

Affiliated with Religious Science International

THE CENTER FOR POSITIVE LIVING



JANUARY 2006 • 390 OAK STREET, SUITE H • CARLSBAD, CA 92008 • 760.434.9579

PASTOR & FOUNDER
Dr. Jane Claypool

ASSISTANT MINISTER
Rev. Debby O'Donnell

STAFF MINISTERS
Rev. Matti Dobbs
Rev. Barbara Heley

JANUARY THEME
In the Beginning

JANUARY TOPICS

- 1 Let's Begin
Rev. Debby O'Donnell
- 8 God: The Thing Itself
Rev. Matti Dobbs
- 15 Law: The Way it Works
Rev. Debby O'Donnell
- 22 Creates: What it Does
Rev. Barbara Heley
- 29 How To Use It:
Rev. Debby O'Donnell

Meditation
9:30-9:50am
**Sunday Services &
Cosmic Kids 10:00am**

OUR MISSION
To Teach, Demonstrate and
Inspire a Positive Spiritual
Approach to Living

OUR VISION
Awakening humanity to its
Spiritual magnificance

STATEMENT OF TRUTH
There is a Power for Good in
the Universe and *you can use it!*

Renew, Revitalize, Begin Again

Dr. Jane Claypool

Tradition tells us that January is a time of new beginnings. Religious



Science teaches us that any moment, any second, is a perfect time to renew, revitalize and begin again. We are always

able to change the conditions, the events and circumstances in our lives by getting a new idea and letting it thrive in our consciousness. The challenge is to allow new ideas to take hold and establish themselves while avoiding the trap of falling back into the habits that created our old world.

January is a wonderful month to take a look at our lives and select some new goals and new ideas to live by. One way to approach this practice is to imagine that we really do embrace the principles of Science of Mind completely. You may want to protest that you already believe everything that Ernest Holmes taught. While that may be true on an intellectual level, we must also embody those beliefs. We need to move from the intellectual understanding and acceptance of Science of Mind to the full acceptance on a feeling level.

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Back To The Basic Principle

Rev. Debby O'Donnell

When we get back to basics, we become grounded in our truth.

We remember that God is the creative force. We know that we remember what we are thinking is what we are creating.



God is pressing to express through us.

We start to fully participate in our lives by paying attention to our thoughts. We are more open to others and they reflect that openness back to us.

We are now in the real flow of life. Suddenly, the grocery store line is shorter, parking spaces are closer and people are offering to help us. We feel better about ourselves, our lives and our affairs. Good things start to happen naturally. We have taken control back and are directing our lives from a source of knowledge.

It is in the basics of this teaching that all the real action takes place. It is the foundation on which a rewarding life is created; thought by thought. Won't you join us as we start to build a wonder-filled 2006 together?



Revitalize, Begin Again

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In order to do that, we need to release the old fear and anger that lurks in the shadows of our consciousness. January needs to be a month for release as well as a month of new beginnings.

None of us is completely accepting of every idea that Science of Mind teaches. If we always believed that there was no separation between God and ourselves, we would truly be experiencing heaven on earth all of the time. I am not there yet. Are you? We are spiritual beings and our human journey seems to include an evolutionary search for enlightenment. The Center For Positive Living provides the perfect spiritual community to support your search but none of us claims to be a totally enlightened guru or avatar. What we do claim is that we can provide classes, church services, practitioners and books and tapes to help you in your spiritual journey. But you must be the one who makes the decisions. You must choose to move toward the light. You must decide to let go of the old and make room for the new.

Here is one simple exercise that will help you embody new ideas. Ask yourself, "What would my life look like if I truly bought the idea that there is enough to go around?" Spending a few minutes each day contemplating abundance can change many of our habitual ways of dealing with money. We will release fear and we will accept joy when sharing. We will release resentment and feel gratitude for what we have. Those two changes, feeling joy when we give, and feeling gratitude when we count our financial assets, will create a whole new chain of cause and effect. Life will conform to the new ideas if we can just focus for even a short time on a consistent basis.

Remember that conscious, focused thought or treatment is much more powerful than random worry or habitual fear. There really is a Power For Good in your life and you really can use it. See you in church.

A THANK YOU NOTE

My thanks to everyone who treated for my perfect whole and complete health. Treatment works and I am grateful to have so many wonderful people thinking about me. Your love is truly the wind beneath my wings. Also, my thanks to all of you who are supporting the staff who are keeping the church going while I am on leave. I know that your attendance and continued financial support of the Center is making my recovery easier and that you are showing your love of the teaching, of the center and of me, by all the love and support you are giving Rev. Debby O'Donnell, Rev. Matti Dobbs, and Rev. Barbara Heley. I have received many e-mail and cards from you all and I want you to know that each and every one of you mean a great deal to me. I love you and I thank you. Please do not send me gifts or flowers but add that to your contributions to the Center. In the long run, it will make us all happier and more prosperous.

Change Is Good

Dr. Jeffrey Proctor

Right where I am, the presence of Infinite Intelligence is. Within this Intelligence is the power to create anything I can imagine. Within it is the inspiration I need to participate intelligently in that creation.

Right where I am, a powerful vision for the future-my future-is. The love and persistence that is needed to bring that vision into complete, full, and rich form is right here.

Regardless of how things look, I see how they are. I refuse to let myself be frightened by appearances. That's like being afraid that the sun no longer exists when it's covered by a mere cloud.

I open myself up to make the changes in me-in my thinking, in my behavior, and in my actions -that are required to bring this powerful vision into form. No disguise that the nay-saying mind may wear can interfere with this decision to embrace positive, powerful change. No well meaning but misguided individual, no history, no doubt.

The infinite intelligence that exists in fullness everywhere exists in this decision, too. It knows how to awaken my mind to a greater degree of truth. It knows how to open me up to newness. And I know how to welcome this experience with grace and with ease. I do it today, and every day. Intelligence is good. Change is good. And I am good at change. And so it is.

Mind Is The Realm

"Mind is the realm of causes. Conditions are in the realm of effects. Effects flow from causes and not from themselves. Thought is the instrument of Mind. New thoughts create new conditions."

—Ernest Holmes, *The Science of Mind*, page 406

What condition in your life would you like to see improved or changed? What condition would you like to see disappear, altogether? You have the power to make it so. Your mind and the thoughts you think drive the conditions in your life.

Why not use your power to think new thoughts to create the kind of life you want?

The process sometimes starts with a conscious awareness of what you no longer want. Once you consciously declare "this no longer works for me," you have set the stage for change.

But don't stop there! You'll want to create a mental equivalent of what you want, a vision of what you desire.

When you have that idea firmly implanted in your mind, believe that you can have it and that it already is yours in the creative field of all possibilities. Then take the action steps that lie before you. You'll be amazed at the results.

Rev. Jeanette Keil, is the Pastor at The Evergreen Church of Religious Science in Bellevue, Washington.

Yesterday, Today, and Tomorrow

Serenity Miller, Intern Practitioner

When I was a child, I was a bit precocious; I was always doing things that others said couldn't be, and frequently probably shouldn't have been done. Often, after I pulled some stunt, someone would ask me "Who do you think you are?" The question, I think, was meant to chastise me for my actions, but it raised a good point nonetheless. Who did I think I was? And more importantly, who do I think I am today? In our textbook, *The Science of Mind*, Ernest Holmes tells us that "The first great discovery man made was that he could think. This was the day when he first said 'I am.' From that day, man became an individual and had to make all further progress himself. From that day, there was no compulsory evolution; he had to work in conscious union with Life." Abraham Lincoln said it like this, "You have to do your own growing, no matter how tall your grandfather was."

When I first came into The Center for Positive Living, I had no idea who I was or that I possessed the power to change myself. I heard "Change your thinking, change your life" often enough but I did not know what it meant. Being a product of the 12-step generation, I was taught that I was powerless over what happened in life and that left to my own "best thinking" I would screw up whatever was put in my path. How was I ever going to reconcile that with the idea that my thoughts created my experience? When I first found the teaching of *The Science of Mind*, I was about 60 pounds overweight, unhappily employed in a job I hated (with a boss I hated), and on shaky ground in a relationship that was not working for me. Were you saying that all of this was "my fault?" I recoiled from that idea initially. Then I beat myself up about it. But I eventually "got it" that I could only start from where I was. The past was gone and all I could do was accept that and start to change from the here-and-now, but how?

I listened to Dr. Jane at church and heard bits and pieces of information that I tried to implement but the real changes in my life happened after I started attending classes. At first, I was scared to take a class; money was tight and \$120 seemed like a lot of money to pay for something I could get for free on Sundays—right? I could not have been more wrong. There is a huge difference in wanting to feel better and wanting to be better. I would feel better after listening to a Sunday talk and that feeling might last a few hours or a few days but eventually it would fade because inside my head, nothing had changed. I lacked the tools to keep the good feelings going. One of the reasons I came on Sundays was to get that "feel-good" because I had no idea that those feelings only came from within. What I know today is that if I want to feel better, I need to be better. Being better is

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Today and Tomorrow

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an action-one that I must consciously choose. Webster's defines the word "be" as: possessing qualities of, equal to, and representative of aliveness. It was in classes and workshops here at our center where I learned how to BE, to claim my own "I AM!" All of the interaction with the ministers, teachers or facilitators as well as the other students in those classes and workshops was priceless.

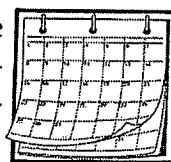
What I got was so much more than I had signed up for. I got a support group of like-minded, positive people. I made friends with people I had seen for months at church but been too shy to talk to. I learned how to prosper, to thrive and to change my life - even that stuff that I was scared to change. And I learned that if I didn't like the results of a change, I could always change it back.

So who do I think I am today? Today I AM generally happy. I AM a talented practitioner and a grateful employee at a job that I love with a boss that I love (and it's the same job by the way!) I AM 45 pounds lighter than I was *when I* started this teaching and I AM head-over-heels in love with a wonderful man who loves me back. Today, I AM confident that my every need is taken care of before I even ask it because God is the source of my supply and there is no limit to my good. So now, I must ask you "Who do you think YOU ARE?" If you are unsure, or if you don't like the answer that pops into your head the questions become "Who do you want to BE?" and "How are you going to accomplish that?"

In 2006, The Center for Positive Living will be offering more classes and workshops than ever before. Most of our workshops cost \$20 or less and run about three hours long and our classes are usually eight weeks long and cost \$120. Our Sunday programs have a coupon redeemable for one free class session. There are also scholarships available to those who would like help to pay for classes. If you have never taken a class or a workshop, or if it has been a while since you have, I invite you to come and experience the growth and empowerment that happens beyond the Sunday service. I hope to see you there. Namasté.

Annual Church Meeting

Following the church service on **February 12, 2006** we will be sharing our goals and making plans for our fantastic future. Your attendance is truly important, especially if you are a member.



Financial reports will be presented, including the proposed budget for 2006. We invite your input and will take suggestions as to how we might serve you better.

What To Do?

"If a new problem arises, get back to basic principles. If an old problem continues to stick, get back to basic principles. If everything seems to be sticking, get back to basic principles. If you feel depressed or discouraged, get back to basic principles. If you find yourself nervous, get back to basic principles. If someone is being troublesome, get back to basic principles. If you want to make faster progress than you seem to be doing, get back to basic principle."

-The Tenth Sparks by Emmet Fox

Our mission is to teach, demonstrate and inspire a positive approach to living. Taking classes enables people to transform their lives. Begin the New Year by learning how to make this teaching work for you.

SOM 102 Spiritual Mind Treatment, Rev. Debby O'Donnell. The Nature of Effective Prayer. Tuesdays at 7:00pm.

SOM 212 Myth & Spirit, Rev. Barbara Heley. Wednesdays at 1:00pm.

SOM 205 Spiritual Economics, Rev. Matti Dobbs. Thursdays at 7:00pm

We are continually evolving. Repeating classes is a great way to really get the message. Repeat students pay half-price. Call the office 760.434.9579 to register.

Discovery Class January 29, 2005 Rev. Debby O'Donnell and Dorree Hodge will be offering a Discovery Class.

This class is designed for prospective members, who will receive a copy of our booklet which covers the basic ideas of our teaching.

It also explains the governing and financial structure of our church, and what membership entails. If you are already a member and have questions they will be answered.



Support Services

Each Sunday there is always a practitioner available after the service for treatment. Treatment is our term for spiritual prayer. If you wish you may speak to the practitioner or leave a request in the box at the back of the sanctuary. There is no charge for this service on Sundays.

For more information regarding practitioners, see the brochure "Practitioners, Who & Why" that is available in the bookstore.

MINISTERS:

Rev. Matti Dobbs
760.438.7522

Rev. Barbara Heley
760.967.1614

Rev. Debby O'Donnell
760.632.5120

PRACTITIONERS:

Dorree Hodge, R.Sc.P.
760.720.1705

Claudia Mulcahy, R.Sc.P.
760.720.1705

Gail Privetts, R.Sc.P.
760.433.8082

INTERN PRACTITIONERS:

Lorrie Ames
760.510.1913

Joyce Coil
760.630.6051

Serenity Miller
760.434.3023

Diana Swenson
760.434.4660

The Practitioner's Corner

Joyce Coil, Practitioner

The Zebra Who Thought He Was a Race Horse

Stripes is a lovable black and white striped Zebra who is the star of an HBO film called *Racing Stripes*. No one ever told Stripes that he was a zebra, so since he grew up with race horses living next door, he believed that he was one, also. His heart told him that he was born to race. The farm animals he lived with could talk to each other and when they discovered Stripes' dream to win a horse race, they supported him. Finally, he was discovered to be a fast racing machine. After focusing on his training, he became fit and entered the race.

Before the BIG race one horse that he was competing against sarcastically threw in his sweet striped face, "You'll never win. You're only a zebra!"

Stripes broke in front at the beginning of the race, but then remembered what he had been told. He began to feel defeated because he was only a zebra. His coach, a pygmy horse who had helped train many great race horses, saw his discouragement and sent Stripes this message, "If you don't believe that you can win, stop what you are doing. It is okay." Stripes rebelled against this thought, poured on the speed and won the race by a nose. His coach turned to the cheering farm animals saying, "It works every time. Stripes was in the winner's circle."

Know that you are a race horse, born to race and win. Believe that winning is as natural for you as breathing air. You are one with the Runner, one with the Winner. You are one with the Power of the Universe. One with that voice which quietly guides you. One with the Presence which opens up the way for you in order to move ahead. One with the Love that never leaves you.

January is the month our church reviews the truth by going back to basics. We practitioners support you in your dreams, and are ready to do a special Treatment for you. Stripes knew the truth: *When you believe a good is yours, the Universe has no choice but to respond to that belief.*¹

Here and now, we are surrounded by, and immersed in, an Infinite Good. How much of this Infinite Good is ours? ALL OF IT! And how much of It may we have to use? AS MUCH OF IT AS WE CAN EMBODY.² You are a winner! Let's meet in the Winner's Circle.

¹*The Basic Ideas of Science of Mind* by Ernest Holmes

²*The Science of Mind* by Ernest Holmes, pg 50



Bookstore News

Rev. Barbara Heley

*"There is a field beyond right and wrong.
Come, and we will meet you there."*

—Rumi

JANUARY BOOK OF THE MONTH

Peace Is The Way, by Depak Chopra. Here is an exceptionally well organized treatise on how to bring peace consciously into your life, and consequently, ultimately, to the world. One of the ways Chopra makes his point is that peace is the way through the power of myth. In the Epilogue, he tells of a Buddhist fable called Sticky Hair and Prince Five Weapons. Then he reveals the moral of the story in terms of how we may find peace within ourselves and spread it to our needy planet. I am sure that Joseph Campbell would have chortled with delight at this perfect use of myth to learn how to grow in spiritual compassion. Chopra effectively delves into multiple facets of individuals and community as awakening units for peace, and how to's for spiritual awareness of peace. The guidelines are specific and usable for us, teaching us one step at a time. Many interesting stories are told of Depak's experiences which reinforce his theme, **Peace Is The Way**. Here is your opportunity to obtain the book at a 20% discount in our bookstore. Don't miss out on this creative book for your spiritual growth.

CPL BOOK CLUB

Make time in your busy schedule to join us in our get-together on **Tuesday, January 31st from 1:00pm to 3:00pm**. Here is your opportunity to meet with people of like mind and discuss **Peace Is The Way** by Depak Chopra, at our CPL Book Club meeting. We do gain greater insight as we exchange our opinions, information, and experiences. We would love to see you there!

If it is January 2006 it is time for a general sale of books at 10% discount. Don't we all love bargains? Now you can buy that book you've been wanting to read at a better price. Come and investigate the possibilities for your own spiritual practice right here in our Center for Positive Living Bookstore.

SCIENCE OF MIND 212

Myth & Spirit by Dr. Joseph Campbell. How can I benefit from the wisdom of this modern day prophet? Campbell might say, "Learning to follow your bliss" is to know your own individual Truth of God, to live fully in a state of perpetual learning and believing. "Join me in the wonder of exploring the life and wisdom of Joseph Campbell.

This 8 week class is held on **Wednesdays from 1:00pm to 3:30pm beginning on January 11, 2006**. The cost is \$15 per class, or \$120 for the entire 8 weeks.

Energy Lift

Come energize and invigorate yourself. Begin the New Year enjoying the ancient Chinese art of Qigong.

Qigong improves the conscious potential of the holistic body, thereby lifting one's consciousness to autonomous wisdom. Some of the benefits are improved circulation and renewed energy.

Come learn a healing, regenerative technique that you can practice in your own home. Our Center is expanding in consciousness and we invite you to come and join in a new experience.

Practitioner, Gail Privetts will guide you through meditation, Qigong and healing. Love offering donation. All proceeds go to The Center for Positive Living.
Jan. 28th 9:30am-11:30am

Men's Group New Programs

Beginning anew in 2006, the CPL Men's Group is going to expand their activities and reduce their formal monthly meetings.

Dick Swenson states, "We intend to increase our involvement in the programs of the Center for Positive Living through sponsored trips and activities that will be open to everyone. For starters, we will be offering "Movie Nights" to be held at the church.

Look for special announcements in your Sunday Program.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Meditation 9:30am
Let's Begin
 Rev. Debby O'Donnell
Sunday Services
 10:00am
 & Cosmic Kids

2 Alanon
 12:00 noon

3 Men's Group
 Breakfast at
 Hennessy's 7:30am
Wise Woman
Circle 1:00pm
 Diana Swenson
SOM 102 7:00pm
 Rev Debby O'Donnell

4 Board Meeting
 5:30pm
SOM 400 7:00pm

5

6 Alanon 12 noon
SOM 400 7:00pm
 Alanon & AA Meeting
 at 7:30pm

7 Practitioner's Meeting
 at 9:00am
 Gay AA Meeting
 at 6:00pm

8 Meditation 9:30am
God: The Thing Itself
 Rev. Mattie Dobbs
Sunday Services
 10:00am
 & Cosmic Kids

9 Alanon
 12:00 noon

10 Men's Group
 Breakfast at
 Hennessy's 7:30am
Wise Woman
Circle 1:00pm
 Diana Swenson
SOM 102 7:00pm
 Rev Debby O'Donnell

11 **SOM 212 1:00pm**
 Rev Barbara Heley

12 Alanon 7:00pm

13 Alanon 12 noon
SOM 400 7:00pm
 Alanon & AA Meeting
 at 7:30pm

14 **SOM 400 9:00am**
 Gay AA Meeting
 at 6:00pm

15 Meditate 9:30am
Law: The Way it Works
 Rev. Debby O'Donnell
Sunday Services
 10:00am
 & Cosmic Kids

16 Alanon
 12:00 noon

17 *Wise Woman*
Circle 1:00pm
 Diana Swenson
SOM 102 7:00pm
 Rev Debby O'Donnell

18 **SOM 212 1:00pm**
 Rev Barbara Heley

19 **SOM 205 7:00pm**
 Rev Matti Dobbs
 Alanon 7:00pm

20 Alanon 12 noon
 Alanon & AA Meeting
 at 7:30pm

21 Prosperity Workshop
 9:30am-12:30pm
 Serenity Miller
 Gay AA Meeting
 at 6:00pm

22 Meditation 9:30am
Creates: What it Does
 Rev. Barbara Heley
Sunday Services
 10:00am
 & Cosmic Kids

23 Alanon
 12:00 noon

24 *Wise Woman*
Circle 1:00pm
 Diana Swenson
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 Rev Debby O'Donnell

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 Rev Barbara Heley

26 **SOM 205 7:00pm**
 Rev Matti Dobbs
 Alanon 7:00pm

27 Alanon 12 noon
 Alanon & AA Meeting
 at 7:30pm

28 Qigong
 9:30am-11:30pm
 Gail Privetts
 Gay AA Meeting
 at 6:00pm

29 Meditation 9:30am
How to Use It
 Rev. Debby O'Donnell
Sunday Services 10:00am
 & Cosmic Kids
 Discovery Class

30 Alanon
 12:00 noon

31 *CPL Book Club 1:00pm*
 Rev Barbara Heley
SOM 102 7:00pm
 Rev Debby O'Donnell



Location: 390 Oak Avenue, Suite H, Carlsbad, CA 92008
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JANUARY 2006 CALENDAR OF EVENTS