

# THE CARLSBAD CENTER FOR POSITIVE LIVING

NOVEMBER – DECEMBER 2008

RELIGIOUS SCIENCE CHURCH

390 Oak Avenue, Suite H Carlsbad, CA 92008 – 760-434-9579 [www.carlsbadcenterforpositiveliving.com](http://www.carlsbadcenterforpositiveliving.com)

## **CPL Newsletter Published Bi-Monthly**

Dr. Jane Claypool  
Founder Co-Pastor

Rev. Debby O'Donnell  
Co-Pastor

Rev. Matti Dobbs  
Assistant Minister

Rev. Barbara Heley  
Staff Minister

Rev. Claudia Mulcahy  
Staff Minister

### **Sunday Programs**

9:30 AM Spiritual  
Meditation

10:00 AM Service

11:00 AM Fellowship &  
refreshments

6:00 PM Taizé Service

### **Bookstore**

Sunday after Service

### **November Topics**

Activating Creativity

### **December Topics**

Activating Joy

**Check enclosed  
calendar for more  
information!**

## **Gratitude Works**

The simple act of expressing gratitude brings marvelous results in our lives. One day when I was feeling blue, I sat down and wrote thank you notes to people who had done me favors over the years. I hadn't kept in touch with all of them– but they were all people I was glad that their lives had touched mine. By the time I'd written the third letter, my mood had turned from grumpy to great.

The pay off was in my mood shift. And there was a secondary payoff because I heard from an old friend I hadn't seen in a long time. My life was richer than it had been and I was more my true loving self.

## **Holiday Survival Tip 101: Breathe**

If the thought of yet another holiday season is giving you a headache, relax because I have good news; it's all good and it's all God all the time if you can just remember to breathe.

I don't know about you but this simple truth gets lost this time of year. I get caught up in the doing and forget to be. But when I consciously take a breath, I can remember that I am here to express

Gratitude also creates a powerful message to Divine Mind. When someone sends you a five-dollar Christmas gift, what you think can make a big difference in your future gifts.

Even if you say nothing, your thoughts are sending a message. Instead of staring at the wrapping paper and mentally grumbling, "I spent twenty-five on her," give thanks for the expression of love and expect your thanks to multiply in the future.

Continued on page 2

God and that everything is going to be alright. I spend so much time running around that I let go being available for those I love on a daily basis. But when I consciously take a breath, I can remember to put God first and everything will be alright. When that to-do list starts to show up in my daily spiritual practice, I can take a conscious breath and let go, remember that God is and I am. And everything will be alright.

Continued on page 2

## Gratitude Works! continued from page 1

The Lord (Spiritual Law) may love a cheerful giver but it also loves a cheerful receiver. Never let childish thoughts diminish the level of your acceptance. Your mental attitude is creating the size of your portion in life. Thinking, feeling, and expressing gratitude expand your serving.

As we enter this new month, take a look at how easily and how often you express gratitude in your life.

....Do you tithe on a regular basis?  
 ....Do you keep a gratitude list?  
 ....Do you tell those you love how much they mean to you?  
 ....Do you ever give surprise gifts as an expression of gratitude?  
 ...Do you focus on things you have instead of the things you have not?

Love,  
 Dr. Jane



*"We are never too old to be young at heart. Being young means simply being willing to be a beginner."*

Finding Water

## Holiday Survival Tip 101: Breathe continued from page 1

Woodrow Wilson said "You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement. You are here to enrich the world."

You enrich the world when you release the hassle and enjoy the moment. It is really that simple. You see, the most important blessing to count is the opportunity to live life more fully. The most important gift to give is the gift of love which comes directly from the heart and is visible to the entire world. The most important resolution to make is to live more authentically. And the most important thing to remember is that when things are spinning out of control, breathe and everything will be all right.

So, join me this season as we breathe in life, love and joy.

Our Sunday gatherings will be filled with love and holiday joy starting with guided mediations.

As always, there will be a place set for you at the Thanksgiving Eve Potluck. The stories, shared blessings and songs are sure to start the season off right.

Our very own Russell Sadat will lead a drumming circle on December 10. There is no better way to breathe than to allow rhythm to carry you away.

Candle Lighting Service on December 21 will provide a mid week space for breathing as we restore, renew and refocus on the light within.

Love, light and conscious breathing to you and yours this season.

And so it is.  
 Rev. Debby



*'I practice awe. I mean I'm in awe of the dishes, I'm in awe of my liver, I'm in awe when I play tennis. I'm in awe of it all. I'm just awestruck with the magnificence and the miraculousness and the bliss that is in this world. Wayne Dyer, The Experience of God, p. 148*

## Living a Life of Joy

*"The thing you are looking for is the thing you are looking with"...* Chris Michaels

I truly believe that we create our experiences. Sometimes it is important to remember that which we are seeking is seeking us. The joy that we are seeking is already within us. Our task is to allow it to unfold. So often we seek joy and love from other people and things. Our joy does not come from finding someone or something to love us. The joy is to let the love within us to flow to other people and things. Love vibrations attract love and the joy we seek unfolds.

Sometimes finding joy is a process that begins with celebrating your self and the Divinity within. It begins with recognizing that the gift is already given. I invite you to open the box, look deep within to the wellspring of your own soul and allow love to pour forth to enjoy your gift. I find that prayer and meditation is a great time to celebrate my oneness with the Divine, appreciate my own life, express gratitude for this wonderful world I live in and listen for messages from the Divine.



It is during this time of reflection and appreciation that I recognize that my joy comes from acceptance and surrender; acceptance that every moment is filled with joy and thanksgiving. It is not about what's happening

on Wall St. It is what is happening in my own world and I get to decide what that will be, joy or remorse.

This is especially important during this holiday period when some have a tendency to feel blue. Resolve now to reject the holiday hype, and focus on what is really important to you. Create your own traditions. Give service, talent or treasure to others in a way that is really meaningful to you, forgive, and set your intention to experience true joy, the joy in every moment. It is the joy of knowing, really believing that the gift is already given. All you have to do is open the box, look within, and enjoy your gift.

Namaste, Rev. Matti

## Welcoming Wealth Workshop with Rev. Claudia Thursday, November 6<sup>th</sup> 7–9 PM

Rev. Claudia has a passion for teaching practical spirituality and financial principles. She uses her skills to work with those willing to make the needed changes to welcome wealth at higher levels. Rev. Claudia has been presenting this workshop nation wide since August of this year.

### If you are ready to:

- Learn to say 'No' ~ Learn to say 'Yes!'
- Get out of a rut and examine options
- Create a vision and take action
- Experience balance with spirit and money
- Reorient, clarify values and set intentions

### By working with Rev. Claudia, you will:

- Create or insure improvement on systems, productivity and net profit
- Safely set boundaries with others
- Open channels to receiving what the universe has in store for you
- Know what's working, what isn't and create solutions
- Attract and retain people to practice the Law of Circulation
- Create authentic relationships

\$40 Donation includes workbook.

## Change is in the Air: CSL Carlsbad

As many of you know, Religious Science International voted to change its name to International Centers for Spiritual Living. This decision was based on extensive market research and discussion.

As a member of this organization, CPL has decided to adapt to the new name and will be officially known as the Center for Spiritual Living, Carlsbad in January.

## Ready to Share?

Do you have a demonstration, poem or article that you would like to share with the community? If so, please submit them for publication in the newsletter. Simply send an e-mail to [truthliving@aol.com](mailto:truthliving@aol.com) and attach your piece. If we have the opportunity to include it in a future newsletter we will.

One of our members, Thea Shelton had the opportunity to participate in a cancer recovery writing class and submitted the following poem;

**Gratitude:** I did not know I was grateful for, all the things my eyes never saw before.

## A Holiday Sunday

Jennifer Hart will be joining us on Sunday, December 21 for a seasonal celebration. The service will be filled with music, music and more music. Add to this an inspirational message based on the Dickens classic *A Christmas Carol*. Plan to join us after service for holiday treats and

Between now and then, look for the new name, CSL Carlsbad, logo and website.

Our mission remains, to teach inspire and demonstrate a positive approach to living. Our base teaching, Science of Mind, will continue to be the prime Spiritual Tool.

For each breath I can take, that I now can bake a cake.

For my family, my good friends.

My belief that I will live eternally.

Free from whom I call Mr. C, cancer to thee.

To write in rhyme, now that I have the time.

I am grateful for my journal, which I might write of each new day,

The Pure joys that I could not truly feel better, I was so busy running out the door.

Not so anymore, I have so much to be grateful for.



## Thanksgiving Pot Luck

Wednesday, November 26<sup>th</sup> 6PM

The Center will provide delicious grilled turkeys. Bring your favorite dish and a friend and join us for a time of thanks and gratitude.

Music by David Hansen

\* \* \* \* \*





## Candle Light Service

Wednesday, December 17<sup>th</sup>. 6PM

Join us as we give thanks for all the wonderful friends and members of the Center for Positive Living.

Music by Lesley Alexander

## November 2008 – Activating Creativity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday meditation practice is from 9:30 – 9:50						1  Gay AA Meeting 6pm
2 I Am Creative Rev. Debby  Qigong Meditation Gail Privetts  Taizé 6–7 PM	 Al-Anon 12pm  Visions Meeting 6 pm AA Meeting 6:30 – 8:30 PM	4  Qigong 6–7 pm	5  Board Mtg 5:00pm  Power Hour 7–8	6  Welcoming Wealth Workshop 7PM  Al-Anon 7pm	7  Al-Anon 12pm AA Meeting 7:30pm	8  Gay AA Meeting 6pm
9 Authentic Living Rev. Debby  Guided Meditation  Taizé 6–7 PM	10  Al-Anon 12pm AA Meeting 6:30 – 8:30 PM	11  Qigong 6–7 pm	12  Power Hour 7–8	13  Al-Anon 7pm	14  Al-Anon 12pm AA Meeting 7:30pm	15  Gay AA Meeting 6pm
16 The Creative Process Rev. Matti  Guided Meditation  Taizé 6–7 PM	17  Al-Anon 12pm AA Meeting 6:30 – 8:30 PM	18  Qigong 6–7 pm	19  Power Hour 7–8	20  Al-Anon 7pm	21  Al-Anon 12pm AA Meeting 7:30pm	22  Gay AA Meeting 6pm
23 There are No Blocks Rev. Debby  30 Practicing the Sabbath Rev. Matti Taizé 6–7 PM	24  Al-Anon 12pm AA Meeting 6:30 – 8:30 PM	25  Qigong 6–7 pm	26  Thanksgiving Pot Luck Dinner 6 PM Music by David Hansen	27  Al-Anon 7pm	28  Al-Anon 12pm AA Meeting 7:30pm	29

Pennies from Heaven

The next time you do an internet search; please consider using [www.goodsearh.com](http://www.goodsearh.com) as your search engine and select The Carlsbad Center for Positive Living as your charity. For each search you do the Center will receive \$0.01.

## December 2008 – Activating Joy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday meditation practice is from 9:30 – 9:50	1 Visions Meeting 6 pm	2 Qigong 6–7PM	3 Board Mtg 5pm  Power Hour 7–8 pm	4 Al-Anon 7pm	5 Al-Anon 12pm  AA Meeting 7:30pm	6  Gay AA Meeting 6pm
7 Happiness & Joy Rev. Matti Qigong Meditation Gail Privetts  Taizé 6–7 PM	8 Al-Anon 12pm  AA Meeting 6:30 – 8:30 pm	9 Qigong 6–7PM	10 Drumming  Circle with Russell Sedat	11 Al-Anon 7pm	12 Al-Anon 12pm  AA Meeting 7:30pm	13  Gay AA Meeting 6pm
14 Protecting Your Center of Joy Rev. Debby  Guided Meditation Taizé 6–7 PM	15 Al-Anon 12pm  AA Meeting 6:30 – 8:30 pm	16 Qigong 6–7PM	17 Candle Lighting Ceremony 6 PM	18 Al-Anon 7pm	19 Al-Anon 12pm  AA Meeting 7:30pm	20  Gay AA Meeting 6pm
21 A Christmas Carole Rev. Debby & Rev. Matti Guided Mediation  Taizé 6–7 PM	22 Al-Anon 12pm  AA Meeting 6:30 – 8:30 pm	23 Qigong 6–7PM	24 Power Hour 7–8 pm	25  Al-Anon 7pm	26 Al-Anon 12pm  AA Meeting 7:30pm	27  Gay AA Meeting 6pm
28 Celebrating Life Rev. Debby  Guided Mediation  Taizé 6–7 PM	29 Al-Anon 12pm  AA Meeting 6:30 – 8:30 pm	30 Qigong 6–7PM	31 			

## November/December Book of the Month

### Welcoming Wealth Workbook

Spirit is thought. Money is form. Both are important.

By Rev. Claudia Mulcahy, RsD

Money does not provide happiness. Neither does poverty. Being aware is what provides happiness. Money allows us freedom to be, have and do wonderful things. It is an agreed upon

form of exchange for services, time and or products provided. Money is just a lot more convenient than carrying around chickens and goats as a form of barter.

This workbook combines spiritual and practical systems to open our consciousness to greater levels of awareness, leading to greater levels of wealth.

## My Prayer for My Country

Believing in the Divine destiny of the Unite States of America and in the preservation of liberty, security, and self-expression for all, I offer this, my prayer for my country:

I know that Divine Intelligence governs the destiny of the United States of America, directing the thought and the activity of all who guide its affairs.

I know that success, prosperity, and happiness are the gifts of freedom and are the Divine heritage of everyone in this country.

I know that success, prosperity, and happiness are now operating in the affairs of every individual in this country.

I know that Divine guidance enlightens the collective mind of the people of this country, causing it to know that economic security may come to all without the loss of either

personal freedom or individual self-expression.

I know that no one can believe or be led to believe that freedom must be surrendered in order to insure economic security for all.

The All-Knowing Mind contains the answer to every problem, which confronts this country. I know that every leader in this country is now directed by this All-Knowing Mind and has the knowledge of a complete solution to every problem. Each is compelled to act upon this knowledge to the end that abundance, security, and peace shall come to all.

I know that this spiritual democracy shall endure, guaranteeing to everyone in this country personal liberty, happiness, and self-expression.

Ernest Holmes

### Book Store End of Year Clearance Sale

All books with two stars on sales slip are 75% off and all books with one star on sales slip are 50% off. Pick up books for yourself or as gifts for your family and friends.

### Power Hour – And More! Wednesdays 7–9 PM

This is the place to be on Wednesday! We continue to explore Spiritual Practices in November; that is until Thanksgiving Eve where we will join to celebrate a favorite holiday– food, friends, fun and gratefulness. Then in December the first Wednesday will be a guided meditation and sharing. The balance of the month will be Drumming Circle with Russell Sadat on the 10<sup>th</sup>, Candle Lighting with Lesley Alexander providing holiday music on the 17<sup>th</sup>. And then we will take a break on December 24 and 31.

See you there!  
Rev. Debby  
Rev. Matti

Carlsbad Church Of Religious Science  
The Carlsbad Center for Positive Living  
390 Oak Avenue, Suite H  
Carlsbad, CA 92008

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
ENCINITAS CA  
PERMIT NO. 170

## The Carlsbad Center for Positive Living

390 Oak Avenue Suite H  
Carlsbad, CA 92008

PHONE:  
760.434.9579

DIAL-A-TREATMENT:  
760.434.9584

### OUR VISION

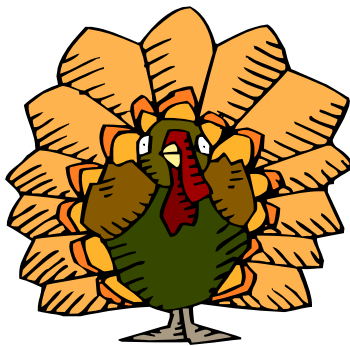
Awakening humanity to its  
Spiritual magnificence

### 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



**Happy Holidays!**

### 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

Dr. Jane Claypool

760.434.9579

Rev. Matti Dobbs

760.214.5628

Rev. Barbara Heley

760.967.1614

Rev. Claudia Mulcahy

760.434.9579

#### *Practitioners:*

Gail Privetts, R.Sc.P.

760.433.8082

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