

Core Concepts

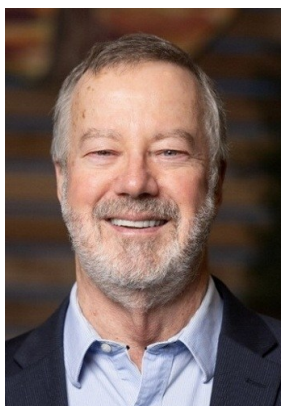
May

2026

May is named after the Roman fertility goddess Maia. May brings growth, fresh energy and brighter days. Let us celebrate and grow!

This month we'll deepen our understanding of four core concepts of this teaching - Oneness, Law, the Creative Process, and Mental Equivalents. These may be new for some of us and things we've studied before for others. I always find something new even in exploring concepts I think I'm familiar with. The concepts may stay the same, but I haven't, and the presentation of them might also be different. Additionally, other people might provide insights and new ways of seeing and understanding them.

We'll also play with a different way of exploring these concepts. Rather than me standing up and talking, we're going to take an idea from the Youth service and be in groups to go deeper and share our experiences with these



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

concepts. I'll do a short intro, followed by handing it off for discussion and exploration. It should be a fun way to learn, implement, and connect.

I look forward to celebrating this beautiful month with you!

"May is the perfect time to take a breath of fresh air and enjoy the beauty of spring."

~ Debasish Mridha

Sunday Talk Titles: Core Concepts

Book of the Month: *The Science of Mind*

May 3: Oneness

We live in a world that looks dualistic. But behind that appearance is a Oneness. How can we live in the awareness and practice of both?

May 10: The Law

Ernest Holmes calls Law "Mind in action." It is the Creative Medium and process of Spirit. How am I using this infinitely creative process in my life?



May 17: The Creative Process

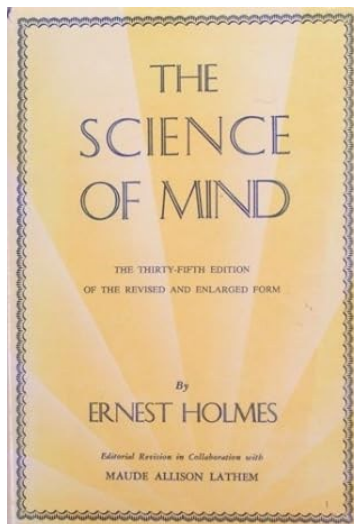
We continue to explore the Creative Process through the Law. We'll break out that symbol we use and explore how we're using it and how we can use it more effectively.

May 24: Mental Equivalent

Ernest Holmes tells us we don't get what we wish for, we get what we become, who we truly *are*. The phrase "mental equivalent" can be simply stated as, "How much Good can you believe in and embody?"

May 31: Living the Teaching

Embodying what they've learned, our youth will show us what it looks like to live these teachings with authenticity, courage, and joy when we trust and express the truth of who we are.



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 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.

May Classes, Events & Opportunities



Rap with the Rev
May 3rd
After Service (12:30 to 1:30 pm PT)
At the Center
Open Discussion with Rev. David
on the first Sunday of the month.
Centers for Spiritual Living
CSLOlympia.org

[Rap with the Rev](#)

Sunday, May 3, 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.



Revealing Wholeness
Dates: 7 Weeks from May 13th to June 21st, 6:30 – 8:30 PM
Tuition: \$232.85 total (10% discount for members)
Book: *Science of Mind and Mind Over Medicine* by Dr. Lissa Rankin
Location: In person with a Zoom option
CSLOlympia.org
Center for Spiritual Living Olympia

[Revealing Wholeness Class](#)

Wed., May 13 to June 21, 6:30–8:30 pm

Expand your knowledge and application of spiritual principles and practices, particularly in the inter-relationship between Spirit, Mind and Body.

Spiritual Partners Sharing-Our-Center Events



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

[Mindfulness-Based Stress Reduction Course](#)

May 4–June 29, 6:30–8:30 pm

9am - 4pm Retreat: Saturday, June 27

Mindfulness-Based Stress Reduction (MBSR) curriculum – one of the most widely researched mindfulness programs in the world.

[Qi Gong](#) with Kent Combs Thursdays, May 14 , 5:30–6:30 pm

[Community Meditation Sound Bath](#) with Hillary Myers, Friday, May 8, 6–7 pm

[Dances of Universal Peace](#) with Marti Dimock, Sunday, May 17 12:30 pm

NEW! [Family & Kids Sound Bath](#) with Hillary Myers, Thursday, May 21, 6-7 pm

[Qi Gong+Yoga Nidra](#), with Kent & Rebecca, Thursday, May 28 5:30–7:00 pm

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

MAY YOUTH PROGRAM:

Foundations of Spirit: Living the Truth We Are

This May, our youth and teens will explore four foundational spiritual principles that empower them to understand their inner world and consciously create their outer experience. Each week builds upon the last, guiding them from awareness to application—and ultimately into demonstration.



May 3 – Oneness

Affirmation: *I am connected to all life, and all life is connected to me.*

We begin by exploring the powerful idea of Oneness—the understanding that we are never separate from each other or from the Divine. Youth will engage in activities that help them recognize connection in nature, relationships, and within themselves. Through mindfulness and interactive experiences, they'll begin to see how kindness, empathy, and compassion naturally arise when we remember we are all one.

May 10 – The Law

Affirmation: *What I think and feel creates my experience.*

This week introduces the concept of Universal Law—the idea that our thoughts, beliefs, and feelings shape our reality. Through games, reflection, and discussion, youth will learn how their inner choices influence their outer world. They'll begin practicing awareness of their thinking patterns and discover how shifting their mindset can shift their experiences.

May 17 – The Creative Process

Affirmation: *I plant seeds of intention and watch them grow.*

Building on the Law, youth will explore how creation actually happens. Using the metaphor of planting and growing, they'll learn about intention, belief, and allowing. Hands-on activities will help them identify what they want to create in their lives and how to nurture those ideas with attention, trust, and positive expectation.

May 24 – Mental Equivalents

Affirmation: *I create a clear picture of the good I am ready to receive.*

This week focuses on aligning thoughts, feelings, and beliefs with what we desire. Youth will learn that in order to experience something outwardly, we must first create a strong inner “mental equivalent.” Through visualization, creative expression, and embodiment practices, they'll strengthen their ability to feel and believe in their highest good.

May 31 – Living the Teaching

Affirmation: *I am a powerful creator, and I share my light with the world.*

In our final week, our youth and teens step into leadership as they co-create and co-lead the service alongside Rev David. Rooted in the principles of Oneness, Law, the Creative Process, and Mental Equivalents, they will bring their voices, insights, creativity, and wisdom forward. Embodying what they've learned, youth and teens will show us what it looks like to live these teachings with authenticity, courage, and joy when we trust and express the truth of who we are.



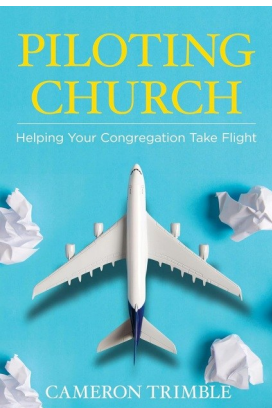
More Youth Information on Page 7

Council Informational Corner with Carrie Barrett

Hello, Vibrant May!

As the earth travels its season of renewal, your Core Council is experiencing a parallel period of growth and revitalization. We are currently in a stage of "onboarding and orientation," ensuring our new, and "old," Council members feel fully equipped to serve. To facilitate this, we have spent our recent sessions diving deep into the core responsibilities and governance practices that define our role.

We recently took time to revisit our primary duty: ensuring that the organization's decisions are made with integrity and foresight, assuring we stay a sustainable, mission-focused community. To deepen our team collaboration and focus our vision, the Council is planning a dedicated retreat for late spring. This time will allow us to get to know each other better, refine our workflows, and enhance our collective understanding of our stewardship responsibilities.



We are finding fresh inspiration spiritually and intellectually through a book Rev. David introduced, *Piloting Church: Helping Your Congregation Take Flight* by Cameron Trimble. We are

currently moving through a few chapters between each meeting, thoughtfully contemplating the exercises provided and engaging in robust group discussions. This study is a valuable compass, helping us visualize our future path with greater clarity and courage.

Beyond internal governance, we are looking outward at how we connect with all of you and the larger regional community. We have begun a comprehensive conversation geared toward creating a more efficient, approachable, and engaging marketing strategy. This includes reviewing our social media presence and website functionality, ensuring our digital "front door" is as welcoming and vibrant as our physical one.

Finally, we are pleased to share that annual staff reviews are nearing completion. This process consistently reminds us of how fortunate we are. We extend our deepest gratitude to our talented, dedicated, and caring staff. Their service is the heartbeat of this community, and we are honored to support them as they, in turn, support all of us.



Practitioner Corner with Susan Einhorn

All Are Welcome

"I believe in the incarnation of the Spirit in all, and that we are all incarnations of the One Spirit" ~ Ernest Holmes

The Science of Mind, a spiritual philosophy founded by Ernest Holmes in the early 20th century, is often misunderstood as a closed religion. In reality, it is designed as an open-ended "teaching" rather than a dogmatic creed. Its central premise—that our thoughts shape our reality through a Universal Mind—is a psychological and spiritual framework that doesn't require a person to abandon their existing faith. Instead, it offers a "how-to" for living that can enhance any religious path.

For a practitioner of a traditional theistic faith, such as Christianity, Judaism, or Islam, Science of Mind acts as a bridge between ancient scripture and modern metaphysics. A Christian, for instance, might see Holmes' teaching on the "Creative Process" as a deeper exploration of Jesus' statement, "It is done unto you as you believe." Science of Mind doesn't replace the Bible; it provides a mental methodology to practice the faith's promises of healing and peace more consistently. It shifts the perception of God from a distant, judging figure to an indwelling Presence that responds to the movement of human thought.

Similarly, those following Eastern traditions like Buddhism or Hinduism find natural alignment with these principles. The concept of *Karma* mirrors the Science of Mind's "Law of Cause and Effect." Both suggest that the conditions of our lives are the externalization of internal states. A Buddhist can practice mindfulness alongside "Spiritual Mind Treatment" (the Science of Mind form of affirmative prayer) to sharpen their focus on the present moment and dissolve the ego-driven illusions that cause suffering.

Even for the secular or "spiritual but not religious," Science of Mind is accessible because it encourages a scientific approach to spirituality. Practitioners are urged to "try it and see." If changing your thinking changes your life, the "science" is proven. It does not demand blind worship; it demands experimentation.

Ultimately, Science of Mind is a "correlative" philosophy. It looks for the "Golden Thread" of truth running through all the world's great religions. By focusing on the power of the mind and the oneness of all life, it allows a person to remain a devoted Catholic, a practicing Jew, or a Zen meditator while gaining a practical toolset for manifesting health, abundance, and harmony. It is a universal language of the soul that welcomes everyone to the table.



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

Compassionate Care



Communities such as ours seek to actively support our community members through holistic support, combining spiritual, emotional, and physical assistance—we call this Compassionate Care. We began informally, with a few folks who made themselves available to the community for support in challenging times. Then the Compassionate Care umbrella was raised with the intention of providing a broader expression of pastoral care. We added the Helping Hands team a few years ago, to provide physical assistance to those in need. We have several other ways to support our community, ranging from Prayer Shawls, Practitioners, to the loving and caring hearts of our Greeters, who provide warm welcomes, hugs, and a discerning eye for the newcomers.

This brings me to the purpose of this message. The Compassionate Care team, in all its forms, has had few requests for their help in the past years. It appears that we have a community made up of strong, independent, yet caring individuals who do reach out to each other, while not utilizing this formal support structure (and in this statement I include Sunday Prayer support, which is rarely requested by our community members). On Sunday afternoon, June 14th, you are invited to attend our quarterly Community Gathering, during which we will have a conversation about how our Compassionate Care team provides you with the support you actually need. You are -we all are—beloved community!! We want to hear from you!!

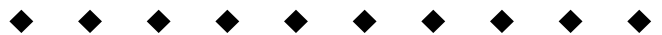
~ [Buffie Finkel](#)

Youth Corner



Youth Lead Sunday Service

Led by our inspiring teens, this heart-centered service wove together prayer, shared vision, and the powerful “Angel Wash” experience—culminating in a collective world, built piece by piece, where every voice mattered and a vision of a world that works for everyone came beautifully to life.



Hopefully the last of a snowy evening for a sound bath on March 13th



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, but is taking a break during June, July & August.

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

May Birthdays

There are no May Birthdays!!

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
MUSIC DIRECTOR

Shani Banai & Kefa Crow
A/V TEAM

Adrienne Cherry
YOUTH DIRECTOR

Marlisa Johnson
BOOKKEEPER

Tiffany Merkel
ADMINISTRATIVE ASSISTANT

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