



www.csicarlsbad.org

390 Oak Avenue, Suite H Carlsbad, CA 92008 760-434-9579

November/December 2009

November: Are you ready to ground yourself in the constant, non-changing, solid, everlasting, foundational Truth that “God Rocks”? If so, join us each week as we explore a different meaning of that phrase, “God Rocks”.

December: During this time of year, we are supposed to rejoice and celebrate: in fact, we are supposed to be of good cheer, aren't we? We will come together each week in December to take a deeper look at what there is to cheer about as we reflect on the spiritual dimensions of the Holiday Season.

Sunday Programs

9:30 AM Meditation

10:00 AM Service

11:00 AM Fellowship

Newsletter available on line at www.csicarlsbad.org

Please share this link with others; together we can teach, demonstrate and inspire a positive approach to living

Celebration of Truth

This is my favorite time of the year; the colors, the crisp air and the hot cider. Growing up in the Midwest, it was also the time for harvesting the fields, preparing for winter and breaking bread with family and friends. And no matter where you live in America, it is the time for Thanks-giving.

I appreciate a holiday that does not revolve around gift giving but around breaking bread with family and friends. It does not require any special decorating or music except for laughter. It is simply the holiday of love, joy and GRATITUDE.

Gratitude is such a simple act that

Untie The Ribbons

Some of us have myths about joy and happiness. We think that rich people are happy people or that other people are happier than we are. The truth of the matter is that joy and happiness are gifts that each of us is given by Divine birthright. Happiness is an inside job

In fact, it is an attitude toward life, the lenses through which we view

we often forget to practice it; taking our good for granted. After all, when life is going great, who has time to stop and be grateful; we are busy taking in all the good stuff. But when we take time in our glory to give thanks, we are opening the door to greater things yet to come. We are making time for Spirit and Grace to celebrate with us.

When things are not going so great, what is there to be grateful for? And take it from personal experience; gratitude will ruin any pity party and takes all credibility from our stories of woes. *Continued on page 2*

the world. True happiness comes from an awareness of God consciousness within. Spirit is our true source of joy. Living in alignment with a consciousness of love, respecting each other, giving and forgiveness all radiate joy and happiness.

How do you tap into this Divine love? You can make a choice. During this holiday season when many people lose

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But it is when things are not going so well that gratitude is needed even more.

You see, giving thanks puts you back into the flow of life. When you say thank you, you are increasing the positive energy within and around you. When you take notice of a blessing, no matter how small, you are attracting more blessings to you. Before you are even aware of it, the glass has become half full and continues to fill.

Eric Butterworth in his book *Spiritual Economics*, tells us: *"Your thanksgiving is more than a response to what is happening around you or to you. It is a celebration of Truth, which becomes a causal assurance of a continuity of blessings, leading toward prosperity for*

you."

Make this season a conscious celebration of life and truth. Expand your day of Thanks-giving into a season of blessings. Seek out ways to the gift of a kind act. Say thank-you every chance you get. Make time in your day for Spirit to consciously express through you, as you and with you. And instead of counting sheep, count your blessings every night.

It will put you on the path of a holiday season filled with simple blessings, heartfelt gratitude and pure expression of love. And isn't that just what the world needs now; love sweet love.

Joyfully Rev. Debby



"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life."

Christiane Northrop

Untie The Ribbons continued from page 1

themselves in the holiday rush or feel a bit melancholy, don't get caught up in the hype, make a conscious choice to be joyful.

Try planning joy breaks in your day and spend 15 minutes daily on conscious joy. Wouldn't it be fun to keep a joy journal so that you remind yourself just how much fun life can be? Explore how creative you can be. Have you ever watched a spider spin a web? It is fascinating. Have a cup of aromatic tea, look at the sunset, take a warm bath, a leisurely stroll or allow yourself the luxury to "just be."

Rather than long for holiday traditions

of the past, begin anew, create traditions of your own. Find a way to touch the sacred, in church, at the beach, or whatever makes your heart sing. Do what makes you smile while remembering that the greatest joy comes from giving to each other.

As we approach the season let's remember that the gifts of joy and happiness are already given. Let's make a pact to give the gift of love and the gift of ourselves. Joy is all around us and is ours for the asking. Let's untie the ribbons, open our hearts and share our gifts.

Namaste, Rev. Matti



"If instead of a gem, or even a flower, we should cast the gift of a loving thought into the heart of a friend, that would be giving as the angels give. "

George MacDonald

The Gift That Keeps On Giving

This is the season for giving and receiving gifts. Neckties, video games, scarves and books decorate the base of the Christmas tree. The rustle of wrapping paper is music as common as Christmas carols. Giving and receiving gifts is nice but the most important gifts of this season can't be bought or sold. The most important gift transactions don't have anything to do with "stuff". The most important gifts are the love and joy we give to each other. And to ourselves!

We need to take time this season to celebrate what we have learned in this wonderful spiritual teaching. Let's remember the basic teaching. Let's remember that it all comes from God. Whether it is a necktie or a brand new Lexus, it came from God. And the best way to experience God is not through neckties or mink jackets but as Love.

God is Love and without Love, no gift is worth keeping because you can't enjoy it. It really is better to have a hand-decorated cupcake that expresses Love than a diamond bracelet that expresses guilt, duty or greed. It is better to be a gift wrapped in a paper bag with Love than decorated out of duty with gold thread and emerald stickpins. The greatest treasure of all life is Love. When you really know and express this, you become Love and you become the greatest gift you can give. You become the Jewel in God's Crown.

Does that sound like an exaggeration? I am not exercising hyperbole. I am stating the Truth. Without



Love, our lives have no meaning. Without Love, we are tragedy in action. Without Love, we die. So we want to make sure in this Season Of Joy that we give and receive and embody Love.

Let us make sure that our foremost concern is to be Love in action this season. The Truth is that we are all Love and that Truth does set us free. I am Love in action. You are Love in action. Love is all around us. Love is all we need.

The beautiful part is that we already have plenty of Love because God is Love and everything comes from God. We just need to remember to celebrate it. We just need to remember that God is Good Love....All the time!

I hope that every one of us will take time out of the busy shopping, social, and party season and spend time enjoying the invisible gifts of Spirit. To know ourselves as Love and Light, to spend time in laughter and quiet contemplation, to remember and acknowledge that our friends and families are gifts with or without wrapping makes sense any time of year. It makes the most sense in December. Let this be a season of Light and Love and Joy and let it begin with you and me.

Love, Dr. Jane

Holiday Thoughts from Dr. Ernest Holmes

God, the Divine Father, never had but one Son. This Son is being born at every season, in every place, through all races and in all nations. Every birth is a Divine event. Every conception is immaculate. Every child who is born into the world represents the Son of the Eternal Father.

To carry peace, love, and givingness to everyone is the meaning of Christmas. To feel that we all are a

part of the Divine offering is to enter into the spirit of the birth of Christ in the human mind and heart.

Our thoughts of gratitude, thanksgiving, and recognition should ever go up to the Divine Presence. Like the wise men of old, we too need to be guided by the star of life to that holy place within us where the little child we are -- the Child of God -- is cradled in the arms of infinite love and wisdom.

A Time of Fellowship

Over the last few years, there have been many changes at CSL Carlsbad, including a name change. But the thing that has not changed is the wonderful fellowship we share on Sundays– and on Thanksgiving Eve and Candle Lighting Celebration.

We join together on Thanksgiving Eve, Wednesday November 24th at 7pm not only to break bread together but to also acknowledge the love in our hearts.

We share not only our favorite holiday dishes but also those people and events that has filled us with love and gratitude in 2009.

This year, Harry Warden will once again treat us to Turkey as only he can grill it. Rev Matti will whip up potatoes that will make you smile. What dish comes to mind that you want to share?

Everyone is encouraged to bring a dish that reminds them of Thanksgivings past. However, bringing spiritual self is the

most important contribution you can make to the evening so don't let that stop you from joining us.

Then on Wednesday, December 16th at 7pm, we will gather to celebrate the Christmas Season. We will all have an opportunity to participate in a Candle lighting that will open our heart and set our intentions. We will then join Lesley Alexander in Christmas Carols and Cheer. This is your opportunity to break your favorite Holiday treat to share while we take in the wonder of the season and each other.

This is the first of many holiday events at the Center. There will be invitations on the information table to this and all the holiday events. Make sure to pick some up and share them. We encourage you to bring friends, neighbors and family. If there is someone you know who is spending this holiday away from family, extend an invitation and know that we will extend them a CSL Carlsbad welcome.

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

Grateful by Ellen Shieve

Grateful

I am grateful as can be
for all God does give to me
Even though I asked myself
God sends me even greater wealth

The thing that I must keep in mind
is my own intent creates the find
My openness to All plus More
sets me up for what's in store

Asking for a treat is fine
Knowing a treat, makes it mine
Belief in Good no matter what I see

sets me up for hidden glee

God is Wisdom and Love and Joy
so that is what I choose to employ
I've walked through fire and seen
glimpses of "hell"
but, I'm here to tell you, yet all is well

Through it all there's a God that reigns
It's the Spirit of Good that runs in my
veins.

My joy is to know
that this is so

*Your thought is creative,
not because you will,
wish, hope, pray or long
for it to be so. It is
creative because there is
a creative law operating
upon it. You did not
make this law, you only
use it.*

~Ernest Holmes

November 2009 – God Rocks

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------|---|---|---|----------------------------------|
| 1 Founded on the Rock Rev Debby | 2 | 3 | 4 6 pm AA Meeting | 5 7 pm Al-Anon | 6 12 pm Al-Anon 6 pm AA Meeting 7:30 pm AA Meeting | 7 6 pm Gay AA Meeting |
| 8 Rocks of Growth Rev Matti | 9 12 pm Al-Anon 6:30-8:30pm AA Meeting | 10 | 11 6 pm AA Meeting | 12 7 pm Al-Anon | 13 12 pm Al-Anon 6 pm AA Meeting 7:30 pm AA Meeting | 14 6 pm Gay AA Meeting |
| 15 Its Time to Rock N Roll Rev Debby | 16 12 pm Al-Anon 6:30-8:30 pm AA Meeting | 17 | 18 6 pm AA Meeting | 19 7 pm Al-Anon | 20 12 pm Al-Anon 6 pm AA Meeting 7:30 pm AA Meeting | 21 6 pm Gay AA Meeting |
| 22 Gratitude Rocks Rev. Debby | 23 12 pm Al-Anon 6:30-8:30 pm AA Meeting | 24 | 25 7 pm Thanksgiving Eve Celebration | 26 Thanksgiving 7 pm Al-Anon | 27 12 pm Al-Anon 6 pm AA Meeting 7:30 pm AA Meeting | 28 6 pm Gay AA Meeting |
| 29 Holiday Preparation 101-Dr. Jane <u>11:30 Tree Trimming</u> | 30 12 pm Al-Anon 6:30-8:30 pm AA Meeting | | | | | |

December 2009- Holiday Cheer

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|---|--|---------|---|--------------------|---|----------------------------------|
| | | 1 | 2 | 3 7 pm Al-Anon | 4 12 pm Al-Anon 6 pm AA Meeting 7:30 pm AA Meeting | 5 6 pm Gay AA Meeting |
| 6 Three Cheers for the Holidays Rev Debby | 7 12 pm Al-Anon 6:30-8:30 pm AA Meeting | 8 | 9 6 pm AA Meeting | 10 7 pm Al-Anon | 11 12 pm Al-Anon 6 pm AA Meeting 7:30 pm AA Meeting | 12 6 pm Gay AA Meeting |
| 13 Our Inspired Sprint Rev Geoffrey Langy | 14 12 pm Al-Anon 6:30-8:30 pm AA Meeting | 15 | 16 6 pm AA Meeting 7 pm Holiday Cheer and Candle Lighting | 17 7 pm Al-Anon | 18 12 pm Al-Anon 6 pm AA Meeting 7:30 pm | 19 6 pm Gay AA Meeting |
| 20 Our Christmas Carol Rev Debby & Rev Matti | 21 12 pm Al-Anon 6:30-8:30 pm AA Meeting | 22 | 23 6 pm AA Meeting Event | 24 7 pm Al-Anon | 25 12 pm Al-Anon 6 pm AA Meeting 7:30 pm | 26 6 pm Gay AA Meeting |
| 27 Pausing Into the Present Rev Matti | 28 12 pm Al-Anon 6:30-8:30 AA Meeting | 29 | 30 6 pm AA Meeting 7pm World Peace Meditation and Prayer Circle | 31 7 pm Al-Anon | | |

Holiday Celebration !?!

Holidays are a time of celebration, of joy filled activities of giving and receiving. The air is filled with excitement and good cheer.

For some of us however, the calendars are packed to the point of overwhelm. For others, we can easily feel isolated and focus on what is missing in our life instead of what blessings are surrounding us.

It is important to remember the reason for this season: to give thanks, embrace joy and give gifts of loving kindness. You are always at choice. This season, choose to see the goodness in everything and everyone. Practice random acts of kindness. And take time to nurture yourself and strengthen your connection to Source.

Here at CSL Carlsbad, we have planned a loving and joy filled holiday calendar which will allow you to take time to feed your soul and lighten the load. We look forward to sharing some holiday cheer with you. And make sure you invite others that could use a holiday pick-me-up. Invitations will be on the Information Table for you share to with others.

2009 Holiday Schedule at CSL Carlsbad

Thanksgiving Eve Celebration Diner– November 24th at 7–9pm
Join us as we share our favorite holiday dishes and memories.

Holiday Tree Trimming– November 29th at 11:30am
We will decorate the Center for the Christmas Season. While decorating, we will share holiday memories and create good cheer

Holiday Cheer and Candle Lighting December 16th at 7–9pm
Lesley Alexander will provide the music as we light candles, set intentions and enjoy fellowship with holiday cheer. There will be Christmas carols and good eats. Bring your favorite Christmas treat to share.

World Peace Meditation and Prayer Circle– December 30th at 7–8pm
We will create a space for world peace, healing of the planet, ourselves and our loved ones. Quiet, reflective and heart opening.

Staff:

Rev. Debby O'Donnell
Spiritual Director

Rev. Matti Dobbs
Spiritual Director

Dr. Jane Claypool
Founder and
Minister Emeritus

Rev Claire Talbot
Spiritual Leader

Rev. Claudia Mulcahy
Spiritual Leader

Louise Stiles
Office Manager

The Staff is available for
affirmative prayer work,
guidance and spiritual
counseling.

760-434-9579

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Center for Spiritual Living Carlsbad
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Our Vision

Awakening humanity to its Spiritual magnificence

Our Statement of Truth

There is a Power for Good in the Universe and you can use it!

Our Mission

To teach, demonstrate and inspire a positive approach to living

Something Positive is Always Happening Here