

## Raise Your Voice

# May

## 2025

I love the extra meaning of the word “May” - not only a month of warmer weather and more glorious flowers, but also the idea of opening - “May I..., May we....” This opening, this letting in, is a wonderful approach to our spiritual nature, which is already and always present within us, but often pushed aside by our conditioned ego saying, “I’m gonna!!” “May I/we” indicates a willingness to let something flow, and flower. It is a request, not a demand.

In this month’s talks, we will explore the profound impact of self-advocacy, boundary setting, and conflict resolution on our personal and collective well-being. The theme begins with Confidence Unleashed: The Art of Self-Advocacy, emphasizing the importance of speaking up with clarity and strength across all aspects of life. Our own Buffie Finkel is our guest speaker on Mother’s Day, exploring Collective Practice for healing and transformation. The theme continues with Negotiating Peace: Conflict Reconciliation and Transformation, focusing on the use of empathy, active listening, and communication to resolve conflicts and build lasting peace. Finally, Overcoming Silence: Individual & Collective Liberation addresses the barriers to voicing our truths and demonstrates how breaking the silence can lead to personal empowerment and societal progress. This comprehensive exploration underlines how embracing our voice, setting boundaries, and transforming conflicts are essential for creating a

### *Sunday Mornings*

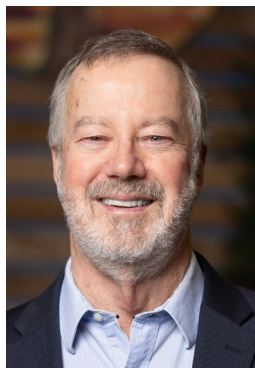
Meet in person at  
**3437 Libby Road NE**  
**Meditation: 10:30 a.m.**  
**Service: 11 a.m.**  
**Zoom: 789 699 326**

### *Senior Minister*

**Rev. David Robinson**

more connected, just, and harmonious world.

This month, we are invited to let our Light and our Power shine - not as an oppressive, demanding force, but as a way to enrich Life by our presence. And we will support this process with a wonderful class on Visioning, listening to and embodying the Light, Power, and Wisdom within you.



*“The world will persist in exhibiting before you what you persist in affirming the world is.”* — Neville Goddard,  
The Law and the Promise

~ Rev. David Robinson

## Sunday Talk Titles: Raise Your Voice

## Book of the Month: *Braving the Wilderness*

### May 4: Confidence Unleashed: The Art of Self Advocacy

Discover the power of self-advocacy and learn how to cultivate the confidence and assertiveness to speak up for yourself and others. Whether in the workplace, relationships, or community, join us as we explore practical tools to empower your voice in every aspect of life.

### May 11: Oneness as a Collective Practice—Buffie Finkel, RScP speaking

We explore the importance of shifting beyond individualism to intentional community, to foster collective healing and transformation.

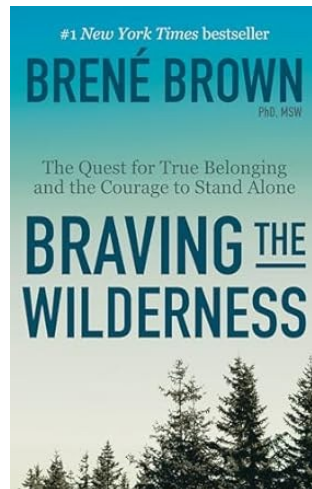


### May 18: Negotiating Peace: Conflict Reconciliation and Transformation

Today we discover powerful strategies for resolving conflicts in both personal and professional relationships.

### May 25: Overcoming Silence: Individual & Collective Liberation

This week, we will dive into the transformative power of speaking out for individual and collective liberation. This is an opportunity to unlock the potential of your voice for a more connected and just world.



"True belonging doesn't require us to change who we are. It requires us to be who we are." Social scientist Brené Brown, PhD, MSW, has sparked a global conversation about the experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization.

With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging.

Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, "True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts." Brown offers us the clarity and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, "The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand."



# May Classes and Events



## 20th Anniversary Party:

**Saturday Evening May 3rd at the Center**

Featuring music from Brent, Heather, Amy, and Lavon Hardison, backed by a full band. The Community Spiritual Leader for all of CSL, Rev. Dr. Soni Cantrell-Smith, will join us with some inspiring thoughts. There will be some tasty light snacks and more!



## Rap with the Rev

**Sunday, May 4th, 12:30 to 1:30 pm PT**

A great way for new and old members to connect, share stories of their spiritual path, & ask questions.



## Sacred Circles

**May 12, 13 and 14 (for five weeks)**

The intention of CSLO's Sacred Circles is to provide an ongoing safe container for co-creating our spiritual community through connection, conversation, spiritual study, & fellowship.

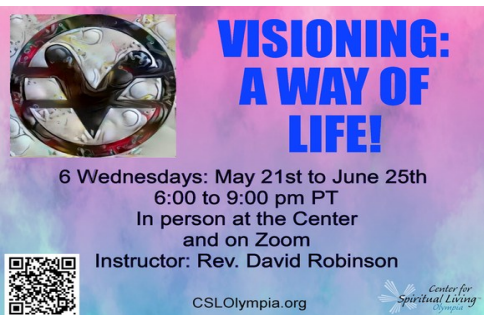
Register for dates, times, and places on the website



## Dances of Universal Peace

**Sunday, May 18th, 12:30 - 2 pm PT**

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



## Visioning: A Way of Life Class

**Wednesdays, May 21 to June 25 at 6 pm PT**

Visioning can transform every aspect of our lives from clarity about our life purpose, to our interpersonal relationships, to the organizations to which we belong, and the societies in which we live.

Find all the scheduled events: <https://cslolympia.org/>

# MAY YOUTH PROGRAM:

## Empowering the Voice Within: A Journey of Speaking, Setting, and Sustaining

Youth are invited into a transformative exploration of their voices — not just the words they speak but the power behind them. Through creative expression, mindful communication, and heart-centered action, they will discover how to self-advocate, set meaningful boundaries, resolve conflict with compassion, and speak out for collective liberation. Each week's theme connects inner clarity with outer action, nurturing a generation that lives with integrity, courage, and connection.



### May 4: Rooted in Self-Advocacy - Tending the Inner Garden

Youth begin the month by connecting the power of their voice to their sense of self-worth. In garden-themed activities, they learn how enriching their “inner soil” helps cultivate the confidence to speak up for themselves and others. Through role-play, planting exercises, and discussion circles, youth explore what it means to advocate with kindness and clarity. By reflecting on how their experiences nourish their growth, they trust their voice as a tool for transformation.

### May 11: Boundaries as Blossoms - Visioning Beyond Limits

Just like a flourishing garden needs edges to thrive, so do we. This week, youth dive into the importance of setting and honoring boundaries. Vision board creation and guided visualizations help them identify where healthy limits are needed to protect their well-being. Through activities like the “Yes/No Wall” and trust-based group games, they learn how saying “no” can be just as empowering as saying “yes.” They also intentionally contribute to our CSL Garden, dreaming up what it means to grow within safe and loving spaces.

### May 18: Peaceful Paths - Steady Steps, Lasting Growth

Youth explore how to move through conflict with grace and empathy. Celebrating steady growth and Earth-centered wisdom, they practice active listening and “feelings translation” games to understand different perspectives. The “Transformation Relay” offers a physical and metaphorical way to see how steady steps and open hearts can lead to peaceful solutions. Conversations focus on how real change often comes through small, consistent efforts.

### May 25: Voices That Bloom - Living with Re-Generativity

As May draws closer, youth are invited to reflect on how speaking their truth can spark personal and collective renewal. Through upcycling art and storytelling exercises, they explore the courage to break the silence and stand up for justice and inclusion. A “Regeneration Circle” connects their stories to the rhythms of nature, reinforcing the idea that our voices can create lasting change. Youth leave with strategies to continue using their voices for empowerment, connection, and a more just world.

**More youth info on page 7**

### Ongoing Project: Youth & Community Garden

*Throughout May, youth continue co-creating our CSL Garden! Each week, we nurture the soil of our intentions with kindness, action, and reflection.*





# Council News Corner, Carrie Barrett

Stepping into the role of CSL Olympia's Core Council President was unexpected, yet it highlights a greater chapter of stepping into the spotlight for me. Not many of us feel naturally at ease under such attention—it often stirs thoughts of insecurity or self-criticism. However, embracing the challenge of being more publicly visible offers an opportunity to release the beliefs that hold us back and open up to the unique expression of Spirit we are here to embody. While it's not always comfortable to have mistakes noticed or face potential judgment, these experiences teach the importance of asserting boundaries, speaking truth, and embracing imperfection. Confidence blooms when we take action despite fear, inspiring admiration from others for the bravery it takes to show up fully. Often, the encouragement received fuels a deeper willingness to be seen, fostering more genuine connections.

Relationships lie at the heart of life's richness. Whether in spiritual, professional, or personal realms, connections bring color and meaning to our experiences. Communities that reflect our values and worldviews provide a vital sense of belonging. For me, CSL Olympia has become a home, and my decision to join the council stems from my commitment to nurturing the community's growth and harmony.

As a leader and member of this community, I aim to serve with calm authenticity and collaborative warmth. My spiritual essence is rooted in relaxed curiosity and wild belonging, expressed outwardly through togetherness and connection. I value harmony—inner calm within myself and shared understanding with others—and seek to bring order and

simplicity to the spaces I inhabit. I see my purpose in life, the driving force behind what I do, as tending to the journey of personal transformation within myself and others, fostering intimacy, and celebrating life's wonder. As we begin laying the foundation of our community's strategic planning process, I look forward to weaving what is close to my heart with what is close to yours.

**Join us, May 25 after service**

## Community Gathering

Sunday, May 25th,  
After Service in the Center  
(and also on Zoom!)

*Please plan to attend and participate!*

YOUR  
VOICE  
MATTERS

Center for  
Spiritual Living  
Olympia

## For Our Community Gathering

**Come to the Annual Summer  
Camp at the Seabeck Confer-  
ence Center on the Hood Canal.**



Join Rev. David and CSLers from around the area from August 17<sup>th</sup> - 23<sup>rd</sup> for a wonderful, inspiring and relaxing CSL summer camp experience. Classes, chair rocking, kayaking, a talent show and a salmon bake are just some of the fun activities.

<https://www.spiritualiving.org/seabeck/>

# Practitioner Corner with Susan

*"The resurrection takes place here and now in all who conform their lives to the spiritual law under which it works." ~ Fillmore*

## AWAKENING & RESURRECTION

The Center for Spiritual Living is an international community that is centered on Religious Science and its foundational text, *The Science of Mind* by Ernest Holmes. It is through the study and practices presented by this great work that we are empowered to change and transform our lives, and ultimately our world. Ernest Holmes declared that, "Thoughts are things!". The thoughts and beliefs within us create a physical expression in our outer world. One cannot truly live a free and authentic spiritual life by ignoring the inner healing that must take place. As we do our inner work, our external life expresses congruence and balance.

Who are you? The journey of awakening to your actual self may not be a comfortable inner journey. In fact it can be down right painful. Sometimes we can be shocked or repulsed by who we meet in the mirror. We will also get glimpses of the finer qualities we possess. Coming face to face with the truth requires courage, acceptance and compassion for yourself and others. The consistent practice of these three attributes will become great allies in the clearing process and serve you well in creating the future you wish to claim while re-

birthing the real you into the world. The practice of questioning your own words, thoughts, actions and motivations is a way to remain clear and free from the illusions that the ego finds so comforting.

What life do you want to create? Everyone is born with a calling in their soul. Its message is written on your heart, the heart of the child you were at the beginning of your life. Remembering your early dreams or visions that filled you with joyful or happy feelings may be a starting place. For example if you dreamt of being an astronaut because it included feelings of adventure, the unknown or overcoming great challenges and risk; don't give up because you just turned 60 or didn't pass the flight simulator exam. Who you came here to be may be someone who feels fully alive by expressing courage under pressure in unknown surroundings and enjoys the camaraderie of team work and loyalty experienced within an intimate group.

Use the spiritual practices of Meditation and Visioning to support your discovery of the new life you wish to claim. Daily Affirmations and Prayer Treatment are powerful tools in revealing your real purpose and true expression of your livingness.



## Practitioners

Teresa Bielenberg  
Linda Villegas Bremer

Sandy Dell  
Susan Einhorn

Buffie Finkel  
Tim Robinson



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



# COMMUNITY EVENTS CORNER

## Farewell to Toy Kay



Our beloved Toy Kay, who celebrated her 100<sup>th</sup> birthday last October, made her transition on the morning of April 7th.

Toy was one of the founders of CSL Olympia and a longtime, passionate supporter of Religious Science in Olympia. Toy was also highly active and respected in the Asian-American community here. We will miss her sharpness, her smile, and her loving presence and know she is in her perfect place of freedom.

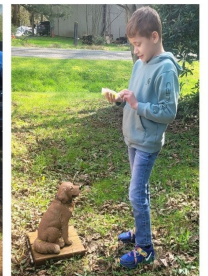
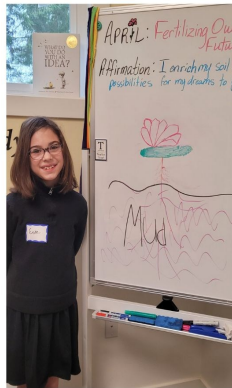
Her Celebration of Life will be at the Lacey community Center on Sunday, May 18th, from 2 to 4. All are invited to share in a "joyful celebration" to quote her daughter Judi.

See more Community Images on the website:

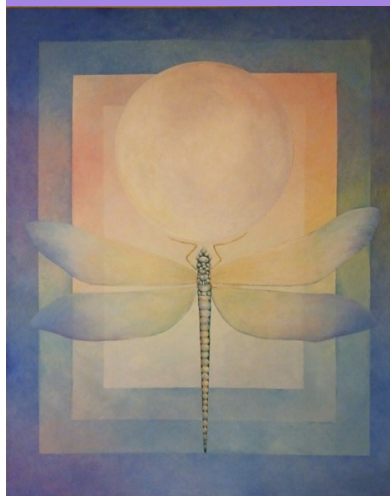
<https://cslolympia.org/our-community-in-pictures/>

## Youth Corner

Youth explored the power of setting "and planting" positive intentions



## Artist reception and immersive sensory experience



On Friday, May 16th, come and see, smell, and listen to Mary Anderson's latest artistic creations which will be on display at CSLO for the next few weeks. All are welcome.

May 16th—6:30—8:00



## 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](mailto:Jennifer@cslolympia.org)

The Women's Circle meets on the third Saturday of the month. Contact [Carol Kautzmann](#) for more info.

## MEN'S GROUP NEWS

The Men's Group meets on the second Saturday of each month, beginning with a potluck at noon, typically at the Center. Contact [Denny Kautzmann](#) for more info.

**Prayer Shawl Ministry** meets the first Monday of every month from 1:00 - 3:00 at home of Caroline Fenn to knit and crochet shawls to share with congregants in need. Contact [Caroline Fenn](#) for more info.

## Core Council

President: Carrie Barrett  
Vice-President: Kathy Gilliam  
Secretary: Cherie Gordon  
Treasurer: Craig Francis  
Member at large: Susan Strobel (on hiatus)  
*Spiritual Leader: Rev. David Robinson*

## May Birthdays

May 21 - Lynne Edele

May 22 - Barb Yanagimachi

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 &  
Heather Matthews  
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Shani, & Crow  
**A/V TEAM**

Adrienne Cherry  
**YOUTH DIRECTOR**

Marlisa Johnson  
**BOOKKEEPER**

Tiffany Merkel  
**ADMINISTRATIVE ASSISTANT**

Sandy Dell  
**WEBSITE, NEWSLETTER,  
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GROUNDSKEEPER**

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