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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 May Musings

I had a revelation that came in the form of a question, as revelations sometimes do. If balancing your checkbook could transform the world, would you do it? If managing your upsets could transform the world, would you do it? The truth is that you can transform the world as easily as that, because who you are and how you show up in the world, impacts the world.



Rev. Mary Lowry

Attending the upcoming “Living From the Overflow” audio workshop on Tuesdays in May and June may be how you come to visit us for the first time. But the Center for Spiritual Living keeps you coming back by offering you spiritual tools that you can use to live a life that’s fulfilled. You will soon begin to learn that if you want a prosperous world, or if you want order in your world, or if you want peace in your world, it’s up to you. Is there order in your checkbook? Is there respectfulness in your communication with others? Is there peace in your heart? If there is not, welcome and bring those things into your life today.

One way to do that is for you to explore and examine, “Who would I be without my story?” Our story is rooted in the past. When we hold on to the past (even just a little bit), it becomes our present. If ‘our story’ is present in our

May Theme: Free to Be Open”

May 2 “The Joy of Prosperity”

May 9 “The Joy of Children”

May 16 “Joyous Feminine” Guest Speaker: Rev. Sharon Hudson

May 23 “Joyous Intuition” Graduation Ceremony

May 30 “The Joy of Listening”

thinking today, then according to our teaching, it becomes our certain, almost probable future. This is because we are creating our future

from what we are focusing on right now. But when we are free from our past and release any past resentment, our future is free and open to limitless possibility.

Programs, classes, spiritual practices and workshops like “Living From the Overflow” are about supporting an experience of spiritual living, which is what our philosophy is about. As you say “yes” to prosperity in your life, you will certainly discover that you have had some old views about ‘source energy’ that need to be updated. Participating in “Living From the Overflow” is one way to prove that spiritual practice isn’t just “a good idea”. It isn’t just a treatise on possibility. It is about living the life that you love. In so doing, you will have impacted and transformed the world.

practitioner's corner



I feel so blessed to be part of a community that supports the unfolding Truth in each of us: that we are manifestations of the most High. The class work here at the Center provides the extra support we need to strengthen our awareness of the flow of the Divine in our lives while releasing anything that blocks this flow.

As I come to the end of my first year of Practitioner training, I am so grateful for the opportunity to deepen my relationship with Spirit, with myself, and with others. In my gratitude, I have been exploring how I can best support others in their Spiritual journey. What I have realized is the only thing I can truly do for another is to acknowledge the love and light that they are. To the extent we realize ourselves as expressions of a dynamic force of love and light, we will be able to see this truth in others. This has become a spiritual practice for me. I have many tools to guide me in this practice: meditation; treatment; service; and forgiveness. The more I focus my awareness on the Divine within, the more I feel the oneness of all things. And so it is!

Lisa Juliano

May Events

Tuesday, May 4, 10:30 A.M. - 12 Noon
& 6 P.M. - 7:30 P.M.

Audio workshop begins
Living from the Overflow

by Michael Bernard Beckwith

Open to the public. See Announcements Pg 4 for details.

Friday, May 7, 5 P.M. - 7 P.M.

Art Ramble Open House

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

Friday, May 7, 7 P.M.

Inspirational Cinema

Shadowlands See Announcements Pg 4 for details.

Friday, May 21, 6:30 P.M.

Pampered Chef Event

Upcoming in June

Saturday, June 12, 7P.M.

Jennifer Burnett Concert

Check Jennifer out at www.jenniferburnett.com

Ongoing

Saturdays, 11 A.M. - 12 Noon

A Course in Miracles study group

Wednesdays, 5: 30 - 7 P.M.

Open Meditation

Wednesdays, 6: 30 - 8 P.M.

Youth Group meeting

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 May 7, 5 P.M. - 7 P.M.

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

May, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11 A Course in Miracles
2 10:30 Celebration	3 6 P.M. Beyond Limits	4 10:30 A.M. Living from the Overflow 6 P.M. Living from the Overflow	5 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	6	7 5 P.M. - 7 P.M. Open House 7P.M. Shadowlands	8 11 A Course in Miracles
9 10:30 Celebration	10 6 P.M. Beyond Limits	11 10:30 A.M. Living from the Overflow 6 P.M. Living from the Overflow	12 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	13	14	15 11 A Course in Miracles
16 10:30 Celebration CSL 101	17 6 P.M. Beyond Limits	18 6 P.M. Beyond Limits Final Class	19 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	20	21	22 11 A Course in Miracles
23 10:30 Celebration	24	25 10:30 A.M. Living from the Overflow 6 P.M. Living from the Overflow	26 5:30 P.M. Open Meditation 6:30 P.M. Youth Group	27	28	29
30 10:30 Celebration	31					

announcements

Say Goodbye to the Downtown Browns ... and Hello to Onefold

Since May, 2009, the Downtown Browns have been the house band at the Center for Spiritual Living. Randy, Mary-Lynn and daughter Maranda Brown make up the core of the band, with visits from sons Cody and Trevor. "Downtown Browns" was the name of a restaurant owned by Randy and Mary-Lynn Brown in the early '90s. As the Browns evolved into a band, the name "Downtown Browns" became the name of the band as well.

When Rev. Mary came to the Center as a guest speaker in January, 2009, the Downtown Browns were the guest musicians that Sunday. Rev. Mary happened to hear the band the first and only time it had performed with all 5 members. At that time, the Downtown Browns had recently begun playing as an entire family and didn't even have instruments yet!! But Rev. Mary was so impressed with the music that Sunday, when she became the Center's minister in March 2009, one of her first requests to the board was to invite the Downtown Browns to be the Center's every Sunday musical group. So began this dynamic partnership of the music and the ministry at CSL.

During the past year, Randy and Mary-Lynn have become more immersed in the spiritual teachings at the Center and have come to realize that a deep music ministry was evolving. Their involvement in CSL classes has inspired their musical creativity and they have now begun composing music for the New Thought Movement. In light of this spiritual growth, a new name for the band has been chosen. The new name is "Onefold", and according to Merriam-Webster's definition: "a single undivided whole" seemed a more appropriate identity for who they are becoming. Welcome Onefold!

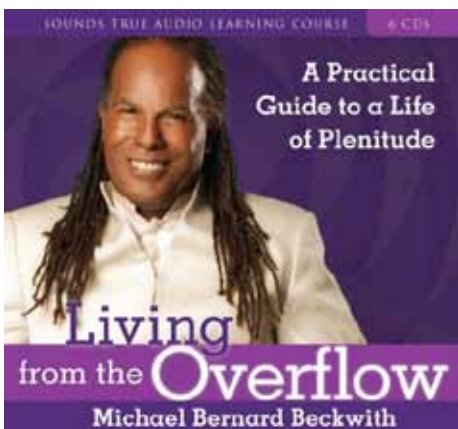
As the spiritual unfolding of ONEFOLD continues, limitless possibilities for the band's future are being revealed. Who knows.....maybe a CD is in the near future!



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 May and June. Two meeting times available:

Mornings 10:30 A.M - 12 Noon
or
Evenings 6 P.M. - 7:30 P.M.

Beginning Tuesday, May 4.
Open to the public. Call for details

Inspirational Cinema Presents



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

C.S. Lewis is the author of the Narnia books -- *The Lion, the Witch, and the Wardrobe*. Known as Jack, he teaches at an Oxford college during the 1950's. An American fan, Joy Gresham, arrives to meet him for tea in Oxford. It is the beginning of a love affair.