

Hiroya Tsukimoto, Cinematic Guitar Poet from Kyoto, Japan, to Perform a Concert at CSL

Japanese guitarist and songwriter Hiroya Tsukamoto will be performing at CSL -Tacoma on **Sunday, April 12th** from 1:00 p.m. to 2:30 p.m.

Hiroya Tsukamoto takes his audiences on an innovative, impressionistic journey filled with earthy, organic soundscapes that impart a mood of peace and tranquility.

Tickets are on sale for \$15.

Hiroya Tsukamoto is a unique composer, guitarist and singer/songwriter from Kyoto, Japan. He began playing the five-string banjo when he was thirteen, and took up the guitar shortly thereafter. In 1994, Hiroya entered The Osaka University and while at college in Japan, Hiroya was introduced to a musical and social movement in South America called Nueva Cancion headed by musical legends such as Victor Jara and

Violeta Parra.

In 2000, Hiroya received a scholarship to Berklee College of Music and came to the United States. He is also the recipient of the Professional Music Achievement Award.

Hiroya's debut album, with his band *INTEROCEANICO*, entitled, "The Other Side of the World," released in 2004. His composition entitled "El Otro Lado del Mundo" was nominated as the finalist of The USA Songwriting Competition 2004 and "Samba de Siempre" in 2005, also "Seventh Night" is the finalist of International Acoustic Music Award in 2006. Hiroya released his second album entitled "Confluencia" in 2006 and the third album "Where the River Shines" in 2008.

Hiroya's recent album is "Heartland" which was released in August.



Imagine CSL: Brunches, Lunches and Teas

By Rev. Frances Lorenz

Getting to know all of you is sometimes challenging. There are some many new people coming into CSL. We've decided to initiate a new program called "Imagine CSL." It's an opportunity for you to sign up to have brunch, lunch or tea with me, a board member and four other congregants.

The purpose of the program is to get to know you better, your vision for CSL, solicit your ideas for educational experiences, retreats and workshops, acquaint you with classes and support groups, as well as, share the service and leadership opportunities available at Center for Spiritual Living.

Beginning the week of April 12 we will have sign-up sheets available for the different options. Please join in the fun of meeting others and learning and serving more fully.





Grow Happy Concert and Workshop

Musician and author Andy Harrison brings his transformational rock music and his workshop “The 5 Transforming Steps of Lasting Happiness” to CSL on Saturday, April 28th starting with a reception at 6:30 pm and the concert/workshop going from 7:00 p.m. to 8:30 p.m. Tickets are on sale for \$15.

The group will share songs from their 13th CD, *Permission to Be Awesome* and Harrison will highlight principles he has learned that can unlock internal happiness once you are free of habitual unconscious barriers.

“Unhappiness,” he says, “results when one specific thought pattern gets stuck in our heads to the point where we don’t feel we have a choice about how we feel. Well-written songs have the capability of getting new thought patterns stuck in our heads.”

Those new patterns are part of Harrison’s nationally charted songs like Butterflies and Demons, Close to You and Spoke in the Wheel.

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Compassionate Care at Center for Spiritual Living - Tacoma

by Mario Lorenz

Compassion, n.: The feeling or emotion when a person is moved by the sufferings or distress of another, and by the desire to relieve it. (Oxford-English Dictionary)

Compassion is all about caring and we have an excellent team for this endeavor. If you are interested in playing a bigger part in this most important team at CSL please step forward. In the next few weeks we will gather at CSL on a Sunday after the service and discuss some of the issues, services, and needs that may be occurring within our community. If you have any comments or requests, please let it be known to the group and please attend the Sunday meeting when we discuss our current efforts. At times, it may be something as simple as a hospital visit or maybe giving someone a ride to church that does not have transportation. Maybe you know someone with a disability that needs something. If so, please bring your ideas and vision to our meeting in the next couple of weeks.

President’s Corner

By Juanita Goldman

During the month of March, we celebrated Friendship and Founder’s month. It was tremendous. The sermons provided encouragement,

fellowship, love and healing. The attendance was wonderful. We welcomed new faces returning including the first president of the Board of CSL, from 33 years ago, David Hicks. Many were smiling, all sending and receiving the energy of love and prosperity.

Kevin Iverson and Kellie Haring, our kitchen sacred servants, prepared tasty food that nourished the body and soul. Melodie Melsness and members from the Youth and Family program helped restore the grounds and their efforts shine bright when we approach our Center.

If you were not here, or if you were in attendance, it’s OK. The seed has been planted for you and a friend to appear to receive your blessings in April.

See you next Sunday.



Note: Juanita Goldman is our newly elected President of the Board. She is a Practitioner in training and expects to graduate in July from our professional practitioner program. She has served on many boards and when she lived in Atlanta, she attended the Barbara King School of Ministry program where she was licensed as a minister. She also completed classes with the extraordinary Rev. Kennedy Schultz. We are happy to have her high consciousness on our board.



Rev. Frances Lorenz and Board President Juanita Goldman bring their home stay South Korean visitors to CSL

Upcoming Spring Classes – Core Curriculum at CSL

“As we study our own being, we begin to deduce the nature of God.” –Ernest Holmes

Our classes at CSL give you what you need to expand your knowledge of spiritual principles and to gain practical spiritual tools for everyday use. In addition to learning about our philosophy and how to apply it, being in a class is one of the best ways to enter more deeply into our spiritual community. It is a wonderful opportunity to meet and get to know people from many different backgrounds.

Core Classes—all completed classes, contribute to the prerequisites for entry to the Advanced Consciousness Studies Program and Professional Prayer Practitioner Studies.

Foundations

Wednesdays, beginning April 8, 2015 and ending June 10, 2015, from 6:00-8:30 p.m.

Instructor: Rev. Dr. Frances Lorenz Fee: \$ 200

This is the prerequisite for all other core classes. In this class we study core spiritual concepts and practice applying them to the conditions in our lives. We learn greater clarity and classes have guided meditations and exercises to help you incorporate spiritual practice and understanding in your daily life. The 120+ page workbook is a resource for you to return to for inspiration again and again.

Textbook: *The Science of Mind* by Ernest Holmes

Spiritual Practices: The Power of Your Word

Mondays, beginning April 13, 2015 and ending June 1, 2015 (8 weeks) from 7:00-9:30 p.m.

*Instructor: Rev. Sonia Vargas
Fee: \$ 200*

Building on our knowledge from Foundations, this class gives you an active daily connection with Spirit. As you deepen in your spiritual practice, you will learn what contributes to a clear, powerful, focused prayer. Not only will you learn affirmations and prayers to address personal circumstances for yourself and for others, you will also be coached in identifying and describing limiting beliefs that impede your progress. You will be invited to experience the concept of “pray without ceasing” and to live a life based on prayer.

Textbooks: *Words That Heal Today* and *The Science of Mind*.



In December a wedding happened at the end of the service and the groom sang an aria to his bride.



Our CSL Choir offers their talent to the Dickens Festival at Stadium December 6, 2014.

Sabbath of the Soul Retreat

Saturday, June 13
9:30 a.m. to 4:30 p.m. and
Sunday, June 14
11:00 a.m. to 3:00 p.m.

Facilitators: Linda Watson,
Practitioner Emeritus Centers
for Spiritual Living & Rev.
Frances Lorenz, Center for
Spiritual Living – Tacoma.

Registration Cost is \$125 if
received by June 1st; after
June 1st, the cost is \$150. Cost
includes the book *Sabbath* by
Wayne Muller.

11:00 a.m.: Shabat Service
(modeled after a Jewish shabat
service)

12:00 p.m.: Lunch

1:00 p.m. to 3:00 p.m.: Retreat
continues with closing Solstice
Ceremony

“We live in a world dominated
by speed and distraction with
demands for our attention at
every turn....We frequently
forget the restorative blessing
of stillness, our desperate need
for rest...a rest that brings us
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back to the center of existence,
a calm that allows us to
reconnect with the divine
breath at the soul of All.” -
Eitan Fishbane

We will find rest, delight, and a
deeper spiritual dimension in
our lives through this retreat.
We will wear white, engage in
sacred eating, prayer,
meditation and storytelling.
This time in retreat will truly
feed the soul.

In Celtic Tradition, the
midsummer solstice
symbolizes the marriage of
heaven and earth. We will
conclude our retreat with a
Summer Solstice ritual—a
week ahead of the actual
solstice on June 21. Reserve
your spot early.

Chapala Conference in Mexico: Embracing the Light

July 22-July 26, 2015

Conference is \$400 per person,
which includes all conference
materials, 4 buffet meals,

coffee breaks for 5 days and
Saturday dinner.

The conference will be held at
the Hotel Montecarlo in
Chapala. Rev. Frances Lorenz
will be presenting. She said:
“Earlier in the year Tim
Schubert met with me and
invited me to present a
workshop at the Chapala
Conference in Mexico themed,
‘Embracing the Light’. I was
honored to be invited. I sent
in the titles for my two
workshops on Emma Curtis
Hopkins, and then the
conference organizer, Rebeka
Pina asked if I could do a talk
at the banquet for 20 minutes
just before the keynote
speaker. I just sent in my talk
title: ‘Outrageous Lightness:
Calling Forth A Life of Joy.’
This is a great opportunity to
mingle with some Center for
Spiritual Living greats as well
as enjoy the beauty of Chapala
which is on a gorgeous lake
and up in the mountains of
Mexico.”

This is a conference for all the
Hispanic centers in our Center
for Spiritual Living movement.
They are hoping to attract at
least 50 attendees stateside.
All talks in English will be
translated into Spanish
simultaneously. The main
speaker will be Rev. Dr.
Nirvana Gayle who served with
Michael Beckwith at Agape,
and Dr. Tom Sannar will be
there as well as many other
speakers.

Go to:
www.vidaespiritual.org/events
to register. Book your airline
tickets now.