

Affiliated with Religious Science International

THE CENTER FOR POSITIVE LIVING



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

Dr. Jane Claypool
Pastor & Founder

Rev. Debby O'Donnell
Co-Pastor

Rev. Matti Dobbs
Assistant Minister

Rev. Barbara Heley
Staff Minister

APRIL THEME
Spring Forth

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Rev. Debby O'Donnell

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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

Change Is In The Air

Dr. Jane Claypool

Nothing is as fascinating as our attitude toward change. As a culture, we are mistaken when it comes to this topic.



We seek change eagerly; and at the same time we spend a lot of our energy trying to avoid change. We want to grow up but we don't want to grow old. We want to fall in love but we don't want to settle down. We want to arrange our lives but we don't want to think about giving up old ideas. On and on we go....

We all have a few airtight compartments in our consciousness and no where is it more evident than in the area of change.

As a culture, we suffer from a huge and fantastic neurosis which says when we get everything arranged perfectly, we can be happy and we will be able to keep our happiness and our perfect arrangement forever. We really do buy some big hunks of nonsense, don't we?

The plain and honest truth of life

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Excitement Abounds

Rev. Debby O'Donnell

April showers bring May flowers. This time of the year is one of my favorites. Granted, the season change is not as dramatic as in my home state of Iowa, but I can still feel the excitement in the air. The grass is starting to get greener and the trees are showing off their new buds. Even the birds seem to be singing sweeter and louder than just last month. All around us, there is growth and change.



With this comes a wonderful positive energy that we can be in harmony with and take full advantage of. Now is the time to take a closer look at what life affirming changes we desire and put our intentions to work.

So what do you want to have spring forth in your life? A new job? A new romance? More joy? More peace? It is all yours for the "picking".

Just like gardening, it starts with determining what seed(s) you want to plant. Once you are clear, then it is a matter of set-

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Change Is In The Air

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is that things always will be in a state of change and that nothing is going to stay in (any) place permanently. **"This to shall pass"** really is a truth we can count on.

So if we know things are going to change, we need to redirect our energy and focus on making sure that the changes move in the general direction we think we'd like to go. We can control our destiny but we cannot freeze it.

This I Believe

Rev. Matti Dobbs

My first time attendance at a Science of Mind Church changed my life. The minister was teaching some basic SOM principles. I immediately understood their application to my own life.

I was in deep pain over the recent termination of a relationship. I had communicated to my friend indirectly that I wanted more from a relationship and more from life. Listening to the minister that day it became clear to me that the Universe had received my message and acted. I was not a victim. I had asked, and got just what I wanted. I had co-created my experience. Through our thoughts we do create our world.

To change my own life I had to change my thinking. That one day launched me on the road to self discovery. I was open, receptive and hungry for more. I then learned the art of affirmative prayer. I subscribed to Creative Thought Magazine and spent time focusing on positive health and healing.

I also spent time daily with God. Sometimes I was at the beach immersed in pure Spirit, listening as the waves crashed against the shore and swirled around my feet. I learned the art of meditation and spent time in the silence. Although I was not familiar with journaling, my computer became my best friend as I shared my deepest pain sitting there with my fingers on the keyboard. In journaling I got to know myself better. A new me emerged. In hindsight this was a beautiful time in my life.

I honestly believe that we co-create our lives through our thoughts and that sometimes life's obstacles present wonderful opportunities for more learning and new growth. We can thrive through transition. Namasté.

Excitement Abounds

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ting it into motion, planting it into the fertile soil of Mind. Then care and feeding is needed which comes from your spiritual practice.

And we should not forget about the "weeding"—releasing and forgiving that which no longer serves us or our "garden".

"Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed here, and I am prepared to expect wonders."

—Henry David Thoreau

Come join us this month as we explore "gardening", change, transformation and spiritual maintenance.

Pick your seeds from the wide variety that is available and expect wonders. And so it is.

Positive Change

Serenity Miller

Immediately following our **Sunday Service on April 9th**, there will be a **1 hour workshop** titled **"Practical Steps to Positive Change"**

Although this workshop will be offered at no charge.

Love offerings that help and support the Center for Positive Living are always welcomed and always appreciated.

Serenity is a Practitioner at the Center for Positive Living.



Decide To Be Happy

Raymond Charles Barker

Happiness is genuine satisfaction with your present experience. The number of people in today's world who are not happy is shocking. Think of six of your friends and estimate how many of them are satisfied with their current situations. Happiness is not a constant, but satisfaction can be. Satisfaction is a deep underlying sense of fulfillment, a sense of doing a good job with life. It is a good subconscious base which abides in certainty through the many vicitudes at the conscious mind level of experience. It is a basic wholeness which permits the flow of creativity to be in action in both mind and emotions.

Unhappy people think they know why they are unhappy. The number of unhappy people I have listened to and counseled with is legion. Their explanations of the many causes of their unhappiness are usually incorrect. They do not see themselves correctly. Their disturbed emotions distort their reasoning capacity. They want to change events, situations, conditions, and people in their individual worlds. They do not want to change themselves. They want a rearrangement of facts and dodge the concept of a rearrangement of ideas within their own consciousness.

Happiness Is an Inside Job

It is obvious that, for most people in the world of today, happiness is available. Everything is done than can possibly be done to make us happy. Our great corporations are doing more things than ever before. They are manufacturing them faster, distributing them faster, and

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making them available at lower prices all the time. We exist in an almost gluttony of *things*. No longer can it be said that only people of wealth can have everything. People of lower incomes have television sets, automobiles, and good clothes. Yet unhappiness continues at all levels and in all types of people.

If things do not make unhappy people happy, then what does? A change in consciousness is the answer, and very few people want to change their consciousness. They want to change situations in their experience while remaining in their present static states of mind. A changed experience can only happen to a changed individual. This is a mental and spiritual law. It is the truth of life, and every person intuitively knows it. Try as we may to avoid this truth it remains true. The world responds to you by corresponding to your thought. It becomes to you what you are to it. It out pictures your consciousness and can change only when your consciousness changes. Things, situations and events do not happen. They are caused and your mentality is the field of causation.

Your present mind is cause to your world of effects. Everything that happens to you is because of you. You alone are the cause to your material experience. This is perhaps a very unpleasant truth, but it has to be known and accepted if a correct way is to be found to be happy. Already in your mind are the right ideas seeking your right thinking to become cause to your inner and outer happiness. You have no need to implore the Deity. You do have need to know yourself as a great spiritual potential of happiness. God's work in you, as you, has been completely accomplished. It awaits your recognition and your practice of its ideas.

It is interesting that the superabundance of things available, the ever expanding numbers of well-educated people, and all the fields of modern science have not increased man's happiness. This does not mean that we should go back to the Dark Ages and be without comforts, education, and science. It means that the world of the mind and not the world of form, is the final arena in which to seek and to find the joy of living. The material world will make you comfortable, but it will not make you happy. Your arrangement of your world is through the power of mind and this you have.

Tools of the Mind

We have more techniques today to make people happy than we ever had before. The last one hundred years have brought the birth and development of psychology, psychiatry, psychoanalysis, and our field of metaphysical science. All of these deal with mental and emotional causation. Yet, the number of unhappy people increases at a far greater rate than the facilities of psychological therapies can handle. There are not enough skilled minds to handle the increased number of disturbed people. This is why books of this kind are rendering invaluable service.

Excerpts from Raymond Charles Barker's book The Power of Decision which is available in our bookstore. Pick up a copy soon.



Peace Within

Gail Privetts, R.Sc.P

I grew up in Carlsbad during the 1960's. At that time I heard a lot about war. The news and TV were full of bombings, remakes of war movies, World War II, Hitler, segregation and civil rights. My constant fear was wondering when would a bomb be dropped here? I was told that war was a natural part of life. That is what I believed. When I was 15, my stepfather was ordered to active duty in the Philippines. My mother and I went with him. I grew up with chaos! Every day there was drama and filled with fighting. It created an early belief that I had no choice but to be there. I had already learned that "war" was a natural part of life.

My next step was one of searching. Searching for a definition of truth, seeking a calmer and more peaceful way of life. How was I to find it? For a time I went to a nondenominational church with my mother and sisters. Then I tried different churches. They were all fundamental. I reached the lowest point in my life by the time I was in my late twenties. Divorce and addiction took over. It took me many painful years before I stopped "the war within." I began a 12 step program and the words "let it begin with me" began to be more than words. With me? How could I learn who I was and what I wanted?

In the 1980's I was drawn to Unity. New Thought was a new idea. Then I was introduced to Church of Religious Science. My belief systems were newly challenged. I began by taking SOM classes. With so much new knowledge the layers were lifted little by little. It was at the Center for Positive Living, after I completed SOM 300 that I decided to go a step further and study becoming a Practitioner. It was that path that made me realize I did not have to live in my own "world of war" in my mind, in my family, in my relationships nor in my work. I have really let go and let God lead me.

Listen With Your Eyes

If you think God isn't speaking, try listening with your eyes, to the soft unfolding of roses, to the grace of a bird as it flies. When the moon rolls past your window and new stars gently rise, if you think God isn't speaking to you, listen with your eyes. Listen to the winter willow ice that hangs like melted glass, listen to the summer lemon sun that hides in blades of grass.

When you hear no voice at midnight, wait for morning skies, if you think God isn't speaking to you, listen with your eyes. When you hear no voice at midnight, wait for blue morning skies; If you think God is not speaking to you listen, listen with your eyes. Listen, look around and listen with your eyes.

-The words from a song by Ellen Heckler

Free Movie Night

Dick Swenson

The doors will open at 6:30pm for our next free movie night on Wednesday, April 26th. Popcorn, kettle corn, candy and other refreshments will be available. The film begins at 7:00pm.

The movie is **Hero**, a 1992 release starring **Dustin Hoffman, Gena Davis and Andy Garcia**.

Bernie Laplant (Hoffman) is not a "role model" hero. He's divorced, a cheat, a liar, a thief and headed for jail—but he is the lone witness of a plane crash and, very unwillingly saves the lives of all those on board and loses one of his shoes in the process. Not wanting attention drawn to himself he won't step forward as the hero. His remaining shoe, which he gave to a homeless man (Andy Garcia) leads to...well, you get the drift.

The surface of the characters is deceiving in this satirical comedy that differentiates what we "want" to see from that the "reality" is. See you there!

Gratitude

"The more you become a connoisseur of gratitude, the less you are a victim of resentment, depression and despair. Gratitude will act as an elixir that will gradually dissolve the hard shell of your ego—your need to possess and control. It will transform you into a generous being. The sense of gratitude produces true alchemy, makes us magnanimous souls."

-Sam Keen



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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Book Store News

Rev. Barbara Heley

"If minds are truly alive they will seek out books, for books are the human race recounting its memorable experiences, searching for solutions, drawing blueprints of its futures.

— Harry A. Overstreet

After Sunday services, stop in the bookstore to browse a bit. Look at the books and magazines. Our bookstore shelves are filled with known classics as well as current new books from your special requests.

Wayne Dyer's new book, **Inspiration-Your Ultimate Calling** is our selection for **April-May Book of the month**. As you study this book you will find that the author has a number of suggestions to help you cultivate worthwhile habits that you can use in your daily life to promote your spiritual growth.

In the words of the author, "It will teach us all to be more in-spirit, to be kinder, to grow more caring and compassionate, as well as increase our sensitivity to the Oneness of the Universe. We can translate these heightened sensitivities into behavior that is more giving, forgiving, while extending assistance to each other." Our discounted price for Wayne Dyer's book will be \$20.

The CPL Book Club will not meet during the month of April. We have all decided to take a vacation for Easter.

An eight week class, SOM 202, **Power of Decision**, beginning on Wednesday, April 26th from 1:00pm to 3:30pm taught by Rev. Barbara Heley. Cost is \$15 per session or \$120 for entire class.

SPRINGBOARD TO HEALTH & WHOLENESS!

A Transformational Workshop with
Rev. Barbara Heley, & Doree Hodge, R.Sc.P
Saturday, April 29th from 9:30am til 12:30pm

You can learn techniques for abundant healthy living. Individuals will be there to reveal stories of their own miraculous renewal and revival

There will be handouts to take home to help you remember how to effectively rely on Spirit for healthy whole lives filled that are with Love, Joy, and Peace.

The cost is only \$15 per person. Sign up now!



The Seven Urges

Muriel & John James

We have identified seven basic urges which motivate people to strive toward goals. This motivation occurs at any time of life.

1. The urge to live, to be free, to enjoy, to understand, to create, to connect, and finding meaning in living.
2. The urge to be free pushes people toward the goal of self-determination. They yearn to take charge of their lives.
3. The urge to enjoy motivates them to seek happiness.
4. The urge to understand motivates them to seek knowledge.
5. The urge to create pushes people to search for love and relationships with others.
6. The urge to connect pushes people to search for love and relationships with others.
7. The urge to transcend moves people toward becoming more than they currently are, to grow toward personal wholeness and to in union with something greater than themselves.

The Optimist Creed

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something very special inside of them.

To look on the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievement of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to this improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit that presence of trouble.

A Class Completed

As we watched Joseph Campbell in his series of talks "The Power of Myth" with Bill Moyers, we came to appreciate the wealth of knowledge and wit of Campbell and the deep connection between Myth and Spirit. It was a challenge to complete reading and discussing both books, A Joseph Campbell Companion: Reflections on the Art of Living, and The Power of Myth by Joseph Campbell with Bill Moyers.

It was an opportunity for spiritual growth that was relished. This course deepened and expanded our understanding of the oneness of all people in their search for Spirit and Truth. We felt privileged to participate in this exploration of faith and to progress on our own spiritual path, through this in depth study of the works of Joseph Campbell.

—Rev. Barbara Heley

Satisfaction

What will it take to fulfill the possibility in you? Look at what you know, study what you do! Examine your attitude, what you bring with you! Stingy or generous, complaining or sharing, what describes you? Are you praying for a miracle or creating? Believing that luck will provide, anticipating! Let go of control, make room for something new. Everything you know conceals the real and true. Superficial hides depth, common the special in you. It's easier to be the cause, provide and nourish too. Bring satisfaction, act with harmonious attitude. Balance in and out, mind, body, spirit too. Present a happy playful point of view, Expressing the spirit in you. Moving with a rhythmic, dancing motion, Do what lights you up! Light up whatever you do!



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<p>2 <i>The Constant Gardener</i> Rev. Debby O'Donnell</p>	<p>3 Alanon 12:00 noon</p>	<p>4 SOM 103 7:00pm Rev. Debby O'Donnell</p>	<p>5 <i>Peace is The Way Book Group</i> 1:00pm-3:00pm Rev. Barbara Heley Board Meeting 5:30pm</p>	<p>6 Alanon 7:00pm</p>	<p>7 Alanon 12 noon Alanon & AA Meeting at 7:30pm</p>	<p>8 Gay AA Meeting at 6:00pm</p>
<p>9 <i>Celebrate Change</i> Rev. Matti Dobbs Steps to Positive Change 11:30-12:30 Serenity Miller</p>	<p>10 Alanon 12:00 noon</p>	<p>11 <i>Men's Breakfast Meeting</i> 7:30am SOM 103 7:00pm Rev. Debby O'Donnell</p>	<p>12 <i>Peace is The Way Book Group</i> 1:00pm-3:00pm Rev. Barbara Heley</p>	<p>13 SOM 219 7:00pm Magic of the Soul Rev. Matti Dobbs Alanon 7:00pm</p>	<p>14 Alanon 12 noon Alanon & AA Meeting at 7:30pm</p>	<p>15 Gay AA Meeting at 6:00pm</p>
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<p>23 <i>Spring into Newness</i> Rev. Barbara Heley</p>	<p>24 Alanon 12:00 noon</p>	<p>25 SOM 103 7:00pm Rev. Debby O'Donnell</p>	<p>26 SOM 202 <i>Power of Decision</i> 1:00pm-3:00pm Rev. Barbara Heley Free Movie Night Doors Open 6:30pm</p>	<p>27 SOM 219 7:00pm Magic of the Soul Rev. Matti Dobbs Alanon 7:00pm</p>	<p>28 Alanon 12 noon Alanon & AA Meeting at 7:30pm</p>	<p>29 Workshop <i>Springboard to Health & Happiness</i> 9:30am-12:30pm Gay AA Meeting at 6:00pm</p>
<p>30 <i>Expecting Blooms</i> Rev. Debby O'Donnell</p>						

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