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the heartbeat

“A Way of Life and a Spiritual Community”

Sunday Celebration 10:30 A.M.

Sunday Music Provided by Onefold

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

Rev. Mary's June Musings

Unworthiness is the subtlest of obstacles that stand between us and our greatest good. It is a crafty thief that masks itself in the garb of guilt, or false humility, or pride, and robs us completely of the expression of our infinite potential as divine beings. Unworthiness is responsible for withholding our talent, service and wisdom from the world that so desperately yearns for the enlightenment that we were sent here to give. The grandest human error is in our mistaken identity, the thoughts of unworthiness that we accept about ourselves. Freedom from unworthiness is brought about by awareness – by the realization that we are Divine.



Rev. Mary Lowry

There is a fable of a woman who sold fish all her life and knew little else. One spring she was invited to the king's palace for a royal festival. When she was shown to her room, she found it filled with colorful flowers and sweet incense. She found the room utterly disgusting. She complained, “Please let me go back to my own home so I can sleep with the familiar smell of fish.” She chose the foulness of her fish, solely out of familiarity.

How many times do we cling to the foulness of our hurts, our grudges, our illnesses, our sorrows, and our angers as if they offered us comfort or serenity? In truth, all they offer us is the solace of familiarity and the security of a self-image that we can hold onto in the insecurity of an ever-

changing world. We must refuse to be abducted down the dark alley of negative thinking. The instant we choose self-worth, purposefulness, and appreciation for the *opportunity* to express authentically in this world, something powerful happens.

June Theme: Free to Be Strong

June 6 “Joyous Purpose”
June 13 “Joyous Intention”
June 20 “Joyous Masculine”
June 27 “Joyous Clarity”

Have you ever witnessed the parent of an ably-challenged child (mentally or physically) and how they interact with that disabled child? We may have seen that parent giving their child an exorbitant amount of love. Their love was not diminished because the child was challenged – rather, it seems apparent that their channel for loving their child was fully open and pouring forth. If you begin to feel unworthy in any way, imagine your unworthy self is a disabled child. It is the child of your own creation, it is helpless and in need of an exorbitant amount of love. The power of Love (the essential Self) shines its Light and all of your former hurts are dissolved. You will then discover the deep compassion of the God within – that sweet and merciful kindness – that has been awaiting its full expression through your open heart

congratulations, graduates



Beyond Limits classes, Summer 2009 - Spring 2010



Practitioner I class, 2009 - 2010

Wisdom Through the Pages Spiritual & Metaphysical Books Gifts & Cards

WOW! It's been an amazing 5 months in the bookstore. Actually, it began last June when I met with Rev. Mary and Renette Melander and we discussed the potential of Wisdom Through The Pages, and opened our hearts and consciousness to the possibilities that we had within our midst. In August, after the Fellowship Hall was painted, the bookstore was moved to its current location -- the northeast corner. Soon afterwards Rev. Carol Righthouse, the bookstore manager from Mile-Hi Church, facilitated visioning sessions with the bookstore staff, Board of Trustee members, practitioners and Rev. Mary. By December our vision was being manifested in all its glorious wonder. In December we also received a substantial gift that supported expanding our inventory: more books, cd's, cards, gift items, etc.



Since last June we have also expanded our store hours (see below). Wisdom Through the Pages Books and Gifts is more than just a store -- those that have been supporting it to its fullest potential also realize that it's an important part of the ministry of the Center for Spiritual Living in the Heart of Las Cruces. We have many "visitors" who come to check out the bookstore and start asking questions -- wanting to know what we are all about -- and many return to participate in the service, meditation and book/audio studies. The energy that we have assembled to work in the bookstore -- Renette, Alishia, Peggy, Marsha, Melody and myself permeates throughout the building. How lucky we are to be able to share that with the Center's community and the town of Las Cruces.

Teresa Valenzuela
P.S. New books and items arrive weekly so be sure and come by and see what's "bookin"!

Bookstore hours:
Wednesdays 11 A.M. - 2 P.M. & 4:30 P.M. - 7 P.M.
Thursdays 11 A.M. - 2 P.M.
Saturdays 11 A.M. - 2 P.M.
Sundays 10 A.M. - 12 Noon
Also open Friday June 4, 5 P.M. - 7 P.M.



Practical Mysticism class, Spring 2010



The Power of Your Word class, Fall 2009



Roots class, Summer 2009



Inspirational Music by *Onefold* every Sunday

practitioner's corner



Living everyday life as a Religious Science Practitioner, we learn that Life is an inside-out job, that we are powerful expressions of God, that Life really does support us and that we can change our experiences.

In the early years of my class work in this philosophy there were some phrases that at first glance seemed very simplistic, but are actually very powerful. These phrases help bring me back to center and into my power when I'm not expressing joy in my everyday life.

I offer these to you as 'mental mantras' to call up when you feel that your life might be 'beating you up':

- *Live in the Moment. For the Present is a Gift, Yesterday is History and Tomorrow is a Mystery.* In this moment, truly, all is well.
- *Change your Thinking, Change your Life, and Your Life is a Laboratory.* We know that our thoughts and beliefs are out-pictured in our lives. Therefore we can take a look at our lives and ask, "what am I learning from my experiences". I use positive affirmations then to bring me back to Truth.
- *Trust the Process* – this reminds me to have faith, to release judgment and attachment, to remember that God is my Source, and that in Reality all is unfolding exactly as it should.
- And here's the one I learned from a Christian Science student: "Mental Malpractice". I lovingly use this phrase as fun self-talk. I shake my head at myself with levity and support rather than to beat myself up when I'm in judgment or blame!

In love and light,
Tina Bailey, RScP

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 from 6:30pm to 8:00pm.

June, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 A.M. Living from the Overflow 6 P.M. Living from the Overflow	2 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	3	4 5 P.M. - 7 P.M. Open House 7P.M. <i>Peaceful Warrior</i>	5 11 <i>A Course in Miracles</i>
6 10:30 Celebration	7	8 10:30 A.M. Living from the Overflow 6 P.M. Living from the Overflow	9 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	10	11	12 11 <i>A Course in Miracles</i> 7 P.M. Jennifer Burnett
13 10:30 Celebration	14	15 10:30 A.M. Living from the Overflow 6 P.M. Living from the Overflow	16 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	17	18	19 11 <i>A Course in Miracles</i>
20 10:30 Celebration CSL 101	21	22	23 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	24	25	26 11 <i>A Course in Miracles</i>
27 10:30 Celebration Member Meeting	28	29	30 5:30 P.M. Open Meditation 6:30 P.M. Youth Group			

announcements

June Events

Friday, June 4, 7P.M.
Inspirational Cinema presents *Peaceful Warrior*

Saturday, June 12, 7P.M.
Jennifer Burnett Concert
Visit Jennifer at www.jenniferburnett.net

Sunday, June 13
Signup for "Prosperity Boot Camp" begins

Sunday, June 27
Quarterly Membership Meeting

Upcoming in July
Week of July 11
Prosperity Boot Camp Begins

Ongoing
First three Tuesdays in June
Living From the Overflow See ad below

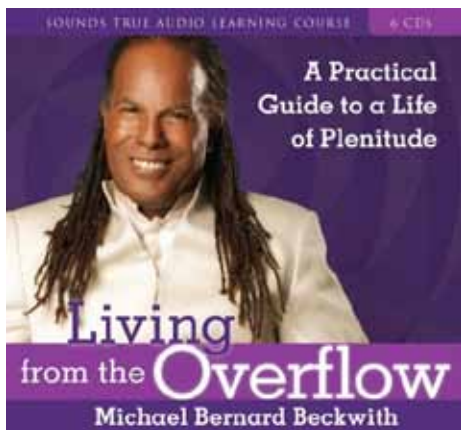
Wednesdays, 5:30 - 7 P.M.
Open Meditation

Wednesdays, 6:30 - 8 P.M.
Youth Group meeting

Living from the Overflow

A Practical Guide to a Life of Plenitude

A six-week audio workshop in abundance
featuring **Michael Bernard Beckwith**



Tuesdays in June. Two meeting times available:

Mornings 10:30 A.M - 12 Noon
or
Evenings 6 P.M. - 7:30 P.M.
Open to the public. Call for details

Jennifer Burnett

in concert



There is a voice echoing in the Rockies that touches lives and changes hearts. That voice is New Mexico native Jennifer Burnett. Her voice has the power to orchestrate your emotions and she moves you to know what is important in life.

7 P.M. Saturday, June 12.
\$10 admission

Visit Jennifer at <http://www.jenniferburnett.net/>

Inspirational Cinema Presents



Friday, June 4, 7 P.M.
\$5 Donation suggested

An inspirational and triumphant film about the power of the human spirit, *Peaceful Warrior* is the incredible true story based on Dan Millman's bestselling novel. A gifted young athlete, bound for Olympic gold, Dan has it all: trophies, talent, and all the women he wants. But after a life-changing event, Dan comes to rely on Socrates (Nick Nolte), a mysterious stranger, and Joy (Amy Smart), an elusive young woman, to teach him the secret to overcome incredible odds and tap into new worlds of strength and understanding. Hailed by celebrities and critics alike, *Peaceful Warrior* is 'an inspiring film that could change lives.' - Sting