

Radical Embodiment

September
2026

September is one of my favorite months - though there's something to love about every month, if we look. It's a lovely transition from the heat of summer into cooler temperatures. The leaves begin their descent to rest at the base of trees, proving mulching for the coming winter, yet it's still warm and usually sunny enough to enjoy being outdoors.

Indoors, at the Center, this month our theme is Radical Embodiment. "Radical" comes from the Latin word "root" and means something that is fundamental. (Yes, it can also mean "extreme" but that's not this month.) ▢

Many of us have a love/hate relationship with our bodies. We prefer to stay in our mentality, which we can make so much more comfortable. But, until we "root" into our bodies, with love and acceptance of all the joy and sorrow that a body brings, we aren't fully present in our own lives, nor in Life Itself.

It is the nature of the Infinite Mind to take form, to embody. We love it when that shows up as a beautiful flower, a hug, a divinely



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

delicious bit of food. We like it less when it shows up as an ache, pain, disease. Yet it's all the Infinite embodying, and doing so through our filters to co-create the physical experiences we have.

This month, we'll get more conscious about that process and, hopefully, move into even greater delight and enjoyment of these marvels of physical expression, vehicles for having physical experiences, that we are privileged to have. To health!

Sunday Talk Titles: *Radical Embodiment*

September 6: Inhabiting Togetherness

This month, join us as we consider Radical Embodiment. The first step is to reconcile with our beliefs about the body, and not just any body, but our body. Today. If our body could speak to us, what would it say?

September 13: The Inner & Outer Worlds, All Within You: Mastery (John "Yochanan" Stringer, speaker)

Perfection, power, and oneness are the fruits of aligning with who you truly are so that you can bring integration into the experience of life and master the inner and outer worlds, as you would call them. In reality, there is no separation: "as above so below"; however, "knowing thyself" is expanding into realms of consciousness that you have forgotten or decided were unattainable for some reason.

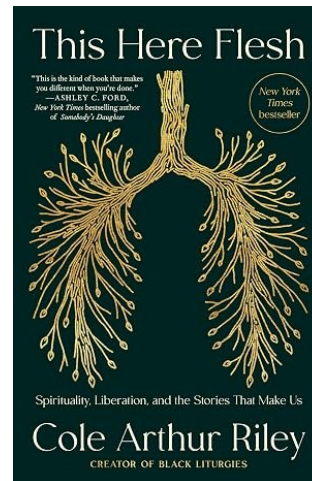
September 20: The Secrets We Share

Shame has been a tool used to oppress people via their bodies for centuries. This week, as we move further into radical embodiment, we consider shame and begin the work of releasing it. Where is shame in our body? When did we learn it? What might it be like to let it go?

September 27: The Audacity to be This Comfortable

As we conclude our experience of radical embodiment, we explore deep comfort and wonder in our bodies. What might our lives be like if we treated our body with the same wonder, reverence, and delight as we do the Earth.

Book of the Month: *This Here Flesh* By Cole Arthur Riley



NEW YORK TIMES BESTSELLER • In her stunning debut, the creator of *Black Liturgies* weaves stories from three generations of her family alongside contemplative reflections to discover the "necessary rituals" that connect us with our belonging,

Cole Arthur Riley writes her unforgettable book of stories and reflections on discovering the sacred in her skin. In these deeply transporting pages, Arthur Riley reflects on the stories of her grandmother and father, and how they revealed to her an embodied, dignity-affirming spirituality, not only in what they believed but in the act of living itself. Writing memorably of her own childhood and coming to self, Arthur Riley boldly explores some of the most urgent questions of life and faith: How can spirituality not silence the body, but instead allow it to come alive? How do we honor, lament, and heal from the stories we inherit? How can we find peace in a world overtaken with dislocation, noise, and unrest? In this indelible work of contemplative storytelling, Arthur Riley invites us to descend into our own stories, examine our capacity to rest, wonder, joy, rage, and repair, and find that our humanity is not an enemy to faith but evidence of it.

At once a compelling spiritual meditation, a powerful intergenerational account, and a tender coming-of-age narrative, *This Here Flesh* speaks potently to anyone who suspects that our stories might have something to say to us.

September Classes, Events & Opportunities



Rap with the Rev
September 6th
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, September 6, 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.

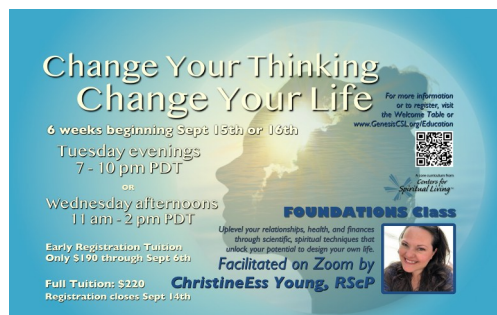


Community Gathering
Sunday, September 13th,
Join the Potluck Prior to the
1:00 pm Meeting
(Meeting also on Zoom!)
Please plan to attend and participate!
YOUR VOICE MATTERS
Center for Spiritual Living Olympia

[Community Gathering](#)

Sunday, September 13th at 1:00 pm

Come together to learn about what's happening around the Center and to lend your voice to co-creating our future.



**Change Your Thinking
Change Your Life**
6 weeks beginning Sept 15th or 16th
Tuesday evenings
7 - 10 pm PDT
or
Wednesday afternoons
11 am - 2 pm PDT
FOUNDATIONS Class
Facilitated on Zoom by
ChristineEss Young, RScP
Early Registration Tuition
Only \$190 through Sept 6th
Full Tuition: \$220
Registration closes Sept 14th

[Change Your Thinking Change Your Life](#) [PACE Class: Genesis CSL](#)

6 weeks starting September 15 & 16

Foundational Class offered by ChristineEss Young, RScP: Tuesdays 7 to 10 pm or Wednesdays 11 am to 2 pm on Zoom.



The Pathway of Roses Class
8 Wednesdays
September 16 to
November 4th
6:30 pm to 8:30 pm PT
In-Person and on Zoom
CSL-Olympia
3437 Libby Rd. NE, Olympia
Tuition: \$100
<https://cslolympia.org/>
Center for Spiritual Living Olympia

[The Pathway of Roses Class](#)

8 Wednesdays, Starting Sept. 16 at 6:30 pm

In The Pathway of Roses, Christian D. Larson discusses a powerful path to spiritual well-being and inspires you to move beyond a quiet faith into an active one.

Rev. David is resuming his Sunday afternoon Workshop starting Sept. 27

Spiritual Partners Sharing-Our-Center Events

[Qi Gong](#) with Kent Combs: Thursday, September 10 & 24, 5:30 to 6:30 pm

[Community Meditation Sound Bath](#) with Hillary Myers, Fri., Sept. 11, 6–7 pm

[Dances of Universal Peace](#) with Marti Dimock, Sunday, Sept. 20, 12:30 pm

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

SEPTEMBER YOUTH PROGRAM:

Radical Embodiment

This month, youth will explore **Radical Embodiment**—the idea that our bodies are not separate from our spiritual lives, but an important part of how we experience the world, connect with others, and express who we are. We'll practice listening to our bodies, respecting our boundaries, recognizing the messages we receive about ourselves, and discovering what it means to feel at home in our own lives.



September 6 — Inhabiting Togetherness

Our bodies help us experience connection, friendship, nature, and community. Youth will explore the question, **“If my body could speak to me, what would it say?”** We'll practice noticing physical signals such as energy, tension, relaxation, and excitement without judging them. Through a **Body Wisdom Mapping** activity, youth will create a visual map of ways their bodies communicate with them and identify ways they can respond with kindness and respect.

September 13 — Inhabiting the Inner Habitat

Our bodies can give us important information about how we are experiencing the world. Youth will learn that being spiritual includes caring for and listening to the physical self. We'll explore **“Body Signals: What Is My Body Telling Me?”** through a gentle guided awareness activity, followed by creating a **Personal Peace Plan** with healthy ways to respond when we feel overwhelmed, energized, uncomfortable, or in need of a break.

More Youth Information
on Page 7

September 20 — The Secrets We Share

Sometimes people receive messages that make them feel embarrassed or ashamed of normal human experiences. This week, youth will explore where those messages come from and how compassion can help us let go of harmful beliefs. Through **“Message Makeover,”** youth will identify common negative messages and transform them into statements grounded in dignity, kindness, and self-respect. We'll also practice thanking our bodies for the many things they help us do.

September 27 — The Audacity to Be This Comfortable

We'll close the month by exploring what it means to feel comfortable being ourselves without needing to meet someone else's expectations. Youth will participate in a **Comfort & Wonder Challenge**, noticing simple experiences that help them feel peaceful, connected, and present. We'll celebrate the many ways people move through and experience the world while practicing the idea that every person deserves respect, safety, and belonging.



Council Informational Corner

with Carrie Bennett

Core Council Update: Turning Ideas into Action

The Core Council has been bustling with energy as we transform long-discussed ideas into reality and tackle items that have sat on the back burner for a while. Looking back from the previous Council group to where we are today, it's fun to see our current team's unique personality and collaborative rhythm. During our work sessions, you will find us sitting side by side with computers open, reading agendas, and crafting thoughtful plans for our community's future.

We are currently laying the groundwork for several focus areas. First, we are actively researching how local organizations with buildings manage facility rentals, checking in with churches across our region. Our goal is to create a well-defined process to effectively support and promote this service, maximizing the potential of our space as a valuable service to the broader community.

Looking ahead, we are also preparing to launch a benevolence fund. Starting next year, you will be able to contribute directly to this account, equipping us to offer financial support to individuals in our community during times of need.

In administrative updates, the Core Council recently approved a raise for the minister's position. After reviewing regional standard rates, we discovered our minister was receiving lower compensation than similar roles in the Olympia area. Adjusting this salary ensures a

competitive, fair wage and maintains CSL Olympia as an appealing, supportive congregation for Rev. David and future ministers.

To strengthen connection, a Core Council representative will be available on Sundays. They will serve as an approachable point of contact for anyone with questions or ideas, helping you put a face to those in the team making operational decisions for the center.

Progress is coming along on our website redesign. Thanks to a collaborative Zoom session, we have great ideas for the site's design, functionality, and how to best welcome visitors to our community online and in person. And a heartfelt thank you to everyone who contributed financially. Your generosity fully funded our work with our consultant, Cody! We look forward to sharing our plans with him by the end of the month for the next stage of the project.

Finally, as fall approaches, a Prosperity Campaign committee is gathering for initial visioning to set our sights on the 2027 theme. Thank you for your continued partnership as we move CSL Olympia forward together!



**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 Sandy Dell

Blessings from Doubt

Sometimes, we suffer from the doubts we harbor in our minds. But have you ever considered the blessings we can receive from doubt?

Everyone goes through periods of having doubts or feeling unworthy! But have you ever considered that there is something to be learned through your doubt?

A Science of Mind Magazine article, called "Doubt as Devotion," in the May 2026 issue, helped me see doubt in a totally different light. Author Joseph Nelson shares the following:

"Doubt becomes devotion when uncertainty does not cause us to pull away, but instead deepens our commitment to spiritual practice and what we hold sacred."

I remember a phrase my father use to say. He was on active military duty during World War II. *"There are no atheists in foxholes,"* he told us. I understood that to mean soldiers learned to pray in a hurry, regardless of their spiritual beliefs, during active combat. I had not thought of that in years until I read Joseph Nelson's article.

How many times do we go on with our lives, not really thinking about spiritual things or even spiritual

practices, until we are in a challenging situation? Suddenly, we may realize we are drifting away from who we truly are and begin to feel helpless and unworthy. Maybe we feel we are going through a 'test' of some sort. Or maybe we need to see these times as challenges to find the blessings.

Feelings of unworthiness do not come from outside ourselves, but from what we feel within. When we keep falling into doubt, we can also start to feel unworthy! For me, that is like seeing a flashing red light in my mind. I realize I am out of alignment and need to step away and center myself again.

When I begin to doubt who I am, I tend to dive into doing more. It doesn't matter what I do, just so long as it is more! I suspect it is a form of avoidance on my part. Maybe you have a similar escape tactic, as no one feels comfortable in doubt or unworthiness.

Joseph concludes his article with the following:

"Doubt, then, is not the enemy of faith but its most honest test. In scripture and among mystics and modern spiritual seekers, devotion is not measured by certainty but by perseverance — by continuing to pray, serve, and seek even when God feels absent. ... doubt can deepen the soul's longing for God."

Next time you fall into doubt, ask yourself what blessings may be beyond your feelings.



Practitioners

Teresa Bielenberg
Linda Villegas Bremer

Sandy Dell
Susan Einhorn
Buffie Finkel

Rev. Carrie Masters
Tim Robinson

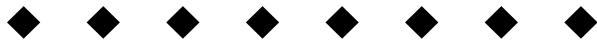


Call the message phone: (360) 255-7878, ext. 4 to listen to a prayer recorded each week by a Practitioner.

COMMUNITY EVENTS CORNER

Youth & Center Activities

Youth and teens turned fear into courage, challenges into connection, and strong emotions into purposeful action—growing, speaking their truth, serving, and building a stronger community together.



Harvest Festival

Fall Harvest Festival

Sat., September 19

[See Adrienne if you would like to help](#)



Community Potluck Picnic

Lots of fun,
food and
fellowship!



August 23, 2026

CENTER FOR SPIRITUAL
LIVING OLYMPIA
2ND ANNUAL COMMUNITY-WIDE
HARVEST
Festival



Center for
Spiritual Living
Olympia

SEPT 19, 10AM-4PM

Family Fun Activities
Bluegrass Band
Farm Vendors and Artisans
Harvest Potluck
Habitat for Humanity Pop-up ReStore
DONATIONS WELCOME!

3437 Libby Road, Olympia 98506
www.cslolympia.org



WOMEN'S GROUP NEWS

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

The Women's Circle meets the third Saturday of the Month, however in September, they will be supporting the Harvest Festival. 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** meet the first Monday of every 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

September Birthdays

September 2 - Stacey Kempf

September. 13 - Robin Lee

Sept. 23 - Sandy Dell, RScP & Laura Farris

September 27 - Teri Echterling

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MUSIC DIRECTOR

Shani Banai & Kefa Crow
A/V TEAM

Adrienne Cherry
YOUTH DIRECTOR

Marlisa Johnson
BOOKKEEPER

Tiffany Merkel
ADMINISTRATIVE ASSISTANT

Sandy Dell
WEBSITE, NEWSLETTER,
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Darshan Gregory
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