

A Grand Rising

March

2024

Spring!! Ah, flowers popping up, the days getting longer and warmer (well, maybe) and all that fresh newness. And we explore, in that spring vein, a wonderful talk series - That's the Way We've Never Done It! One of my favorite lines from Ernest Holmes is "Principle is not bound by precedent." That means that the Infinite is unlimited in its expression of newness. And, since we are individualized expressions of the Infinite, we are unlimited in our expression of newness in our lives.

Except, when we believe in limitation, or when we get stuck in muddy old ruts left over from winter. We have an imagination that we can use to expand into a far more wonderful experience of Life. But it takes unleashing it from the habitual confines of "this is the way we've always done it."

This spring we'll see brand new babies in the natural world. Each day is, in reality, a brand new baby day, awaiting us to adventure into. When we were kids, we often looked forward to each new day with enthusiasm and excitement. What was going to happen today? What kinds of fun would we have?

Sadly, many people as they age move from a "brand new day" consciousness to a "same old, same old" mindset. As we know, our expectations strongly influence our experience of reality. It

Sunday Mornings

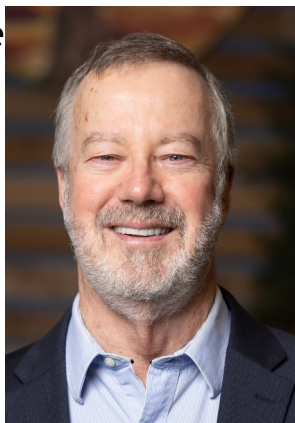
**Meet in person at
3437 Libby Road NE
Meditation: 10:30 a.m.
Service: 11 a.m.**

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

Senior Minister

Rev. David Robinson

may be time to do a "spring cleaning" of our consciousness and ask, "How could I live today as I never have before? What is a way I've never done it?" Let's get playful!



"I rise to meet the new day, filled with confidence and strength. I rise and go forth into the dawn, inspired and refreshed by the Living Spirit within me." ~ Ernest Holmes

~ Rev David

Sunday Talk Titles:

That's How We've Never Done It

March 3: It's a Brand New Baby Day

We deserve to seize each new day as a new beginning. It's a brand new baby day!

March 10: Up Until Now...

It's time to acknowledge our past (good, bad, and ugly) while disentangling ourselves from it. It's time to forgive and release old patterns that no longer serve us. Let's install and practice a new script: "UP UNTIL NOW..."

March 17: Tell Me Something Good

What happens when we're confronted by a situation where "figuring it out" just doesn't work? Sometimes it's only when all our problem-solving skills fall short that we remember there's a deeper intelligence within us, offering us our perfect answer. "I don't know how, but Spirit does!"

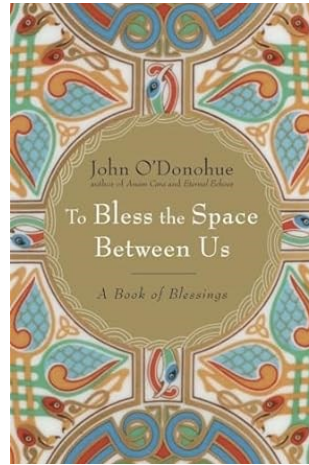
March 24: New..., Now..., What's Next?

We're awakening in a new way to the Truth that we're bigger than we thought we were. We're stepping into our identity as divine-humans - God's experience and expression of Itself in/through/as us. Now what are we going to do about it?

March 31: Don't Go Back to Sleep

We've awakened to the Truth of our identity as divine-humans, but that doesn't mean our journey's over. The work continues, the path leads onward. don't go back to sleep!

Book of the Month



To Bless the Space Between Us is a compelling blend of elegant, poetic language and spiritual insight to offer readers comfort and encouragement on their journeys through life. John O'Donohue, Irish teacher and poet, looks at life's

thresholds—getting married, having children, starting a new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory.

Most profoundly, however, O'Donohue explains "blessings" as a way of life, a lens through which the whole world is transformed. He awakens readers to timeless truths and shows the power they have to answer contemporary dilemmas and ease us through periods of change.



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

March Classes and Events

Rap with the Rev

March 3rd

After Service (12:30 to 1:30 pm PT)
In the Center's Sanctuary

Open Discussion with Rev. David
on the first Sunday of the month.

Centers for
Spiritual Living



Rap with the Rev: Sunday, March 3
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.



Original song
& toe-tapping
tunes

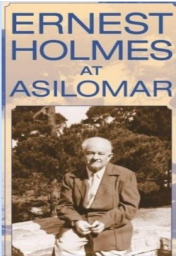
Center for
Spiritual Living
Olympia

Heidi Mueller and Bob Webb in Concert,
March 8th at 7:00 pm PT.
General Admission: \$20; Children under 12: \$10

An Evening with Heidi Muller & Bob Webb

Friday, March 9th at 7:00 pm

Original songs and toe tapping tunes with guitars, dulcimers, mandolin and electric cello in the first of a series of concerts at CSLO on Friday evening.



Study Group #2

Saturdays, March 9th
through April 13th,
9:30 – 11:00 am PT
At the Center
or on Zoom
Cost \$25,
Facilitator: Rev. David

Book available at Amazon
or www.shop.csl

Center for
Spiritual Living
Olympia

Ernest Holmes at Asilomar Study Group Series 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.



Dances of Universal Peace

Sunday, March 17th at 12:30 pm PT
following Service (*Donations appreciated*)

3437 Libby Road NE,
Olympia, WA



Center for
Spiritual Living
Olympia

Dances of Universal Peace

Sunday, March 17th, 12:30 - 2 pm PT

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

SPIRITUAL PRINCIPLES AND PRACTICES



6 Thursdays: March 21st to April 25th, 2024
6:30 pm to 8:30 pm ET
CSLO, 3437 Libby Road, Olympia WA

Center for
Spiritual Living
Olympia

Through this course, which offers spiritual practices and their methods that you can begin using NOW, you will begin to see results and changes in your life.

Spiritual Principles and Practices

6 weeks starting March 21st, 6:30 to 8:30 pm

Discover the principles (universal spiritual laws) and proven practices that bring those principles into action allowing you to manifest desired goals and intentions.

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

MARCH YOUTH PROGRAM:

That's How We've Never Done It

March will be journey of exploration and growth where we embark on an adventure into the realm of Newness! Each week expands our understanding of what it means to embrace the unknown and unleash our potential as we journey toward self-discovery and transformation.



March 3: It's a Brand New Baby Day

Youth are introduced to the concept of embracing each new day as a fresh start filled with possibility. We begin with examining our thoughts upon waking up in the morning and embracing the power of choice in shaping our experiences. We create a beautiful mirror with written positive morning greetings to begin our day.

March 10: Up Until Now...

Youth discover the how the words Up Until Now... help them acknowledge the past while creating space for new possibilities. After moving to "Breakaway" by Kelly Clarkson, we will revisit old patterns and thoughts that keep us stuck and explore alternative ways of thinking. Using our curiosity, we'll think about goals on our vision boards and write down questions we have about accomplishing the more challenging dreams.

March 17: Tell Me Something Good

Youth are introduced to the concept of divine intelligence and how it can offer solutions beyond our intellectual understanding. We explore the affirmation "I don't know how, but Spirit does" and how it can help us trust in something greater. Youth participate

in a Trust Walk with a guide to remind them that they are never alone and to always trust the divine intelligence within themselves.

March 24: New... Now... What's Next?

Youth are introduced to the idea that they are bigger and more powerful than they may realize, and that they have the ability to make a positive impact in the world. Youth participate in a Service Project Planning activity where they will be provided with service opportunities to choose from and develop a simple action plan. They will collaborate on project goals, timelines, and roles/responsibilities.

March 31: Don't Go Back to Sleep - Youth/Adult Service

Youth will reflect on a time when they felt inspired by something new or exciting. They will be introduced to the idea to staying awake to the truth of who they are and continuing to grow and evolve on their spiritual journey.

Youth perform a skit "The Courage to Speak Up" about a student who has insecurities about sharing their beautiful poem in front of the whole school.

**MORE YOUTH INFORMATION
ON PAGE 7**

Council News from Our President

Greetings all,

The weekend of March 8 - 10 is busy at the Center. Folk Musicians Heidi Muller & Bob Webb will perform Saturday, March 9, from 7:00 - 9:00 pm and for our Sunday service the next day. See more details in the March Classes and Events on Page 3 of the Newsletter.

Concert tickets are \$20 at the door; Children (12 and under) are \$10.

Our Annual Community Meeting and potluck is on March 10 following service. Bring a favorite dish to share for the potluck. The Annual Meeting starts at 1 pm. The agenda for the meeting includes accomplishments of the past year, intentions and goals for the upcoming year, and, drum roll please, the election of new Core Council members. We have a slate of three wonderful candidates: Lynn Elliott, Cherie Gordon, and Susan Strobel.

At our January Community Meeting, we did a Visioning for CSLO. The questions focused on: Imagine it's the end of 2024, and we look back at the year; where is CSLO? Where are we going?

Twenty-seven people participated in the Visioning Process, including 5 on Zoom. The big takeaways revolve around growing our community, hosting events at the Center, and deepening our personal Spiritual commitment. The full Summary is found [here](#).

Some responses from only one or two people are very interesting. Please take a look at them toward the end of the Summary.

And last but not least, an important event on the March calendar is Rev David's birthday on March 13... but shhhh... don't tell anyone.

~ Angelina O'Connor

(Shhhh... Angelina doesn't know that I am the proofreader for the newsletter. Rev. D) ☺



Make Sure to Attend Our Annual Meeting

ANNUAL MEETING

March 10th
Potluck After Service
Meeting: 1 to 2:30 pm PT
In Person and on Zoom



Updates on the state of the Center, results from our visioning, acknowledging some long-time volunteers, and electing new Council members.

Practitioner Corner with Sandy

Daily Spiritual Prayer

Spiritual practice is the lifeline to connecting with Spirit. Daily spiritual prayer brings great clarity and impact on my day.

As a young Catholic girl, I would start and end my day with a typical Catholic prayer. My mother taught me the “Hail Mary” prayer when I was very young, and I repeated it every day. I abandoned the practice when I grew up because it had no meaning for me.

Years later, after meeting and reading May McCarthy’s [The Path to Wealth](#), I adopted her seven-step daily practice. When I created my Sacred Space, I would include a copy of May’s steps and a notebook to write my gratitude letter (Step 2). I found that my time each morning became precious as it guided me for the balance of the day.

Alas! After a while, life got in the way – as it often does and my daily morning practice dwindled down to faithfully reading something inspirational every day (Step 1). Occasionally, I would meditate and vision my day, but I was often just thinking about what I wanted to do and how I would start my day. Not very inspirational or peaceful!

Suddenly, I realized I left out the most important part of a morning practice: Spiritual Prayer. As a Practitioner, my life revolves around the power of prayer for others. But what about myself? How had I neglected such a critical practice?

When the revelation hit me, I got right to

business by including a Spiritual Mind Treatment (affirmative prayer) after my inspirational reading. The reading brought me into a spiritual mood that seemed to explode as I prayed.

To be clear, I did not pray to change my circumstances! Spiritual Prayer reminds me that I am one with Spirit/God and helps me align with that belief. I could feel the power surge through me as I prayed. Knowing we are one with the greatest Power there is was very moving and inspirational.

Typically, I have doubts about myself during the day. Can I do this? Will I complete this? Do I know enough to pull this off? I am sure I am not alone in thinking those thoughts. But since I have dedicated time to pray and align with Spirit first thing in the day, those thoughts are few and far between.

Each day is an adventure for me. I think: Where is Spirit guiding me today? What important task will I accomplish today? And if I lose my way, I stop for a moment and remember to listen to the voice of Spirit speaking to my inner soul.

Of course, I pray during the day when things come up, but no prayer is as powerful as that daily spiritual prayer in the morning when I quietly contemplate my day.

~ Sandy Dell, 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.



ATTENTION TEENS: SAVE THE DATES FOR THE UPCOMING EVENTS & ACTIVITIES BELOW

Inspire Life-Skills Workshops for Teens

EVERY 4TH SUNDAY 5-7PM
Empowering teens to
live their best lives.

RSVP now! Limited spots.



LEVEL
UP

- Personal Finance
- Communication skills
- Stress Management
- Healthy Meals in 20 min
- Social Skills
- Mindful Living
- How to be a Self-Starter
- Disaster Preparedness
- Outdoor Survival Skills
- Minor Home Repair
- Minor Car Repair
- Interviewing Skills
- Time Management



New Inspire Life-Skills
Workshops for Teens (above)

Teen Summer Camp in July!



Youth experience a Grand Rising
utilizing their 2024 vision boards
(below)





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*
Rev. David Robinson, *Spiritual Leader*

*That's How We've
Never Done It*



"Each new day is a path of
wonder, a different invitation."

— John O'Donohue, "To Bless the Space Between Us," page 189

March Birthdays

March 5 - Jenn Howie
March 8 - Kelly Phoenix
March 13 - Sylvia Schroeder & Rev. David
March 26 - Bob Miller

Center for Spiritual Living, Olympia
3437 Libby Road NE, Olympia, WA 98506

Mailing Address:
700 Sleater Kinney Rd SE, Ste B #340,
Lacey WA 98503

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**

Message Phone: (360) 255-7878

Website: www.cslolympia.org

Facebook: CSLOly

Email: cslolyoffice@gmail.com