

A Grand Rising

February

2024

February, the month of love, and crocuses, and maybe daffodils - in other words, a little thawing and warming from the long, cold winter. Well, relatively speaking in Pacific Northwest terms.

This whole year, we are exploring the theme of A Grand Rising. Last month, we looked at newness - New Dawn, New Day, New Life, and Feelin' Good. But newness involves a little shadowy side - discomfort. If we are truly going to grandly rise, we must go where we have never gone before. And so, we have this month's theme - Divine Discomfort. And our small little ego self, which wants comfort and control, says, "I'm outta here! That's enough rising for me. Let's settle back into the old, tried and true comfortable life that I know. None of this 'new life' for me!"

One of my favorite quotes comes from writer and activist Audre Lorde, who said, *"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."* Whenever we push the envelope of our comfort zone, we will encounter discomfort and fear. Fear is there to tell us to pay attention - and we need to. But it isn't there to lock us down into a prison of playing small. It's only saying, "Be careful, pay attention! You're going where you haven't gone before."

This month, let us embrace Divine Discomfort. One of our titles is "Where

Sunday Mornings

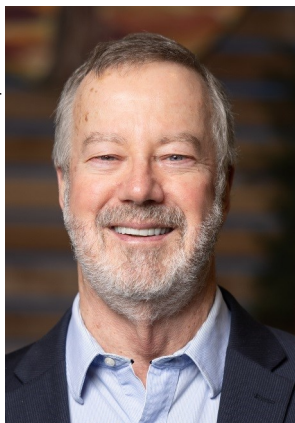
Meet in person at
3437 Libby Road NE
Meditation: 10:30 a.m.
Service: 11 a.m.

Zoom Meditation: 10:45 a.m.
Zoom: 789 699 326

Senior Minister

Rev. David Robinson

Comfort Ends, Transformation Begins." We can't have transformation without some discomfort. We can become a butterfly while living as a caterpillar. Let us dive boldly into that darkness of discomfort, walking *through* (not camping out in!) the valley of the *shadow* of death - remembering that's it's only a shadow - and find the new life on the other side. Let Infinite Love bloom in your heart.



~ Rev. David Robinson

Sunday Talk Titles:

Divine Discomfort

February 4: Lessons in Uncomfortability

You have the power to consciously shape your experience of change. Embrace it as an opportunity for personal growth and transformation; let being uncomfortable be your guide! Start today to unlock your true potential for a fulfilling and joyous life!

February 11: Where Comfort Ends, Transformation Begins

Are you ready to free your full potential and experience profound personal and spiritual growth? It's time to step outside your comfort zone and embark on a transformative journey!

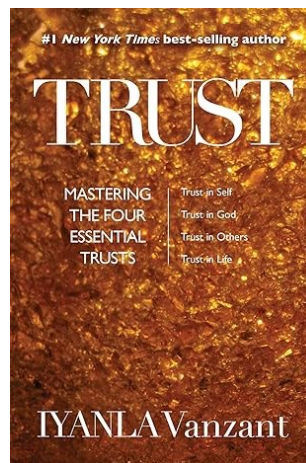
February 18: Pain Pushes Until Vision Pulls

Pain acts as a motivator or driving force until the vision of a desired outcome pulls us forward. Pain, whether physical or emotional, can serve as a powerful catalyst for change and action.

February 25: Discomfort is the Least of Our Concerns

Are you ready to embark on a transformative journey? The choice is yours. Step outside your comfort zone, embrace the discomfort, and unleash the extraordinary person within you. Embrace the discomfort today, and watch as your life takes on new dimensions of growth, achievement, and fulfillment.

Book of the Month



"Learning to trust is one of life's most difficult lessons. That's because trust is not a verb; it's a noun. But what if the real problem is not that we can't trust other people; it's that we can't trust ourselves?"

In this compelling volume, filled with illuminating and heartrendingly powerful stories of broken trust, betrayal, and triumph,

Iyanla demonstrates why the four essential trusts—Trust in Self, Trust in God, Trust in Others, and Trust in Life—are like oxygen: without them, none of us can survive. Mastering these four essential trusts requires both a process and a practice: Life gives you the process through your experiences; people provide you the opportunity to practice.

Iyanla explores what trust really is and reveals why some of the most shocking trust violations offer us profound opportunities for personal growth and healing. Her pragmatic trust prescriptions—rooted in self-awareness, intuition, communication, and spiritual practice—will challenge you to face your deepest fears and free you to cultivate new levels of increased authenticity, greater resilience, renewed peace, and joy.



Our Compassionate Care Ministry's 'Helping Hands'

Team is seeking volunteers to help assist members of our congregation facing issues and events where service and support would be helpful. Look for the sign up sheet at the Center on Sundays and/or for more info contact: Teresa Bielenberg at tbielenberg.csl@gmail.com

February Classes and Events



Rap with the Rev:
**Sunday, February 4th,
12:30 to 1:30 pm in the sanctuary.**

This is a great way for new and old members to connect, share the story of their spiritual path, and ask questions.

**Wednesday Evening Meditations
Have been discontinued**



Pizza & Participation Event
Sunday, February 11 at 12:30 pm

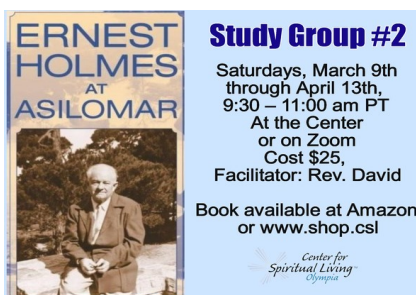
Learn about and sign up for volunteer opportunities, and enjoy some free pizza for signing up.



Dances of Universal Peace

Sunday, February 18, 12:30 - 2 pm PT

Simple movements to live music. No experience necessary, dances are taught to the whole group.



SAVE THE DATE

Ernest Holmes at Asilomar Study Group #2
Saturdays, March 9th to April 13th, 9:30 - 11:00 am PT

We'll explore talks from 1954 and 1957, Practicing the Presence. We will spend 6 weeks on the lectures of each year. Zoom option is available.

Find all events on our website: <https://cslolympia.org/>

FEBRUARY YOUTH PROGRAM: DIVINE DISCOMFORT

February's Lessons will guide youth in understanding the transformative power of discomfort through fun, interactive, and supportive activities that encourage them to see discomfort as an opportunity for growth, learning, and resilience.



February 4: Divine Discomfort

Youth are introduced to the concept of discomfort as a catalyst for positive change. Youth share what they learn from the book "The Day You Begin" and describe how they felt expressing themselves through dance. We share our Comfort Zone Collage and practice giving positive feedback.

February 11: Where Comfort Ends, Transformation Begins

Youth discover that profound transformation occurs when stepping outside comfort zones, starting with a "Step Outside Dance." We create Comfort Zone Maps and decide to explore outside our comfort zones by developing strategies for overcoming any fear in exchange for personal growth. Youth decide on a small step they can try that lies outside their current comfort zone. We share supportive affirmation cards within our group.

February 18: Pain Pushes Until Vision Pulls

Youth are empowered to understand the interplay between pain and vision, recognizing them as catalysts for personal growth, resilience, and well-being. Youth discuss how the power of persistence can help when we experience frustrations. Youth participate in a mini relay race with multiple stages representing a challenge to overcome.

February 25: Embrace Discomfort, Unlock Potential

Youth are encouraged to see discomfort as an opportunity for growth, learning, and resilience. We share a time when we intentionally embraced discomfort rather than avoiding it and how it led to positive changes and achievements. Youth take turns presenting discomfort and responding to it in a positive way. Youth reflect on their experience stepping out of their comfort zone this month.



Council News from Our President

Several years ago, when we were Visioning for our new home (now our current home), I saw a circle of people joyously dancing with bright light and love radiating from the circle and spreading out in all directions like a vortex. That was the love we all have for our community and each other. As Deepak Chopra has said, "Love is the ultimate truth at the heart of the universe and transcends all boundaries." And love and light shine to all without exception.

Happy February, the month that contains Valentine's Day and is associated with Love.

Notes from council:

We're bringing back a fun activity on February 11: Pizza and Participation. Join us after service for pizza and find new ways to meet people and better integrate into our community by volunteering to help out. We have many opportunities. People will be available to answer your questions, such as: How often will I serve on that team? What exactly will I do? Who else is on this team?

One of our volunteer opportunities is to help create a very popular program

called "Nourishing Our Community." "You can help facilitate this program by being on the organizing team, hosting or facilitating an event, and attending one or more of these events. They can be food-related, physical exercise like a hike, walk, bike ride, a trip to see or do something wonderful, or an educational adventure. The possibilities are only limited by our imaginations.

~ Angelina O'Connor



REGIONAL SUMMER CAMP

Although we're in the middle of winter right now, summer will come and with it glorious sunny days. After years of being a summer camp mostly for CSL Seattle, this year's camp at Seabeck on the Hood Canal is now a regional CSL camp. It's a beautiful location and gobs of fun, where you can play, connect with other spiritual minded folks from the region, go deep, bask in the sun, sing in the choir, enjoy the talent show, rock in the rocking chairs on the porch, and all sorts of spiritual summer camp stuff.

For more information and to register: <https://www.spirituelliving.org/seabeck/>. For more info about the Seabeck Conference Center, see <https://www.seabeck.org/>.
Let's grow our experience of community!

Practitioner Corner with Buffie

Light dawns over Marble Head



I often use this phrase to describe the lightbulb moment when an idea finally comes to light, and I made this little art quilt—from a drawing by my son—to remind me of it. I bring this up because this is what

I've been experiencing this past weekend—it's kind of a "Oh, *that's* how this is going to show up!"

For the past several months, I've felt tired and unmotivated, to be honest. I wondered at and worried about it, pondering what was at its root and, more to the point, what to do about it. I also wondered HOW I would change myself to feel better. So I gave it up to prayer several times, reminding myself that in our philosophy we teach that we must avoid asking HOW something we desire will come into our lives. We teach that our job is to be clear on our intention and, using affirmative prayer treatment, set this intention into the Law and *release* it. The release is so very important. It is the part where we let go of the HOW. We let go of our expectations about what this thing will Look Like and hold on to how it will Feel.

This piece, the feeling I want to feel, is the key to it all. And what happened this weekend was the thing that bumped me out of my rut. I won't go into the details, but...what seemed to be about someone else was what I needed to motivate me to move again with life, vigor, and positive and loving intention. And for this, I am so very grateful. I am also grateful to understand that my prayer was answered in a way beyond my own limited imaginings. Hence, the light dawned over my rock-hard marble head!!

~ Buffie Finkel, RScP



Practitioners

Teresa Bielenberg
Linda Villegas Bremer

Sandy Dell
Susan Einhorn
Buffie Finkel

Tim Robinson
Sylvia Schroeder

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





THE
Words
Within
BY HEIDI CONNOLLY

Re-SOUL-utions: Resolutions for the Soul

Since I've never been a big fan of New Year's resolutions, which always seem to create a vast loophole for failure, last month was my month for setting what I call "reSOULutions." That is, a time to take the time to consider the endless opportunities my soul might choose to generate for the year. As always, a vibrational stage has also been set to connect with our higher selves and spirit. The question is, how receptive will we be to listen?

Did you know that—according to a study on the psychology of music—about 67% of all songs written since the '60s are about love? The only surprise is that the percentage isn't higher since it seems like the basis of just about every song is about connecting through love, the loss of love, or the need for love. Which is why it makes perfect sense to me that this year, one of the whopper-tunities clamoring for more of my attention comes from a practice I'd like to practice more: Receiving lovingly imparted musical messages from Spirit.

Lots of people have the experience where lines of music lyrics or melodies run over and over in their heads—and I am no different. Where things took a divinely interesting turn was once I realized that hearing an endless loop of music was much more than an irritation.

When I think back to my days as a musician in the Big Apple after college, and how much of my head space was keyed to the tune of "Rudolph the Red-Nosed Reindeer" when Mozart might have been more apropos, it still gives me angel bumps. If people on the

subway only knew what was going on inside my head, a Christmas song in the middle of August, hummed by a Jewish girl who knew nothing more than Rudolph had a shiny nose! Then came a few years of Mr. Ed the talking horse: "A horse is a horse, of course, of course...." It's hard to believe that it took me almost 35 years to connect with Rudy, the deceased step-father of a medium I met in Canada, and Ed, the deceased father of my ex-husband—not someone from whom I would ordinarily feel compelled to take advice.

There are so many wonderfully validating aspects to these communications, and I love when it happens...when, out of nowhere, thought packets of words wordle themselves into sense. The more unlikely the words, the less they fit some pattern of coherence, the more I have learned to trust them, to write them down and share them when the time feels right.

The discovery is the fun part...singing along, sometimes over and over for days on end, knowing that Johnny or Fred or Sylvia will show up for a fuller, richer, deeper conversation when we're both ready.

This is the reason why such "irritants" of my past have become much beloved indicators. The information that arrives simply fills up my higher Self's delicious waiting room of gleeful anticipation.

How does your soul call to you? What will your highest Self share with you through song that it's never shared before? Inviting in the Oneness of All There Is through the pure loving energetic intention of song can catch you unaware—in the car, in a ring tone, in a movie, or the supermarket aisle. Whichever way it comes, wherever you are, stop and listen. Because this is surely a love message worth its weight in gold.





WOMEN'S GROUP NEWS

The Women's Coffee meets Tuesdays at 11 AM at Panera near the Capitol Mall. All women are welcome to come, chat, and connect. For more information, contact Jennifer: Jennifer@cslolympia.org

The Women's Circle meets on the third Saturday of the month. Contact Carol for more info or to be added to their email list.

MEN'S GROUP NEWS

CSL Men's Coffee & Conversation - Wednesdays at 4 pm upstairs at Bayview Thriftway. The Men also meet on the second Saturday of each month, beginning with a potluck at noon at the Center.

Contact Denny Kautzmann at CSLDenny@gmail.com for more info.

Core Council

Angelina O'Connor, *President*
Buffie Finkel, *Treasurer*
Kathy Gilliam, *Secretary*
OPEN—*Member at Large*
Rev. David Robinson, *Spiritual Leader*

STAFF

Brent Pendleton,
Amy Shephard, Scott Kissel
Music Team

Shani Banai, Crow
A/V Team

Adrienne Cherry,
Youth Director

Marlisa Johnson,
Bookkeeper

Tiffany Merkel,
Administrative Assistant

Sandy Dell,
Website & Newsletter

Darshan Gregory
Custodian & Groundskeeper

February Birthdays

February 1 - Crystal Vernon
February 2 - Tiffany Merkle
February 4 - Helene' Coleman
February 7 - Angelina O'Connor
February 9 - Ziya Laura
February 14 - Carol Kautzmann
February 15 - Ronni Woolrich
February 20 - Buffie Finkel
February 23 - Ann Aubuchon
February 24 - Mark Finkle
February 26 - Linda Bremer

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