



Sequim Center for Spiritual Living  
Formerly Sequim Church of Religious Science

# REFLECTIONS

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

Volume 12 Issue 4 Winter 08

## Minister's Letter

What exciting times we live in! Someone said, "We stood in line for this assignment." So, we stand ready to participate in wonderful new ways - to show up and be the change we want to see in the world. As we enter the Season of Thanksgiving, Love and Good-will to All, we make our gifts of Love, Peace and Harmony to all people.

At a recent Sunday Service I shared "My Prayer for my Country," by Ernest Holmes. As the first gift of the Season, I would like to present this gift to our country. Perhaps, as we enter the last days of this year, we could include this Prayer-Treatment in our daily meditations to join together in gifting our nation and knowing the consciousness of our nation becomes a gift to our world.

**Blessings,**

*Reverend Lynn*



## MY PRAYER FOR MY COUNTRY

By Ernest Holmes

Believing in the Divine destiny of the United 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.

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

Sequim Center for Spiritual  
Living

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Sequim Center for Spiritual Living  
Sunday Services  
10:00 a.m.  
Pioneer Memorial Park, Sequim  
For information contact:  
Rev. Lynn Osborne  
crevlynn@olympen.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,

Shhh! Can you hear it? That still small voice within? Maybe it is telling you the answer to a question you asked – or one you didn't. Maybe it is giving you an idea for a new invention. Or maybe it is providing inspiring words for a column for a newsletter. Have you ever listened to that voice and gotten a wonderful surprise?

I reflected on this after an experience last week in the post office. I was at the counter waiting for an answer to an inquiry. I wasn't paying much attention to the others around me, until I heard a counter attendant say, "You're a nickel short." Looking over I saw some coins on the counter. The woman next to me was fumbling with a very large purse. I opened mine and said, "Let me help."

I grabbed a bunch of coins from my purse and opened my hand, only to find – not a single nickel! I emptied the contents of my hand on to the counter in front of me and went back to my purse for a second try. I took out another handful of coins. Again, none of them was a nickel. Again, I put the contents of my hand on to the counter. This time I purposefully looked in the coin area of my purse and I saw a nickel. Taking it out, I handed it to the post office employee and said, "Here you go!"

The customer looked at me dumfounded, then looked back into her purse and said something like, "I can't believe this. I usually have more change." With that I scooped up all the coins I had placed on the counter, and with both hands, deposited those coins into the lady's still open purse.

Now, she was even more surprised. "You didn't have to do that," she said. "I know," I replied. "Just pay it forward." As I walked out I was grinning ear to ear.



Reflecting on the encounter, it came to mind that too much change (or too little) can yield unwanted results. Focusing on what we want will bring about the correct change we desire.

For years I had heard about 'Pay it Forward' and 'Random Acts of Kindness'. That day I had first hand knowledge of the meaning of both. The amount of money wasn't the issue, what mattered was the intent behind the gift. I felt so much gratitude for that lady. I felt as if I was a beam of Light – pure Light! It was an Aha! Moment. Perhaps the Light I felt was the Light of Love, the Universal connection – the confirmation that we are all One.

The still small voice within told me to give the change, and I listened. What an amazing gift I received in return. I am eternally grateful for the experience. I gave change and I am changed because of it.

Every day we can give ourselves the gift of quiet listening to the still small voice within. Shhh! Let's listen together

Light and Love,  
Kathy Purcell, *Editor*

## TREATMENT

### Perfect Supply

by: Rev. Michael Laakso

There is only One Mind. This Mind is everywhere, All-knowing and All-mighty. This Mind is my mind now. This All-giving, All-loving Mind is my mind. There are not two minds but only One. This All-good Mind surrounds me, enfolds me and shines at the center of my being. This Mind is the very mind I am using in this moment.

God is my Supply. I turn from all appearance of economic change in my world to the Changeless now. I fill my attention with the Eternal. I know now to “look up” for my moment of liberation is at hand. Allowing my mind to remember its Source, I immerse myself in the love of God for me. I am so protected, so blessed, so well provided for. The All-good, knowing my need in this moment from the standpoint of Eternity has already provided for me the perfect provision. I open and accept now the divine provision for this instant. My mind is filled with gratitude. Humbly I take in today’s blessings. I thank the channel through which my abundance comes and I thank and praise the Source of my blessings. There is no limit to the Good that is now flowing through my life and into the lives of others.

I know I am intrinsic to the Divine Economy, a limitless flow of constant Supply. I am supplied with perfect ideas, and all I need to bring these ideas to fruition. God is the Author of my dreams and has all the Power and Intelligence to carry them out. This Divine Economy can never fail me. Like the wire in a transmission line, I relax and effortlessly allow this Limitless Good flow through me, blessing all. I turn to the Omniscient, Omnipresent and Omnipotent and let God be God for me and all here with me.

I cannot fear. I cannot be afraid. My faith and trust in the Divine Within is complete and perfect. God forever trusts and believes in Itself. This Faith is my faith now, in my Source and in my Self. God will never fail me for God cannot fail Itself. The Will of God is wholly Good and goes not undone. This Will is my will now. The Will of Love is my will. The Will of Supply is my will. The Will of Happiness in my will now. I am secure. I am safe and I know my Safety now. I walk my world knowing all is well. Relaxing deeply I give this security to all.

I thank God for being God. I feel so grateful for the perfect supply for every moment. Open to new ideas, fresh energy, and a deeper faith, my outlook is eternally optimistic. I am so grateful to know today’s change is taking me to greater healing and a just prosperity. I release this word knowing the Law of Mind acts upon it bringing forth perfect results. Lovingly, I know it is so. And so it is.



## CANDLELIGHTING SERVICE

Celebrate the Light

Friday Evening - December 19th - 7 PM



Traditional Candlelight Service including Readings, Carols, Special Music and Song

Come join us in this annual event as we light our candles,  
celebrate the Light and share our joy with each other.

# APPRECIATION

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

## VOLUNTEERS:

Ida Nordquist  
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JoAnn Fisher



# Thank You!

## A SPECIAL THANK YOU

Heartfelt gratitude goes to **JoAnn Fisher** for giving a superb Sunday talk on October 12. It was well-received by our congregation. JoAnn also taught Rev. Lynn's **Treat Yourself to Life** Class during the two weeks Rev. Lynn was in Phoenix. What a great teacher and always so willing to do what needs to be done in a cheerful and loving manner. Many thanks, JoAnn!



## Celebrate Life!



### NOVEMBER

9 ELIZABETH QUAADMAN  
17 ELSBETH MCLEOD

### DECEMBER

4 ANITA MATTHAY  
4 CAROL CLARK  
8 LARRY BARNES  
12 MAGGIE CHRISTIE  
17 ANNETTE LA RUE  
25 CAROL GIFFEN  
26 LAURA MURTHA  
30 ROSE MARSCALL

### JANUARY

4 SHIRLEY KILPATRICK  
7 BARBARA NEIL  
8 RAE WATKINS  
9 ROBERT MURRAY  
12 ELIZABETH VAN SICKLE  
14 FUMIKO RHODES  
14 ROSE PRESTIPINO  
16 MICHAEL LAAKSO  
17 DONNA HUBLEY  
19 PATRICIA EARNEST  
20 TRUDY ANDERSON  
23 LAURIE PERSON  
25 DEBORAH NYGAARD  
25 JEANNE MURPHY  
30 JEANNE CARD

*“As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.” ~Adabella Radici*



## MISSION STATEMENT

To Serve and Support each other  
in Living from Spirit.



## VISION STATEMENT

We are a growing spiritual community  
expressing Love and Oneness with all.

### COURSE IN MIRACLES

Meets Thursdays from 3:00 pm - 4:30 pm  
At Jo Ann Fisher's House  
Facilitator: Michael Laakso  
Love Offering

### SOM 103

Wednesdays, 7:00 - 9 PM  
At JoAnn Fisher's House  
Facilitator: Rev. Michael Laakso  
Please call Rev. Michael for July starting date  
Tuition: \$110 for Credit

Rev. Lynn will resume classes in January

*“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.” ~ Brian Tracy*



### THANKSGIVING DINNER

To be held following  
Sunday Service on  
**NOVEMBER 23rd**  
Bring a favorite  
Thanksgiving dish.  
Let us know if you  
are planning to attend.

Sequim Center for Spiritual Living  
is "Open at the Top."

We welcome members of the  
community to join us.

For membership information,  
please contact Rev. Lynn at 681-7451

### THE WISH LIST

Let us know that all Good is now being  
drawn to our Church by right of our  
Consciousness. This includes the growth  
in body, mind and spirit and the many  
ways that can show up in our experience.  
We are open to the demonstration of outer  
manifestion to meet our every need and  
are willing to surrender the ways and  
means to God.

*“If the only prayer you said in your whole  
life was, “thank you,” that would suffice.”  
~Meister Eckhart*

### INCOME & EXPENSE REPORT 2008

	SEPT	OCT
Income	\$3922	\$3678
Expenses	<u>3184</u>	<u>3206</u>
Net Income/Loss	738	472
Attendance	157	164

## 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.

**UNIVERSE / UNI VERSE** – There is (**UNI**) One **VERSE**: I AM. When we speak the words we acknowledge our connection to the One and to EveryOne.

**ADVERSE / ADD VERSE** – If we are encountering **ADVERSE** conditions in our lives, we can **ADD** the **VERSE**: I AM and change what we experience.

**TOWARDS / TWO WORDS** – We can move **TOWARDS** our Good by saying **TWO WORDS** – I Am. All the Good of the Great I Am is ours.

I AM  
D  
V  
E  
TWO WORDS  
S  
UNIVERSE

## MUSIC at SEQUIM CENTER FOR SPIRITUAL LIVING

Thought you would like to know a bit of background on the two excellent musicians that grace our church services.

Sylvia Boss (piano) began her studies in Cambridge, MA where she graduated from the Longy School of Music. From there Sylvia pursued her solo studies at the prestigious Juilliard School of Music in New York City. Sylvia was a winner of the Steinway Contest and has appeared as a featured soloist with major orchestras and in recitals throughout Canada and the USA. The Boston Herald declared that she was “eminently musical.”

Joan Hathaway-Sheldon (Soprano) started her musical studies in Honolulu, HI at the Punahou School of Music studying piano, voice and cello. She played cello with the Punahou Orchestra, the Honolulu Youth Symphony and the Allstate Orchestra and was a vocal soloist with the Punahou Academy Choir and its chamber singers. She went on to studies at Oberlin Conservatory of Music in Oberlin, OH where she also performed in summer stock. A move to New York took her back to school at NY University and to concert recitals across the US and Italy. Joan has also performed in opera and oratorio.

## RAVE REVIEWS

Rev. Michael Laakso gave a Meditation workshop on September 27, 2008 which was a huge success.

Quoting from the book, A Search for God, “The eternal question that runs through life is this: What is truly valuable in thought, in activity, and in experience? Only from within can come a stable estimate of what is worthwhile. This sense of appreciation or this inner realization is based fundamentally upon an understanding of self – self in relation to others and self in relation to God. Meditation is a means to this end.

This workshop covered three different forms of meditation and was very informative with the benefits of daily meditation. Mental, Physical, Emotional and Spiritual, were all explored and explained. Chakras were explained with clarity and several meditations were exercised.

This workshop also supplied materials with charts, graphs and many references for further information. Everyone enjoyed themselves and I urge you to attend the next workshop on meditation that our Rev. Michael Laakso offers.

Meditation is allowing Divine Spirit to speak to you.

Submitted by Victoria Kelley



## The Happy Booker Review

by: JoAnn Fisher



### "HOW TO KNOW GOD"

*The Soul's Journey Into the Mystery of Mysteries By Deepak Chopra*

This unusual book takes the reader from the biological understanding of the human nervous system that corresponds to seven progressive levels of divine experience.

This is not about one religion but shows how the human brain is hard-wired to know God. "God's presence, his light, becomes real if we can translate it into a response of the brain, which I will call the 'God response'.....holy visions and revelations aren't random. They fall into seven definite events taking place inside the brain." We have within us an amazing ability to progress from the first response of "fight or flight" when we turn to God for help and protection. As we learn from our experiences we gain more wisdom into the nature of God and ourselves. God evolves in our belief systems to a God that goes beyond survival, to the Almighty God, to God that brings peace into our chaotic lives, to a forgiving God, to God that creates, to God that brings miracles and ultimately to the seventh response which is the sacred response. This is when we realize the Oneness of the God of Pure Being and I Am That I Am.

Larry King from CNN wrote, "One of the best books ever written about a subject that most people think about more than anything else."

Marianne Williamson wrote, "just when I think he can't go any deeper, he does With "How to Know God", Deepak Chopra makes it clear: we have in our midst a spiritual genius."

Deepak Chopra has written a deeply spiritual book that has new insights every time a page is turned.

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### THE ART OF RACING IN THE RAIN

By Garth Stein

Can't help but mention a wonderful new fiction that I found uplifting and unforgettable. It is narrated by the dog, Enzo, who understands humans knowing he will be one in his next life. He wishes at times he had opposing thumbs. Enzo's master is a car racer which turned out to be more interesting than I imagined it would be.

The story is gripping with difficult life situations that require forgiveness and acceptance among the humans. Enzo brings his own insights into understanding humans that show we can learn from our dog friends who love us so unconditionally.

## SEPTEMBER HARVEST POTLUCK

Beautiful sunshine, happy laughing people, and wonderful food were the highlights of our September 7th Harvest Potluck. We celebrated the fruits of our labors, the produce of our gardens and each other, while enjoying a warm sunny day with just the hint of Autumn in the air. Tom Cunningham and his friend Jim Espenson gave us wonderful music on harmonica and guitar, which set the tone for an excellent time had by all.



Joan Hathaway Sheldon

## **REPORT ON THE VETERANS STAND-DOWN**

Thanks to the generosity of the concerned people of Clallam County, and thanks to so many of our church members who contributed money, clothing and camping equipment, the October 2<sup>nd</sup> Stand-down for needy veterans was a great success.



Many businesses provided supplies, food, and clothing to be given for free to these veterans. Almost 40 unpaid volunteers ministered to their physical needs.

Two-hundred-twenty veterans registered at the fairgrounds for this annual event. They took away 73 boxes of new and slightly used clothing. For those who lived in the forests and in abandoned vehicles, camping supplies were freely given to help make their lives a little easier. Medical and dental exams, as well as flu shots, were given them. Pro Bono legal advice was offered to those who wanted it. Federal, state and county services were offered to help them find ways to become reintegrated into the community. They were served both a continental breakfast and a hot lunch of BBQ ribs and chicken with appetizing accompaniments. Even haircuts were given to a large number of them.

Considering that all this was free for our veterans – who have not been able to resume normal lives after enduring the trauma of war – it proves that they really are not forgotten human beings. They are loved and respected still. Our greater community and our church were so instrumental in the success of the Veterans Stand-Down.

Mary and Ed Marx

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**“The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings!”**  
**~Henry Ward Beecher**

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### **SMILING**

Smiling is infectious; you catch it like the flu,  
When someone smiled at me today, I started smiling too.

I passed around the corner and someone saw my grin  
When he smile I realized I passed it to him.  
I thought about that smile when I realized its worth,  
A single smile, just like mine could travel round the earth.

So, if you feel a smile begin, don't leave it undetected  
Let's start an epidemic quick, and get the world infected!

~ Author Unknown



## COMMUNITY/WORLD SHARING

We are starting a new column for our Newsletter

There are many ways people participate in making their community and their world a better place. Some things are done with organizations and some are done quietly one-on-one.

We would love to hear about these activities. It may give others ideas they hadn't thought of, that would fill a need and bring more love and happiness to themselves and others.

Following are a few who volunteered to share at this time.

Please consider writing a short paragraph and sending it in for future Newsletters.

*I work with people who are developmentally challenged. I work at S.N.A.P. We are always in need of volunteers. At present I am running a program at S.N.A.P called Helping Hands that teaches challenged adults to go into their community and to be of service.*

Sandy Roy

*One of my favorite places in Sequim is the Dungeness Audubon River Center. It has been exciting watching it grow into a major educational resource for the Olympic Peninsula which has so many environmental, ecological and unique natural features. They welcome volunteers. I have enjoyed being a docent for the Center and its festivities whenever I can. I often see others from our Center for Spiritual Living helping out in various ways.*

JoAnn Fisher

*I am promoting the establishment of a Department of Peace through an organization called the Peace Alliance. If established, one aspect would be a Peace Academy on the level of a current War Academy.*

Kassandra Kersting  
360-582-0812

*On Fridays at 10:30 A.M. at the Lodge, a group discussion takes place on Eckhart Tolles "New Earth". People may join in at any time.*

Kassandra Kersting  
360-582-0812

*On Saturday, **Feb. 28**, from 9:00 A.M. to 1 P.M. will be the annual Anger Awareness Work Shop.*

Facilitator: Kassandra Kersting  
360-582-0812

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**"Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds."**

**~Theodore Roosevelt**

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# F - E - A - R

**False  
Evidence  
Appearing  
Real**



I learned the above acronym several years ago in the rooms of recovery. I don't always recognize fear when it shows up, but I am getting better at that. Recently, such an opportunity was provided to me. I was asked to be a speaker, at a potluck & speaker gathering with an organization I belong to.

After many years of procrastination, where I had declined such invitations, I finally agreed. I decided that clearly my ability to speak in front of a large group – for 30 or so minutes – was truly a FEAR. And one that I needed to approach. For weeks in advance, I sat with daily affirmations and held this in my consciousness during daily prayer and meditations. I asked others to include me in their prayer treatment.

The topic I was to speak on was...me...my experience, strength and hope. Although, logically, this was a topic I understood and was familiar with, my feelings and heart were clouded by my fears...stumbling over words, keeping the audience engaged, delivering the message in a coherent, succinct manner, acceptance and approval of the listeners, etc., etc. I could go on and on about my fears, they were all there. I learned from the many messages delivered by our ministers, that this was in fact a gift. The entire situation was a gift – a way for me honestly meet and correctly address these fears.

I asked the Divine Within to guide my speaking, tone, words, the room, the crowd, etc. Most importantly to me, I asked Divine Mind to help let go of the need, or I should say my false belief, that I needed to control the outcome. After about 3-4 minutes of beginning to speak at the event, I switched from discomfort to comfortably speaking my truth, as I knew it. I accepted that these minutes that I shared would be perfect, whole and valuable for me, and I embraced this concept within.

The feedback I received directly after the event, and the days following, affirmed I had spoken my truth. The entire situation provided me, once again, with the evidence that Divine Mind is One With Me at all times. Another F-E-A-R in my life was challenged, and the Truth was revealed. Now, I am not saying that I am jumping at the chance to speak again right away! But, should the opportunity and/or circumstances arise and I feel led by Divine Mind, I will move with Truth. I have experienced a new sense of confidence in SPIRIT!

Spirit will guide me, hold me, keep me. It is One with me through the entire process. My job is to Trust in Spirit; I learned again, I can trust in Spirit in all things.

**Courage, strength and hope to you always! -Mary Franklin. :-)**

## Aspire:

- 1) To have an earnest desire or ambition, as for something high and good;
- 2) To long for; seek after;
- 3) To reach or rise upward.

**“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”**  
**~ William Arthur Ward**

## BLESSINGS SHARED...

Next week the Restore, operated by Habitat for Humanity will feature a mock-up room designed by me with furnishings donated.

Jean Cameron

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I have so much to be grateful for – my thoughtful family and the many friends sharing life with me at this time. Our “Spiritual Center” is a community of souls supporting each other in a loving, growing consciousness – a dream of mine come true. In addition to my many blessings is a sweet great-granddaughter. When I saw her at six-weeks, it was love at first sight. I get to see her in December. My heart is so happy. Life is good.

JoAnn Fisher



**“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”**  
**~ Eileen Caddy**

## The ABC's of Gratitude

I am grateful for words – the spoken kind I appreciate as a writer, the unspoken I appreciate as a spiritual being. Gratitude is an inside job. That is to say, it is the feeling behind the gratitude that gives it meaning. When it comes from the heart gratitude is in its truest form. Whether you say I love you to someone, or wrap your arms around them in a loving embrace, or merely share a look, the gratitude for their presence in your life can be understood and experienced – when it comes from your heart.

There are so many things to be thankful for. As many things as there are words perhaps. Words are comprised of letters – our ABC's. Here are just a few ABC's of gratitude. I'm sure each of you can think of a lot more. Just Imagine the Possibilities! And be grateful for those too.

I am grateful for Awareness. From awareness comes unlimited possibilities. Thru awareness beauty is recognized. Because of awareness changes can occur.

I am grateful for Bananas. They are one of my favorite fruits. Bananas are appealing, and depending on how ripe they are, their taste changes. I can choose what flavor I want to experience.

I am grateful for Challenges. Challenges build character. They create opportunities to stretch, to learn, to become more of who we really are – to BE the BEST we can be. After discovering this Awareness, I sit down and enjoy a Banana.

Attitude	Acceptance	Architecture
Books	Beauty	Babies
Closets	Creativity	Candles

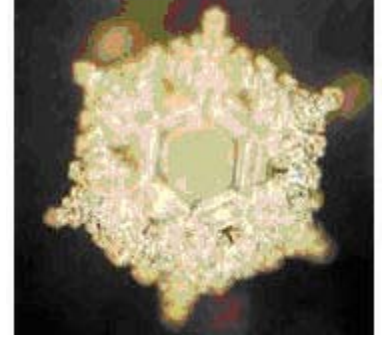


## THERE IS PLENTY

When we share our plenty we make room for even more abundance. Jan Boyungs is spearheading collecting for the Food Bank, providing us a way to share our bounty. To date our congregation has donated over \$220.00 and many bags of food items. The holidays are a time when the Food Bank is most in need. Jan has agreed to continue to oversee collection of food and funds through the end of the year. You can bring your donations to Sunday service and Jan will get them to the Food Bank. When we gratefully give, we joyously receive. ~kp



Water exposed to  
Gratitude & Love



Remember the prayer for water...

TO: A Very Valuable Worthwhile Person

Sequim Center for Spiritual Living  
Rev. Lynn Osborne  
P.O. Box 2708  
Sequim, WA 98382



Please join us at  
Sequim Center for Spiritual Living  
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](mailto:editor@sequimsom.org).

Thank you for considering this Green Idea.