

Affiliated with Religious Science International

THE CENTER FOR POSITIVE LIVING



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

Dr. Jane Claypool
Co-Pastor & Founder

Rev. Debby O'Donnell
Co-Pastor

Rev. Matti Dobbs
Assistant Minister

Rev. Barbara Heley
Staff Minister

MAY THEME
Life=Enthusiam

MAY TOPICS

7 Living It
Dr. Jane Claypool

14 Showing It
Rev. Debby O'Donnell

21 Lessons
Rev. Matti Dobbs

28 Go For It!
Rev. Barbara Heley

Meditation 9:30am

Services 10:00am

Cosmic Kids 10:00am

Bookstore 11:00am

Refreshments 11:00am

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

Dial-A-Treatment 760.434.9584

Living It

Dr. Jane Claypool

Living Science of Mind is exciting and challenging. Hardly a day goes by that there isn't something in the newspaper, or in our private



lives which presents us with a choice about what to believe.

Are we experiencing a job shortage or is there really enough to go around? Does child abuse condemn the victim to a life of depression and despair or do I really believe the past is released and healed? Are women's brains different from men's or is intelligence really universal? Is the world coming to an end because of global warming (or because the bible says so) or does Universal Intelligence really have answers?

If we are honest, we may find our answers to those questions can vary from day to day. Or that we are true believers except for money, or health, or whatever our own "story" conditions us to hold onto.

Most people who are exposed to Science of Mind agree that positive thinking helps their lives run more smoothly. They like what they hear, and they wish they be-

continued on page 2, column 1

Showing It

Rev. Debby O'Donnell

Spring has sprung and brought with it new energy and enthusiasm for life. Holmes shares with us in the text book: "*Enthusiasm*

is a joyful trust in Life, a happy outlook, a complete assurance and confidence that there is a Power within us greater than we are that



we many use. It should be our purpose to awaken this joy in us again and enter into the game of living, not sitting on the sidelines as though we were isolated, but on the field ourselves. It is God's enthusiasm and becomes ours on acceptance." So, are you living life to the fullest? Do you seize every moment for all it is worth? Are you living life out loud?

If not, there is no time to start like now and no place to start than right where you are. First, I believe we must be clear and conscious of **who we are** truly are, a unique and individualized expression of God.

Then we need to take stock of **where we are**. Since we are the creator of our world, now is the time to take inventory to see what we have created and do some "spring cleaning". Decide

continued on page 2, column 2



Living It

continued from page 1

lieved more but they don't always follow through—either because they are discouraged or confused or have unrealistic expectations.

Science of Mind doesn't always create a trouble free life overnight. IT is a system for dealing with life on a higher and higher level. It is a spiritual path which enables us to come into contact with the highest expression of ourselves and that is a continuing evolutionary spiral.

We are all on a wonderful spiritual journey, coming to a closer and closer knowledge of our oneness with God. It is natural to find variation in our ability to practice principle from day to day. Accepting the fact that we are in process can be very helpful.

Loving ourselves while we are learning is crucial. I love myself just the way I am and I am ready to change are not mutually exclusive statements, they are the truth about our current condition. It is all right to still be growing in the direction of deeper conviction. In fact, it is exactly what we should be doing.

But it is important to grow. Throwing up your hands and saying this teaching is too difficult is unfortunate. So is rigidly condemning your self and sinking your own ship in a swell of nonsense about where you "should" be in your studies.

Consistent, self-loving movement toward a greater understanding of yourself, spiritual principles and positive expression is the best path. Surely, some days it will seem like a zig zag path, but correction of course is part of the learning curve.

Upcoming Previews

We are very enthusiastic about what we have for you at CPL this month. The ministerial staff will be sharing lessons from our life teachers; those people who have impacted our lives, our faith, and our belief systems. You will have an opportunity to participate in a **question and answer service on May 7th with Dr. Jane Claypool**, our founder and very own wise woman.

There is a wonderful **Mexican Fiesta planned for the 17th**. If you have not attended one of our quarterly dinners, now is the time to mark this on your calendar. The entertainment and food are wonderful, but what makes this event so special is the conversation and joyful sharing that happens whenever we break bread together. Please note we are starting the dinner at 6:30pm.

There will be flowers for all on Mother's Day, and a **Treatment 101 Workshop on the 21st**.

Showing It

continued from page 1

what stays and what goes. What thoughts, habits and feelings are supporting your greater good? Those are the keepers. Recognize them, acknowledge them and congratulate yourself for having them. Everything else you can release into the great beyond. If it no longer supports you and brings you joy, then you don't need to hang on to it. Yes, some things will be easier to release than others but remember the goal is making room for more of the really good stuff. When you know what no longer supports you and you are ready to move in the direction of more joyful enthusiasm—look at your list. What is on it? A new job, more social activities, love, money or all of the above?

Through affirmative prayer, meditation and visualization, you can start to create the joyful life you want and fulfill your desires. Remember, Spirit will provide you with all that you are ready to accept.

Get clear first then start to accept that greater level of good. Become the joy you want to have. Share your happiness whenever and wherever you can.

Show your enthusiasm to everyone you meet. Know that at the level of absolute truth it is already yours. Keep your arms, your eyes, your heart and your mind open. Yes, spring has sprung and everything, including ourselves, is in bloom.



Wise Women Circle

"I believe you can also claim to be a wise woman if you are willing to take a look at new possibilities and opportunities to be whole, independent and loving."
— *Dr. Jane Claypool*

Wise Women will be forming a circle, that is going to be facilitated by **Diana Swenson, R.Sc.P.** assisted by **Gerry Dalpe**. **Beginning in June, we will meet on four Thursdays: June 8th, June 15th, June 22nd and June 29th from 1pm to 3:00pm** at the Center for Positive Living. The cost for four meetings is \$30.00. We will continue to use Dr. Jane Claypool's book, Wise Women Don't Worry, Wise Women Don't Sing the Blues. You do not have to be a member of the Center for Positive Living to participate. All women are welcome.

Motherly Advice

Always change your underwear, you never know when you will be in an automobile accident.

Don't make frown at me or make that funny face, it might freeze in that position.

You have enough dirt behind your ears to grow potatoes!

Cose that door! Were you born in a barn?

If you can't say something nice—don't say anything at all.

Don't put that in your mouth! You don't know where it's been!

Knowing It

Rev. Matti Dobbs

Joy! Joy! Joy! Webster defines joy as the state of feeling glad or happy. This is something that we all want. The great thing about it is we can create joy in ourselves. Moreover, we can have as much or as little of it as we want. Imagine that! Joy is an inside job!

Since joy is something we want why are some people unhappy? You can choose to put more happiness and joy in your life. You can choose to let go of limiting beliefs that you have learned to accept and surrender to a higher principle of life centered in Spirit. To do so is to view life from a different perspective. In Spirit all is good. There is no duality. The question is what is the lesson to be learned or what limiting belief do I need to release? Focus on seeing life from a positive perspective. Focus on joy!

In Magic of the Soul, Patrick Harbula suggests that we view the world from the inside out and practice being alive in our soul. When we are Spirit centered and see and feel God everywhere, our worldview changes. He suggests that we expect magic, look for magic and in so doing we can transform the world of form into spiritual reality. So it is with joy.

Be willing to let go of lack and limitation and choose to take the high road, see the good, set your intentions for the day and expect positive outcomes. Look for the joy. Expect the joy. Should joy not come in the form or package you expect, look at your gift from your spiritual center. What is the message you are to learn from this challenge or change? Expressing gratitude for the message learned can engender joy if you choose to see it.

Our world is filled with unlimited possibility for joy and happiness. Let's create more joy in our lives by setting joyful intentions, expecting it and visualizing success! Namasté.

Enjoying It!

Rev. Barbara Heley

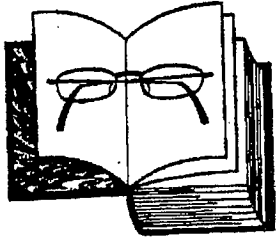
The blessed Presence of the Creative Energy, God, is always present in my life, shining through me and radiating out into my world. I am open to the Joy of Spirit, knowing that aligning with the One Mind allows me to live with exuberance and optimism.

I remember to view positively whatever circumstances enter my experience, to find the good in all I meet. Love and joy blossom through me from my Source, bringing harmony and beauty into my existence. I relax into a productive, fulfilling life. Thank you God. And so it is.



Book Store News

Rev. Barbara Heley



"A room without books
is like a body without a soul."

— Cicero

Be sure to look into our bookstore for those treasured inspirational books that can we have on our shelves to keep us "right on track" in our individual spiritual journey.

MAY BOOK OF THE MONTH

Our book of the month is Wayne Dyer's latest, **Inspiration-Your Ultimate Calling**. If you have been watching KPBS, you know that Dyer is frequently aired featuring this new motivational message. I have been enthusiastically reading it, and I especially am encouraging the use of his practical steps to take to put the ideas to work in our lives. Theory and philosophy are wonderful, but I need to be practical and find ways to "practice what I preach".

This is a great book for combining those aspects so we can all continue our ascent on our individual spiritual path. During the month of May, \$20 is a our bargain price for this great book.

NEW IN THE BOOKSTORE

The Secret Life of Water by Masuru Emoto. This book continues with his global messages for people and harmony with nature and all creation. Just as water changes with the thoughts of people, the world is open for all the love and gratitude we can generate.

The message seems simple, but is profound. We are newly challenged into action at the deepest level of truth.

CPL BOOK CLUB

Everyone is welcome to attend our discussion of Wayne Dyer's **Inspiration-Your Ultimate Calling** on Tuesday, May 30th from 1:00-3:00pm. Your input is important to our understanding of the practice and principles of Science of Mind. Love offering.

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 a 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 practioners, see the brochure "**Practitioners, Who & Why**" that is available in the bookstore.

Need a Treatment?

Our ministers and practitioners names and telephone numbers are listed each week in our Sunday Programs.

They are well trained, know the steps of treatment and always ready to assist you. Their fees are modest and no one is ever turned away.

Here is a complete list for your use. We suggest you clip it and save for reference.

MINISTERS:

Rev. Matti Dobbs
760.438.7522
Rev. Barbara Heley
760.967.1614
Rev. Debby O'Donnell
760.632.5120

PRACTITIONERS:

Theresa Desmond
760.434.9579
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:

Joyce Coil
760.630.6051
Serenity Miller
760.434.3023
Diana Swenson
760.434.4660



Celebrate Mother's Day on May 14th

On the occasion of the first official Mothers Day service on May 10, 1908, Miss Anna Jarvis sent white carnations, chosen by herself, to the Andrews Methodist Episcopal Church, in Grafton, West Virginia, in honor of her mother, Mrs. Ann M. Jarvis, who taught Sunday school there.

In a telegram to the congregation, Miss Jarvis stated that: "Each one present will be given a white carnation, in memory of the day.

The white carnation is preferred because it may be thought to typify some of the virtues of motherhood; whiteness stands for purity; its lasting qualities, faithfulness; its fragrance, love; its wide field of growth, of charity; and beauty as its form."

Join us this Mother's Day as we each receive a white carnation and celebrate the strength love and wisdom we have received from that very special "Mother" in our lives. *A bit of Motherly advice:* Life is enthusiastic joy. It contains the great song of being. There is nothing little, mean or petty about it. It is not browbeating you. It is not beating you over the head with a cosmic club. It is not knocking you down on your knees asking you to beseech Light to be light or truth to be truth.

The Creative Urge

Ernest Holmes

There is a creative urge back of everything you do, an urge to express life, joy, and happiness; to reach out to everything that lives as though you belong in the universe in which you live; to be one with it and have an enthusiastic zest for living. Man's nature is such that it is necessary for him to express life, to come into the fulfillment of joy and happiness, and he is disconsolate until this happens. (SOM© Magazine May 1972, p. 14)

What we should learn to do is to cooperate with God's Spirit in us. Its whole nature is Love and Harmony; therefore we shall get the best results when we live together in Harmony and Love toward each other. For out of this Love and Harmony should flow a greater creativity, a happy livingness, and an expectant enthusiasm. SOM© Magazine May 1972, p. 15)

We really need more enthusiasm! We should not see this thing just as a law and a big, bright, brilliant goodness; we should see it as something vibrating with life, pulsating with warmth, and scintillating with color. Look how colorful nature is! We are too prosaic, too matter-of-fact. Color belongs to us because God is a colorful being. How can that which has painted nature with such a lavish brush be anything but colorful. SOM© Magazine April 1996 p. 9)

Healing with Love and Energy

Gail Privitts, R.Sc.P.

As a Qigong student, I recently had the opportunity to spend time in China in study under Master Mingtong Gu learning Wisdom Healing Qigong. This practice has changed my life on many levels including relief from arthritis pain and weight loss.

I am pleased to offer you an opportunity to study with Master Mingtong Gu himself here at the Center for Positive Living. Master Mingtong and his wife Linling will present a 2-day level one workshop on Saturday, June 17th from 10 to 5:30 and Sunday 12 to 6:30. You will have the opportunity to learn all the theory, basic postures and forms of practice, along with the movements and exercises to increase your mental concentration. There is a sign up sheet in the bookstore and I am available to answer any questions you might have. Also, Maggie Lee attended the last workshop and can share with you her positive experiences.

To introduce you to Qigong and to get you started, I will be offering two hour long workshops in May, the 7th and 21st, beginning at 11:30 after the Sunday service. There is no cost to you, however we will take a love offering.



This I Believe

Marshall Coil

Over the years I have attended a number of Science of Mind Churches and have heard the voices of some prominent teachers including Bill Hornaday, Frank Richelieu, Bill Little, Christian Sorenson, Michael Beckwith, and of course our own Dr. Jane Claypool. They all encourage us to use prayer treatment which is the cornerstone of our philosophy. They have recommended the three, five, or seven-step method, or if the situation is right, suggest we go directly to realization, as Jesus did. After the important recognition and unification step, is realization. In this step we state the good, the change, or action we want to happen. No one says it better than Dr. Jane, who emphasizes the phrase, "claim it". I think of it as the miners did in the 1840 gold rush days. There was no uncertainty for them. A miner marked off his "claim" and guarded it with his life. He knew what he wanted and put forth the effort to make it happen.

At one time, making a definite claim to God seemed pretentious to me. Who was I to say to God, "This is what I want!" Then sit back and expect God to provide it? But it works! It really does work. My treatments have been much more successful since I began to speak the words out loud. When I have a definite conviction and strong feelings about what I want to manifest, it happens. I now believe it is my right to claim my good. The Law of Mind then takes over and begins to operate every time. Then I give thanks and release the treatment. One more thing seems to complete the process for me. That is acceptance. I believe what I treated for is already accomplished. I believe there is nothing that can interfere with the demonstration of the good I seek.

Treatment 101

Whether you are a long-time student of Science of Mind or just joining us for the first time, this refresher course is a marvelous way to learn how to focus your attention and intention.

Join Serenity Miller after the service on Sunday, May 21st for a one hour Refresher Course on Treatment.

We will begin at 11:30am

There is no charge. Love offerings are always welcome

You may also find it helpful to refer to Ernest Holmes' book How To Use The Science of Mind. This classic is available in our bookstore. It will give you guidance and an explanation of the steps for the treatment process.

Free Movie Night

Dick Swenson

The Men's group has chosen the film **Dreamer**, a 2005 release starring Kurt Russell, Dakota Fanning and Chris Kristofferson.

When horse trainer Ben Crane (Russell) is fired by his arrogant boss, Ben takes an injured horse, Sonador, as part of his severance pay, with the intention of breeding her with a champion for profit.

Ben sets about getting the horse's leg to heal, while the Crane family hopes their precarious finances will hold out.

In the meanwhile, Ben's daughter Cale (Fanning) has fallen in love with Sonador and believes that the horse will be able to run again.

Cale's determination to help the injured racehorse changes everyone's lives forever.


This is an uplifting story that celebrates our dreams, our second chances, and the importance of family.

The doors will open at 6:30pm on Wednesday May 31st.

Kettle-corn, candy and refreshments will be available.

The film starts at 7:00pm. See you there!

*A bird does not sing
because he has an answer,
he sings
because he has a song.
- Chinese Proverb*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 Alanon 12:00 noon	2 SOM 103 7:00pm Rev Debby O'Donnell	3 SOM 202 Power of Decision 1:00pm-3:30pm Rev Barbara Heley	4 SOM 219 7:00pm Magic of the Soul Rev. Matti Dobbs	5 Alanon 12 noon Alanon & AA Meeting at 7:30pm	6 Gay AA Meeting at 6:00pm	
7 Living It! Dr. Jane Claypool	8 Alanon 12:00 noon	9 Men's Breakfast Meeting 7:30am SOM 104 7:00pm Rev Debby O'Donnell	10 SOM 202 Power of Decision 1:00pm-3:30pm Rev Barbara Heley Board Meeting 5:30pm	11 SOM 219 7:00pm Magic of the Soul Rev. Matti Dobbs Alanon 7:00pm	12 Alanon 12 noon SOM 400 7:00pm Alanon & AA Meeting at 7:30pm	13 SOM 400 9:00am Gay AA Meeting at 6:00pm	
14 Showing It! Rev. Debby O'Donnell Mother's Day	15 Alanon 12:00 noon	16 SOM 104 7:00pm Rev Debby O'Donnell	17 SOM 202 Power of Decision 1:00pm-3:30pm Rev Barbara Heley Mexican Fiesta 6:30PM	18 SOM 219 7:00pm Magic of the Soul Rev. Matti Dobbs Alanon 7:00pm	19 Alanon 12 noon Alanon & AA Meeting at 7:30pm	20 Gay AA Meeting at 6:00pm	
21 Lessons Rev. Matti Dobbs Refresher Course on Treatment 11:30am	22 Alanon 12:00 noon	23 SOM 104 7:00pm Rev Debby O'Donnell	24 SOM 202 Power of Decision 1:00pm-3:30pm Rev Barbara Heley	25 SOM 219 7:00pm Magic of the Soul Rev. Matti Dobbs Alanon 7:00pm	26 Alanon 12 noon SOM 400 7:00pm Alanon & AA Meeting at 7:30pm	27 SOM 400 9:00am Gay AA Meeting at 6:00pm	
28 Go for It! Rev. Barbara Heley Discovery Class 11:30am	29 Alanon 12:00 noon Memorial Day	30 Book Group 1:00pm-3:00pm Rev Barbara Heley SOM 104 7:00pm Rev Debby O'Donnell	31 SOM 202 Power of Decision 1:00pm-3:00pm Rev Barbara Heley Free Movie Night Doors Open 6:30pm	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			Meditation 9:30am Services 10:00am Cosmic Kids 10:00am Bookstore 11:00am Refreshments 11:00am

MAY 2006 CALENDAR OF EVENTS