



Minister's Letter

It's a New Year, it's a new day – yesterday ended last night – and it's a New You. If you choose it! Let's take a last look at the old year and decide what we are going to bring into this new year. We can start out with a new slate and write whatever we want to on it. It really is up to us.

Did something you believed in let you down? Believe something different this year. Believe in yourself. Did someone disappoint you? Decide this year not to disappoint yourself. Where was the hurt? Where was the betrayal? Where was the disappointment and disillusionment? These things are always felt within ourselves and no one outside of ourselves can create these feelings in us – unless we allow it in and give it power.

So, let's give ourselves permission to release all the unhealthy ideas and beliefs that have been holding us in bondage and really write a new history for the year in front of us.



“We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us.” ~ Joseph Campbell

Here are some things we can do to create a year that is different from past years:

1. Resolve to look past all appearances and see the Truth.
2. Resolve to recognize and accept our Good.
3. Resolve to express unconditional love to our world.
4. Practice daily surrender to our Higher Power.
5. Practice unconditional love and acceptance of ourselves just as we are.
6. Practice gratitude in all things.

2009 can be the best year of our lives. We can make it so. Remember, the number “9” is highly spiritual. It is a multiplication of the Trinity, the creative process in all things, therefore completion in all things. Let there be a multiplication of the All Good in our lives in this Onederful New Year.

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:
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crevlynn@olypen.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 ever had someone tell you to pay attention? Maybe it was a teacher, a parent, or even a co-worker. What does it mean to pay attention? What kind of currency is 'attention' anyway? And what can it buy for us?

On New Year's Eve, a little before 10 pm Pacific Time, I called my sister-in-law Wanda in Illinois. During the conversation she suddenly stopped and said, "What was that? Oh, it must be midnight. I think that was firecrackers." She hadn't been paying attention to the time – but I had. In fact, I purposefully called her so we'd be on the phone when the New Year began for her. At the stroke of midnight, Central Time, we were able to stroke our friendship with caring words and laughter.

While on the phone I got a chance to talk with my grand-nephew Lucas. He is two and a half, but going on twenty. Wanda was babysitting and put the call on speaker phone. Lucas kept looking at the phone – paying attention to it – expecting to see me. Wanda said he has video chatted with his uncles and also has talked on her cell phone which has a picture of the caller. Ah, technology!



An hour and a half later I sat waiting for the New Year to begin in the Pacific Northwest. My eyelids were heavy, but somehow I managed to stay awake to see King 5's fanfare at the Seattle Space Needle. The fireworks were choreographed with the music. It was an awesome dance that showed someone paid attention to detail.

Shortly after midnight John Curly was interviewing two young men, who back in 1991, came up with a novel idea – no, not a new book, but something new worth writing home about. They made 1991 eyeglass frames where the 9 had a place for your eyes. Every year since, they have made and sold the current year glasses. However, this will be the last year, because 2010 doesn't put 1 in the right position.



I hadn't paid attention to the names of the two young men, but the number 1991 stuck with me. It reminds me of a mirrored image. These guys may not have been able to 'see' into the future back then, but their insight brought them abundance, both financially and socially. It's a-parent to me that these co-workers have been our teacher.

For any One of us to be in the right position in 2010, we can choose this year to pay attention to what is happening around us. We can put on the glasses of compassion, and frame our world with caring. Working together we can cash in on the best we can be, as we improve the lives of all. Just Imagine the Possibilities!

Light and Love,
Kathy Purcell, *Editor*

TREATMENT

by: JoAnn Fisher

The wonder of Oneness encompasses the entire Universe. All is God. God is All. God is in me. I am in God. There is no separation. I live and move and have my being in All that is. The nature of God is present in all Its creation. The love of God is the glue that binds it in Oneness. The Joy of God enlivens all life bringing a higher vision of our connection with perfect health, perfect abundance, perfect relationships, and perfect creative expression.

Every moment I breathe in the newness of constant change in the physical world. I welcome new possibilities that are always available for enriching my life. I lift my sights to see Blessings in each moment and in each person, knowing God is present in all situations. I know we are all connected and there are no coincidences. Miracles, synchronicities, and wonders are occurring in our lives constantly. I listen. I pay attention. I raise my consciousness. I am living in the Oneness of Life. I am grateful for the Grace of God and Its Presence in my life.

With faith, joy, and love, I release these words into Spirit knowing they are acted upon even before I speak and the blessings return pressed down and running over.

And so it is.



“The moment when you first wake up in the morning is the most wonderful of the twenty-four hours. No matter how weary or dreary you may feel, you possess the certainty that, during the day that lies before you, absolutely anything may happen. And the fact that it practically always doesn’t, matters not a jot. The possibility is always there.”

~ Monica Baldwin

A Year Introducing the Science of Mind

International Centers for Spiritual Living ministers have the privilege of teaching this powerful philosophy. The first year is Science of Mind 100, a series of four nine-week classes. We gave ourselves ten weeks for the first class, 101, last winter and found nine weeks would be enough time for a small class size. We met in JoAnn Fisher’s home on Wednesday evenings, 7:00 – 9:00 PM. Although the curriculum is progressive, building on previous class work, a student can pretty much cycle into any class for the series. 103 and 104 could be the exception, as these link together for a final project in 104.

The classes lead through the text, *The Science of Mind*, by Ernest Holmes, focusing on understanding and using Spiritual Mind Treatment. This is the method Dr. Holmes taught for using the Universal Power for Good in which we are all immersed to demonstrate our personalized good. Spiritual Mind Treatment, or Treatment, is essentially Mind’s natural creative process for expressing the Goodness that It is. Each class provides plenty of time and opportunity for asking any questions that arise. These dialogues support our growth both in understanding Science of Mind philosophy and in applying it. Classes also provide activities to help integrate the ideas in Science of Mind.

I found teaching these principles fun and fulfilling. As an instructor, I also get to expand and grow. Each class I found rewarding. I typically walked to my truck afterwards barely touching the ground. I feel very grateful for this opportunity to share the principles that have been and are so helpful for my more effective living. Getting to teach meets a deep need of mine to share and support the healing possibilities this philosophy gives.

I loved teaching these classes. I offer my deep gratitude to all the students whose commitment made the experience possible. I know that together we all grew.

With gratitude,
Rev. Michael.

APPRECIATION

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

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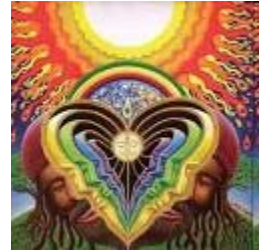
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Elaine DeLap
Elizabeth Van Sickle

WEBSITE/

PROGRAMS:

Kathy Purcell
JoAnn Fisher



Thank You!

PEACE MEDITATION

On December 31, while people all around the world met to meditate for Peace, a small group of our congregants gathered at Pioneer Memorial Park. It was at 4:00 am Pacific Time. Other people were with us in spirit, creating a united consciousness – a powerful tool for Peace. Many thanks to Mary Franklin for organizing and facilitating our Peace Meditation.



Celebrate Life!



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

ANNUAL CONGREGATIONAL MEETING

Our Annual Congregational Meeting will be held this year on Sunday, **February 15, 2009** following our morning Service. We will be sharing our Annual Reports with the congregation. We hope you will join us to celebrate the accomplishments of the past year and welcome the abundance around us with open arms and open hearts.



FEBRUARY

- 4 EMILY CHADWICK
- 5 NEIL SPIVA
- 12 MARY MARX
- 23 GENE MCCUTCHIN
- 24 RUTH MARCUS
- 24 DEBBIE MOORE
- 25 LUCILLE RICE

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 104

Wednesdays from 7:00 - 9 PM
At JoAnn Fisher's House
Facilitator: Rev. Michael Laakso
Tuition: \$110 for Credit

SOM 207

"The Edinburgh Lectures" Thomas Troward
Tuesdays from 7:00 - 9 PM
At JoAnn Fisher's House
Facilitator: Rev. Michael Laakso and
Rev. Lynn Osborne
Tuition: \$110 for Credit

SOM 300 Practitioner Class

Wednesdays, starting Feb. 18 – 1:30 - 3:30 PM
At JoAnn Fisher's House
Facilitator: Rev. Lynn Osborne

"ANGER MANAGEMENT WORKSHOP"

facilitated by **Kassandra Kersting, LMT**
February 28th 2009 – 9 a.m. to 1 p.m. at the
Prairie Memorial Park

Pre registration is **\$35** before February 18th

Dr. Weisinger's Anger Workout Book is available for an additional \$15. It is optional but highly recommended. There will be many experiential exercises at the workshop and many more contained in the book. Fruit, bagels, coffee and tea are provided. Contact wwkassandrak@netzero for further information and/or a brochure.....or call 582-0812.

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.

"Learning is a treasure that will follow its owner everywhere." ~ Chinese Proverb

INCOME & EXPENSE REPORT 2008

	NOV	DEC
Income	\$3233	\$3553
Expenses	<u>3897</u>	<u>3699</u>
Net Income/Loss	(664)	(146)
Attendance	183	165

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.

ORIGINAL / ORIGIN of ALL – The **ORIGIN** of **ALL** is the **ORIGINAL**, the Omniscient, Omnipresent, Changeless One.

STATEMENT / STATE MEANT – When we declare our **STATEMENT** of Truth, we put ourselves in the **STATE** we were **MEANT** to be, connected in Love.

COMFORT / COME FOR IT – When we seek **COMFORT** all we need to do is return to our Source. With open arms God invites us and waits for us to **COME FOR IT**.

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Candle Light Service Pictures



Pictures by Victoria Kelley

Despite the weather the Christmas spirit flowed.
For the ones not snowed in,
the snow added to the beauty of the evening.

“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is light from within.” ~ *Elisabeth Kübler-Ross*



The Happy Booker Review

by: JoAnn Fisher



The book review for our January Newsletter is on *“Human Devolution” a Vedic Alternative to Darwin’s Theory*, by Michael A. Cremo (co-author of *“Forbidden Archeology”*)

Darwin’s Theory of Evolution is being challenged from many directions. In addition to the literal Biblical Creationist Theory and the Intelligent Design Theory from several scientists, there is the “Human Devolution” theory based on humans being a combination of three distinct substances: matter, mind, and consciousness (or spirit). Cremo backs up his belief with several research studies as well as NDE’s and paranormal events showing there is solid scientific evidence for a subtle mind element and a conscious self that can exist separately from the body.

This evidence has been systematically eliminated from mainstream science. “Human Devolution” illustrates how the self originally exists on the level of pure consciousness, in harmony with the personal source of all conscious beings. When a conscious self relinquishes its connection with the source of all conscious beings, it becomes covered by the lower energies of mind and matter.” Cremo theorizes that humans devolved from higher spiritual beings to being human rather than evolving from apes. The time has come for humans to be more aware of who they truly are and evolve back to our higher self. I believe this book would be interesting for those who question theories that have become boxed in as truth.

It is surprising how some professors in the fields of science become protective of a theory and making it difficult for other professors or researchers to explore other avenues. On New Year’s Eve, I watched Ben Stein’s documentary, “Expelled”. This was an interesting disclosure of professors who have lost their professorships at various Universities because they question Darwinism. In addition, their arguments are not being accepted by their professional journals. Many of them believe there is an intelligent design behind all life and that evolution isn’t based primarily on Natural Selection. This of course added to my interest in reading “Human Devolution.” Being “Open at the Top” is what Ernest Holmes advises and isn’t it exciting to reach beyond the accepted social, scientific, and religious theories. The Truth is within. I appreciate those who have the ability to put new ideas into a book, but the test is whether it rings true at the core of our being.

“The highest possible stage in moral culture is when we recognize that we ought to control our thoughts.” ~ Charles Darwin



Special Thanks to Dan Cummings and Joan Hathoway-Sheldon



OUR THANKSGIVING FEAST

Many thanks to all who brought food and shared our special Thanksgiving Dinner.



Photos by Ed Marx



*“Gratitude is the memory of the heart.”
~ Jean Baptiste Massieu*

A Foster Child's Wish List

Remember when you were a child at Christmas? How exciting it was to see gifts under the tree with your name on them! Then think about being an adult, and buying gifts for your child – or maybe a niece or nephew. How exciting it is to do the shopping and to watch the smiling faces of the children when they open the presents! The excitement is the same, because it all comes from the One Source – Love.

Now imagine you are a foster child, a five year old girl who likes Tinker Bell and loves to read. What's on your wish list? And dare you dream any of it really will be yours? If Virginia was right, then surely it is possible!

And so it is! This year, that five year old girl discovered Virginia was right! Thanks to Elizabeth Van Sickle, who spearheaded this giving project, we were all given the opportunity to become Santa's Helpers. We collected \$106 in cash and many special items – some from the Wish List, and some dreamed up by Santa's Helpers.

There were fairy wings; a tiara; fairy tales and other books; clothes; pajamas; a sweater; a jacket; bubbles; a snow globe. Joanie Schmoll donated a hand-made Raggedy Ann Doll; Joan Hathaway-Sheldon knitted a hat and band for the mom. Wow!

Thank you all for being part of this One-derful dream come true Christmas. ~kp



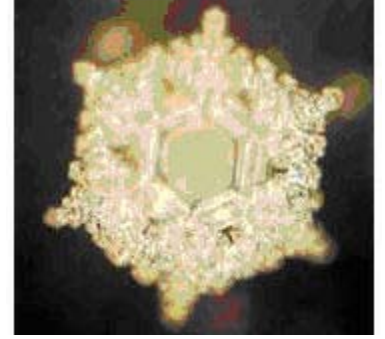
“The miracles of the church seem to me to rest not so much upon faces or voices or healing power coming suddenly near to us from afar off, but upon our perceptions being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always.” ~ *Willa Cather*



“People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child – our own two eyes. All is a miracle.” ~ *Thich Nhat Hanh*



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.

Thank you for considering this Green Idea.