

The Foundations of the Science of Mind

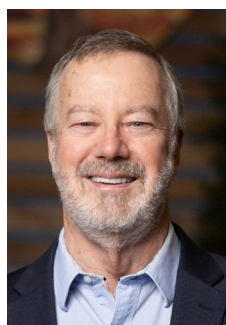
April
2026

April welcomes us to the unfolding of Spring. The month begins with the celebration of Easter - the Christian idea of the resurrection, and the resurrection that takes place every year in nature, as the seeming deadness of Winter, turns into a riot of colors and smells - Life!

As I write this on the 9th of March, blossoms on my plum tree are just opening, sunlit rain is falling and the yellow blooms of daffodils glow beneath the pear & plum trees. The full beauty of Spring is beginning.

Just as nature unfolds in ever more amazing ways, we spiritual humans also unfold the Divine Beauty flowing through us in stages. And, as the CSL Olympia community, we also unfold new and more wondrous expressions of Life.

We have begun the year with a thorough grounding, a foundation in the Revolutionary Agreements, to create a healthy soil for our center to grow into its next iteration. For April, we'll return to the foundation of our teaching by looking at the core of the Science of Mind through the first four chapters of the book. As we unfold the theme of "Beyond Our Wildest Dreams," we recommit to the solid core of this



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

teaching which, when understood and practiced, guides us toward greater freedom, joy, and Life.

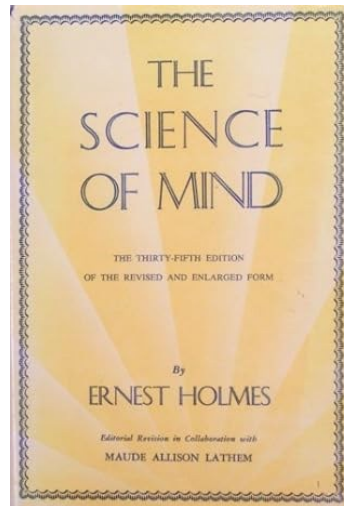
I hope you'll join in on this journey into the nature of the Divine, as we best understand it, and its application in our lives. Living fuller, freer lives is the result.

"Here and now, we are surrounded by, and immersed in, an Infinite Good. How much of this Infinite Good is ours? ALL OF IT! And how much of It may we have to use? AS MUCH OF IT AS WE CAN EMBODY."

~ The Science of Mind 50.2

Sunday Talk Titles: The Foundations of the Science of Mind

Book of the Month: *The Science of Mind*



At the height of what was known as the New Thought Movement, the great thinker, writer and leader Ernest Holmes published his *The Science of Mind*, which details the tenets of the spiritual

April 5: The Thing it is

Universal principles are never respecters of persons; the Universe has no favorites.

April 12: The Way it Works

We tend to want God to work our way. But, It works It's Way and our way is to know and align with that Way. Spirit works for us by working through us.

April 19: What it Does

We are surrounded by a Mind, or Intelligence; but what we draw from it we must draw through the channel of our own minds.

April 26: How to Use It

Spirit must flow *through* us in order to manifest *for* us.

movement which he founded: Religious Science. Holmes was a popular speaker in his time, filling auditoriums with listeners eager to learn his methods for forging a new relationship with the Christian God. He covers the basics in *The Science of Mind*, along with applicable habits like meditation and prayer, in order to put readers in touch with their God and on a healing path.

The Science of the Mind was originally published in 1926 by the founder of the worldwide Religious Science movement. It was completely revised in 1938 by Ernest Holmes and Maude Allison Latham. Using creative techniques, Holmes guides the student in easy-to-follow steps toward mastering the powers of the mind to find purpose in life.

April Classes, Events & Opportunities

Rap with the Rev

April 5th
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](#) & Bring a Friend Sunday
Sunday, April 5, 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.

PACE Class: The Essential Ernest Holmes Starting April 8, 6:30 to 9:30 pm

Explore the Writings of Ernest Holmes with
Christineness Young at Genisis CSL

[Detailed information here](#)

Genisis presents
The Essential Ernest Holmes
beginning April 8, 2026
for 10 weeks on Zoom
Wednesdays
6:30-9:30 pm
Pacific Daylight Time
Tuition: \$320
Register by
March 29th &
SAVE \$50
Register online at
GenisisCSL.org/Education
or at the Welcome Table
Facilitated by
Christineness
Young, RSCP

Game Night Saturday, April 25th 6:00 - 8:00 pm PT at the Center



Center for
Spiritual Living

[Game Night!](#)

Saturday, April 25th, 6:00 to 8:00 pm

All adults are welcome to join in the fun with the
provided games, snacks, tea and water!

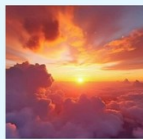
The Ever-Evolving Christ

April's workshop in a series of 2-hour "Explorations in
Consciousness" workshops on the last Sunday of the month.
Each is a stand-alone workshop, facilitated by Rev. David.

Sunday, April 26th, 1 - 3:00 pm
In person with a Zoom option
Cost: \$27.50

CSL Olympia
3437 Libby Rd. NE, Olympia

Center for
Spiritual Living



[Exploration in Consciousness Workshops](#)

April: The Ever-Evolving Christ
Sunday April 26th, 1:00 to 3:00

The Christ is our Divine Nature, within all of us. This
workshop is about cutting through old ideas about
Christ (and even Jesus) and recognizing it within us.

Spiritual Partners Sharing-Our-Center Events

[Qi Gong](#) with Kent Combs Thursdays, April 9 & 23, 5:30-6:30 pm

[Community Meditation Sound Bath](#) with Hillary Myers, Friday, April 10, 6-7 pm

[Journey to Higher Self & Sound Bath](#), with Hillary & Thomas, Sun., April 12, 1 pm

[Dances of Universal Peace](#) with Marti Dimock, Sunday, April 19th 12:30 pm

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

APRIL YOUTH PROGRAM:

Foundations of Spirit: Discovering the Divine Within

April invites youth and teens to explore the foundational ideas of Science of Mind—discovering that Spirit is everywhere, works through us, and responds through our thoughts and actions. Through games, reflection, and creativity, youth learn that they are not separate from the good they seek. Instead, they are channels through which love, intelligence, and possibility flow into the world.



April 5 – The Thing Itself (Easter)

Affirmation: *I deepen my knowing of the Divine within me.*

Youth explore the idea that the same Universal Presence exists in everyone and everything. In a playful “**Hidden Light Egg Discovery**,” youth participate in a spring Easter egg hunt where each egg contains symbols of goodness such as kindness, courage, or creativity.

Afterward, the group opens the eggs together. One special egg contains a small light representing the **Divine Presence within all life**. Youth then decorate paper eggs with a positive quality they carry inside. When placed together, the eggs form a colorful reminder that although we express goodness differently, **the same Spirit lives in all of us**.

April 12 – The Way It Works

Affirmation: *I align with Spirit and experience Life more abundantly.*

Youth explore how spiritual principles work through us. In the “**River Flow Challenge**,” teams guide an object along a path representing a river. When they follow the natural flow, movement is easy; when they force it, obstacles appear.

They discover that life works best when we **align with the natural flow of Spirit**, rather than trying to control everything ourselves.

More Youth Information on Page 7

April 19 – What It Does

Affirmation: *I open to greater and greater Good in my life now!*

Youth learn that while Infinite Intelligence surrounds us, we draw from it through our thoughts. In the “**Good Magnet Game**,” youth attract positive experiences by naming thoughts such as gratitude, courage, and kindness.

A **Gratitude Circle** follows, where youth share something good in their lives. They discover that focusing on good helps expand the good they experience.

April 26 – How to Use It

Affirmation: *I stand in absolute faith that Spirit is working in, through, and as me now.*

Youth explore how to consciously use spiritual principles. In a “**Thought Action Result Relay**,” teams see how a thought leads to an action and creates an outcome.

They finish by creating a **Faith-in-Action Card**, choosing one positive action to practice during the week—bringing Spirit into everyday life.

*This month also pairs beautifully with the **Teen Beyond Limits Class**, which explores how spiritual awareness and intentional practice help us expand beyond perceived limits. April’s lessons support that same*

discovery: when we align with Spirit, we experience greater freedom, confidence, and possibility



Council Informational Corner with Carrie Barrett

Happy Spring, CSLO Community!

As the season turns and the light begins to stretch a little longer each day, our community is also moving into a fresh chapter of growth, reflection, and renewed connection. In March we gathered for our Annual General Meeting, a meaningful moment each year when we pause to look back at what we've accomplished together and set our sights on what's emerging. We shared highlights from the past year, received thoughtful updates from our treasurer, youth director, and minister, and took time to honor the individuals who help keep our center thriving.

At the meeting, we expressed our gratitude to two Core Council members finishing their service on Council, Kathy Gilliam and Cherie Gordon, and we welcomed three new members stepping into leadership. Your 2026 Core Council is:

- Carrie Barrett, President
- Greg Laura, Vice President
- Craig Francis, Treasurer
- Hillary Myers, Secretary
- David Dickinson, Member at Large
- Reverend David Robinson, Senior Minister

Over the past couple of months, we've seen a handful of community members join us as guests during Council

meetings. This is a warm reminder that all Council meetings are open, and you are always welcome to sit in, observe, and stay connected with the inner workings of our spiritual home. If you're curious about attending, simply reach out to any Council member for meeting dates and details. For those who prefer to stay informed at their own pace, Core Council minutes and the center's bylaws are available on our website anytime.

We are also proud to share that Center for Spiritual Living Olympia is now officially recognized as a green business through the Thurston County Chamber of Commerce. Their program highlights organizations that take meaningful steps to reduce their environmental footprint—saving water, conserving energy, reducing waste, and choosing sustainable practices that benefit both our community and the planet. As the Chamber notes, these efforts often save money while also protecting and preserving shared resources. We welcome your ideas, inspirations, and practical suggestions for how CSLO can deepen its commitment to sustainability.



Check out or Contribute to our
Community

Images on the website:

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

Practitioner Corner with Buffie Finkel

This month at our Center we will be focusing on the foundational teachings of Ernest Holmes. The first four chapters of his book, *The Science of Mind*, tell all; *The Thing Itself*, *the Way It Works*, *What It Does*, and *How to Use It*. These chapters take up only



60 of this 600 + page book, but without them, the remainder of the story is completely incomplete. Written 100 years ago, the writing may need a translator at times. Holmes wrote well for

his time, but the way we communicate today has changed a lot, and the oratorical style he often used is difficult for many to understand. The messages are nonetheless timeless, and clearly divinely inspired. No matter how many times you have read the book, you may be like me and find that someone has snuck in some new sentences while the book was on the shelf—and they may even be highlighted or underlined! Reading foundational books such as this

remind us that if we remain committed to learning, we will discover new insights because we have grown and changed, and are in a new place, ready to receive anew.

The reason we return to these basics is similar to why we keep our cars well maintained, ensure that our home's foundations are properly ventilated and rodent free, or our bodies well nourished. We depend on these to support us as we go through life. If our spiritual life is going to support us at all, it must be built on a solid foundation as well. Our foundational teachings, as Ernest Holmes explains so thoroughly in the *Science of Mind* book, are the start. To mix my metaphors again, this is the garden bed, with soil and proper mulch. Add proper nutrients and minerals (the principles and practices we speak of all the time!), and the seeds you plant for a long, happy and fulfilling life are sure to grow strong.



Practitioners

Teresa Bielenberg
Linda Villegas Bremer

Sandy Dell
Susan Einhorn
Buffie Finkel

Rev. Carrie Masters
Tim Robinson

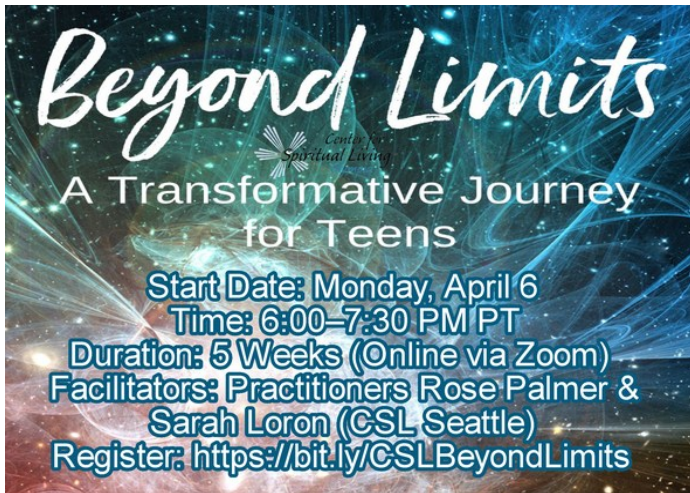


Prayer Support

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

COMMUNITY EVENTS CORNER

Upcoming Courses



Beyond Limits
 Center for Spiritual Living
 A Transformative Journey for Teens
 Start Date: Monday, April 6
 Time: 6:00–7:30 PM PT
 Duration: 5 Weeks (Online via Zoom)
 Facilitators: Practitioners Rose Palmer & Sarah Loron (CSL Seattle)
 Register: <https://bit.ly/CSLBeyondLimits>

A Transformative Journey for Teens is a five-week interactive online experience designed to support teens in discovering their inner power, spiritual identity, and limitless potential.

<https://cslolympia.org/beyond-limits-for-teens-4-6-26/>




May 4 (Monday evenings)
 MINDFULNESS-BASED STRESS REDUCTION (SHORT COURSE)
 In person in Olympia
 8-week course
 with HOLLY BOND
 MINDFULNESS NORTHWEST
<https://cslolympia.org/mbsr-course-5-4-26/>

Mindfulness-Based Stress Reduction Course offered by Mindfulness Northwest, starting May 4th
 More information here:
<https://cslolympia.org/mbsr-course-5-4-26/>

Youth Corner



Creating. Connecting. Imagining a better world—together.

Join the Youth for an Easter Egg hunt after the April 5th service!



Food Bank Needs Donations

Due to the urgent need to support the t.c. food bank, we will be collecting donations at CSL from now until the end of April. A list of most needed items will be posted by the donation tubs at the Center. Your support will be greatly appreciated.

Contact [Carol Kautzmann](#) for more info



WOMEN'S GROUP NEWS

The Women's Coffee group meets Tuesdays at 11 at Haagen's.

The Women's Circle meets 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: Greg Laura
Secretary: Hillary Myers
Treasurer: Craig Francis
Member at Large: David Dickinson
Spiritual Leader: Rev. David Robinson

April Birthdays

April 6 - Teresa Bielenberg

April 23 - Jean Hill-Miller

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Shani Banai & Kefa Crow
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Adrienne Cherry
YOUTH DIRECTOR

Marlisa Johnson
BOOKKEEPER

Tiffany Merkel
ADMINISTRATIVE ASSISTANT

Sandy Dell
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Darshan Gregory
CUSTODIAN &
GROUNDSKEEPER

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