

The Fear and the Furious

August
2026

August is a month of heat and fire and our talks this month will embrace that. We all have fire within us, as one of the four elements of Life. Often, we don't know how to handle it. Do we let it burn our world down, or suppress it and let it burn from within, until it explodes?

This month, we will look into the fiery depths of our own consciousness and begin to learn to use both anger and fear to create - as they are intended to be used. We will reclaim our own power, harnessed and used for Good.

Often, we have been shamed for these feelings. Other times, encouraged to give in to them without regard to the potential damage that can be caused. But there is another way, a middle way, in which we can harness the power of fire within us and light up the world in wonderful ways.

I invite you to join in this exploration.

~ Rev David Robinson



Sunday Mornings

Meet in person at:

3437 Libby Road NE

Meditation: 10:30 a.m.

Service: 11 a.m.

Or On YouTube:

<https://bit.ly/YouTubeCSLO>

Senior Minister

Rev. David Robinson

“Anger can be turned into love, and degenerative thoughts into creative, energizing, vitalizing ones. The very power that has been destroying can be made to build up.”

~ Ernest Holmes, SOM 255

Special Note:

Rev. David will be away at the Seabeck retreat from Sunday afternoon, Aug. 16th through Saturday, Aug. 23rd. He will be unavailable for CSLO business.

Sunday Talk Titles:

The Fear and the Furious

August 2: Anger as a Force for Change

What if anger is not something to fix—but a signal to follow? This week, we explore: How can I honor my anger and still choose love? Join us as we explore anger as a vital force for transformation.

August 9: Fierce Clarity: When Fear Becomes a Compass

This week, we explore the idea that fear, rather than being something to avoid, might be trying to help us. What if fear isn't a warning, but a doorway to clarity?

August 16: Brave Choices

Courage is built through everyday decisions. It's not about being unafraid, it's about making loving choices when something feels uncomfortable.

August 23: Turning Conflict into Connection (Rev. Carrie speaking)

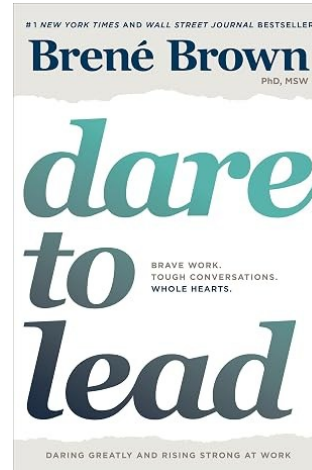
Engaging curiosity and vulnerability opens up new possibilities to strengthen relationships. But we might have to let go of needing to be "right!"

August 30: Building an Open and Collaborative Environment

What does it mean to stay open in a time of intensity? How can we stay open to others while navigating fear and conflict? This week, our Youth help us explore how cultivating collaboration, and vulnerability can lead to greater strength and connection.

Book of the Month:

Dare to Lead **By Brené Brown**



#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step

up and lead.

Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential.

When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work.

But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start.

August Classes, Events & Opportunities



[Rap with the Rev](#)

Sunday, August 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.



[New Thought Family Day](#) **Sunday, August 9**

Join in for the fun at the New Thought Family Day.
Services may be one hour earlier on August 9th!!



[Musical Sanctuary: All Heart Concert](#) **Monday, August 10 at 6:30 pm**

Pianist/composer and spiritual philosopher Kate Moody will lead the All Heart practice, a colorful visualization where we draw heart energy to all of the energy centers



Summer Community Potluck Picnic **Sunday, August 23rd, after service**

We currently have the annual Community Picnic scheduled for Sunday, Aug. 23rd after service. However, we need someone to take the lead on making this happen. If you would like to take this on, please see Rev. David or Adrienne.

Spiritual Partners Sharing-Our-Center Events

[Qi Gong](#) with Kent Combs: Returns in September

[Community Meditation Sound Bath](#) with Hillary Myers, Fri., Aug. 14, 6—7 pm

[Dances of Universal Peace](#) with Marti Dimock, Sunday, August 16, 12:30 pm

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

AUGUST YOUTH PROGRAM:

The Fear and the Furious

This month, youth and teens will discover that fear and anger are not emotions to avoid, but opportunities to grow with courage, compassion, and love. Through hands-on activities, creative expression, and teamwork, they'll learn healthy ways to understand emotions, make thoughtful choices, and create positive change.



August 2 — Anger as a Force for Change

Affirmation: *I channel my anger into sacred, purposeful action.*

Anger can help us recognize when something important needs attention. Youth and teens will explore what emotions are trying to tell them through a "Volcano to Vision" STEM activity, create Peace Toolkits, and practice healthy responses during a Conflict Challenge Relay, learning how to pause, communicate, and choose compassion.

August 9 — Fierce Clarity: When Fear Becomes a Compass

Affirmation: *I face fear with fierce clarity and unwavering presence.*

Fear doesn't have to stop us—it can help us grow. Youth and teens will complete a Courage Course, create Courage Compasses, and discover practical tools that build confidence, resilience, and faith when facing new challenges.

August 16 — Brave Choices

Affirmation: *I choose courage one step at a time.*

Courage grows through the choices we make every day. This week, youth and teens will discover that being brave doesn't mean never feeling afraid—it means choosing love, faith, and action even when something feels uncomfortable. They'll participate in a Choose Your Path Adventure Game, complete a Courage Quest Scavenger

Hunt, and create a Brave Next Step Challenge Card, encouraging one courageous action they can practice throughout the week.

August 23 — Turning Conflict into Connection

Affirmation: *I choose understanding before reacting.*

Disagreements are a natural part of life and can become opportunities to build stronger relationships. Youth and teens will strengthen communication, empathy, and problem-solving skills through a Mystery Miscommunication Challenge, Conflict to Connection Role Plays, and a cooperative Human Knot Team Challenge, discovering how listening, forgiveness, and understanding help create peaceful solutions.

August 30 — Building an Open and Collaborative Environment

Affirmation: *I open my heart to growth through connection.*

Our youth and teens will coordinate with Rev. David on the Sunday service, sharing lessons from the month and reflections from CSL Teen Camp, highlighting how courage, vulnerability, and collaboration strengthen community. Together with the congregation, they'll create a Threads of Connection Community Weaving, symbolizing that every person's gifts help create a stronger, more compassionate spiritual family.

More Youth Information on Page 7

Council Informational Corner

with Craig Francis

Quick Update: CSLO Council

Website proposal moving into action

We are currently in the planning phase. This includes exploring ideas, holding Zoom listening groups, and gathering input through questions like: What do we want the site to look like? What do we communicate to the outside world? What resources would be most useful to our membership?

Here's how you can get involved:

- ♦ If you have feedback, ideas, or thoughts about the design, please reach out to a board member. We will make sure your input is considered.
- ♦ We are funding this work through a community fundraising campaign. You can donate online through our current website: cslolympia.org □ Get Involved □ CSLO Digital Presence Campaign, 2026, or you can drop an envelope marked "WEBSITE" into the Sunday offering basket.

Strategic Planning

Over the last month and a half, Council has been working on two important items to support our future: clarity around the use of investments and a strategic plan.

At the request and guidance of the Investment Committee, we are updating how we think about our investments. In the past, the purpose of our investments was not clearly defined, and the idea that they could be used "as needed" did not sit well with many of us.

To bring clarity, we developed a three "bucket" system that divides our investments into:

1. Long-term growth
2. Income
3. Flexible funds (to address changing needs and desires)

Council Retreat

Recently, Council also held a half-day retreat to develop our strategic plan. We were very productive and created a plan centered on growth, prosperity, and passionate engagement. Stay tuned as we formalize our work and share it with the community.

Nourishing Our Community

Nourishing Our Community 2026 has been a great success. We exceeded our income goal by \$200-\$300. As of the end of June, we have collected all but \$1,000 of your contributions.

If you're not sure whether you've fulfilled your financial commitment, or if you have any questions, please contact Craig or Tiffany. We'd be more than happy to help.

That's it for now!
Thanks...

~ Craig Francis



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 Rev. Carrie Masters

TURNING ANGER INTO PEACE

Emotions are a part of our human lives, and dare I say, anger also plays a part in the lives of animals! A video I watched recently featured 2 hippopotamuses who were clearly angry with each other. After chasing each other through water and dirt, they suddenly stopped and stood face-to-face with their large mouths opened wide, ready to harm the other hippo.

It reminded me of angry exchanges I participated in with my greatest teacher (my ex-husband). As I watched the video of the hippos, I could see both my ex and I standing face-to-face, mouths wide open, in angry exchanges that seldom resolved the issue.

A very wise person explained that our anger, like all emotions, needs an outlet that isn't harmful to others. He explained that to keep anger from rising like molten lava and spilling over into hurtful words, we need to communicate in ways that leave the other person feeling heard and understood.

Thich Nhat Hanh, wrote, "We can transform our anger and

anxiety, and cultivate our energy of peace, understanding, and compassion" Yes, we can. This is accomplished by pausing as we feel anxiety, anger, and fury rising up within us. Using this practice of pausing gives us an opportunity to really hear and see where the other person is coming from.

Deep understanding is the path to peace and compassion in our relationships with others. This depth of understanding comes when we get curious and ask questions to gain the information we need to be fully understanding and compassionate.

When we continually practice pausing before reacting in anger, we are creating a new path in our mind that leads us toward peace. This path becomes a habit. The anger that sometimes rises can be a guide to an inner awakening of the Truth that we are all One.

As a mirror reflects our image back to us, we reflect each other. We see ourselves in the other person. I invite us all to be the reflection we wish to see and inspire others to transform their anger and fury into peace and compassion.

~ Rev. Carrie



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

What If by Buffie Finkel

What if God is a tinkerer
And every one of us
Is an experiment
Of its own creation?
What if in creating each person—
-We'll start with people—
God takes a little of this
And a bit of that and
Puts each individual together
to see what works best?
And what if
the unit of measurement
for determining "best" is
The vibration of Joy, or
even better, Love?
and what if God's plan
includes providing everyone
with unlimited access to this
Divine Joy and Love
Right there in our initial design,
in essence building it
into our base code?
And then what if this is why anyone can
At any time
Access these core 'codes'
And begin to vibrate at
That higher level?

And the creation experiment?
What if it isn't about success or failure of
Individuals to access the joy and love?
What if it isn't about efficiencies of design
Or even about the Divine learning what
works and what doesn't.
What if we really are all one Of God-
one of the Divine
one of The One and
There is no arbiter or judge out there
Saying "oh, good design, let's keep that
one,"
In reference to a Person?
What if We are each a part of the
Experiment that God is working
On Itself?

And What if all we need to do to feel these
Feelings is just decide to--
since after all, they are built in...?

Youth Events



Our youth and teens teamed up for a fun series of Escape Room and Amazing Race-style challenges, solving puzzles, completing missions, and discovering that kindness, teamwork, and love grow stronger when we work together.



[Planning for the Fall Harvest Festival](#)

Saturday, September 19

[See Adrienne for more details](#)



WOMEN'S GROUP NEWS

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

The Women's Circle is taking the summer off.
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

August Birthdays

Aug. 1 - Sherry Reisner
Aug. 7 - Lorrie Chase
Aug. 13 - Larry Gilliam
Aug. 15 - Magi Nock
Aug. 20 - Rev. Carrie Masters
Aug. 24 - Greg Laura

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**

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