



Listen to Your Heart

What a wonderful name for a month. It is named for the Greek fertility goddess Maia. It also expresses both permission—may I? and possibility—that may be true. Our monthly theme, **Listen to Your Heart** is a perfect contemplation for the month.

We also remember the saying, April showers bring May flowers. If we have watered and nourished our heart's desires, and perhaps gone through a few squalls, there is the promise of the blooming of the seeds we planted.

We'll explore listening to our deep spiritual wisdom, our soul's knowing, to allow the new blossoms that want to emerge to do so. The process is natural, we don't have to force it. We simply give it permission to express its possibility. Yes, you may!

~ Rev. David

"Sweet song of the Silence, forever singing in my heart! Words cannot express, the tongue cannot tell; Only the heart knows the songs yet to be sung, the music yet to be written."

~ Ernest Holmes (slightly edited)

Happenings

May

Sunday Mornings

Zoom: 789 699 326

Meditation: 10:45 a.m.

Service: 11 a.m.

Wednesday Connections

7 to 8 p.m. Zoom: 647 238 9585

Senior Minister

Rev. David Robinson

Inside:

**Special Guest Speaker
Mother's Day—May 10th
Annual Meeting
on May 17th,
& Sunday Zoom Services**



Sunday Talk Titles

May 3rd ~ Seat of the Soul

When our soul is properly centered on its seat through our spiritual consciousness, we have dominion over our lives. ~ Rev. David

May 10th ~ Listen to Your Heart

When we listen, we hear the call of our life.
~ Rev. Liz Mirante

May 17th ~ The Great Work of Your Life

Discover your dharma, your zone of genius. For this you took form. ~ Rev. David

May 24th ~ The Path Made Clear

When the vision is clear, the choices are easy. ~ Rev. David

May 31st ~ These Hands

The desires of our hearts are the possibilities that can be manifested.
~ Rev. David & Youth



**Brent Pendleton ,
Amy Shephard &
Shani Banai, our beloved
Music & Sound Team**

Core Council

Rev. David Robinson, *Spiritual Leader*
Buffie Finkel, *President*
Karyn Lindberg, *Vice President*
Larry Gilliam, *Treasurer*
Jean Hill-Miller, *Secretary*
Teri Echterling, *Member at Large*
Doug Pape, *Member at Large*

Message Phone: (360) 255-7878

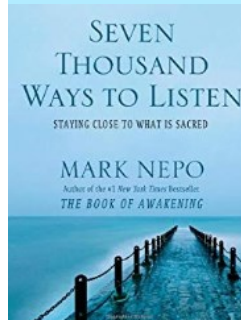
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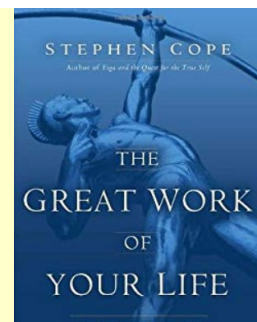
Books of the Month



***Seven Thousand
Ways to Listen:
Staying Close to
What is Sacred***
by Mark Nepo

Written in Nepo's beautiful, lyrical style, this book traces the story of his own hearing loss while unfolding a deeper understanding of how to listen to the world around us and to honor its connections to our internal life and callings. "Listening is the way we befriend the life we're given," Nepo writes. He has structured the book around three lasting friendships: our friendship with wisdom, with experience and with each other. By listening and tending to each, he explains, we can awaken to life and restore our vitality.

***The Great Work of
Your Life: A Guide
for the Journey to
Your True Calling***
by Stephen Cope



To know your true calling—your dharma as the yogis call it—is perhaps the greatest desire within each of us. Yet, few can say we know our purpose with absolute certainty. Fortunately, there is a time-tested guide, an ancient map, for discovering and fulfilling your unique calling. Cope walks you through each step of the journey. "We feel the happiest and most fulfilled when we bring highly concentrated effort to our true calling," writes Cope. Moving and inspiring, this is a call to action and step-by-step guide for each of us to discover and embrace our dharma.

Special Guest Speaker May 10th ~ Rev. Liz Mirante

Rev. Liz Mirante has been a minister with Centers for Spiritual Living since 1999, receiving her ordination in 2003. Rev. Liz hails from the Seattle area, where she did her



ministerial training and served on the staff of CSL Seattle for 14 years, as well as raising her two daughters. Between two several-month stints teaching for the Center in the Ukraine, Liz served as Senior Minister of the Monterey Center for Spiritual Living from 2008 through 2013. Liz is delighted to be back in the Pacific Northwest as of June 2018, not retiring, but rewiring. A quote from the Sufi master Meher Baba encapsulates the theme of Liz's ministry: "Where love is present, the path to Truth is joyous."

Community Annual Meeting ~ Sunday 17th

Following the service on Sunday, May 17th, we will hold our bimonthly community meeting. Since we are well past the original date of the annual meeting, we'll present some of the core information that would have been presented then. We also hope to present ideas from the Vision/Mission statement team to consider as we develop our new Vision and Mission statements for CSL Olympia. We'll have to see if we're on Zoom or in-person. All are welcome.



Zooming Into May

We will continue conducting Sunday services and meetings on Zoom. This has been a wonderful time to grow and expand our connection. We are seeing people from across the country tune-in. While virtual hugs and connections won't replace in-person contact, we are grateful for both the technology to link-up and for your willingness to learn new things. Our motto is "Change your thinking, change your life." Change is the only constant in the universe and we are certainly playing with it. Even after this emergency is over we will continue live-streaming.

The CSL Bunch Connects

During this quarantine, each Wednesday we'll continue a fun, informal time of connecting and checking in with our CSL community. This happens from 7 to 8 p.m. until we can be physically together again. This is an unstructured time—i.e. no program or agenda. If you miss saying hi and catching up with your CSL family, this is a great way to do so. **Meeting ID: 647 238 9585**
Password: Contact CSL Office

Staying Supported

Besides Sunday service and Wednesday group, there are a number of other ways to tap into the wisdom and love of our local community and CSL globally. Find information on our website under "Stay Connected While Quarantined." Here you'll find concerts by New Thought musicians from around the world on Friday, Saturday and Sunday nights—the Cozy Couch series. You'll find support from our Compassionate Care team and Practitioners. And, you'll be introduced to things your fellow community loves, such as chanting. Don't be alone. Check it out.

Youth & Family Program

May's theme is Listen to Your Heart

First Week: Seat of the Soul

This week we explore the idea of the individual and the Universal. We break it down as the individual (everyone) and the Universal (Spirit). It's really only One.

Youth will demonstrate they have all the love, light, and power to grow and create a world that works for everyone. Mixing oil, water and colors, we see that when we introduce soap (God), all our bubbles mix together as One.

Second Week: Listen to Your Heart

We humans are very sensitive and intuitive beings. We learn early how to read signs or emotions in others. Our emotions carry an energy that can be felt, because God/Spirit talks to and through the heart. It is up to us to feel and listen to what it is telling us.

Youth will make some heart-felt creations and play a Family Feelings charades game.

Third Week: The Great Work of Your Life

Each of us is a living miracle. We celebrate birthdays to mark the passing of time. At any given moment, we can remember how different we were in the past. We can use our imagination to see ourselves in the future, with more life experiences. In every moment, one

thing that never changes is our God/Spirit self.

Youth have a big birthday celebration in honor of who they are today.



"It is only with the heart that one can see rightly. What is essential is invisible to the eye."
~ The Little Prince

Fourth Week: The Path Made Clear

Today's lesson invites us to pay attention to our thoughts. Are they focused on something that

happened in the past? Or are they pointed into the future? We create a path forward by preparing ourselves today.

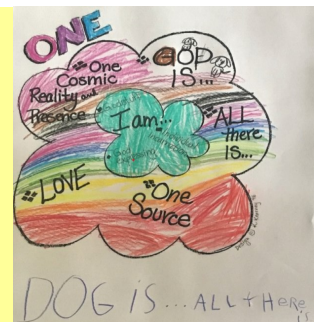
Youth access fun mindful video lessons and create a bucket list jar.

Fifth Week: These Hands

During our Youth/Adult service this week, youth will demonstrate ways they are building their tomorrow today by sharing their creative powers and thoughts for their future.

~ Adrienne Cherry, Program Director

Neviah perfectly expresses what God is with our SOM lessons.



Personal Reflections and a Council Report

A postcard invitation arrived in my mailbox sometime in 2004. A brand new spiritual group had formed. The first service was going to be at the Governor Hotel. I was excited to be invited.

I got to experience a newly minted minister, Rev. Sue Oliver, give her very first talk to a packed room. It was only a few weeks later when the group moved into the Nova School sanctuary, three minutes from my home. A few weeks later Rev. Sue was looking for an administrative assistant. I applied for the job and got it. Happily, her vision included having a newsletter and I was delighted to take up the challenge.

I loved this community and made many friends with folks who are still active 16 years later. I was also delighted to be back in a place that focused on Science of Mind principles.

Like so many of us, I grew up in a family that went to church, in my case, Missouri Synod Lutheran. A few years ago, I met Bishop John Shelby Spong whom Rev. David often quotes. I mentioned my childhood religion to him. He shook his head and said, "Man, that's tough."

Once I left home I became a seeker. I finally found a Religious Science church in San Diego. I was in my early 40's and it was such a relief to end my lengthy search.

For the first 25 years I lived in Olympia, I mostly resonated with Unity churches. In November of 1994, I helped start a Unity Study Group with friends. We had a

wonderful time running Sunday services with different speakers. Somehow we managed to find them without high speed internet. Eventually we folded back into Unity of Olympia and began a ministerial search. We found one but it wasn't a good fit for me.

A number of years of not having a spiritual community followed. I was working full-time at a very demanding job so my spiritual life was not exactly flourishing.

Finally that postcard arrived. I was thrilled to be back in the warm embrace of SOM.

All these years later, I am Vice President on the Core Council serving with an amazing group of people. Little did I know our services at Nova would soon come to a screeching halt. Happily, Rev. David met the coronavirus head-on and zoomed into action. We are staying connected. What's more, we are meeting obligations. Finances remain steady with most people honoring their pledges. Nova School granted us a rent reduction which makes a big difference as we continue our gathering on-line.

On Wednesdays, people can check in for an hour of chatting and connecting, just without the usual hugs. We all miss the hugs. Well, except for those who don't, but there are elbow bumps for them when we see them grocery shopping.

In the first two Core Council meetings I have attended we are getting used to a group that includes three new members. Buffie is new to this Council but has served in significant leadership roles over the years. She relinquished this column to me this month. I feel honored to have been asked.

I've loved this community for a long time and hope I can make positive contributions as we move forward into a future that can feel a little shaky. Yet we are definitely keeping the faith with each other. We remain a warm and welcoming community.

~ Karyn Lindberg

Practitioners

Teresa Bielenberg
Linda Bremer
Sandy Dell
Susan Einhorn

Buffie Finkel
Marlisa Johnson
John J. Mulhall
Alex Perlman

Ground Hog Day

My morning begins in its new quasi-normal way with

coffee, prayers and greeting the rabbit eating my weedy garden. I pray to Rabbit to eat faster. You see, I don't like weeding. Whatever morning chores I can muster to tackle are accomplished and yet I feel stuck. An uncomfortable feeling of gooey lethargy seems to have replaced my usual busy productive self.

I recognize my work in this new day is to just allow. I let go of judgement and resistance and allow what is. Having slipped under the spell of the present world event, it is no wonder today my whole being is rebelling at the illusion of loss and stuckness in what feels like an endless predetermined routine.

I am reminded of the story, *Groundhog Day*. A man wakes every morning to a day that is a repeat of the day before. He attempts to follow the predictable routine and tries to escape his discomfort by avoiding and withdrawing from the life around him. He does finally discover his freedom and I believe anyone can benefit from the answers he found. I intend to follow his recipe.

He begins to participate in his life rather than be at the effect of it, claiming the power of intention and directing his experience. He chooses to use each moment with purpose, learns to master the piano, practices acts of kindness, opens his heart and discovers love for the first time. Who knows, maybe if I follow his example I'll learn to play an instrument. ~ *Susan Einhorn, RScP*



Caroline's Blessing

We are all part of a huge organism, created by a divine intelligence we call God, on this beautiful planet Earth. We live and breathe as a perfect part of this balance that we see all around us.

I understand the trees, appearing to be so fixed in their places on earth, are so very busy in the soil with their roots. A tree of one species will send sustenance and needed supply to a different species. They deal with many natural disasters, fire, blight, wind, drought and even human destruction. Some survive, some die, some are misshapen, some become nurse logs for new life.

It appears we, as a species, are experiencing a natural disaster at this time. History tells us our species on earth has had many. What are we as humans to do? Some, as scientists, will unlock the keys to conquer this virus. Some will find the resources to financially support those in need. Some will lead prayer teams, share thoughts of encouragement and show faith to overcome. Some will put their life in jeopardy to care for the sick or provide food sources. Some can show courage and love to others.

Each of us is here on this earth for a purpose; no one else can fulfill that purpose. Our challenge is to go within and find our purpose at this very time and place. When we find that place where we matter, go for it with love—the one thing that conquers fear. If we take the time to be quiet and go within, we will find that love place. I know peace and success for you each day with deep love and thanksgiving for our life.

~ *Caroline Fenn*



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

Meet Doug Stearns

Interested in quantum physics, Einstein's relativity theories and astrophysics or psychology of consciousness? Add to that the Bhagavad Gita and the foundations of the Eastern religions and you will enjoy speaking to Doug Stearns. This fairly new attendee of six months has many other interests. "There are other activities in my life that are very important to me but spiritual practice is my foundation so I put it first," he told me.

Doug clearly enjoys reading as well as writing. Two manuscripts he has been working on include a mystical novel about a retired Caltech physics professor who becomes a spiritual healer. The other is Doug's memoir about his spiritual journey. In addition, he writes essays about the merger of spirituality, physics and psychology. This is his approach to journaling. "To me, there's no better way to deepen a spiritual path."

Doug rounds out his interests by maintaining close connections with his family which includes two daughters, five grandchildren and two brothers. The family gatherings are now six feet apart or on Zoom.

He enjoys listening to jazz instrumentals or attending local music venues. He loves animals and nature in general and so was drawn to the Olympia area.

On the topic of Covid-19, Doug feels especially blessed to be a part of the CSL

community right now with Reverend David and the Core Council leading us through unchartered waters.

New Thought experiences in his life have included Christian Scientist Sunday school,



"There are other activities in my life that are very important to me but spiritual practice is my foundation so I put it first."

Unity in Seattle and Bellevue and attendance at CSL groups where Doug became familiar with Science of Mind.

A springboard for his spiritual growth included a year's ministerial study at Unity Village. He decided not to pursue ministry but was employed as a prayer associate

at Silent Unity, a telephone prayer ministry continuously functioning 24-hours a day since 1890. Praying with callers more than 55,000 times proved to be a spiritual practice that refocused Doug's journey.

Being a part of the CSL community directly blesses him. "To me, my physical life and my spiritual journey are not two things. Every subtle—and not so subtle—experience that is part of my life is an integral component of my spiritual journey extending beyond time and space." Doug has taken the Bhagavad Gita class with Rev. David and is now enrolled in Spiritual Principles and Practices. "I'm looking forward to many more in the future."

~ Linda Sickles

staying
C  **NNNECTED**
during COVID-19

Sunday services, meetings and weekly gatherings to stay more personally connected are now exclusively held on Zoom. It's easy to sign up.

Please join us.

Sunday service ID # is: 789 699 326

Wednesday gatherings and other meetings ID # is: 647 238 9585

Contact cslolyoffice@gmail.com for the Passwords.

Zooming for Coffee

The CSL Men's coffee group enjoys a Zoom gathering on Fridays from 10 a.m. to Noon

Email Denny

Kautzmann for the meeting ID.
CSLDenny@gmail.com



The Women's Circle will meet from 1 to 3 p.m. on Saturday, May 16th via Zoom: 181 933 751
All CSL women are warmly invited to attend.
Contact Carol Kautzmann to ask to be added to the email list: ckremedy4u@gmail.com

Sacred Sunday Evenings

On the third Sunday of each month—May 17th this month—you are invited to engage in spiritual practice with friends. It is a deep, lovely, sacred time. Join us this month from 6 to 7 p.m.

Zoom: ID# 789-699-326

Get the password from
cslorevdavid@comcast.net

No cost, no dogma. Just sweet, deep time with Spirit within in communion with others.

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