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# the heartbeat

“A Way of Life and a Spiritual Community”

Sunday Celebration 10:30 A.M.

Sunday Music Provided by The Downtown Browns

Open Meditation- Wednesdays 5:30 - 7:00 p.m.

## Rev. Mary's April Musings

*“If we believe in suffering, we shall suffer. Life responds to us in the way we approach it.” Ernest Holmes*

Isn't Springtime in Las Cruces wonderful? Warmer (and longer) days invite us to become active again in clearing our homes of the dust and debris that have accumulated during the cold winter months. It is also the perfect time to do some mental house-cleaning, since we know that how we experience life is based on our patterned thinking. Most of our thoughts are reruns, just following us around. No one can stink up your world as much as you can with your negative thoughts, and no one can beautify your world as much as you can with your positive ones. So, if some aspect of your life isn't going very well, you may want to start paying attention to the quality of your thinking.

You don't need to pay attention to every thought, but instead, pay attention to negative or limiting thought patterns. Thought patterns are repetitive thoughts that are intentional or contain the most energy. **Energy** thought patterns cause your heart to race or your stomach to churn. **Intentional** thought patterns are deliberate, concentrated or concerned, such as thinking about things you are going to do or say to your boss, to your spouse, to your family or to your friends.

Here's some spiritual good news as you begin to focus on clearing your mental attitude. Your soul hungers for your patterned thoughts to contain joy and unlimited possibility. There's even more good news ... the power that creates universes is within you and is on your side. That power is ready, willing and able to co-create the life you really want, naturally, effortlessly and based on the quality of your thinking.

So, whenever you are ready to give up your excuses and your rationalizations for having less and being less, you can transform negative thought patterns in order to joyfully become what you've always dreamed was possible. With the clearest mindsets, we can soar to our highest spiritual ideals of peace, love, joy and healing. When we give ourselves over to our divine source and its superior creativity, we bring those more life-affirming qualities into our experience.



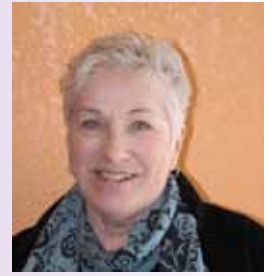
Rev. Mary Lowry

#### March Theme: “Joy of Rebirth”

April 4 “Freedom of the Christ Consciousness”  
April 11 “Freedom of the Tomb”  
April 18 “Freedom of Forgiveness”  
April 25 “A Free & Open Consciousness”

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# practitioner's corner



It has been many years since I made a decision and then a commitment to live a spiritual life - to lead a conscious life - by recognizing the presence of the Divine in every experience. I don't think I realized at that time that it is a life-long journey that never ends.

As I worked my way through Practitioner training I was drawn to the concept of spiritual healing. This became my personal vision and my intention. Spiritual healing became my work during the six years I lived in NY. I returned to Las Cruces in 2005, my vision for my life still intact and my intention clear. It didn't take long, however, to lose my focus and allow outside circumstances and situations to skew my direction. I actually thought I had lost my spiritual home.

During the past year I have had the honor to assist Rev. Mary with the Science of Mind and Spirit classes, to watch a "master" at work. All it took was one question asked in one class and my life opened up once again to why I am here, my Divine Purpose. It is now very clear that when one's vision comes from the heart it can never be lost - it may change and adapt to new circumstances, but one's true nature is forever. It is also clear that a spiritual life is a one-way trip, always moving forward, from the inside out. It is living from the heart, the source of all Good, the source of all Truth.

There is nothing that Truth, pure Love and perfect Peace, cannot heal by bringing it into oneness with our true nature. So, I again surrender myself to be an open free-flowing channel for Truth to be revealed to the world and The Center for Spiritual Living in the heart of Las Cruces seems to be the perfect place to be that.

Nancy Simpson RScP (ret)

# spirit in our lives



It was February and all of the forms had arrived: the income statements; the bank report delineating the amount of interest paid; the receipt for property taxes paid; and the summary of charitable donations. It was then time to face the music, i.e. the dissonant chords of filing the tax return.

This is the year that I retired. Some income is taxed but some is not, yet on the day of reckoning it all falls into the same pot. I shuddered to think about the size of the check that I would have to write. The more I shuddered, the longer I procrastinated. Finally, in the middle of February, I came to the conclusion that the "inevitable" was not going to disappear miraculously; I called my accountant and made the appointment for 8:00 AM on Monday – whatever was I thinking! So I reluctantly appeared at the door at 8:55, convinced that I was comfortably early. OOPS!

Although I had tried to calm myself before I left the house, I still had moments of trepidation as I waited. Deciding that I could indulge that fear and seal my fate, or, I could take this opportunity to practice the spiritual mind treatment learned in classes taken, I opted for the latter. The final results – I am due for a refund in the amount that I expected to have to pay.

This is the latest in a series of Spirit working through me, as me, in the quality of Divine abundance. One of the other practices that we learn in our classes is that of tithing unexpected income, that is the gift of returning one tenth of our unexpected income to the source of our spiritual sustenance, in joy and without expectations of reward or recognition. Since I began this practice in the early fall, the following has occurred: a carpet installation was \$400 less than the original estimate; Social Security realized that I was not being paid for income earned in 2008, thus sending a retroactive check and increasing my monthly income for 2010; and finally, an opening of heart and purse in those close to me. I share this only to encourage all of you to be aware of Spirit's constant flow of abundance and to give yourself the opportunity to keep the energy flowing. Namaste!

Martha Ward

# yfm

## youth and family ministries



For families with young children:

The Youth and Family ministries offer a children's circle during the Sunday service for children ages 4 and older. The children's circle provides spiritual teaching in a fun environment.

We also have a Nursery for children ages 3 and under.

For the Youth (mid-high through sr. high), we offer a Wednesday night group. The Youth Group meets every Wednesday evening from 6:30pm to 8:00pm, using the curriculum provided by The United Centers for Spiritual Living. In addition to that, we have food, fun and games. All 5th - 12th graders are welcome as well as any friends they might want to invite.

If you are interested in helping out with the Youth Group or, if you would like to know more, please feel free to contact me at any time.

Love and Light  
Alishia S. Jones

# April, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					5 P.M. - 7 P.M. Art Ramble Open House 7P.M. <i>Celestine Prophecy</i>	11 <i>A Course in Miracles</i>
4	5	6	7	8	9	10
10:30 Sunday Celebration	6 P.M. Beyond Limits	6 P.M. Practical Mysticism	5:30 P.M. Open Meditation 6:30 P.M. Youth Group			11 <i>A Course in Miracles</i>
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
10:30 Sunday Celebration New member induction	6 P.M. Beyond Limits	6 P.M. Practical Mysticism	5:30 P.M. Open Meditation 6:30 P.M. Youth Group			11 <i>A Course in Miracles</i>
25	26	27	28	29	30	
10:30 Sunday Celebration	6 P.M. Beyond Limits	6 P.M. Practical Mysticism	5:30 P.M. Open Meditation 6:30 P.M. Youth Group			

# announcements

## April Events

Friday, April 2, 5 P.M. - 7 P.M.

Art Ramble Open House

The Bookstore will be open and we'll have goodies.

Friday, April 2, 7 P.M.

Inspirational Cinema

*The Celestine Prophecy*

Sunday April 18, during celebration

New Member induction

Saturday April 24, 7:30 A.M. - 2 P.M.

Sidewalk sale, Bake sale & Raffle

## Coming in May

Tuesday, May 4,

10:30 A.M. - 12 Noon

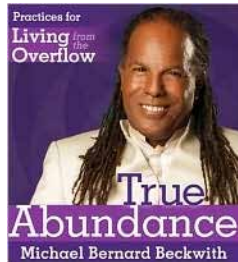
& 6 P.M. - 7:30 P.M.

Weekly audiobook study begins

*Living from the Overflow*

by Michael Bernard Beckwith

Open to the public. Call for details.



## Ongoing

Saturdays, 11 A.M. - 12 Noon

*A Course in Miracles* study group

Wednesdays, 5: 30 - 7 P.M.

Adult Spiritual Practices

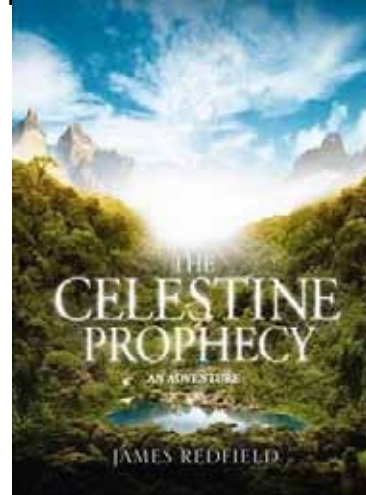
Wednesdays, 6: 30 - 8 P.M.

Youth Group meeting



Inspirational music provided by the Downtown Browns every Sunday

## Inspirational Cinema Presents



Friday, April 2, 7 P.M.

\$5 Donation suggested

Based on James Redfield's worldwide best-selling novel, *The Celestine Prophecy* is a spiritual adventure film chronicling the discovery of ancient scrolls in the rainforests of Peru. The prophecy and its nine key insights predict a worldwide awakening, arising within all religious traditions, that moves humanity toward a deeper experience of spirituality.

## Wisdom Through the Pages

Spiritual & Metaphysical Books Gifts & Cards



Bookstore hours:

Wednesdays 11 A.M. - 2 P.M. & 4:30 P.M. - 7 P.M.

Saturdays 11 A.M. - 2 P.M.

Sundays 10 A.M. - 12 Noon

**Also open Friday April 2, 5 P.M. - 7 P.M.**