

July 2007

The Center for Positive Living

Religious Science Church

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

Freedom

Dr. Jane Claypool
Founder and Co-Pastor

Rev. Debby O'Donnell
Co-Pastor

Rev. Matti Dobbs
Assistant Minister

Rev. Barbara Heley
Staff Minister

JULY THEME
Freedom!!

JULY TOPICS
10 AM SERVICE

1st It's All About Choice
Rev. Debby O'Donnell

8th To Feel
Rev. Matti Dobbs

15th Sweet Expressions
Rev. Debby O'Donnell

22nd To Be or Not to Be
Dr. Jane Claypool

29th To Act As If
Rev. Debby O'Donnell

JULY SPIRITUAL PRACTICES
9:30 til 9:50

1st Qigong Healing Circle
Gail Privetts R.Sc.P

8th Guided Meditation
Rev. Matti Dobbs

15th Tibetan Bell Meditation
Rev. Debby O'Donnell

22nd Healing Circle
Rev. Debby O'Donnell

29th Guided Meditation
Rev. Debby O'Donnell

Most of us were attracted to Religious Science because we wanted to experience more freedom in our lives. We started attending church because we hoped we could attain freedom from fear, or freedom from want, or freedom to be ourselves and/or freedom to love. The first idea we heard was that we would have to change our thinking in order to change our lives.

Truth that sets us free is clearly stated every Sunday and in every class. Science of Mind is a perfect system for

establishing a greater freedom in life. Soon, we also discover that we have to pay for that freedom with "mental and spiritual coin". In other words, we must be willing to change our thinking.

What Ralph Waldo Emerson says in his essay, *Compensation* is, "all the good of nature is the soul's and may be had if paid for in nature's lawful coin." What he means is that we must be willing to release our belief in circumstances and open ourselves up to greater possibility if we choose to be free.

Most of us believe too much in circumstances.

We tend to forget that with God, all things are possible and that we are always with God. We become chained to old habits of thinking and we become slaves to circumstances. Many of us keep those chains tight by telling ourselves stories about why we can't get there from here.

The stories vary according to our apparent circumstances but they always enslave in subtle ways. We say we would go back to college if we were not so old.

Continued on page 2

Personal Choice

Most years, I go home to Iowa for 4th of July. It is a weekend filled with a family reunion, a parade, an ice cream social, lazy hours floating on the lake and, of course, fireworks. Americana at it's finest. Patriotism brings out the joy of freedom in all of us. Whether it's seeing the flag waving or hearing the high school marching band,

this is the month for freedom to ring for each and every one of us.

What does freedom mean to you? To some, Freedom is a cause, to others; Freedom is something to be defended. To our founder, Ernest Holmes, "Freedom means to eliminate from consciousness all those things which

bind and limit the free flowing of the Divine Spirit through us and, at the same time, to exercise the faculty of personal choice."

How many times have we given up our personal choice to follow someone else's path?

Continued on page 2

Freedom *continued from page 1*



We insist that we would travel the world if we didn't have to save for retirement. We declare we don't have friends because we have to work too hard. Our habits of thinking become a litany of negativity.

In truth, we are hypnotized by beliefs in limitation. We make excuses instead of pursuing our dreams. We wish for freedom and spend hours telling ourselves why we can't have it. We forget that we have to be willing to change our thinking if we are going to change our lives

If we want to be free, we must pay in mental and spiritual coin for

that freedom. We must give up believing we are victims. We must watch what we are saying and thinking about the conditions in our lives. If we want to be free, we must release fear of the future. We must release guilt about the past. We must release whatever needs to be released so we can attain our good.

Our teaching is a spiritual practice. It must be used on a daily basis and our thoughts and actions must be directed in the direction of our dreams. If we want more friends, we need to stop telling

ourselves that no one loves us and begin reaching out with love to others. If we want more money we should stop telling ourselves that we don't have enough and start giving in gratitude to our church. If we want a college education, we need to enroll in a class. We should take the steps that move us toward our goals. Negative emotions paralyze and nothing energizes like purposeful activity.

Emerson said, "Do the thing and you shall have the power; but they who do not the thing have not the power."

Dr. Jane



It is logical and right that we should have what we need in this world, and we should feel that our supply is limitless.

- Ernest Holmes

Personal Choice *continued from page 1*

To follow someone else's advice and not that of our heart? Dressing based on fashion and not on personal style? At one time or another, we have all given up our personal choice to fit in. When we remember that God is expressing through us and as us, we are empowered to exercise our freedom. Listening to our hearts ensures we are in fact following our own drummer.

To me, Freedom is knowing that I can make personal choices without

judgment; self judgment as well as the judgment of another. It is in knowing that the beat of my drum maybe be different than yours but together, the harmony is wonderful. Freedom is expressing my love, showing my appreciation and sharing my time, talent and treasures with whomever and whatever makes my heart sing. In short, Freedom is in my heart and as I open

my heart, I am opening up the world to a bit more freedom.

Join us this month as we look at freedom from within, connecting to our real source and celebrating along the way. In addition to Sunday service, join us for a Wednesday Power Hour from 7-8.

I won't be in Iowa this 4th, but freedom will be ringing with every choice I make.

And so it is!

— Rev. Debby

July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 It's All About Choice Rev. Debby	2 Al-Anon 12pm	3 SOM 208 7:00 pm Emerson Essays Dr. Jane Claypool	4  Happy 4 th of July!	5 Al-Anon 7pm	6 Al-Anon 12pm AA Meeting 7:30pm	7 Gay AA Meeting 6pm
8 To Feel Rev. Matti	9 AlAnon 12pm GSA Meeting 6:30	10 SOM 208 7:00 pm Emerson Essays Dr. Jane Claypool	11 Board Mtg 5:00pm Feeling the Feeling Series 7-8pm	12 Al-Anon 7pm	13 Al-Anon 12pm AA Meeting 7:30pm	14 Gay AA Meeting 6pm
15 Sweet Expressions Rev. Debby	16 Al-Anon 12pm GSA Meeting 6:30	17	18 Feeling the Feeling Series 7-8pm	19 Al-Anon 7pm	20 Al-Anon 12pm AA Meeting 7:30pm	21 Gay AA Meeting 6pm
22 To Be or Not to Be Dr. Jane Asilomar	23 Al-Anon 12pm GSA Meeting 6:30 Asilomar	24 Asilomar	25 Feeling the Feeling Series 7-8pm Asilomar	26 Al-Anon 7pm Asilomar	27 Al-Anon 12pm AA Meeting 7:30pm Asilomar	28 Gay AA Meeting 6pm Asilomar
29 To Act As If Rev. Debby	30 Al-Anon 12pm GSA Meeting 6:30	31				

Carlsbad Center for Positive Living

390 Oak Ave Suite H, Carlsbad 92008
760-434-9579

www.carlsbadcenterforpositiveliving.com

Meditation Service 9:30 – 9:50am

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

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 Privettes, R.Sc.P.
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.

This I Believe

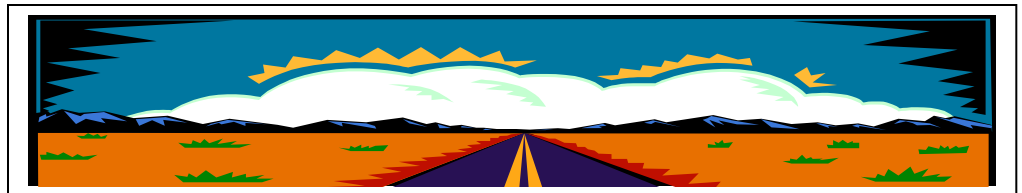
What I know for certain is that Divine Love governs the universe. There are 6.6 billion people on this planet and they are all born out of the same Infinite Divine Love Consciousness. People are born into various cultures with different sounding languages, yet humans have a common origin as the reflection of Divine Love. All humans are the image and likeness of God. The beliefs that separate "them" from "us" are their individual and cultural interpretations of their perception of reality. In

Truth we are never separated from our inner Goodness or God. Ernest Holmes declared; "We live and move and have our being in Infinite Mind." When people are raised in a culture of fear and separation from their greater good they lose faith in their wholeness and perfection. They become lost from their Divine Self.

Our human senses project life as imperfect reality. Our Infinite Mind projects Life as whole well and perfect. Jesus

proclaimed; "It is done unto you as you believe." Every day we awaken to a new opportunity to believe our world is imperfect or perfect. Why would we choose to live in an imperfect reality when we were born as the image and likeness of Divine Love! Let us claim our spiritual heritage, by awakening to our Divine Love Universe.

Rev. Geoffrey G. Layng

**July Book of the Month – Life! You Wanna Make Something of It? Dr. Tom Costa**

Do you like to be amused while getting your daily dose of spiritual principles? I do.

You'll laugh, learn and love Dr. Tom Costa's instructions for leading a lovely life. This master of wit and wisdom has included chapter titles like these:

Many are Called, but Few Listen.

Heavy, Heavy, What Hangs Over You?

Batteries Not Included.

For your laugh a day plus spiritual enlightenment buy the book of the month. It is available at a 20% discount for \$10.78.

Our CPL book club is on vacation for July and August. We will resume in September with exciting discussions on fabulous spiritual information.

Rev. Barbara Heley

Practitioner Corner- Giving with Love

There is joy in giving.
There is love in giving.
There is satisfaction in giving.

I believe in giving so that I can have space for something new and rewarding to enter my life.

It is a blessing to extend a helping hand without a price to those whom I love and give to the ones who love me. I truly believe and practice this way of life.

It gives me peace:

Give to the unfortunate.
Give to a worthy cause.
Give a smile to everyone you meet.
Give a kind word and you will receive kindness in return.

I envision a time when all of us at the Center for Positive Living tap into the wonderful feelings that you receive when you volunteer and enjoy the powerful abundance that comes from tithing to our Center.

Truly, I am wiser today than I was yesterday. Everything on my path is a joyful learning experience. With this joyous feeling and gratitude as my wake-up call everyday, I have God in my life and I know God does the work.

Dorree Hodge



Facilitator Training – Wise Women Don't Worry, Wise Women Don't Sing the Blues

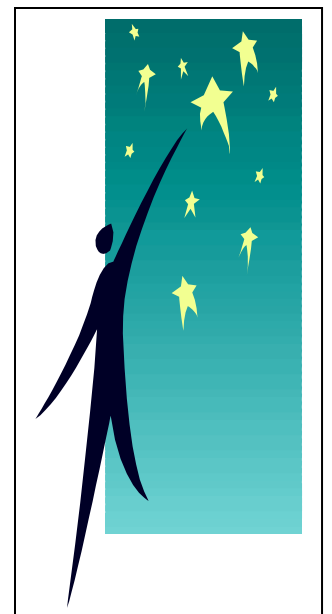
Dr. Jane Claypool is offering a Wise Woman Facilitator Training on July 27 & 28 in her home in Olivenhain. The weekend trains women to lead Wise Women groups and includes a curriculum filled with workshop ideas and exercises. The materials and experiences are all based on her book, **Wise Women Don't Worry, Wise Women Don't Sing The Blues**. (Book is available in the church bookstore.) Cost for the Facilitator training is \$500. Women

who have already trained once may repeat the weekend for half price and those who are taking it for the third time or more are welcomed on a love-offering basis. A certificate of completion is awarded.

Many women who have taken the training have incorporated the curriculum into their other work as teachers, counselors or workshop leaders. Wise Women groups are held in diverse

locations including college campuses, churches, bookstores and private homes. There are several women leading Wise Women groups currently and Rev. Lisa Stewart of Milwaukee, WI is also qualified to train facilitators.

If you are interested, please contact Dr. Jane as soon as possible. Space is limited and she reserves the right to select the women who can take the training.



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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

Summer 101 Power Series of Abundant Living: July is all about Feelings

CPL is the place to be on Wednesday nights. In just 1 hour, we inform, shape and inspire a positive and abundant approach to living. Filled with sharing and exercises, you are sure to benefit. Here is what is coming up;

July 11, 18 and 25: Feeling the Feeling. This Power Series will allow us to uncover our true feelings, provide techniques to empower the positive, release the negative and celebrate the abundance of life. Get ready to make room for more of the Good, which is, meant for each of us.

August 1, 8, 15, 22 and 29: 5 Steps to Successful Living. This Power Series will put "The Secret" into action in your life through acknowledging where the Power is, your connection with that Power, claiming your good, releasing the fear and blessing the process as well as the result. Let the Abundance continue.

Yahoo has established a search engine that supports your favorite non-profit with every search. When you use www.goodsearch.com, \$0.01 goes to the non-profit you select.

The next time you do an Internet search; please consider using www.goodsearch.com and selecting Carlsbad Center for Positive Living as your charity. Then the next time you use the site, the drop down arrow will allow you to easily select us again, and again and again. Spread the word to all you know. Remember: pennies from heaven come in many different ways.