

# The Carlsbad Center for Positive Living

January 2008

Religious Science Church

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

## New Beginnings

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

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

**Rev. Matti Dobbs**  
Assistant Minister

### JANUARY THEME

Activating Spirituality!

### JANUARY TOPICS

10 AM SERVICE

**6<sup>th</sup> Activating Spirituality!  
In Your Life**  
Rev. Debby O'Donnell

**13<sup>th</sup> Activating Spirituality!  
Your Relationships**  
Dr. Jane Claypool

**20<sup>th</sup> Activating Spirituality!  
Your Finances**  
Rev. Matti Dobbs

**27<sup>th</sup> Activating Spirituality!  
Your Health**  
Rev. Debby O'Donnell

**Affirmative Prayer Circle**  
**9:30 – 9:50 AM**

Led by Rev. Claudia  
Experience affirmative prayer  
for abundance, share your  
week's demonstrations and  
set your intentions for the  
week ahead.

All that a man achieves and  
all that he fails to achieve is  
the direct result of his own  
thoughts.

-- James Allen

Just about everyone looks at where they've been and where they want to go in January. It is the tradition to see this month as a time of new beginnings. Of course, in Science of Mind, we know that every moment is a moment of possibility. Nevertheless, we will join in the January fun of setting new goals.

We are always able to change the conditions, the events and circumstances in our lives by getting a new idea and letting it thrive in our consciousness. The challenge is to allow new ideas to take

hold and establish themselves while avoiding the trap of falling back into the habits that created our old world.

January is a wonderful month to select some new goals. It is always good to have a vision that points us in a direction that we choose to go. Goals give us direction and our vision gives us new ideas to live by. What do you want in this New Year? What are your dreams? What is your highest vision?

It is not enough to know what we want. We also need to establish new habits of thinking, feeling and acting from our basic

acceptance of Science of Mind. In order to do that, we need to release the old fear and anger that lurks in the shadows of our consciousness. January needs to be a month for release as well as a month of new beginnings.

Want new habits? Here at the Center For Positive Living we have a perfect spiritual community to move in the direction of new habits reinforced by spiritual principles. Your leaders are fully committed to the ideas they teach.

*Continued on page 2*

## Spirituality: Activate in 2008

It is that time again to bless the old, welcome the new. This year at the Center, we are entering 2008 with a theme of "Spirituality: Activate in 2008."

The word ACTIVATE means to set in motion to trigger, initiate or to motivate. As we activate our spirituality, we are not only getting in motion but we are doing so with full intention. And we all

know that any movement with intention behind it is sure to become a driving force.

Spiritual Activation will be the focus for many new thought churches throughout the country and is being supported with a wonderful year long journal "Spirit is Calling". Rev. Chris Michaels and Dr. Edward Viljoen

designed this journal to correspond with our monthly themes and include inspirational quotes and a space to journal personal thoughts.

Weekly talks, Power Hours, suggested readings, classes and workshops will round out this powerful program.

*Continued on page 2*

## New Beginnings *continued from page 1*



The beginning is the most important part of the work.

-- Plato

Everyone on the staff has a story of great growth and change because of her involvement with Science of Mind. Each of us is a testimonial to the power of the Science of Mind teaching.

We provide church services, classes, workshops, practitioners and books and tapes to help you get what you want out of life. But you must be the one who makes the decisions. You must choose to move toward the light. You must decide to let go of the old and make room for the new.

Here is one simple exercise that will help you embody new ideas. Ask yourself, "What would my life look like if I truly bought the idea that there is enough to go around?" Spending a few minutes each day contemplating abundance can change many of our habitual ways of dealing with money. We will release fear and we will accept joy when sharing. We will release resentment and feel gratitude for what we have.

Those two changes, feeling joy when we give, and feeling gratitude when we count

our financial assets, will create a whole new chain of cause and effect. Life will conform to the new ideas if we can just focus for even a short time on a consistent basis.

Let's make January more than a month to make resolutions. Let's make January a month in which we establish new habits of thinking, feeling and acting. We can do it if we focus our minds and do our spiritual mind treatments. Won't you join us in January for some truly wonderful changes?

- Dr. Jane



The happiness of your life depends on the quality of your thoughts.

-- Marcus Aurelius Antoninus

## Spirituality: Activate in 2008 *continued from page 1*

The journal is available through our bookstore and will be offered at a 25% discount in January and February.

We are adding a monthly recommended reading list of books which this month include *Spiritual Economics* by Eric Butterworth and *Your Soul's Assignment* by Chris Michaels. *Your Soul's Assignment* will be the basis of our Wednesday Power Hours in January.

Our Founder, Ernest Holmes tells us "The great and only awakening that can ever come to man is when he becomes aware of the fact that which enables him to think, to be conscious, to be creative, is the Mind of God active within him."

So, are we ready to start 2008 awake and aware? Are you ready to initiate positive change and forward movement?

Now is the time and CPL is the place to join like-minded individuals for a year filled with movement, with Spirit and joy.

Positive things really are happening here. See you soon.

– Rev. Debby

# January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January Theme</b> <b>Activating Spirituality in -</b>		1	2 Board Mtg 5:00pm  Power Hour 7-8 PM	3 Al-Anon 7pm	4 Al-Anon 12pm  AA Meeting 7:30pm	5 Gay AA Meeting 6pm
6 Your Life Rev. Debby  Spirit is Calling: Activate in 2008 begins	7 Al-Anon 12pm  Visions Meeting 6PM	8	9  Power Hour 7-8 PM	10 Al-Anon 7pm	11 Al-Anon 12pm  AA Meeting 7:30pm	12 Wise Women Workshop 9:30-3:00 PM  Gay AA Meeting 6pm
13  Your Relationships Dr. Jane	14 Al-Anon 12pm	15  SOM 101 Dr. Jane Claypool 1:00-3:15 PM	16  Power Hour 7-8 PM	17 Al-Anon 7pm	18 Al-Anon 12pm  AA Meeting 7:30pm	19 Gay AA Meeting 6pm
20  Your Health Re v. Matti	21 Al-Anon 12pm	22  SOM 101 Dr. Jane Claypool 1:00-3:15 PM	23  Power Hour 7-8 PM	24 Al-Anon 7pm	25 Al-Anon 12pm  AA Meeting 7:30pm	26 Gay AA Meeting 6pm
27  Your Finances Rev. Debby	28 Al-Anon 12pm	29 Book Club 1pm  SOM 101 Dr. Jane Claypool 1:00-3:15 PM	30  Power Hour 7-8 PM	31 Al-Anon 7pm		

## Carlsbad Center for Positive Living

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

Affirmative Prayer Circle 9:30 – 9:50am

[www.carlsbadcenterforpositiveliving.com](http://www.carlsbadcenterforpositiveliving.com)

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

Rev. Claudia Mulcahy  
760.434.9579

Rev. Rachel Lampert  
949.215.1921

**Practitioners:**

Gail Privetts, R.Sc.P.  
760.433.8082

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

**This I Believe**

For more years than I want to admit, on every Jan 1<sup>st</sup>. I made a new years resolution to start a diet and lose weight and by Jan 5<sup>th</sup> I had given up, quit, because it was just too hard and I had too much weight too loose that it was just impossible. I made this excuse for 25 years.

Then something amazing happened to me on June 13, 2006. I started a diet and exercise program that I have continued on to this day. The result has been a huge weight loss for me. Two hundred and thirty five pounds from my tip top weight. I have lost more than half the body weight I carried around those 25 years. What changed on that day in June that hadn't

happened all those other times?

I set an intention and I changed my thinking about myself, and my life changed.

I started living from a place of transformed thinking, a new point of view of myself. I went from hopeless in my thinking of why it was too hard to diet and exercise, to doing it.

I have come to know I can. I changed my thinking from "I can't do it, it's too hard, to I can do it, in fact I am doing it".

Changed from I can't to I Am! I have a new way of seeing myself, and the realization of what I can achieve if I set my mind to it, and take the appropriate action, and be grateful for the small

achievements.

A wonderful gift of this transformational journey has been this new idea. With discipline, desire and determination, I can achieve any goal I set for myself. I trust Spirit, the One Source that we are always in alignment with. With Spirit all things are possible.

Let this year be the heart of your fresh start. If you think it, set the intention for it, and take the action it will happen.

"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." – Van Gogh

Rev. Rachel Lampert

**Classes To Begin! SOM 101 – Tuesdays at 1:00 PM with Dr. Jane Claypool**

Dr. Jane will teach the first class in Science of Mind beginning on January 15 from 1:00 to 3:15 PM. If you have afternoons open, this is your chance to study with one the New Thought Teachers; our very own Dr. Jane. This is the first time she has taught

SOM 100 in many years. If you have not taken a class from Dr. Jane this class is for you!

This class will review the basic principles of Science of Mind in language that is simple, clear and immediately practical. It is a perfect review for people who have

been around a long time and a perfect beginning class for all. You do not need to have any special education or experience to benefit from the class.

Classes are scheduled in 8-week modules. The fee is \$150 for the class. Repeat students pay half.



Go confidently in the direction of your dreams. Act as though it were impossible to fail.

- Dorthea Brandt

## Practitioner Corner

January is an exciting time of the year, an opportunity to begin anew, and make a fresh start. Divine Intention is all around us. New Year's resolutions and goals provide opportunity to tap into Intention. God's intention for us is all good. I find that spending time in the silence helps me to figure out the next steps for me. Somehow it flows from within and evolves into my reality.

Before setting those New Year's resolutions take time to assess where you are on your spiritual journey. Just what do you

want out of life? Are you getting it? January is a good time to reassess. What do you have? What do you want? How do you get it? Are you spiritually connected and tuned into Intention?

Don't allow life to happen to you. Today's reality is yesterday's thought. Set goals to become more spiritually connected in 2008. State your intentions! Write them down. Post them where you can see them. Meditate, visualize, think on their successful manifestation, express

gratitude and journal. These are all ways to activate more spirituality in your life. Join us at the Center for Positive Living as we as a church community embark on plans to activate more spirituality in our lives.

I believe the answer is in the prayer and the gift is already given; so, let go, let God and have a successful and prosperous year as we "Activate together."

Namaste.

Rev. Matti Dobbs

## Wise Woman Weekend Deadline Nears – Jan 8th

Dr. Jane Claypool, Dr. Heather Clark and Rev. Lisa DeSnoo of Milwaukee, WI are the leaders of the weekend.

The theme is **Wise Women At the Crossroads** and

there will be activities centered on clarifying goals, decision-making, and achieving greater health, greater wealth, and greater relationships.

The deadline for the early bird price for the Wise Woman Weekend is January 8<sup>th</sup>. To register for the program, contact [Karvn@CVRSC](mailto:Karvn@CVRSC).

## Book of the Month-Books Deals and More

Discounted books include *Spirit is Calling*, a daily journal by Chris Michaels and Dr. Edward Viljoen, *Your Souls Assignment!* by Chris Michaels, *Spiritual Economics* by Eric Butterworth and

Empowerment: *You Can Do, Be, and Have All Things* by John Randolph Price. Rev. Debby will use *Your Soul's Assignment* for the Wednesday Power Hour form 7-8 PM and Rev.

Barbara Heley will lead a book study on Price's Empowerment: *You Can Do, Be, and Have All Things* on Tuesday, January the 29<sup>th</sup> at 1PM.

## You Can Heal Your Life!

Just in time! This class follows the December release of the movie 'You Can Heal Your Life' by Louise Hay. Rev. Claudia has created a 5-week class based on the book You Can Heal Your Life by Louise Hay. The class will run from January 3-31 on Thursdays 7-8:30. Cost of class is \$75.00 paid in full.



**Wise Women Workshop Series Saturday, January 12<sup>th</sup> from 9:30 – 3:00 PM**

We are pleased to sponsor another powerful gathering of Wise Women. Workshops will be lead by Dr. Jane Claypool, Caroline Reynolds, Sandy McClintock, RScP, and Pamela Harper. The cost is \$39.99, including lunch. More information can be found at [www.carlsbadcenterforpostiveliving.com](http://www.carlsbadcenterforpostiveliving.com)

This event is not for women only.

# Save The Date

## The Center for Positive Living - Carlsbad

390 Oak Avenue 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

## Starting in January!!!! Unscheduled Income Group

Rev Claudia has successfully lead Unscheduled Income groups, creating thousands of dollars for participants. Come join our circle starting Jan. 2008 on Sunday morning from 9:30-9:50 AM (right before church) and experience affirmative prayer for abundance, sharing the week's demonstrations, and setting our intentions for the coming week.

The only requirements for being part of this group are to have the intention to allow Unscheduled Income into your life and that you spend ten minutes a day focusing on abundance. Also, to give ten percent of that unscheduled income back to the Center for Positive Living. (Be sure to mark it Unscheduled Income so we can track it). That's a ninety percent increase to you!! (It was unscheduled, after all.) Mark your calendars to kick this off!!!! Peace, Claudia

## Power Hour Wednesdays 7-8 PM

Join us in January and as we increase our awareness of Spirituality. We will use the book *Your Souls Assignment*. Join us every Wednesday evening from 7-8 PM. These Power Hours are up close and personal and a great way to make new friends.

***Something Positive is Always Happening Here.***

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Carlsbad Center for Positive Living**  
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