

Whole No Matter What

July
2026

It's summertime, summertime, sum-sum-summertime. (Yes, some of you will remember that song.) July embodies the freshness and potential of summer. As kids, we loved it that school was really out, vacations were happening, and we could live outdoors, even in the murky Pacific Northwest, where we joke that summer begins on July 5th, after the fireworks get rained or fogged out. (That's not the case any more. It's in the 90's as I write this in mid-June.)

This month at CSL, we bring the warm light of knowing our wholeness. Our talk series is "Whole No Matter What." Ernest Holmes writes that "Our word does not restore wholeness; it reveals it." We are always whole, whether we feel like it or not. But we've often been talked out of that awareness and instead told that we're bad, imperfect, etc. based on things we have and haven't done. But our intrinsic wholeness isn't based on our performance; it's who we really are.

This month, we'll take some time to remember and reconnect with our wholeness. We'll be invited to embrace *all* of ourselves - the parts we like and the ones we don't. We're all God. Every aspect of us is God. To try to separate from aspects of ourselves we may not like is to try to separate from the Infinite Oneness/Wholeness. And, yes, that means everybody else is whole, too - the parts we like and those we don't. This is the call to see God in everything and everyone.

So, we might be looking at the f-word (forgiveness) for ourselves and others. We might be looking at letting those



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

parts of ourselves that we would rather keep in the closet like our old winter clothes out for a breath of the fresh air and sunlight of love. And we might even look in a mirror and say, "I love you."

And, you don't have to wait until July - you can start that now.

*"To be great, be whole;
Exclude nothing, exaggerate nothing
that is not you.*

*Be whole in everything. Put all you are
into the smallest thing you do.*

*So, in each lake, the moon
shines with splendor
Because it blooms up above."*

~ Fernando Pessoa

~ Rev David Robinson

Sunday Talk Titles: ***Whole No Matter What***

Book of the Month: ***What It Takes to Heal***

July 5: No Bad Parts

Ernest Holmes writes that “Our word does not restore wholeness; it reveals it” and yet, many of us don’t feel whole. We tend to reject or suppress the parts of ourselves we don’t like. What would happen if instead of rejecting them, we honored them. What if we asked ourselves, “What would my life look like if I honored and loved all of my parts, even those I don’t like?”

July 12: Who I Am Reflects How I Am

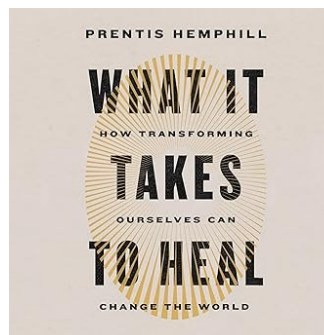
Who we are on the inside reflects how we express ourselves on the outside. Relationships are mirrors that allow us to see that how we view the world reflects how we view ourselves. The more we can uncover our parts, remove our masks, and be authentically ourselves, the more we are able to see the divine in everyone we meet. What would my life be like if I was authentically myself in every relationship?

July 19: What We Believe About Wholeness

To embody the idea that all humanity is divinity and that we are one global family, we have to recognize the wholeness inherent in all people. When we leave anyone out of this equation, when we deny someone’s wholeness, we deny God. What would it mean to really believe we are all one global family and that we are each unique and divine?

July 26: A World That Values All of Who We Are

How do we create a world that works for everyone and all of creation? To create such a world we must create a world that values all of who we are. This may sound simple, but it’s not easy. We live in a world that seems full of division and strife, yet we have the tools to work toward a more inclusive, just, equitable world where everyone has a place to belong.



What It Takes to Heal asserts that the principles of embodiment—the recognition of our body’s sensations and habits, and the beliefs that inform them—are critical to lasting healing and change.

Hemphill, an expert embodiment practitioner, therapist, and activist who has partnered with Brené Brown, Tarana Burke, and Esther Perel, among others, demonstrates a future in which healing is done in community. Hemphill weaves together stories from their own experience as a trauma survivor with clinical accounts and lessons learned from their time as a social movement architect. They ask, “What would it do to movements, to our society and culture, to have the principles of healing at the very center? And what does it do to have healing at the center of every structure and everything we create?”

In this life-affirming framework for the way forward, Hemphill shows us how to heal our bodies, minds, and souls—to develop the interpersonal skills necessary to break down the doors of disconnection and take the necessary risks to reshape our world toward justice.



July Classes, Events & Opportunities

The popular **Rap with the Rev** will take a one-month break while Rev. David's grandson Theo is in town. They'll be out on the water, boating right after service. The Rap will be back in August.

Also, David's **end of month Workshops** are suspended in July and August. Look for the next Workshop in September.



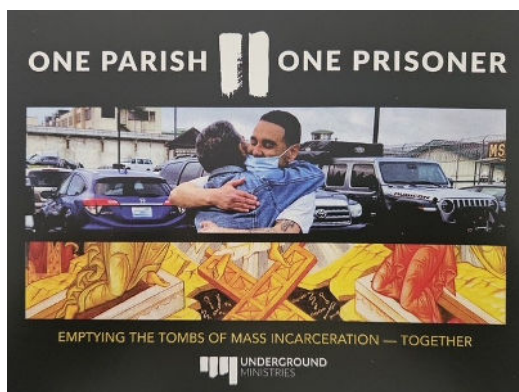
Game Night
Saturday, July 11th
6:00 - 8:00 pm PT
at the Center

Center for
Spiritual Living

[Game Night!](#)

Saturday, July 11th, 6:00 to 8:00 pm

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



ONE PARISH | ONE PRISONER

[One Parish, One Prisoner Workshop](#)

Sunday, July 26, at 1 pm

Come learn how we can walk alongside someone preparing for release from prison and coming home.

Or Zoom option: Wednesday, July 1, at 5 pm

Spiritual Partners Sharing-Our-Center Events

[Qi Gong](#) with Kent Combs Thursdays, July 9 & 28, 5:30–6:30 pm

[Community Meditation Sound Bath](#) with Hillary Myers, Fri., July 10, 6–7 pm

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

Special Guest leader Hassan Paul Swanson from the Seattle area will lead Zikr, a Sufi practice of “Remembrance.”

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

JULY YOUTH PROGRAM: Whole No Matter What

This month, we'll discover that every one of us is already whole, worthy, and wonderfully unique. Sometimes we focus on our differences or compare ourselves to others, but Spirit created each of us with special gifts that help make our world brighter. Throughout the month, youth and teens will practice empathy and learn to appreciate different perspectives. They will build confidence in being their authentic selves while helping create a world where everyone feels valued and belongs.



July 5 – No Bad Parts

Affirmation: *I embrace and honor all of who I am.*

Sometimes we have feelings or thoughts we don't like—maybe we feel shy, worried, frustrated, or scared. Instead of trying to hide those feelings, we'll learn that every part of us has something important to teach us. Just like every piece of a puzzle belongs, every part of who we are belongs, too. Youth will explore emotions through games, art activities, and role-playing exercises that help them recognize their many different "parts." We'll practice kindness toward ourselves and discover that our feelings are helpers and friends, not enemies.

July 12 – Who I Am Reflects How I Am

Affirmation: *I honor the humanity and divinity in everyone I meet.*

Sometimes we wear "masks" because we want others to like us or because we're afraid to show our true selves. This week we'll discover that being authentic helps us build stronger friendships and healthier relationships. Youth will participate in partner activities, storytelling, and creative expression projects that celebrate what makes each person unique. We'll practice speaking kindly to ourselves and others while learning that being perfectly human is more than enough.

July 19 – What We Believe About Wholeness

Affirmation: *I recognize and honor that I am part of one global family.*

Like trees in a forest, every person is different, but together we create something beautiful and strong. We all belong, and when we work together, amazing things happen. Youth will engage in team-building games, collaborative art projects, and community challenges that demonstrate how each person contributes something valuable. We'll talk about kindness, inclusion, and how our differences make our community stronger.

July 26 – A World That Values All of Who We Are

Affirmation: *I create bridges wherever I go.*

Creating a world that works for everyone starts with small acts of kindness, curiosity, and compassion. When we learn about people who are different from us, we discover how much we actually have in common. Youth will participate in activities that challenge assumptions, celebrate diversity, and practice being bridge-builders in their communities. In a "Bridge Builders Challenge" teams move through interactive scenarios using cooperation, and empathy to solve problems and complete a shared mission of connection and inclusion.

More Youth Information on Page 7



Council Informational Corner with Carrie Barrett

As we move deeper into the year, I'm feeling both grateful and energized by the momentum building within our community.

Our **quarterly community gathering** in June was a beautiful reminder of what happens when we show up with open hearts, imagination, and a willingness to listen. The conversations were rich, the ideas were generous, and the collective spirit felt strong and joyful. Craig put together a fabulous slide presentation for us to talk about finances, a website and social media refresh, the youth program, compassionate care, and the opportunity for a team of us to partner with One Parish, One Prisoner. How we, CSLO, show up in our community in person and online turned up as the theme of conversation topics. Each gathering continues to shape how we grow together, and I'm honored to help hold that container.

During recent Council meetings we've continued **discussing the website and social media** refresh. As the world and our community evolves, so should the ways we communicate who we are. With your help we're exploring updates that will make our online presence more welcoming, more intuitive, and more reflective of the vibrancy we experience in person. This

work is still in its early stages, but the creative spark is definitely alive, as seen at the community gathering.

Behind the scenes, we've also reached an important milestone: I'm delighted to report we have officially completed the 2025 staff review meetings! These conversations are never just administrative, they're relational. They give us space to acknowledge the dedication of our staff, reflect on the year's learnings, and align on how we want to support one another moving forward.

While we didn't participate in the Pride Festival this year, the council and marketing team agreed that we will plan thoughtfully for next year's presence. Our marketing team has created several flyer concepts that reflect our values of spiritual transformation and wholehearted welcome.

~ Carrie Barrett



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 Linda Bremer

Who am I? Am I the person others say I am?
Am I the person I've always thought I was?

"I am a spontaneous self-choosing center in Life, in the great drama of being, the great joy of becoming, the certainty of eternal expansion. I could not ask for more and more could not have been given." (Ernest Holmes, This Thing Called You, p. 25)

I am whole - no matter what. As I contemplate our Science of Mind (SOM) core concept of wholeness, I was reminded that we are not separate fragments struggling to become complete. We are individualized expressions of an Infinite Presence, already whole at our center.

Our beliefs about ourselves profoundly influence the way we live. If we believe we are flawed, or fundamentally lacking, we will often seek external validation to fill an inner void. Conversely, when we believe we are already whole expressions of Spirit, we approach life from a foundation of sufficiency and possibility.

At our core, we are whole, complete, and connected to Divine Intelligence. The essence of our being is spiritual perfection, hence no part of us is inherently bad. Some aspects may be wounded, fearful, or misdirected, but all can be transformed through awareness, compassion, and spiritual understanding.

So, when I judge myself as being 'not so good' sometimes, these are opportunities for greater understanding, healing, and expression of the Divine within. In embracing all that we are, we become living examples of the wholeness we seek. We help create a world that honors the sacred value of every human being.

SOM teaches that we are surrounded by a creative Law that responds to our consciousness. Our beliefs become patterns through which Life expresses Itself. Therefore, believing in our wholeness is not merely a comforting idea—it is a spiritual practice that shapes our experience.

Wholeness does not mean perfection in the conventional sense, or that we never make mistakes. Rather, wholeness means recognizing that every experience contributes to our growth and every aspect of ourselves can be brought into harmony with our highest nature.

As we awaken to this truth, we discover that every part of our experience can serve the unfolding of a richer, more authentic life.

We recognize that even our struggles contain valuable lessons. Instead of asking, "What is wrong with me?" we begin asking, "What is seeking expression through me?" This shift transforms self-judgment into self-discovery. And so it is.



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

Independence Day

On July 4th, we celebrate the 250th anniversary of the Thirteen Colonies declaring independence from British rule and adopting the Declaration of Independence, establishing the United States of America. This Declaration gave us a founding vision for this country, which is still powerful, and still seeking to be fully realized today: “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

A lot has happened since that first courageous act. Some of it we can be very proud of; others, not so much. Yet, just as our theme for the July talks is “Whole No Matter What,” this country is whole, no matter what, because Wholeness is the spiritual Truth of all life.

If, like me, you find the current state of the states disturbing; the country feeling not so “united,” it’s very understandable. Yet, it’s also important to be grateful for all the good that this country has been and currently is. While there is a great deal of healing to be done, there is also a great del of wonderfulness to be celebrated. Although I often find it a frustrating country, I am still very grateful for this country in which I live. May it shine more brightly as a beacon of Life, Liberty, and the Pursuit of Happiness for *all* for another 250 years.

More pictures of Buffie’s Graduation at <https://cslolympia.org/our-community-in-pictures/>

While celebrating Buffie Finkel’s Ministerial Graduation, our Youth Director, Adrienne, joined youth-focused leaders from across the CSL community to strengthen relationships and inspire future collaborations to support and expand the Center’s programs. *(Photos to the right)*

Buffie’s Graduation





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** 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

July Birthdays

July 4th - The United States
July 11 - Amy Shephard
July 26 - Ocean Laura

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