

August 2007

The Center for Positive Living

Religious Science Church

390 OAK AVENUE, 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

AUGUST THEME
Joyful Summer Trust

AUGUST TOPICS
10 AM SERVICE

5th Treat and Trust
Rev. Matti Dobbs

12th For Example
Rev. Debby O'Donnell

19th Songs of Joy
Dr. Jane Claypool

26th Trusting Heart
Rev. Debby O'Donnell

AUGUST SPIRITUAL PRACTICES - 9:30 til 9:50

5th Qigong Healing Circle
Gail Privetts R.Sc.P

12th Guided Meditation
Rev. Debby O'Donnell

19th Transformation Meditation
Rev. Debby O'Donnell

26th Healing Circle
Rev. Debby O'Donnell



Are you in Joy?

Or are you postponing joy until you get everything in your life arranged just the way you want it? Do you have a habit of coping or struggling with life instead of enjoying it? If you are postponing your ability to live life fully and happily while you scratch and strain to get somewhere or achieve something, then you need to make an attitude adjustment. Come to the August services and hear some simple and/or subtle tips for actually making your days pleasant and prosperous instead of humdrum and depressing. You will be

able to use some simple techniques to change your thinking and change your life. Once you grasp the concept that your thoughts, feelings and beliefs are more important than your circumstances, you can learn to live from the inside out. Then you will find you can enjoy life much more completely than ever before.

Living from the inside out is just another way of saying that we should always keep in mind that there is a great deal we can do on a daily basis to control our experiences. If you grasp the principle that we are co-creating

our lives and that what we think is actually creating the mold for what happens in our lives, then you will find you have a very great deal of control over how you feel as well as what happens.

All that remains is to release old ideas and think new thoughts. That's where the August talks can help. Rev. Debby, Rev. Mattie and Dr. Jane will all share tricks they have learned to open up our individual minds to the greater Mind of God.

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Summertime Trust

These lazy days of summer, where the days are longer, the sunsets more brilliant and all of nature is a buzz will soon be gone.

Have you taken time to relax? In case you have forgotten, relaxation involves quiet time with self, doing whatever it is that takes you away from the daily world. For me, that would include

a book, a lawn chair and a shade tree. But I must admit, I have yet to make the time or take the time, to engage in this summer ritual.

Now is a good time to remind ourselves that relaxation is not a luxury, it is a necessity for positive living. I for one, need to be reminded that relaxation time is

critical to the flow of life. When we are nurtured, we can accomplish our tasks with greater ease and less time. When we are personally fed by whatever makes our hearts sing, we can be a better listener, a better leader and a better partner.

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Are you in Joy? continued from page 1



Thinking is more interesting than knowing, but less interesting than looking.

-Goethe

While you may believe that you have heard it all before, there is a tremendous good to be gained by repetition.

I spend about an hour each morning on my personal spiritual practice. During that time, I meditate, treat and read inspirational literature. Since I have been studying Science of Mind for over thirty years, most of the ideas I encounter in my reading are familiar yet there is something very enlightening about getting a new perspective. You are never too old to learn

and a new way of looking at old ideas is really inspirational.

Recently, I read Dr. David J. Walker's book, *You Are Enough*. Although it is a short book and I might have read it in one sitting, I chose to read it one or two chapters a day during my morning practice. I found that it was really a wonderful review of the basics. His enlightenment fired up new enthusiasm in me for going back to the first two steps in treatment on a deeper level. I had a shift in

consciousness each morning as I read the book.

It has been such a treat for me to attend church as a participant instead of the speaker. Every time I hear one of the excellent talks that Rev. Debby or Rev. Mattie gives, I am inspired to a new understanding of the joy of living.

The time is now. The month of August is a great month to enjoy Sunday mornings and I'll see you there.

Dr. Jane

Summertime Trust continued from page 1



The eye with which I see God is the same eye with which God sees me.

-Meister Eckhart

When we allow our inner desires to be set free, to take wings during a lazy afternoon, there is no telling what wonders will unfold for us.

So, if you are scrambling to get everything done, stop and smell the roses, listen to the birds and feel the summer warmth. It is all here for your enjoyment. If you are still trying to find time for a summer vacation, take a mini vacation on your patio by pouring yourself lemonade and flipping through a magazine. Allow the inspiration to take you away from the

bustle and be transported in your mind. And if you are still using a "To-Do" list to plan your day, make sure you add a time to see the sunset at least once this month. While you are at it, block out at least one Wednesday to participate in our Power Hour for Successful Living. It will be an hour of personal growth and renewal. The author James Carroll tells us:

"We spend most of our time and energy in a kind of horizontal

thinking. We move along the surface of things but there are times when we must stop". When we sit still and lose ourselves in a summer sunset that is relaxation. When we listen the breezes from a whole other world begin to whisper.

Take time now to allow the breezes to make their way into your heart. You just never know what joy they will bring.

And so it is!

– Rev. Debby

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Board Mtg 5:00pm Summer Power Series 101 7:00 – 8:00 PM	2 Al-Anon 7pm	3 Al-Anon 12pm AA Meeting 7:30pm	4 Gay AA Meeting 6pm Chapter 9 Meeting 7:30pm
5 Treat and Trust Rev. Matti	6 Visions Meeting 6:00 PM Al-Anon 12pm GSA Mtng 6:30 PM	7	8 Summer Power Series 101 7:00 – 8:00 PM	9 Al-Anon 7pm	10 Al-Anon 12pm AA Meeting 7:30pm	11 Gay AA Meeting 6pm Chapter 9 Meeting 7:30pm
12 For Example Rev. Debby	13 Al-Anon 12pm GSA Mtng 6:30 PM	14	15 Summer Power Series 7:00 – 8:00 PM	16 Al-Anon 7pm	17 Al-Anon 12pm AA Meeting 7:30pm	18 Wise Women Wisdom Gathering 10 AM- 12 PM Gay AA Meeting 6pm/Chptr 9 Mtng 7:30pm
19 Songs of Joy Dr. Jane	20 Al-Anon 12pm GSA Mtng 6:30 PM	21	22 Summer Power Series 101 7:00 – 8:00 PM	23 Al-Anon 7pm	24 Al-Anon 12pm AA Meeting 7:30pm	25 Gay AA Meeting 6pm Chapter 9 Meeting 7:30pm
26 Trusting Heart Rev. Debby	27 Al-Anon 12pm GSA Mtng 6:30 PM	28	29 Summer Power Series 101 7:00 – 8:00 PM	30 Al-Anon 7pm	31 Al-Anon 12pm AA Meeting 7:30pm	SOM classes start in September

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 Privetts, 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

I came to SOM at age 21; I read Ernest Holmes books and attended SOM churches, as well as other churches.

I moved to Oceanside in April of 2005 after my husband passed in December 2004. I attended Churches in Oceanside by invitation. Then the Center for Positive Living entered my life. In the courtyard I told Rev. Debby, "Carlsbad" is calling me. She encouraged me to follow my heart. I continued to attend CPL meditations, services and meeting with Practitioners.

I also enjoyed practicing Qigong on the beach with Gail Privetts.

Since my affiliation with CPL I have manifested a new home, a renewed relationship with my Mom and a new future with someone I love. All these gifts have come into my life in the short time I have been coming to the Center.

It took me 40 years to get here and at age 63, the SOM teachings have brought me into full bloom, enriching me ever more. No matter

what stage you are at in your life believe and it will come to you. Life always gives back to you directly as "You Believe". I believe we are created in Spirit's image and likeness.

People say prayer works; I say "Prayer does the Work!" Prayer brings everything to you: health, prosperity, friends, family and most of all a fabulous you.

SOM teachings give me faith, hope and the strength to carry on.

Yes, I Believe!
Karen E. Hemmingway

**August Book of the Month – Being in Balance
Dr. Wayne Dyer**

The wisdom and inspiration of Wayne Dyer are evident in his book *Being in Balance*. This book will support us in our desires to live happy, loving, rewarding lives. Dyer teaches us to view life with lenses revealing the Spirit

energy of our universe, the immense beauty of God's creations. These transforming lenses allow us to see and appreciate the spiritual energy at the center of each person. Dyer declares, "You discover that there is

no one to judge, no one to hate, and no one to harm, because you see clearly that we are related, we are all one."

This book is available at 20% discount for \$12.88.

Dr. David J. Walker here on October 10

Dr. David J. Walker, author of *You Are Enough*, and past president of Religious Science International will be speaking on Wednesday, October 10 and signing his book. Save the date to hear this dynamic man who has been a prominent leader in New Thought for over 30 years.

Dr. Walker founded the Los Angeles Church of Religious Science over 20 years ago and speaks to large crowds every Sunday. He is witty and entertaining as well as inspirational. Each year, he is one of the favorite speakers at Asilomar and he has his own cable television show in Los Angeles. More information will appear in the September newsletter. In the meantime, mark your calendar for Wednesday evening, Oct. 10.

Practitioner Corner – Love is

“People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering.”

I love this Quote by St. Augustine.

“A great gift I was given when I was a small child was to wonder. Wonder at a star and the sparkle it gave to the sky.”

We are all wondrous human beings, created in the image and likeness and out of the very essence and DNA of the Divine. Do

we stop to ponder this miracle, the miracle of our very lives and how wonderful we really are?

My Wise teacher and a very Wise woman indeed, Dr. Jane, gifted me this affirmation that changed my life. She wrote out in colorful letters “I am enough” and “My Life is not an apology”. These wondrous words helped me to start changing my thinking about myself, which ended up in profound life changes for me. I went from being life’s victim to a Minister of this wonderful teaching. I discovered my gifts. I discovered that sharing my true self; the gift of caring

for others and myself and of compassion brings joy. I know this truth for you too. You are amazing; you are wonderful and have come here with gifts.

Share those gifts, it will bring you joy and it will bring it to others as well. I will end with this quote from the Dali Lama “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

Namaste and Shalom

- Rev. Rachel Lampert



Wise Woman Group Beginning Aug 13th

Dr. Jane begins leading an eight-week Wise Woman group on Monday, August 13th in her Encinitas home. The group is open to women who want to take charge of their lives in new ways. The curriculum is based on her book, **Wise Women Don't Worry, Wise Women Don't Sing The Blues**, which has become a self-help classic.

Dr. Jane led a group the first year she wrote the book and from that point on, she has trained other women to lead groups but only offered one or two day workshops herself. She leads a Wise Woman Weekend at Desert Hot Springs each winter (Feb 8-10) with Rev. Lisa DeSnoo and Dr. Heather Clark.

Since Dr. Jane is now working fewer hours at the church, she decided to invite a group of no more than 10 women to her home for the experience. If you are interested, contact her at WiseJaneC@aol.com or the church as soon as possible.

The hours are 7 to 8:30 on Monday evenings and the fee is \$150.00.



Wise Women Wisdom Gathering – Aug 18th

Join Rev. Rachel Lampert on Saturday, August 18th from 10 AM – 12 Noon at The Center for Positive Living.

Nurture your mind, body and soul. Connect to your inner wisdom and beauty. Network with

like-minded Wise Women. Leave with practical tools to enrich your life. A \$20 love offering is suggested.

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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 5 Steps to Successful Living

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.

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.

The Energy of Money – Power Hour September 12 - October 17

This book study, based on the book of the same title by Maria Nemeth, PhD, will have us look at money from a point of attraction and acceptance. We will spend an interactive hour together in discussion and exercises aimed at increasing our awareness of money as well as the flow of money and everything good into our lives.

"Money is congealed energy, and releasing it releases life's possibilities."

Join like-minded individuals as we increase the flow while enjoying the process. This Power Series will be lead by Rev. Barbara Heley on Wednesday from 2-3 PM and by Rev. Debby from 7-8 PM. A book, a desire to attract more money into your life and willingness to participate is all that is required.

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.