the fact that we will all age. I suggest it is time to ignore these messages and, instead, explore what might be the key tasks and unique rewards of aging. This will be an interactive class that values your responses to the questions below.

What is the purpose of longer life? Are we to continue, at a slightly slower pace, what we have been doing most of our lives or might we discover a new direction, a new purpose, in the last third of life?

February 12: What are our responsibilities to future generations?

Is there a new role for elders, like the wise men and women so valued in former times? How might we be involved in activism on behalf of our children and grandchildren?

February 19: How can we nurture the gifts of the inner life?

Does eldering offer a different orientation to Spirit? Are there ways that our spiritual practice might positively impact humanity and the planet?

February 26: Might an exploration of death enable us to live more fully in the present?

There is a growing openness about the death process and the completion of our lives. How might we create legacy that is an example of a life well-lived as a gift for others?

PART III. Writing Class

March and April 2014

Text: "Writing is My Drink," by Theo Pauline Nestor

Facilitator: Sybil Wilkinson

March 5: Intro & Departure—This is What I Think. Tell us What You Think.

March 12: Initiation—Writing Together: Where is Home?

March 19: Waiting—the hardest part

March 26: Return—Facing failure and conclusion

PART IV. Ordinary Mysticism: Expanding The Sense Of The Sacred

April 2014

Instructor: Elsa Bowman

April 2: Discover the sacred in the ordinary: Find a sacred object in nature, build an altar, create a collage, open sacred space.

April 9: Sound and Movement as portals to the sacred. Music, dance, songs

April 16: Expand your practice of inner quiet: Active imagination, visualization, walking

April 23: Poetry and journal work, some with non-dominant hand, to find the sacredness in our own words and thoughts.

MYSTICISM

The Complete Joel Goldsmith

Saturday Morning Classes in April/May. From 9 AM to 12 noon.



Instructor: Elsa Bowman

Many know Joel Goldsmith through his more than 30 books, but few know the story of his life or his transition from metaphysics to mysticism. This course will

bring together key events in his life with the core ideas in his teaching. Goldsmith was a major spiritual teacher in the 20th century and his writings are true gift to all who study him. The course will concentrate on the books listed below.

April 26: The Spiritual Journey of Joel Goldsmith.

May 3: Rising in Consciousness
Consciousness in Transition

May 10: Consciousness Transformed
Foundations of Mysticism

May 17: A Parenthesis in Eternity

WORKSHOPS & RETREATS

5 LEVELS OF ATTACHMENT I

Toltec Wisdom for the Modern World

Friday evening, March 21 through Sunday, March 23. Location and Cost to be announced.

Instructors: Reverend Frances Lorenz and Talibah Chiku RscP

Whenever we're in stress, doubt, worry, or depression, there's a good chance that we are highly attached to our beliefs, our knowledge.

Knowledge – learned from family, education, society – is a point of view of reality, sometimes close to reality, yet often very distorted. Knowledge has the potential to be a useful tool, or a prison chamber for us.

The more attached we become to knowledge, the more knowledge uses us, rather than allowing us to use knowledge as a tool for providing direction and manifesting our goals. As we begin to identify what level of attachment we are in with regard to any topic in our life, we can begin to break free from the chains of knowledge and become empowered by knowledge to express ourselves through our passions.

A copy of Miguel Ruiz' *Five Levels of Attachment* included.

MINDFULNESS MEDITATION

Thursday evenings, starting at 7 PM. A love offering will be collected.



Instructor: Jude Rozhon

Every Thursday evening at CSL, Mindfulness Meditation begins at 7 pm, followed by a Dharma talk with June Rozhon.

Mindfulness meditation is a practice based on the teachings of Thich Nhat Hahn. Jude Rozhon has been practicing Buddhist meditation from the three main Buddhist traditions since the late '60s, teaching since the early '90s. Currently she teaches Insight and Loving kindness techniques from the Burmese tradition, and Compassion practices from the Mahayana traditions. She practices in the Tibetan Dzogchen tradition. Jude has degrees in Philosophy and East/West Psychology, and directed a Meditation Studies Program in New Hampshire for several years. She teaches meditation in Tacoma, Olympia, and Seattle.

Mini Mindfulness Retreats

Retreats are the 2nd Saturday of the month, from 1-5 PM. Dates are: February 8, March 8, and April 12.

Retreats are the 4th Saturday of the month, from 1-5 PM. Dates are May 24, and June 28.

Instructor: Jude Rozhon

Deepen Your Meditation Practice. These "mini retreats" are for experienced meditators. They provide a silent afternoon of mindfulness and loving kindness meditation, both seated and walking. The power of silence will nourish, refresh and heal while you deepen your meditation practice. Jude will be available for guidance and questions.

The afternoon is offered by donation. Bring a donation for CSL for the use of the space and a donation for the teacher. Advanced registration is by signing up at Thursday evening Meditation practice or by emailing Jude (juderozhon@msn.com).

CLASSES AT A GLANCE

- Jan 9 Gut Boot Camp (8 Weeks)
Jan 12 Foundations of Science of Mind (10 Weeks)
Jan 13 Practitioner Studies Part One (10 Weeks)
Jan 14 Tai Chi/Qi Gong (6 weeks)
Jan 8 Contemplations for Growing Older and Wiser: Aging as Spiritual Practice (4 Weeks)
Jan 21 Metaphorical Approach to the Bible (8 Weeks)
Feb 5 Undiscovered Country: Elders in the Twenty-first Century (4 Weeks)
Mar 5 Wisdom Circle Writing Class (4 Weeks)
Apr 2 Ordinary Mysticism: Expanding the Sense of the Sacred (4 Weeks)
Apr 26 Mysticism: Complete Joel Goldsmith (4 Weeks)

INSTRUCTORS AT A GLANCE

Susan Blake

- Gut Boot Camp

Else Bowman

- Mysticism: The Complete Joel Goldsmith
- Ordinary Mysticism: Expanding the Sense of the Sacred
- Undiscovered Country: Elders in the Twenty-first Century

Georgia Hart

- Tai Chi/Qi Gong

Rev. Frances Lorenz

- Foundations
- Practitioner Studies Metaphorical Approach to the Bible

Sybil Wilkinson

- Contemplations for Growing Older and Wiser: Aging as Spiritual Practice
- Wisdom Circle Writing Class

DAYTIME CLASSES

(See catalogue for times)

- Contemplations for Growing Older & Wiser: Aging as Spiritual Practice
- Wisdom Circle Writing Class (Wednesday)
- Foundations of Science of Mind (Sunday)
- Mysticism: The Complete Joel Goldsmith (Saturday)
- Ordinary Mysticism: Expanding the Sense of the Sacred (Wednesday)
- Undiscovered Country: Elders in the Twenty-first Century (Wednesday)
- Tai Chi/Qi Gong (Tuesday)

EVENING CLASSES

(See catalogue for times)

- Practitioner Studies (Monday)
- Metaphorical Approach to the Bible (Tuesday)
- Gut Boot Camp (Thursday)

OTHER MEETINGS at CSL

TACOMA FILM CLUB celebrates and promotes the appreciation of good films. We hold monthly meetings set up much like a Book Club. Each month we select three films to watch and discuss, typically one theater film and two films on DVD. Highbrows and novices alike are welcome! Tacoma Film Club meets first and second Friday evenings to view films and the third Wednesday for discussion.

THEOSOPHICAL SOCIETY OF TACOMA meets the third and fourth Friday evenings for Discussions. Contact Linda Olson, Secretary, 253-209-0280 for more information.

DANCES of UNIVERSAL PEACE are simple, meditative, joyous, multi-cultural circle dances that use sacred phrases, chants, music and movements from the many spiritual traditions of the earth to touch the spiritual essence within ourselves and others. They meet at CSL the second Sunday of each month from 7-8:30 in the evening. **Farishta Lindsey is the group leader.**

DREAM GROUP was established following a September Workshop with Jeremy Taylor. Members of the group meet on the second and fourth Sunday from 1:30 – 3 p.m. at CSL.

The Wizard of Us cont.



Mario interviews Miles



John Leaf the Scarecrow and Susan



Mike Figueueroa created the awesome tornado



Stephan and Chloe



Our beautiful wicked witch—Melody Melsness



Frances the wise wizard

Celebrating the Season



Melody decorating the CSL Giving Tree



CSL Choir caroling at the Dickens Festival



Rumi Event: Sky in the Road in Concert

A Simple Path—An Extraordinary Life!



The Center for Spiritual Living - Tacoma provides spiritual tools to help transform our personal lives and help make the world a better place.

Simply put, Science of Mind teaches that by changing our thinking, we can change our lives. We recognize that we are each precious and empowered to live the life we choose through a personal relationship with the Divine, no matter what we call it: Infinite Intelligence, Universal Spirit, Source, Divine Essence, Love, or God.

If you are in search of a community that honors all paths to God — where you are

respected and accepted for who you are — and the inspiration and support you to grow to your highest potential, please accept our invitation to visit soon.

You have found a welcoming place at the Center for Spiritual Living - Tacoma. Welcome home.

If you want counseling or more information about CSL, call Rev. Frances Lorenz for an appointment at (253) 383-3151.

CSL Leadership Council

Clare Petrich, President
 Steve Harmon, Vice President
 Dorcas Nepple, Secretary
 Susan Blake, Treasurer
 Rev. Frances Lorenz, Member
 John Leaf, Member
 Kevin Iverson, Member

Church Ministry

Minister	Rev. Frances Lorenz
Lead Practitioner	Suzanne Frazier
Compassionate Care	Mario Lorenz
Choir Director	Wayne Hart
Bookkeeper	Marge Meyer

Compassionate Care Team

If you would like to serve on the Compassionate Care Team please contact Mario Lorenz at (253) 921-1718 or at marioslorenz@gmail.com

Center for Spiritual Living Tacoma

Reverend Frances Lorenz
206 North J Street
Tacoma, WA 98403
Telephone: (253) 383-3151
www.csltacoma.com

Sunday Worship Service is at 11 AM

Youth Church for young children and Tweens