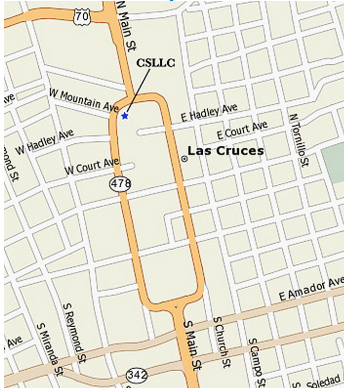




the heartbeat

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.



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Rev. Mary's November Musings

Our lives were meant to be channels for God's unlimited abundance. Our real abundance is a quality of our spirit, a quality of our consciousness. Through this awareness, we can transcend our superstition and fear in order to realize the clearest spiritual truth - we are meant to flourish. It is the meaning of the verse, "It is the Father's good pleasure to give us the kingdom." The only things that truly get in the way of our prosperity are our limited beliefs and our misconceptions. A common misconception is that our happiness is dependent on the amount of money or material things that we have. If we believe this, we will never be satisfied, and we will find ourselves constantly striving for more and for better.

If we are going to tap into God's unlimited abundance, we must to learn to plant seed in this world. All of the abundance of God is freely given for us to receive, but it takes our involvement along the way. For instance, we know that a farmer has to plant seeds to reap a harvest. As the farmer lets the seeds go, the process of the expansion of life takes that seed and builds it into more. "As you sow, so shall you reap." Choose to be a part

of the initiation of life because spiritual law says that there will be a multiplied return. Therefore, seed you life for increase – and enjoy it!

Here is another spiritual truth - God is the greatest of all givers! Everything that we enjoy in this

life flows from the infinite givingness of God. Our lives abound when we adopt a joyous sharing lifestyle because we are acting from the true nature of God within us. As we allow the good of God to flow into our lives, we must naturally allow that good to move on so that more can take its place. So, we must take care of whatever we have – like the earth, our time, our money or our hearts – so that we can pass it along to others. In doing so, we will be true participants in the divine flow. We are stewards. I believe that's one thing Life wants us to understand.



Rev. Mary Lowry

November Theme: Free to Praise God

November 7	The Joy of Being YOU
November 14	The Joy of the Harvest
November 21	The Joy of Release
November 28	Joyous Gratitude

Trustees In Touch

Love means so many things to me. I love being able to put my feet on the floor in the morning. I love having a car and being able to drive myself to anywhere I want to go. I love that I have a wonderful family. I love many more tangible things like that. However, it is hard sometimes to “love” some people.

It is hard to keep from being judgmental when I see something or someone I don't feel I can love; then I look at a little baby or a 2 year old who knows nothing but love and trust, or our dog, and there is nothing but love. They don't expect to be loved back, although they do respond to love. They just give love because that is all they know. It always reminds me of what Spirit has revealed to all of us; that love is the greatest blessing of all. Babies, small children and dogs show us all the time what unconditional love looks like. It reminds me that as I give love, so shall I receive love.

How grateful I am to know that I am loved without condition and reminded to always turn inward and find that true essence of love that resides within.

Dorothy Thomas

CORE VALUE

LOVE

Through unconditional love we see wholeness in everyone and everything.

We are expressions of God and God is Love.

We welcome and greet everyone in love.

We honor, respect and contribute to the well being of the planet – its people, creatures, environment and beauty.

We support our children in experiencing themselves at the perfect creations of God that they are.

We serve and support each individual's creative expression.

Practitioner's Corner

Our well-being, our freedom are not out there somewhere in the great beyond, in the future waiting for us to get there. We have arrived already and our good is present and available NOW. Where are you looking for your good?

In his book *The Laws of Manifestation*, David Spangler points out that manifestation is a participatory process and when I work with what is available right NOW, universal resources like awareness, acceptance, attention, appreciation, intention; or practices like visioning, prayer, meditation, celebration, tithing, when I work within the universal life system, I am setting up the energy for greater abundance in all aspects of life. I am not trying to impose my will, but be fully involved and engaged with what is going on around me - participating - becoming a conscious part of the environment in which I live. I am not trying to bring something into my life experience from somewhere else, but clearing away the debris that is keeping what is already present hidden. It already IS. Life is a process, a process of revelation and it is up to us to be consciously participating in its evolution.

The more I participate in what goes on at CSL, the more I grow in spiritual awareness. When I join in the activities, whether its Sunday Celebration service, classes, study groups, or attending a movie, I grow! Insights, awareness of spiritual principles playing out in my life and in the lives of others, being a witness to spiritual healing and the power of unconditional love, are everyday events and I will be forever grateful for the opportunities that have come my way through my participation. Blessed Be.

Nancy Simpson, RScP



Wisdom Through The Pages

Three Cups of Tea: One Man's Mission to Promote Peace...One School at a Time

Greg Mortenson and David Oliver Relin

Book Review

Three Cups of Tea begins with Greg Mortenson's attempt to reach the summit of K2, which is one of many peaks in Northern Pakistan that are over 20 thousand feet. He is rescued by a villager and thus begins a 10 year crusade of building schools in impoverished villages throughout Pakistan and then eventually in Afghanistan. This crusade was not only about building schools, but was also about providing education to young girls – who had been ignored or forbidden from any type of formal education in the past. In addition education would provide an alternative to the young, poor, and isolated from joining the ranks of the Taliban.

This is an amazing story told by a man whose humility and love for humankind is apparent from the first pages of this book. The reader is taken to the icy, high-altitude of the Karakoram Range in northern Pakistan to the devastated, war torn aftermath of Afghanistan with Mortenson's simple but powerful mantra - that there are ways for countries to reach a peaceful agreement which does not include war. Mortenson reached out to Americans during the aftermath of 9/11 for support and many times encountered opposition to what he was trying to do, but over the years many Americans have adopted his vision of supporting education as an alternative to war in Pakistan and Afghanistan.

This book and Mortenson's second book "Stones for Schools" are available in Wisdom through The Pages Books and Gifts.

Reviewed by Teresa Valenzuela



Fall Class

Beyond Limits

Begins Tuesday, November 16th

(10 week course)

6:30pm - 9:30pm

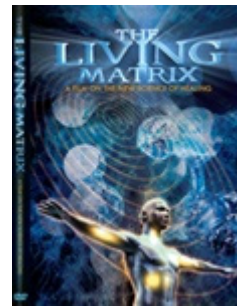
Instructor: Rev. Mary Lowry

This is a dynamic new course that takes the foundational principles and offers them in a new format for beginning students and those unfamiliar with Science of Mind. Topics include Oneness, Spiritual Mind Treatment, the reciprocal universe, the creative process, hidden beliefs, and other essential principles.

It also offers new wording and ideas for presenting our basic ideas in new ways.



Coming In 2011



The Living Matrix - The Science of Healing

In our full-length film, The Living Matrix - The Science of Healing we bring you breakthroughs that will transform your understanding of how to get well and stay well.

Now you can get an up-close look at the science of information as medicine. Leading researchers and health practitioners share their discoveries on the "miracle cures" traditional medicine can't explain.

announcements

November Events

Wednesday, November 3
Taize Meditation 5:30P.M. - 7P.M.

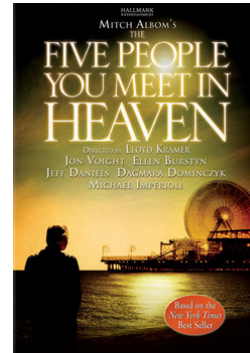
Friday, November 5
Downtown Art Ramble 5P.M.-7P.M.
Inspirational Cinema 7P.M.
- Five People You Meet In Heaven

Tuesday, November 16
Beyond Limits Class Begins
(See Pg. 3 for details)

Every Saturday
A Course in Miracles 11A.M.

In December:
Christmas Eve
Christmas Eve Music and Candlelight Service
w/Onefold and the CSL Choir 6:30 P.M. - 7:30 P.M.

Inspirational Cinema Presents



Friday, November, 5 @7 P.M.

A TV movie adapted from Mitch Albom's best-selling novel of the same name, THE FIVE PEOPLE YOU MEET IN HEAVEN stars Jon Voight as Eddie. An impassive man whose grown to accept a vague disappointment in his life. Eddie's 83rd birthday marks his death. We are then treated to Eddie's experiences in the afterlife, where he is greeted by five people whose lives were intertwined with his. This is a moving tale of a man who discovers the true meaning of his life, as he looks back with the enhanced perspective of death.

November, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 5:30 P.M. Taize Candlelight Meditation Service	4 6:30 P.M. Prosperity Class	5 5:00 P.M. Downtown Art Ramble 7:00 P.M. Inspirational Cinema	6 11:00 A.M. A Course in Miracles
7 10:30 A.M. Sunday Celebration	8	9	10 5:30 P.M. Open Meditation	11 6:30 P.M. Prosperity Class	12	13 11:00 A.M. A Course in Miracles
14 10:30 A.M. Sunday Celebration	15	16 6:30 Beyond Limits Class	17 5:30 P.M. Open Meditation	18 6:30 P.M. Prosperity Class	19	20 11:00 A.M. A Course in Miracles
21 10:30 A.M. Sunday Celebration 12:00 P.M. Membership Meeting	22	23 6:30 P.M. Beyond Limits Class	24 5:30 P.M. Open Meditation	25	26	27 11:00 A.M. A Course in Miracles
28 10:30 A.M. Sunday Celebration	29	30 6:30 P.M. Beyond Limits Class				