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the heartbeat

Our vision: A world in loving partnership for the good of all
Our mission: To inspire personal spiritual growth and joyous living

Sunday Celebration 10:30 A.M.

Sunday Music Provided by Onefold

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

Rev. Mary's August Musings

Many people have difficulty applying spiritual principle to interpersonal conflict. There is truly only one spiritual principle to remember when facing any conflict: Nothing is against us. When we find ourselves in conflict, we should examine how it could be possible that we have created an adversary when the entire universe conspires to fulfill itself through us.

Once I heard a lecturer say, "Life is all about mind over matter – if you don't mind, it don't matter!" I thought about the implication of the statement and giggled to myself. We have a choice in how we interpret our life experiences. Perhaps this is the best possible contribution we make to the quality of our lives. Our explanations, assumptions and judgments determine how we relate to any situation. The way I choose to relate to my experience is what my experience becomes...or I make my life mean what it means. The quality of my life arises from within me.

Often we mistakenly use our conditions or situations as evidence of our self-worth. In other words, we become 'less' or 'more' because of what happens to us. If I lose my job, or get sick, or have a relationship end, I may confuse this event with my self-image. Then I could become depressed or feel defeated. Imbalance, incongruity and self-deception fuel the challenges of our lives. When we push life away, we push against the natural order and balance of life itself.

Whether we like it or not, we must learn to embrace life completely, without needing it to be a certain way, so that we can discover that our authentic self isn't limited or contained by our human experience.

Experiences are metaphors (mirrors) of our belief systems and they serve as feedback to us. Your soul moves you toward conflicts and challenges so that you can be stretched in ways that support your spiritual growth. Conflict helps us become aware of our feelings of separation, false belief and dependencies. We are here to uncover the tremendous, awesome power of the presence of Spirit within us. The spiritual truth is that "I am not my experience", and finding this distinction is the key to wholeness.



Rev. Mary Lowry

August Theme: Freedom to Be

Aug 1	Guest Speaker Rev. Ken McGuire
Aug 8	Joyous Laughter
Aug 15	Joyous Relaxation
Aug 22	The Joy of Sabbath Time
Aug 29	Joyously Flowing in Balance

spirit in our lives

I am so grateful to be living a Spiritual life. A year and half ago I was only surviving my life. I felt much like a mouse running in an exercise wheel trying to outrun the pain and fear that overwhelmed me. As a result, I began to attend the Center for Spiritual Living regularly. I rarely left with dry eyes as I heard Reverend Mary's messages and knew at my core this is my truth. I soon set my first intention which was for peace. I bought a beautiful rosebush and created a peaceful place in my backyard to pray and meditate. Eight months after making that intention I found my life completely turned upside down. I believe it was that nudge I needed to make change. I had absolutely no choice but to trust God. I gave up trying to control my life and surrendered. I found myself in my second class with Reverend Mary and completely immersed in Spiritual Truth. Then I really began to know peace. Today I realize there is no power other than God. What used to scare me, I can now release knowing everything is God, and it's all good. I now understand the more I let God guide my life, the more joy I have in my life. I feel so grateful to be a part of such a loving Spiritual Community. Life is so good!

Melody Holman

practitioner's corner

Wanna Buy a Watch?

Everyday we pause to make decisions that hopefully reflect the highest good of all concerned. Among people that try to live their lives consciously, it is not unusual to hear someone questioning, "How do I know if this thought I am having about such and such a decision is ego or Spirit led?" One of my favorite fourth grade teachers at the school where I work instructs his students to use a "hook" when writing. This is an opening sentence that grabs the reader and keeps them reading. I think the ego is particularly good at generating hooks since it is after all, an apparatus designed to keep us out of harms way. When I'm making decisions, I never have to ask the ego for its opinion; it's expert at grabbing my attention. It uses openers like, "Watch out for..."; "Don't trust..."; "I don't have..."; "I can't..."; or "Remember last time...." I think it's true that you get what you pay for. This free advice is generally poor in quality—it nearly always centers around fear, lack and limitation.

It seems spiritual guidance on the other hand is much more discreet. It's there and ready to be noticed but can be hard to discern when the outside world and one's ego is yammering away. Daily spiritual practices such as prayer, meditation, gratitude journals or news fasts can help open the door—acting as conscious invitations to another sort of knowing—one that nearly always reflects a means for me to grow, give or be grateful.

Cheryl Clark

Youth News

Although the Youth Group has taken a break for the last two months, I am excited to announce that this August, we are starting off with having Youth Night in conjunction with Inspirational Cinema. Youth Night will be the first Friday of every month from 5:30 to 9 PM. Youth (5th grader's - Sr. High) are welcome to come and bring a friend! We will have food, fun and a movie/games, all in a spiritual setting.

Children's' Circle (ages 18 mo. and up) has been growing as well, with more children coming on a regular basis than ever before.

Fun in a spiritual setting has always been an important element for me in working with both Children's' Circle and the Youth Group. Something that really made an impact for me recently was that one of the children in Children's' Circle came up with her own prayer when I was teaching the children the prayer for July. The prayer she shared was "I am thankful for Spirit, I am thankful for you, I am thankful for everyone." I call this beautiful prayer "Claudia's Prayer". Every day the children and teens in our lives have something to share that is important. Every Sunday I am reminded how close to Spirit our children are and how important it is to listen to their expressions.

I am blessed to be here at CSL working so closely with these small and precious expressions of Spirit.

Love and Light
Alishia Jones

August Core Value

(each month we will showcase a Core Value.)

Spiritual Guidance

We turn within to actively and consciously recognize Spirit's guiding presence.

Science of Mind principles are founded on the premise that Spirit is the basis of all existence. Our teachings facilitate spiritual awakening - individually, locally and globally. We encourage spiritual practice for all, such as meditation and prayer, to cultivate communion with the Divine. When we choose to align our daily actions with divine guidance, we allow wisdom and love to flow through us.

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 July 2, 5 P.M. - 7 P.M.

trustees in touch

by Cosette Atherton

I used to wish and wish and wish my fairy god mother would grant ALL the knowledge and guidance of the universe and all the secrets to having a NON STOP MAGICAL, JOYFILLED LIFE! I just knew she would and then I would be SET FREE TO BE ME! When she didn't show, I began depending on relationships, education, and Hollywood to provide me with knowledge and guidance to have a better life experience. In the midst of all my outward seeking, my spiritual reading kept directing me to go within and if I went within, life would lie open to me, rich, full and abundant!

Although, I experience flashes of clarity and knowing, it is my intention to stay tapped into a state of calm and complete assurance - a knowing that ALL is well ALL the time. Investing more time and energy practicing stillness provides me the space inside to feel the Presence as the spirit of joy, gratitude, peace, trust and well being. I receive guidance that is exactly tailored for me and meaning and connection come from unexpected places. Maintaining the awareness that I am one with Divine Intelligence, I get to witness life coming together in a magical way – no wand required.

Be Still - Cosette

August, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Celebration	2	3	4 5:30 P.M. Open Meditation	5	6 5 P.M. - 7 P.M. Open House 5:30 P.M. - 9 P.M. Youth Night 7P.M. <i>Tuesdays with Morrie</i>	7 11 <i>A Course in Miracles</i>
8 10:30 Celebration	9	10	11 5:30 P.M. Open Meditation	12	13	14 11 <i>A Course in Miracles</i>
15 10:30 Celebration New Member Induction	16	17	18 5:30 P.M. Open Meditation	18	20	21 11 <i>A Course in Miracles</i>
22 10:30 Celebration Fall class Registration	23	24	25 5:30 P.M. Open Meditation	26	27	28 11 <i>A Course in Miracles</i> 7 P.M. Robin Hackett
29 10:30 Celebration Fall class Registration	30	31				

announcements

August Events

Friday, 8/6 5 P.M. - 7 P.M. Open house
5:30 - 9PM Youth Night
7PM Inspirational Cinema
"Tuesdays with Morrie"

Sunday, 8/15 10:30AM
New Member Induction during Sunday Celebration

Saturday, 8/28 7PM
Robin Hackett in Concert

Sunday, 8/22 & 8/29 Fall Classes Registration

Upcoming in September

Friday, 9/3 5:30 - 9PM Youth Night
7PM Inspirational Cinema "Zen"
"Rev. Harvey Daiho Hilbert-Roshi will introduce the movie "Zen" and will have a q & a session afterwards."

Fall Classes begin in September!

Ongoing

Wednesdays, 5:30 - 7 P.M. Open Meditation
Saturdays, 11 A.M. A Course in Miracles
bookstudy

Inspirational Cinema Presents



Friday, August 6, 7 P.M.
Tuesdays with Morrie
\$5 Donation suggested

Detroit Free Press sports columnist Mitch Albom (Hank Azaria) has found success and popularity in his occupation, but emotionally and spiritually he is bankrupt. While watching television one night, he comes across an episode of the news show Nightline and learns that his former university professor Morrie Schwartz (Jack Lemmon) is battling A.L.S. -- better known as Lou Gehrig's Disease. At first, Mitch is reluctant to pay his former mentor a visit, since, at his graduation ceremony, Mitch promised to remain in contact with Morrie but failed to make good on that promise. Mitch eventually overcomes his uneasiness and, to his surprise, finds a very warm welcome from Morrie. The two begin to discuss the issues of happiness, life, and death, and form an emotional bond allowing Mitch to see what is really important in life. Based on the national bestseller by Mitch Albom.



Inspirational Music by *Onefold* every Sunday



Robin Hackett in Concert!
Saturday, 8/28 @ 7PM
Tickets: \$10.00

It's more than just the distinctive, silky voice that has won Robin Hackett acclaim. She's also a respected musician and accomplished songwriter brazenly paving the road with a new genre of music called "urban folk." Defined as a co-mingling of contemporary, pop, jazz, folk and world music, "urban folk" is as much about the music as it is the musician. In a world where creativity is not always at the forefront, Robin has been creating music as eclectic as her upbringing.