

## Exodus

# November

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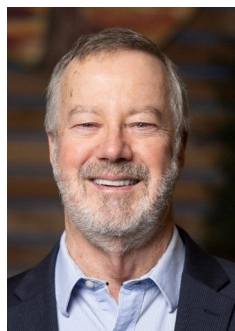
November is a month with issues. The very name means “nine,” carried over from when it was the ninth month of the Roman calendar (before the upstarts of January and February were added.) It begins with an honoring of the dead, and ends, at least in the US, with gratitude for what we have followed immediately by frenzied seasonal buying right after.

So, for this month, let’s explore the idea of Exodus - moving from one consciousness to another. The most famous “Exodus” is, of course, the legend of the Israelites departing from Egypt to “the Land of Milk and Honey.” But there are many others - and all are hero’s journey stories.

We’ll look at the stages we all go through - leaving “home,” being on the road, encountering dragons (there are always dragons of one sort or another), being grateful for the journey itself and the wisdom gained, and, finally, returning home - sometimes the most difficult part of the journey.

Our book this month - In the Meantime, by Iyanla Vanzant - is a great source of wisdom and inspiration for those times where we are in between, neither here nor there.

Additionally, November is a time of slowing down in nature, resting from the burst of energy of Spring, and the abundant production of Summer. The



*Sunday Mornings*

**Meet in person at:**

**3437 Libby Road NE**

**Meditation: 10:30 a.m.**

**Service: 11 a.m.**

**Or on Zoom: 789 699 326**

*Senior Minister*

**Rev. David Robinson**

leaves have fallen and settled into a gentle covering of roots, sustaining them through the coming winter. If you would like some time to slow down, also, join the Deepening with the Divine quiet retreat at the beginning of December. Info is available elsewhere in this newsletter. However you journey this month, take time for joy and gratitude.

*“Embrace the crisp change of November as an opportunity for renewal and for a fresh start as the winds are howling outside.”*  
~ Elise Green

# Sunday Talk Titles:

## *Exodus*

# Book of the Month:

## *In the Meantime*

### November 2: Leaving Home

Every spiritual journey involves leaving - leaving behind the familiar, the certain, the known, to open to something unknown and new.

### November 9: On the Road

The journey happens "on the road." Yet we often don't understand it at the time. Walking the road takes trust and patience.

### November 16: Encountering the Dragons

It is only when we are stripped of our familiar ways of dealing with life that we truly encounter our own mental and emotional bindings. Yet, we must encounter them if we are to gain greater freedom.

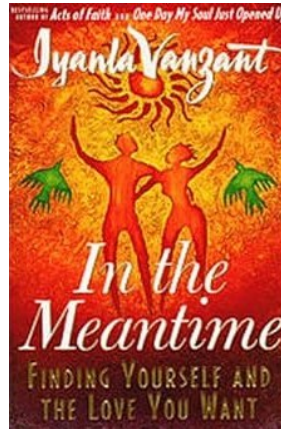
### November 23: Gratitude for the Journey (Guest Speaker: Rev. Dr. David Alexander)

It is only when we can gain a little perspective that we can see the gifts. And then we can be grateful.

### Nov 30: Returning Home

The final step of the Hero's Journey is to return; to bring the gifts of the journey to share with others.

Sunday,  
Nov. 2nd



What is the meantime? According to author and inspirational speaker Iyanla Vanzant, being in the "meantime" means being in a state of limbo. "When you are not happy where you are and you are not quite sure if you want to leave or how to

leave, you are in the meantime," she explains. Rather than wallow in confusion, Vanzant encourages you to use the meantime as an opportunity to prepare yourself for true love. The first order of business is to clean house, starting with the basement, the place in the psyche where you store your most destructive thoughts. Room by room, Vanzant takes you through a metaphorical cleaning of the soul. This way, when your meantime days are over and love finally comes knocking on the front door, you'll have a clean house to welcome love into.

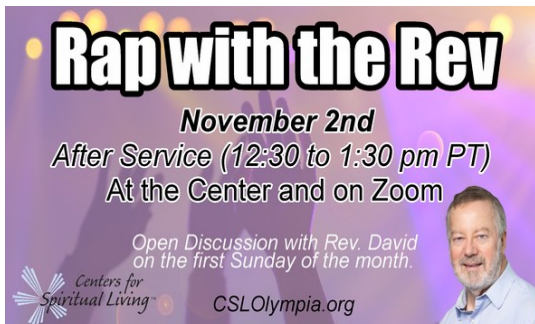


## PROSPERITY CAMPAIGN LUNCHEON SUNDAY, NOVEMBER 9<sup>TH</sup>

### *Following the Service*

Join in celebration and gratitude to acknowledge those who have pledged their support for our Center for 2026. All those who have pledged for the coming year are invited to a catered luncheon to honor your ongoing commitment to the thriving of our Center. Please RSVP to Cherie Gordon - [cheriegord@aol.com](mailto:cheriegord@aol.com).


# November Classes, Events & Opportunities



**Rap with the Rev**  
November 2nd  
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  
CSLOlympia.org



## [Rap with the Rev](#)

Sunday, November 2nd,  
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!



**HARMONIC  
Flow**  
Qigong & Sound Bath  
with Thomas & Hillary  
Saturday, November 8th from 6 - 7:30 PM  
at the Center for Spiritual Living

Move • Release • Renew



## [Harmonic Flow Qigong & Sound Bath](#)

Saturday, November 8th, 6 - 7:30 pm

Experience the harmony of gentle movement and restorative sound. Thomas will guide you through a Qigong practice, a flowing sequence of mindful movement and breath, while Hillary will lead a 30-minute sound bath.



**Community  
SOUND BATH**  
with Hillary  
Every 2nd Friday  
Oct, Nov, & Dec  
6 - 7 PM

Center for  
Spiritual Living  
Olympia  
CSLOlympia.org

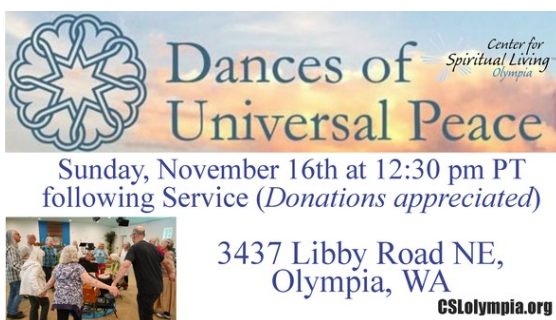
SOLUNA  
SOUNDWORKS  
SolunaSoundworks.com



## [Community Sound Bath](#)

Friday, November 14th, 6 to 7:00 pm


Hillary Myers, with Soluna Soundworks, is back for 3 fall Community Sound Baths! Enjoy a guided meditation and wonderfully immersive sound bath.



**Dances of  
Universal Peace**  
Center for  
Spiritual Living  
Olympia

Sunday, November 16th at 12:30 pm PT  
following Service (Donations appreciated)

3437 Libby Road NE,  
Olympia, WA  
CSLOlympia.org



## [Dances of Universal Peace](#)

Sunday, November 16th, 12:30 - 2 pm

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

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

# NOVEMBER YOUTH PROGRAM:

## Rooted in Love: Seeing the Sacred in All Life

*This November, youth will explore what it means to live from love – even when it’s hard, hidden, or misunderstood. Through story, reflection, and creative practice, we’ll learn to look deeper, listen with compassion, and recognize the divine spark in all beings.*



### November 2: Decoding Unlikability

Youth explore the concept of “unlikability” – the ways we judge or avoid what doesn’t match our preferences. Through mindful conversation and a “Likes & Dislikes Sorting Game,” youth will see how personal preference differs from inherent worth. We’ll reflect on how God expresses through every living being and how love can dissolve judgment. Together, we’ll create “Hearts of Oneness” – with affirmations of love for all creation.

### November 9: The Beneathness

Inspired by Lyanda Lynn Haupt’s Rooted, youth will explore the hidden world beneath our feet – the soil, roots, and living systems that sustain life. We’ll take a “barefoot meditation walk” outside to connect with the living ground and talk about what it means to trust the unseen parts of ourselves. We’ll create “Root Maps” showing the strengths and supports that lie beneath our visible lives.

### November 16: Opinion, Fact, or Truth?

Youth are invited to an honest self-inquiry as we explore how we form beliefs and what it means to stay open-minded. Using examples from everyday life, youth will sort statements into “Opinion,” “Fact,” and “Truth” categories to discover how perceptions shift with awareness. We’ll discuss how to practice “staying open at the top” – welcoming new ideas without losing connection to spiritual Truth. To close, youth will write a personal

affirmation that reflects what they now hold as their living Truth.

### November 23: Grateful for Kith & Kin

In the spirit of gratitude, youth will explore the meaning of kith (connection to place) and kin (connection to beings). Through storytelling and mapping, we’ll identify our local “kin” – people, animals, and elements of nature that support our lives – and create “Gratitude Circles” to celebrate them. This week’s activities help youth feel their belonging to both community and planet, deepening their sense of spiritual kinship with all life.

### November 30: The Soul of an Octopus

Youth dive into Sy Montgomery’s The Soul of an Octopus and explore how love and intelligence show up in surprising forms. Youth will reflect on how “monsters” in stories – or misunderstood beings in life – often reveal divine qualities when seen with new eyes. Together, we’ll create “Creature Compassion Cards,” artistic expressions celebrating the sacredness of all life and share those with the community in our 5<sup>th</sup> Sunday Youth/Adult Service.



**More Youth Information on Page 7**



# Council Inspirational Corner with Cherie Gordon

## 1st Annual Community Wide Harvest Festival

On September 27th, the Center hosted its 1st Annual Community Wide Harvest Festival. The grounds were decorated with fall elements such as scarecrows, pumpkins, and a produce stand where teens sold fresh fruits, vegetables and beautiful dahlia bouquets.

A variety of activities were available, including face painting, a paint and cider sip, and a scavenger hunt. Entertainment was provided by Larry Gilliam and his bluegrass band, creating a lively and festive atmosphere. Thanks to Kathy Gilliam and other generous donors, the upscale garage sale was a huge success.

The special events team sold hot cider, boxed lunches, and delicious sweets. The festival was both fun and prosperous, with CSLO raising \$1,950. A heartfelt thank you to the amazing volunteers who dedicated their time and energy to making the festival a joyful and memorable experience.

### Event Planning Requirements

To ensure the continued success of large-scale events at the Center, all event organizers are required to submit event plans and a budget for approval by the Council and the Finance Committee. Please remember to provide at least six months' advance notice for your event, allowing ample time for thorough financial planning and the necessary approval processes.

## 2026 Prosperity Campaign: Beyond Our Wildest Dreams

Although the 2026 Prosperity Campaign officially concludes on November 2nd, you can still submit your pledge! This is your opportunity to renew your membership and support CSLO. Your financial contributions help maintain the Center and support a variety of programs including Sunday music, youth classes, ministerial services, custodial and administrative needs, building rent and maintenance, and partnerships with Interfaith Works, Home Office and others. Every contribution goes a long way in supporting our community and its many causes.

To participate, you can fill out a pledge card at the New Here table or visit <https://cslolympia.org/prosperity-program-2026/>. Help us continue our mission for another 20 years and beyond!

To thank everyone who submitted their pledges during the campaign, the Prosperity Celebration Luncheon is on November 9<sup>th</sup> and all 2026 pledgers are invited to attend. Please RSVP by Nov. 2<sup>nd</sup> so we know how much food to order.

### Council Membership Opportunity

Susan Stroble has resigned from the Council. Our sincere thanks to Susan for her dedication to CSLO and the Council. The Council now has two vacant positions and is seeking committed individuals to join the leadership team. If you are interested in serving or would like more information about the Council's role, contact Carrie Barrett or Rev. David. Your participation can make a meaningful difference at our Center.

# Practitioner Corner with Timothy Robinson



*"There's a place in the soul where  
you've never been wounded."  
— Meister Eckhart*

In the hero(ine)'s journey, there's a pivotal moment when the hero(ine) faces the dragon. This creature breathes fire and is cloaked in fear while guarding something of great value. Myths tell us this is a trial, a test of worth. Yet the dragon isn't just an external foe; it represents our fears, doubts, and the parts of ourselves we've pushed into the shadows.

Many of us have been taught to see this stage as one of slaying the dragon. But what if the real invitation is different? What if the dragon isn't meant to be destroyed but understood? In the realm of spiritual growth, each fear holds a piece of truth: a source of power or love waiting to be reclaimed. Fighting it keeps us in a dualistic mindset, while meeting it with presence helps us remember our wholeness.

Science of Mind teaches that all experiences arise from the One Life. Nothing exists outside of it, not even dragons. They are expressions of consciousness, energy patterns seeking acknowledgment and reintegration. When we approach what once scared us with awareness, compassion, and gratitude, transformation happens. The dragon's fire shifts to illumination. The guardian becomes a guide, and conflict turns into communion.

Facing the dragon means turning toward what we've avoided and seeing beyond the mask of fear to the intelligence of Spirit beneath. This is the alchemy of consciousness, transforming resistance into revelation.

When we emerge from that encounter, we don't find a defeated beast behind us; instead, we discover an ally beside us. The gold we sought was never separate from us; it was forged in the heart of what we feared most.

In gratitude, we bow to the dragons for showing us that there's a part of the soul that can't be wounded, only awakened.

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**ATTENTION PRACTITIONERS!**



## 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

## Deepening with the Divine Retreat



In this retreat, we'll move from liking God to *loving* God. We'll be supported by sounds, such as singing bowls (a sound bath by Hillary Myers) and music, to support this journey of deepening relationship. (i.e. it will not be a "silent" retreat in the traditional sense, but the journey will be an inner one.)

Come for a sensual and "soul-sual" connection with the Divine within.

At the Center for Spiritual Living  
3437 Libby Rd. NE, Olympia

Saturday, December 6th 9:00 AM to 4:00 PM  
\$50 per person by November 30th, \$65 after  
(includes the new WA sales tax)

Facilitated by Rev. David Robinson

More info: <https://cslolympia.org/deepening-with-the-divine-retreat-12-6-25/>

### Tax on Classes

Effective October 1st, the State of Washington is charging sales tax on classes, workshops, and retreats. You'll notice a 10% increase in the cost of these to pay for the tax.

## Youth Corner



A season of gratitude and growth — our youth brought fun to the Harvest Festival with fresh veggies, paint, music, and prizes, celebrating creativity, teamwork, and the bounty of community!

Happy  
Thanksgiving

See more Community Images  
on the website:

[https://cslolympia.org/  
our-community-in-pictures/](https://cslolympia.org/our-community-in-pictures/)



## WOMEN'S GROUP NEWS

The Women's Coffee group meets Tuesdays at 11 at Haagen's. For more information, contact Jennifer: [Jennifer@cslolympia.org](mailto:Jennifer@cslolympia.org)

The Women's Circle is on the third Saturday of the month. 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** meets on the first Monday of the month. Contact [Caroline Fenn](#) for more info.

### Core Council

President: Carrie Barrett  
Vice-President: Kathy Gilliam  
Secretary: Cherie Gordon  
Treasurer: Craig Francis  
*Spiritual Leader: Rev. David Robinson*

## November Birthdays

Nov. 2 - Shani Banai  
Nov. 7 - Mindy Schaefer  
Nov. 10 - Marlisa Johnson  
Nov. 11 - Mary Wilde  
Nov. 29 - Susan Stroble

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  
**MUSIC TEAM**

Shani Banai & Kefa Crow  
**A/V TEAM**

Adrienne Cherry  
**YOUTH DIRECTOR**

Marlisa Johnson  
**BOOKKEEPER**

Tiffany Merkel  
Rev. Carrie Masters  
**ADMINISTRATIVE ASSISTANT**

Sandy Dell  
**WEBSITE, NEWSLETTER,  
ONLINE MARKETING**

Darshan Gregory  
**CUSTODIAN &  
GROUNDSKEEPER**

Message Phone: (360) 255-7878

Website: [www.cslolympia.org](http://www.cslolympia.org)  
Facebook: CSLOly

Email: [cslolyoffice@gmail.com](mailto:cslolyoffice@gmail.com)