



## Happenings November 2018

### Facing the Darkness, Walking into the Light

This month, as the sun seems to move away, is an opportunity to look into and appreciate the darkness. It has been said that we can't see the stars until it gets dark. Each of us is a star, a beacon of light that no darkness can extinguish, only reveal.

We begin the month combining with Unity as special guest Rev.

Howard Caesar, helps us to know the "One Question to Ask."

When we have a solid foundation of connection with the One, we can walk through any darkness.

We follow that by looking at two of the most misinterpreted ideas from the Bible which have caused people fear and suffering over centuries. As we "walk through the Valley of the Shadow of Death," we free ourselves more and more from the hold the shadow has on us. Finally, we'll look at Getting and Giving, contraction and release.

As we clear the darkness that lives within all of us, we are more open to both giving and receiving Light, the Truth of our being.

~ Rev. David

*Each of us is a star, a beacon of light that no darkness can extinguish, only reveal.*



### Sunday Mornings

At the Nova School  
2020 22nd Avenue SE  
Olympia 98501

Meditation: 10:30 a.m.

Service: 11 a.m.

**Inside  
Classes, regular events,  
programs and people  
you will want to get to  
know at our center.**

### FALL BACK

Remember to set your clock back on Saturday night, November 3<sup>rd</sup> or you will miss the special service at Unity on Sunday



*"The ones that absorb the most must be the ones which emit the most... We can take in only what we give out." Ernest Holmes*



## Special Combined CSL/Unity Service November 4<sup>th</sup>

 On Sunday, November 4<sup>th</sup>, CSL community members are invited to celebrate a special Sunday service with Unity of Olympia, 1335 Fern Street SE. The special service begins at 10:30 a.m. preceded by meditation at 10 a.m. Rev. Howard Caesar, one of the first ministers at Unity of Olympia, will speak. "Our active mind continually asks questions, and we may or may not have good answers," Caesar says. "Yet there is one question we can ask ourselves in any circumstance that will bring forth an answer—one that is expansive, transcendent and empowering."

Rev. Howard Caesar spent the first seven years at Unity of Olympia from 1976 to 1983. He recently retired from Unity of Houston after 34 years. He returns to Olympia as a much loved guest speaker.

**Daylight Saving Time ends November 4th.  
Reset your alarm clock and Fall Back.**

## Workshop with Rev. Howard Caesar Follows Service

 This **Getting Clear** workshop supports you in having greater clarity and deeper meaning in the life you've been called to live. A larger, more expansive view of life, yourself and your relationship to all that is awaits your willingness to enter this process of getting clear.

**\$25 love offering + \$5 for lunch.  
Reserve your lunch by calling Unity at  
(360) 943-5757**

## Sunday Talk Titles

November 4<sup>th</sup> Combined service at Unity of Olympia

"The One Question to Ask," Description to the left.

Rev. Howard Caesar

November 11<sup>th</sup> "The Fruit of the Knowledge of Good and Evil" *We are released from the fear of evil or from our own sense of being fallen when we realize this is simply our individual and humanity's path to self-awareness and self-discovery. ~ Rev. David*

November 18<sup>th</sup> "Releasing the Belief in Fear and Punishment"

*Wholeness is the absolute truth of all that is including all beings. Wholeness is not situational, subjective nor relative. By remembering the Truth of wholeness as our starting point, we find evidence of wholeness everywhere. ~ Rev. David*

November 25<sup>th</sup> "Home for the Holidays."

*When we recognize that we are always home in Spirit, our sense of separation and homelessness disappears. " ~ Rev. David*

### Core Council

Spiritual Leader	Rev. David Robinson
President	Camille Fastle
Vice President	Scott Kissel
Treasurer	Barbara Yanagimachi
Secretary	Jean-Hill Miller
Member	Rob Coleman
Member	Barbara White

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Check us out on Facebook at  
[www.facebook.com/csloly](http://www.facebook.com/csloly)



## Expanded Band Sunday

Sunday service is just plain more exciting when Brent brings in Rick Jarvela on bass and Andy Garness on drums. They amp up our enjoyment of the music. Be there or be...well, you know the drill. Be there on Sunday, November 11<sup>th</sup>.

## Special Coffee Hours Coming

A special coffee hour is scheduled for Sunday, December 2<sup>nd</sup>. "We will create a festive environment in the lobby and serve up freshly brewed coffee, a variety of teas, delicious muffins and pastries and, of course, stimulating conversation," Teresa Bielenberg explained. "This will be a time to meet new people and connect with old friends."



This special coffee hour will be held every first Sunday. For it to be successful, there will be a sign-up for folks to agree to head it up one Sunday of 2019. It will involve making the coffee, setting up and inviting folks to bring goodies to share.

## Women's Circle

Please join us on November 17<sup>th</sup> for a docent-led tour of Bigelow House Museum, the oldest home in Olympia. The Bigelows were pivotal figures in early Washington history including the struggle for women's rights and public education. Learn more about the founders of Olympia and women who made a difference.



We'll meet at Buffie Finkel's home at 2432 Bethel Street NE in Olympia for our usual potluck lunch at 12 noon, then car-pool the short distance to the museum.

**\$5 suggested donation.**

## Come Play With Us

**"Lucy in the Sky With Diamonds," ~ John Lennon, worst Clue player ever.**

What's your favorite game? Bring it along for Game Night at:



Buffie & Mark Finkel's  
2432 Bethel Street NE ~ Saturday night  
November 24<sup>th</sup>. 7 to 9 p.m.

## Council Corner

If you wonder what your Council has been up to, the following is an update.

Until last year the Council did not have an actual planning calendar. Now that we have this in place I think it means we have arrived. We have a minister who shows up every Sunday and lives in town. What a concept after these many years. Our planning calendar reflects our step into permanence. We have an online Google calendar that meshes with the website events calendar to help us prevent scheduling on top of other events.

In addition, several of our ongoing annual events, such as the Annual Meeting, Prosperity Campaign and the "Nourishing Our Community" fundraiser have been written up in detailed narrative form. Timely steps have been put into the calendar so that with any of these events, anyone could step in and easily determine what is to be done and when.

The Council is forming a Safety Team which will dovetail with NOVA's emergency preparedness procedures to keep everyone safe. More about that in upcoming news. Thank you for giving us the opportunity to serve you. ~ Camille Fastle, Council President

**"I am a hole in a flute that Spirit's breath moves through—listen to this music." ~ Hafiz**



# Youth & Family Program



November is a reflective time for me. Many ideas begin to brew the more I create the intent to feel gratitude for all I've already accomplished.

Being with the youth, I find it easier to appreciate small accomplishments as they participate with such joy. This puts me in a mindset to remember to honor myself when I forget to see my good.

This month I am particularly grateful for the opportunity to create and recreate the possibility of having a unique space for teens and toddlers. With the support and belief of my powerful community, our youth program attracted two amazing co-teachers to lead our new teen and young children's program. We honor one of them on the spotlight page.

Our November youth program theme is **Freedom from Fear**. Practicing gratitude by seeing and honoring the truth and beauty in ourselves and others, we begin to become

aware of the stories and thoughts that are masking our truth. Once we adopt the language of love, we begin to discover precious gifts spilling out of us, inspiring us to share more of ourselves. Finally we open to receive the flood of abundance that is always there and just waiting to bless our lives.

Our youth activities in November begin by joining our friends at Unity of Olympia for a special service on November 4<sup>th</sup>. The kids will share common

spiritual practices. This includes active meditation, creative games and art that express our gratitude.

Back at our center, we will explore being vulnerable as a strength. We will honor the parts of ourselves being transformed for our highest and best good. With activities and games we will practice trusting our friends and transforming our thoughts.

....Continued on next page



# Teen Program

I'm excited that the topics we will be covering in November's curriculum include "Letting Go." I believe this is a powerful theme for young people. Growing fast involves releasing a lot of what you were once used to. It certainly was a strong lesson for me.

I first attended a Center for Spiritual Living at age nine and a CSL Teen Camp at 12. In the year before that summer camp, my home and nearly everything in it was destroyed. Having the teachings and tools of Science of Mind to process that experience included allowing myself to let go. It was instrumental in leading me to the adult mindset of choice I have now, as opposed to one of victimhood.

Of course, our lessons don't need to go to such extremes. But they do aim to provide useful tools. In class I have witnessed a teen make a simple mistake, announce their incompetence for that mistake, and then take back their self-defamation without any prompting from me. Then I had a chance to remind them of what was really



*"Cry me a river, build a bridge, and get over it." - Justin Timberlake*

true—it was just a mistake, and that doesn't change how brilliant they are. There is no benefit in calling ourselves stupid. Despite that urge, you can always remind yourself of the Truth. ~ James Lorenz



## Meet Ashly McBunch

**A**shly's name is Ashly McBunch and I am excited to be the new Young Children's class teacher. I have practiced Science of Mind principles since 2014. My wife Cortney, stepchildren Nadia and Gabriel and I moved to Olympia in June of 2017. We started attending CSL Olympia earlier this year. Becoming a part of the Olympia CSL community has awakened Cortney's and my connection to Spirit as we further involve our children to grow within the Science of Mind principles.



The belief to share the knowledge of our true selves drives my motivation when working and caring for children. I truly believe children of all ages can learn and grow spiritually in an environment that fosters creativity and meaningful, mindful and supportive methods of spiritual connection which surrounds us all. Using active play built around a spiritual and educational design, the children develop their

own interpretation of how the active play correlates with the basics Science of Mind principles. I feel the freedom to play and connect to Spirit to keep the growing, busy minds of little ones open to their journey.

Since working with the children I have seen growth in ownership of their interactions with others. This was especially seen with our activity involving play-doh, clay and the story of the Golden Buddha. The children learned the importance of compassion as they remove the mud from their golden Buddha. The mud represented a jaded outlook of someone's opinion thrown on them and they could either throw the mud back or use their light to be loving and compassionate to others.

I look forward to the next few weeks of teaching the children how we grow in our spiritual journey. We will be doing this by learning about letting go of past sadness, growing our inner strength with vulnerable experiences and the wholeness felt by giving to others.

~ Ashly McBunch

### Youth Program Continued...

Wholeness is the word of the week as we utilize our invisible forces to keep us rooted in the Divine when we move through the human experiences of doubt and fear. We will tune in to our big self by uncovering and declaring what we are made of and act from love, peace, kindness and confidence through the limitless God within.

Our month wraps up with **Forgiveness and Givingness**. We will do a meditation body check to locate any tight balls of grudges, anger or fear and practice forgiveness. We will also practice self-forgiveness and apologize for actions to release regret. As we move to a place of gratitude we will express Givingness by doing acts of kindness to acknowledge the love present in our lives.

~ Adrienne Cherry, Youth Program Director

**I have finally given up the silly idea of how I think a spiritual seeker should behave. You know...infinitely patient, peaceful, soft-spoken and prayerful. I've met people who act that way and all they do is annoy me. When I try to act that way all I do is annoy myself and the cats.**

**I'm not a saintly, prayerful, calm or quiet spiritual seeker. Never have been. I am a passionate, alive, succulent, witty, lusty, funny, irreverent, demanding, compassionate, kind, grateful, very earthy spiritual being living on a planet going in circles at 67,000 miles per hour. There is no time to waste."**

~ Diane English



# Spiritual Practice

**F**unny thing, people. We love our intentions and next thing you know—boom, we've fallen off the wagon. We know staying on track with our spiritual practice is our answer and yet it's also our challenge. Students in CSL classes claim they are going to the spiritual gym when they participate in a scheduled class. It keeps them steadfast in their spiritual practice they claim, however they have defined that in their own lives.

In Pam Houston's novel, *Sight Hound*, Dante, the wise dog, describes his person and the value of habit. "There has never been a time when she has extended her hand into the car's back seat that I haven't licked it....There are three principles to remember if you are to teach a human being anything and they are consistency, consistency, consistency."

Ernest Holmes said, "We should daily practice correct thinking." (SOM 419-1) and "To daily meditate on the Perfect Life, and to daily embody the Great Ideal, is a royal road to freedom." (SOM 185-2)

So we get it. We know. We are no dummies here. Adhering to our spiritual practice is the answer. Our good comes from the good thoughts we think consistently. How, then, does it become so difficult sometimes to stick with our intentions? We are surely very curious creatures. We know the answers to life are love and positivity. Yet we veer away, distracted.

Thinking positively half of the time and negatively half the time is a wash. It keeps us stuck. Consistent spiritual practice is a primary component of a peaceful, joyful life. So we set our intentions regarding prayer, meditation, nature walks, or whatever nurtures our hearts and souls.

*"Our good comes from the good thoughts we think consistently."*

But what if we have no time for a class or lose our focus in the winds of our lives? How can we set up our own, personal spiritual gym to provide consistency of practice?

Happily, I've found an answer. I've been using an app on my phone that keeps me on track all day. It's called "Hourly Reminder," available for both iPhones and Androids. Easy to use, it has a choice of reminder sounds, like chimes. You set its schedule. My chimes go off each hour from 9 a.m. to 8 p.m. daily.

I've used this in numerous ways. The first few weeks, I chose an affirmation to say. One week, I prayed each hour, even if briefly. One week, each hour, I opened my heart and lifted my spirits, focusing on God and the presence of joy and love in, through and as me.

Use the Hourly Reminder however you choose knowing you can create magnificent changes in your life. For in consistent, loving, positive thought and spiritual practice lie our power and our strength. And, in faith, truly all things are possible.

~ Mary Wilde, RScP

## Practitioners

Ann Aubuchon  
Teresa Bielenberg  
Linda Bremer  
Sandy Dell  
Susan Einhorn  
Rev. Carrie Masters  
John J. Mulhall  
Greg Smith  
Mary Wilde

**W**ould you like a mid-week reminder of the truth of who you truly are? Call the message phone: (360) 255-7878, ext. 4 to listen to a prayer recorded weekly by one of our Practitioner team members.



## Meet Christi Johnson



Did you know Olympia High won the state football championship in 1985? For Christi Johnson it is an indelible memory from her senior year.

Christi is a thoroughly Olympia gal born and raised here. She is one of five sisters. Her mom was a keypunch operator—a once revolutionary, now extinct profession. Dad was an early computer nerd involved in bringing the first mainframes into state offices.

After high school she pursued a degree in computer science. She graduated from Evergreen in 1992, one of only three women who finished that program. However, jobs were scarce and she was hired as a bus driver, a job that enriched her in surprising ways. “I became aware of all the subcultures in the ‘90’s,” she explained. “I could still show you corners of Thurston County you probably don’t know exist.”

Christi enjoyed all seven years in that job. One lasting benefit was meeting and becoming friends with Buffie Finkel who was studying at Evergreen and took the bus to school. When it was time to move on, Christi updated her computer science degree and became a programmer. She still works for the state as a software developer. “I’m a systems thinker,” she says. “I love tackling a complex problem and finding a cohesive solution.”

A couple of years ago, Buffie invited her to CSL and it was a good match. “I found it to be very compatible with my natural view of life,” Christi said. “I love being part of a spiritual community.”

She had spent time in a 12-Step program through Al-Anon. “It brought healing into my life and matured me,” she explained. “I also grew to love meditating and chanting.”

Another love of hers is spending time in the Upper Peninsula of Michigan on the shores of Lake Superior. Her father is from Marquette and the family traveled back to that area for summer vacations. She recalls having fun with lots of cousins running around in packs from house to house.

Christi is a delightful person with a sunny disposition and she’s full of wisdom. Her light shines brightly at CSL.  
~ Karyn Lindberg



As the world of nature settles into the deep contemplation known as winter, let us also settle into the deep contemplation of Spirit within our nature. Moving into a lovely stillness, we too, can align with this flow of the Earth. Take time to sit, contemplate, meditate, walk—in short, just be.

*"This retreat was what I needed to support me in letting go of many past experiences and to energize me to move on and up out of a low period."*

~ Participant in 2017

*"Imagine taking the time to envision your highest and best. What a great opportunity to explore potential, opportunities and dreams. Spend time on discovering treasures, new vistas and fresh possibilities. Dive deeper into your inner knowing, your unique sleeping promise. You will inspire one another and have fun."*  
~ Linda Bremer

*Gwinwood Retreat Center*

*Friday, December 8<sup>th</sup>*

*9 a.m. to 4 p.m.*

*\$55 by November 25<sup>th</sup>, \$65 after*

*Led by Rev. David*



## Prayer Shawl Ministry

Meets from 3 to 4:30 p.m. on Wednesday, November 14<sup>th</sup>  
at the home of Carol Kautzmann . 3404 17th Court NE

For more information please  
call Caroline at (360) 438-5620

Expert knitting & crocheting coaching available.

Knitting in the sanctuary on Sunday, November 11<sup>th</sup>



**Women's Circle is generally held on the second Saturday of every month. The gathering begins with a potluck lunch—bring something yummy. A special presentation or focused discussion follows. There is also a check-in session either before or after the special presentation. See page 3 for the November gathering. All women are welcome.**



&  
**Conversation**  
*...a casual way to  
make deeper  
connections*

**W**omen gather on Tuesday mornings at 11 a.m. in the lunch room at Haggen's on the west side.

**W**omen get together upstairs at Bayview Thriftway Friday mornings from 10 a.m. to noon.

## Spiritual Cinema

Last month we watched *Finding Joe* about the hero's journey, the path all our cultural stories follow. This month, in conjunction with our Prosperity theme **Go Boldly** and football season, we will watch the movie *Concussion*. This is a real life story of Dr. Bennet Omalu who boldly brought to light the effects of concussions on the brains of NFL players (Chronic Traumatic Encephalopathy). He took on the NFL in the process. Will Smith does an outstanding portrayal of Dr. Omalu.



Saturday, November 10<sup>th</sup> ~ 6:30 to 9:30 p.m.

Capital Place Retirement Community,  
700 Black Lake Boulevard.

For more info contact: [annaubuchon@msn.com](mailto:annaubuchon@msn.com)

## STAFF

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