

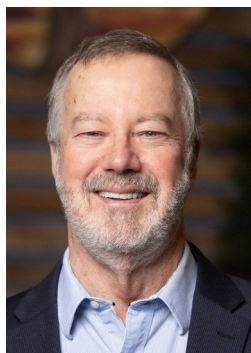
Transcendent Purpose

September 2025

For many of us Northwesterners who like things a little on the cooler side, September is a welcome transition from the heat of summer to the gradually unfolding beauty of autumn. Along with concluding the lazy days of summer, comes a renewed focus. Schools reopen for new education. Projects avoided in the summer heat are now calling us. And spiritually we can flow with this energy to renew our sense of purpose.

As we begin the community process of examining our purpose and creating a strategic plan to move in alignment with that purpose, our talk series this month is Transcendent Purpose. Transcendent purpose is the fusion of going beyond perceived limits and living with deep awareness, determination, and intention. It represents a radical vision of surpassing outer limits, imagining infinite possibilities, and achieving what seems unattainable. By merging transcendent aspirations with purposeful living, we can create a powerful trajectory toward extraordinary accomplishments on both personal and collective levels.

Living from transcendent purpose involves embracing a turbo-charged passion for life and striving to bring forth a new reality. It means reaching inwardly to express outwardly what Spirit is calling for, connecting to a higher vision that transforms imagination into tangible experience. This approach to purpose transcends ordinary goals, guiding us toward a profound truth and a new paradigm of living that aligns with the



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

Centers for Spiritual Living's vision of creating a world that works for everyone.

I look forward to an exciting and powerful month of exploration.

~ Rev. David Robinson

"There is in us an instinct for newness, for renewal, for a liberation of creative power. We seek to awaken in ourselves a force which really changes our lives from within. And yet the same instinct tells us that this change is a recovery of that which is deepest, most original, most personal in ourselves. To be born again is not to become somebody else, but to become ourselves." ~ Thomas Merton, Choosing to Love the World: On Contemplation

Sunday Talk Titles: ***Transcendent Purpose***

Book of the Month: ***Rest is Resistance***

September 7: What's the Point Anyway?

We take a journey of self-realization, where the purpose of living is simply to experience life in all its richness and diversity. Understand your intrinsic worth and value, not from achievements or societal standards, but simply because you exist.

September 14: The Purpose that Surpasses All

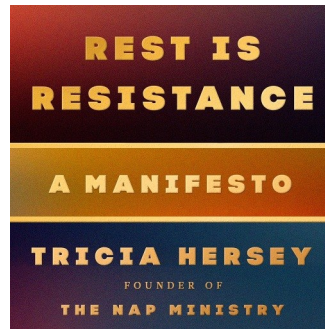
Living a life of transcendent purpose is meaningful beyond measure. We tap into the divine purpose that surpasses all by rising higher and growing deeper. We expand our conscious awareness and know the truth is made manifest now.

September 21: Elevation of Awareness

Living a spiritual life is like being on an elevator to expand our awareness. Through life's many experiences - whether up, down, or standing still - we grow and expand our understanding of truth principles. Our awareness grows regardless; what matters most is how we choose to act on it.

September 28: Mission Possible

We engage in an inspiring exploration of the Science of Faith. Learn how to cultivate resilience, unleash creativity, and manifest your dreams through the power of Faith. Together, let's embrace faith as a transformative force in our lives and community.



Disrupt and push back against capitalism and white supremacy by connecting to the liberating power of rest, daydreaming, and naps as a foundation for healing and justice. Tricia Hersey, aka The Nap Bishop, encourages us to

elevate rest as a form of resistance and a divine human right.

What would it be like to live in a well-rested world? Far too many of us have claimed productivity as the cornerstone of success. Brainwashed by capitalism, we subject our bodies and minds to work at an unrealistic, damaging, and machine-level pace—feeding into the same engine that enslaved millions into brutal labor for its own relentless benefit.

In Rest Is Resistance, Tricia Hersey, aka the Nap Bishop, casts an illuminating light on our troubled relationship with rest and how to imagine and dream our way to a future where rest is exalted. Our worth does not reside in how much we produce, especially not for a system that exploits and dehumanizes us. Rest, in its simplest form, becomes an act of resistance and a reclaiming of power because it asserts our most basic humanity. We are enough. The systems cannot have us.

Rest Is Resistance is rooted in spiritual energy and centered in Black liberation, womanism, somatics, and Afrofuturism. With captivating storytelling and practical advice, all delivered in Hersey's lyrical voice and informed by her deep experience in theology, activism, and performance art, Rest Is Resistance is a call to action, a battle cry, a field guide, and a manifesto for all of us who are sleep-deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture.

August Classes, Events & Opportunities

(More on Page 7)

Rap with the Rev

September 7th

After Service (12:30 to 1:30 pm PT)
At the Center and on Zoom

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

Centers for
Spiritual Living

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Rap with the Rev

Sunday, September 7th, 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.
In Person and on Zoom!

Community Sound Bath

with Hillary

Every Month

2nd Friday

6:30-7:30PM

July 11, Aug 8, Sept 12

Community Sound Bath

Friday, September 12th, 6:30 to 7:30 pm

The last of our three summer sound baths is Friday,
September 12th. Enjoy a guided
meditation and wonderfully immersive sound bath.
Hosted by Hillary from Soluna Soundworks.

Community Gathering

Sunday, September 14th,
Join the Potluck Prior to the
1:00 pm Meeting
(Meeting also on Zoom!)

Please plan to attend and participate!

YOUR
VOICE
MATTERS

Center for
Spiritual Living
Olympia

Community Gathering

Sunday, September 14th, After Service

Learn what's happening around the Center, ask ques-
tions, and hang with your buds. Enjoy a potluck after
service and before the gathering

Dances of Universal Peace

Sunday, September 21st at 12:30 pm PT
following Service (Donations appreciated)

3437 Libby Road NE,
Olympia, WA

CSLOlympia.org

Dances of Universal Peace

Sunday, September 21st, 12:30 - 2 pm

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

Listening Circles

Tuesday, Sept. 16th,
7:00 - 8:30 pm PT
Held at Buffie's house
and on Zoom

FOR MORE DETAILS:
Check with Buffie Finkel

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Spiritual Living
Olympia

Listening Circles

Tuesday, September 16th, 7:00 to 8:30 pm

Buffie Finkel facilitates an opportunity to deeply
listen and be heard in a supportive and judgment-free
circle of trust. Bring your open heart.

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

SEPTEMBER YOUTH PROGRAM:

Transcendent Purpose: Living Beyond Limits

This September, youth are invited to explore transcendent purpose — the vibrant fusion of going beyond perceived limits and living with deep awareness, determination, and intention. Together, we'll stretch our imagination toward infinite possibilities, discover the joy of purposeful living, and embrace the call of Spirit to create a world that works for everyone.



September 7: What's the Point, Anyway?

We begin with a gentle yet profound truth — your worth is not tied to doing, but to being. Inspired by A Psalm for the Wild-Built and the Science of Mind teaching that life's purpose is simply to awaken to our divine nature, youth reflect on the question: If I am already enough, what do I want to experience? We'll create "Worthiness Mandalas" — colorful designs made with words and symbols that celebrate our inherent value.

September 14: The Purpose that Surpasses All

This week, we explore how purpose becomes transcendent when it aligns with the Divine. Through guided reflection, youth will identify ways they can serve life — big or small — that reflect their highest values. Inspired by Amanda Gorman's words on dawn, courage, and unfinished work, we'll create "Purpose Path Maps" — visual roadmaps with Spirit at the center, showing how love, truth, and service can guide our daily choices.

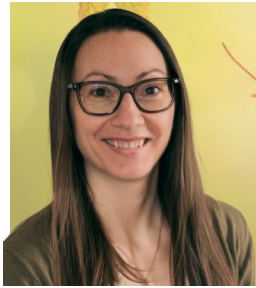


September 21: Elevation of Awareness

Growth is built into our nature. Like stepping into a spiritual elevator, we rise in understanding through every life experience. This week, youth engage in a sensory "Awareness Walk" — pausing to notice sounds, colors, patterns, and feelings along the way. We'll then discuss how to act from expanded awareness rather than habit, and create "Lift Cards" — decorated affirmations to keep in a pocket or give to someone else when they need a lift.

September 28: Mission Possible

Hope is the voice that says anything is possible. This week, youth explore the "Science of Hope" — learning that hope is not just wishing, but actively engaging the creative process. Through cooperative games, they'll practice setting "lofty yet reachable" goals and brainstorming multiple pathways to reach them. Together, we'll craft "Hope Charms" — small, handmade tokens that remind us of our power to create new possibilities in any situation.



Council News Corner, with Carrie Barrett

Hello CSL Olympia!

**Here are some of the things
that Council has been up to:**

New Signage Coming Soon

We're excited to share that plans are in motion for a permanent, customizable sign to be installed at the center's main entrance. This new structure will prominently feature our name and include a double-sided display area designed for insertable lettering. With this setup, we'll be able to share timely messages, announcements, and event information with ease—keeping both visitors and members informed as they arrive. The sign will serve as a welcoming and functional landmark for our community.

Mid-Year Financial Review

A small committee has recently completed a thorough review of our financial status at the halfway point of the year. Their work focused on evaluating current spending, identifying areas for adjustment, and ensuring that our resources are being used effectively. We expect to receive a summary of their findings soon, along with recommendations for budget changes that will guide our operations through the remainder of the year.

Policy & Procedure Updates

Efforts are currently underway to refine and reorganize our internal

policies and procedures. This initiative is aimed at improving clarity, consistency, and collaboration across all teams within our organization. As part of this process, each team leader has submitted a written statement outlining their team's mission and the specific procedures they follow to carry out their work. These contributions will help us build a more cohesive framework that supports both individual teams and the organization as a whole.

Council Membership Opportunity

At present, our Council is operating with one vacant seat. We are actively seeking a committed individual to join this leadership body and contribute to the guidance and decision-making that supports our center's mission. If you feel called to serve or would like to learn more about what the role entails, please reach out to Carrie Barrett or Rev. David. Your voice and perspective could make a meaningful difference.



Practitioner Corner with Sandy Dell



The Power of Written Affirmations

I never understood the power of written affirmations until a friend gave me a journal several months ago. Pondering what to do with it, another friend suggested I use it as a gratitude journal.

Every morning for several months, I wrote what I was grateful for that day. Okay, that was good, but then, I slowly started writing affirmations for my day rather than gratitude statements. A subtle change, but it turned out to be a significant one.

Years ago, when I was first introduced to affirmations, I thought they were dumb. Why express things that were not true in my life when my mind just told me I was a liar? I could not bring myself to say what I was not, hoping it would come to pass.

What I didn't understand, back then, was that affirming \$10,000 per month as income was not something my mind could accept as feasible. To me, it sounded like a too-high-reaching goal. So affirmations like those just didn't work for me (if they do for you, congratulations!). I pretty much abandoned the practice.

Once I allowed the subtle shift in my affirmations to change from a gratitude message to a daily affirmation, something within me shifted. I started feeling more hopeful, more complete as I was, and, of course, more positive about life. Having

been prone, in the past, to depression, this was a wonderful breakthrough for me!

Here are some of the affirmations I write in my journal:

- I rejoice in my good health and sound mind. I am thankful to possess a mind that has no limitations, which can do anything!
- I am thankful for the goodness I see in my day. I see productivity. I see Love and Peace. I know contentment in all that I do.
- I am thankful and willing to allow my life to be transformed. I'm not sure what that looks like, but I'm willing to allow transformation to guide me to a better way.
- I rejoice in a new day and all that it brings: blessings, contemplation, new experiences, and excellent health.
- I am looking forward to today as I know I am blessed. My body and mind are in perfect wholeness. Today will be a great day!
- Today is a new day to express myself. As I abide in the love of Spirit, I am at peace – abundant and grateful for all blessings.

The small shift I made from simple gratitude to positive statements has allowed me to see the power of written affirmations. I encourage everyone to start their own gratitude and affirmation journal and see what speaks through you.

Practitioners

Teresa Bielenberg
Linda Villegas Bremer

Sandy Dell
Susan Einhorn
Buffie Finkel

Rev. Carrie Masters
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

Don't Miss the [Principles of Financial Freedom Class](#), Starting Sept. 10!

THE PRINCIPLES OF FINANCIAL FREEDOM

Sept. 10 – Oct. 29;
6 – 9:00 pm

In person and on Zoom
Rev. David, instructor

Cost: \$100

Duplicating the Nature of Spirit in Your Financial Affairs

<https://cslolympia.org/>

Center for Spiritual Living Olympia

Join us Sept. 27 for the [Harvest Festival!](#)

CENTER FOR SPIRITUAL LIVING OLYMPIA

HARVEST
Festival

SEPT 27 10AM-4PM

LIVE BLUEGRASS BAND FALL PHOTO BOOTH
PAINT & CIDER SIP BOUTIQUE GARAGE SALE

3437 Libby Road Olympia 98506

www.cslolympia.org

About Our Helping Hands Team

Our Compassionate Care Ministry's "Helping Hands" team offers vital support to those in our community during times of need. We understand that life's challenges—whether big or small—can sometimes feel overwhelming.

Our team is a dedicated group of volunteers who serve by:

- Delivering meals
- Connecting by phone to check in, offer encouragement, or provide a listening ear to those who need emotional support.
- Running essential errands for individuals who may face temporary challenges in managing day-to-day tasks.

Whether it's transportation to an appointment or assistance with household needs, Helping Hands' mission is to ensure no member of our community feels alone or unsupported during difficult times.

If you could benefit from the assistance of our team, or if you feel called to join this heartfelt ministry, we welcome you to reach out and become part of this meaningful journey.

If you're interested in joining the team, go to <https://cslolympia.org/compassionate-care/> and download the form to indicate what service areas you are willing to commit to. Return it to helpinghands@cslolympia.org or print it and give it to Crystal Vernon, Jennifer Howie, or Carrie Barrett.



WOMEN'S GROUP NEWS

The Women's Coffee returns on September 9th.
For more information, contact Jennifer: Jennifer@cslolympia.org

The Women's Circle returns on September 20th.
Contact [Carol Kautzmann](#) for more info.

MEN'S GATHERING NEWS

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

The **Prayer Shawl Ministry** returns in from summer break on Monday, September 8th.
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

September Birthdays

September 11 - Rob Coleman

September 13 - Robin Lee

September 23 - Sandy Dell
& Laura Farris

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

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

STAFF

Brent Pendleton &
Heather Matthews
MUSIC TEAM

Shani, & Crow
A/V TEAM

Adrienne Cherry
YOUTH DIRECTOR

Marlisa Johnson
BOOKKEEPER

Tiffany Merkel
ADMINISTRATIVE ASSISTANT

Sandy Dell
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