



Open Doors & Gates

The first month of the new year is named after the Roman god Janus, the god of doors and gates. With the ending of the previous calendar year, we are invited to open doors and gates into the newly birthed year. In a spiritual community, we can do this through an intention setting retreat—bringing consciousness to the creation of the unfolding new year—and classes. This is a way to launch into the year with practice, insight and support at depth.

The beginning is also a time to check our basics. When I was a cyclist, I always used this month to completely refresh my equipment, check my form on the bike, and create goals and a training program for the coming season. In our spiritual community this month, we'll check in with the basics of our teaching. We'll use a little different method this year to refresh or create our foundation in spiritual principles and practices.

We'll launch the first Sunday with a release and blessing ceremony to set aside the old year and step freshly into the new one. Join us for a retreat, class or service this month. Stride confidently into 2020 with clear vision and planning.

~ Rev. David

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

~ Helen Keller

Happenings



Sunday Mornings

At the Nova School
2020 22nd Avenue SE
Olympia 98501
Meditation: 10:30 a.m.
Service: 11 a.m.

Senior Minister

Rev. David Robinson

**Inside:
Stepping into
the New Year,
Intentions Retreat,
and a Treatment and
Meditation SOM Class**



Sunday Talk Titles

January 5th ~ In the Beginning, God

Things may come and things may go, but creation goes on forever. The Invisible will always be made manifest on some plane.

January 12th ~ The Power of Thought

We should expand our thought until it realizes all good, then cut right through all that appears to be, and use this almighty power for definite purpose.

January 19th ~ The Principles of Successful Living

What we draw from the Mind of the Universe, we must draw through the channel of our own minds.

January 26th ~ What the Mystics Have Taught

One of the great difficulties is that we are likely to indulge in too much theory and too little practice.

Join us the first Sunday in January for a ceremony of releasing the old year and stepping into the new year. Our Practitioners will provide blessings for your newness."

The Coffee Team invites you to stay and enjoy freshly brewed coffee and conversation on the first Sunday, January 5th.



Book of the Month

The Science of Mind by Ernest Holmes

"The practice of Science of Mind calls for a positive understanding of the Spirit of Truth; a willingness to let this inner Spirit guide us, with the conscious knowledge that 'The law of the Lord is perfect.'" ~ Ernest Holmes,

God is a never-ending energy source, present in the whole universe. The universe is neutral, allowing each person to dictate positive and negative feelings in their life, allowing them to create their own individual reality. Through prayer, a person can heal spiritual, mental, and physical wounds. With each and every choice a person makes, they are creating the eternal now.

Core Council

*Spiritual Leader Rev. David Robinson
Scott Kissel, President
Laura Farris, Vice President
Rob Coleman, Treasurer
Jean-Hill Miller, Secretary
Larry Gilliam, Member at Large*

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

Website: www.cslolympia.org



2020 VISION DESIRES OF HEART

The (new) Intentions Retreat

"We are pushed by pain until we are pulled by a vision"

Create intentions with heart. Catch your vision, unlock your dissatisfaction as motivation, create a plan and connect with companions for the journey.

Gwinwood Retreat Center, Lacey, WA

Saturday January 11, 2020

9 am to 4 pm Saturday

\$100 per person by January 5th

\$115 after

(includes comprehensive workbook)

Facilitated by Rev. David Robinson

Info/Registration: cslolympia.org or 360-255-7878

If you want to create goals with soul, intentions with interest and a life you love, you'll want to be at the new and improved 2020 Intentions Retreat. It features new processes to help you hear and convert those whispered heart's desires into a plan for the year and beyond. Discover ways to identify and use your divine discontent as motivation. This all takes place within a supportive group of people to help you create and stay the course.

This is the retreat to begin manifesting your new year and new you. You'll leave with not only inspiration, but a workbook with ideas and plans—and room for more ideas and plans—to support your journey. Use your 2020 Vision to create a powerful year and life. Find all the details and registration information here:

<http://cslolympia.org/upcoming-workshops-2/>

January Class



Our Science of Mind class for the winter term is Treatment and Meditation. This class helps us deepen with our wonderful method of affirmative prayer known as Spiritual Mind Treatment for both self and others.

It also explores various methods of meditation which is a great way to find what works for you. This class will be held for ten Wednesday evenings, from January 15th through March 18th. Tuition is pay-what-you-can, with the full tuition of \$295 for certification. As a reminder, members receive a ten percent discount on all certificated classes. Sign-ups will be available on the info table and on our website.

God is ongoing creativity and expression, taking many forms but always remaining constant in the nature of the Source of these many forms.



Youth & Family Program

January's programs get our youth grounded in Spirit using the power of their thoughts and the wisdom of mystics to live a life of possibility.



First Week: In the Beginning, God!

The Science of Mind is an outgrowth of the spiritual faith people have had throughout the ages. Before science was conceived, the presence of God was felt.

By demonstrating that what we put into our thought becomes our experience, we will use the Divine Mind to create our reality. By examining the SOM teaching symbol we will create our own symbolic mosaic.

Second Week: The Power of Thought

Our lesson this week explores the way we can use our thinking as an instrument for good in our lives.

We'll practice putting our attention on what we think about as we go about our day. By focusing on what kind of thoughts we have, we will direct them to bring about peace and harmony using affirmations and compassionate conversation.

Third Week: Principles of Successful Living

Group mind is the idea that all the thought patterns of a society or group are shared in belief, or are thought and re-thought. We give our words power, through our belief that they are true.

Evaluating our thinking and ideas helps us determine if they are true for us. Then we use our thinking in a way that gets the results we wish to experience. We will do a free form craft project practicing our unlimited intelligence.

Fourth Week: What the Mystics have Taught

Our great religions have been started by a few who climbed the heights of spiritual vision and caught a fleeting glimpse of ultimate reality.

Discovering our consciousness level by understanding it is equivalent to the lens we use to see reality. We look at the different levels of consciousness based on our dominant thoughts and feelings.

~ Adrienne Cherry, Youth Director

Teens

Olympia Teens are heading to the CSL Winter Teen Camp in Northern California. This will include our first-time camper and new teenager, Michael Kissel.



During our December winter celebrations from around the world, children commemorate Kwanzaa by lighting candles while stating one of the 7 core principles of being.

Council Report

The Core Council has been focused on finishing up end of year business, including completion of 2020 contracts for CSL staff. The Council continues to plan for growth for the coming year including holding vision for our long-term home.

How we keep up communications with our members is by holding community meetings every other month. The January meeting will be on Sunday, the 19th. Plan to attend.

CSL Olympia will celebrate our 15th anniversary this coming April. Could a party be in the works? Seems like a pretty good reason to celebrate.

The Council remains grateful to all of you for your commitment to continual spiritual growth and for your love and support for one another and our community as a whole. As we begin a new decade I am so grateful and look forward to abundance for all in the upcoming year. In your service.

~ Scott Kissel,
Core Council President

"If there is any meaning in life greater than connecting with other human beings, I haven't found it."

~ Melinda Gates
in *The Moment of Lift*

Sacred Sunday Evening

On the third Sunday of each month—January 19th this month—you are invited to meditate and listen to an inspiration or two, in the Buddhist tradition of a dharma talk, and engage in spiritual practice. It is a deep, lovely, sacred time.

No food, no cost, no dogma. Just sweet, deep time with Spirit within in communion with others. Join us at Rev. David's monastery—aka his home—from 6 to 7 p.m. If you need the address, please contact Rev. David at cslorevdavid@comcast.net.



Women's Circle

Women's Circle will meet on the fourth Saturday in January instead of the third. Linda Bremer will lead the group in creating Intention Boards for the new year. Do you have plans, wishes, dreams for 2020? Be on the lookout for images that support those yearnings, clip them out and bring them. Poster board will be provided along with a stack of magazines for you to peruse in search of more representations of your fondest desires.

Here's the date: **Saturday, January 25th**
Watch for an announcement for the location. Carol Kautzmann always sends out an email. Get on her list so you always know what, when and where the circle gathers. ckremedy4u@gmail.com



A 2020 Vision

When I went to the optometrist's office it was all about how close or how far from 20/20 vision my eyesight was. I read that 20/20 is a term used to express normal visual acuity—the clarity or sharpness of vision. So, what if we used this January for creating sharpness of a personal vision, an intention? Join me. I invite you to read the following as your personal journey. *"This world is but a canvas to our imagination."* ~ Henry David Thoreau

"The universal Mind contains all knowledge. It is the potential ultimate of all things. To it, all things are possible." – Ernest Holmes
I love Thoreau's image of "a canvas to our imagination." I get the feeling our imagination is a dynamic energy waiting to express and the canvas is calling. Which it is.

As I look upon this day...what's the joy in this day? What strengthens me? Am I bringing forth the best of me? What picture will I paint on this glorious once-in-a-lifetime canvas I call today? What seed will I plant for this new year?

Knowing that I am one with Universal Mind—the infinite pool of divine intelligence I open myself up to listening to my heart's desire. I am the vessel for possibility.

As I ponder the following, I give myself freedom to let my thoughts flow uncensored.

*Who am I here to be?
What are my strengths?
What are my desires?
What am I here to do?*

When I reflect on my heroes, what do I appreciate about what they do?

If money were no object, what would I be doing?

What do I believe is possible?

Do I judge what is happening in the present as a measure of what I can do?

My comfort zone is familiar. I feel safe, protected, competent. That's its job. Have I turned over all my prospects to the status quo?

My personal expression of Universal potential is in me waiting for me to take a new step.

Isn't it interesting? As I reflect on where I am, I realize that today I am in a different place from where I started. I have taken risks. Small ones. Big ones. And I made it.

At times, I was uncomfortable. In the end, I stretched. I adapted. I improvised. I evolved. My comfort zone expanded. I can do it again. By expanding my horizons, I create opportunity.

So, I say, Yes!

I'm ready to run to the edge of my comfort zone and step into my enriched future with zest.

I accept the gifts of the Universe with open arms.

I am co-creating vivid, life-affirming spiritual art on the canvas of my imagination.

I look within to begin.

I have the power of the entire Universe in me—breathing, thinking and moving as me. I live in the wonderful world of possibility.

2020 Vision: Who am I to be? What am I to do? What is my intention?

~ Linda Bremer, RScP



Practitioners

Teresa Bielenberg
Linda Bremer
Sandy Dell
Susan Einhorn

Buffie Finkel
Marlisa Johnson
John J. Mulhall
Alex Perlman



Meet Camille Fastle

a

“What We Believe” handout from Camille’s first Church of Religious Science experience brought tears to Camille’s eyes. Raised a Catholic, it seemed unbelievable to her to find beliefs and values so near her own. Her daughter was baptized, and the family attended this San Diego Center until they moved to Olympia in 1987.

Coming to Olympia meant a search for a new spiritual community. It wasn’t until 2005 when Camille attended a group holding services at The Governor House where she finally found her people. She was entranced by the piano playing of David Rhys-Johnson. She met Cathy Pfeil, a CSL Practitioner and a Kindergarten teacher at the Waldorf School where Camille’s children attended.

Since that time Camille has been in on the ground floor of CSL Olympia. Among many gifts being in community affords, working with others has led Camille to personal growth. She says, “I practice non-attachment to beliefs I once held about myself, such as taking things personally. In recognizing that we are actually all one, I listen and will hear another person’s wisdom, no matter the method in which the communication is delivered.”

Outside of CSL, Camille mentioned the spiritual group she has acquired as a result of her study of *A Course in Miracles*. Studying

the lessons and then meditating on them has become an important practice. In addition, her commitment to yoga has been instrumental in maintaining her strength, flexibility and balance.



Camille feels she has shed many of the shoulds of life through these experiences. Family provides us with unending opportunities for growth and Camille described the realizations she had about her mother, Betty. She once thought of her as a controlling person,

always dishing out advice. Now, as an adult, she feels it is a blessing to see her mother as incredibly wise and hilarious at the same time. Even at the age of 92, Betty is cheerful, loving, carefree, and never has a complaint. Camille now has the opportunity to be that same kind of role model to her 16- month old grandson, who she has the privilege to babysit.

We are grateful for the many hours Camille has spent on the Holistic Fair, the Nourishing Our Community campaign, her time on the Core Council and the Sundays she has lovingly spent with the young ones. Intention and centeredness draw others to her. Our community is so grateful to you Camille.

~ Linda Sickles

“I practice non-attachment to beliefs I once held about myself, such as taking things personally. In recognizing that we are actually all one, I listen and will hear another person’s wisdom, no matter the method in which the communication is delivered.”

Prayer Support



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

**The Prayer Shawl Ministry invites you to join us
on Wednesday, January 8th at The Firs ~
3:30 p.m. to 5 p.m.**

**The Firs is located at 426 Lilly Road NE.
Our wonderful Toy Kay hosts us at
The Firs which we greatly appreciate.**

**All yarn enthusiasts are invited to join us as we
create shawls and lap robes to comfort those in our
community dealing with grief, illness or loss. If you
are new to knitting or crocheting or want to learn,
please come. Our lovely group will get you started.
For more info call Dee Bright at (951) 746.0861**



**The Women's Circle will meet on
Saturday, January 25th ~ Noon to 4 p.m.
See page 5 for more info on the program.
All CSL women are warmly invited to attend.**



*Coffee &
conversation
...a way to
make deeper
connections.*

**What better way to get to know
members of our community than over a
cup of coffee, tea or a soft drink. Please
come when you can and enjoy some
lively conversation.**

Men gather upstairs at Bayview
Thriftway Friday mornings,
10 a.m. to noon.

Women meet in the lunch room at
Haggen's on Olympia's west side at
10 a.m. on Fridays.

**"January. The first month of
the year. A perfect time to
start all over again, changing
energies and deserting old
moods for new beginnings,
new attitudes."**

~ Charmaine J Forde

STAFF

Brent Pendleton,
Music Director

MJ Mowry,
Sound Technician

Adrienne Cherry,
Youth Director

Teri Echterling
Administrative Assistant

Marlisa Johnson,
Bookkeeper

Karyn Lindberg,
Newsletter Editor

Message Phone
(360) 255-7878

Website:

www.cslolympia.org