



Inclusion in Action

This month we look at Inclusion in Action. It's one thing to tolerate or accept diversity. The next step is inclusion so all are wrapped in the warmth of Infinite Love, expressing as the warmth of our hearts.

The One manifests—expresses Itself—as multiplicity or diversity. It does this to experience all of Itself.

The phrase E Pluribus Unum has been the motto of the United States since its founding in 1776. It means out of many, one. The thirteen letters of the phrase signified the thirteen colonies coming together in one union.

But the phrase is older. There is an attribution to Pythagoras who said, “When each person loves the other as much as himself, it makes one out of many.” The Greek philosopher Heraclitus similarly said, “The one is made up of all things, and all things issue from the one.”

In both of these examples, there is no call for each to give up its identity. All are to be loved as they are. Each of us—individually and the groups and tribes to which we belong—are a gift and have gifts to bring to the whole.

When we do personality tests, we see not only our own nature, but the value of all personalities to the whole. Each, whether they feel comfortable with the other or not, brings something to the whole of humanity.

It is not enough to just accept diversity; we need to learn to play well together. To value each other's' gifts and let them flourish to create a greater holistic experience of life. After all, if Spirit wanted the experience of isolation, we would each be on our own individual planet. There are plenty to go around. We are here to learn to love ourselves, each other and God. I think some guy said something like that a couple of thousand years ago.

~ Rev. David

Happenings

AUGUST



Sunday Mornings

Zoom: 789 699 326

Meditation: 10:45 a.m.

Service: 11 a.m.

Senior Minister

Rev. David Robinson

**Inside:
Centering in the
Time of Covid 19;
“me and white
supremacy” Book
Study Starts**



Sunday Talk Titles

August 2nd ~

Let's Get Together and Feel Alright

Oneness expresses as diversity. Inclusion is the practice of oneness. ~ Rev. David

Guests Musicians:

Lauri Jones & Eric Montgomery

<https://www.laurijones.com>

August 9th ~ Who Are We?

There is value in getting clear about our individual and collective identities and the gifts we bring. ~ Rev. David

August 16th ~ Color Blind or Colorful?

We live in a world that is abundantly diverse with each of us expressing the Divine in our own colorful way. ~ Rev. David

August 23rd ~ Better Together

Inclusion is the basis of all there is. ~ Rev. David

August 30th ~ We Are

We are co-creators which is a tremendous gift and responsibility. ~ Rev. David

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Karyn Lindberg, *Vice President*

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www.facebook.com/csloly

Website: www.cslolympia.org

Brent Pendleton ,

Amy Shephard

& Shani Banai, our beloved

Music & Sound Team

Brent & Mary welcome their first grandson,
Nash William Pendleton-Brochhagan.

Books of the Month

“Ubuntu is a concept that, in my community, is one of the most fundamental aspects of living lives of courage, compassion and connection. It is one I cannot remember not knowing about...Being known as a person with ubuntu was one of

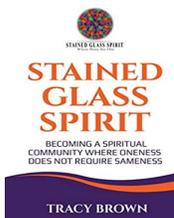
the highest accolades one could ever receive. Almost daily we were encouraged to show it in our relations with family, friends and strangers alike...the idea and practice of ubuntu is one of Africa's greatest gifts to the world.”

~ From the forward by Mungi Ngomane, granddaughter of Desmond Tutu

Editor's Note: For a beautiful interpretation of ubuntu, check out Barbara Nussbaum's TED talk on YouTube. A dear friend, she lives in Stellenbosch, the gorgeous vineyard valley north of Capetown, South Africa.

~ Karyn Lindberg

<https://www.youtube.com/watch?v=mZ363jLe5dY>



Thriving 21st century spiritual communities are easily compared to strong and beautiful stained glass windows. A Stained Glass Spirit community is one where each person is recognized as a

unique expression of God. Their individual strength and beauty become essential elements that contribute to a lively and inspiring collective experience. This book can help you create a deep and meaningful experience where people who are very different from each other work and worship together by demonstrating the principles of love, oneness, wholeness and harmony within the laboratory of spiritual community.



Centering in the Time of Covid 19

A couple of months ago, I pulled out my *Bourne Identity* DVD for something to watch—don't judge. I watched the director's commentary which contained something interesting.

The film was being completed in late 2001 when the September 11th attacks occurred. Director Doug Liman talked about their concern for the reception of the movie and the making of an alternate beginning and end. The filmmakers were concerned about audience reaction to explosions and violence following the 9/11 attacks.

Liman tells the interviewer, "There may never be explosions in films ever again." Nineteen years later, with lots of film and TV explosions behind us, we can realize how over-reactive that statement was. I remember that interview when I hear things like Dr. Fauci saying, "We'll never shake hands again." It's important to recognize that we definitely need to change our behavior while this virus is still very active.

It's equally important to not get wrapped up in thoughts of "it will never be the same again." First, change is the only constant in the universe, so no, things will never be the same again—just like always.

Second, there will be changes. We will be broadcasting our Sunday services online for

good, even when we can physically return to in-person services. Third, humans always find ways to move forward, no matter what.

We will be more mindful of our health patterns which is a good thing. But we will not have to live in fear, as we trust the Infinite Presence to show up as ongoing Life, Freedom and Love. Good stuff will happen.

It is a time for all of us to become more committed, deep and consistent with our spiritual practice.

Following the Spanish flu pandemic of 1918 to 1920, in which about a third of the world's population was infected, women gained the right to vote in England and America. The 1920's were a time of prosperity, greater freedom and creativity for the world.

Yes, it's currently difficult and we'd like it to be over *now*. Yet, trusting Spirit—since we do teach that this Infinite Presence is all there is, and trusting we are safe during this time—helps us stay centered. It is a time for all of us to become more committed, deep and consistent with our spiritual practice. Remember, this, too, shall pass.

~ Rev. David

"A late summer garden has a tranquility found no other time of the year." ~ William F. Longgood





Youth & Family Program Inclusion in Action

Diversity is a natural part of all life. Accepting and appreciating people of all forms and colors is practicing inclusion, our core belief that we are all one.



First Week: Diversity & Inclusion

We are connected with all life. The same beauty and love we have inside is also inside of every living thing. We will take a tour of our planet, its beautiful plants, animals and humans that help create our colorful world. We will practice saying our shared god-qualities with different forms of life and begin designing our Stained Glass Spirit collaborative art piece.

Second Week: Who are We?

We explore some ways we are unique and different and recognize this as distinctive expressions of God. We will discuss the powerful feeling we experience with inclusion and how our unique talents benefit the whole world. We will complete our Stained Glass Spirit art piece.

Third Week: Finding Kindness in Common

Youth will look at different publication sources in their community for examples of caring, concern and kindness to share with the group. We discuss how conflicts lead to division in the world, and how acts of kindness help to bring

communities and nations together by honoring our differences. We create a mixed art poster showcasing all our examples of acts of kindness to share.

Fourth Week: Better Together

Youth make a commitment to observe oneness all around them, remembering that diversity is choosing different people to be on your team. Inclusion is allowing them to play. With diverse group play activities, we discover ways we can be more inclusive. We will create a collaborative art piece where we will mix our facial features together to make one face of God.

Fifth Week: We Honor all People

We begin a mindfulness practice prayer while feeling the global heartbeat. We will play a heartbeat rhythm, imagining our heartbeats syncing with the sound. Then we will add everyone on the planet until there is one heartbeat beating together for global peace, gratitude and harmony. We will read and get creative with our global vision statement.

~ Adrienne Cherry, Youth Director

Every child is a different kind of flower and all together they make the world a beautiful garden.



Council Report

At our annual retreat on July 18th Council members met to discuss overall strategy for the coming year. The group reviewed material about being a strategic board. We are a community with a mission—to be an open, expanding and welcoming community that learns, shares and lives spiritual principles. We use our mission, vision and purpose statements to guide our progress.

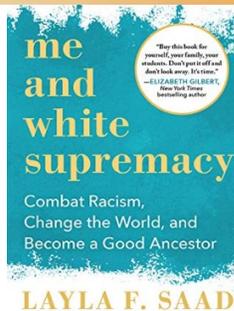
We have many resources which continue to be effective including an intimate and enduring connection to God/Spirit; we have powerful teachings which continue to grow us; we have many committed people within our community who operate from a place of love and respect; and we have continued and dependable financial support from them.

In a community meeting on July 19th there was discussion about our lease with NOVA school. While we are continuing our search for a new home, the NOVA space remains a gracious host both now at a reduced rate and when we are able to meet in person again. When a suitable new space is found, we can terminate our lease in 90 days. This appears to be an ideal situation for all concerned.

Prayer Support



**Call the message phone:
(360)255.7878, ext. 4 to listen to
a prayer recorded by a Practitioner.**



Join in a discussion about this book along with members of Centers for Spiritual Living around the country. Go to our website: <https://cslolympia.org/> and click on **Social Involvement**. Then sign up under Member

Book Study. Five weekly discussions begin on Tuesday, August 4th at 5 p.m. Pacific Time. They continue on Tuesday evenings through September 1st.

Purchase the book through Amazon Smile—this benefits CSL—or other source. The hardcover is \$16.99; Kindle version is \$8.57. The discussion sponsors recommend reading the first chapter prior to the initial meeting on August 4th.

**“When the sun is shining
I can do anything; no
mountain is too high,
no trouble is too
difficult to overcome.”
~ Wilma Rudolph**

Practitioners

Teresa Bielenberg
Linda Bremer
Sandy Dell
Susan Einhorn
Buffie Finkel
Marlisa Johnson
Alex Perlman
Sylvia Schroeder
Mary Wilde

Prac Talk with Mary Wilde, RScP

Contemplating what to share of my spiritual life with you, I was stumped. We are all urged to have a daily spiritual practice. Many of us meditate daily and most of us know the five steps of affirmative prayer—spiritual mind treatment. I was at a loss and I am one who loves clarity. So I dug my heels in and decided this was probably not going to be an enjoyable project. As I struggled to find the perfect subject to write about, the imp on my left shoulder said “Not fun.”

But, I've learned to catch that imp quickly and turn thoughts around before they attract more thoughts just like themselves. How can I respond in a way that will expand my life, not contract it?

In my best practitioner fashion, I quickly said, “Well, if this isn't fun, what then is fun?” The answer was—you guessed it—fun, fun and more fun!

The studies of content, fulfilled and actualized people show they have a measurable, consistent, higher frequency than others. With that comes the ability to manifest wonderful things easily, to be joyful and share joy with others. We know we can raise our frequency, the atmosphere Ernest Holmes says surrounds us, by brushing off negative thoughts. Fill your minds and hearts with happy thoughts and feelings.

How can we all have spiritual fun as we move through this season of challenging new experiences and worrisome newscasts? We can consciously and purposefully pull from our arsenal of tools guaranteed to lighten our spirits. For instance, when the mind is darkened by a dire news story or illness statistics, we can intervene quickly, catching the fall of our spirits immediately.

Here are some specific remedies:

1. Sing “I'm Alive, Alert, Awake, Enthusiastic,” with all the hand and arm movements. This is on YouTube if you are unfamiliar with this ditty. Sing it faster and faster, until you are laughing.
2. Stretch. As you stretch, whisper sweet nothings to your body parts that are stretching for you. In your imagination send them heart emojis until you are covered in love. Say, “You are the most beautiful arm, wonderful torso, amazing feet” and smack an emoji on them in your mind. Physical joy begins within and our bodies are outward manifestations of our beliefs at some level.

So have fun and prosper your body.

3. Think of the last joke you told folks and remember how they laughed. This is God laughing through you, you know. Have a laughter duet with yourself. Now that is some mental flossing.

4. Sing ditties to your dishes, your car, your laundry, your plants, your body and your dreams of good. These are the wonderful things you have created in your life so sing their praises.

Do whatever is fun for you. You know what puts the pizzazz in your step, so do it. You are glorifying Spirit within you in this way while contributing to a joyful human race consciousness.

You are also refilling your tank so you can share your joy with those around you. And that is love. That is God.

We encounter much that is serious these days. Let's look for its opposite to lighten the load. Let's create only love and walk in the awareness of all good for everyone. We are One and God has this handled. Let's rejoice and have some fun. It's the right thing to do.

~ Mary Wilde, RScP



Ram Veeraraghaven & Sylvia Schroeder

Some of us have yet to have the pleasure of meeting Ram and Sylvia who attended Olympia CSL just a few months before we began our Zoom fun. It seems these two embody the expression, “absence makes the heart grow fonder.” After a ten-year, long-distance relationship Sylvia moved to the Olympia area where Ram has lived since 2013. “We are very excited to have found a place that fits with both of our hearts and look forward to getting to know the community on a deeper level.”

Ram and Sylvia love to garden, hike, listen to music and cook together. Another member of their household is Hasie, a 13-year old tortoise shell—tortie—cat.

Ram declares his partner is a project gal and has a list of at least 167 of them. They would include painting, charcoal and pastels and many other kinds of art mediums she is eager to try.

Colorado and the Mile Hi Church of Religious Science have played a large part in Ram and Sylvia’s relationship with Spirit. Ram found that he felt connected to SOM philosophy more than any other in the West. This was due to the similarities it has to Hinduism and particularly the principle of oneness.

Originally, Sylvia became acquainted with SOM through Hay House radio. After experiencing a dark night of the soul, a friend

suggested she visit Mile Hi. Sylvia described feeling she was “washing up on the shores of Mile Hi.” Listening to the radio was helpful, but her realization that there was a whole community of like-minded people who met in person led her to attend for many years.



“We are very excited to have found a place that fits with both of our hearts and look forward to getting to know the community on a deeper level.”

During that time Sylvia became involved as a volunteer. In 2012 a major turning point led her to dive into classes. Her desire to go deeper and deeper led Sylvia to become a licensed practitioner in 2017.

Sylvia moved to this area to be with Ram in October of 2019. She and Ram were on the lookout for a spiritual

home and spent six months visiting various centers to see what resonated with both of them. Happily, they found CSL Olympia to be the heart-centered and open-minded community they were looking for. “We especially enjoy the all-encompassing nature of the messages, not only on Western-based spirituality, but the inclusion of references to Eastern based spirituality and texts,” they explained. We warmly welcome them to our wonderful CSL community.

~ Linda Sickles

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 resume meeting in September. All CSL women are warmly invited to attend our gatherings. To be added to the email list please contact Carol Kautzmann: ckremedy4u@gmail.com

GATHERING VIRTUALLY

Sunday services, meetings and other gatherings are now held exclusively on Zoom.

Please join us.

Sunday service ID# is:

789 699 326

ID# for meetings is:

647 238 9585

Contact cslolyoffice@gmail.com for passwords.

**"Live in the sunshine. Swim in the sea. Drink in the wild air."
~ Ralph Waldo Emerson**

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**Sacred Sundays
will resume in
September...**