



**Center for Spiritual Living-Seattle  
Youth and Family  
Ministries  
Parent Handbook**

## **Welcome to Families at the Center for Spiritual Living from our Senior Minister Dr. Kathianne Lewis**

To our families,

Families have the most important job in the world, raising children. Because of that, we feel that it is the responsibility of the Center for Spiritual Living to support families of all sizes, shapes and colors in the care of their children. I want them to leave knowing that they were born into original goodness and that they are loved by their Creator.

It is also my intention that each child leave here with an understanding of different religions and traditions so that they can be good Global Citizens.

May you and your children be infinitely blessed!



Dr. Kathianne Lewis

## **Welcome to Families from the Coordinator of Youth and Family Ministries**

Beloved Families,

We are thrilled that you have chosen to become a part of the spiritual community that is the Center for Spiritual Living. This handbook was created so that you can become familiar with the programs that we offer to our congregants and their families.

Please feel free to contact me if there is anything that I can do to support your experience here at the Center for Spiritual Living be that it be one of "coming home"

Namaste`  
Debbie Sztain RScP

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# WHAT WE BELIEVE

## By: Ernest Holmes

(Founder 1927)

We believe in God, the Living Spirit Almighty; One, Indestructible, Absolute, and Self-Existent Cause. This One manifests Itself in and through all creation, but is not absorbed by Its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.

We believe in the incarnation of the Spirit in all, and that we are all incarnations of the One Spirit.

We believe in the eternality, the immortality, and the continuity of the individual soul, forever and ever expanding.

We believe that the Kingdom of heaven is within us and that we experience this Kingdom to the degree that we become conscious of it.

We believe the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.

We believe in the unity of all life, and that the Highest God and the Innermost God is one God.

We believe that God is personal to all who feel this Indwelling Presence.

We believe in the direct revelation of Truth through our intuitive and spiritual nature, and that anyone may become a revealer of Truth who lives in close contact with the Indwelling God.

We believe that the Universal Spirit which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by the Creative Mind which receives the direct impress of our thoughts and acts upon them.

We believe in the healing of the sick through the power of the Mind.

We believe in the control of conditions through the power of the Mind.

We believe in the Eternal Goodness, the Eternal Loving Kindness, and the eternal Givingness of Life to all.

We believe in our own soul, our own spirit, and our own destiny; for we understand that the life we live is God.

# SUNDAY PROGRAMS

## Who we serve:

The Center for Spiritual Living - Seattle serves children ages 3 months -18 years of age.

## How youth are served:

### Infants & Toddlers - Nurturing the One Life:

Young Children are consciously nurtured in a safe and loving environment as the expressions of God that they are.

### Preschool - Exploring the One Life, As Me:

Preschool children learn that there is no spot where God is not.

### Kindergarten - 4<sup>th</sup> grade - Recognizing the One Life, As Me, Creates, Celebrates, One Life:

School Age Children recognize the qualities of God within themselves through the practice and demonstration of Spiritual principles.

### Youth 5<sup>th</sup> - 7<sup>th</sup> grade - Practice the Power of Transformation,

Youth learn and practice spiritual concepts with confidence and support.

### Youth 8<sup>th</sup> - 12<sup>th</sup> grade - Conscious Choice:

Youth learn and practice spiritual concepts with confidence and support.

### Coming of Age Program:

This Rites of Passage program created for 7<sup>th</sup> – 9<sup>th</sup> graders, ages 12 - 14 as they become initiated into adulthood. This program is currently offered once a year and runs January through June. There is a charge for this program as well as a full commitment from both the youth and the family to attend all the events

### Children in the Adult Service:

Though older children may enjoy the adult service with their parents, we offer our “Tranquility” room for families who choose to keep their little ones with them during the service. The room has an excellent view of the pulpit, has piped in sound (yet sound proof) is cozy and family friendly.

## **What we teach:**

Our youth programs are designed to teach Science of Mind Principles in an age appropriate, interactive, and FUN way. We use curriculum written by the International Youth and Family Ministries of the Centers for Spiritual Living, which consists of stories, music, activities, and discussions for teaching youth the same spiritual principles taught in our adult Sunday Celebration services as well as the Affirmative Prayer.

Each classroom is equipped with a "Teacher Resource" book. The entire month's lesson plans are available for both parents and teachers to look at.

## **Location and Service Times:** updated February 2010

Sunday Programs for youth as follows:

### **9:00 service:**

#### *Main Floor:*

Infants/toddlers: 3 months - 2 yrs 11 months – Serenity room

Preschool – Joy room

Kindergarten/1<sup>st</sup> grade – Creativity room

#### *Upper Floor:*

2nd - 4<sup>h</sup> grade - Legacy room

### **11:00 service**

#### *Main Floor:*

Infants/toddlers: 3 months - 2 yrs 11 months – Serenity room

Preschool – Joy room

Kindergarten/1<sup>st</sup> grade – Creativity room

#### *Upper Floor:*

2nd - 4<sup>h</sup> grade - Legacy room

5<sup>th</sup>-7<sup>th</sup> grade – Ernest room

8<sup>th</sup>-12<sup>th</sup> grade –Thomas Troward room

### **Who is serving:**

A Volunteer staff of over 40 congregants is needed to support the youth programs at the Center for Spiritual Living each Sunday morning.

All teachers undergo a National background check, an extensive orientation, and interview and on-going training in order for them to work with our youth.

Our teachers have also made a commitment to serve our youth by coming into the classroom prepared to support the youth in learning the spiritual principles, and tools that are taught during the adult services in a manner that is developmentally appropriate, fun, and positive.

### **Licensed Practitioners:**

Licensed Practitioners are Spiritual Coaches that have undergone 4 years of training in the principles and teachings of Religious Science. In our community, licensed practitioners wear purple stoles and name tags that designate them as RScP's (Religious Science Practitioner). They come into the youth classroom and take prayer requests from youth, volunteers, staff, teachers, and parents as well as provide other spiritual support.

Practitioners are also available to work with families on a one on one basis.

### **Parent Participation:**

Creating and maintaining a sacred space with youth relies on having an abundance of adult supervision. In addition to our teaching staff, **all** families volunteer in the classroom with their children once every 2 months. You will find a sign up sheet in each classroom.

The benefits of volunteering in your child's classroom are:

1. Getting to know your child's spiritual community
2. Being able to have a point of reference when you go home on Sundays as your youth shares their experience
3. Making church something you do "as a family"
4. Ensuring that the Center for Spiritual Living is able to include all children because we are fully staffed.

Your child's teacher will direct you so preparation isn't necessary.

All volunteers receive a free CD of the day's service. If you are not comfortable working with children, please let the Youth and Family Coordinator know so that we can set up a different type of volunteer opportunity.

# POLICIES AND PROCEDURES

## **Registration:**

At the Center for Spiritual Living, nothing is more important to us than the safety and security of your children. That's why we've chosen KidCheck to bring you the best experience at check-in and to provide you as parents the ability to act as a team with us to keep them in safe hands.

To create your free account online, please do so by doing to [www.kidcheck.com](http://www.kidcheck.com) selecting the "Parents" section, and following the link called "Get your Free KidCheck Account".

Creating your free account at home only takes a few minutes and not only will you be helping us to have a smooth transition, but your first check-in will go much faster.

## **Signing-in and signing-out:**

Once you've created your account, you will use your 10 digit phone number to check-in the first time. You will then be given a scan card (like the one that the library gives) that a staff person will activate for you the first time you check in.

Once you scan in your card you will receive a name tag for your child as well as a "guardian receipt" for you.

Children must have their name tag on in order to enter the classroom.

Unless specified on your child's name tag, the parent dropping off the child will have to pick them up.

## **Health Policy:**

The Center for Spiritual Living is a "Well Child" environment. We cannot accept children into the classroom if any of these symptoms are or have been present over the **last 24 hours:**

- A temperature of 99 degrees or higher
- Vomiting
- Diarrhea
- Eyes that are either pink or discharging mucus
- Unidentified rashes
- Sore throat
- Lethargic or listless behavior

If you have a little one in the infant/toddler room, we ask you to wash their hands (as well as your own if you are volunteering) with soap and water upon entry. We also ask that you follow posted diapering procedures.

**Neither staff nor volunteers are able administer any medication without prior arrangements with the Youth and Family Ministries Coordinator.**

## **What if my child needs to be picked up during service?**

The Youth and Family Ministries is proud of the community that we create for the people that come into the classroom. Together we create a safe and supportive environment so that children can have a deeper experience of Spirit. At all times the children will be treated with respect and consideration.

### **Young Children:**

If your child has cried for 10 minutes and we are not able to comfort them we will put “will the parents of (first name and first letter of last name) come to the \_\_\_\_\_ room” on the screen behind the stage. Please return to your child’s classroom promptly. At that point you are welcome to stay with them in the classroom or have them join you in our “Tranquility” room.

### **School Age Children:**

If a child isn’t able to honor our classroom “heart agreements” (you will find the agreements on the next page) the following actions will be set in motion:

1. Child will be reminded of heart agreements and expectations.
2. Child will be given a choice to stay and participate or invited to work with a Practitioner (if there is one available) until they are ready to rejoin the group
3. If the child’s behavior becomes disruptive or violent, the parents will be called from the service. “will the parents of (first name and first letter of last name) come to the \_\_\_\_\_ room” on the screen behind the stage. Please return to your child’s classroom promptly.
4. The issue will be explained to the parent and together, as a team, the teachers will work with the parent to support the youth in having a positive experience.
5. If a child continues to be challenged in keeping the “heart agreements” the Youth and Family Coordinator will work with both the parent and the child to develop a plan to support positive classroom behaviors.

## **Heart Agreements:**

Children thrive in an environment where they know what the boundaries and rules are. This helps them feel safe as well as successful (especially in new environments). It is our intention to make the Center for Spiritual Living a fun and wonderful place to be. The following “Heart Agreements” are a way to preserve the sanctity of our sacred space. Please go over them with your child, sign them on the bottom, and then return them to the classroom.



# HEART AGREEMENTS

## Youth and Family Ministries

Please go over these with your child and sign at the bottom. Return them with your classroom registration form.

In order for every child to feel safe and loved, to express their God qualities to the fullest, to learn and grow in healthy ways and to have fun, we each agree to the following:

### **To speak loving words**

- To refrain from “put-downs”
- To practice friendly manners

### **To show loving actions**

- To share and cooperate
- To respect the “body space” of others
- To refrain from rough-housing, fighting and other inappropriate physical contact

### **To respect self and others**

- To listen when others are talking
- To honor quiet times, times of prayer and meditation
- To look for the expression of God in myself and in my fellow campers

### **To respect Center for Spiritual Living property**

- To care for books, supplies and other materials
- To care for the building and ground

### **To be helpful**

- To clean up/help put away materials when finished with a project
- To share with others

### **To participate fully**

- To try new things
- To be open to new friends
- To be willing to join in with others and allow others to participate

\_\_\_\_\_  
Child's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date signed

Center for Spiritual Living

# Staff Directory

<b>General Phone Line</b> .....	206-527-8801
<b>Rev. Dr. Kathianne Lewis</b> , Senior Minister.....	219
<b>Rev. Michael Ingersoll</b> , Development Director.....	215
<b>Rev. Barbara Novak</b> , <b>Director</b> of Programs and Products.....	263
<b>Rev. Sharon Ramey</b> , Outreach Ministry.....	740
<b>Rev. Jackie Allen</b> , Practitioners.....	300
<b>Rev. John Halas</b> , Men's Ministry.....	305
<b>Carmin Dalziel, RScP</b> , Operations Director .....	218
<b>Debbie Sztain, RScP</b> , Youth & Family Coordinator.....	259
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<b>Eddie Watkins Jr</b> , Music Ministry .....	260
<b>Moni Hiatt</b> , Information and Media Manager.....	220
<b>Accounting Dept.</b> .....	202
<b>John Brodrick</b> , Bookstore coordinator .....	212
<b>Heather LaneMcCants</b> , Executive Assistant.....	219