

Minister's Letter

What a beautiful Fall we are having with all the colors looking like a giant kaleidoscope. When I lived in the Southwest Desert, we always referred to Fall as our second Spring. This was the time we all planted our flowers after the Summer heat. And what a boost our flowers gave us all Winter.



Back then, Fall was the time I took my grandson, James, to get his Fall booster shots. And while this message is not aimed at advising what anyone should do regarding immunizations, I would like to suggest there are other ways of boosting us into the season of shorter days and diminishing light. A booster shot is intended to immunize against dis-ease. And I am in agreement with that thought.

Spiritual Mind Treatment can be just such a booster. Immunizing ourselves against diseases is a great idea – and an even better idea would be to immunize ourselves against the causes of disease. We could immunize ourselves against the fear we hear expressed in the media about how this is the cold and flu season. God doesn't know anything about a flu season. This is a great time to give ourselves a booster by immunizing ourselves against all the things that produce dis-ease – beliefs in lack – beliefs in illness – age – unworthiness – beliefs in judgment.

One of my favorite teachers is Jacqueline Small. She states that it is impossible for people with old patterns to open the door of the future. In her book, *Psyche's Seeds* she talks about the damage we do to ourselves when we attach something negative to the words, "I am" – ".....Any spiritual psychology will agree that "I am" holds the essence of a person, which is Divine – the Self that is never sick or damaged, never even subject to birth or death. We must never say "I am" to anything less than this.

Here's why: The Divine Self does not behave like a "thing" with a personified identity. It is an energy pattern that contains all the qualities of a completed human being. It's the "I" who will take the form of whatever we say "I am" to at any given time." So, if we are naming ourselves according to our conditions, we are living in a mistaken identity.

So we need to bring to our awareness the ways in which we have been planting negative beliefs that have adversely affected our experiences in life. If we have been indulging in planting weeds in our garden that are coming up as criticism or condemnation, let's root them out and prepare our soil for a new beginning. Let those things that are toxic to our living environment just fall away as the leaves fall away from the trees. It is a wonderful boost to allow a falling away of the old. Just as the falling away of sins is recognized in the forgiveness of Yom Kippur – a falling away of everything that is not necessary for the regeneration of our joy and peace and happiness.

I invite you, now, to enter in with me to the experience of our joy and happiness as we boost ourselves into a Onederful new Fall Season.

Blessings,

Reverend Lynn



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@olypen.com
or visit us at
www.cslsequim.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,

The holidays are just around the corner – a time of hustle and bustle; of family and friends; of emotion, commotion and chaos. What is the secret to a happy holiday season? Wouldn't it be great if we could make it an awesome one? Well, we have the ability to do that. But how?

My mind goes to thoughts of puppies and babies. Why? These youngsters are immature. When have they had time to learn the meaning of happiness? Who taught them? Where are they holding the answer? What can we learn from them? What do we have in common with such little beings?

A puppy knows nothing of fear; it will approach even the biggest dog and try to engage it in play. A puppy sees itself as being able to do anything. And it acts as such.



Similarly, without apprehension, a baby will reach out for an object of desire. A baby's first steps are often toward a parent; the joy of its achievement is shared with love. A baby intrinsically knows all its needs are being met.

Ever notice peoples' reaction when they see the picture of a puppy or baby? Invariably it is one word: "Awe!" and the onlookers face alights.



These small creatures were created from the One Source – the One Light. Puppies and babies help us see the Light. The starting place is the same for us all. We are each individual entities of the One Light.

Puppies and babies are still in a place of innocence. In a sense when we see their Light, we see our own. When we see the Light within, we come back to the Truth of who we are. We see life as full of Joy, Abundance, Harmony, Health, Peace, Love.

This is the season of Light. We can choose to have an AWE-some holiday. We can choose to season our holidays with Awe by seeing the Light within everyOne and by BEing the Light for others. My heart overflows with gratitude for the wonderful gift of Light; for the awareness of the Light that is me and that is you!

Light and Love,
Kathy Purcell, *Editor*

**"The dog was created specially for children. He is the god of frolic."
~Henry Ward Beecher**

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." ~Alfred Painter

TREATMENT

THE HOLIDAYS ARE MINE By: Rev. Michael Laakso

I know there is One Infinite Mind with Which I think, feel, and am aware. This Mind is Whole, Complete and Perfect. This Mind is wholly my mind now. This Mind is Joy, Peace and Power. This Mind is my mind now. All that God is, I am.

I now release my past experience of Thanksgiving, Christmas, Hanukkah and New Year's. I let go of the training I received in my tribe of origin. I deeply give to these people the Holy Days as they experience them. I now open to Spirit and make these Days mine. For I know these Holy Days honor deep truths of my being, everyone's being. I now find the meaning they have for me. I create my own traditions and rituals. I open to and explore how these Days can be made mine.

Gratitude, Peace, Light, New Beginnings are eternal truths of my being. I am grateful always for I am always in contact with the Giver of all Good. I know my Source supplies me through innumerable channels for which I am also thankful. I rediscover the deep gratitude I brought here with me. I allow my heart to open and thank my Source with genuine joy.

Like Jesus, I brought the Christ Identity here with me, for this is still what I am. I thank the Great Initiate for demonstrating my real identity, for showing me what I am. And I thank my Source that the opportunity still remains for me to demonstrate this identity today. As long as I breathe, the opportunity remains.

Today I relax into my real Self. I allow Spirit to guide me into my constant conscious connection with this Reality. I let this Good that I am be revealed to me and to my world today. Humble and grateful I accept the truth and am free.

"Let there be Light!" and I came into being. I remember the Clear Mind Light of Perfect Knowing that I am. I send forth this Light as my gift to my fellow human beings. I know this Light soothes and heals. I know this Light releases and frees. I know this Light supports and supplies. I see this Light now in all whom I contact. I receive this Light as humanity's gift to me.

I know Spirit cannot grow old and I am ageless, timeless, eternal Spirit. I begin anew in every moment. I am a new creation at all times. No past weighs me down nor encumbers me. I am forever free to think a new thought and initiate a new string of circumstances for myself. I claim my resoluteness in remembering and living this lovely truth. I begin anew today.

I find my personal meaningfulness for the Holy Days. I know these recurring Days are all about me, the deep and beautiful Mystery that I am. I am inspired in new ways to make this time my own. I feel deeply grateful for opportunities to remember my Self. Gratefully I see I am a joyous blessing to all I meet. I let God be God for me and for my world by means of me. I love my life. And so it is.



CANDLELIGHTING SERVICE



Celebrate the Light
Wednesday Evening - **December 23rd - 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:

Bill and Dawn Hays
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JoAnn Fisher

Thank You!

Celebrate Life!



NOVEMBER

8 Beth Medearis
8 Chris Allen
17 Elsbeth McLeod

DECEMBER

4 Anita Matthey
4 Carol Clark
8 Larry Barnes
12 Maggie Christie
17 Annette LaRue
25 Carol Giffen
26 Laura Murtha
30 Rose Marschall



The Lord's Prayer



On Sunday, October 25, 2009 we were given an opportunity to see a different meaning of the Lord's Prayer. **Rev. Sandy Loomis** and her husband **Rod** shared a unique interpretation of this time-honored prayer. Mixing humor with the words we all know, a new perspective was revealed. We thank the Loomis' for sharing their talent and opening our eyes to a new view.

“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.” ~ G.K. Chesterton

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 CLASSES

SOM Fall classes have completed. Winter classes will begin mid-January, 2010. Thank you to Rev. Lynn, Rev. Michael and all the students for teaching, learning and sharing. The consciousness of Truth is ever expanding thru our Knowing.



PROSPERITY WORKSHOP

*Start your year off with a consciousness of
Abundance!*

January 20, 2010
10:00am to 1:00pm
696 Water St.

Port Townsend, WA 98368
Materials supplied and break for lunch.
Cost \$20.00.

For information please call
Victoria Kelley at 360-977-7689.


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 Center 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 manifestation to meet our every need and are willing to surrender the ways and means to God.

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." ~ G.K. Chesterton

SHARING THE CONSCIOUSNESS OF JOY



Deb Nygaard recently completed the Science of Mind 400 classes. The congregation was witness to her joy, as Rev. Lynn presented Deb with the Certificate of Completion. Way to go, Deb!

INCOME & EXPENSE REPORT 2009

	JULY	AUG	SEPT
Income	\$3370	\$4307	\$3393
Expenses	3916	3653	3330
Income minus Expenses	(546)	654	63
Attendance	188	247	199

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.

FOREGO / FOR GO – We need not **FOREGO** or miss out on any Good. It is ours Now. It waits **FOR** us to **GO** for It!

PLACE – When we **PLACE** our thoughts on the Truth, we Know our True **PLACE** – with the One Source.

REPAIR / RE-PAIR – When we **RE-PAIR** (re-join) with our Source, we **REPAIR** all thoughts, all relationships, all situations. All is well.

R
F O R E G O
P
P L A C E
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BLESSING OF DIVERSITY



On Sunday, November 15, 2009 we learned a thing or two about Jewish tradition as **Jonathan Bakin** shared his insights and knowledge about his faith.

One of the most interesting things he explained was about the Tallit, or Prayer Shawl. The purpose of the tallit is to bear the fringes (tzitziot) commanded by God. The tzitziot are therefore far more important than the tallit itself. The tzitziot at the four corners of the tallit are tied into knots using a complex procedure with number-related symbolic meaning. We thank Jonathan for giving us a better understanding of Diversity. We are far more alike than we are different.

LEARNING TO FACE OUR FEARS

Being students of SOM we know there is no reality in fear, as fear does not exist in Spirit. However, being students of life – the key word being students – Victoria Kelley decided to overcome her fear of public speaking.

She was recently awarded a certificate of Competent Communicator for her completion of the curriculum in our local Skwim Toastmaster's. Victoria feels there is much more to learn and has decided to stay with the group to further hone her skills.

CONGRATULATIONS, VICTORIA!



The Happy Booker Review

by: JoAnn Fisher



EYES ARE WATCHING EARS ARE LISTENING

Growing up in Nazi Germany

By: Eyckke Strickland.

“Eycke (Laabs) Strickland was born in Germany in 1933. She survived the chaos of World War 11 and immigrated to the United States with her American-born husband, Charles Strickland, in 1958. After retiring from teaching at Emory University in Atlanta, she and Charles have made their home on the Olympic Peninsula in Washington State.”

Eycke Strickland’s writing is clear and sensitive. As a young girl growing up in Nazi Germany, she observes the oppression of living in a dictatorship, but also the humanity that emerges during this time. Since her father was an officer in the German army, the family had it somewhat easier than others; however, they witnessed horrors and risked their lives by helping Jewish and Polish families as much as possible. After being moved from Germany to Poland (because the Nazi’s wanted to increase Poland’s population with Aryans), she saw more oppression and heavier demands made upon the people. She wondered why “guten tag and auf wiedersein” weren’t better greetings than “Heil Hitler” and why the adults around town couldn’t be more kind when teaching young people new ways of doing things.



The family has a frightening experience when it seems their father is going to be arrested and taken to Auschwitz. Fortunately he was able to convince the Gestapo of his credentials. After the war, there were other problems such as hunger, staying warm, and being occupied by other countries. Eycke relates their everyday life including herbal remedies, various kinds of soup they ate and how to make sauerkraut. The reality of Eycke’s life at this time is described so well, the reader becomes part of it and it’s hard to put the book down.

Growing up in southwest Washington during WWII was certainly a different experience for me. When I was 13, I met an elderly woman from Germany. She told me I couldn’t possibly understand what a lucky young girl I was. She was right. I am grateful when a book like this comes out to deepen our understanding of the human experience.

“Who will tell whether one happy moment of love or the joy of breathing or walking on a bright morning and smelling the fresh air, is not worth all the suffering and effort which life implies.” ~*Erich Fromm*

“If I had a formula for bypassing trouble, I would not pass it round. Trouble creates a capacity to handle it. I don’t embrace trouble; that’s as bad as treating it as an enemy. But I do say meet it as a friend, for you’ll see a lot of it and had better be on speaking terms with it.” ~*Oliver Wendell Holmes*

FORGIVENESS WORKSHOP

On Saturday 17 October 2009 Rev. Lynn and Rev. Michael facilitated a Forgiveness Workshop.

Unforgiveness hurts mostly ourselves. It can sicken our bodies, turn away prosperity, sour our relationships. How can holding onto unforgiveness facilitate our happiness? Of course, it cannot. How, then, can we forgive? Instantaneous, genuine forgiveness is always a possibility. More usually, forgiveness is a process we grow through.



The culture teaches unrealistic ideas about forgiveness. The cultural image affirms a wrong has been committed on one hand, and on the other encourages us to, with that belief, absolve the “offending party” anyway. This “forgiveness” heals no one. The false belief that a wrong has been committed remains, and so the pain and relationship disruption remains. We stay in separation, isolation.

Radical forgiveness, as taught by Colin Tipping, presupposes that the event is part of a soul contract pre-agreed to and meant to serve the soul growth of both parties, ideally. So, our response is shifted from hurt to gratitude. We can use the event for personal growth, grateful for both the event and the other party’s involvement, particularly as we experience our growth. We can safely feel our feelings, exploring them to see how we can grow. We can accept responsibility for our participation knowing it was for our greater unfoldment. We can bring conscious attention to this unfoldment and so facilitate our own growth. We reclaim our empowerment and our accountability.

In the workshop we filled out a Radical Forgiveness worksheet centering on some unforgiven event or person, mostly exploring our feelings – with periodic check-ins on self-honesty. Feeling our feelings and being truthful with ourselves about our level of willingness to accept a higher purpose for the event, support movement towards forgiving. Here, forgiveness is seen as a reframing of the event from a harming experience to a growth opportunity. Results speak for themselves. Tipping counseled people with cancer and other health issues. Many people experienced physical healings as a result of their work with him. Tipping observed that forgiveness came of itself once a person did the reframing work. In other words, we don’t forgive. We work on the cause of the hurt, feel our feelings, shift our belief, and forgiveness and healing occur naturally as an effect.

In gratitude,
Rev. Michael Laakso



“When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.” ~ *Catherine Ponder*



Our Halloween themed Potluck was a huge success!
Thanks to Deb Nygaard and Jill Fairchild for hosting it.
The food and fun was SPOOKTACULAR!

A big thank you to all who participated.
Look below to see if you recognize anyone?



Photos by: Victoria Kelley

EVERYDAY HEROES

By: Victoria Kelley

The word Heroes resonates a strong feeling of pride and that is what was felt at the recent annual fundraising dinner to honor our local North Olympic Peninsula heroes. The Red Cross does an excellent job with this event each year and Tom and I felt privileged to attend and experience the heart-warming stories.



Some of the stories shared were of physical strength and bravery, and several were of the moral fiber it takes to go out on a limb daily to help your fellow man.

We were fortunate to have as our guest speaker, Rep. Lynn Kessler; she graciously added to the spirit of the room.

With all of the negative reports we read and hear on a daily basis we must remember the good and the great that goes on each day. The daily heroes, the Father's and Mother's raising a family, the senior citizens volunteering in the community, the young college students, the alcoholic who stays with sobriety one day at a time and yes, the homeless person we see on the streets who undergoes another day.

With the season of Thanksgiving, we give our thanks for our many blessings and for all of the heroes in our lives.



“Heroes take journeys, confront dragons, and discover the treasure of their true selves.” ~ Carol Lynn Pearson

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” ~ Melodie Beattie

THOUGHTS ON THE TASK OF BREADMAKING

By: Joan Hathaway-Sheldon

I've often thought of making bread as a metaphor for life, for creation. A set of disparate elements is placed under duress until their roughness is smoothed, then they are allowed to grow and bloom till their form is stabilized and then it is broken down again into the elements that sustain life.

The making of bread is quite responsive to our mental and emotional state of being, particularly when made by hand. Lightness of spirit, and a joyful heart and firm hands produce light bread that rises well and is particularly tender and delicious. Anger and a depressed spirit, can produce a heavy, too densely compact loaf that rises poorly, is tough to chew and difficult to digest.



Bread making lends itself to ritual, particularly when made in the traditional manner with a levain made from wild yeasts. The beginning of this process is the preparation of a suitable environment to sustain the yeasts: water and flour and sugar. A prayer to the forces of Nature supplies the perfect wild yeasts suitable for excellent bread making, and the warmth of the sun allows the yeasts to flourish and grow. When this starter is complete, with care it will last forever. However, it does require attention, a careful mindfulness, to flourish contentedly and be able to reproduce itself.

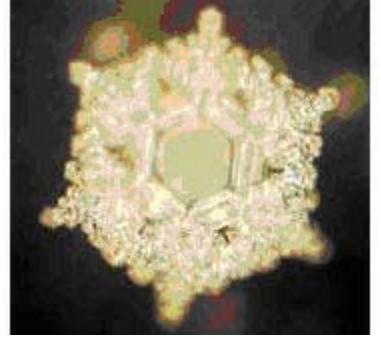
In order to ensure the longevity of the starter, to maintain its integrity and assure its proper growth, each time it is used, it needs to be fed, it needs to rest in a warm and comfortable place and then a portion needs to be carefully stored and looked after for the next use. To the starter are added flour and water and salt for the basic staff of life. Mixed into a rough dough, it is turned out on a board where it is pulled and pummeled until it is smooth and elastic and fully integrated. The process of kneading teaches non-resistance and the benefits of right attitude, for it is in the kneading that the quality of the final loaf is determined. A baker who treats the dough with love and firmness, with a joy in its inherent nature, will find that the dough responds to the hand and the final loaf will rise well and be deliciously elegant in its presentation, a delight to the palette. Dough that is treated roughly, with aggression and anger, will not rise properly and its final appearance will be flat, its disposition rough and its tooth chewy and tough.

The final ritual of making bread is the sharing of the final product. This sharing is made more delightful by the thoughtfulness that has been put into its creation. As the bread is shared and through digestion moves into our bodies, the mindful energy of its making creates an environment that deeply nourishes our cells and promotes the health and vitality of our physical vehicle. Bread that carries the negativity of the maker is hard to digest and does not provide proper nourishment to the cells. Consciousness is everything, because in its essence all life is energy. Energy is manifested into form by mind and emotion, so it benefits everyone to make elegant choices that contribute to the health and well-being of all.

“If a man finds himself with bread in both hands, he should exchange one loaf for some flowers of the narcissus, because the loaf feeds the body, but the the flowers feed the soul.” ~ *Muhammad*



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
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10:00 a.m.
Pioneer Memorial Park
Sequim

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