



Happenings

Integrity

 Our theme this month is Integrity. Sufi poet Rumi said there is a world within us far greater than the world around us. As we align with this powerful inner world, our outer world corresponds or aligns more with that inner world. Truth and love live within each of us.

We will look at this inner life and how to both strengthen our awareness and practice of this life as well as how to bring it out into our external world. Our guide book this month is Howard Thurman's *The Inward Journey*. Out of this book came Thurman's famous "Keep fresh before me my moments of High Resolve."

Integrity—1. The quality of being honest and having strong moral principles; 2. The state of being whole and undivided.”
~ The Oxford Dictionary

"But if there is an integrity within me, shall I not have the patience and courage and fortitude at long last to look up into the face of the eternal Life in which I live, and say, 'God, I thank you, that I gave birth to every trouble I ever had and every sadness and every fear'"

Sunday Mornings

At the Nova School
2020 22nd Avenue SE
Olympia 98501

Inside

Spring Classes, Sacred Sunday, Poetry, Meet a Community Member, Regular Group Gatherings and more.

*May luck be with you
wherever you go,
And blessings outnumber
the shamrocks that grow.*



Sunday Talk Titles

Sunday, March 3rd ~ Integrity

Join us this month as we explore the inward journey and thus strengthen our integrity in the outward journey.

Sunday, March 10th ~

How God Works Through Us

All of your work begins and ends in our consciousness because mind is all there is.

**Daylight Saving Time Begins
this Sunday. Remember
to Spring Forward**



**Expanded band
Sunday March 10th
Rick Jarvela on bass
& Andy Garness on drums
join Brent, Amy & Scott.**

Sunday March 17th ~ Living a Spiritual Life

The ocean of life is forever flowing; we could just as well dip a gallon of water instead of a pint from it.

Sunday, March 24th ~ Our Highest Values

Love is the self-givingness of the Spirit through the desire of life to express itself in terms of creation. Love is free from condemnation even as it is free from fear. Love is a cosmic force whose sweep is irresistible.

Sunday, March 31st ~ Youth Sunday: Developing our Inner Life

A change of consciousness is not a process of self-hypnosis but one of a gradual unfoldment of the inner self.



**Coffee
Hour**

The Core Council will be making fresh brewed coffee and bringing goodies on Sunday March 3rd.

It's a wonderful opportunity to chat with old friends as well as to meet newcomers. The Council has some fine bakers so it should be a very special coffee hour. Plan to join us the first Sunday in March.

Text to Give

Our center is now set up with **Text to Give**. Use your mobile phone to text your donation to CSL at any time, from anywhere. The number is **360-215-397**. Find instructions at the info table on Sundays and on our website: <http://cslolympia.org/contribute>

Rev. David will be out of town on retreat from Monday, March 18th through Friday, March 22nd. He will be unavailable by phone or email. Camille Fastle will be the contact person for Council matters and Rev. Carrie for Administrative and Practitioner matters.

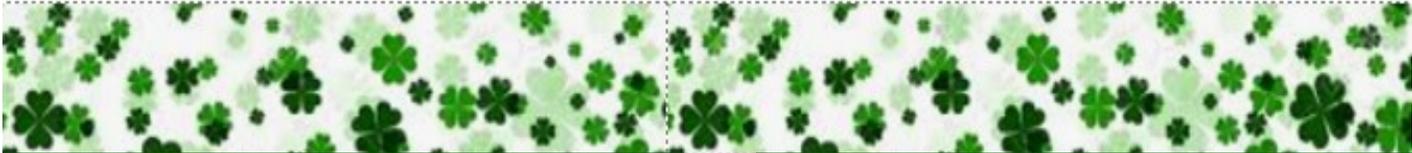
Core Council

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

Message Phone: (360) 255-7878
Mailing address:

3701 Pacific Avenue SE, PMB 327
Olympia, WA 98501

Check us out on Facebook at
www.facebook.com/csloly



Sacred Sunday

n the third Sunday of each month, a group gathers to meditate, listen to a few inspiring ideas in the Buddhist tradition of a dharma talk and practice a principle. It is a deep, lovely, sacred time. Join us at Rev. David's monastery—aka his home—from 6 to 7 p.m. on Sunday, March 17th. No food, no cost, no dogma. Just sweet, deep time with Spirit within in communion with others. Contact Rev. David for his address: cslorevdavid@comcast.net.

Legacy Circle

SL Olympia is kicking off a new program in March. We are starting a Legacy Circle for individuals who have decided to take their support of CSL Olympia to the next level by including the Center as a beneficiary of their estate, insurance policy and/or a retirement account like an IRA. It's a way to give forward without having to expend anything from your current budget. Those who join the Legacy Circle will be recognized and honored on an annual basis. It's the perfect opportunity for you to review your estate planning to ensure it's up to date and reflects what you want to see happen with your estate. More information will be available starting March 10th.

Shamanic Practitioner Coming in April

pirit's Walk's Shamanic Practitioner, John Rozenberg, is returning in April. You may remember when he visited us last July. A Spirit Walk Journey is a chance to enter a state of deep meditation to receive your own Spirit guided intuition, release unwanted physical and emotional pain, and remember

Spring Classes

ign-ups begin this month for two spring classes. **The Essential Ernest Holmes** is a wide-reaching study of Ernest's writings, talks, excerpts from radio shows and more. It shows how his philosophy grew both before and after *The Science of Mind* was published. It's one of my favorite books and classes for getting more familiar with both the man and the philosophy and how to work with it. It's a 10-week course from April 2nd through June 4th, from 6 to 9 p.m. Cost is \$295*. The only book is *The Essential Ernest Holmes* by Jesse Jennings.

Building a Healing Consciousness is an 8-week deepening of understanding and application of spiritual principles. This course is designed to help you enrich your own life and create a better world. This class runs from April 10th through May 29th from 6 to 9 PM. Tuition is \$245.* The books are *The Science of Mind (1938 edition)* by Ernest Holmes and *The Joy of Meditation* by Jack Addington.

**Members receive a 10 percent discount on these certificated classes. A member is active in volunteering and pledging.*



the truth of who you are. Whether in a group setting or in private sessions, John uses Pranayama breathing to foster a deep awakening of your subconscious channels. He will be available for private sessions April 5th through April 10th. Date and time of group sessions to be announced. For a private session call John at (323) 363-5761.

Youth & Family Program

March gives us the chance to demonstrate the power of our creation. In nature, the promise of spring begins to show us signs of the tremendous work that happens each winter as life recreates itself into something new.



Our spring youth program begins with remembering the truth of who we are. We review CSL foundations and practice these basics in new ways as we adjust to our new school lessons, new dreams and new wisdom. We then take a look at self-love and learn how we can honor ourselves with self-care through our recreation process. We begin to notice others who are also part of us and who deserve the same love. We discover what actions create common good.

As we unfurl our beautiful new wings we discover how our unique new expressions of God can manifest out in our community. Each brave action we take in self-expression is with the consciousness of integrity, always asking ourselves if we are in line with our principles.

We will take a look at the different communities within our life circles. We will find opportunities where we can feel and act in integrity with the spiritual truth of who we are and who we've come to be.

In the first week of March we will learn about the courage and consistency of being in integrity and we will distinguish between morality and integrity. We will visualize and do crafts that express our values.

In the second week we will inquire what it feels like when we are out of balance and out of integrity. Then we can choose to act out of love and truth, creating a partnership with the Divine. Our activities will include partner mirroring to feel the energy of the Divine flow with movements.

The third week will be about examining our motives and understanding when frustration sets in. We will get to take a step back to understand our purpose and to come back into alignment with our personal integrity. Using our intuitive voice, we will practice choosing a different path and finding the lesson within moments of tension. We will practice collaborative art as a way to keep a thought moving as we add our own unique perspective to the whole picture.

In the fourth week, we will add words to our core values list with new attention to who we are choosing to be. We will look at how we can adopt new values as a way of motivating us to try new things by saying yes to the law of life and attracting new, exciting opportunities. Our activity will be creating flower garden art by assigning actions that are consistent with our values to insure we stay in integrity and feel vibrant and alive like a flower.

The fifth Sunday is our Youth/Adult service. The youth will guide the community in discovering how to be in integrity with our spiritual practices. We will have fun with sharing expressions of gratitude with each other in appreciation circles. We will co-create ways we can express gratitude as a mindful practice tool to create growth for our center. ~ Adrienne Cherry, Youth Director

Be sure to bring donations of gently used clothing on Sunday, March 3rd for the teens to give to the Family Support Center. The Community Care Center especially needs warm hats and socks. Clean used socks are OK.



Life is a puzzle. We all fit in somewhere.

Council Notes

 Welcome to March. We have a lot on the calendar this month starting with a revival of the Nourishing Our Community fundraiser. More information below. We will continue to explore sharing space with Unity, as well as completing our search for candidates for the 2019 Council. We will also be virtually attending the CSL Leadership Conference via Zoom meeting the first week of March. On the 31st we will hold our Annual Meeting from 12:30 to 2 p.m. at the back of the sanctuary. All are invited to attend, and members will have the opportunity to vote on new applicants to join the Council. We will also have a presentation of our financial position and a review of the highlights of 2018. Please put this on your calendar and plan to attend. ~ *Camille Fastle*

Nourishing Our Community

 ourishing Our Community is back by popular demand—and because we made \$2,600 last year! It centers on the idea of building community through great food and fellowship. Hosts sign up and offer different types of culinary events that include breakfast, lunch, dinner, snacks or outdoor activities. From a picnic in the park to a four-course ethnic meal, all ideas are perfect and welcome. Bidders from the community sign up to partake.

Camille Fastle will be the coordinator this year and she is going to need lots of help. Please contact her if you are interested in assisting at the lobby table on Sundays between March 10th and May 12th. Two helpers will be needed each Sunday.

This year there will be a \$10 credit issued per Sunday to those who help at the table. These credits can be used to bid on auction items. First come, first served, so contact Camille early at camilleangelaf@hotmail.com and be thinking of a fun event featuring delicious cuisine.

On Essence

 We are each a spirit in form—divine essence expressing. Please read the following as your very own manifestation.



My essence is like the scent on a rose intrinsic and always there regardless of form.

Sometimes the rose's fragrance is stronger when it is crushed.

As electricity sometimes is at rest, yet, always available to me, so is my essence.

As water sometimes quietly flows and sometimes dynamically blows so does my presence.

My essence was present in each of my ancestors.

It is the spirit that fuels my thoughts. It is the core from which my love radiates.

It is the heart that beats even when I am asleep.

It is the soul that travels across space with no limits on time.

It is the fundamental nature that resided in the seed that became me.

It is the quintessence of all that I manifest.

It is the real meaning of my being.

I celebrate love with friends, family and fellow earth travelers.

I take time to appreciate our connection—our oneness.

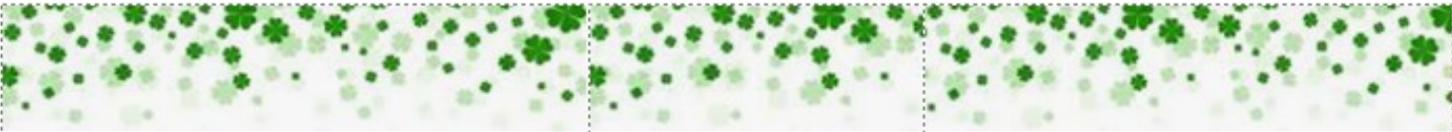
My essence is love.

My presence is fondness.

I am passion. I am devotion. I am eternal.

We are each spirit in form,
—Divine essence expressing.

~ *Linda Bremer*



Living Life's Message

As I write this I am overwhelmed with a feeling of love. Love for my biological family, love for my CSL family, love for this beautiful earth we live on, love for life. This overwhelming, deep in my heart, love for all has not always been so easy for me to know, to feel and certainly to express. My journey started late in life.

I joined CSL about five years ago. Prior to that I believed I had no need or desire to attend a spiritual center let alone take classes and become a Practitioner student. Yet, without my conscious awareness, I was drawn to this place, Center for Spiritual Living Olympia. As soon as I walked through the doors, I was welcomed and I felt as though I were home—a home I had never quite known before. I felt loved and accepted.

The teachings of Ernest Holmes have opened me up to an inner knowing of my innate value, my ability to love, not only others, but more importantly myself. As Ernest writes in *The Science of Mind* "Love is stronger than any force in the Universe."

When we are in that space, that place of acceptance, of non-judgment, of love, we are stronger than anything in the universe. We are unstoppable.

Looking at life through the eyes of love towards everyone and all I see brings an inner sense of acceptance, forgiveness, well-being and peace. The more I live from that place of love, the truer is the joy I feel.

I can more fully see the beauty that surrounds me. The sunrises seem more vibrant, the trees are more majestic, the song birds are more sweet sounding, life feels more purposeful.

All I have learned through the teachings of Ernest Holmes and others have most importantly taught me this important lesson: all that has occurred in my life has made me who I am and has shown me I can look at my missteps with love and gratitude. What a wonderful journey! And so it is.

~ Marlisa Johnson

After my Mom died in Michigan I returned home raw with emotion. I leaned into my CSL community and they helped hold me in my loss. The prayer shawl I was gifted is still holding me in love and support as I wrap myself in its' comfort with loving memories of my Mom.

~ Carol Kautzmann

Women's Circle

Women's circle gathers on Saturday, March 16th at noon. Buffie Finkel is hosting at 2432 Bethel Street NE. There will be an exchange of clothing and home décor items. All should be very gently used. See page 8 for meeting format details.

Practitioners

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

Prayer Support

Pall the message phone: (360) 255-7878, ext. 4 to listen to a prayer recorded each week by a Practitioner team member.

Meet Tim Robinson

Look for a tall, handsome gentleman gently holding the hand of his sweet, five year old daughter whose name means seer into the future. Meet Timothy Robinson and Neviah who joined services at CSL in November of 2017. Tim expresses his appreciation for the kindness and warmth that has been extended to him. “I am particularly grateful to Adrienne and her team for the influence they have had on Neviah,” Tim said. He enjoys the talks, music and general vibe of the Sunday services as well.

Tim’s spiritual path has led him to become immersed in a Master’s degree in Consciousness Studies from the Holmes Institute. What preceded this were years of study in spiritual principles and concepts including indigenous practices and Western esotericism. When he came across Ernest Holmes and CSL it resonated with him and he was excited to find a local Olympia service in the area.

Just as Tim had hoped, he has made many strong personal connections and is looking forward to making more. Be sure to introduce yourself to Tim. He told me he would like to continue to feel surrounded by such a caring, loving and committed community. In fact, he hopes to participate more in events this year.

However, Tim admits free time activities are often pretty hard to come by. Much of his time is spent reading and studying as well as his current, sommelier position at Mercato. Being a father first, Tim is looking forward to starting a new job at L & I, which would allow his work schedule to align with Neviah’s school schedule.

Like many of us in Olympia, Tim loves going on walks and hikes in the area when he can find the time. You might run into him at Nisqually Nature Preserve, McLane Creek, Woodard Bay, Priest Point Park or Watershed Park. Tim’s eyes will be searching for blue herons, bald eagles, owls and any other wildlife on his outings.

I asked him if there is any way CSL could better meet his needs. “Not at this moment,” he responded. “But I know that there will be plenty of people I can call on if the time comes.” We are grateful for another whose spiritual path has led to CSL’s front door. ~ Linda Sickles



Potluck at Annual Meeting: March 31st.

Everyone is invited to stay to attend. See page 5 for more information on meeting issues.

To allay the hunger gremlins, there will be a potluck immediately following the service. Your contribution would be very welcome. Watch for more information in the announcements. Please sign up at the information table to bring a dish.

Keep in mind when you are getting ready to go to CSL that Sunday, all dishes should be ready to serve. We have no kitchen so no serving bowls or utensils. For example, uncut cheese and bags of chips are really difficult to deal with and you may end up taking them back home. Check out the deli counter at your local supermarket for delicious treats in ready-to-serve containers.

Prayer Shawl Ministry

Meets Wednesday, March 13th, from 3:30 to 5 p.m.

at Carol Kautzmann's home - 3404 17th Court NE

For directions call Carol at (360) 528-0094

Expert knitting & crocheting coaching are available.

Knitting in the sanctuary on Sunday, March 10th



Women's Circle is generally held on the third Saturday of every month. The gathering begins with a potluck lunch at noon—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 6 for March meeting details.



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

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

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

Spiritual Cinema

Multiple Oscar winning movie,
Bohemian Rhapsody.

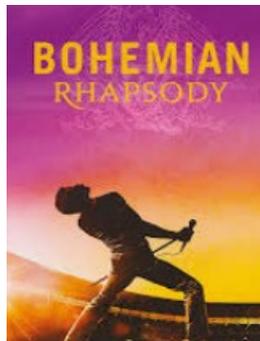
Friday, March 2nd

6:30 to 9:30 p.m.

Capital Place Retirement
Community

700 Black Lake Boulevard

For more info contact:
annaubuchon@msn.com



STAFF

Brent Pendleton,
Music Director
Amy Shephard,
Song Leader

Max Gorbman,
Sound Technician
Adrienne Cherry,
Youth Director

Rev. Carrie Masters,
Administrative Assistant

Marlisa Johnson,
Bookkeeper
Karyn Lindberg,
Newsletter Editor

Message Phone
(360) 255-7878



*W*hat's your favorite game?
Balderdash? Pictionary?
Trivial Pursuit? Bananas? Boggle? Bring
it along for Game Night. It's lots of fun.

Buffie & Mark Finkel's
2432 Bethel Street NE
Saturday night March 23rd, 7 to 9 p.m.