

November 2006

# The Center for Positive Living Religious Science Church

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

**Dr. Jane Claypool**  
Founder and Co-Pastor

**Rev. Debby O'Donnell**  
Co-Pastor

**Rev. Matti Dobbs**  
Assistant Minister

**Rev. Barbara Heley**  
Staff Minister

**NOVEMBER THEME**  
Harvesting Gratitude

**November TOPICS**

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Rev Debby O'Donnell

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Dr. Jane Claypool

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Rev. Matti Dobbs

## Gratitude

During the past year, I have been undergoing treatment for breast cancer and I have used gratitude as a major tool for staying on Principle and keeping a cheerful, optimistic attitude toward my healing. I have had two operations, chemotherapy and radiation treatment and in every case, the doctors have told me how well my treatment went and how pleased they were with the results. I believe the most important thing I've done for my healing

was to practice gratitude on a daily basis. Long before I got the diagnosis, I learned that nothing works as efficiently or as well as expressing simple gratitude.

One of the simplest ways to express gratitude is to say thank you. Thanking people for their help makes them feel better and makes it easier to get help the next time you need it. Thanking people for their gifts ensures that the gifts keep coming. Thanking

God for the wonderful morning sets the tone for the whole day. Saying thank you has to be more than a way to manipulate people or God, it has to be from the heart. Genuine gratitude greases the wheels of life!

I cannot think of any other simple spiritual exercise that will bring as much good into your life as making a gratitude list on a regular basis.

*continued on page 2*

## Harvesting

This is my favorite time of the year; the colors, the crisp air and the hot cider. Growing up in the Midwest, it was also the time for harvesting the fields, preparing for winter and breaking bread with family and friends. And no matter where you live in America, it is the time for Thanks-giving.

I appreciate that the

holiday season begins with a holiday that does not revolve around gift giving but around breaking bread. It does not require any special decorating or music except for laughter. It is simply the holiday of love, joy and GRATITUDE.

Gratitude is so simple that we often take it for granted. When life is

going great, who has time to stop and be grateful; we are busy taking in all the good stuff. When things are not going so great, what is there to be grateful for? And let's face, gratitude will ruin any pity party.

It is when things are not going so well that gratitude is needed even more.

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## Gratitude *continued from page 1*

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*"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life."*

Christiane Northrop

Whether you make it a daily practice or a weekly one, a gratitude list works on many distinct levels. It cheers you up. It also makes the recipient of gratitude feel better. It makes people want to do even more for you.

Perhaps most importantly, it makes a statement to the Universe that you are grateful for what you've got and you are ready to receive even more. Gratitude sets the law of attraction into motion. focus on gratitude.

As we celebrate Thanksgiving and the beginning of the holiday

season, I suggest we all:

1. Keep a gratitude list and add to it until you have 100 items.
2. Send at least three thank you notes every week in November.
3. Take someone you love to lunch.
4. Tithe more to your church as an expression of gratitude for what the church teaches you about life and love.
5. Do a favor for someone who needs your help.

6. Write a fan letter to your favorite public person.

7. Thank the people who serve you in stores and at your home. Make "thank you" a habit.

8. Let someone you love know how grateful you are they are (or were) in your life.

9. Write a thank you letter to a favorite teacher.

10. Share your wealth by giving away old clothes and other items.

Dr. Jane

## Harvesting *continued from page 1*

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*"If the only prayer you said in your whole life was "thank you", that would suffice."*

Meister Eckhart

You see, giving thanks puts you back into the flow of life. When you say thank-you, you are increasing the positive energy within and around you. When you take notice of a blessing, no matter how small, you are attracting to you more blessings. Before you are even aware of it, the glass has become half full and continues to fill.

Every good gardener knows that you must replace the nutrients in the soil when you

harvest. A farmer does this by tiling the soil. You can do this by counting your blessings instead of sheep at night. Focusing on the positive aspects of life will only bring more positive aspects into your life. Eric Butterworth in his book *Spiritual Economics*, tells us :

*"Your thanksgiving is more than a response to what is happening around you or to you. It is a celebration of Truth, which becomes a*

*causal assurance of a continuity of blessings, leading toward prosperity for you."*

This month we focus on gratitude by harvesting the blessings in our lives, planting new crops and celebrating the goodness in life.

Join us as we give thanks for all that we have, all that we will be receiving and all that is right in our world.

Rev. Debby

# November 2006 – Harvesting Gratitude

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> SOM 208 1pm Rev Heley	<b>2</b> SOM 204 – 7pm Rev. Dobbs  AlAnon 7pm	<b>3</b> Al-Anon 12pm & 7:30pm AA Meeting 7:30pm	<b>4</b> Yoga-8-10am Anna Renee Walker Gay AA Meeting 6pm
<b>5</b> Down to Your Toes Rev. Debby O'Donnell	<b>6</b> Al-Anon 12pm	<b>7</b> SOM 101 7pm Rev. O'Donnell	<b>8</b> SOM 208 1pm Rev Heley  Board Mtg 5:00pm	<b>9</b> SOM 204 – 7pm Rev. Dobbs  AlAnon 7pm	<b>10</b> Al-Anon 12pm & 7:30pm AA Meeting 7:30pm	<b>11</b> Laughter & Relax Yoga Workshop 9-3pm Anna Renee Walker  Gay AA Meeting 6pm
<b>12</b> Thought, Word & Deed Dr. Jane Claypool  Qigong-11:30 - 1pm	<b>13</b> Al-Anon 12pm	<b>14</b>	<b>15</b> SOM 208 1pm Rev Heley	<b>16</b> SOM 204 – 7pm Rev. Dobbs  AlAnon 7pm	<b>17</b> Al-Anon 12pm & 7:30pm AA Meeting 7:30pm	<b>18</b> Gratitude Workshop Claudia Mulcahy  Yoga-8-10am Anna Renee Walker  Gay AA Meeting 6pm
<b>19</b> The Bounty of It All Rev. Debby O'Donnell	<b>20</b> Al-Anon 12pm	<b>21</b> SOM 102 7pm Rev. O'Donnell	<b>22</b>  Thanksgiving Potluck 6pm	<b>23</b> THANKSGIVING  AlAnon 7pm	<b>24</b> Al-Anon 12pm & 7:30pm AA Meeting 7:30pm	<b>25</b> Yoga-8-10am Anna Renee Walker  Gay AA Meeting 6pm
<b>26</b> Celebration Time is Here	<b>27</b> Al-Anon 12pm	<b>28</b> SOM 102 7pm Rev. O'Donnell	<b>29</b> Movie Night 7pm The Secret	<b>30</b>  AlAnon 7pm		

Meditation Service 9:30 – 9:50am

Sunday Service & Sunday School 10:00 – 11:00am

**Center for Positive Living**  
 390 Oak Ave Suite H 760-434-9579  
[www.centerforpositiveliving.org](http://www.centerforpositiveliving.org)

### 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

Rev. Matti Dobbs

760.214.5628

Rev. Barbara Heley

760.967.1614

Rev. Serenity Miller

760.889.3000

Rev. Debby O'Donnell

619.857.1929

#### Practitioners:

Dorree Hodge, R.Sc.P.

760.599.9018

Claudia Mulcahy, R.Sc.P.

760.434.9579

Gail Privetts

760.433.8082

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

Did you know many members of CPL tithe with an automatic credit card payment? Collect those miles while supporting the Center. Visa and Master Card are accepted for classes, workshops and bookstore purchases also.

## Practitioner Corner

How can I live in this world and not be swallowed up in the appearing reality of its multiple challenges? This ages old puzzle is still with me, and I trust, many of you. The search for peace of mind in the God connection is what requires constant focus. How can I be dispassionate in the face of today's war, politics and religious fanaticism, and keep my self in at-one-ment with Spirit?

Change your thinking, change your life is both a goal and a process. This includes finding my happiness in being who I am, where I am. I relax and enjoy my life just as it is. In so doing, I can accept others for who they are and how

they are. As each of us is the individualized creation of an intelligent Being, I can look with compassion and love at each person in the world. AS we are always connected in Truth with the earth, all natural phenomena and the beauty of it, we can also experience this oneness with God and mankind. It's a case of how we focus our attention. To dwell in the infinite beauties of the natural world, to view positively what occurs in our lives, to resolve to love, bless, and release others, are goals for me to hold in mind during all of my everyday activities.

Through meditation and treatment I am restored in Spirit to the peaceful state of consciousness

that is necessary for my health and well-being, my wholeness.

Remember, our bodies believes every word we say. It is up to each of us to monitor our thought processes to keep us in tune with the Blessed Presence which surrounds us, is within us, guiding and leading us, keeping us safe and whole.

There is a wonderful song which epitomizes our belief in Oneness: I release and I let go, I let the Spirit run my life, and my heart is open wide, yes, I'm only here for God. No more struggle, no more strife, with my faith I see the light, I am free in the Spirit, yes, I'm only here for God.

Blessings,  
Rev. Barbara

## Gratitude Workshop

Are you ready to expand your attitude of gratitude and experience life at a new level?

Then join Claudia Mulcahy, RScP as she shares wisdom, tips and tools in her Gratitude Workshop on Saturday, November 18<sup>th</sup> from 9:30 – 12:30.

Participants will gain the knowledge to:

- Live more fully
- Become a magnet for good
- Attract better experiences
- Feel Better
- Be happier

Claudia has a passion for teaching Science of

Mind principles and has successfully used the power of Gratitude in her life.

Join Claudia as she shares with you how to change the atmosphere in any room and attract to you more good. All through the use of Gratitude.

Cost of workshop: \$15

## This I Believe – Jane Pool

I believe that treatment works. I have had numerous demonstrations and would like to share one with you.

One of my daughters, Nancy, and her husband, Mark, who is an architect, spent seven years on Kwajalein, a small atoll in the Marshall Islands in the South Pacific. Mark worked as a civilian employee of Raytheon Corp., which had a government contract for support services to the military. They loved living on the island, 3 miles long and a half-mile wide, in the middle of nowhere. The pace of life was slower, no civilian cars were allowed, and they made

fast friends.

When Raytheon lost the contract their stint on Kwajalein came to an end. Upon returning to San Diego they had to readjust to the lifestyle of long commutes to jobs and they longed for their island haven.

Knowing of their dissatisfaction, I began to treat for what would be highest and best for them in the way of jobs and living conditions. This Spring a co-worker of Mark's called his attention to an ad in the *L.A. Times* for an architect with a corporation on Santa Catalina Island. Mark applied and after three personal interviews he was the successful

candidate for the job. They are now happily ensconced in a little house near the water on an island where there are very few cars. They scoot around in a golf cart and once again feel that they are living in island paradise.

The icing on the cake is that since it is in California, Mark did not have to take another state licensing test and if they do need or want something not available on the island, "civilization" is just "26 miles across the sea" (as the old song goes), instead of 7,000+ miles away in Hawaii.

Treatment works in my life and will work in yours also.

## Thanksgiving Eve Potluck

Please join us as we break bread together, share words of thanksgiving and enjoy the music of Leslie Alexander.

Harry Warden will once again grill the turkeys; the Center will provide beverages and paper goods. The rest of the meal will be potluck. If you have a favorite dish please bring it. However, bringing a dish to share is optional.

If you have not joined us in past years, you are in for a real treat. Bring family and friends. Relax in good company and take in the love, laughter and joy.

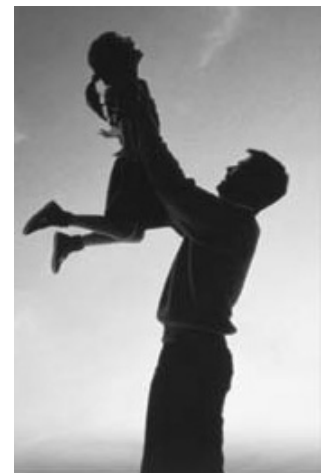
The celebration begins at 6 pm on Wednesday, November 22<sup>nd</sup>.

## Book of the Month- Gratitude

November brings thoughts of gratitude for our many blessings. Louise Hay has created the book "Gratitude" which includes multiple messages of thankfulness from familiar friends of Religious Science principles: Alan Cohen,

Joan Borysenko, Wayne Dyer, Dan Millman and several ministers; Tom Costa, Frank Richelieu and Kennedy Schultz to name a few. Celebrate your Thanksgiving by reading these rewarding inspirational stories recounting the

blessing of life for these individuals. This book will be the subject of our discussion at the Tuesday, 1 p.m., November 28, meeting of the CPL Book Club Meeting. Our discounted price is \$12.00.



**The Center for Positive Living - Carlsbad**

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Carlsbad, CA 92008

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DIAL-A-TREATMENT:  
760.434.9584

**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

- November 11<sup>th</sup> 9:00- 3:30 Laughter and Kundalini Yoga Workshop- \$65.00
- November 21<sup>st</sup> 7pm – SOM 102 Spirtual Mind Treatment
- November 18<sup>th</sup> 9:30- 12:30 Gratitude Workshop- \$15.00
- November 22<sup>nd</sup> 6 pm Thanksgiving Eve Potluck
- November 28<sup>th</sup> 1 pm Book Club discussion on Gratitude by Louise Hay
- November 29<sup>th</sup> 7 pm Movie Night- The Secret  
Love offering accepted

### Spiritual Cinema- The Secret

This astonishing film reveals the secret to everything—joy, health, money, relationships, love, happiness...everything you have ever wanted. *The Secret* is based on the Law of Attraction. Leading scientists, authors, and philosophers will reveal the secret that utterly transformed the lives of those who lived it—Plato, Newton, Emerson, Campbell, Carnegie, Beethoven, Shakespeare, Einstein.

### Laughter and Kundalini Yoga Workshop

Heal yourself and improve your ability to live your best life through simple laughing and breathing techniques. Presented by AnnaRenee and Pilar Guila. Bring a mat or blanket and wear comfortable clothes and be prepared to laugh, relax and recharge for the holidays.

### Carlsbad Religious Science Church

#### Center for Positive Living

390 Oak Street, Suite H  
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