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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 October Musings

This time of the year is one of my favorites...we've gone back to school, the weather is cooling, and there's Halloween candy everywhere you turn. In October we are exploring Joyous Freedom in terms of the monthly theme: Free to Be Abundant. But, sometimes when we hear the words prosperity or abundance, we shudder thinking they mean 'greed'. Let's deal first with the false beliefs we have about abundance. Spirit, God, the One Source cannot create anything that isn't already whole. None of us were born faulty. None of us have come into this temporal plane to fix ourselves or to make things right. We simply came here to experience life, and part of that experience was to ultimately understand what works in our world and what doesn't work. However, it's not a cosmic necessity for us to become spiritually re-programmed so that we can ascend into something greater than what we can experience right now. Because how much higher can we go than being God in form right now?



Rev. Mary Lowry

There is another thing for which I am certain; God doesn't make things happen for us. God is everything, and we are an outlet for Its expression. We create from our consciousness, according to what we think, how we

feel and what we believe. This becomes a dilemma for most of us because we want God to create healing, God to create more money, God to create the perfect relationship, the perfect environment, the perfect job. I find it interesting that in any

economy, there are those who suffer and those who thrive. The thriving and the suffering are based upon consciousness. We are always creating from our spiritual magnificence or we are creating from our unhealed past.

So much is going on here at the Center for Spiritual Living that it's obvious we can no longer hold abundance back. Life within these walls feel like a Jewish-Italian mother...you say you want a little bit, and you get a lot! You say you want a little bit of happiness and Life floods you with happiness. The Universe is eternally working out some strange and beautiful plan for us in every moment. The plan I am referring to is the mission and the calling of your heart – to have life, and to have it more abundantly.

#### October Theme: Free to Be Abundant

October 3	Joy of Spiritual Growth
October 10	Joy of Living Abundantly
October 17	Joyous Acceptance of Your Good
October 24	Joy of Right Living
October 31	Joyous Giving

# Practitioner's Corner

We are all so blessed to have this Center which embraces a teaching we can apply to our every day lives. Through Sunday Service, classes and workshops, and interactions with one another we are encouraged to bask in the divine energy flowing through us and all around us. This energy is a Source of joy and our lives become a celebration.

As we come into the Truth of who we really are, expressions of a dynamic force of love and light, we find we are more empowered in Spirit. Knowing that this infinite Source is always available to us, we make decisions, which support the highest good for all concerned. I have found that the more I come from this centered place of deciding with Spirit, the more I am able to open up and allow myself to be a natural expression of the most High. The more I open up, the more aware I am of Spirit manifesting in my life and the more Spirit shows up in my life, the more I am willing to open up. It's a wonderful spiral, which takes up onward and upward. And so it is!

Lisa Juliano

# CORE VALUE

## JOY

Joy is our true nature.

We celebrate our oneness with God through laughter, fun and music.

We create programs that are fun, inspiring and grounded in Science of Mind teachings.

We reach out to the community in joyful service.

We sponsor activities and groups that speak to many people's joys and passions.

# Spirit In Our Lives

Spirit in My Life-A Meandering Work in Progress

Spirit is Life and Love. Spirit is All. All are One. It took 56 years to get to this Realization. I'm truly happy to be here.

Spirit is the Light of the morning streaming in through the blinds, awakening and energizing me, urging me on to the experience of a new day, a bit earlier than I might like. Spirit is that glimpse of a hummingbird seen through the front room window. Amazing. Or the Robin on the lawn. Beautiful. Inspiring. A sight I wouldn't have seen if I hadn't been awakened a bit earlier than I might have liked. Coincidence? Spirit. Of course, Spirit is also the cockroach that climbs up out of the shower drain, and Spirit is most assuredly one's decision to capture it and toss it outside instead of initiating its Transition. Let the robin do that. Yum.

Spirit is the Joy of hearing "Good Morning, Honey". Spirit is being able to make a Zen exercise out of preparing a pot of Cream of Rice. Spirit is the subtle whisper in my ear reminding me to use the glove because hot Cream of Rice is... well,... hot. Spirit is appreciating and cherishing the special people in your life, to be sure, but also understanding that everyone is connected to you and is special. Commit a Random Act of Kindness. You won't regret it.

Spirit is Fearless. Fearless is important. You try. You take the chance. You dare to unfold. Lift your voice in Song. Say "yes" when asked to write about Spirit in your life. Spirit is Expression. Ahem...

It's simply me,  
Fearless and Free  
Or at least I'm on the Path to Be.  
Things once thought of as Mystery  
Are Presently more clear to me.  
Spirit is You. Spirit is Me.

Bill Davis

And that chubby robin on the lawn.

# Wisdom Through The Pages

## Book Review

Mattie Stepanek, born in 1990, had the wisdom of a sage, the love and compassion of a saint, and the joy of playfulness as a child, and was a poet. His was a short and pain filled life, but when he left this earth plane at age 14, his funeral was attended by Jimmy Carter, Oprah Winfrey, Maya Angelou, and other notables. His legacy – he published 5 books and shared with the world his Heartsongs, those poems he wrote beginning as a toddler, dictated to his mother, Jeni Stepanek.

Taken from his book “Journey Through Heartsongs”, are excerpts from a poem written at age 6, entitled:

### Heartsong

I have a song, deep in my heart,  
And only I can hear it.  
If I close my eyes and sit very still  
It is so easy to listen to my song.  
It makes me feel happy.---

---My Heartsong sounds like this –  
I love you! I love you!  
How happy you can be!  
How happy you can make  
This whole world be!---

And, written at age 8.

### Prayer for a Journey

Thank you, God,  
Not just for life,  
But for our journey through  
life.  
Life is a miracle.  
And a journey through life  
Is so full of so many more  
miracles  
If we travel with our Heart-  
songs.  
Thank you, God,  
For blessing me with the  
Gift of Heartsongs,

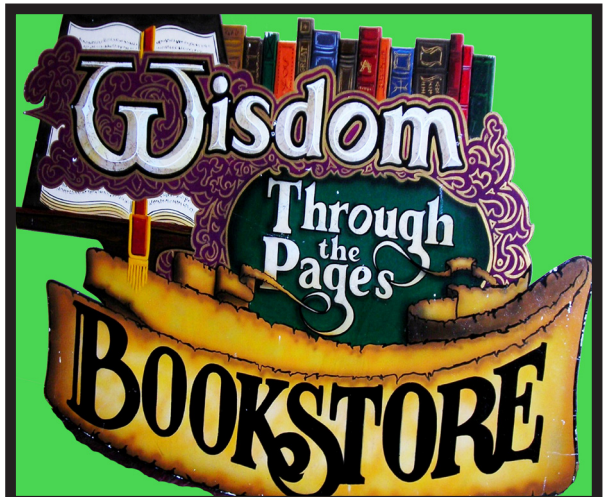
Jeni Stepanek, Mattie’s mother meticulously journaled Mattie’s life’s quest for love and peace throughout the world in her book “Messenger”, The Life of Mattie Stepanek, available in our book store. Mattie’s Heartsongs books are available at the city library.

Molly Glazewski



September 21, 2010

Las Cruces celebrated the United Nations International Day of Peace Interfaith on September 19th at the First Presbyterian Church. The event “Musical Celebration of Peace” was sponsored by the Interfaith World Peace Committee of Las Cruces. The Center for Spiritual Living was represented in the World Peace Choir, New World Drummers and designed and printed the programs. Many of us from the center also enjoyed the performances and connecting with others in Las Cruces in our consciousness for peace.



**Books, Cards, CD's,  
Jewelry and  
Other Gift Items**

# announcements

## October Events

Friday, October 1  
 Downtown Art Ramble 5P.M.-7P.M.  
 Inspirational Cinema - "the ultimate gift" 7P.M.

Wednesday, October 6  
 Taize Meditation 5:30P.M. - 7P.M.

Wednesday October 27  
 Za Zen Meditation 5:30P.M. - 7P.M.

Every Saturday  
 A Course in Miracles 11A.M.

Coming Next Month To Inspirational Cinema  
 "The Five People You Meet In Heaven"

## Inspirational Cinema Presents



Friday, October 1 @ 7 P.M.

When his wealthy grandfather dies, trust fund baby Jason Stevens anticipates a big inheritance. Instead, his grandfather has devised a crash course on life with twelve tasks – or "gifts" – designed to challenge Jason in improbable ways, sending him on a journey of self-discovery and forcing him to determine what is really most important in life

# October, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:00 P.M. Downtown Art Ramble 7:00 P.M. Inspirational Cinema	2 11:00 A.M. A Course in Miracles
3 10:30 Sunday Celebration	4	5	6 5:30 P.M. Taize Candlelight Meditation Service	7	8	9 11:00 A.M. A Course in Miracles
10 10:30 Sunday Celebration	11	12	13 5:30 P.M. Open Meditation	14	15	16 11:00 A.M. A Course in Miracles
17 10:30 Sunday Celebration CSL 101	18	19	20 5:30 P.M. Open Meditation	21	22	23 11:00 A.M. A Course in Miracles
24 10:30 Sunday Celebration	25	26	27	28	29	30 11:00 A.M. A Course in Miracles
31 10:30 Sunday Celebration						