

SEPTEMBER 2006

The Center for Positive Living Religious Science Church

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

Dr. Jane Claypool
Pastor and Founder

Rev. Debby O'Donnell
Co-Pastor

Rev. Matti Dobbs
Assistant Minister

Rev. Barbara Heley
Staff Minister

Rev. Serenity Miller
Staff Minister

SEPTEMBER THEME
Lessons

SEPTEMBER TOPICS

3 Love Lessons
Rev Matti Dobbs

10 Driving Lessons
Rev Debby O'Donnell

17 Celebration Lessons
Rev Debby O'Donnell

24 Life Lessons
Dr. Jane Claypool

Life Lesson - Adaptability

It is often said that the definition of insanity is doing the same thing over and over but expecting different results. If that is true, then sanity must include the ability to learn from life's lessons and modify our behavior. *Our mental health depends on our adaptability.*

If we want to be happy, mentally

healthy and achieve our dreams, we must be able to look at our situation and make the necessary changes. Many of us have already demonstrated our ability to correct our course as we travel on our path of life. Some of those changes were dramatic and other changes were simply minor adjustments as we acquired wisdom.

Some of us have stopped drinking or using drugs. Some of us have changed eating habits. Some of us have learned to deal with anger, grief or other negative emotions. As we changed our beliefs, attitudes, and behaviors, our lives changed for the better.

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Life Lesson – Enjoy the Process

Life is many things at different times; from interesting, exciting and surprising to frustrating, discouraging and stressful. But the one constant in life is growth. With each experience there is a lesson to be learned. I believe the key to living life

successfully is to enjoy the process of the lesson and not just the outcome.

Be honest, how often to find yourself wishing the lesson was over so you can enjoy the reward at the end? "Once I get these last 10 pounds off, I will be able to go to

the beach?" "Once this new job shows up, I will be able to relax and enjoy my friends?" And my personal favorite, "Once I get that man to marry me, I will be happy".

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Life Lesson - Adaptability

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“The difference between school and Life? In school, you’re taught a lesson and then given a test. In life, you’re given the a test that teaches you the lesson”

Tom Bodett

More than anything, The Center For Positive Living is a place where we learn how to change our thinking and change our lives. We learn that it is possible to change any situation by changing our thinking and that the ultimate reality is a spiritual reality that is operating as Principle right here and now.

I hope that everyone who reads this

newsletter will sign up for a Science of Mind class this month because it is the fastest way I know to achieve complete mental health as well as to change situations. Classes are where we really grasp the teaching of Science of Mind and learn to use it as a tool for change.

Change becomes totally possible for people who grasp the spiritual laws that are operating in their lives and learn

how to control their experience by relying on the Law. In my career as a teacher and minister, I have seen many changes that appear to be miracles in the eyes of the uninformed. Whether you want to achieve a perfect handstand in your yoga practice, release your fear of seeking a new job or attract the perfect right mate classes are the way. Sign up now!

Dr. Jane

“The ultimate lesson all of have to learn is unconditional love; which not only includes others but ourselves”

Elizabeth Kubler-Ross

Life Lesson – Enjoy the Process

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Science of Mind teaches us to live in the moment, savor the now and feel the joy while the lesson is in process. You see, when you change your thinking from a waiting game to a winning game, your life changes. You start to pay attention to the good stuff that is happening throughout the

lesson. You begin to see the silver-lining long before the rainbow is visible to anyone else. And you start to show up with joyful anticipation instead of anxious speculation. When you are paying attention to life, the lessons become easier and the reward shows up not only sooner, but also better than anything we could

have predicted. It is a matter of suiting up, showing up and opening up.

This month we will share lessons, celebrate the process and continue to grow into our Spiritual Magnificence. Join us for Sunday mediation, Sunday service and Science of Mind classes.

Rev Debby

SEPTEMBER 2006 – “LESSONS”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AIAnon 12 PM & 7:30PM AA meeting 7:30PM	2 Gay AA meeting 6PM
3 Love Lessons Rev Matti Dobbs	4 AIAnon 12 PM	5	6 Board Meeting 5:30 PM Beach Qigong 7PM	7 AIAnon 7 PM	8 AIAnon 12 PM & 7:30PM AA meeting 7:30PM	9 Gay AA meeting 6PM CHURCH GARAGE SALE
10 Driving Lessons Rev O'Donnell Qigong 1-3 PM Gail Privetts	11 AIAnon 12 PM	12 SOM 101-7PM Rev O'Donnell	13 SOM 205 - 7pm Rev Serenity Miller Beach Qigong 7PM	14 AIAnon 7 PM	15 AIAnon 12 PM & 7:30PM AA meeting 7:30PM	16 Gay AA meeting 6PM
17 Celebration Lessons Rev Debby O'Donnell	18 AIAnon 12 PM	19 SOM 101-7PM Rev O'Donnell	20 SOM 205 - 7pm Rev Serenity Miller	21 AIAnon 7 PM	22 AIAnon 12 PM & 7:30PM AA meeting 7:30PM	23 Gay AA meeting 6PM
24 Life Lessons Dr Jane Claypool	25 AIAnon 12 PM	26 Book Club - 1pm SOM 101-7PM Rev O'Donnell	27 SOM 108-1PM Rev Heley SOM 205 - 7pm Rev Serenity Miller Movie Night-7PM	28 AIAnon 7 PM SOM 204- 7PM Rev Dobbs	29 AIAnon 12 PM & 7:30PM AA meeting 7:30PM	30 Gay AA meeting 6PM

Sunday Meditation 9:30-9:50 am

Center for Positive Living
390 Oak Ave Suite H, Carlsbad CA 92008
760-434-9579
www.religioussciencecarlsbad

Sunday Service & Cosmic Kids 10:00-11:00am

Practitioner Corner – Rev. Matti Dobbs

Affirmative Prayer

The CPL staff is well trained and available for one on one treatment work. Their fees are modest and no one is ever turned away. Contact numbers are:

Ministers & Practitioners:

Rev Debby O'Donnell
619.857.1929

Rev. Matti Dobbs
760.214.5628

Rev Barbara Heley
760.967.1614

Rev. Serenity Miller
760.889.3000

Practitioners:

Dorree Hodge, RScP
760.599.9018

Claudia Mulcahy, RScP
760.434.9579

Gail Privetts, RScP
760.433.8082

The staff at CPL gladly offers treatment work on Sunday as our gift to you.

The spiritual journey is a series of lessons, each one full of insights and a-ha's that lead us on a spiral path of growth and change. What I have learned is that each step forward grows out of some intention, event or obstacle wherein I get to choose which path I desire to take and what my attitude will be as I address the situation.

I recall in grade school being delighted at having been promoted to the next grade and having some fear and doubts about what the next level would be like. What would be my new teacher? Would I pass with the same flying colors? Would I be successful?

As I accomplished each higher grade I learned to put aside my fear, embrace the change and enjoy learning the new lessons. Like moving from one grade to the next in elementary, middle and high school onto the journey of life I found that each new change brought its own set of joys, challenges, new relationships and growth.

I have now learned that it is not the number or level of challenges that you face. It is the choices that you make and the attitude with which you choose to make the journey. What I know is that Spirit having created us out of its own energy has right of eminent domain and is always

with us. We are one with this magnificent energy. With this truth I know that I can not fail for Spirit always says, yes; no matter the challenge.

The purpose of challenges is to facilitate growth, to teach us a new lesson and to propel us forward. Each new lesson enriches my spiritual journey. Therefore, I embrace the lessons and the opportunity they provide for change.

I embrace change. I embrace growth right here and right now as I embark on new lessons to learn, each moving me closer to enlightenment on my spiritual journey.

Namaste,
Rev Matti

Book of the Month – Rev. Barbara Heley

The "Shortcut to a Miracle" by Michael Rann and Elizabeth Arrott includes this quote: "As we begin to live our lives and our dreams from a stand-point of co-creation, we experience all of life with better health, more harmonious relationships, and ever increasing joy

and self-fulfillment. We also experience miracles."

Each of us strives to lead a better life as expressed above. This book distills the essence of how we may accomplish our personal miracles- which are in reality the application of the laws of Spirit. As we train our minds to respond in unity with

the Love and Law of the One Mind, we are empowered to achieve our aspirations.

Join us for an inspirational discussion of "Shortcut to a Miracle" on Tuesday, September 26 at 1 p.m. The discounted price of the book is \$12.89.

Garage Sale Fun for All

Rev. Serenity Miller is organizing a garage sale and all of the proceeds will go to CPL. She is looking for volunteers as well items to sell. Here are the details:

- Friday the 8th will be set up starting at 5:30pm. Volunteers are needed to price and as well as

arrange sale items. We will be serving up pizza, laughter and comrade

- Saturday the 9th the selling will begin at 7am and volunteers are needed starting at 6:30. There will be 2 shifts: 6:30 to 9:30 and 9:30 to 1:30. Come for the coffee and stay for the selling.

- To donate items, please bring them to CPL. For larger items, call the Center and we will arrange for pick up

In order for this fundraiser to be fun and profitable, we request donated items be in selling condition. Anything not sold will be donated.

This I Believe – Linda Poulos

I believe that I am awesome. This has not always been the case. I grew up thinking that I was not good enough or worthy. I was told I set the bar too high and would never be able to reach the goals I set for myself.

This set me off on a path to prove myself to everyone, everyone but me that is. I was so busy proving myself that I stopped being myself. Thanks to some great mentors, I was introduced to Religious Science a few years ago and there has been no looking back for me.

Prayer for me used to

mean making a deal with the man upstairs. I would pray only when necessary and then promise something in return for having my prayer answered. Never keeping my end of the bargain however meant I was failing God and failing myself. I have replaced that with positive affirmations and treatment work. Instead of making a deal, I am making my claim, smiling and saying thank you. I speak my word and then get out of the way. I am showing up for my life and as a result, there is more life to show up for. I am showing up for church every Sunday

and fully participating everyway I can.

Science of Mind has opened me up to a new way of being me. Through a spiritual practice that incorporates treatment, meditation and reading, I can appreciate and accept myself at a new level of awesomeness.

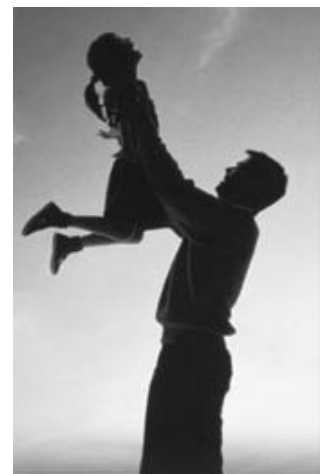
I believe this is the first day of the rest of my life and everyday when I wake up, I know that I give thanks for knowing that I am awesome.

And so it continues to be.

Check us out

Summer may be over but that does not mean quality playtime should end. Check out the events we have planned at CPL and keep summertime going. Here's how- take a class.

There will be plenty of light shed on life at the fall classes we are starting this month. If you have not taken a class before, come and sit in on a class as our guest. You will not only expand your knowledge of Science of Mind but also increase your own personal insight. Classes bring us together to learn, grow and share with others in a way that is very different from Sundays.



**The Center for Positive
Living - Carlsbad**

390 Oak Street, Suite H
Carlsbad, CA 92008

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OUR VISION
Awakening humanity to its
Spiritual magnificence

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

Save The Date

- **Sept 9 – CPL Garage Sale starting at 7AM**
Setup and pizza party on the 8th starting at 5:30PM
- **Sept 25 – Book Club at 1PM**
- **Sept 26 – Movie: Wild Parrots of Telegraph Hill**
Doors open at 6:30 and movie begins at 7PM

Wild Parrots of Telegraph Hill

This is the poignant and fascinating true story of a homeless street musician, Mark Bittner, and his remarkable relationship with a flock of wild parrots in San Francisco. Mark falls in with the flock as he searches for meaning in his life, and comes to find the wild parrots bring him everything he needs. The film celebrates urban wildness, the surprisingly human behavior of these peculiar parrots, and the mystery and romance of the human search for meaning.

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