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~Sunday Service Podcasts available online~

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May/ June 2010

May: Dr. Holmes wrote "(Our) thought should tend more and more toward an affirmative attitude of mind that is positive, stable and above all else - toward a real unity with Spirit that is already complete and perfect." This month, we focus on our attitudes and REAL unity with Spirit.

June: Is it time for a quantum leap? Are you ready to experience a greater sense of aliveness, happiness, love and abundance?

In June, we explore G.

Hendrick's *Conquer Your Hidden Fears and Take Life to the Next Level.*

Sunday Programs

9:30 AM Meditation

10:00 AM Service

11:00 AM Fellowship

Spanish Service:

Saturday Evenings at 6:30

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Together we can teach, demonstrate and inspire a positive approach to living.

Enough

"Do I look at myself from a standpoint of restriction? Do I see life limited to the eternal round of getting up in the morning, eating, going to work, coming home, going to bed, getting up again and so on?" Ernest Holmes poses these questions to us in the Science of Mind text book and they are as valid today as they were in the 1930s when he first asked them.

Today, it is easy to get so caught up in the day to day routine in life that we stop seeing the beauty around us - let alone smell the roses. "Too much to do and too little time" is a

very common phrase. Not so long ago, I found myself professing a lack of time and energy.

Then one day, my prayer partner pointed out to me that I may be treating for energy but I was speaking of lack of energy and inspiration. Hello?! Talk about a reality check. I changed my focus, changed my words and stopped talking about time all together. And as Law would have it, suddenly but not surprising, I found myself spending a Sunday afternoon taking a walk on the beach, having coffee with friends and getting home in plenty of time to do what needed to be done.

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Remembering to Remember

During this Memorial Day month our thoughts turn to remembering. Remembering is more than a look back in time. It is also calling to mind or retaining something in our awareness. Remembering at a profound level is time spent in the silence acknowledging the Power and Presence and feeling our oneness with Source. It is during these times we remember that there is a Divine Presence at the Center of all things. And that this Divine Presence responds to us and our

thoughts. We are creative. Through our thoughts we co-create the nature and quality of our lives.

We remember no matter what is going on in our lives, Spirit is still on the job. Suddenly, rough going seems a bit easier. We can remember that the present moment is all there is, choose to live in the now and make it count. Remembering at this level is transformational. It can be practiced any time any where.

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Enough

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The Truth is, there is enough of everything, including time to do what we want if we just open ourselves up to the Divine flow. It begins with knowing that everything we do is an expression of the Infinite Self. Everything! As we start to embrace this idea into our daily lives, things start to go our way. We begin to see the positive side of things and before you know it, there is more positive than negative. And with this positive outlook, we begin to have more time, more opportunity and more overall enjoyment.

Making sacrifices or experiencing lack does not win us any brownie points. Nor does it make us easy to be around woes and share our schedules.

We are here to express God, to express life and to express our own divinity. This can only be done when we decide to fully embrace our magnificence and release limitation and lack. When we are willing to take time for the most important activity there is; spending quality doing what we love to do with those we love to be around.

There is no better time than right now to stop and smell the roses, share a smile and open our hearts to all the abundance this world has to share. And while you are at it, take some time to connect with like minded people. The Center has an abundance of Sunday inspiration and classes available to you. Enjoy.

~Rev. Debby



"We should expect so much Good that we should conceive of it as being more than we even have time to enjoy"
- Ernest Holmes

Remembering to Remember

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Being immersed in a beautiful sunset, roaring waves on a stormy day, a walk in the woods, a day in nature or a quiet day reading by the fire, are ways to remember the Beloved.

Remembering evokes love and gratitude. What we focus on grows. As we remember in love and gratitude we invite more good into our lives.

We are grateful to those who touched us in some special way, a teacher, a basketball coach, or a beggar on the street who taught us compassion and humility. We feel gratitude for the

young child that makes us laugh and lights up our world.

During this Memorial Day month we remember our loved ones who have made their transitions. We are grateful for their time here on this spiritual plane and the way they touched our lives.

We are particularly grateful for all the military personnel who gave their human lives in the line of service to our country. This month we remember and acknowledge their supreme sacrifice.



We express love and gratitude to their families and know that somewhere they are enjoying another reality on a different spiritual plane for all life is eternal.

~Namaste
Rev. Matti

The Quest

We are all searching for something nearly all the time. Sometimes we set out on a big quest to discover the meaning of life, sometimes we simply wander up and down the aisle of the supermarket looking for a new food to serve our family, but we do continue to look for more ideas, things and wisdom than we have in this moment.

Have you ever wondered why we all search for something nearly all the time? The honest to God reason is that we are built that way. We are built to evolve, to grow, to expand and to explore. If it were not so, we would all be sitting around in caves shivering in the dark as we chomp on raw plants and meat. It is a simple truth: human beings are built to want more, to discover more, to think more.

We are built to evolve. Each generation builds on the knowledge of the generation that came before. Each year, as we blow out our birthday candles, we expect to have attained more than the year before. We even keep daily to do lists because we expect to accomplish more than the day before. We expect to move on in positive ways and we do.

Most of us who are involved in the study of Science of Mind are exceptional adventurers in life. We tend to be very interesting and fearless people with a great diversity of ideas and backgrounds – but we can agree that life is exciting and a grand adventure. We march to our own drummers. We paddle our own canoes and we sing our own songs. We explore ideas and move joyfully into new situations.



We are willing to release old opinions and take on new ones that serve us better. We are willing to change and grow.

Our main statement is “Change your thinking and change your life.” In that way, we differ from most traditional religions. We do not celebrate the old, we celebrate change and exploration. I think of us as spiritual adventurers.

Most of us came from more traditional religions but we left because we wanted something different, something more. We moved into Science of Mind because, at some level, we knew that life was a spiritual journey and we were on a quest for more. Some of us wanted to gain a better emotional balance. Some of us wanted more love. Some of us wanted to gain more money. Some of us wanted to achieve better health. All of us had at least some desire to know more about the meaning of life.

Take advantage of learning more about yourself and your journey on Thursdays as we explore the core concepts of Science of Mind. Whether you are new to this teaching or have been around for some time, there are always new insights to be had. Hope to see you all. I will be there.

~ Dr. Jane

A Time for Honoring

It is the season to honor Mothers and Fathers with a special day for each of them. For some of us, this is a time for celebration, for others a time to remember and reflect. But for all of us, it can be a time to honor the nurturers in our lives as well as the nurturer within. CSL Carlsbad will be serving a light brunch on the Patio after service on Mother’s Day and a BBQ on Father’s Day. This is a good time to invite those who may be spending the day alone or to bring those who serve as role models. When we let our light show through the action of honor and gratitude, the world becomes a brighter place.

May Flowers

Only a few weeks ago the flower fields appeared brown and barren. Suddenly as if by a timely schedule the fields were bursting with color. It seemed miraculous. It happens every year. And every year one wonders, "Will they bloom in time for Easter?" And every year the fields *do* bloom on time.

So it goes with those in the teaching of SOM. With the start of each class, the students are apprehensive and curious. Midway through the course they begin to brighten up and declarations become positive and bolder. By the end of the course they are full blown positive Religious Scientists claiming their rightful abundance. Students go on to exemplify the good wherever they go. They virtually lighten up the community with their bright and positive disposition.

We do not preach or impose the teaching on those around us. We do not stand on the street corner and spout our truth. Rather we *live our truth* quietly, clearly and embody the teaching of Science of Mind for all to see just as those colorful blossoms show their beauty every spring season.

Each one is a blooming miracle of light, love and color in our community as the living embodiment of God's grace on earth if you should choose to accept this role. The more you learn about the teaching of Ernest Holmes the more you will shine, prosper and bloom.

Like those beautiful flowers of the field, you must be willing to be seen.

~ Rev. Cecilia Rodarte

Thank You!

We would like to acknowledge all of you who support the CSLC. Your willingness to share your time, talents and treasures allows us to have a place to gather, a place for fellowship, a place to learn and a place to share with others doing good works in the community.

If you would like to be more involved, please see Rev. Debby or Rev. Matti. It is through your support that we will be able to expand our community outreach and move to a new location. Now, more than ever before, we must remember that what we give comes back -- pressed down and running over.



Nourish the Center that Spiritually Nourishes You

1. Set up an automatic monthly contribution via credit card or bank account
2. Donate \$25 to the flower fund in honor of someone special, including yourself
3. Volunteer at the Center

Call the office at 760-434-9579 or send an e-mail to truthliving@aol.com

Remembrance of God is establishing a relationship with infinite Being, which is both nearer to us than ourselves and, at the same time, greater than anything we can conceive.

It is also experienced as loving and being loved by Love...
-Kabir Helminski, The Knowing Heart

"There should be an enthusiastic recognition that we are in partnership with the Divine and that God and Company cannot fail." ~Ernest Holmes