



COMMUNITY CONNECTION

CENTER FOR SPIRITUAL LIVING, SEATTLE **SPRING NEWSLETTER 2010**

FLASHBACK GREATEST HITS OF 2009

So 2009 wasn't all that. And yet, the Center for Spiritual Living was the place where...

By Rev. Roya Camp

Kids took part in a new pre-school co-op camp, and youth teachers became involved in a new monthly sangha.

More than 700 people claimed membership, and where more than 150 volunteered for leadership training.

More than 4,000 prayer requests were welcomed, and professional prayer practitioners contributed more than 9,000 hours of sacred service on behalf of the community.

Hundreds of people gathered to hear from New Thought luminaries such as Dr. Michael Bernard Beckwith, Don Miguel Ruiz and Caroline Myss, and took part in Better Business Breakfasts, classes and retreats by the dozen.

People called to "Ask Kathianne" as part of a new monthly phone-in seminar, and looked for her inspiring and fresh all-new YouTube videos.

The Center for Spiritual Living—the place where it all happened and you were a part of it!



Powerhouse Musician Eddie Watkins, Jr.

This maestro came to call the Center for Spiritual Living home, and guest musical stars came calling as well. Eddie was featured in March's edition of Science of Mind magazine.



*Dr. Rev. Kathianne Lewis, D.D.
Senior Minister*

A MESSAGE FROM DR. REV. KATHIANNE LEWIS, D.D.

Dear Beloveds,

Spring is a time of renewal, growth, and for many, it's a time for "spring cleaning." In that spirit, I invite you to "dust off" the Intentions you set at the beginning of this year. Are they beginning to sprout, to break through the soil, or are they still incubating? Have you planted the seeds and let them go, or are you still holding

on and trying to "make it work?" Remember that the highest working power is the power to see that we have nothing to do. Focus your attention on the Spirit of all Life and all Love and all Power, and allow It to make your intentions rise up and greet you.

Many blessings and love to you,

CREATE A BETTER WORLD

Holiday cheer — signed, sealed and delivered



The Center for Spiritual Living, and our dozens of holiday helpers, was the place where compassion and loving-kindness showed its face this holiday season.

By Rev. Roya Camp

Dozens of you Center for Spiritual Living elves made scarves, bought gifts, packed oranges, wrapped presents and otherwise made the season bright during the Create a Better World holiday festivities this winter.



More than 200 of you donated more than 600 hours of your time to help these groups—and the people they help:

North Helpline and Lake City
Food Bank
Food Lifeline
Habitat for Humanity
St. Francis House

Heifer International
Atlantic Street Center
Forgotten Children's Fund
YWCA
Thanksgiving Basket Brigade

Hopelink
Phinney Neighborhood
Association
Broadview Emergency Shelter
Children's Hospital

WORSHIP

Our high holy day blesses the world

By Kathy Galvin

Once again, we have celebrated our only High Holy Day: Groundhog Day or Candlemas, the day celebrated in many cultures as the halfway point between the Winter Solstice, when there is the most night of any day in the year, and the Spring Equinox, when day and night are equal.

In American and northern European traditions, the weather on this day is believed to be predictive of how much more of winter (traditionally six weeks) there will be. We watch the groundhog to see if he remains outside his den. If the day is cloudy (that is, shadow-less) it is a sign of spring. If it is clear, the groundhog will see his shadow and hustle back to his den for another six weeks.



On this February 2nd, we turned from our own shadows and looked toward the light—the capital “L” Light of God within. We looked at how we can be the light of the world by understanding the field of all possibilities, the Divinity within and without. We looked at the beauty and potential that we are and out of this crafted a prayer. We wrote our prayers from this understanding and in a ceremony of offering, put them on an altar as our gift to the world.

Some of those prayers can be seen projected on the large wall behind the stage in the Celebration Hall on Sundays. They are full of joy and inspiration and lift us all.

Sacred Journey to PERU

By Lisa Erickson

Arriving in Cusco, Peru, the highest city at 11,000 feet above sea level, I was awed by the beauty of the Andes Mountains, the incredible people, and the sacredness of Pachamama or mother Earth.

Our group spent two days in Cusco before separating into two groups: one went onto the Inca trail and the other to Sacred Valley. I was originally going to join the group on the Inca trail, but the day before leaving everything in my being said "no." Without knowing how I was going to be taken care of with this change, I made the decision and God handled the details beyond what I could have planned. I had no place to stay since the arrangements I'd made were to stay in a tent for four nights along the Inca Trail. God showed up in providing me with my beloved friends Ev and Donna who had what they called "my bed" since they had three twin beds. Not only did I get a place to stay but I was enveloped in Love by the entire group and my roomies.

One of our tour guides held Yoga practice in the most beautiful Yoga studio and we did Yoga to the sound of the birds. The time in the Sacred Valley was one of the highlights for me, filled with ceremonies in the different gardens, chanting, Yoga, explorations, chakra bed, sacred Inca sites, connecting with Peruvian people, and healing music by the fire.

After three days at Sacred Valley, the group went to Machu Picchu by train and then bus to the sacred city of the Incas that was preserved because it was hidden until around 1900.

When we arrived it was raining on and off and so could not see the mountains and a lot of the city. After lunch a few of us decided to go meet the hikers from the Inca Trail and also go to the Sun Gate. I was so grateful for the opportunity to meet the hikers and revel



Lisa meditating above the city of Cusco Peru

in their experience of the trail knowing that my decision was the right one for me. We arrived at the Sun Gate and it was still overcast and we could not see the Incan city. While we waited, the overcast parted and the city was revealed in its magnificence; it was glorious beyond description.

The next day we woke up early to hike on the Moon Temple trail and enjoy the butterflies, beauty, and sacredness of this site. After exploring Machu Picchu we took a train back to Cusco and then some of the group departed for home and some of us went on to the Amazon, where we spent three days in the jungle learning more about the indigenous people.

I have experienced two previous trips with Center for Spiritual Living and Kathianne. They were phenomenal and Peru was no different and yet it was different for me. Peru gave me a deeper connection with Spirit that is almost indescribable. I am now able to listen to my heart and do what it wants, for which I will be eternally grateful; and some say



"Roomies" at Machu Picchu: Donna Wood, Lisa Erickson and Ev Winningham

I now look like I am 18 years old. I attribute that to the connection with the Divine and the deep connection with the Oneness of all life that the Peruvian people reminded me of in the way they live and honor Pachamama.

Here is a prayer to Pachamama from a beautiful book purchased at Willka T'ika: "Holy Mother, I am coming, I am on my way to Thee, to the joy of your embrace, the peace I feel when you hold me. To your wisdom I surrender willingly, ready to become all that I have come to be. Thank you, Pachamama, for your grace and for waiting patiently."

GREEN TEAM EVENT

Earth appreciation evening



A pre-Earth Day event to help protect and preserve Puget Sound

By Jennifer Bundy

In honor of Earth Day 2010, the CSL Green Team is holding a free environmental education event and showing of the movie "Poisoned Waters" on Friday evening, April 16, 7 – 9 p.m. in the Celebration Hall.

In "Poisoned Waters," we learn that more than three decades after the Clean Water Act, iconic American waterways such as Puget Sound and the Chesapeake Bay on the East Coast are in perilous condition and facing new sources of contamination.

The goal of "Poisoned Waters" is to educate the community about polluted runoff still flowing in from industry, agriculture, and massive

suburban development. Scientists note that many new pollutants and toxins from modern everyday life are already being found in the drinking water of millions of people across the country and pose a threat to fish, wildlife, and, potentially, human health. Scientists say the legacy pollutant PCB now threatens the orca whale population that makes their regular home in Puget Sound.

After the movie, a panel of experts will lead a discussion on toxics reduction, storm water

runoff, and other related environmental topics. Attendees can also speak with a variety of environmental education partners and visit environmental informational tables. Door prizes will be given away after the movie; pizza and refreshments will be available for purchase.

This event is free and everyone is welcome! Bring a friend and learn practical, simple ways to help protect the environment and preserve the Puget Sound.

**Friday,
April 16
7-9pm**

6 p.m. View the environmental education partners and tabletop displays.

7 p.m. "Poisoned Waters" movie

8 p.m. Q&A with a panel of experts

WORSHIP

Interfaith Facts

By Alexandria Red

January 6 Feast of Epiphany, the last official day for the twelve days of Christmas.

January 20 Vasant Panchami, the Hindu festival of spring, dedicated to Saraswati, the Goddess of Learning and Brahma's wife.

February 8 Parinirvana or Nirvana Day, marks the death of Buddha and his entry into Nirvana.

February 12 Mahashivratri. Hindu festival dedicated to the deity Shiva.

February 14 Losar, the Tibetan Buddhist New Year, begins during the last days of the old year. It is a time for monks to perform special rituals evoking protective deities and clean monasteries. During the first day, elaborate ceremonies including recitations of Buddhist teachings and

dancing occur. Two days of secular festivals follow and the third day is for old prayer flags to be replaced with new ones.

February 16 Shrove Tuesday. Mardi Gras, also known as Fat Tuesday and Carnival, is the last day to party before the season of Lent begins.

February 17 Ash Wednesday, the first day of Lent, derives its name from the practice of marking a cross in ashes on the foreheads of adherents as a sign of repentance as they move into the season of Lent.

February 26 is Milad un Nabi. Sunni Muslims recognize this day as the birthday of the Prophet Muhammad while Shia Muslims recognize the birthday five days later on March 3rd. It is still controversial whether or not celebrating the Prophet Muhammad's birthday is innovative or disrespectful.

February 28 Magha Puja (Sangha Day in Thailand, Laos, and Cambodia) commemorates

a day when 1,250 monks from different places spontaneously came to pay homage to the historical Buddha.

February 28 Purim, a Jewish holiday that celebrates defeat of a plot to destroy the Jewish people in Persia.

March 17 St. Patrick's Day, celebrates St. Patrick, the patron saint of Ireland.

March 24 Rama Navami, celebrates the birthday of Lord Rama, an incarnation of Vishnu and the hero of the Ramayana.

March 28 Palm Sunday, also known as Passion Sunday. Falls on the Sunday prior to Easter and it marks the triumphant entry of Jesus into Jerusalem prior to his Passion (trial, tribulation, crucifixion, resurrection.)

March 30 Passover, celebrates the homes of the Israelites being passed over during the tenth plague of Egypt.

BUSINESS OF SCIENCE OF MIND



By Rev. Sharon Ramey

Unlimited Bounty! Ahhhhh! With these words, Kathianne assisted a young man during a Wednesday night service to clarify the Good he was seeking. Unlimited Bounty! Those words unlocked something that enabled me to feel excited and joyfully expectant in my own intention to thrive.

But, you might say.... "What about the obvious lack in my life: the lack of love and appreciation, the lack of ideas to solve a sticky situation, the lack of funds to pay the rent, the lack of energy due to stress. The only bounty here, Miss Pollyanna Smarty-pants, is one of trouble, confusion, fear, and misfortune!"

Breathe! Would you be willing to take a few moments if you knew it could change your life? With a little mental effort and spiritual grounding, you can use that oh-so-powerful talent called conscious thought to turn the tide of despair into the creative process that will unleash an experience of Unlimited Bounty.

To begin, set aside dedicated time every day to purposefully contemplate and be grateful for the Unlimited Bounty currently around you. Notice the profusion of flowers effortlessly bursting forth. Take a deep breath, noticing that you never question the abundance of air that is life-sustaining. Remember a time when you



Rev. Sharon Ramey leads the Business and Finance Ministry at the Center for Spiritual Living. Attend her monthly Better Business Buffet to learn more practical tools to succeed at work and in your entrepreneurial endeavors.

felt unloved, then a small act of kindness unleashed a flood of love within you. Remember feeling a sterile lack of ideas, or clarity. Then you were inspired by a dream or a magazine article, and presto, a whole stream of clear and creative ideas emerged. And finally, remember a time when enough money for a particular project seemed totally unavailable. Then, in a seemingly miraculous event, needed funds appeared in the right amount at the right time. These memories punctuate the Truth—the Unlimited Bounty you seek is already within you! By contemplating Unlimited Bounty, you'll begin to identify with it and draw that experience into your life!

Next, imagine what Unlimited Bounty would look and feel like—without trying to figure out how. I had an intention last year to own our home free and clear of any mortgage debt. Every morning (well.... 4 out of 7 mornings) I would know God and myself as Freedom, then claim this intention and feel the joyful, clear

feeling of freedom—of having a home free of debt. At the end of the year, the intention remained unfulfilled, and in my discouragement I considered this might be too big an intention. But the words "Unlimited Bounty" resurrected and re-energized my faith that nothing is too big for God. I continued seeing it, feeling it, and doing what I could in support of the intention. As of this week, we own our home free and clear!

Now—notice and be grateful. The continuous flow of this Unlimited Bounty depends on you becoming aware and comfortable with it. We always have the trouble-du-jour begging for attention. Your job, however, is to be ever-vigilant in seeking evidence that Unlimited Bounty is overflowing in your life now. From the beautiful sunrise to the unexpected tax refund, it's all the expression of God's Unlimited Bounty manifesting through you!

All great prosperity masters say we need to discover those energized words that capture the essence of our Good. "Unlimited Bounty" might be the words for you. If so, embody Unlimited Bounty as God working through you now! Claim and feel the desired bounty. And finally, notice and celebrate its daily emergence in your life! Unlimited Bounty—it's worthy of cheers! Party on!

COMMUNITY VOICE

Our Intentions

Many of us created intentions for the new year—Big Hairy Audacious Intentions or BHAI—aims for 2010 that couldn't possibly be accomplished through our own efforts. Rev. Kathianne encouraged us all to look deep inside and admit what we really, really want; to identify our Good and then have the courage to state it as an intention. These intentions would require a miracle and partnership with Spirit to make them manifest.



Jeff Pettiross set an intention to express power in 2010. This initial aim evolved and was revealed as an intention to be reborn, to move away from his intellect for a while and go through a rebirth to whatever unfolds this year. He sees the step after that to reintegrate his mind but for now he is going with the flow and sitting in his intuition.



Elena Sabajon intends to have a thriving business with a surplus of \$70,000 in the bank by the end of 2010. "It's been an adventure. My intention is continually calling me to surrender to Spirit, connect, know it's all Good. I am constantly releasing old beliefs that are not life-serving and knowing the Truth that I don't have to do it by myself." Elena's intention evolved, too—from being willing to receive \$50,000 surplus to accepting \$70,000.



Another congregant who wants to remain anonymous has had the same intention for three years: to be in perfect health and to find her soul mate. "I am knowing for the first time that my intention is happening in 2010." What changed? She decided to go all-out for her intention: take the "Self Mastery" class, go to service every Sunday, participate in a Connection Circle, participate in Sunday prayer circles, and be faithful to her daily prayer practice. "The forces are with me!" she says joyfully. "My health is better and I know my soul mate is here. I just don't recognize him yet!"



Kathy Galvin is another one whose intention started out as one thing and evolved into a much mightier one. Her wish to be able to have more time to volunteer grew into a belief that she could be able to retire "before the end of this year with much more income than I have now and with excellent health coverage." She added the health coverage when she realized that was an obstacle to accepting her BHAI with complete faith.

Contributors

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Kathy Galvin, **Editor**
Alexandria Red, **Assistant Editor**
Rev. Michael Ingersoll, **Publisher**
Kristopher Lee / Tiina Sahni, **Design**

Contributing Writers
Kathy Galvin
Lisa Erickson
Alexandra Red
Rev. Michael Ingersoll
Rev. Roya Camp
Rev. Sharon Ramey
Jennifer Bundy