

Affiliated with Religious Science International

THE CENTER FOR POSITIVE LIVING



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

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Rev. Barbara Heley
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JUNE THEME
Expect The Best

JUNE TOPICS

4 Great Expectations
Dr. Jane Claypool
*Tips on turning it over to God
without outlining*

11 Thrive
Rev. Debby O'Donnell
*Exploring how to get from where
we are to where we want to be*

18 Spread Your Wings
Rev. Debby O'Donnell
*Trusting your God given talents
as your wings*

25 Here Comes The Judge
Rev. Barbara Heley
*Moving out of judgement
into Spirit*

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

Choosing Optimism

Dr. Jane Claypool

Optimistic people have much better lives than pessimistic people. No one would argue with the statement that Pollyanna was a happier character than the Grinch. Most people would agree that



it is better to expect the best than to be on the lookout for the worst that can happen. Not everyone believes that our attitude impacts our experience as completely as Religious Scientists do, but nearly everyone agrees that attitude is important. This month, we will be talking and thinking about having an optimistic attitude toward life.

Most people believe that we are as happy or sad as our experience allows. Inheriting a million dollars makes us happy while the death of a loved one makes us sad. Yet common sense tells us that everyone loses loved ones as some time and not everyone mourns forever and there are plenty of unhappy millionaires on this planet. No two people have exactly the same experience and no two people would react

continued on page 2, column 1

Expectation Without Judgement

Rev. Debby O'Donnell

Expectations are funny things. Setting them too high could result in disappointment. Setting them too low leaves room for doubt.

How much more could I have had? There is the option of not setting them at all. Or is there? I believe, consciously or not, we are always setting expectations and passing judgment based on what we expect the outcome to be.

The key, in my opinion, is to stay out of judgment and that is where Science of Mind comes in. Spiritual Mind Treatment allows us to be clear, focused and on point. We recognize the One Source which I call God. Then we acknowledge our connection with God and remind ourselves that God is pressing to express through us. As we speak our word with intention, we become clear on the outcome. As we release this claim, enthusiasm and gratitude fill our hearts because we know that Spiritual Law is in play.



continued on page 2, column 2



Choosing Optimism

continued from page 1

the same way. Even if it were possible to give two people the same experiences, the optimist would enjoy his life much more than the pessimist. That makes sense. More importantly, our consciousness creates our reality. If we can grasp that concept, we can understand the importance of changing our thinking so that we are expecting only the best. If you want to do well on the job, you must go to work each day with an optimistic attitude. Once there, you will give good service, be noticed more often and be promoted quickly. Even if you never get the raise you deserve in that workplace, your excellent attitude will allow you to attract a new job very quickly.

In olden times, before milk came in cardboard boxes and was pasteurized, we had a saying that, "Cream rises to the top." What that meant was that the richest part of the milk (cream) would collect at the top of the bottle and it also meant that the person with the best attitude toward work got the promotion.

Money matters are important but attitude is even more important. Many of our Presidents came from wealthy families but not all of them. Being born poor has stopped many ambitious men and women from aiming at the top because they believed that it was too difficult to overcome childhood poverty. Lack of wealth didn't stop Abraham Lincoln or Bill Clinton. Nor did lack of beauty stop Barbra Streisand or Whoopi Goldberg from being a movie star. Nor did lack of education stop Ernest Hemingway from writing. Whether it is money, appearance, education or some other perceived shortage, the truth of the matter is that the most important ingredient in anyone's life is his or her attitude.

I Am Optimistic

Dr. Jane Claypool

There is only one God and that God is all powerful, present everywhere and present right here and now supporting and guiding me. I am loved by God and God is expressing as love in and through me. Because I know that God is always with me, always loving me and always saying yes to me, I am totally and completely optimistic. I feel wonderful about life. I expect the best in life. I know that life is a great joy and a wonderful opportunity to express love and wealth and health. I expect the best in every area of my life. I am in love with life. I greet every day with great expectations. I am optimistic about my health, certain that my wealth is growing every day, I'm surrounded by loving people and engage in happy activities. I love my life now.

With this treatment, all my questions are answered and all my desires area fulfilled. I release this treatment with a great sense of joy because I know that God is with me every step of the way. Life is great! And so it is.

Expectation Without Judgement

continued from page 1

Try adding the words, "This or something better" to your next treatment. Now, you are truly expecting the best. You have opened up your mind and your heart to greater good; the best that this life has to offer. And, as we all know; "It is your Father's good pleasure to give you the kingdom." Luke 12:32

As you give up judgment, a feeling of enthusiasm takes over. When you are busy co-creating your life, there is always a sense of joy. While expecting the best, your conviction to your greater good kicks in.

Ernest Holmes puts it this way in *How to Use the Science of Mind* (1948): "There should be a sense of joy in this work, a feeling of enthusiasm as well as conviction, a warm mental expectancy backed by a deep intellectual conviction, and an even deeper spiritual awareness." (p. 43.2) And so it is.

Quote Worthy

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he is wrong."

—Charles Wadsworth

"Any man can be a father, but it takes a special man to be a dad."

—Proverbs

"It doesn't matter who my father was; it matters who I remember he was."

—Ann Sexton



Bookstore News

Rev. Barbara Heley

The Science of Mind magazine provides spiritual guidance. I relish the writers and the practitioner's words. I read it every day for reflection and inspiration.

In the September 2005 issue I read an article by Oriah Mountain Dreamer. I was entranced by her breezy request asking us to be more passionate in seeking out the joy in life, and to live creatively in the "now." Her poem "The Invitation" was nationally recognized for its truth and heart. It was read aloud before the United Nations gathering in Africa.

As a result I ordered two new books for our bookstore; The Invitation and The Dance for your own inspiration and enjoyment. These books will bring you a challenging and fresh look at our wonderful world.

June Affirmations

"I let go and let God knowing that my highest good is unfolding in perfect right order."

-Dr. Jane Claypool

"There is a power for good and I am using it right now!"

-Rev. Debby O'Donnell

"I soar beyond my perceived limitations knowing I am divinely guided."

-Rev. Debby O'Donnell

"God and I are one. In partnership, I joyfully extend love, and understanding to all. Peace is with me now and always."

-Rev. Barbara Heley

Father's Day Remembered

You may be surprised to learn that Father's Day was not created by Hallmark Cards. In the year 1909, Sonora Dodd, while listening to a Mother's Day sermon decided that she wanted a special day to honor her father. Her father, William Smart, was a Civil War veteran who raised 6 of children on his own in a rural area of Washington State. As an adult, she realized the selfless parental sacrifices he made with courage and love. The first Father's Day was remembered June 19th in Spokane, Washington.

Father's Day will be a double celebration because we will host our **4th Annual Father's Day Picnic** to honor fathers. We also decided to honor our wonderful volunteers. We are going to hold this on **June 18th at 11:30am in McGee Park**-less than a mile from CPL and a perfect place for a picnic.

Linda Poulos will be providing the beef, shrimp, and veggie burgers. CPL will bring the lemonade, the drinking water and all the necessary paper goods. **Harry Warden** will be our grill chef extraordinaire. There will be a sign-up sheet in the patio. Please let us know if you will be bringing a dish to share.

Mario Cuomo said of his father: *"I watched a small man with thick calluses on both hands work fifteen and sixteen hour a day. I saw him once literally bleed from the bottom of his feet, a man who came here uneducated, alone, unable to speak the language who taught me all I needed to know about faith and hard work by the single eloquence of his example."*

June Meditation Themes

The dictionary defines meditation as a time to reflect, to contemplate, to plan in the mind, intend, to engage in contemplation, especially of a spiritual or devotional nature.

During our meditation at 9:30am, prior to our Sunday services, we will explore four very different wonderful meditation techniques. We hope they will teach, demonstrate and inspire all of us to set our connection to spirit higher so we can expect greater good in our lives.

June 4: Dr. Jane Claypool will use coloring books to bring us into full awareness.

June 16: Rev. Debby O'Donnell will take us through a mediation technique using laughter.

June 18: Rev. Debby O'Donnell will present a guided meditation she has named "From The Ocean To The Sky."

June 25: Rev. Barbara Heley will teach us the wonderful technique of chanting, used so effectively in many Eastern religious practices.



The Practitioner's Corner

Rev. Barbara Heley

As I look back over the years of my life, searching for possible gains, I realize how much of my time was spent hurrying, rushing, and speeding toward my goals. This included everything from making a bed, reading a book, getting from point A to B in my car, completing my advanced degrees while I was working full time. One of the things I was striving for was constant learning. I used to think "How can I accomplish this task in the shortest possible time with a minimum of energy?" I found that I was on a self-designed rapid roller coaster ride. Wheee-eeee! The years passed. Eventually my lifetime of "racing" very gradually switched to lower gears.

Today, I very consciously take the time to "smell all the roses in my garden." I've discovered that friends are the flowers that bloom in life's garden. I now spend much more time lovingly appreciative of my ways to God, to myself, and to my fellow travelers on this planet earth. I have learned deep breathing exercises in order to help me relax my mind and as well as my body. It is an exercise that I must do in order to keep myself tuned up to the basic principles of Religious Science. I truly believe I am a divine being, existing before this life and will be existing eternally hereafter. I think of my daily prayer treatment and meditation as my "mental oil changes." I need them in order to achieve my serenity of spiritual awareness. I confess that I still have to stop and ask myself, "What's the hurry, Barbara?" In retrospect I realize that a wiser approach would have been for me to balance my early goals, to include more recreational activities and as Joseph Campbell suggests to find the ways to "follow my bliss." I now know the way to ease the Spirit within me. I've learned to walk calmly, surrounding myself with love, joy, and peace. How much delight and serene grace God has provided for me! Beauty, Power and the Creative Energy of the Universe is here right now. I know I can pursue the all important en-Light-enment of Spirit. And so can you. Take heed. No need to speed!

Treasure Mapping

Join us on **Sunday, June 25th immediately after the Sunday service' til 1:00pm** for a wonderful workshop. We will put together an individual collage of our goals using magazines, poster board and some glue. The Center will provide magazines, poster board and glue sticks. Bring your own magazines, pictures or anything else you would like to include on your own special Treasure Map. You will have an opportunity to map out your desires. Love, laughter and lots of creativity will be flowing during the process.

Book Of The Month

Dr. Jane Claypool

Alan Cohen has written a great many successful books including The Dragon Doesn't Live Here Anymore and Are You As Happy As Your Dog? This month's selection for book of the month is A Deep Breath of Life. It is really a treasure to be enjoyed all year one day at a time. The book is set out in calendar days and the format enables you to read one page in the morning but it is also a wonderful book to read from beginning to end. Or you can dip into the volume at any point and come up with some mind-blowing and life changing stories and ideas. The format is quite simple. There is a quote from a sacred source, a story to illustrate the main idea, then another quote and an affirmation. Each entry is for a day and fits on one page. Here is the one of the shorter entries in the book. It is dated August 12th. Don't Miss It.

Carpe Diem! (Seize the Day!)

On my way to the San Francisco airport, I got caught in traffic on the Bay Bridge. Wondering how long I would be stuck, I began to worry about missing my plane. Just having come from a restful retreat in the mountains, suddenly I felt the stressful chemistry of anxiety encroach on my body. Then an inner voice spoke: "It's one thing to miss the plane, but it's quite another to miss the moment." Stunned, I recognized that I had just missed a moment of life. I took a few deep

continued on page 5, column 1



Book Of The Month

continued from page 4

breaths, looked out at the springtime sun shimmering on the water, opened the window to feel the breeze, and turned on the radio to find some enjoyable music. Ah, that felt better. I could always catch another plane, but I could never catch this moment again.

All of life is right where you are. Never trade the peace of now for fear or worry. Because you carry the spark of God with you, you do have the power to illuminate at any time, in any place. Speak your word: "God, help me to be fully present. Help me to find beauty right here where I am." You can claim the riches of the universe where ever you might be.

I urge you to pick up a copy of this book for yourself and perhaps another one as a gift for a friend. It is available now at the discounted price of only \$12. You will find it on the shelf in our bookstore, which is open immediately after our Sunday services.

CPL Book Club

Allan Cohen's book, *A Deep Breath of Life* will be discussed in depth at the meeting of the Book Club. **Rev. Barbara Heley** is our guide.

Readers will meet on Tuesday, June 27th from 1:00pm 'til 3:00pm. Everyone is welcome.

This I Believe

Dick Swenson

I was born five weeks before Pearl Harbor. I am the oldest of four brothers and one sister. My early years were in an environment of a country at war. There was a scarcity of resources at home. My mother was released from a TB sanitarium three years earlier. My father was recovering from rheumatic fever. My brother, David, mentally retarded shortly after birth due to spinal meningitis, was being cared for by my father. Difficult times. I don't remember the minute details of those years. I imagine that the stress levels on my parents must have been enormous. I became independent at an early age. I believed in my own ability to adjust to new circumstances, and thought I could create a new environment when I wanted to change things.

My first job was as the janitor of the one-room school house where I went to school. I was ten years old and was paid \$25.00 a month.

I cannot remember a specific beginning to my spiritual journey. Somehow I knew there was more going on than my every day activities. I think I might have been wise beyond my years.

My early religious affiliation was attending a First Methodist church. It was, by religious standards, a fairly liberal church. They had a good youth program. After I graduated from high school, I started going to a fundamentalist church. I learned a lot of theology there, but I really did not believe in what was taught although I paid it all lip service. At one point I considered the ministry.

It was there that I met and married Diana, my wife of nearly 45 years. Together, it took us 10 years to abandon those fundamentalist teachings. For the next 35 years we rediscovered that the true God is within us. My best teacher has always been Diana. I do not believe that I would be where I am today spiritually, without her love, knowledge and example.

Today I know that I am one with God. I really believe that "All Is Well" in my life. All my thoughts, my words and actions, may be imperfectly formed by me, but are, in fact, a perfect concept in the Mind of God. I am in my right and proper place right now, right here.

As I grow in knowledge and develop a clearer understanding of God's truth and wisdom, I also grow and move into higher levels of Wellness with God. I am open to receiving ever greater understanding and enlightenment through participation in classes, reading the words of wisdom in recommended books and, most importantly, through my own daily spiritual practices. All Is Well.



Learning to Treat Effectively

Every student of The Science of Mind learns the efficacy and the benefits of treatment work. It is a spiritual tool that is the most important for finding, expressing, and enjoying the natural greatness that is our truth. It can open up a whole new awareness of your God-given power of love and transformation. Classes at all levels are a marvelous for learning about the treatment process.

During Rev. Debby O'Donnell's SOM 103 class, students have had the opportunity to refine their treatment skills. We are pleased to share these with everyone at the Center for Positive Living.

From Rebecca Michael:

"I know that there is one Perfect, Absolute and Infinite Intelligence now and always. I know that I am One with the all powerful Universal Spirit which shines it's luminescent light within my soul.

With joy, I claim that Spirit's Beloved Energy is now working through me; expressing Itself perfectly. And that my energy is abundant with passion and creativity that comes forth with spontaneous ease. I say with absolute knowing that the Goddess within me is now working in unlimited joyous and loving ways, providing me with success and prosperity.

I release this truth to the Universe, knowing that all is well and absolutely done. And that the Universe is now working for my highest good. With this, I give thanks for infinite blessing, knowing that I am now and for all eternity truly blessed with all God's light and love. And so it is."

From Caroline Young:

"There is one Universal Intelligence. I am one with this Creative Mind and I am open to the flow of inspiration and creativity. Inspiration brightens the light around me through a creative current that helps me to make a positive difference in my field of health and education. I am a perfect manifestation of Spirit. The creative force is transforming my educational business and moving it from intellect to heart. I enjoy my life's purpose as I celebrate the creativity and positive energy that flow freely, without limits, from within. I energize new insights in the educational community through my meaningful service and heartfelt compassion to all I meet. There is a limitless flow of prosperity and expansion that I know will manifest. I gratefully release my word into Divine law and know it is done. And so it is.

Free Movie Night

Dick Swenson

The dictionary defines the word dream as a reverie, an aspiration, anything extremely beautiful, fine; a mirage, and illusion. I sincerely believe that we have all had dreams. Dreams of being someone else, perhaps of doing something else in our lives. Sometimes we look back with regret, nostalgia, and think about what we might have been, what we what have done.

Our **Free Movie Night on Wednesday, June 28th** we will be showing a film about a man who refuses to give up on his dream. **The World's Fastest Indian** stars Anthony Hopkins as Burt Munro a 60-ish man from New Zealand who owns a 1920 Indian Scout motorcycle.

In the mid-1960's Munro, travels to America with his "Indian" to fulfill his lifelong dream of setting a landspeed record at the Bonneville Salt Flats in Utah. His unshaking belief in the success of his venture endears him to everyone who comes in contact with him. There is a terrific array of colorful, memorable characters that Burt meets along the way.

You do not have to be a motorcycle enthusiast to appreciate "The World's Fastest Indian" because the story is not about the motorcycle but about the man, his dream, and the incredible journey he took to fulfill that dream. **The doors will open at 6:30pm, the film starts at 7:00pm.** Kettle corn, candy and refreshments will be available. We hope to see you there!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE CENTER FOR POSITIVE THINKING</p> <p>Location: 390 Oak Avenue, Suite H, Carlsbad, CA 92008 Office Hours: Mon-Tues-Wed-Thursday 9:30am 'till 2:30pm Office Telephone: 760.434.9579 Facsimile: 760.434.0703 e-mail: truthliving@aol.com website: www.religiousscience.carlsbad.org</p>						
4 Great Expectations Dr. Jane Claypool <i>Tips on turning it over to God without outlining</i> Qigong 11:30-1:00pm	5 Alanon 12:00 noon	6 SOM 104 7:00pm Rev Debby O'Donnell	7 SOM 202 Power of Decision 1:00pm-3:30pm Rev Barbara Heley Board Meeting 5:30pm	1 SOM 219 7:00pm Magic of the Soul Rev. Matti Dobbs Alanon 7:00pm	2 Alanon 12 noon Alanon & AA Meeting at 7:30pm	3 Gay AA Meeting at 6:00pm
11 Thrive Rev. Debby O'Donnell <i>Exploring how to get from where we are to where we want to be</i> New Member Sunday	12 Alanon 12:00 noon	13 SOM 104 7:00pm Rev Debby O'Donnell	14 SOM 202 Power of Decision 1:00pm-3:30pm Rev Barbara Heley	15 Wise Women Circle 1:00pm Alanon 7:00pm	16 Alanon 12 noon Alanon & AA Meeting at 7:30pm	17 Gay AA Meeting at 6:00pm
18 Spread Your Wings Rev Debby O'Donnell <i>Trusting your God given talents as wings</i> FATHER'S DAY Picnic in the Park 11:30am	19 Alanon 12:00 noon	20 SOM 104 7:00pm Rev Debby O'Donnell	21	22 Wise Women Circle 1:00pm Alanon 7:00pm	23 Alanon 12 noon Alanon & AA Meeting at 7:30pm	24 Gay AA Meeting at 6:00pm
25 Here Comes The Judge Rev. Barbara Heley <i>Moving out of judgement into Spirit</i> Treasure Mapping 11:30am	26 Alanon 12:00 noon	27 Book Group 1:00pm-3:00pm Rev Barbara Heley	28 Free Movie Night Doors Open 6:30pm	29 Wise Women Circle 1:00pm Alanon 7:00pm	30 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

JUNE 2006 CALENDAR OF EVENTS