



Voices

A newsletter for every season



Blessing of This Holy Season and Happy New Year

CSL: STUDY, SERVICE, AND MEDITATION

By Reverend Frances Lorenz

"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 2016 at the Center for Spiritual Learning Tacoma. We believe in learning!

When I first got into metaphysics in Austin, Texas the classical spiritual

paradigm was introduced of STUDY, SERVICE and MEDITATION as the major pathways to spiritual transformation. In January there is a focus on all three of these. You can study Meditation and Treatment in both Foundations and in the Power of Your Word. On Sundays in January you can look at your spiritual gifts as an opportunity not only for exploring volunteer service but your career based on your spiritual gifts.

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.

Consider your lifelong learning when you make your 2016 resolutions. We hope to see you in the classroom!

HOLIDAY & NEW YEAR SERVICES AT CSL

- Thurs. Dec. 24: Christmas Candlelighting Service 6:30 PM
- Thurs. Dec. 31: 4 AM World Peace Meditation followed by Pancake Breakfast
- Thurs. Dec. 31: 6:30 PM Burning Bowl New Year's Eve service.
- Sunday, Jan. 3: 11:00 AM White Stone Ceremony
- Theme for New Year: A World That Works for Everyone
- Theme for January: Turning Points

Meet Your Practitioner Workshop a Success!

On Sunday, November 15, CSL members and friends had the opportunity to learn from the practitioners about what they do and how to use their services. It is a goal that everyone have the experience of working with a licensed spiritual practitioner. Your life will change for the better when you have a prayer partner in your court.

Practitioners offer free mini-tuneups on 5th Sundays of the month after the 11 AM service.

**The next Tune-up Sunday
will be held Sunday, January 31
beginning at 12:30 PM.**

Watch for the next "Meet Your Practitioner Workshop". Thanks to Beverly Holland and her team of Practitioners for giving a great workshop.

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!

Annual Meeting of CSL January 24, 2016

Immediately following the service all members are invited to our Annual Membership Meeting hosted by the Board of Trustees.

We will be electing two new trustees replacing our outgoing trustees: Steve Harmon and Susan Blake who have served full three year terms.

We will review our financial report for 2015, goals for 2016, and ways in which CSL can be supported by volunteers.

PRAY GIVE LOVE LIVE

By Reverend Frances Lorenz

Saturday, October 5, everyone who attended our Abundance Celebration was treated to a wonderful meal of harvest style soups and salads prepared by Kevin Iverson. We celebrated those who have pledged their financial support for CSL in 2015.

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 on this magical evening, we are on our way to meeting this worthy goal.

Thank you to our Treasurer, Susan Blake, for her inspiring presentations on Sundays in October on PRAY, GIVE, LOVE, LIVE!

Community Giving

Thanks to Dianne Heckman, members of CSL have generously given to the Boy's Pants Drive through December 15, 2015.

A new drive to benefit FISH network will begin December 20 through January 24. Thanks to Suzi Matthews for organizing this effort.

Winter 2016 Course Catalog

CORE CLASSES

Foundations of Science of Mind

Classes will be upstairs every Wednesday for 10 weeks, beginning January 6. Time is 6:00-8:30 PM. Cost is \$ 200.

Instructor: Rev. Dr. 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

Spiritual Practices: The Power of Your Word

Classes will be downstairs every Wednesday for 8 weeks, beginning January 6. Time is 6:00-8:30 PM. Cost is \$ 200

Instructor: Susan Blake, RSc.P.

This class explores spiritual mind treatment and its use for treating for another by examining each stage of treatment in depth. It also enhances and encourages the development of a personal spiritual practice in life. In this class you will learn how to identify the underlying factors for effective prayer. In this class you will learn how to identify the underlying factors for effective prayer, describe prayer content and write affirmations and treatments that address personal desires and needs for yourself and others. On the personal level, you will learn how to identify any personal limiting beliefs and describe situations in which you interrupt your prayers.

The Power of Your Word explores what it means to pray continuously and aids in designing and/or deepening a spiritual practice that will continue to feed your spiritual life. Come discover *The Power of Your Word*.

Prerequisite: Foundations

Required texts: (by Ernest Holmes)

- 1) *Can We Talk to God?*
- 2) *How to Use the Science of Mind*

Please call Susan Blake at (253) 759-6770 for questions and registration or register at the Information Table in the sanctuary.

CORE CLASS ADVANCED

Practitioner Studies Year I, Term 2—INWARD JOURNEY

Classes is every Mondays for 10 weeks, beginning January 4. Time is 6:00-8:30 PM. Cost is \$ 200.

Instructor: Rev. Sonia Vargas

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.

ELECTIVE CORE CLASS

This Thing Called You

Begins January 5. Time is 6:00-8:30 PM. Cost is \$ 200.

Text: *This Thing Called You* by Holmes

Instructor: Antonia Cruz Ruiz, RSc.P

"This Thing Called You" is a class that follows a book of the same name, written by Ernest Holmes. The student will begin to understand that he/she is an individualized expression of God and reenacts the creative process on an individual level in the same manner as it is enacted on the Universal level. In this class, the student will discover who they truly are, what their beliefs are and deepen their consciousness.

Spiritual Gifts

5 Sundays in January 1:00-3:00 PM

Free to Members

Facilitator: Antonia Cruz Ruiz, RScP

Just as fingerprints are unique, so too are our soul prints, meaning each individual human soul has an individual mark that it leaves behind on everyone it touches.

This class prepares people to understand their gifts and live out their calling in every area of their lives. Spiritual gifts will support individuals delve deeper into their TRUE SELF (being) and experience their unique expression of who they have come here to be in service (passionate doing). This experience and process flows from the unique perspectives, passions, and purpose we each hold in life.

INSTRUCTORS AT A GLANCE

Susan Blake

- **Spiritual Practices: The Power of Your Word**

Melanye Gray

- **Free to Be Me**

Antonia Cruz Ruiz

- **This Thing Called You**
- **Spiritual Gifts**

Rev. Frances Lorenz

- **Foundations**

Sybil Wilkinson

- **Wisdom Circle**

EVENING CLASSES

(See catalogue for times)

- **Practitioner Studies (Monday)**
- **This Thing Called You (Tuesday)**
- **Free to Be Me Support Group for Women of Color (Tuesday)**
- **Foundations (Wednesday)**
- **Spiritual Practices: Power of Your Word (Wednesday)**

RETREAT: LIVING IN THE FLOW

Jennifer Rupp, Nena Barber & Rev. Frances Lorenz

**Saturday, January 23, 2016 9:30-4:00 PM includes lunch \$ 55
Call: Rev. Frances 253 383-3151
to register and/or use Paypal at
csltacoma.org.**

All day retreat—Come and enjoy the company of others. We will slow down, share, and celebrate the presence of Spirit within and around us. Bring a small symbol or item that you have at home that helps remind you of the nearness of Spirit

Leaders: Nena Barber and Jen Rupp

Nena is a manager in a large business and a singer/songwriter. Jen is an ordained pastor in the UCC (United Church of Christ). Nena and Jen both enjoy walking, dream work, kayaking, singing, playing games and spending time with their four-legged friends. They reside in Gig Harbor and are both practitioner students.

SPIRITUAL SUPPORT GROUPS AT CSL

WEDNESDAY WISDOM CIRCLE – 2016

Circle will be every Wednesday from 10 – 12 noon, starting January 6. A love offering will be collected at each circle. Open to all.

Theme for January will reinforce the messages called Turning Points.

Turning Point View 1: God is an energy of love and creation that flows through all, surrounds all, is all, which includes me!

Turning Point View 2: The Universe has my back and is constantly conspiring for my good.

Turning Point View 3: I create my world with my thoughts, beliefs and energetic frequencies.

Turning Point View 4: After doing what I am called to do, I can surrender to the universal flow of Life

Turning Point View 5: I am inherently worthy simply because of who I am.

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.

Mini Mindfulness Retreats

Retreats are the 3rd Saturday of the month, from 1-5 PM. Dates are: January 16, February 20, March 19, and April 16. Instructor: Jude Rozhon

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

DREAM GROUP was established following a September Workshop with Jeremy Taylor. Members of the group meet on the second Sundays from 1:00 – 2:30 p.m. at CSL.

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.

MEANINGFUL MOVIES is a new group that chooses documentaries to address the issues of our time. It meets on third Fridays of the month at 7:00 PM.

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

John Leaf, President
Steve Harmon, Vice President
Mona Baghdadi, Secretary
Susan Blake, Treasurer
Rev. Frances Lorenz, Member
J. Michael Gautney, Member
Antonia Cruz Ruiz, Member