

# The Carlsbad Center for Positive Living

February 2008

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

## FEBRUARY THEME

## FEBRUARY TOPICS

10 AM SERVICE

**3<sup>rd</sup> Activating Self-Love**  
Dr. Jane Claypool

**10<sup>th</sup> Activating Love for Others**  
Rev. Debby O'Donnell

**17<sup>th</sup> Activating Love for God**  
Rev. Matti Dobbs

**24<sup>th</sup> Activating Love for Our World**  
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.

"If you refuse to accept anything but the best out of life you very often get it."

- William Somerset Maugham

## "All We Need Is Love"

The Beatles sang that song over forty years ago and most of us have been singing some variation of it all our lives. We do need love and we need to experience the joy of being loved as well as the joy of giving love on a constant basis if we are truly to have good, happy, healthy lives.

We need to experience love to be happy because our essential nature is Spirit or God and God is love. So, when we are loving, we are being God and when we are not loving, we are bound to feel alone and unhappy.

## Love Letters

Love letter to Self: Dear Me, I must confess that I have loved you since we were first introduced on this planet earth. The very sound of your voice is music to my ears. When you smile, it is as if the entire world smiles back. And when you give from the heart, the world becomes a better place. Love Always, Me

So, is this a letter you could write to yourself? We are created in the

We need to feel love in order to be healthy as well. Modern science teaches us that we need to give and receive love if we want to live longer, and recover from illness quicker. Want to lower your blood pressure? Get a doggie to pet. This is a proven fact and nursing homes now have people who bring their dogs to visit just so residents can have the experience of petting which is just one way of expressing love.

Here at the Center For Positive Living, we try to practice love in many ways. We are nice to each other. We give loving service to our

church. Everyone who provides refreshments or does the set up on Sunday morning is expressing love. We also express love when we put our contribution in the collection bags.

We not only practice love, we teach people how to attract more love into their lives. We teach them to be loving in order to attract love. One of the greatest secrets taught in Science of Mind is that we must become what we wish to have in our lives.

*Continued on page 2*

image and likeness of God. And so to love God, to know God and to respect God is to love, know and respect oneself. Now, I realize that there are times when we are not acting our best, times when we are judgmental, critical and even self-loathing. But there is a part of us we cannot hear and that is singing the praise of love.

Many of us were raised

to view the most important love of our life as a romantic love. And while I agree that it is some kind of wonderful, real love is never ending and expressed beyond just that special someone. When we expand our definition of love to include all that is good,

*Continued on page 2*

## “All We Need Is Love.” *continued from page 1*



Self-trust is the first secret to success.  
-- Ralph Waldo Emerson

In my more than 20 years as a Religious Science practitioner, I have talked with so many lonely people who could or would not extend their hands and hearts in friendship. Whether they were hemmed in by resentment or fear, they first had to learn how to be loving before they could experience love in their lives.

Imagine that life is a dance and that some of us are huddling in the corner, waiting to be asked to dance while others of us are smiling and laughing and moving around while we seek the perfect partner. Who wins the Princess or captures the attention of Prince Charming? Perhaps the most inaccurate of all the old fairy tales is the one about sleeping beauty. Life is an activity, not a

frozen moment.

One important lesson we all need to learn is that we cannot use love as a manipulative tool. “If you loved me you’d buy me a Cadillac,” is a dreadful message to send to a loved one. It gets poor results and so does, “If I buy you a Cadillac will you love me?”

Manipulation doesn’t work because spiritual laws are specific. What you give, you must give with a free hand or it is given in an atmosphere of lack and limitation. It will bring lack and limitation, not the love we yearn for. Manipulation doesn’t produce love and freedom but loneliness and bondage.

Beware whenever you hear yourself saying or thinking, “I’ve given you the best years of my life.”

Or, “After all I’ve done for you.” Or especially, “If you love me you will change, and do what I want,” you are in trouble. Those thoughts and words are manipulative not loving and they will not get you love.

Love comes freely, without struggle because you are loving. It is God expressing through you in a beautiful cycle of giving and receiving. It is the living spirit moving upon the waters.

Because you are a unique and individualized expression of God, you have the capacity to be whatever you want and attract whatever you are. You can choose love by attending Sunday services in February.

Dr. Jane



Love conquers all things; let us too surrender to Love.

-- Virgil

## Love Letters *continued from page 1*

then we can see the love we have in our hearts is always pressing to express in wonder-filled ways.

It is expressed with positive live affirming thoughts and actions. We express it when we are in service to our fellow man. We are even expressing love when we spend quality time on a project that has interested us. Even receiving a gift is love in action but it is because it is opening up the heart and allowing the

feelings to flow.

This month we are going to focus on activating that loving Spirit which will carry us through anything that this world can throw at us. Let us together write a love letter to Self that is filled with truth, with self-expression and appreciation. Then let’s turn it into a love story that continues to unfold throughout the rest of our lives. Let’s start now!

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking. It is not easily angered; it keeps no record of wrongs. Love does not delight in evil, but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres. Love never fails. ~I Corinthians 13:4-8~

Rev. Debby

# February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AI-Anon 12PM  AA Meeting 7:30PM	2 Gay AA Meeting 6PM
3 Qigong Healing Circle – 9:30AM Gail Privetts  Activating Self-Love Dr. Jane Claypool	4 AI-Anon 12PM  Visions Meeting 6 PM	5  SOM 101 1-3:15 PM Dr. Jane Claypool	6 Board Mtg 5:00PM  Power Hour 7-8 PM	7 AI-Anon 7PM  SOM 205 Spiritual Economics 7PM Rev. Matti Dobbs	8 AI-Anon 12PM  AA Meeting 7:30PM	9 Gay AA Meeting 6PM
10  Activating Love for Others Rev. Debby O'Donnell	11  AI-Anon 12PM	12  SOM 101 1-3:15 PM Dr. Jane Claypool	13  Power Hour 7-8 PM	14 AI-Anon 7PM  SOM 205 Spiritual Economics 7PM Rev. Matti Dobbs	15 AI-Anon 12PM  AA Meeting 7:30PM	16  Gay AA Meeting 6PM
17 Activating Love for God Rev. Matti Dobbs Annual Meeting & lunch	18  AI-Anon 12PM	19  SOM 101 1-3:15 PM Dr. Jane Claypool	20  Power Hour 7-8 PM	21 AI-Anon 7PM  SOM 205 Spiritual Economics 7PM Rev. Matti Dobbs	22 AI-Anon 12PM  AA Meeting 7:30PM	23 Gay AA Meeting 6PM
24 Activating Love for Our World Rev. Debby O'Donnell	25  AI-Anon 12PM  Book Club 2 PM	26  SOM 101 1-3:15 PM Dr. Jane Claypool	27  Power Hour 7-8 PM	28 AI-Anon 7PM  SOM 205 Spiritual Economics 7PM Rev. Matti Dobbs	29 AI-Anon 12PM  AA Meeting 7:30PM	

## 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

**Practitioner Corner**

**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.

February ushers in the season of "Love." Bright red hearts decorate stores in celebration of Valentines Day. Let's make everyday Valentines Day and take the time to celebrate love, life and living. During this month I am making an effort to monitor my behavior and to consciously express love to everyone I encounter. I am sometimes surprised at what I find myself doing and saying and being inconsistent with my goal. Without self-criticism and judgment I gently get back on track.

Our purpose on earth is to express God. Since God is love our mission here is to love and be loved. When this aspect of our lives doesn't work right nothing seems to go right. On the other hand, when we pause and take the time to be fully present, kind and loving, life seems to flow more smoothly.

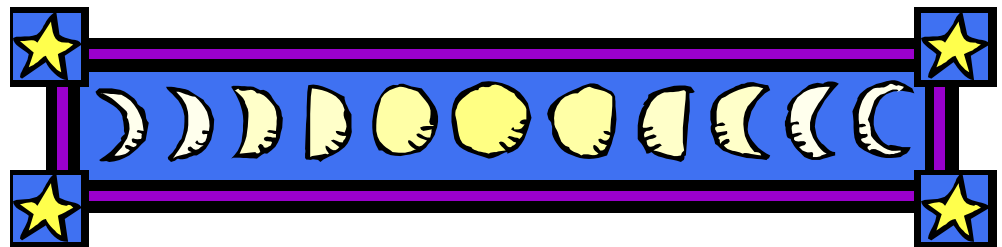
Love is our essential nature. The love affair is between you and Spirit, between you and your higher self and begins with the recognition of your own Divinity. The answer to feeling more

complete, more satisfied, and happier lies within yourself.

Each of us is pure Spirit expressing. When we recognize, acknowledge and live in the Presence from moment to moment our lives change, we become more loving; we attract more love and love outpictures in our lives as health, happiness and prosperity. Happy Valentines Day.

Namaste

Rev. Matti Dobbs



**Spiritual Economics – SOM 205  
Thursdays at 7 PM with Rev. Matti Dobbs**

In this class you will learn practical steps to activate spirituality in your finances and increase your prosperity. We live in an abundant universe. Empower yourself to partake of this abundance and increase your bottom line.

"It isn't what happens on Wall Street that matters. It's your attitude about what happens on Wall Street", says Eric Butterworth. Explore your attitudes toward money and ways to take action steps for change in a loving,

supportive class of like-minded people.

Class will be held February 21 – April 10, 2008. The fee is \$150 for the 8-week course.



He that falls in love with himself will have no rivals.

-- Benjamin Franklin

## Books! Books! Books! Featured in February

"We are reality-producing machines. We create the effects of reality all the time. If we take information from a small knowledge base, we have a small reality. If we have a large knowledge base, we have a large reality." Joe Dispenza.

What authors would Ernest Holmes read today? Surely he'd have delved into the classic authors of today's world in order to access the best information possible in the fields of philosophy, great religions, modern science, spiritual healing, and all aspects of the metaphysical world. His analysis and synthesis of the valuable information available during his lifetime in each of those areas form the basis for our current belief system. As we are co-creators with the Divine Spirit, our Source, relevant ideas have emerged in the

ensuing years since Holmes brought Religious Science into existence.

Beside such authors as Wayne Dyer, Deepak Chopra, Thich Nhat Hahn, the Dalai Lama, Eckhart Tolle, Holmes would have enlarged his horizons with many more like Marianne Williamson, Neale Donald Walsh, Joan Borysenko, and John Randolph Price, including books and DVD's like the "Secret" and "What the Bleep Do We Know?" Just as Holmes enlarged his base of wisdom by reading and seeking the knowledge of others, you too can profit by establishing a program of spiritual reading and meditating.

This month's featured books include: "Your Soul's Assignment" by

Chris Michaels. Take this book to heart. Allow it to open your life to forgiveness and love of self, God, and others. Its simplicity can move you into wholeness. Peace.

"The Law of Attraction", Esther and Jerry Hicks, contains explanation and direction on how the Law works to allow each of us to achieve the Go(o)d that we know we are. Relax into the ways and means of abundance in life experiences. Namaste.

"Eat, Pray, Love" is Elizabeth Gilberts personal journey through loss and depression to feeling and seeing love wherever she goes. Her beautiful prose of acceptance will pluck your heartstrings to sing with her. Love.

Rev. Barbara Heley



### Go Amazon.com

We have many intriguing titles on the shelves in our CPL bookstore that we'd love for you to read. However, our inventory isn't as huge as that of Amazon.com. Every time you purchase books from Amazon through our website [www.carlsbadcenterforpositiveliving.com](http://www.carlsbadcenterforpositiveliving.com) you generate income for CPL. Just click on the Amazon button from our web site to purchase your selections and a percentage of your sale goes to CPL. How easy is that? It's one of those Win-Win situations. Risk and Adventure, try it out.

Through reading we gather knowledge.

Through listening and discussion with others we gather wisdom.

Through defining our own divinity, we create our own reality of our spiritual and physical life.

Through following our own path to awareness, we gather enlightenment.

Rev. Barbara Heley



## A Healthy CPL-Annual Meeting - Feb. 17th

I believe a healthy Spiritual Community includes a welcoming place to meet, classes that support the ideas of the personal growth and abundance, workshops, uplifting Sunday service with a meaningful message and a place to be of service and in community. From a non-profit business point, it includes a solid financial

base, a defined tithing plan and active board.

CPL is a healthy Center, but we have some work ahead of us in terms of growth, support and financial support. Your input is important to us, which is why I am personally asking each of you to participate in our annual meeting. We will review 2007 and look

ahead to 2008 in terms of budget, activities and events. Change is good, managed change is even better. Together, we can improve the health and outreach of CPL.

Join us after service on Sunday, February 17<sup>th</sup>. A light lunch will be served.

Rev. Debby

# Save The Date

## CPL Annual Meeting – February 17<sup>th</sup>

Join us after service for our annual meeting and a light lunch. Your participation and input is greatly appreciated and valued.

## Unscheduled Income Group

Rev. Claudia has successfully lead Unscheduled Income groups, creating thousands of dollars for participants. Come join our circle 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.

## Power Hour Wednesdays 7-8 PM

Join us every Wednesday evening from 7-8 PM in February and as we continue to activate our spirituality. These Power Hours are up close and personal and a great way to make new friends.

## Wisdom Healing Qigong Circle 1<sup>st</sup> Sunday of the month 9:30 AM

Join Gail Privetts on the first Sunday of each month and improve your interaction with mind and body in the Chi field.

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

## **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

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