



Sequim Center for Spiritual Living
Formerly Sequim Church of Religious Science

REFLECTIONS

Rev. Lynn Osborne, Minister (360)681-0177

Volume 12 Issue 3 Fall 08

Minister's Letter

What an exciting time it is! Time to FALL into our greater Good! And following our most productive Annual Conference at Asilomar, that is just exactly what I foresee for all of us in the New Thought Movement. Decisions have been made by our organization and the United Centers for Spiritual Living Organization that are opening us up to greater good for all.

First, there were the Branding Sessions, followed by a vote at Congress to change the name of the RSI Organization to International Centers for Spiritual Living. This has been in the works for quite some time and now, with the advent of the book, *The Secret* and the Eckhart Tolle Classes out of his book, *The New Earth*, the time seems right for this to happen. United Churches had changed their name to United Centers for Spiritual Living a couple of years ago. This is all still in the test stage for this year with churches from both organizations participating in working out the details for a logo that will be used by both organizations.

A proposition was also passed at Congress to approve ongoing integration between the two organizations. This includes uniform curriculum, reciprocity of Practitioners and Ministers, and joint meetings and workshops, some of which have already been taking place. There will be a joint meeting of the two organizations in Los Angeles on September 11. All-in-all, it is a wonderful time of expressing outwardly what we have always been at the inner level. In Truth, there has never been a separation.

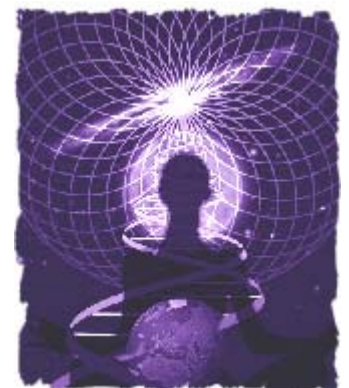
How does this affect us here in Sequim? At present we are still officially the Sequim Church of Religious Science, teaching the Principles of Science of Mind. The teaching will remain the same, but as time goes by and the logo is perfected, we will be changing our name to Sequim Center for Spiritual Living. In Truth, this is really what we have been all along as we include the Truth teachings of all religions and philosophies that provide ways for the spiritual living of body, mind and soul.

This seems the appropriate time to mention how pleased I am at our growth in Consciousness here in Sequim. All of you build such a strong bond of friendship and acceptance and the desire to learn and grow. And because of this growth, we are blessed with a wonderful teacher and Staff Minister, Michael Laakso, Practitioners JoAnn Fisher and Ministerial Student Deborah Nygaard, Practitioner Intern Victoria Kelley and a lively group of students in our classes who will become our next Practitioners and Ministers.

We are, indeed, growing in wonderful ways and I thank you all for your participation in this Magnificent Consciousness.

So, together we FALL into our Greater Good!

Blessings,
Reverend Lynn



“The extent of your consciousness is limited only by your ability to love and to embrace with your love the space around you, and all it contains.”
~ Napoleon Bonaparte

Sequim Church of Religious
Science

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Sequim Church of Religious
Science Sunday Services
10:00 a.m.
Pioneer Memorial Park, Sequim
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crevlynn@olyphen.com
or visit us at
www.sequim.som.org



*I set my bow in the clouds
and it shall be a sign
of a covenant between me
and the earth. – Genesis 9:13*

EDITOR'S ESPRIT

Dear Friends,

Have you noticed how many people use cell phones these days? We often see people with a hand close to their ear. They are holding a small device that verbally connects them to family, friends, business associates, etc. – around town and around the world. I wonder if there's a lesson in this?

There are numerous commercials from the various cell phone companies explaining the value of their services. One says: "more bars in more places"; another says: "keep your rollover minutes"; yet another shows a group of people that follow you around – symbolizing great continuous overall coverage.



A well known past slogan was "Can you hear me now?" A recent series of commercials (for AT & T – does that grab your ATTention?) talks about missing an opportunity because the person has service from one of 'the other guys' and doesn't receive the message.

Over the years I have had cell phone service with four different carriers. With one of them, the phone did not work inside my house – I had to go outside to receive or send a call. With a second service, the phone did not work outside my house, but did work inside. What I found was each company has different areas with good coverage, although all had good coverage in certain areas. If I am in an area with poor reception, I can choose to put myself in a place where I can receive the message.

This makes me think of religions. Each one covers things in a slightly different way – but there are certain areas that are the same. There is a Universal Truth about all of us. If we are not feeling connected, we can reach out to others, or we can turn within and connect with the Eternal Loving Presence.

There are no wires connected to a cell phone; the transmissions move through the air undetected by the human eye. But once the communication is received, we recognize it. The connection is always there; it's just a matter of where we position ourselves. There are no visible wires that connect us to our Source, but once we put ourselves in a place to receive, the message of Love comes through clearly. Perhaps this is the lesson. Can you hear me now?

Light and Love,
Kathy Purcell, *Editor*



**"Synergy is the highest activity of life; it creates new untapped alternatives; it values and exploits the mental, emotional, and psychological differences between people."
~ Stephen Covey**

TREATMENT

Divine Beauty

by: Deborah A. Nygaard, RScP

There is an Infinite Intelligence permeating the Universe. This wisdom is in everyone and everything.

In this experience I call life, I know that Divine Intelligence is in all people, animals, plants, and minerals. This One Mind is the Infinite Consciousness, providing all that is needed in my life. I rely on this Mind, as it enfolds me with Love and Acceptance. I know that whatever experience shows up, I am one among many, always connected to the web of Life.

There is beauty all around me and I see this natural beauty in myself and all who come into my atmosphere. I allow myself to release any blocks within me and feel this inner acceptance flow outward in ever-widening ripples, extending out to all people, animals, plants, and minerals.

I see the circle of Life in myself with all my senses, as I mindfully sense the world around me. I know I am made to participate in the Divinity of God. With joyous gratitude I release this word into the One Mind knowing it manifests now.

And so it is.



Practitioners Report on 2008 Conference at Asilomar

by: Victoria Kelley



With a Practitioner's unconditional positive regard, compassionate understanding and unwavering intent to behold one's highest self, the Truth is revealed and healing occurs. ~ ~

My attendance at the RSI 2008 Conference held in Asilomar was a rewarding experience and exciting week. There was something for everyone in attendance offering the tools and inspiration for personal growth.

If you have entertained doubts of the validity of cause and effect, the law of the Universe and that your thoughts create your world, your doubts are removed by the amazing demonstrations and first hand reports given in the classes and workshops.

As an Intern Practitioner I attended every class and workshop given especially for Practitioners. I found them to be exhilarating with a positive expansion of consciousness in a loving and supportive atmosphere. This is a beneficial extension which further hones ones skills complimenting the SOM 300 and 350 Practicum classes. Although they were geared towards the professional Practitioner, anyone practicing Spiritual Mind Treatment found new techniques and learned new methods with surprising results.

I highly recommend and encourage everyone to attend the 2009 conference to be held in San Diego, CA and be a part of the spiritual awakening that is revealing Divine Truth. Each and every one of us has our gift to give to the world.



APPRECIATION

We gratefully acknowledge the wonderful, loving support of the following people.
The team effort that supports this work is greatly appreciated.

VOLUNTEERS:

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Elizabeth Van Sickle

WEBSITE/ PROGRAMS:

Kathy Purcell
JoAnn Fisher



Thank You!

A SPECIAL THANK YOU TO DEBORAH NYGAARD

Much appreciation and gratitude goes to Ministerial Student, Deborah Nygaard for her excellent presentation on July 27.

Everyone really enjoyed the Service and looks forward to future talks. Thank you for all your time, talent and dedication to presenting Science of Mind Principles so clearly.

A SPECIAL THANK YOU

“Wake at dawn with a winged heart and give thanks for another day of loving.” ~ Kahil Gibran

For many years Danny Cummings (Danny’s Restaurant) has been generously giving back to the church and to the entire community. What a blessing he has been. Danny’s expression of God came thru in the fine food he served. His heart has been in the right place, and we have reaped the benefits of his kindness. As the door to Danny’s Restaurant closes, we know a new door has opened and beckons him to a new opportunity. With much gratitude we watch as Danny’s winged heart soars to a new place of Love’s expression. Thank you, Danny!

Celebrate Life!



SEPTEMBER

4 VICTORIA KELLEY
7 SANDY ROY
8 LYNN OSBORNE
11 KARLA BRISTOW
26 MEGAN BELIA
26 FLORA COLLINS

OCTOBER

6 JACK POWELL
12 JOAN HATHAWAY-SHELDON
13 JEFF CARL
13 MACKENZIE HAGSTROM
22 GINNY DE FORD
23 DAVID KILPATRICK
26 ROBERT DE FORD

Please join us
September 7, 2008
End of Summer
Pot Luck
Following Sunday Service



WHAT'S IN A WORD?

Sometimes we read or hear a word or phrase, and something quite different than the typical meaning comes to mind. This new column is a place to share what's in a word for you. Below are three examples. If you have any meaningful words you would like to share, we welcome you to submit them to Kathy Purcell.

AFRAID– When we are **AFRAID**, our life seems to come unraveled. To fix **A FRAYED** life, we sew in Love to the fabric of our being and we stop being **AFRAID**. And so it is.

HEEL / HEAL– When we **HEEL** to the words of our inner voice, we **HEAL** all perceived separation from our Source.

EASEMENT– When we remove all **EASEMENTS** that may limit our happiness, we clear the way to experience Joy and the **EASE** of life that is **MEANT** by our birthright, to be ours.

H E A L
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MEDITATE?

Meditation has a few popular meanings. It can mean musing or contemplating, such as meditating on a poem or a painting. Meditation can mean to ponder, such as meditating on what to fix for dinner. Or meditation can mean to plan or project in the mind, such as meditating on how to drive from here to New York via Orlando. These ideas of meditating all have one thing in common: they involve thinking.

Meditation as a spiritual practice can involve thinking, but more often does not. In fact meditation involves consciously releasing thinking. When we let go of the mental motions *we* began, letting every one eventually quiet into silence, we enter our natural awareness of Divine Mind. For it is our thinking, planning, pondering that distracts our attention from the Background Mind that is our Foundation. Again, releasing our mental motions frees our attention to relocate, to feel again the Originator Mind, our Origin.

Meditation is the reverse of treatment. In treatment we place into Mind the ideas and thoughts we desire to experience as effect. Divine Mind, in effect, listens to us as we pray. In meditation we cease thinking and listen for Divine Mind. And Divine Mind speaks to us, reminding us of What It Is and of Who We Are. This information is typically more a felt or sensed experience. It is the essential information with which we begin in treating.

So, meditation fits hand-in-glove with treatment. Through meditating as a spiritual practice, we reclaim our peaceful knowing of the Mind that is our Source and our natural relationship to It. Over time, meditation supplies us with the "fire from heaven" Ernest Holmes said we need for our treatments to be effective. This conviction may be unteachable from human to human, but easily flows from God to us as we allow it. Meditation is our allowing God to reacquaint us with Itself. It is this inward knowing of the Truth that Dr. Holmes refers to as firing our treatment with the conviction necessary for perfect results.

Over time meditation supports the clearing of our mind making it an open channel through which Divine Mind can operate. We have had eons of time to fill our subjective mind with unclear and false ideas. Meditation begins dissolving these blockages to our natural clarity. Without blockages, frustration ends and happiness is revealed. Without confusions, peace returns. Without doubts, certainty of Truth comes back. A mind free of its denial of Truth is free to operate as the Truth it really is.

At some point, thinking *can* constitute a meditation, only now this is not our thought but God thinking through us. This has been termed Contemplative Meditation. We may begin with an idea like Love, and let the Mind of God fill us in on what Love really is. Or we could begin with Openness, or Faith, or Power or the Infinite. Again, though thinking is involved, we are not so much thinking as listening to God's Thinking through our own quiet mind. These sessions can greatly expand our spiritual consciousness.

On a final note, our word meditation comes ultimately from the Latin *mederi* meaning to remedy or heal. "Medical" comes from this same root. Fellow meditators once called what they did "medicate" ("I'm going to 'medicate' now.") mindful of the healing action meditation had on their consciousness, emotions and moods. One young adopted son would ask his mother, "Are you going to meditate today?" When she asked him why he asked her that, he replied, "Because you are so much nicer when you meditate." Meditation supports life going well, including our relationships.

We will be offering a **Meditation Workshop** on **Saturday 27 September 2008, 10:00 AM - 12:30 PM** at JoAnn Fisher's home, 402 Reservoir Rd. in Sequim. \$15 covers materials. Do consider joining us. (Facilitator: Rev. Michael Laakso.)



MEMORIES of ASILOMAR

by: Sylvia Latshaw

These notes are five years old, but I've decided not to change them so here they are as written. This took place in less than ten minutes of time. However, it changed how I shall think and feel for the rest of my life.

Last year I went to a summer retreat at Seabeck where the motto was a quote from Rumi, "Out beyond the idea of right and wrong there is a field. I'll meet you there". This year I found that field; it was called "One Mind One Heart".

There was a point during the week, I cannot remember who the speaker was, if they were male or female, if it was day or evening. We were instructed to stand and face the person next to us, take their hands in ours and look into their eyes. I felt myself look down and my partner asked softly, "Are you strong enough to do this?" Feeling a bit challenged I said "Yes" and raised my vision to eyes that smiled and said "come closer". I felt myself melt into the eyes, past the person, past the personality, through the mind, the heart, and still the eyes said "come closer" until I could see their very soul and stand with them in the bare naked "oneness" of the Beloved.



If there is such a thing as a spiritual baptism, I guess I've had the big one.

In closing, I say to Lynn, my partner and guide, "Thank you, for an incredibly profound experience. Without your help this memory would not be mine to share."

The Happy Booker Review

by: JoAnn Fisher



THE WISE HEART

A Guide to the Universal Teachings of Buddhist Psychology

By Jack Kornfield PhD

"The author, Jack Kornfield, is an internationally renowned meditation teacher and one of the leaders introducing Buddhist practice and psychology to the West."

In the Introduction, Kornfield quotes the Dalai Lama "Buddhist teachings are not a religion; they are a science of mind."

This is a book that becomes a friend, one that has something to say that is deeply applicable to every aspect of life. It can be opened to any page and the reader can feel expanded, more complete, and armed with a heart-felt wisdom.

"The Wise Heart" is divided into five parts with sub-headings relating to the 24 principles of Buddhist Psychology. The first Principle is "See the inner nobility and beauty of all human beings." This reminded me of one of the Science of Mind songs we sing, "When I Look in Your Eyes, I see the Beloved, See the Beloved Looking Back at me." Going through the day with a wise heart filled with this first principle could make quite a difference. Worth trying.

The eighteenth principle of Buddhist Psychology is "What we repeatedly visualize changes our body and consciousness. Visualize freedom and compassion." All the principles are presented in an understandable format, illumined with examples that encourage the reader to use them for increasingly inspired living.

Daniel Siegel, M.D., wrote "This masterpiece of a dedicated life's work unveils the principles of an ancient 'science of mind' that is astonishingly consistent with the discoveries of modern neuroscience."

This is a book for raising consciousness, self awareness and living the compassionate life. I highly recommend it.

"Remember, we are all affecting the world every moment, whether we mean to or not. Our actions and states of mind matter, because we're so deeply interconnected with one another. Working on our own consciousness is the most important thing that we are doing at any moment, and being love is the supreme creative act." ~ Ram Dass

Steps In Healing

A Testimony

by: Ida C. Nordquist

I believe we all approach healing slightly differently even though we all proclaim the same truth. Our religious or non-religious background, our teachers, the books we've read, the affirmations we have memorized (yes, I mean memorized) and our own experience. Recently I had to call on all these sources. It happened on a lazy July afternoon. My cat and I had been taking a nap together and when we woke up she wanted to go out. I knew our beagle was also in the house and his favorite sport is chasing the cat under the bed, so I decided to carry the cat to the door to keep her safe. Immediately, my blessed guidance clicked in and said: "SHUT THE DOG IN THE KITCHEN FIRST". But I, in my wisdom, decided to overrule my guidance. This was a big mistake! Mary Baker Eddy said that angels are God's thoughts passing to man. Our guidance is those thoughts received. Emma Curtis Hopkins states in Scientific Christian Mental Practice that "The angels of mercy and goodness fly ahead of the true Scientist and keep his pathway free from hurts. It is a sign of having stood true to Principle if we come out of the lion's jaws safely. It is a sign that we have been steadily true if we never get into the lion's jaws or sore afflictions." So my real message here is to HEED YOUR GUIDANCE. It can save you having to work out many demonstrations.

As a result of my lazy decision not to shut the dog away first, I took a nasty fall backwards into a door molding still holding the cat when the beagle began leaping at us in the hall. Actually I tried to kick him back and lost my balance. I knew the minute I hit the floor that I'd probably broken something as it was too painful to try and get up. (Actually I broke two ribs, punctured my lung, and fractured a vertebra in my back.). I immediately went into prayer and said aloud Mrs. Eddy's powerful statement regarding seeming accidents.

"Accidents are unknown to God or Immortal Mind and we must leave the basis of belief and unite with the One Mind in order to change the notion of chance to the proper sense of God's unerring government." This affirmation always calms my mind and heart.

In the raising of my five children this statement alone has brought about many healings of childhood mishaps. I stated my good – that I hadn't broken a hip. Also, I knew my son Walt would be returning soon so help was coming. I worked with my breath and affirmations.

GOD IS on the in breath
I AM THAT on the out breath.
or
GOD IS GOOD
I AM GOOD



Ernest Holmes reminds us in "Living the Science of Mind" that "We do not deny the body, we do not deny the mind. What we do is to affirm the Spirit. It is our firm belief that it is possible to see and experience good, no matter what is happening in one's daily life when one exercises the mental discipline to look for it."

I knew that God can bring forth good from any situation so I set my mind to resting in spirit.

Walter came home an hour later and I asked him to call my chiropractor to stop by on his way home and tell me if I needed to go to the hospital or not. He came and told me to go to the hospital which I did. The hospital gave me one of their million dollar water view rooms and peace and quiet. Our church Prayer team began their work and many of you sent cards instead of trying to visit me. I really needed my solitude instead of interacting with others. Thank you for that. I did come out of this experience with more compassion for people with so called incurable diseases that cause pain. I do know that I will vote for the "Death with Dignity" proposal on our ballot in November.

I've been home several weeks and see improvement every day. I now walk around the block with my handy dandy walker and give thanks every step of the way.

So the bottom line is listen to your guidance and memorize some good affirmations. I will close with my favorite quote from Emma Curtis Hopkins:

"I do not believe in evil, I believe in the Good. I do not believe it takes time for goodness to prove itself powerfully; I believe goodness demonstrates itself instantly. I do not believe in sickness, I believe in health. I do not believe in trouble, I believe in peace".





VOICES FOR VETERANS

Supporting Homeless Veterans



While many of us are against the wars in Iraq and Afghanistan, we must not turn a blind eye to the returned veterans who were sent there by our government and are now suffering from combat-related physical and mental impairments. So many of these men and women have not been assimilated back into mainstream America, because they are unable to find and keep a job. Many live as homeless vagrants, or find shelter in abandoned cars, etc. Our government has all but abandoned these veterans, because they are no longer of use to the war machine.

However, there are some non-profit organizations, like Voices for Veterans, that attempt to help reintegrate these men and women back into the civilian world as productive citizens. One way they do this is through an event called the "Stand Down". This year it will be held on October 2nd at the Clallam County Fairgrounds, planned and presented by local volunteers with the assistance of some governmental agencies, corporations, retailers and compassionate individuals. This organization has no paid personnel – only dedicated volunteers.

In a non-threatening and non-judgmental environment the vets can avail themselves of the following free services: a continental breakfast and a hot nutritious buffet meal; showers and haircuts; medical, dental and mental health care; private counseling for possible employment, education, and housing; and a free "shopping" trip through a makeshift "general store" to select donated items they may need. On average each year about 150 male and female veterans and their families are served in this Clallam County event.

Members of our church are invited to participate in easing the plight of our veterans by giving consideration to the following suggestions:

- Monetary donations are a big help. Just \$5 can provide a homeless veteran with a First Aid Kit, a toothbrush and a can of beef stew or a pair of socks. \$10 will buy a collapsible water jug and 4 nutrient dense cereal bars.
- Clothing is needed in all sizes. Children are often part of this sad package. Hygiene items, non-perishable foods, blankets, sleeping bags, tents and other camping supplies are all welcome. Since many live in the woods, they are grateful for a warm blanket or a skillet for the campsite.
- Professional skills and expertise, technical and vocational experience as well as compassionate volunteers who are interested in improving the damaged lives of our dedicated service members.

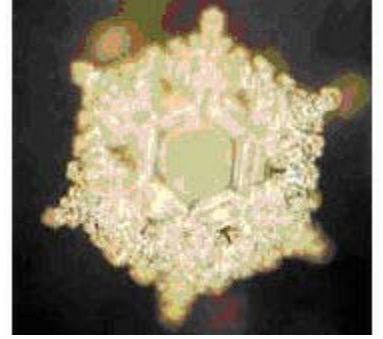
NOTE – all donations are tax-exempt and receipts are issued promptly.

For more details about donation/volunteer opportunities contact me at 360-457-8525.

Mary Marx

"How important it is for us to recognize and celebrate our heroes and she-roses!"
~ Maya Angelou Quotes

Water exposed to
Gratitude & Love



Remember the prayer for water...

TO: A Very Valuable Worthwhile Person

Sequim Church of Religious Science
Rev. Lynn Osborne
P.O. Box 2708
Sequim, WA 98382



Please join us at
Sequim Church of Religious Science
Sunday Service
10:00 a.m.
Pioneer Memorial Park
Sequim

Kassandra Kersting
Anger Management Classes



Call for Information
360-582-0812

A COLORFUL REFLECTION...

How would you like to receive your newsletter digitally? There are some advantages to this.

- You get the newsletter in your email.
- You can see the color graphics.
- You can print a copy on your color printer if you want to read it in hand.
- You can read it online and save a tree.
- Church expenses are reduced – both printing and mailing.
- It's easy to share it with others – just forward the email.

If you would like to receive future *Reflections* newsletters digitally, please send an email to editor@sequimsom.org.

Thank you for considering this Green Idea.