

Affiliated with Religious Science International

THE CENTER FOR POSITIVE LIVING



FEBRUARY 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

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

FEBRUARY THEME
Love, Love, Love

FEBRUARY TOPICS

- 5 **Love Lifts You Up**
Rev. Debby O'Donnell
- 12 **Take a Little Love**
Rev. Matti Dobbs
- 19 **Love Makes the
World Go 'Round**
Rev. Barbara Heley
- 26 **R-E-S-P-E-C-T**
Rev. Debby O'Donnell

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!*

A Love Expert

Dr. Jane Claypool

In the past three months since my healing journey began, I have become an expert on love. Many times, I have said something like



this from the pulpit, "God is Love and the way most of us experience God most clearly is in the love we give to and receive from each

other." I believed this and now I am living the proof of this in my daily life. My Sunday morning words are returning to me pressed down and multiplied and I am very, very grateful.

Your cards and letters, your e-mails and phone calls have all taught me so much about the healing power of love and how important it is to reach out and let others know how much they mean to you.

I have received wonderful letters from former students, colleagues and the people here at the Center. All those kind words were better than any vitamin pill. It means so much to me to know that you are all out there, thinking of me and loving me and treating for me. Life is good because God is good. All the time!

Any crisis or challenge contains
please turn to page 2

Note to Self: Find Love

Rev. Debby O'Donnell

Looking back, I spent most of my twenties and thirties either looking for "I want to be with you the rest of my life" love or running from "the thrill is gone" love. It never occurred to me that I al-



ways had the perfect love. That love which is our essence of life. The type of love that embraces life, warms the heart and cares for the soul. I was looking outside for love. Religious Science taught me to look for love inside and let the law of attraction do the rest. The affirmation "I am loving, lovable and loved" still comes to my mind today when things start to go the wrong way.

This month, we will be looking at different flavors of love, how to find it, how to keep it and how to appreciate it. Now is the time to explore the great transforming Power which brings everything into harmony. Holmes tells us in *This Thing Called You*: "You are made perfect in the law when you enter into conscious communion with the love. Love is the fulfillment of the law; that

please turn to page 2

A Love Expert

continued from page 1

the potential for a great gift and one of my great gifts has been in learning more about the nature of love. Several times, when I was feeling down, I've felt the spiritual support of the treatments being done for me by others. It is a little like riding on a hydrofoil or even a cloud because it lifts me above my own consciousness and I thank you for that.

Another great gift from this challenge has been to recognize the strength of this Center as our brilliant staff leads so ably. They just took over and moved ahead without complaint. As of this writing, our attendance and money are fine. What a gift that is! I thank you all for that.

Most of all, I love you and look forward to being back with you regularly very soon.

Love, Dr. Jane

Meister Eckhardt said, "Find the God in hiding in every circumstance," which means, find the good that exists, no matter what is happening. But we have to be willing to open up to good. We begin by remaining determined to love God. If we are determined to love God, we automatically look for the good, because we know that God is always in our midst."

—Mary Manin Morrissey

Note to Self:

continued from page 1

is, it is only through love that the law can fulfill itself in your experience, because love harmonizes everything, flows through everything. You can never make the most perfect use of the law of your life unless that use is motivated by love. "(p. 144.1)

My life is filled with love; love of self, spouse, family, friends, mentors, community and country. And yet, there is a desire for a fuller expression of love in all areas of my life.

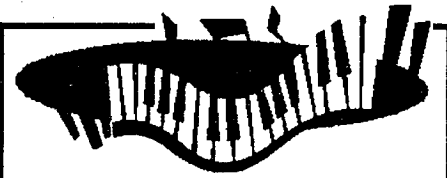
Revised Note to Self: Be Love

Love Quotation

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keep no record of wrongs.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

— 1 Corinthians 13:4-7



A Special Thanks to Rev. Fran

For the gift of song,
we send love and joy

To

Rev. Fran Laskota-Christ.

You will always have
a special place
in our hearts.

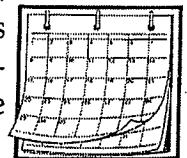
Love and Light to you.

*The Staff and
Congregation of
The Center for
Positive Living*

CPL Annual Church Meeting

Following the church service on **February 12, 2006** we will be sharing our goals and making plans for our 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.

We Care

If you are experiencing difficulties and need someone to listen to you, or you just want to talk it over, you can leave a message at the church office 760.434.9579. I am Rev. Barbara Heley and I want you to know that here at the Center for Positive Living, we care about YOU. Please give me a call and I will respond as soon as possible. Or, I can be reached at my home, telephone: 760.967.1614.

Movie Nights

Dick Swenson

The Men's Fellowship has assumed sponsorship of a monthly Movie Night program to be held the fourth Wednesday of each month at the Center. The movies are free and everyone is welcome! **Wednesday, February 22-doors open at 6:30pm. The movie will start at 7:00pm**

Our first feature is, "Because of Winn-Dixie". This is a delightful story of a young girl who, despite her outgoing personality, can't find friends in her new small town. Enter Winn-Dixie, a little dog that raises havoc in the local Winn-Dixie store. Their adventures reawaken many lives that have fallen into disrepair through raised expectations and new awareness of each person adds to the lives of others. This is "one of the few family movies that captures the childhood sense that everyday life can be mystical". Treats and drinks in addition to popcorn are available. *We'll save a front row seat just for you!*

Soul Journaling

Rev. Jeanette Keil

**SOUL JOURNAL YOUR WAY
TO GREATER
SELF UNDERSTANDING**



Saturday, February 25th 9:30am-12:30pm

Move to a new level with the time-tested practice of Journal Writing. You can use this technique to clarify your thoughts, heal from past experiences, focus your attention on your long-term goals, and create a plan for the future and grow...grow...grow!

The workshop materials have recently been published as the **Soul Journaling™ Workshop Work/Fun Book.**

Cost for the morning workshop is only \$25. All materials will be provided. Workshop fee includes a copy of this book—a \$15 value.



**SOUL JOURNALING
FACILITATOR TRAINING**

Saturday, February 25th 1:30pm-4:30pm

The Facilitator Training Program is especially designed for those who have an opportunity to facilitate this workshop in churches, schools, and other settings such as recovery homes, hospice, men's and women's groups, parks and recreation departments. Prerequisites: Participants in the afternoon training program should have experience teaching or facilitating groups. All Pastors, Ministers, and Practitioners are welcome. Others with a strong desire to continue to share this technique are encouraged to contact Rev. Jeanette Keil at the Evergreen Church 1.425.688.0333 to determine their eligibility. This evolving training program is being offered for the first time at the Center for Positive Living.

The cost for the Facilitator Training when taken in conjunction with the morning session is **only \$50.** (\$25 for the morning session+\$50 for the afternoon session= \$75 total. It includes everything you need to "set up shop" including a Facilitator's Guide, Marketing Tips, Training Templates, plus a Soul Journaling Training Certificate.

Preregistration is encouraged so that materials will be available for all attendees. **Call 760.434.9579 to reserve your space.**

Rev. Jeanette Keil, Pastor of the Evergreen Church of Religious Science in Bellevue, Washington (formerly with the Carlsbad Center for Positive Living) has been teaching Soul Journaling since 1989 and has used this process to enhance her own life.



What I Now Believe

Patti Christensen, Professional Storyteller

I was born and raised a good Lutheran girl in Minnesota. In my early religious education, we memorized Luther's Small Catechism. This little book for filled with statements, each of which was then followed by the question, "What does this mean for us?" And then it would proceed to tell us, what it meant. What we believed about God, Jesus, our sins, how to live. I studied that book and worked hard at trying not to sin, to "fear and love God", and to do the right things so I would go to heaven.

It has been twenty years since I left the Lutheran Church, but I still find myself coming back to some of the foundations I learned there. It's nice to have healed enough from the pain that I can find the gifts in the past.

Rather than Martin Luther, I am now more likely to read Ernest Holmes, Ralph Waldo Emerson, or Alan Cohen. But I still like to come back to that question, "What does this mean for us, or more specifically, for me?" Here is a sample of Patti's Small Catechism of beliefs:

"Change your thinking, change your life."

What does this mean for me? When I am stuck, overwhelmed or feeling victimized, I now have some tools including prayer and treatment to move me out of those stuck places. I can visualize what I want to have happen rather than focusing on what I **don't** want. Sometimes just slowing down enough to write a treatment brings me into the peace that I am seeking and the answers come. And when I can't get it by myself, I don't have to. I can "rent someone else's consciousness" by having someone treat for me. That is called getting support not "cheating". Once my thinking is in the right place, often miracles happen. Things come together, the right telephone call, the right job, the right helper "just shows up". Amazing!

"Let go and let God."

What does this mean for me? I can resign as the general manager of the Universe. I don't have to "know" all the specifics about how things are going to work out. Actually I can shoot myself in the foot by spending too much time worrying and trying to figure out the "hows". That is actually not my major job. Many times the way things "just worked out" were much smoother or quirkiest or elegant than any fifteen step plan I could have created. I do my part by getting as clear as I can about the "what" and then literally handing it over, releasing it to God to bring it into physical form. I often add to my prayer "This or **something better** for the highest possible good. I don't want to block those even better things from coming my way with my small thinking.

We are not punished for our sins but by them."

What does this mean for me? I no longer need torture myself or fear the approaching punishment for my mistakes and errors (even the ones that seem really bad or stupid.) It is enough to see and recognize the mistake, make amends if I can, and then learn from it and go forward. My beating myself up for the past isn't to the glory of God or for my higher good, so I need not do that any longer.

And I can forgive myself if I sometimes still fall into that hole. Sometimes things just happen.

I would encourage you to reflect for yourself on some of the easy quotations that we hear or read, then putting into your own words the "So what does this mean for me" of this teaching. For me the "so what" has meant that I have greatly reduced the amount of time I spend obsessively worrying and living in fear about how things are going to work out. It means that I have been able to make drastic shifts in work situations while knowing and trusting that it was indeed all working out. It means that I have experienced healing of some very important relationships that seemed hopeless, unsolvable. And it means that I remain deeply committed to walking the path that unfolds before me, leading me always to a deeper connection with spirit and truth.

continued in next column



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.
760.599.9018

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

Claudia Mulcahy, R.Sc.P

What comes to mind when you think of February? You might think of love. Valentine's Day—hearts, candy, flowers, and romance. You might love or hate the day. If dreading Valentine's Day is the case, let's look at the day with new eyes, with a new open heart. Religious Science teaches "it's all consciousness". We must first experience love within and for ourselves before we can feel that for someone else, or receive it from someone else. Ernest Holmes said, "We are at all times either drawing things to us, or pushing them away. As within, so without." All our thoughts create form, so thinking loving thoughts about ourselves creates the foundation for our loving experiences.

One way to experience love is through The Season of Non-Violence. This 64 day memorial takes place throughout the world from January 10th through April 4th. It is in memory of the assassinations of Mahatma Ghandi and Martin Luther King, Jr. Days 1 through 23 focus on personal change. How can we be less violent and more compassionate with ourselves? Days 24 through 46 focus on interpersonal change, and how we can be at peace with each other. Days 47 through 64 focus on the community, and taking a stand for Truth by taking action that honors the dignity of every human being. The first part of the Season for Non-Violence is in February and asks people to commit to personal change. Rather than waiting for our knight in shining armor, or searching for Cinderella, we must first know that we are the love and the beloved. God is the spark within that is Pure Love and sparkles even brighter when we recognize and unify with It.

Love is not getting candy and kisses, but may be part of an expression of love for some at this time of year. What is the essence of Love for you? Do you feel that essence for yourself? Whether we are deciding to step into a mutually loving relationship, or focusing on world peace, we must create for ourselves the Valentine expression and experience—the one made of heart and soul that is sometimes symbolized by fancy doilies, pink and red ribbons, all the excitement that goes into gluing it just so, and writing the perfect words to express "I Love You." And yes, the candy conversation hearts and flowers too! I know that with you a month filled with self-love can only manifest itself in your world as love in every mind, body, and soul interaction. A bit of homework for this month, if you choose: Three times a day look in the mirror, and without flinching say, "I love you unconditionally." Three times a day. It may not be easy—you may choke, or cry or blink a lot. You may even manage to "forget" to do it. Write down a reminder if it helps keep you on track. You will see and feel a new you within a month!



Bookstore News

Rev. Barbara Heley

If we make our goal to live a life of compassion and love, then the world will indeed become a garden where all kinds of flowers can blossom and grow." –Anonymous

Some people stay connected to their compassionate nature even under the most trying circumstances. Speaking and really listening often leads us to give from the heart. We begin to connect with ourselves and with each other in a way that allows our natural compassion to flourish.

Whenever we are willing to try to enrich another person's life and when we give from the heart, we do so out of an inner joy that springs forth. This kind of giving benefits both the giver *and* the receiver. By using nonviolent communication in our interactions, we become grounded in a natural state of compassion. It is an approach that can be used at all levels of communication and in many diverse situations.

That is why I have chosen **Nonviolent Communication: A Language of Life**, by Marshall Rosenberg as our February Book of The Month. Some of the titles of the chapters in this book are: Create Your Life, Your Relationships, and Your World in Harmony With Your Values. They reinforce the entire concept of nonviolence.

This "how to" book demonstrates one of the basic principles of The Science of Mind; "Change your thinking and change your life."

Among the many reviews about this remarkable book, I found the most accurate and concise written by Depak Chopra. He writes this: "Marshall Rosenberg provides us with the most effective tools to foster good health and relationships. Nonviolent Communication connects soul to soul, creating a lot of healing. It is the missing element in what we do."

Marshall Rosenberg's book is available in our bookstore during the month of February for only \$15.47, a 20% discount.

BOOK OF THE MONTH CLUB

Using **Nonviolent Communication** as our Book of The Month, we will meet on **Tuesday afternoon February 28th from 1:00pm to 3pm**. Rev. Barbara Heley will moderate the session and participants will learn how to speak and how to really listen in order to expand their living beneficially with people on all parts of this planet.

Anyone is welcome to attend our Book Club meetings. The more people, the livelier the discussions, and the more learning takes place. We always seem to have a great time together!

To continue to support our Center all love offerings are welcomed.


Ernest Holmes

The October 2005 issue of The Science of Mind Magazine celebrated the 78th anniversary of the Founder of Science of Mind, Dr. Ernest Holmes and contained excerpts from **Creative Ideas** first published in 1973.

Here are some the quotations of reflection and inspiration.

Love Surrounds Me

When we let the love that is within us go out to the God that is in all people and the divine presence that is in all things, then we are loving God with all our heart and with all our soul and mind—we are recognizing that the Spirit within us is the same Spirit we meet in others. This is loving our neighbors as ourselves. When we recognize the divine presence everywhere, then we know that it responds to us and that there is a law of good, a law of love, forever giving of itself to us. This divine and perfect law is circulating through me right now. Its rhythm is in my heartbeat; its perfection manifests in every organ, action, and function of my physical body. Love and perfect life circulate through everything. This love and this life I accept as truth about myself, now and forever. The law of love heals and makes whole, makes me prosperous and happy. I know that the only power there is and the only presence there is, is love, the Spirit Almighty. There is no condemnation, no judgement, and no fear in me. I feel that I belong to the world in which I live; I love people and am loved by them. I feel secure in life.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Church Meditation Begins at 9:30AM Sunday Church Services Begins at 10:00AM Cosmic Kids Learn at 10:00 AM Bookstore Opens at 11:00 AM Refreshments and Social Hour 11:00 AM		1 SOM 212 1:00pm Rev Barbara Heley	2 SOM 205 7:00pm Rev Matti Dobbs	3 Alanon 12 noon Alanon & AA Meeting at 7:30pm	4 Gay AA Meeting at 6:00pm
5 Love Lifts You Up Rev. Debby O'Donnell	6 Alanon 12:00 noon	7 Wise Woman Circle 1:00pm Diana Swenson SOM 102 7:00pm Rev Debby O'Donnell	8 SOM 212 1:00pm Rev Barbara Heley	9 Alanon 7:00pm	10 Alanon 12 noon SOM 400 7:00pm Alanon & AA Meeting at 7:30pm	11 SOM 400 9:00am Gay AA Meeting at 6:00pm
12 Take a Little Love Rev. Matti Dobbs New Member Sunday Annual Membership Meeting	13 Alanon 12:00 noon	14 Happy Saint Valentine's Day Wise Woman Circle 1:00pm Diana Swenson SOM 102 7:00pm Rev Debby O'Donnell	15 SOM 212 1:00pm Rev Barbara Heley	16 SOM 205 7:00pm Rev Matti Dobbs Alanon 7:00pm	17 Alanon 12 noon Alanon & AA Meeting at 7:30pm	18 Gay AA Meeting at 6:00pm
19 Love Makes the World Go 'Round Rev. Barbara Heley	20 Alanon 12:00 noon	21 Wise Woman Circle 1:00pm Diana Swenson SOM 102 7:00pm Rev Debby O'Donnell	22 SOM 212 1:00pm Rev Barbara Heley Free Movie Night Doors Open 6:30pm Film at 7:00pm	23 SOM 205 7:00pm Rev Matti Dobbs Alanon 7:00pm	24 Alanon 12 noon Alanon & AA Meeting at 7:30pm	25 9:30am Soul Journaling 1:30pm Facilitator Training Rev. Jeanette Keil Gay AA Meeting at 6:00pm
26	27	28	 <p>THE CENTER FOR POSITIVE INITIATIVES</p> <p>Location: 390 Oak Avenue, Suite H, Carlsbad, CA 92008 Office Hours: Mon-Tues-Wed-Thursday 9:30am 'til 2:30pm Office Telephone: 760.434.9579 Facsimile: 760.434.0703 e-mail: truthliving@aol.com website: www.religiousscience.carlsbad.org</p>			
R-E-S-P-E-C-T Rev. Debby O'Donnell	Alanon 12:00 noon	CPL Book Club 1:00pm Rev Barbara Heley				

FEBRUARY 2006 CALENDAR OF EVENTS