

Affiliated with Religious Science International

THE CENTER FOR POSITIVE LIVING



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

PASTOR & FOUNDER
Dr. Jane Claypool

CO-PASTOR
Rev. Debby O'Donnell

ASSISTANT MINISTER
Rev. Matti Dobbs

STAFF MINISTER
Rev. Barbara Heley

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

MARCH THEME
Peace

MARCH TOPICS

5 Sharing The Vision
Rev. Debby O'Donnell

12 You Are The Change
Rev. Matti Dobbs

19 Appreciating The Difference
Rev. Debby O'Donnell

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Rev. Barbara Heley

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!*

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

Is Peace Possible?

Dr. Jane Claypool

Is lasting peace possible? Why not? We are spiritual creatures on a human journey and we know we can achieve whatever we can



envision, and believe and accept. Why not envision, accept and believe lasting peace?

We really have opened our understanding of the possibilities greatly. In the 1950's, Mothers for Peace were a kind of joke organization because they seemed so feeble in contrast to the show of force between the United States and Russia. Most people thought that the Cold War would inevitably heat up, but a few visionaries saw other possibilities.

In the Sixties, the dream of peaceful change ignited our nation. Martin Luther King, who was inspired by Mahatma Gandhi's success against the British, took on American apartheid and it began to crumble under the light of visionary truth. Television played a huge part in that not so quiet revolution. A nation watched as children crossed angry barriers in search of better futures. In the Seventies and Eighties, we saw the Berlin Wall come down, colonial empires dismantled and by the

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My Choice

Rev. Debby O'Donnell

When I think of world peace, I sometimes feel overwhelmed. What can I, one person not in political office, do to impact world peace? How can anything I do have an effect on the current state of world affairs?



In a recent interview, with Thich Nhat Nahn, he shared that peace has to begin with oneself and the choices one makes; the act of choosing nonviolence and compassion is the foundation of a peace movement.

In this statement, I realize that my every thought, word and deed impacts peace. Every choice I make can support peace. When I choose to see the glass as half full, I am moving toward peace. Through the choice of harmony, I am choosing peace. Even my decision to smile when someone cuts me off on the freeway is a step towards peace.

Choosing peace means you look to gently nudge someone in a different direction instead of taking them kicking and screaming. Listening with an open heart encourages to choice peace. Seeing the awe and mystery in things

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Is Lasting Peace Possible?

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end of the Century; the world map was incredibly changed.

The dream prevailed despite political dramas. Eventually new possibilities seemed necessary rather than impossible. Quick solutions made way for long drawn out stalemates and eventual reconciliation. We have come to understand that as long as we are talking, we are not fighting. It may be frustrating and boring but it is better than war.

This is our time to proclaim Peace within ourselves, in our families, our schools, our communities, our nation and throughout the world. We have the vision, we have the desire and that makes Peace possible because with God, anything is possible. Join with me in accepting peace now!

Peace is The Way

In his book Peace Is The Way, Deepak Chopra says, "People are ready to follow the way of peace, if only they can learn what it is. If you and I can demonstrate that peace is more satisfying than war, the collective consciousness will shift...it's time for society to take a direction that conforms to what the individual wants."

In response to many requests that we could all benefit from an intensive examination of the contents of this book, **Rev. Barbara Heley will be holding a 4 week study session beginning on Wednesday, March 15th from 1:00pm to 3:30pm.**

In his book Chopra gives a specific weekly program in which we can all participate. There are multiple explanations of the why and how of war and how to counteract them in our personal lives. These revelations are pertinent to us all right here and right now.

Peace Is The Way is now available in paper back, so the cost is very reasonable. The cost is \$11.20 for all students enrolling in the study group. Cost of classes is \$15 per person or \$60 for the total of 4 weeks. Join us for in depth work on bringing peace to our world.

St. Patty's Day Dinner

Please plan on joining us for our **First Dinner Event of 2006**. This is your opportunity to **put on your green** and enjoy some **old fashion family style fun**. There will be **corned beef** with all the fixings as well as some **power talks and music!** Come see why this is one of our favorite fund raising events of the year. Put your name on the sign up sheet so we can prepare plenty of food. **Wednesday evening, March 15th at 6:30pm—only \$15 per person—begorrah-'tis a real deal!**



My Choice

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that we tend to overlook reinforces peace. Being anchored in the present, calm and relaxed; we are providing a safe place for peace.

Whether it is where we work, how we act or what we say, we are always at choice. By consciously choosing the option to be more compassionate, we are impacting world peace. It may be one thought or one act at a time but we are having an impact.

This month, we are looking at all aspects of peace. Join us in exploring how the Science of Mind principles can be used to create your own peace movement. You are always at choice; choose peace.

Staff Changes

Rev. Debby O'Donnell, former Assistant Minister, has been named to be **Co-Pastor** with **Dr. Jane Claypool**. Former Staff Minister, **Rev. Matti Dobbs**, will now be serving in the position of **Assistant Minister**. **Rev. Barbara Heley** continues to serve the church as Staff Minister.

Dr. Jane Claypool, Pastor and Founder made the suggestions for the staff changes. At our Annual Church Meeting on Sunday, February 12th the congregation unanimously approved them.

According to **Dr. Jane**, "These changes will enable the Center for Positive Living to continue to grow and thrive."



For Our World

Matti Stepanek*

We need to stop.
Just stop.
Stop for a moment...
Before anybody
Says or does anything
That may hurt anyone else
We need to silent.
Just silent.
Silent for a moment...
Before we forever lose
The blessings of songs
That grow in our hearts.
We need to notice
Just notice for a moment...
Before the future slips away
Into ashes
and dust of humility.
Stop, be silent, and notice...
In so many different ways,
we are the same.
Our differences are
unique treasures.
We have, we are
a mosaic of gifts
To nurture, to offer,
to accept.
We need to be.
Just be.
Be for a moment...
Kind and gentle, innocent
and trusting.
Like children and lambs,
Never judging or vengeful.
And now, let us pray.
Differently, yet together.
Before there is no earth,
no life
No chance for peace on earth.

**Matti Stepanek, author, poet and child prodigy died age 13 in June of 2005 of muscular dystrophy. In his short life he wrote five volumes of poetry, that sold millions of copies.*

Peace Table

Rev. Barbara Heley

"Let there be peace of earth-and let it begin with me, let there be peace on earth, the peace that was meant to be. With God as our Center, united all are we. Let us walk with each other, in perfect harmony." The words and music (written by Sy Miller) close our services every Sunday. They are especially meaningful during the month of March as we focus on peace.

PEACE TABLE

Look for our Peace Table in the patio. There will be a wide variety of books on peace for you to examine. Then step into our bookstore and the volunteer will be happy to find the one you want to buy. Remember you may put any of your bookstore purchases on your Visa or Master card.

As a wonderful way to help you remember our daily commitment to peace in the world, there will be a selection of inspirational poems and writings for you to take home. Share them with a friend or family member. They are free!

BOOK OF THE MONTH

The True Power of Water by Dr. Masaru Emoto is our book of the month for March. If you saw the film, What The Bleep Do We Know, you were introduced to the work on water crystals by Dr. Emoto. The beautiful changes in the crystal form of water were induced by praising the water with words like, "love and gratitude," or the crystals were misshapen and lacked beauty with words like "stress" or "worry." These discoveries have application to individual health as well as world health. Since you and I begin life as babies with 90% water, and are 70% water as adults, we can begin to understand the healing properties of water for our mind and body. This is an easy read book with many pictures to illustrate the importance of positive or negative thought, and the efficacy of prayer. I was amazed to discover that water had no trouble interpreting Japanese, English, or French. To me that emphasizes our oneness and our relationship to our planet earth. The book is available for the discount price of \$14.60 this month. RScP Claudia Mulcahy's workshop (see page 6 for details) will be using this book by Dr. Emoto. There are three other books by Dr. Emoto among the selections on the Peace Table.

BOOK CLUB

On Tuesday, March 28th at 1:00pm, the CPL Book Club will meet to discuss Dr. Masuro Emoto's book The True Power of Water. Every one is welcome to participate. We find that each of us has a different and valid viewpoint to offer. We always manage to enjoy a few good laughs even in our most serious discussions. An enlightening time is had by us all.

This I Believe

Claudia Mulcahy, R.Sc.P

Let me tell you how this teaching has made a difference in my life.

I was a metaphysician at a young age. I remember being about five years old having to take awful tasting liquid penicillin. I'd had enough. I stood in the kitchen, with arms flailing, stomping my feet and saying with absolute conviction, "I wish I didn't have to take this medicine any more. I wish I didn't have to take this medicine anymore." Oops! I had knocked over the bottle. I can still hear my mom calmly saying, "I guess your wish came true, Claudia."

It was the year 1978 when my mother introduced me to Religious Science. In 1991 I began my journey by taking SOM® classes. In 2005 I received my Religious Studies Doctorate through ANTN. Through the years of classes, workshops and Sunday services, I learned that my subconscious mind is powerful and the Universe only says "Yes". I have also learned that the "how", is not up to me. It's like placing your order at a restaurant—you don't go into the kitchen to check on the chef to see how he is preparing the food you have requested.

This is a great teaching, but to own it, takes more than popping in for 25 minutes of church service once a week. It takes asking questions, reading, and putting it to the test in your life. I have not had a charmed life, but it has been and still is, a good one. I believe much of that comes from taking SOM classes, learning how to do a spiritual mind treatments, and knowing that God is always bigger than any problem or any dream I might have. All things are possible, But I know I want only good in my life from now on.

I am a relatively private person, but I have a passion about teaching Science of Mind which often puts me in the public eye. Here are some of the ways this teaching has molded my life: I have had spine surgery, fibromyalgia, a head concussion, depression and a heart procedure. Now I am flexible, I can think for myself, I am happy, and I love life!

I seldom share this part of my journey, but it is where I got my enthusiasm for this teaching. In my first SOM class, I would lay on the floor for much of the class because that's all my body could tolerate at that time. Step by step, I learned to do Spiritual Mind Treatments. I would practice at home while I was in bed. I am now healthy, physically comfortable, and have moved on. I know that treatment works! If you are working on a dream or moving through a difficult issue in your life, work with a practitioner. Request time with a minister. Above all take classes.

I have demonstrated wonderful jobs, dwellings and opportunities. I can now set my own hours. I am well paid and enjoy my job. I love

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where I live. I have manifested everything on my want list. I am near my work, near the freeway. I live on a street with a short name, close to a shopping center, in a small and quiet complex. I pay the amount of rent I can afford. I can even walk to the beach! In my journey I have received house keys to homes of people I'd known less than a day. I lived rent-free for a year and a half in New Zealand. I've even had a car given to me for six months!

My present dream is to take this teaching and my ministry into the world, while I am traveling. I put this intention out there for the Universe, and almost immediately I was given the opportunity to teach in the Ukraine. When I go to Ukraine in April of this year, I will have an interpreter and an apartment. I have received a full grant plus a stipend for my Masters' Degree. In addition, I have received the Hefferlin scholarship for 2005-2006 ministerial classes.

These are just a few of the high points that have come to me by taking classes and learning to direct the Law through spiritual mind treatments. I am an enthusiastic advocate for classes, and urge you to sign up now.

By using the services provided here at The Center for Positive Living, and those of our practitioners and ministers, you too can discover that there is truly a whole new world waiting within you! Open the door of your mind and look.



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:

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760.438.7522

Rev. Barbara Heley
760.967.1614

Rev. Debby O'Donnell
760.632.5120

PRACTITIONERS:

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760.599.9018

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The Practitioner's Corner

Diana Swenson, Intern R.Sc.P.

Moving from Worry To Peace

Very few of us live without worry. If we love someone, we are taught that it is "natural" to worry. We may even believe that worrying is doing something positive. If our parents worried about us as children, we probably learned that worry is a way to show love. We never realized that worrying is not an appropriate way to nurture or protect ourselves or those we love.

We may want to help our adult children or friends overcome their weaknesses, their poor health, help them resolve conflicts, or help them with their financial difficulties. Helping those we love is a natural desire, but worrying about them is not natural.

What we forget is that when we worry about our loved one-the child on the way home from school, the spouse driving in heavy commuter traffic, the niece on drugs, the friend in the hospital, the child with the unhappy marriage-we are putting the full weight of our consciousness on the same side of the problem, the difficulty, and the condition. Whether we realize it or not, we are hindering their progress.

Being full of worry and emotionally close to someone else's problem is the time to "shift gears" in our thinking. We need to get out of those narrow frames of reference, and move beyond worry. If we want to help someone about whom we are concerned, we first need to heal and resolve our own worries. The work must be done **in us**, in **our consciousness**. We must change **our thoughts!** When we are disturbed, our thoughts are negative.

This is a good time to recognize the Oneness in which we all live, and move, and have our being. Remember what we have learned in our Science of Mind classes-that we are all perfect, whole, and complete right now. We must remember the truth about ourselves and others. Then we can be united in love.

We can still hold others in our awareness, but without the negative worrying. When we see ourselves in this new awareness, we can heal and release the other person in to God's care. The first work must be **in us**. If we fall back into worry, we cannot help. Peace is a process we can take one step at a time-within ourselves. Ultimately, we can effect the whole world. Let us move from worry to peace. "Let Peace begin with me."

References:

Wise Women Don't Worry; Wise Women Don't Sing the Blues

Dr. Jane Claypool

The Universe is Calling

Eric Butterworth



What the Bleep Do We Really Know?

Did you enjoy the movie, *What The Bleep Do I Know?* Would you like to take it a step further "down the rabbit hole" in a discussion?

Claudia Mulcahy,* RScP will be presenting a class on this movie on **Saturday, March 25th from 9:30am until 12:30pm** at the Center. The cost is \$15 per person.

Sign up sheets for the class will be available after Sunday services or you may telephone 760.434.9579 to reserve your place.

**Claudia Mulcahy is a Religious Science Practitioner. She received her Doctorate from Emerson Theological Institute and is currently a Religious Science ministerial student. Next month she will teach a class in the Ukraine based on the movie.*

A World of Peace Within Your Reach

Lance Ware, M.A., A.T.P. CHT

Relaxation, sleep, pleasure, and peace of mind are built into our natural rhythms of life. At times everyone feels stressed. Unresolved stress can lead to depression, and loss of passion for our life's dreams.

Recognizing Stress: With knowledge and practice, we can recognize and resolve some of our unwanted stress. Through simple steps, we create and maintain a calm environment at home, at work or anywhere, to experience positive feelings of inner peace.

Reducing Stress: There are immediate benefits to be gained from applying the science of relaxation, and the art of sleep. Scientific studies prove you can learn to deepen breathing, slow heart rate, and lower blood pressure.

Removing Stress: Find a safe quiet place, play music that calms your mind and body. Breathe deeply, and clear your mind of any thoughts. In minutes, you'll begin to feel relaxed. Then press your thumb and index finger together and begin storing these feelings. Do this deliberately, using all your powers of concentration and visualization.

Repeat this technique morning and night for several days; you'll have these feelings at your fingertips. When you need to relax, breathe deeply, press your thumb and index finger together, and you'll re-experience the feeling you've been practicing.

For nearly 40 years, this anchoring technique has helped people. You create and enter peaceful states whenever you choose, then return to your activities feeling renewed and alert.

An Invitation

It doesn't interest me to know your age and what you do for a living. I want to know what you ache for, your heart's longing; if you will risk looking foolish for love, for your dreams, for the adventure of being alive. It doesn't interest me what your astrologist says. I want to know if you have touched your own sorrow, if you have been opened by life's betrayals or have shriveled and closed from fear of further pain! I want to know if you can be with pain, yours and mine, without trying to hide or fix it.

I want to know if you can be with joy, mine or your own; if you can dance with wildness, letting ecstasy fill your heart, fingers and toes without being careful, realistic or remembering your limits. It doesn't interest me if the story you are telling is true. I want to know if you can disappoint another and be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithful and trustworthy.

It doesn't interest me to know where you live or what you have. I want to know if you can see beauty, even when life is ugly. Can you source your life on the edge of the lake, shout to the mood; can you get up after a night of grief and despair, weary and bruised, and do what needs to be done for the children?

Who you know or how you came to be here does not interest me. I want to know if you will stand in the center of the fire and not shrink back. It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside; if you can be alone and like the company you keep in empty moments.

Orian Mountain Dreamer, Indian Elder

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			RELIGIOUS SCIENCE INTERNATIONAL MINISTER'S CONFERENCE			
			SOM 212 1:00pm Rev Barbara Heley		Alanon 12 noon Alanon & AA Meeting at 7:30pm	Gay AA Meeting at 6:00pm
			8	9	10	11
			Board Meeting 5:30pm		Alanon 12 noon SOM 400 7:00pm Alanon & AA Meeting at 7:30pm	Gay AA Meeting at 6:00pm
			15	16	17	18
			Book Group 1:00pm Rev Barbara Heley St. Patrick's Day Dinner 6:30pm food, music, fun		Alanon 12 noon Alanon & AA Meeting at 7:30pm	Gay AA Meeting at 6:00pm
			22	23	24	25
			Book Group 1:00pm Rev Barbara Heley		Alanon 12 noon Alanon & AA Meeting at 7:30pm	What the Bleep Do we Really Know? Claudia Mulcahy 9:30am Gay AA Meeting at 6:00pm
			29	30	31	
			Book Group 1:00pm Rev Barbara Heley Free Movie Night Doors Open 6:30pm Film at 7:00pm		Alanon 12 noon Alanon & AA Meeting at 7:30pm	Meditation 9:30am Services 10:00am Cosmic Kids 10:00am Bookstore 11:00am Refreshments 11:00am
			5	6	12	19
			Sharing the Vision Rev. Debby O'Donnell	Alanon 12:00 noon	You Are The Change Rev. Matti Dobbs Practitioner's Meet 11:30am	Appreciating The Difference Rev. Debby O'Donnell
			7 Men's Breakfast 7:30am Wise Woman Circle 1:00pm Diana Swenson SOM 103 7:00pm Rev Debby O'Donnell		14	20
					Wise Woman Circle 1:00pm Diana Swenson SOM 103 7:00pm Rev Debby O'Donnell	Alanon 12:00 noon
			13	14	21	26
			Alanon 12:00 noon		SOM 103 7:00pm Rev Debby O'Donnell	Hero's Journey Rev. Barbara Heley
			27	28	28	
			Alanon 12:00 noon		True Power of Water Book Discussion 1:00pm Rev Barbara Heley	



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