



Center for
Spiritual Living™
Capistrano Valley

March — April 2010

Dear Ones,

As I write this my heart is filled with gratitude and inspiration; I am greatly blessed to be the spiritual director and senior minister of our beloved Center because I truly have the best job in the world. I am paid to pray, meditate, teach classes and bring to the Sunday service inspiration and tools for transformation. Thank you.

I am greatly blessed to be the spiritual director and senior minister of our beloved center because I truly have the best job in the world.

I am writing this article looking out at a snowy courtyard having been blessed by attending the Mile Hi Center for Spiritual living in Denver. What a moving and uplifting service it was! From the moment we arrived until the moment we left we were embraced by love and kindness. The Mile High Center is a Center for thousands of people in the Denver area. The setting is exquisite, the ambiance of the sanctuary is truly beautiful (The service began with the song, “Surely the Presence of Spirit is in this place.” And surely it was.)

All of the songs, prayers, and especially the spectacular message by Rev. Dr. Roger Teel were inspirational. I am here for the first ever joint International and United Centers for Spiritual living leadership gathering. My heart was opened, my mind has been expanded, and my spirit is soaring.

Later this afternoon I registered for the conference and began meeting friends. I feel so blessed

Meanwhile, March and April themes beckon. In March we will be exploring the spiritual practice of Temperance. This word sounds a little like prohibition to me but it is really another way of looking at balance in our lives. What a great time to reflect upon what occupies your time and attention?

Continued on page 2.



Dr. Heather Clark

Happy St. Patrick's Day!



March 17, All Day Long!

Dr. Heather Dawn Clark

Senior Minister

Rev. Judee Chapman

Asst. Minister

Wed. Services

Rev. Alene Kramer

Asst. Minister, SEVA

Rev. Madi Layng

Staff Minister

Rev. Geoff Layng

Staff Minister

Rev. Bruce Fredenburg

SOM & Mental Health

Rev. Dave Lewis

Prayer Ministry

Rev. Patricia Truman

Events Coordinator

Diane Hennessy

Center Administrator

Karyn Allen

Bookkeeper

Pattie Mercado

Youth Director

Jean Turrell-Wright

Choir Director

Peter Herz

Music Director

Norm Lessard

Sound Technician

Joan Evans-Fay

Membership

Barbara Klein-Robuck

Circle of Love

Rose Tingle

Animal Kinship

Mia Cook

Bookstore Manager

Bob Slater

Technical Team Leader

Pamela Rocke

Newsletter Editor

Dr. Heather's Message

Continued from page 1

If you charted your week would there be a balance between the important aspects of your life -- work, play, family, health, creativity, relationships and spiritual growth? If you are in balance, celebrate your balanced and temperate life. If you are not in balance, it is time to give yourself the gift of perfect balance and consciously take more time for the neglected areas in your life.

In April we will be exploring the ideas about community as spiritual practice. In this community are you connecting with other members and friends? Does anyone in this community know you well enough to know if you are in need emotionally, physically, financially, relationally or spiritually? Do you know at least one other person in this community well enough to support him or her when they are in pain? Part of our spiritual evolution is to practice opening our lives so that others are embraced by our spirit and our light helps them find their way. You could probably do better. I know I could. In April, we will look deeply about ways we can make each other welcome in our spiritual home.

Also in March, I will be joining my dear friend, Dr. Jane Claypool for a weekend of spiritual deepening and enriching at Miracle Springs resort in Desert Hot Springs. For all women reading this, I would love you to join us. Karyn Allen and Jean Turrell-Wright will be leading us musically. It will be a weekend of creating community among ourselves. On April 11, my mentor, teacher and friend, the Rev. Dr. Sue Rubin, will be speaking for me. She will also be presenting a workshop that afternoon. It is a must see.

I am continuing to love our journal and encourage everyone to work along with us as we explore temperance and community as Practicing the Presence.

Love,
Heather

Wisdom Circle: Living

From Divine Guidance
with Elisheva Herrera

Mondays beginning
March 8; 7 - 9 p.m.

Love Offerings Accepted

Contact Eli at
thegoddessings@gmail.com

Save the Date!

Our annual retreat

Waves of
Awakening

May 21 - 23

Message from the President of the Board of Trustees

Our **annual meeting** will be held Sunday, March 7 after the second service in the sanctuary. This year our In-Flight teens will sponsor a **salad bar** before the meeting!

The annual meeting is when our Spiritual Director, **Dr. Heather**, presents her vision for the upcoming year and beyond. Your board of trustees, along with **our CPA, Michael DiStefano**, will recap the financials for 2009 and present the budget for 2010.

We will celebrate the accomplishments from the previous year and **honor our outgoing board member**. It is a meaningful and rich time when we come together as a spiritual community to honor our center as a whole and each of us who individually make it the amazing and wonderful place we call home!

This year our board of trustees bids farewell to **Rev. Dave Lewis as a board member**. Rev. Dave has served on our board for **eight years** completing the term of another member and then serving two consecutive three-year terms. He has graced our board with his **wisdom, wit and high standard of fairness and caring**.

During his tenure, Rev. Dave has served as the **Secretary** of our board filing local, state and federal documents, sending and recording the notices and proxies for any congregation meetings, maintaining accurate and complete records and for the past year Rev. Dave has added Recording Secretary to his already full plate. As the leader of our Prayer Ministry, regular Wednesday's Wisdom speaker, and a **popular teacher of Science of Mind classes**.

Rev. Dave has gracefully included the duties and tasks of being a fully participating board member. He has brought a balance of **perspective and knowledge** to our board and our center that has been a blessing. On behalf of our board of trustees, I gratefully acknowledge and appreciate Rev. Dave for his dedicated and **selfless service**.

As our bylaws permit us to have a 7 - 9-member board, we will not fill the position vacated by Rev. Dave at this time. We *will*, as a board, remain prayerfully open to any leader who presents themselves to serve on our board and welcome your inquiries. As you all know, our **board meetings are open to anyone who** would like to attend and are on the calendar in our center's newsletter.

I look forward to seeing you all on March 7 at our annual congregation meeting.

With Love, **Pattie Mercado**



Pattie Mercado
President of the
Board of Trustees

Monthly Visioning at the Center

March 9, 5:30 p.m.

April 6, 5:30 p.m.

May 11, 5:30 p.m.

You are invited to be involved in visioning our center's future. Your creativity is needed and appreciated!

Visioning is a meditative practice designed to tap into our inner wisdom.

In the Sanctuary.

Youth Center

Pattie Mercado, Youth Director

Sundays At the Youth Center

Our Sunday youth church classes are all about experiencing fun, sacred time and connection - all through social connection, discussion, crafts and spiritual practices.

There are many ways to participate in our youth program. Please contact Pattie Mercado to find out more about volunteering in any of the following areas.

Lead volunteer / teacher – prepare and present Sunday lesson.

Assistant volunteer / teacher – assist the lead teacher in preparing and presenting the Sunday lesson.

Greeter – arrive 15 minutes before the service to greet the families as they arrive, welcome and assist new families with signing in, finding classroom or nursery and the procedure for the children joining parents in the service.

Office support – Kiosk and bulletin board displays, treasure chest, shopping etc.

Nursery support – rotate and maintain toys in our nursery.

Fundraising – Coordinate and assist in implementing various fundraising ideas for our youth and family programs.

Service projects – research and coordinate regular service projects throughout the year.

Kids Day Out

Tuesday mornings continue to be filled with laughter, imagination and friends as our 2-4 year olds and their parents play, connect and have fun during our weekly Kids Day Out.

Kids Day Out is currently full; to be added to the wait list please contact Pattie Mercado.

In-Flight Teens

We have a series of great fund raising events planned for the next several months. During March, April and May, the In-Flight Teens group will be raising funds to help finance their participation in the International Centers for Spiritual Living Teen Summer Camp.

Here's a list of all the fun things we have planned:

March 14 All Center Talent Show
Sponsored by the In-Flight Teens

March 14 Pre-show Salad Bar
after second service

March 28 In-Flight Salad Bar
after second service

April 11 In-Flight Teen Salad Bar
after second service

May 2 In-Flight Car Wash

Preteens

The Preteen group is planning several fundraisers as well:

April 4 Preteen Bake Sale

April 18 Preteen Bake Sale

Plan Ahead for Summer Camp!

Voices of God Summer Day
Camp

July 19 - 23, 2010

Preteen Summer Day Camp

August 16 - 20, 2010



Coming Soon

Our youth center will be selling a discount card! Discounts for local businesses and services. More information will be available soon.

Conscious Parenting

A heart-centered conscious parenting course to help you create the family of your dreams.

Redirecting Children's Behavior is a powerful 5-week course for parents with children ages 0 to 18 years that teaches practical and positive parenting skills that work!

It is based in love and respect, and supports the core relationship between you and your child.

For your convenience, this class is offered both in the evening and during the day.

Evening Class

Mondays, March 29, April 12 and 26, May 10 and 24; 6:30 - 9 p.m.

Day Class

Wednesdays, March 31, April 7, 14, 21 and 28; 9:30 a.m. - 12 p.m.

Where: Center for Spiritual Living Capistrano Valley

Tuition: \$175

Info and Registration:

Pattie Mercado

949.240.6463 x 105

or pattiem@cslcv.org

Classes and Events

SOM 103: Building a Healing Consciousness

Your present consciousness is a result of your beliefs, fears, and thoughts. Some you may understand, and yet be unaware of others. Regardless, they impact your life. Shifting into a healing consciousness requires changing how you see the world, what you believe and fear.

This course offers you tools to change your thinking and your life. With practical and simple methods you will heal your consciousness.

Rev. Alene Kramer; Tuesdays; 8 weeks

March 16 - May 4; 7 - 9:30 p.m.;

Tuition: \$120

Text: *The Science of Mind*,
by Ernest Holmes

SOM 215: The Seven Spiritual Laws of Success

Using Deepak Chopra's book on the *The Seven Spiritual Laws of Success* as a practical guide to fulfillment; this class presents a spiritual approach to success and affluence. Once we understand our true nature and learn to live in harmony with Universal Laws, an overall sense of personal well being, good health, fulfilling relationships, material abundance and greater aliveness emerges.

We will also study the teachings of Wallace Waddles.

Rev. Patricia Truman

Mondays; 8 weeks

March 15 - May 3; 7 - 9:30 p.m.;

Tuition: \$120 ; Text: *The Seven Spiritual Laws of Success*,
by Deepak Chopra

Essential Self Open Workshop

Special guest David Leonard joins us on Saturday March 20 for this final Essential Self retreat. All are welcome to attend Saturday, March 20. You may attend the retreat all day, 9 a.m. - 4:30 p.m. (includes lunch) for \$100, which includes David Leonard's workshop, or attend the workshop only from 1:30 - 4:30 p.m. for \$35.

For more information, or to register, call 949.240.6463.

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March

Temperance

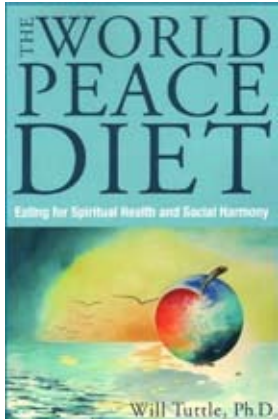
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SOM 203 <i>Thing Called You</i> 7/8 7-9:30 p.m. Revs. Geoff & Madi	2 SOM 300 <i>Practitioner</i> 7-9:30 p.m.	3 Wednesday's Wisdom 7-8 p.m.	4 Choir Rehearsal 7 p.m.	5 Consciousness Cafe Concert 7 - 10 p.m. Office Closed	6
7 <i>I Am Worthy</i> Guest Vocalist: Nadine Risha Annual General Meeting, 12:30 p.m.	8 SOM 203 <i>Thing Called You</i> 8/8 7-9:30 p.m. Revs. Geoff & Madi	9 Visioning 5:30 p.m. SOM 300 <i>Practitioner</i> 7-9:30 p.m.	10 Wednesday's Wisdom 7-8 p.m.	11 Choir Rehearsal 7 p.m.	12 SOM 400 <i>Ministerial Training</i> 7-10 p.m. Office Closed	13 SOM 400 <i>Ministerial Training</i> 9 a.m.- 4 p.m.
14 <i>The Gentle Nature of Spirit</i> Guest Vocalist: James Higgins Pre-show salad bar All Center Talent Show 1 - 3 p.m. Sponsored by In- Flight Teens	15 SOM 215 <i>Laws of Success</i> 1/8 7-9:30 p.m. Rev. Patricia	16 SOM 300 <i>Practitioner</i> 7-9:30 p.m. SOM 103 <i>Healing Consciousness</i> 1/8 7-9:30 p.m. Rev. Alene	17 Wednesday's Wisdom 7-8 p.m. St. Patrick's Day 	18 Choir Rehearsal 7 p.m.	19 Office Closed	20 <i>Essential Self</i> with David Leonard - in person 9 a.m - 4:30 p.m.
21 <i>All things are Possible, But Not All Things are Advisable</i> Guest Vocalists: Choir	22 SOM 215 <i>Laws of Success</i> 2/8 7-9:30 p.m. Rev. Patricia SOM 400 <i>Ministerial Training</i> 7-10 p.m.	23 SOM 300 <i>Practitioner</i> 7-9:30 p.m. SOM 103 <i>Healing Consciousness</i> 2/8 7-9:30 p.m. Rev. Alene	24 Wednesday's Wisdom 7-8 p.m.	25 Choir Rehearsal 7 p.m.	26 Office Closed	27
28 Guest Speaker: Susan Valesquez <i>Unleash Intuition</i> Guest Musician: Michael Fennelly In-Flight Salad Bar after both services	29 SOM 215 <i>Laws of Success</i> 3/8 7-9:30 p.m. Rev. Patricia Evening Parenting Class 6:30-9 p.m.	30 SOM 300 <i>Practitioner</i> 7-9:30 p.m. SOM 103 <i>Healing Consciousness</i> 3/8 7-9:30 p.m. Rev. Alene	31 Day Parenting Class 9:30 a.m.- 12 p.m. Wednesday's Wisdom 7-8 p.m.			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Choir Rehearsal 7 p.m.	2 Good Friday Service 7 - 8:15 p.m. Office Closed	3
4 <i>In Service to Humanity</i> Guest vocalist: Choir with Melissa Suzanne Easter Sunday Preteen bake sale	5 SOM 400 <i>Ministerial Training</i> 7-10 p.m. SOM 215 <i>Laws of Success</i> 4/8 7-9:30 p.m. Rev. Patricia	6 Visioning 5:30 p.m. SOM 103 <i>Healing Consciousness</i> 4/8 7-9:30 p.m. Rev. Alene	7 Day Parenting Class 9:30 a.m.- 12 p.m. Wednesday's Wisdom 7-8 p.m.	8 Choir Rehearsal 7 p.m.	9 SOM 400 <i>Ministerial Training</i> 7-10 p.m. Office Closed	10 SOM 400 <i>Ministerial Training</i> 9 a.m.- 4 p.m.
11 Guest Speaker: Dr. Sue Rubin <i>From One Comes the Many</i> Guest Vocalists: AllenDale In-Flight Salad Bar after both services	12 SOM 215 <i>Laws of Success</i> 5/8 7-9:30 p.m. Rev. Patricia Evening Parenting Class 6:30-9 p.m.	13 SOM 300 <i>Practitioner</i> 7-9:30 p.m. SOM 103 <i>Healing Consciousness</i> 5/8 7-9:30 p.m. Rev. Alene	14 Day Parenting Class 9:30 a.m.- 12 p.m. Wednesday's Wisdom 7-8 p.m.	15 Choir Rehearsal 7 p.m.	16 Office Closed	17 Saturday Date Night 4 - 7 p.m.
18 <i>Creating Healthy Boundaries</i> Guest Vocalist: Cheryl Crandel Preteen bake sale	19 SOM 215 <i>Laws of Success</i> 6/8 7-9:30 p.m. Rev. Patricia	20 SOM 300 <i>Practitioner</i> 7-9:30 p.m. SOM 103 <i>Healing Consciousness</i> 6/8 7-9:30 p.m. Rev. Alene	21 Day Parenting Class 9:30 a.m.- 12 p.m. Wednesday's Wisdom 7-8 p.m.	22 Choir Rehearsal 7 p.m.	23 Office Closed	24
25 <i>Science of Mind and Ethics</i> Guest Vocalist: Beth Fitchet Wood	26 SOM 215 <i>Laws of Success</i> 7/8 7-9:30 p.m. Rev. Patricia SOM 400 <i>Ministerial Training</i> 7-10 p.m. Evening Parenting Class 6:30-9 p.m.	27 SOM 103 <i>Healing Consciousness</i> 7/8 7-9:30 p.m. Rev. Alene	28 Day Parenting Class 9:30 a.m.- 12 p.m. Wednesday's Wisdom 7-8 p.m.	29 Choir Rehearsal 7 p.m.		

Animal Kinship Ministry

Rose Tingle, Animal Kinship Ministry

World Peace Diet



On Saturday, 2 p.m. March 6, 2010, you are invited to a presentation by Dr. Will Tuttle, author of the book, “World Peace Diet.” He will present the main ideas from his book - why consuming animals may affect us both physically and spiritually, and the inter connectedness of all life.

Refreshments will be served afterwards. A love offering for the workshop will be accepted.

On Sunday, March 7, after each service at the Animal Kinship patio table, our subject will be “The Flexitarian Way” - a growing movement to reduce animal product consumption that benefits human health, animal welfare, and the environment.

Compassion Fatigue Workshop

Compassion fatigue has been identified by medical doctors as a secondary traumatic stress disorder that may occur in people caring for and helping traumatized or suffering people or animals.

Therefore, the Animal Kinship Ministry called upon the Humane Society of the U.S. University to conduct their Compassion Fatigue workshop here at our Center. We are happy to announce they agreed. The workshop will be on Saturday, April 24, 2010. Since we are cosponsoring this event, the HSUS is able to offer the workshop at a reduced price of \$25.00 per student. Please register by April 10.

For more information and to register online, go to http://www.humanesocietyu.org/workshops_and_classes/cfsanjuan.html.

Classes and Events

Continued from page 4.

On Holy Ground

Good Friday Service

Join us as we celebrate Good Friday on April 2. Centers from all over Orange County, including the Pacific Center for Spiritual Living, Spirit of Life Community Church, Center for Spiritual Living Laguna Woods, Center for Spiritual Living Newport-Mesa and more, will gather at the Center for Spiritual Living Orange County.

This fabulous service includes a performance by the combined choirs of several centers, including our own.

Center for Spiritual Living Orange County

7 - 8:15 p.m.

25782 Obrero Dr., Unit D

Mission Viejo, CA 92691

Dr. Sue Rubin:

Changing Times, Changing Lives

Dr. Sue Rubin delivers a powerful workshop on Sunday, April 11. Change is a part of our lives - it's essential to life. But it isn't always what we think of as pleasant. Change can be challenging, especially now.

During this practical and supportive workshop, Dr. Sue will show how the consistent use of spiritual practices — meditation, affirmative prayer and living the principles of the Science of Mind lead to greater health, wealth and happiness.

Dr. Sue Rubin's love of Spirit, her energy, depth of knowledge and enthusiasm brings a richness to her workshops. Dr. Sue is the former senior pastor of Center for Spiritual Living Westlake Village.

Dr. Sue Rubin

Sunday, April 11; 1:30 - 4:30 p.m.

Cost: Love Offering

Wednesday's Wisdom

Practicing the Presence Changes...

Rev. Judee Chapman, Assistant Minister

Everything is always changing..... the weather, the seasons, and our thoughts. Our emotional and physical bodies are in constant movement and change. This is because Spirit is constantly passing into form — and creation is eternally going on. So the body of the Universe cannot help but to change!

There is only one thing that never changes... Spirit! Spirit cannot change, for being All, there is nothing for It to change into. Dr. Holmes states that this is self-evident.

We know that our thoughts can and will change our lives. We also know that we are responsible for those changes and how they manifest in our life experience.

We all have those times when situations and circumstances seem to overwhelm us and they appear to be in control of our life. This is when we *Practice the Presence* of God within. And we do this by meditation, affirmative prayer, and silence, just to name a few.

At our mid-week service, you are given the opportunity to listen to inspirational talks, self-reflection, and fellowship. So as the season changes from winter to spring, think about changing your thinking and changing your life! The time is now.

Join us every Wednesday evening at 7:00 PM for a powerful hour of spiritual practice.

Blessings,
Rev. Judee



**Happy
St. Patrick's Day!
March 17
All Day Long!**

March — April

- Mar. 3 Doris Palardy *With Ease and Grace*
Sharer: Kim Province
- Mar. 10 Rev. Alene *The Black Squares
On a Checker Board*
Sharer: Billie Hart
- Mar. 17 Rev. Judee *Mindful Moments*
Sharer: Roy Dickson
- Mar. 24 Barbara *It's an Inside Job*
Klein-Robuck
Sharer: Ken Robuck
- Mar. 31 Pattie Mercado *A Feast for the Soul*
Sharer: TBA
- Apr. 7 Joanne Leone *Why Does It All
Matter Anyway?*
Sharer: TBA
- Apr. 14 Rev. Madi *Living With Inspiration*
Rev. Geoff
Sharer: TBA
- Apr. 21 Rev. Dave *It's All About Me*
Sharer: Bill Hart
- Apr. 28 Rev. Bruce *Love Is Always
the Answer*
Sharer: TBA

The In-Flight Teens present... **The All Center Talent Show**

Sunday March 14; 1 - 3 p.m.

Adults: \$15

Children: \$10



32261 Camino Capistrano, D-105
San Juan Capistrano, CA 92675

Return Service Requested

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Services:

Sundays: 9 and 11 a.m.

Wednesday: 7 p.m.


Vision: A whole new world through spiritual awareness.

Purpose: To reveal spiritual truth.

Intention: To grow into our Divine Potential individually & collectively.

Support our Center

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Follow this link to amazon.com to shop and purchase on line. The center earns a small percentage of each purchase made when you use our special web link. Click [here](#) to shop, or go to our web site's [Donate](#) page, www.csclcv.org/donate.shtml and click on  .

Escrip Register any one or all of your existing grocery loyalty, debit and credit cards for use in the program. Participating merchants will make contributions to our church, based on purchases made by you, just by using the cards you have registered.