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#### Newsletter Editor

Larry Pass

# the heartbeat

“A Way of Life and a Spiritual Community”

Sunday Celebration 10:30 A.M.

Sunday Music Provided by The Downtown Browns

Adult Spiritual Practice - Wednesdays 5:30 - 7:00 p.m.

## Rev. Mary's March Musings

On February 21st, we held our Annual Membership Business Meeting. It was attended by nearly half of our active voting membership. At these annual meetings, the leadership provides information to the congregation about the state of the Center. We reviewed many of the positive changes that were made possible during the past year, as well as speaking to a vision of what the year 2010 will bring.



We learned that the Center underwent many needed changes, all of which were made possible by a group of strong and engaged leaders. These engaged leaders, including the board of trustees, the practitioner core, and many committed volunteers, have given so much of themselves to transform this Center in twelve short months. This transformation has created a loving and peaceful environment where everyone can come and grow spiritually.

When I think about my ministry this year, it has been powerfully driven by Spiritual guidance in every area of my life, but in particular to my life as the leader of this center. I have had the power of the One Spirit that creates

#### March Theme: “Free to Choose”

March 7	“The Joy of Spiritual Living”
March 14	“The Joy of Springing Into Life”
March 21	“The Joy of Choosing What to Think”
March 28	“Joyous Spiritual Practices”

and sustains universes in back of all my actions. Spirit manifested in the Center's life as strong and conscious leadership – those dedicated

members I mentioned before. I of my own self did nothing, but Spirit completed Its business of clearing the field for greatness through you.

As I looked out at the faces in the meeting that day, I saw a bright future of peace, strength of character and of consciousness, but mostly I saw love. Thank you for being the light in this community – together with Spirit, we will continue to flourish.

# trustees in touch



We held our annual meeting on Sunday, Feb. 21st. If you were unable to attend and would like a copy of the minutes, they are available at the Center. Here are some of the highlights.

The members elected new Trustees Cheryl Tomlin and Martha Ward and approved the CSL budget for 2010.

Our original facility improvement plan was to postpone work on the outside of the building until the Downtown Revitalization project was completed. Since that project has been delayed, we will continue with the outside improvement of the Center shortly. After that process, most of the Center's projects will be finished.

What a wonderful change has taken place over the past 10 months. How blessed we are to have Rev. Mary at the helm and we know things are in divine order and that Spirit leads us as we continue forward in 2010.

Dorothy Thomas  
BOT President

## 2010 CSL Board of Trustees



Pictured are (l to r): Doug Bailey, Vice-President; Cheryl Tomlyn, Treasurer; Rev. Mary Lowry, Minister; Dorothy Thomas, President; Lisa Juliano, Treasurer; Martha Ward, Trustee. Missing from photo: Marsha Smith, Trustee.

# yfm

## youth and family ministries



I am excited to announce that, beginning in March, we will be offering the Youth (mid-high through sr. high) a Wednesday night group. The Youth Group will meet every Wednesday evening from 6:30pm to 8:00pm. I will be using the curriculum provided by The United Centers for Spiritual Living, in addition to that, we will have food, fun and games. All 5th - 12th graders are welcome as well as any friends they might want to invite.

The vision I have for the Youth Group is a place for the young people to come and learn more about themselves, their world, explore their spirituality and, of course have fun, in a supportive and safe environment. I envision the Youth Group growing as our Center grows. I also want the Group members to decide on a local need that we can work on as a group in the community (i.e.: volunteering at a soup kitchen, picking up trash around the downtown area, etc...).

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

## Spring Classes

Week of Monday, March 15,  
Beyond Limits begins

(Registration February 28 - March 14)

10 weeks, ending Monday, May 17

Beyond Limits is the foundational course covering the basic principles of our spiritual philosophy. The key to manifesting your desires resides in you, in your own thought, which operates through laws that are as unalterable as the laws of physics. In this course you discover these laws that govern the outcome of thought and learn to use them for your benefit and that of humanity. Your dreams will be realized when you understand how these laws work and learn to use them wisely.

## Spiritual & Metaphysical Books Gifts and 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 after Sunday Celebration



Inspirational music provided by  
the Downtown Browns every Sunday

# announcements

## March Events

Friday, March 5, 7 P.M.  
 Inspirational Cinema  
*Waking Life*

Thursday, March 11, 12 Noon  
 Ladies' Luncheon

Week of Monday, March 15  
 Beyond Limits class begins

## 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 Cinema Presents



Friday, March 5, 7 P.M.  
 \$5 Donation suggested

Director Richard Linklater's mesmerizing animated film follows a young man (Wiley Wiggins) as he floats in and out of philosophical discussions with a succession of eccentrics and passionate thinkers, all the while uncertain whether he's conscious or dreaming.

# March, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 6 P.M. Practical Mysticism	3 5:30 P.M. Gentle Yoga 6:30 P.M. Youth Group	4	5 7P.M <i>Waking Life</i> Inspirational Cinema	6 11 <i>A Course in Miracles</i>
7 10:30 Sunday Celebration	8	9 6 P.M. Practical Mysticism	10 5:30 P.M. Guided Meditation 6:30 P.M. Youth Group	11 12 Noon Ladies' Luncheon	12	13 11 <i>A Course in Miracles</i>
14 10:30 Sunday Celebration	15	16 6 P.M. Practical Mysticism	17 5:30 P.M. Gentle Yoga 6:30 P.M. Youth Group	18	19	20 11 <i>A Course in Miracles</i>
21 10:30 Sunday Celebration	22	23	24 5:30 P.M. Twin Guided Meditation 6:30 P.M. Youth Group	25	26	27 11 <i>A Course in Miracles</i>
28 10:30 Sunday Celebration	29	30 6 P.M. Practical Mysticism	31 5:30 P.M. Taize Candlelight Service 6:30 P.M. Youth Group			