



www.csicarlsbad.org

390 Oak Avenue, Suite H Carlsbad, CA 92008 760-434-9579

### Practicing the Presence January/ February 2010

*January:* We are starting the year off by going back to the basics of Science of Mind and deepening our understanding of how it all connects through affirmative prayer.

*February:* Life is a series of endings and beginnings. Join us as we look at the circle of life and expand it upward and onward to a greater unfoldment using the classic Lion King movie as inspiration.

#### Sunday Programs

9:30 AM Meditation

10:00 AM Service

11:00 AM Fellowship

New Spanish Service

Saturday Evenings at 6:30

Newsletter available on line  
at [www.csicarlsbad.org](http://www.csicarlsbad.org)

*Please share this link with others; together we can teach, demonstrate and inspire a positive approach to living.*

## Here We Goal Again

They have a saying in Texas that if you don't like the weather, stick around for 30 minutes and it will change. The same can be said of life only the 30 minutes might be more like 30+ days but change is going to happen. And for some strange reason, this is the time of year when we "resolve" to change. But we all know change takes more than will power and goal setting. It takes a coordination of words, actions and thoughts.

That is where the teaching of Science of Mind comes in. With the right tools, any and all change is not only possible but can unfold in ways that are loving, supportive and

easy. It also opens the door for bigger dreams, expanded self-awareness and greater love.

Once we understand there is a Power for Good in the universe and It is conspiring for our greater good, we know the only thing stopping us is us. Add to that a willingness to consciously use this Power for Good through the setting of intention and backing up our thoughts with right action and there is no stopping us.

This month, we are going to review the basics of this teaching. Whether you are new to this teaching or a life long student, there is value in these first *Continued on page 2*

## Practice Makes Perfect

*Sweet elixir. Perfect peace. Blessed quietness.* These words come to mind when I think of practicing the Presence. As I reflect further, I realize that practicing the Presence is more than the time I spend in quiet reflection or meditation. It is far more than that. Practicing the Presence is living consciously from a recognition of our connection to the Divine.

It is living from this place that I

realize that all is well and all will be well. Practicing the Presence is living from a consciousness that recognizes the Power and the Presence is always with me. Spirit as me is always working through me. No matter how bleak a situation appears to be, I know that it will always work out just fine because Spirit is in control.

Seeing the beauty in every sunset, feeling God kissing my cheek in the rain or feeling Spirit in every grain of

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four chapters of the Science of Mind textbook. I have learned through teaching the 100 series class for the second time through that there is something new to grasp every time you study these valuable chapters. Put on your “beginner’s ears” and join us as we start the year out on a positive growth note. In closing, I share with you the invitation that can be found in the first few pages of the text—

*PEACE BE UNTO THEE, STRANGER*

*Peace be unto thee, stranger, enter and be not afraid.*

*I have left the gate open and thou art welcome to my home.*

*There is room in my house for all.*

*I have swept the hearth and lighted the fire.*

*The room is warm and cheerful and you will find comfort and rest within. The table is laid and the fruits of Life are spread before thee.*

*The wine is here also, it sparkles in the light.*

*I have set a chair for you where the sunbeams dance through the shade.*

*Sit and rest and refresh your soul.*

*Eat of the fruit and drink the wine.*

*All is yours, and you are welcome.*

Now is the time to become aware of our divinity. This is the moment to be aware of the Presence of God in our lives. With our next breath we can become available for the Power of Good to work through and as us. Make this the year and make CSL Carlsbad the place.

~Rev Debby



*“As human beings, our greatness lies not so much in being able to remake the world as in being able to remake ourselves.”*

~ Gandhi

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sand as it squishes through my toes are favorite ways to practice the Presence. Yes, you guessed it, there are no special tools required to see and feel God’s presence everywhere. Practicing the presence is knowing that every day is sacred, every moment is holy and God is everywhere.

Yet, there are some practices that enhance our connection. Accepting the present moment, surrendering to it and finding the joy in the now allows me to feel the Presence. Quieting my mind and finding peace in the stillness of quiet mindfulness as well as daily prayer and contemplation or journaling

are wonderful ways to practice the Presence.

Practicing the Presence is a commitment to living a spiritual, principled life. As we launch a new year, I encourage you to join us as we practice being fully present, seeing God everywhere, in every situation, and in everyone we meet. We have stocked the bookstore with *Practicing the Presence*, a daily inspirational guide with room for journaling. We will add weekly meditations and monthly discussion groups. After all, we are all One.

~ Rev Matti



*“Where there is peace and meditation there is neither anxiety nor doubt.”*

~ St Francis of Assisi

## Grateful New Beginnings

New Beginnings are always exciting and 2010 looks like a very good year for those of us who use Science of Mind to sail through life. We are always ready for renewal and rejoicing because it is a part of our religious tradition. We believe in living in the present, releasing the past and letting the future take care of itself. We believe that there is always time for celebrating, and that each day is a new day. We believe that we are not slaves to our history.

As we enter the new year, let's remember that no matter how gloomy last year's finances were, this year can be prosperity in all our pockets. We are not subject to the economic trends on the news because we can make our own news and trends. Let's really take charge of our lives this year. Shall we?

It may not seem easy to change your mind, but it can be done. You know more about creating your own destiny than you did a year ago and that is a reason for gratitude. You know that you can accentuate the positive and eliminate the negative by using basic Science of Mind tools. If economics are on your mind, I suggest you start each morning affirming your wealth. ***God is my only source and God is infinite supply. I am one with God.***

There is much to be grateful for. The winter months are my favorite time of year in San Diego. We will have some rain, if we are lucky, but most of our days will be crisp, clear and sunshiny. We must be sure to be thankful for the opportunity to enjoy the wonderful part of the year in the most perfect climate in our nation. When the sun shines, lift your face and thank God for all your blessings. ***I give thanks for the blessings that are bestowed upon me by the Creator of the Universe in its Infinite Glory and Love.***



It is always a good day to be alive. For many years, I have started mornings by rolling out of bed and saying, **Another day to be glad in.** No matter what goes on as the day unfolds, you can lift your mood and

bring yourself back to your basic love of life by taking a few minutes to make a gratitude list. If you haven't time for pencil and paper, simply count your breath ten times and on each exhalation remind yourself of something that is good and getting better in your life. **I give thanks for the air I breathe, for my loved ones and for the food I eat. I give thanks in all things.**

Giving thanks is a great way to make your life happier. It is always better to look at the positive solutions than look at the problems. Instead of berating yourself for the money you spent that you could have saved, give thanks that you have the money you have. You will find your life is more beautiful and you will discover your money increases.

This is usually the time of year when thoughtful people make resolutions. For many years my resolutions were the same and I found that discouraging. Give up smoking, lose weight and save money appeared over and over. When I looked at my January lists I was filled with remorse. Goals are great but looking at what's wrong with you or your lifestyle doesn't always promote change. If you really want to change things, you need to change your mind. You have heard it many times before and you are already an expert in many ways. This year, I suggest you use gratitude as a principal tool for creating your new beginning.

Begin at the beginning with a new gratitude list today.

~ Dr. Jane

*“Gratitude is not only a virtue but is also part of a practical philosophy of daily life. There is no wiser way of living than to remember every morning what life has given us, and to lift up our thought in thankfulness for every bounty we possess.” ~ Ernest Holmes*

## Many Thanks

When Rev. Debby and Rev. Matti offered a space for us to conduct our services and classes at the Center for Spiritual Living Carlsbad, at first I hesitated. Many of our members were from Escondido, Vista and even as far as Hemet. Then at the Ordination Ceremony, Rev. Matti said she wished we would come to Carlsbad. Well that cinched it. Here we are; Latinos and others from Oceanside, Escondido, Vista, Hemet and Carlsbad.

We are not only Latinos, our group is diverse and we welcome everyone to join us for a daytime study group. We are regular Americans studying Science of Mind and other interesting metaphysical subjects. Until recently we have been doing a study of the Lost Books of the Bible. That being concluded we will now focus on prosperity, of course. We have daytime classes for people that choose to study in the day for various reasons. We will start "Ask And It Shall Be Given", the Ester Hicks/Abraham book on Monday Jan. 4<sup>th</sup>, 2010. We will also be offering

SOM 207 "Thomas Troward's Edinburgh Lectures" beginning Thursday Jan. 7<sup>th</sup>, 2010. This class is accredited for those on the Practitioners' path. These classes are offered in English.

On Tuesday night, the Spanish-speaking group will be studying *The Five Gifts for an Abundant Life*, the Diane Harmony book and course on prosperity. A Spanish language service is conducted on Saturday evenings in the sanctuary at 6:30PM, thanks to your great generosity. Many thanks to the Center for Spiritual Living Carlsbad for a home to those from far and near that love the Science of Mind teaching of Ernest Holmes and others.

For anyone interested in joining on our daytime classes, you may call the Carlsbad Center office or Rev. Cecilia at 760-918-6612 or email [forceawakens@mac.com](mailto:forceawakens@mac.com).

From the students and myself, With great gratitude. ~ Rev. Cecilia Rodarte

### Nourish the Center that Spiritually Nourishes You

1. Set up an automatic monthly contribution via credit card or bank account
2. Donate \$25 to the flower fund in honor of someone special, including yourself
3. Volunteer at the Center

Call the office at 760-434-9579 or send an e-mail to [truthliving@aol.com](mailto:truthliving@aol.com)

## Ready to Grow?!?

We are kicking off this year with two very special ways to practice the Presence and Power of Good in our lives.

First, we are going to use the daily journal, *Practice the Presence*, as our guide for 2010. In addition to Sunday readings and meditations from the journal, we will have monthly topic discussions and mini- workshops. The book is available in the bookstore for \$16.00 and includes an inspiration quote, thought for the day and room to write what moves you after reading.

Second, we will be kicking off the year with a classic, *The Abundance Book*, by John Randolph Price. This 40 day Abundance Program will jump start the year and requires as little as 10 minutes a day. We will support the process by meeting after service for a quick check on the process and realized results.

Join us as we embrace our power, connect to the Presence and enjoy sharing the Good Life. Now is the time, CSLC is the place, so grab on to life and say YES!

"We are uniquely individual to God, and God is uniquely personal to each one of us" ~Ernest Holmes