

Revolutionary Agreements – Truth

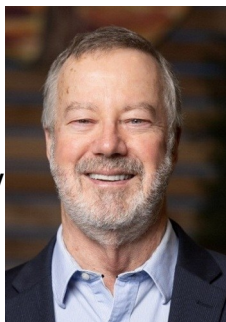
January
2026

Aaaah, the holidays are behind us, peace and quiet have returned. Nature has settled into its resting period and we find a quiet in our hearts and souls.

But, like in nature, there are stirrings of new things even if not yet fully visible. And so it is within us, too. It's an opportunity to reflect on the previous year and realign, recenter as the new year begins. If you feel that stirring, check out the 2026 Intentions Retreat on the first weekend. It is a wonderful opportunity to reflect while in sacred company of others doing the same.

Our talks for the first three months of 2026 will focus on the contents of a book - [Revolutionary Agreements, A Personal Path to Peace on Earth, by Marian Head](#). As she says in the "Invitation", "*The world works by agreements, whether spoken or unspoken, conscious or not.*" This includes the agreements we have with ourselves. We will explore one of these twelve agreements each week. And there will be Conversation Forums also exploring these agreements so that we can more deeply learn about, practice, and embody them.

As our CSLO community moves into this new year, with the intention of mindfully revisiting our purpose and vision, then creating a strategic plan to embody that vision, we begin with a foundation of how and who we choose to be in community. The world needs what we have to offer - our light, our wisdom, and our love.



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

We will have a class - "Prayer & Meditation" - and the first in a series of two-hour workshops following the service on the last Sunday of the month, beginning with "Living My Life Purpose." And, since we are seeing a number of new folks, we may move the foundational class "Spiritual Principles & Practices" up into January.

All in all, I am excited about this coming year. I believe that - not only in spite of, but perhaps because of all that's happening in the world right now - we are poised to make a big leap forward as a community. It's needed! It's time! Join in!

Sunday Talk Titles:

Revolutionary Agreements - Truth

Book of the Month:

Revolutionary Agreements



January 4: I Agree to Live My Mission

The trinity that underlies these twelve Agreements is rooted in the idea of Truth - *your truth*. A synonym for "your truth" is *authenticity*.

January 11: I Agree to Speak My Truth with Compassion

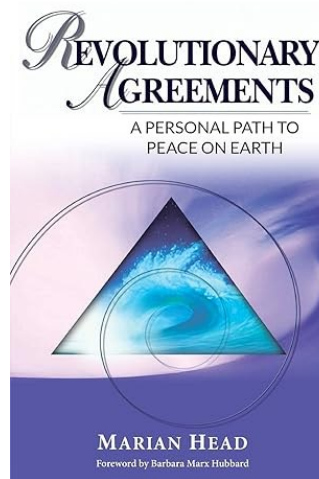
The first Agreement focuses on our actions; the second on our words. Authenticity in both word and deed is the manifestation of being true to your Self.

January 18: I Agree to Look Within When I React

It's one thing to observe someone behaving or speaking badly, it's another altogether to be *consumed* by our negative feelings and judgments about that person or behavior.

January 25: I Agree to Keep Doing What Works and Change What Doesn't

"Insanity is doing the same thing over and over again and expecting different results."
~ 12-Step Community



Revolutionary Agreements is a delightful, practical guide to living a positive life. The book reveals principles tens of thousands have used worldwide to strengthen marriage and parenting, become more effective and happier at work, enhance community

relations, and affect positive change in the world.

In this second edition, the author includes stories from readers who share how their relationships--and lives--were transformed by practicing the Revolutionary Agreements. Also new is a twenty-page section of customized agreements developed by organizations to express and align their team members' values. Additionally, Barbara Marx Hubbard, described by Buckminster Fuller as "the best informed human now alive regarding futurism," offers a thought-provoking Foreword.

The book opens with an invitation by the author to join her in a revolution to create a positive world by living a positive life. The twelve Agreements she offers as tools to affect this revolution are simple, practical and profound, and they are organized within three unifying principles: Truth (to be who I am); Acceptance (to accept others for who they are); and Gratitude (to appreciate the gift of this moment).

December Classes, Events & Opportunities

Rap with the Rev

January 4th
After Service (12:30 to 1:30 pm PT)
At the Center

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



CSLOlympia.org



[Rap with the Rev](#)

Sunday, January 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.

Prayer and Meditation



This class places a strong
emphasis on cultivating lifelong
habits of meditation and
Spiritual Mind Treatment
(affirmative prayer.)

10 Wednesdays:
Jan. 14th – March 18th
6:00 – 9:00 pm PT
In person with Zoom option

Register by Jan. 11

Center for
Spiritual Living
Olympia

CSLOlympia.org



[Prayer and Meditation Course](#)

Starting Wed. January 14, 6 to 9:00 pm
This class places a strong emphasis on cultivating
lifelong habits of meditation and Spiritual Mind
Treatment (affirmative prayer.)
10 Weeks with Rev. David.

Story/Restory Workshop

Are you seeking greater clarity, freedom, or transformation?
No prior experience needed—just an open heart and mind.

Join Buffie Finkel, RScP
Saturday, Jan 24, 2025
11:00 am - 4:00 pm

CSL Olympia
3437 Libby Rd. NE, Olympia



[Buffie Finkel's Workshop: Story/Restory](#)

Saturday, January 24, 11 am to 4 pm

Are you seeking greater clarity, freedom, or trans-
formation? No prior experience needed—just an
open heart and mind.

The Principles of Spiritual Practice

First in a series of 2-hour "Explorations in Consciousness"
workshops following the last Sunday service of the month.
Each is a stand-alone workshop, facilitated by Rev. David.

Sunday, Jan. 25th, 1 – 3:00 pm
In person with a Zoom option
Cost: \$27.50

CSL Olympia
3437 Libby Rd. NE, Olympia



[Exploration in Consciousness Workshops](#)

January: Principles of Spiritual Practice
Sunday Jan. 25, 1:00 to 3:00

This is the first in a series, following Sunday service
on the last Sunday of the month.
Each is a stand-alone workshop

Spiritual Partners Sharing Our Space Events Held at the Center

[Qi Gong](#) with Kent Combs Thursdays, Jan. 8, 15, 22, and 29, 5:30–6:30 pm

[Community Meditation Sound Bath](#) with Hillary Myers, Friday, Jan. 9, 6–7 pm

[Kick the Sick](#) with Max Myers, Sunday, Jan. 11th at 1:00 - 2:30 pm

[Dances of Universal Peace](#) with Marti Dimock Sunday, January 18, 12:30 pm

[Ho'oponopono & Sound Bath](#), with Thomas Wurm, Friday, Jan. 23, 2–4 pm

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

JANUARY YOUTH PROGRAM: **Revolutionary Agreements: Living in Truth**

January invites our youth and teens into a year-long practice of living from truth, authenticity, and conscious choice. Guided by Revolutionary Agreements by Marian Head, we explore what it means to be “open at the top”—open to insight, growth, and higher awareness—while staying grounded in integrity and self-honesty. Through reflection, movement, creative expression, and play, youth and teens experience truth as something lived and embodied, not just understood.



January 4 – I Agree to Live My Mission

Youth begin the year by exploring authenticity as alignment—when who they are inside matches how they show up in the world. We reflect on gifts, values, and what feels meaningful right now. Youth create Mission Maps that visually express what lights them up, while teens reflect on how living their mission begins with small, intentional choices. A playful Values Relay invites youth to match real-life scenarios with core values, reinforcing mission-driven action through movement and teamwork.

January 11 – I Agree to Speak My Truth, with Compassion

This week focuses on conscious communication and the power of words. Youth explore how speaking truthfully can be both honest and kind, learning the difference between reactive speech and compassionate expression. Through Compassion Statements, youth rewrite common reactive phrases into words that reflect clarity and care. A lighthearted Truth Telephone Remix game highlights how intention and awareness change the way messages are shared and received.

More Youth Information on Page 7

January 18 – I Agree to Look Within When I React

Youth learn that reactions are invitations to self-awareness rather than blame. We explore how emotions show up in the body and how pausing helps shift responses. A guided body-awareness reflection supports youth in noticing where feelings live physically, followed by journaling or drawing. The movement-based game Emotion Freeze Tag reinforces emotional literacy, as youth name feelings and healthy responses before rejoining play.

January 25 – I Agree to Keep Doing What Works and Change What Doesn't

We close the month by celebrating conscious growth and flexibility. Youth reflect on habits, thoughts, and patterns, recognizing that change is a sign of wisdom, not failure. Through Truth Tune-Up Wheels, youth identify what supports their well-being and what's ready for adjustment. The interactive Keep It / Change It Toss game brings the lesson to life, helping youth embody discernment through joyful action.





Council Informational Corner with Cherie Gordon

The Core Council extends heartfelt wishes for a Happy New Year to every member of our Center for Spiritual Living-Olympia family. We hope your holiday season was filled with joy, celebration, happiness, and loving memories. We also want to express our gratitude to all who contributed to our community-wide food drive benefiting the Thurston County Food Bank. Your generosity continues to strengthen our community spirit as we look forward to the blessings that 2026 will bring.

Our recent Community Meeting, held on December 14th, included several important updates and announcements. Craig provided a presentation of the challenging 2026 budget and Adrienne spoke about our youth programs. Rev. David announced a series of upcoming classes and events, beginning with the 2026 Intentions Retreat scheduled for January 2nd and 3rd.

Starting January 25th, Rev. David will introduce a series of standalone classes on the last Sunday of each month, from 1 to 3 p.m. These sessions are designed to encourage spiritual growth and ongoing learning within our community.

Looking ahead, CSLO volunteers will have the opportunity to assist at the Thurston County Food Bank as a future community service project. Further details will be announced once arrangements are finalized.

Applications to host an event for "Nourishing our Community," CSLO's annual *fund*raising program, will open on February 1st. We encourage you to begin planning an event you would like to host, such as a dinner, outdoor gathering, craft activity, etc. Applications for event hosts

must be submitted by March 1st.

As my two-year term on the Council draws to a close in March, I am grateful for the opportunity it has provided to participate in decision-making and deepen my commitment to CSLO's growth. There are open positions available for qualified and dedicated individuals to join the leadership team. If you are interested in serving or wish to learn more about the Council's role, please contact Carrie Barrett or Rev. David. Your involvement can have a meaningful impact on our Center's future.

We invite all members to attend the Annual General Meeting on March 8th. This important gathering will feature the election of new Council members, a summary review of 2025, and a presentation outlining our vision for 2026.



2026 CSLO Theme for the Year: Beyond Our Wildest Dreams



This year we are invited to dream bigger. However wonderful our lives might currently be, there's even more wonderfulness available! Since we live in a field of infinite possibility, there's always more.

Practitioner Corner with Linda Bremer



“As our thought is opened and we behold the image of eternity within ourselves, we are changed by this image into a newness of life.” - Ernest Holmes

As each year draws to a close, we may reflect on what has been and what might yet be. For many, this moment is filled with resolutions, hopes, and promises. I’ve learned through our Science of Mind movement, that this turning of the calendar is an invitation to consciously participate in the creative process of life.

Every thought is a seed, and every seed contains the blueprint of its own fulfillment. The New Year, then, is not simply a time for wishing, but a time for aligning our inner world with the possibilities we want to experience. The universe responds, not to vague hopes, but to clear, intentional thought backed by feeling and conviction. A New Year is not a blank slate handed to us by chance - it is a canvas where we co-create with the infinite.

Some points to ponder...

- **Clarity of Intention** Instead of resolutions rooted in willpower alone, Let us ask: *What truth about myself am I ready to embody?* Peace, abundance, creativity, love—these are not goals but states of consciousness.
- **Affirmation Over Struggle** Science of Mind teaches that we do not fight our way

into a better life; we *affirm* our way into it. A New Year’s wish becomes a declaration: *I accept the good that is already seeking expression through me.*

- **Trust in the Creative Process** We know the universe is responsive, intelligent, and benevolent. When we set an intention, we are not pushing against the world—we are aligning with a deeper flow.

Here are wishes that echo the spirit of our teachings:

- May your thoughts be guided by clarity, your actions by purpose, and your heart by love.
 - May you release the limitations of the past and step into a year shaped by possibility.
 - May peace be the atmosphere of your mind and the expression of your life.
- May you remember that every day—not just January 1—is a new beginning.

Closing Reflection

Life is lived from the inside out. The New Year, then, is not something that happens to us - it is something we bring forth through consciousness. When we choose thoughts aligned with truth, love, and possibility, we participate in the ongoing creation of a world that reflects those qualities. In that spirit, the most powerful New Year’s wish we might make is simple: **Know that the good you seek is already within you, waiting to be recognized and expressed.**

Here’s to the best yet to be.

Practitioners

Teresa Bielenberg
Linda Villegas Bremer

Sandy Dell
Susan Einhorn
Buffie Finkel

Rev. Carrie Masters
Tim Robinson



Prayer Support

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

COMMUNITY EVENTS CORNER

2026 Intentions Retreat

Beyond Our Wildest Dreams! *2026 Intentions Retreat*

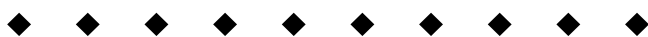
Friday evening, Jan. 2nd, from 6 - 9 and
Saturday, Jan 3rd from 9 to 4
\$60 through Dec. 28th,
At the Center, with Rev. David facilitating



Take time to let go of what you no longer want to carry forward - and make peace with it - then set clear, powerful intentions for the New Year. Consciousness works on intention. What are yours? What are your values that you want to bring forward more fully this year? And are you willing to say yes to going Beyond Our Wildest Dreams?

Friday evening, Jan. 2nd, from 6 - 9
and Saturday, Jan 3rd from 9 to 4.

\$60 through Dec. 28th. At the Center,
with Rev. David facilitating.



SPECIAL NOTICE: 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



Celebrating the light within and around us—our youth and teens shining together through connection, creativity, and community this winter.

See more Community Images
on the website:

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

PHOTOS WANTED

We are looking for folks who love to take pictures of Center events, to be added to the website and/or the monthly newsletter. Let's share with the world that we have fun events and fun people at our center.

Please submit digital photos to
[**SandyADellRScP@gmail.com**](mailto:SandyADellRScP@gmail.com)

Thank you!



WOMEN'S GROUP NEWS

The Women's Coffee group meets Tuesdays at 11 at Haagen's. For more information, contact Jennifer: 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

January Birthdays

Jan 14 - Steve Romance

Jan. 16 - Jeremy Mason

Jan 20 - Susan Kibbey

Jan. 23 - Caroline Fenn

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 ASSISTANTS

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

Darshan Gregory
**CUSTODIAN &
GROUNDSKEEPER**

Message Phone: (360) 255-7878

Website: www.cslolympia.org
Facebook: CSLoly

Email: cslolyoffice@gmail.com