

March 2007

# The Center for Positive Living Religious Science Church

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

## Now Is The Only Time

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

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

**Rev. Matti Dobbs**  
Assistant Minister

**Rev. Barbara Heley**  
Staff Minister

**MARCH THEME**  
You've Got the Power

### MARCH TOPICS

**4<sup>th</sup> Power of Intention**  
Rev. Matti Dobbs

**11<sup>th</sup> Power of Peace**  
Rev. Debby O'Donnell

**18<sup>th</sup> Power of Now**  
Dr. Jane Claypool

**25<sup>th</sup> Power of Gratitude**  
Rev. Debby O'Donnell

Thirty-two years ago when I first got sober, I was given the greatest tool I had ever had to lead a happy, productive life. I was told to live 24 hours at a time and since I was willing to go to any lengths to be sober, I tried to do exactly that.

It was a true adventure for me. At first, I thought I was losing my mind because my thoughts were so simple. Soon, I discovered that what I was losing was not my mind, but a lifelong habit of worry about the future and regret for the past.

Living in the now seemed awkward and strange in the beginning. In

retrospect, I see that it was the first step of a grand spiritual adventure. The tools I used were simple, practical and direct. There was no theory involved. I simply did what I was told. I got up in the morning and made a gratitude list. Then I made a to-do list for that day. When I accomplished something, I crossed it off the list. At the end of the day, I threw the list away and went to sleep, knowing that there would be a new list tomorrow. Amazing things began to happen to me. I stayed clean and sober because I had always been able to do that for one day. Now I was

living one day at a time. I forgot about worrying that I would never have another drink and simply went to a meeting that day. I paid my bills on time because going to the post office was on my list. I wrote my book because my lists said spend two or three hours in front of the typewriter. My life became much simpler and much more satisfying.

I stopped worrying about things I couldn't control by staying in the present. If some worry came up for me, I would ask myself, "Is there anything I can do about that today?"

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## Power Up

Power is a funny thing; we tend to spend our time struggling to get and then struggling to keep it. That's not the funny part. The funny part is that we've always got it and are always using it but just don't know it. This is the Power of Spirit that Jesus, the Master Teacher, used so well. It is the power to heal;

to prosper; to thrive. It is quite simply God Power and we are using it with every thought, word and deed.

This teaching is based on God's existence in and as us. We are always immersed in God's power and wisdom. Sometimes, it is easy to remember that we've got the

power.

Relationships are good, the job is going well and everything is coming up roses. We are upbeat, positive, loving life and everyone in it. And then, the damn gets a leak and we try to control it by putting our finger in it.

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St Patty's Fun Raiser  
Dinner-

Don't miss the food,  
entertainment and  
merriment.

March 14<sup>th</sup> starting at  
6PM

## Now Is The Only Time *continued from page 1*

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“When the power of love overcomes the love of power the world will know peace.”

**JIMI HENDRIX**

If there was something, such as a letter of apology to write, make amends or a visit to the market to buy healthy food, I did it. If there was nothing I could do that day, I released the worry and went on with my simpler tasks.

I discovered the power of NOW because I wanted to stay sober. Other people discover it when they begin to meditate or when they take SOM classes and learn that the power of God is always in the NOW. However we learn this beautiful

lesson, it opens us up for a greater experience of life and much more happiness and peace of mind.

The Serenity Prayer remains the keystone of my spiritual understanding. **God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.**

Because I now know that all things are possible with God and I am always with God, I now understand that

the things I cannot change exist only in the future or the past. I can change anything I can envision, believe and accept in the now. That means that I must act on my dreams one day at a time and I can do it.

If you want to know more about living in the NOW, we invite you to Sunday church services, classes and the Science of Mind Skills workshop on March 10<sup>th</sup>. See you there!

Dr. Jane

## Power Up

If we just apply enough force, we can still keep the smile on the face but deep down, we are starting to think more and more about the leak. This is the quickest way to “disconnect” from the Power. After all, who has time to read, meditate or follow any type of Spiritual Program when there is this leak that needs attention?

Yes, when we need to be the most connected to our greater self, we have the least amount of time to spend there. But even then, we have the same access to all the goodness, all the love and all the Power.

We just need to turn our attention from the struggle and start to seek out the goodness. Power flows were the attention goes.

This month we are going to give our Power muscle a good workout. We will be looking at the different ways to stay connected with our God Power, no matter what else is going on.

Our book selection this month is, Ask and It Is Given; Learning to Manifest Your Destiny, will provide another perspective on thinking in terms of self-empowerment.

We are also going to start to activate the

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gratitude gene and get some unscheduled income going as well. And this year, we are going to strengthen the focus with affirmations-to-go every Sunday as well as delivered to your e-mail account if you provide us the address.

There is a Power for Good in the Universe and you not only can use it, but are always using it. Join us in “Powering Up” the Good in life.

Rev. Debby

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“The mind has exactly the same power as the hands; not merely to grasp the world, but to change it.”

-Colin Wilson

# March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Unscheduled Income Programs Begins</b>	1 Al-Anon 7pm  SOM 103 This Thing Called You – 7pm Rev Dobbs	2 Al-Anon 12pm  AA Meeting 7:30pm	3 Gay AA Meeting 6pm
4 <b>Power of Intention</b> Rev. Matti Dobbs	5 Al-Anon 12pm	6	7 Book Study What the Bleep. Rev Heley 1pm	8 Al-Anon 7pm  SOM 203 This Thing Called You – 7pm Rev Dobbs	9 Al-Anon 12pm  AA Meeting 7:30pm	10 Gay AA Meeting 6pm  SOM Skills Workshop- Dr. Jane 9:30-3:30
11 <b>Power of Peace</b> Rev. Debby O'Donnell	12 Al-Anon 12pm	13  SOM209 Rescuing the Bible – 7 Dr. Jane	14 Book Study What the Bleep. Rev Heley 1pm  <b><u>St Patty Dinner</u></b> <b>6-9pm</b>	15 Al-Anon 7pm  SOM 203 This Thing Called You – 7pm Rev Dobbs	16 Al-Anon 12pm  AA Meeting 7:30pm	17 Gay AA Meeting 6pm
18 <b>Power of Now</b> Dr. Jane Claypool	19 Al-Anon 12pm	20 SOM209 Rescuing the Bible – 7 Dr. Jane	21 Book Study What the Bleep. Rev Heley 1pm	22 Al-Anon 7pm  SOM 203 This Thing Called You – 7pm Rev Dobbs	23 Al-Anon 12pm  AA Meeting 7:30pm	24 Gay AA Meeting 6pm
25 <b>Power of Gratitude</b> Rev. Debby O'Donnell	26 Al-Anon 12pm	27 <b>Book Club 1pm</b> SOM209 Rescuing the Bible – 7 Dr. Jane	28 Book Study What the Bleep. Rev Heley 1pm  Spiritual Cinema Indigo Evolution	29 Al-Anon 7pm  SOM 203 This Thing Called You – 7pm Rev Dobbs	30 Al-Anon 12pm  AA Meeting 7:30pm	31 Gay AA Meeting 6pm

**Center for Positive Living**

390 Oak Ave Suite H, Carlsbad 92008

760-434-9579

[www.centerforpositivelivingcarlsbad.org](http://www.centerforpositivelivingcarlsbad.org)

Meditation Service 9:30 – 9:50am

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

## This I Believe

### 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. Debby O'Donnell  
619.857.1929

Rev. Matti Dobbs  
760.214.5628

Rev. Barbara Heley  
760.967.1614

#### Practitioners:

Dorree Hodge, R.Sc.P.  
760.599.9018

Claudia Mulcahy, R.Sc.P.  
760.434.9579

Gail Privetts, R.Sc.P.  
760.433.8082

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

I believe that “every cloud has a silver lining”. I actually believe, without a doubt, blessings are hidden in every difficulty and tragedy. The blessings are there waiting for me to “have eyes to see and ears to hear”.

Others have called me a “Pollyanna” and an optimist. My children say “Mom always sees the positive in everything”. Yes, I’ve always been this way – you know – the-glass-half-full – type.

In 1995 I was given my greatest opportunity-to-date to throw away this belief. My first born son was killed by a young man who decided upon a random act of violence. My son, Mark, was 28 years old, a gifted teacher of young children, and my own living example of human goodness and compassionate choice from birth. My husband

and I started making choices, in an effort to find ways to survive our broken hearts. We retired from our professions. We sold our family home and most of our material possessions. We bought a van and a tent and ran away into the wilderness. We traveled the entire country and Canada for years. We hiked miles of trails and kayaked numerous rivers, and stepped into an alternate lifestyle, fraught with blessings unimagined.

Every day I thank my son for the gifts that were left behind for us at his sudden death. The memories of him and his beautiful short life were the first gifts. Next, the choices we made to let go of the past and move out into an unknown future reality, instead of staying in the space of Mark’s death with the

grief. This took us down a wondrous path of discovery; a path we could never have even thought of, had our life remained tragic-free. My life became extraordinary with travel, adventure, discoveries, new people, new ideas, and subjects I had never considered. Even S.O.M. entered my life as a direct result of various choices made after Mark’s death. My present-day “new” life has created a joy inside of me big enough and strong enough to gather up the grief and care for me.

It turns out I was on the right path all along – the one where glasses are always half full, never half empty. Even the killing of my son didn’t change that truth. I believe even more surely that “clouds have silver linings”!

Ellen Sheive

## Rescuing The Bible SOM 209

Dr. Jane Claypool, founder and co-pastor of the Carlsbad Center For Positive Living will teach Science of Mind 209, Rescuing the Bible From Fundamentalism beginning on Tuesday, March 13 at 7 p.m.

This class is designed

for everyone who wants to know more about the Bible, its history and the recent advances in Bible scholarship. The course includes an overview of the Gnostic Gospels and the Dead Sea Scrolls as well as the book, **Rescuing the Bible From**

**Fundamentalism** by Bishop John Spong. There are no prerequisites.

The class meets nine times and the fee is \$120. For further information contact the Center For Positive Living at 760-434-9579.

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- Are You Ready to *March Forward*?

Here we are in March 2007. Three months into the year, and many of us are saying, "Where did the time go?" Well... Where did you put it? The date 'March Fourth' is a powerful reminder for me to move forward. As they say in Religious Science, 'Treat and move your feet.' In other words set your intention and act on it.

What did you release into our burning bowl ceremony on December 31, 2006? If the thought of a portable burning bowl sounds good to you, maybe a walk on the beach on a strong windy day would serve you well! Take a burden and release it into the wind. Watch it blow away, changing from the

energy that no longer serves you to a neutral energy that will be used for another creative project. Rather than giving up on the January intentions we set and forgot to cultivate, let's *march forward* and follow through on our intentions.

This time let's use a checklist:

Will this intention require me to grow into my true being? By stepping out, you are leaving a limited life, and moving into a limitless one.

Does the thought of my intention excite me? When our values or choices are clear, our decisions are easy.

Do I need help

from a higher source to make this dream come true? If you think you can do it without God, it's not big enough. Dream big. *March Forward*.

Is your intention for the Highest Good for all involved? There is no such thing as private good. We are all connected.

If you can answer 'Yes' to these questions, then chances are good you have an intention strong enough to withstand the strongest March wind, and like a kite, it will fly. Like a bird it will soar. Like a tulip it will unfold. Open up to the newness of forward movement. See you in classes!

Claudia Mulcahy RScP

### Department of Peace

There is currently a bill to establish nonviolence as an organizing principle of American society, provide the US President with an array of peace-building policy options for both domestic and international use.

Learn more about this proposed Department of Peace and how you can participate by stopping by the Peace table that will be on the Patio every Sunday in March.

CPL is a tithing center and I wanted to share with you the special place our tithe is going this month; The Brooke Williams Fund. Friends and family of seven-year-old Brooke who has been diagnosed with a fast-growing inoperable brain stem tumor have put this fund in place. She is a shining light to all who know her and this light is still shining bright.

## Book of the Month - Ask and It Is Given: Learning to Manifest Your Destiny – Esther and Jerry Hicks

This book has been on the "best seller" book lists for some time. With a forward written by Wayne Dyer that states "The book (Ask and It Is Given)...contains some of the most powerful teachings available to you on our planet today...you'll be fortunate to tap into the thinking of those who are permanently connected to Source Energy...They offer

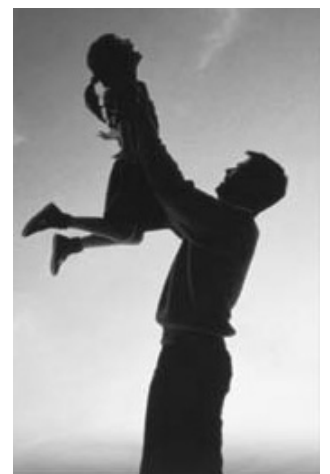
you no less than a blueprint for understanding and implementing your own destiny."

According to the Hicks, "This book... will help you understand who you really are, who you have been, where you are going and all that you continue to be." It stresses that you have the power to attain your desires and offers steps in your spiritual

development that will assist you in attaining your good in the joy of NOW.

Pick up this book in March for a 20% savings; bringing the total cost to \$12.89.

Then join our CPL Book club discussion on Tuesday, March 27th at 1:00 p.m. lead by Rev Barbara Heley. This one is too good to miss



# Save The Date

## The Center for Positive Living - Carlsbad

390 Oak Street, Suite H  
Carlsbad, CA 92008

PHONE:  
760.434.9579

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

### Spiritual Cinema – Indigo Evolution – Wednesday, March 28<sup>th</sup> 7:00 p.m.

This feature documentary explores the Indigo children phenomenon through interviews with experts, Indigo children, and parents. Indigo Evolution takes us through the origins of the concept of this unique evolution in human history, exploring the implication and potential of this challenging and inspiring new group of humans. Doors open at 6:30 p.m., movie starts at 7:00 p.m. Hosted by Caroline Young. Refreshments. Love donations accepted.

### Science of Mind Skills Workshop –

### Saturday, March 10 - 9:30am – 3:30pm - \$20 in advance - \$25 at door

Dr. Jane Claypool, founder and co-pastor of the Center For Positive Living in Carlsbad will take you on a journey through some of the major points and techniques in her book, **Science of Mind Skills**. Beginners and advanced students are welcome. Among the subjects she will cover are techniques for improving your financial situation and ways to be happier and healthier. The workshop is designed to be very practical and give everyone some definite techniques for using the basic spiritual laws to increase individual well-being. **Science of Mind Skills** is a classic textbook that is used in first year classes and also to be used as a guide for the independent learner. Anyone can use these ideas and church membership is not a necessity. Some of the ideas Dr. Claypool will cover were recently seen on The Secret segment of Oprah Winfrey's television show. For further information contact the Center For Positive Living at 760 434-9579.

### St. Patrick's Day Dinner – Wednesday, March 14<sup>th</sup> – 6:00 pm

Please join us for our First Dinner event of 2007. This is your opportunity to put on your green and enjoy some good old fashion family style fun. There will be corned beef with all the fixings.

Come see why this is one of our favorite fund raising events of the year! Put your name on the sign up sheet so we can prepare plenty of food.

## Carlsbad Religious Science Church

### Center for Positive Living

390 Oak Street, Suite H  
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