

ON THE BRINK OF EVERYTHING

November 2021

Keep Reaching Out

November 28, 2021 @ 10:30 AM

Reaching Out with Love

Dr. Andrea Asebedo



THE GIVING INTENTION PROGRAM

We are in the middle of a four-week series of short testimonials from people who love the Center, and we will be asking if you would be able to support our Center in 2022 with intentional giving throughout the year. Giving Intention forms are available online with the giving intention newsletter that outlines our plans. Please return forms by Monday, December 6th – our budget team really appreciates it. Thank you in advance for your willingness to contribute! We are a mighty power for good in the world!

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS



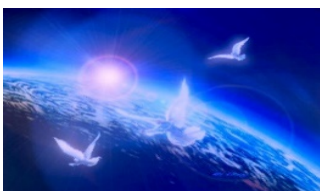
12/21 at 7:00 PM – **Winter Solstice Service**

This year's Winter Solstice celebration will be a hybrid happening! We invite you to an evening of poetry, story and inspiration for the new year at 7:00 PM, followed by an invitation to light a candle (at home or in person) as we close. After that, for any of you hardy souls, we will be having fire on the upper meadow for roughly 30 minutes.



12/24 at 7:00 PM - **Christmas Eve Candle-lighting Service**

Let's sing and share the Christmas spirit together – in person or live-streamed. The evening will include the wondrous story of the birth of Christ, a Christmas message from Dr. Andrea and lots more. This is a family friendly event for those who would like to gather in person.



12/31 at 4 AM - **World Peace Meditation**

This lovely world-wide synchronized meditation and prayer for the World happens in the early morning on Friday (12/31) at 4:00 AM in the classroom. Join Ronna Biggs, licensed Practitioner, in person with offerings of prayer, meditation and gratitude.

November: Keep Reaching Out

There is a Divine Creative Energy, I call Spirit, operating through all kingdoms; mineral, vegetable, animal, and human. It expresses uniquely through each being. It is the True Nature of all beings. I center myself in this Divine Consciousness. I know the indwelling Spirit is my Strength, my Light and my Love. I allow It to express through me in a more expansive manner, with grace and ease. I know from this foundation; I live and move in the world. The world's diversity takes me out of the mundane and into a richness that sheds its light on my soul. I remain open to all I meet, finding common ground, staying engaged with Life. This sea of creative differences vitalizes and strengthens me. I reach out in love and service, offering compassion, kindness, friendship, and good will. In reaching out to others, the dance of life continues within an atmosphere of giving and receiving. The circulation of Life, Light and Love is ongoing, balanced, and creative. This is my Truth.

In whole-hearted gratitude, with confidence and certainty, I release these words into the Law.

And So It Is.

Joanne Allison, RScP

CSL SPIRITUAL PRACTICES

START YOUR DAY WITH SPIRITUAL MIND TREATMENT!

Monday-Friday at 7 AM, the Practitioners are offering daily affirmative prayers to anyone who would like a spiritual morning lift to their day. Sign on a bit early because the prayers will start right on time and typically only last 5-10 minutes! The link is available on our website under, "Join us online."



CLOSE YOUR DAY WITH GRATITUDE

Monday-Friday at 8:45 PM, the Practitioners are offering nightly gratitude prayers with anyone who would like a sweet spiritual close to their day. Sign on early to prepare for the 5-10 minutes of prayer! The link is available on our website under, "Join us online."



RECOVERY/SOM DISCUSSION GROUP meets every Wednesday evening from 5:30 pm to 6:30 pm. There is no fee for this meeting. We meet in person in the sanctuary.

PRAYER & MEDITATION FOR THE EARTH

Fourth Sunday of each month, 4 pm – 4:45 pm via zoom

Francine Kitchen, RScP, will lead a meditation and prayer for sending the energy of love and healing to our planet. We will use Dr. Joe Dispenza's "Open Your Heart" meditation and the CSLB practitioners' monthly global prayer focus for the planet. Free and open to everyone! The link is available on our website under, "Join us online."



OUTSIDE GROUPS OFFERING SPIRITUAL PRACTICES AT THE CENTER

WOODSIDE SANGHA – This Buddhist meditation group gathers on Monday evenings both in person and via Zoom. If you are vaccinated, we would welcome you to our in-person gathering, where we wear masks to further protect each other. If you aren't vaccinated, we would enjoy having you join our Zoom Meditation using sitting, walking and deep looking, to go within. This group meets every Monday from 6:00-7:15 PM. If you would like to be included, please contact Andrea Asebedo at woodsidesangha@gmail.com. You are very welcome to attend!



A COURSE OF LOVE study group is now meeting online. Our study group meets every Monday from 10:00 to 11:30 via Zoom. For information contact Catharine Vader, 360-920-6196.

DEEP PEACE MEDITATION is a simple and timeless technique, that effortlessly guides our mind beyond our busy thoughts, to experience our own place of deep peace within.

It's easy, yet powerful; partially guided, partially uses a "centering sound" and originates from Dr. Deepak Chopra. This group meets every Friday through Monday mornings at 8:00 am.

Hosted by Traysiah Spring; Zoom link is:

<https://uso2web.zoom.us/j/5990006333?pwd=OW84azFYOEg4aEVrQjBxczBPajUyQT09>

HOW TO ACCESS THE SUNDAY TALKS AT 10:30

There are three ways to access the livestream broadcast.

- 1) Facebook~<https://www.facebook.com/CenterForSpiritualLivingBellingham>
- 2) YouTube~<https://www.youtube.com/user/CSLBellingham>
- 3) Website~<https://csl-bellingham.org/live-sunday-services/>

You can also watch later on our YouTube channel and Facebook; you may access either of those from our website (as above) by clicking the highlighted "Facebook" or "YouTube." We really love seeing so many of our friends tuning in to Dr. Andrea's message. Thank you!