

Centre for Spiritual Living Newsletter August 1, 2015

Minister's Message

In *A Return to Love*, Marianne Williamson discusses the power of thought and intention; is it really possible to use one's mind to turn dark thoughts into light?

It's so easy to believe that external things hold the power in life. We think money, or lack of it, determines our abundance; we think other people's behaviour determines our happiness; we think success or failure, as the world defines it, determines our self-worth. But it is ultimately our thinking, more than our outer circumstances, that determines whether we live lives of harmony and peace or of pain and despair. I have known healthy, wealthy people who were depressed, and people with critical illnesses who could honestly attest to joy.

We have lived through the age of Newtonian physics, pronouncing the external world the only "real" world. That which we can see, hear, touch, taste and feel was deemed reality, and the mind was thought to wield little or no power in either creating or transforming material circumstances.

Near the end of the last century, however, this worldview began to change dramatically. In fact, it has been overthrown by science itself! Quantum physics and other cutting-edge theories show consciousness to be more than a mere witness to external events: It is now recognized for its role in causing and transforming events. As sages have proclaimed throughout the centuries, the world is but a reflection of what we think. As we change our thoughts, we can change our world.

In the realm of thought, there are two main categories: thoughts of love and thoughts of fear. Every single moment, we choose between the two. If I think with love, then I am more likely to behave lovingly and to attract love from others. If my heart is closed, I am more likely to act out of fear. Fear-based behaviour tends not to look like fear but like anger or jealousy; it elicits reactions from others that reflect my fear and not my love.

Yet in any moment, we can change our minds. God created us to co-create a world of harmony and peace and joy, which the love in our hearts gives us power to do. With every thought, we choose heaven on earth or hell on earth, for ourselves and for all the world. We have the power to bless or blame, to forgive or judge. With our thoughts we have the power to honour or mock, to believe in miracles or deny the possibility that they ever happen. When our minds move in harmony with love—through forgiveness or prayer or the simplest tender thought—then mountains move and the universe shifts.

Perhaps there is a situation in your life that causes you pain or anxiety, fear or grief. You

can surround it in your mind with light and lift it up to God. Just that simple thought—that we take a situation of darkness and place it in the light, praying for this Higher Power within us to do what we, as our human selves, feel we cannot do for ourselves. It puts into motion a force for universal good. It is unstoppable and indestructible. It is, in essence, the power of love itself. Think about that. And think about it some more. And then think about it some more. For as a we think, it is done! As we love, love comes back to us. It's up to each of us to be open to receive, to let the love and the light come in – and to let it flow back out to the world. When we do this, we are living on purpose!

And so it is!

With love, Rev. Carrie

Affirmation for Living

I am God's living miracle of love and light, choosing thoughts of love, compassion, understanding and forgiveness in every situation. I open my heart to love and allow myself to receive love as easily as I shower it over others in my life. I live in the Circle of Love!

President's Report

The music at the Centre keeps getting better and better. A special thanks to Louise, Nelson and the Chorus.

The Installation Weekend Committee Meeting has been meeting regularly and there have been some changes in our plans.

We decided that the original venue was not large enough for the Installation. Members of the Committee explored the Ambrosia Centre on Fisgard Street as a possible alternative to the Gorge Vale and found it to be a better venue. It was decided to book this venue for Friday September 11th, 2015. The dates and venue for the Concert were not working out so it has been postponed to Saturday October 3, 2015 at our Centre.

Thanks to Phyllis Comrie for doing a great job in heading this committee.

The Pot Luck Picnic at Joanna's home on July 19th was a huge success with more 40 people attending. Judy Wikene took a number of photos and created a beautiful collage. Check it out in our social area on Sunday!

We still see new faces on Sunday mornings. Our Centre is growing.

All is good.

Love and Blessings
Anne Millar

Promotion of Events

A cork board has been set up near the book table where congregants may post promotional flyers/cards for events or services they offer. These will no longer be announced during our services. Feel free to put your card or flyer on the board – and to remove it when it is no longer timely!

Welcome Special Guest

We are excited to announce a very special guest speaker Sunday, August 30th.

Maasai Elder and the owner of Safari tours, Warrior Trails www.warrriortrails.com.

Clamian Kitesho will talk about his journey from extreme poverty to being a successful business owner who now supports his beloved community.

Come and listen to Clamian's definition of success and learn about the Maasai culture and their spirituality!

This is a special Sunday – not to be missed! Come and bring your friends!!

Prayer

The essence of our teaching is Spiritual Mind Treatment/Affirmative Prayer. Our prayer team has begun to do treatment, one on one, each Sunday immediately following the service.

Revs Carrie, Joanna, Blenda and Raymond, and Practitioner Jennifer, are all available for prayer following Sunday services. Spiritual counselling may be arranged if a person so wishes.

Rev. Carrie says, "We are a Centre that prays with and for its people. We want those who wish to experience prayer on a Sunday to have the option to do so. This is typically a fee based service that includes spiritual counselling but there is no charge on Sundays.

REV. CARRIE'S THEME FOR AUGUST

WISDOM FOR A SUMMER DAY

I will be in Toronto this coming Sunday, helping my daughter through her next round of treatments. Bless you all for your prayers.

I'm so grateful to have our wonderful Rev. Joanna Drewry available to speak in my absence. I know she is beloved by you all – and her talks are powerful.

Here's our schedule for August:

August 2nd – Rev. Joanna – How Good Can I Stand It?

August 9 - Healing is a Journey

August 16 - Suffering is Optional

August 23 - Laughing at the Cosmic Joke

August 30 – Clamian Kitesho – Maasai Elder – Tanzania, Africa

MUSIC, MUSIC, MUSIC!

KUDOS to Louise Eldridge for her dedicated leadership of our music program. With changes in music, she is going the distance to rehearse with our soloists to introduce new music on Sundays!

And our heartfelt gratitude to Nelson Brunanski for taking over leadership of our High Spirits Chorus. They are bringing a whole new energy to our Centre! Louise and Nelson are great together and the chorus is a wonderful addition to our Sunday services. Some of our professional singers have joined in on Sundays, creating a terrific sound! And there is room for more to join. You don't have to have had musical training. You just need to love to sing! Speak to Nelson on any Sunday if you'd like to join in! Or email revcarrie@telus.net and she'll pass it along.

Soloists for August

August 02: Jenny Rhodes

August 09: Elizabeth Adams

August 16: Jennifer Louise Taylor

August 23: Merissa Cox

A Special Poem from Rev. Joanna

I asked Rev. Joanna to read a beautiful poem she had written as an assignment for our last class this season. Everyone enjoyed it so much that I felt it needs a special place in our newsletter where we can go back and re-read it and feel the love that is poured into it. Rev. Joanna, you are such a gift!

The Garden – *Joanna Drewry*

The light of Truth shines through the blooming garden
Through nodding lilies, fragrant and serene
Through roses, radiant in their splendour
All gifts of Spirit, my manifested dream.

There is no room for anger in a garden,
There is no room for bitterness, regret,
God's beautiful Infinity encompasses
The loveliness expressing in this space.

Spirit sings here through the flowers' glories
God shining through perfection of each bloom
God lives within the gardener and the garden
Gifting all with knowledge of their Home.

For truly we are always in God's garden,
On desert sands or sailing on the seas,
The garden of our hearts and understanding
Is always with us, with each breath we breathe.

I celebrate this wonder of the garden
Expressing in every fern and leaf -
All effortless and freely given glories
A conscious dream, God given and God birthed.

This garden is my story and my vision,
It is where I know that God IS, every day,
I share my garden with you for a reason,

There are not words to tell the Love I share this way.

ANNOUNCEMENTS

Co-op Number: Don't forget to use Michelle Marier's Co-op number when getting gas as the rebate is coming back to the Center. **29857**

Thrifty Foods Gift Cards: A wonderful way to support the financial health of our Centre is to use a Thrifty's Food Card. We have lots of them! Please see Pat Alfke Wright if you don't yet have one. When you load up your card and use it to buy groceries, the CSL Victoria receives 5% of everything you spend!

Pastoral Care Cards: Do you know someone in our congregation who is ill or in need of a pick me up? Contact Jeni Hillier at 250 598-8802 or j.hillier@shaw.ca. She would be happy to send a card.

Prayer Scarves: We are beginning a new tradition to provide prayer scarves or shawls to members of our congregation who have lingering illnesses. Irene Parkinson has created the first one and Rev. Carrie is attaching a prayer to it. If you know of someone with a serious illness who would benefit from one of these gifts, please contact Jeni or Rev. Carrie.

Please note: From time to time we will take pictures or videos of people at services or events to put on our Website or Facebook. Please let us know if you do not want to be included in this.

SACRED SERVICE

There are many ways to give to our Centre and one that is really important is that of Sacred Service. That means being part of a group of wonderful people who volunteer in various capacities. There are all kinds of ways to serve, so if you feel called to be part of a great team, please speak with Jeanne Rioux or with Rev. Carrie.

Our intention is to have each new volunteer serve one Sunday each month for a three-month period to see how they enjoy the service and fellowship; and then to have the opportunity to switch to something else if they prefer.

Rev. Carrie will have a special tea at her new home so that you can get to know one another!

ONGOING EVENTS

Amazing Grays: Monthly meetings are suspended for the summer.

Treasure Table: This is a PLC fund raising event. Please bring your unwanted treasures for others to buy and cherish! Takes place the 2nd Sunday of each month. Bring your treasures to share.