

Minister's Letter

I read an opening line in one of the Treatments in *Creative Thought Magazine* which said, "Today, I abide in peace and prosperity." This is a good affirmation for any day, especially when the news of the world seems to deny this Truth. To know, really know, that our inherent Good is Peace and Prosperity, is to acknowledge the Infinite Truth not only for ourselves, but for all humanity.

As the Chinese say, "We live in interesting times." However, this is not a signal to become attached to the fears and worries of race consciousness, but, rather, to do our part in bringing race consciousness into alignment with Spiritual Truths in the knowing that behind all appearances, there is a higher Truth of Peace, Harmony and Right Action.



Truth Teacher, Swami Amar Jyot, says, "These are the times that come once in ages when tremendous power, strength and energy are needed. And the source of that power is Consciousness." We do, indeed, live in a Sea of Consciousness and it is our task to contribute to that Consciousness in ways that truly heal and uplift humanity. It is our Mission in Life.

As Pastor of this Center, I rely on the Onederful Consciousness we have built and are building in our day-to-day endeavors. It has lifted and upheld me during the recent loss of my daughter, Holly. Please be assured that I am so aware of your great strength and the ways it has energized me to continue to address the tasks that lay before me. As we strengthen each other in our high places and our low places, we are growing together in ways that, I know, are a blessing in our lives and in the lives of those around us.

Thank you all for being there for me and for being there for the larger Consciousness which we all share. It is a Consciousness of Peace, Prosperity and Right Action for all.

*Much Love and Blessings
of All Good to all of you,
Reverend Lynn*



Sequim
Center for Spiritual Living

BOARD OF TRUSTEES

Rev. Lynn Osborne, President
Victoria Kelley, Treasurer
Michael Laakso
Kathy Purcell
Mary Franklin
Victoria Kelley

PRACTITIONER

Jo Ann Fisher
Michael Laakso
Deb Nygaard
Victoria Kelley
Rev. Lynn Osborne

CHURCH SECRETARY

JoAnn Fisher

MUSIC

Joan Hathaway-Sheldon, Director
Sylvia Boss, Pianist

BOOKS

JoAnn Fisher

HOSPITALITY

Joan Hathaway-Sheldon

FLOWERS

Elaine Delap
Elizabeth Van Sickle

EDITOR

Kathy Purcell

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,

June is the month we honor fathers and the male influences in our lives. Does Father Know Best? What does it mean to do your best? To be your best? Is that 'best' the same for everyone? Who decides what that 'best' is?

This is the first Father's Day that my Dad is gone; he passed on (physically) last fall. But he passed on lessons that I will always remember.

A specific incident with my dad kept coming to mind. I was about 11 or 12 at the time, living with my parents, three of my brothers and one of my sisters. My oldest brother and sister were already living on their own.

Our house had three bedrooms upstairs – one at either end of the hall and one off the middle. The hall and stairs were not carpeted. I remember sliding across the hall in my stocking feet. Not exactly "Risky Business" but fun none the less. And I remember flying down those stairs – sometimes even skipping a few.

This particular day, my siblings headed outside to play. The kids in the neighborhood often gathered near our house to play games or just hang out and talk. I wanted to be part of that.

But Dad said I had to wash the hallway and stairs before I could go outside. I grudgingly collected the cleaning paraphernalia and washed the hall and stairs. All the while I was thinking about getting done and going outside.

When I finished the chore, I dashed to see Dad and asked if I could go play with my friends. Without even checking my work, Dad said, "It doesn't seem like it took you long enough to do a good job." I stared at him, not knowing what to say. My thoughts went from my friends to the hallway upstairs.

Dad must have seen the wheels of my brain turning. "If you think you've done a good job, then you can go play," he told me. I can't recall if I went outside, but I probably did. It's the kind of thing a pre-teen would do.

Over the years I've often thought of Dad's words – or rather the meaning of his words. He was not judging my work, or me. He put that decision in my hands. The incident reminds me to give thought to my actions – to pay attention. Thank you, Dad.

Reflecting on it, I realize it's important to do our inside work first. Our thoughts, backed by our feelings, create our experiences. Being mindful of who we are, we plant the possibilities for creating the best in ourselves and in our world.

Light and Love,
Kathy Purcell, *Editor*

"We must make the choices that enable us to fulfill the deepest capacities of our real selves." ~ Thomas Merton



TREATMENT

The One Mind is constantly creating. Its Presence and Power permeate and suffuse everyone and everything. This Presence is the source of all that is.

I am a co-creator of my world. Everywhere I am God is. The spark of Divinity is within everyone, a constant link to the Higher Intelligence and connection to all that is in the Universe.

Knowing my thoughts can manifest in my life, I remember I am co-creating and gently focus on the All Good. I let go and let God and am safe and assured knowing I am well guided.

I am a loved and accepted child of God participating in this Life with compassion and joy. I come from my authentic Self in all my experiences knowing that everyone and everything is a Divine Idea of the One Mind. We are all connected to the Web of Life.

In gratitude and joy I know this or something better is so now. And so it is.

Deborah A. Nygaard RScP



**“He didn’t tell me how to live;
he lived, and let me watch him do it.”**
~Clarence Budington Kelland

EXPANDING CONSCIOUSNESS

Have you noticed that we’ve been setting up more chairs on Sunday mornings? The consciousness of the Sequim Center for Spiritual Living is expanding and more people are showing up at Sunday service. With the Center's continued growth, the idea of a second service has come to mind.

A committee is forming to explore the option of second Sunday service. If you are interested in being part of that committee or have ideas to share, please contact Rev Lynn.



Welcome!

**NEW THOUGHT.
NEW WORLD.**
2009 SUMMER CONFERENCE

New tools for spiritual living.
JULY 27-31, 2009
Sheraton San Diego Hotel & Marina
San Diego, California

Keynote Speakers: Caroline Myss & Byron Katie

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
Walter Clark
Jack Hubley
Elaine DeLap
JoAnn Fisher
Joan Hathaway-Sheldon
Kathy Purcell
Jan Boyungs
Deb Nygaard
Elizabeth Van Sickle
Flora Collins

MUSIC:

Sylvia Boss
Joan Hathaway-Sheldon

SPEAKERS:

JoAnn Fisher
Jan Boyungs
Deborah Nygaard
Kathy Purcell
Ed Marx
Sandy Roy
Victoria Kelley

BOOKS:

JoAnn Fisher

FLOWERS:

Elaine DeLap
Elizabeth Van Sickle

WEBSITE/

PROGRAMS:

Kathy Purcell
JoAnn Fisher

Thank You!

GROWTH FROM THE HEART

Another expansion for the Center is a Youth Group. Although we do not have one yet, we are attracting more youth. To make the way for this growth, we are supporting the individual growth of Kelly Norris, one of our young congregants. The Sequim Center for Spiritual Living is sponsoring Kelly to attend the 2009 Summer Youth Seminar which include youth from RSI, UCRS, ANTN and AGNT. We look forward to hearing Kelly's reflections of this experience in a future newsletter.



Celebrate Life!



JUNE

4 BILL HAYS
6 JIM RHODES
11 TOM MARSHALL
11 JO ANN FISHER
12 JANET JOHNSON
25 JACK HUBLEY
25 GAIL YOUNG
26 MARALEE JOHNSON
28 MICHELE HIRSEKORN

JULY

4 MARILYN WARD
4 MARC SAN ANTONIO
4 BARBARA BOLLES
10 TRACIE TRUTH
12 ARIEL HAGSTROM
13 ELAINE DELAP
16 LINDA ROGERS
17 KATHY PURCELL
18 BONNIE SPIVA
LEE STUBBLEFIELD
23 JANE SIMONEAUX
29 DEBORAH ABELL

AUGUST

2 AMBER MC CARTER
8 MICHELLE ABELL
10 DAN CUMMINGS
11 SHIRLEY SMITH MOORE
16 PAUL DUFFY
22 MARY VAN SINDEREN
30 MICHEL MC CARTER
31 DARINDA HAGSTROM

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 from 7:00 - 9 PM
Starting July 1
At JoAnn Fisher's House
Facilitator: Rev. Michael Laakso
Tuition: \$110 for Credit

SOM 203

This Thing Called You

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

*"I challenge you to make your life a masterpiece. I challenge you to join the ranks of those people who live what they teach, who walk their talk."
~ Anthony Robbins*



*"Choice of attention ... is to the inner life what choice of action is to the outer. In both cases, a man is responsible for his choice and must accept the consequences, whatever they may be."
~ W. H. Auden*

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.

"Man does not simply exist, but always decides what his existence will be, what he will become in the next moment." ~ Victor Frankl

INCOME & EXPENSE REPORT 2009

	MARCH	APRIL
Income	\$4756	\$3284
Expenses	<u>4085</u>	<u>3563</u>
Income minus Expenses	671	(279)
Attendance	243	187

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.

INFORM / IN FORM – When we allow ourselves to know the Truth, we are **INFORM**ed, and thru the One Source, our desires are manifested **IN FORM**.

IMPART / I'M PART – As I **IMPART** the Wisdom of Spirit, I acknowledge **I'M PART** of It.

YESTERDAY / YES! TODAY – There is nothing carried over from **YESTERDAY** when we say **YES! TODAY**.

**I M P A R T
N
F
O
Y E S T E R D A Y
M**

SOM 102

Finding Sequim Center of Spiritual Living, in the summer of 2008, was the beginning of an unknown spiritual connection within me opening up. I have always been one to jump in with two feet so I started taking Science of Mind classes right away. I needed to know, "One mind" What does that mean? Being in 12 step recovery I had begun a spiritual search for the meaning of the Divine.

Healing layers of denial and uncovering truths through the 12 steps, I was still in search of something *MORE*. The Science of Mind 101 & 102 classes with Reverend Michael brought me closer to the power within me, within all. I see more clearly now the oneness, the causation of all things. Closed and separate, my illusions kept me in a constant state of fear and anxiety that I was not even aware of. The support of the SOM classes with Michael, my studies & Rev. Lynn's teachings, I have begun to shed my fears, to return to my center, my natural state.

I am deeply grateful for the wisdom Michael has, Ernest Holmes wonderful books, for my own willingness, and the Center here in Sequim. To all at the Center, thank you ☺ – you are truly all a part of my journey. My life is forever unfolding into what it is meant to be. I am profoundly grateful and encourage anyone in search of healing, love, God or just curiosity about life to open the door into the Science of your own mind, the One Mind that is always available to you.

Annie – student of SOM



The Happy Booker Review

by: JoAnn Fisher

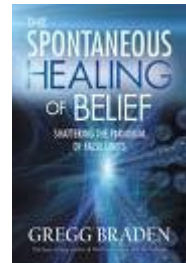


The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits

by: Gregg Braden

There are so many enlightening books coming out, it's difficult deciding on the ones to review for our newsletters. If any of you run across a gem you would like to share, please let me know.

Gregg Braden's writings have always interested me and his book, "*The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits*" is now my favorite. It came out last year, so some of you may have discovered it by now. Braden brings Spirituality and Quantum Physics together to show how we create our life situations. Health, Relationships, Abundance, and our own creative expressions are a result of our belief systems.



As we say in Science of Mind, "*Change Your Thinking, Change Your Life.*" Braden shows how we have become programmed with negative thinking that produces negative emotions and undesirable effects in our world. He sees everything as based on a "reality code." The "code" can be changed.

Bringing together teachings of Jesus, Buddha, Milarepa, and Rumi, with findings of scientific studies and teachings of medicine workers, Braden shows how we affect and interact with what we perceive, particularly when thought, emotion and feeling come strongly together. Braden includes several exercises to change our belief systems and bring more freedom as we move along our spiritual paths.

Braden likes to use the computer as an analogy to understanding the Universe. A programmer must understand the "code" that is basic to a computer in order to produce the desirable results. Braden discusses fractals and offers the code: "If the universe is made of repeating patterns, then to understand something on a small scale provides a powerful window into similar forms on a grand scale." "Belief is the program that creates patterns in reality." The central theme of the book is "To heal your life and recreate your life, heal your beliefs."

The book is well written and easy to use. Braden offers 31 Belief Codes placed throughout the book and brought together in the last chapter. I highly recommend this book for refreshing summer reading.

SOM 202

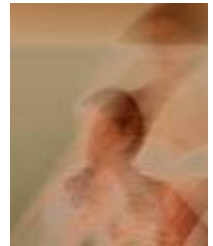
“This is my decision.” I am still realizing the power of these words. In *The Power of Decision* (SOM 202) Raymond Charles Barker teaches us ‘decision is how we express power’.

Sovereignty is a quality of God. I owe it to the God in me to trust the Life within me. I grow into full Strength as I decide what I want to have show up in my environment. This sounds so easy, and it is – except when old ideas come to mind and past emotions get in the way of me realizing my Wholeness.

What separates me from my Wholeness is negative thoughts and feelings. These create an image that is self-diminished. This is not the Truth of who I am. The reality is, I have unlimited capacity in me to address these false forms. It is done thru my mind.

Mind is a frictionless machine. Matter never ends; it is continuously changing thru my consciousness – which changes with new ideas/thoughts. It is constantly remodeling.

I am responsible for my mental atmosphere. I can change my mental atmosphere one thought at a time. Yes, I have the power to shift what appears in my life. If there is resistance, I can Treat; I choose Peace, Happiness, Harmony and Clarity. In this Clarity a prototype is created. I am conscious and aware of the Truth. I need not suffer from the thought and will of another person. I think my own thoughts while respecting the right of others to have their thoughts. I am in competition with no one.



When I become an observer I see with God’s eyes and become peaceful. No news is bad news – all situations are spiritual opportunities. I think thoughts of Peace, Harmony and Wholeness and feel the Truth of my thoughts. I enjoy the flow of Life thru me. I let the Goodness of God show up in my life. I accept my Goodness now.

I simply feel gratitude; it is done as I release the attachment to the how. I trust the Universe to handle it. This is my decision. And so it is.

Learning opens up more of vision. It challenges limiting beliefs and gets us conscious of our choices. I am grateful for the Science of Mind principles and the opportunity to learn by taking classes taught thru the Sequim Center for Spiritual Living. As I learn and expand my consciousness, the global consciousness expands as well.



SOM Student
Kathy Purcell

DREAM INTERPRETATION WORKSHOP

The Center is planning a Dream Interpretation Workshop on Saturday, **July 25, 2009**. So now is the time to begin recording your dreams.

Dreams are the subconscious speaking to the conscious mind. Troward acknowledged this feedback from the subjective to the objective mind as intuition. Dreams are another channel through which this inner communication moves. Of course, dreaming is a universal human experience, though not everyone remembers his or her dreams on awakening.



One way to begin remembering one's dreams: place a pad and pen by the bedside. This powerfully tells the subconscious that you want to remember your dreams. One can also touch the pad and pen before going to sleep and quietly say; "I will remember my dreams in the morning. This dream guidance is supporting my happier living." One can also declare that the dreams will provide a solution to a particular problem or give guidance in some area of interest. We know the subconscious has within it all know-how.



Our dream mind speaks through symbol and feeling. Although each person has their own symbol-language, certain universal emblems will be noted and discussed. Methods of exploring our personal dream language will also be reviewed.

We will discuss recurring dreams, scary dreams, hyper-real dreams, visionary dreams and dreams of the departed. Through all these and other dream experiences, we are keeping in touch with our insides, with our deeper Selves.

Rev. Michael Laakso will facilitate. A long time dreamer, Rev. Michael discovered the Edgar Cayce readings at 17 years old, which include a wealth of dream interpretation material. Rev. Michael has kept a dream journal since then and has many examples illustrating how dreams can be helpful in the waking life.

Tuition of **\$20.00** will cover all materials. Refreshments will be served. The Workshop will be Saturday morning, **10:00 AM to 12:30 PM, JULY 25, 2009.**

Bring your dreams. We'll have a good time waking up to our dream life together.

Rev. Michael



A Proud Announcement

We welcome to our practitioner team,

Victoria L. Kelley

as a new practitioner within our center. Victoria was licensed on March 20, 2009 and investiture was held on May 17, 2009. Following the ceremony the congregation was invited by Rev. Lynn Osborne to continue the celebration at the Oak Table Restaurant for a lovely brunch. It was a joyous occasion and enjoyed by all

Congratulations, Victoria!

May 17, 2009 Brunch Celebration



Pictures by Ed Marx

LIFE LESSONS
BY: JOANNA FUCHS

You may have thought I didn't see,
Or that I hadn't heard,
Life lessons that you taught to me,
But I got every word.

Perhaps you thought I missed it all,
And that we'd grow apart,
But Dad, I picked up everything,
It's written on my heart.

Without you, Dad, I wouldn't be
The person I am today;
You built a strong foundation
No one can take away.

I've grown up with your values,
And I'm very glad I did;
So here's to you, dear father,
From your forever grateful kid.



FIRST GIFT, LAST GIFT
BY: SRI CHIMMOY

My first gift to God:
My sincerity-awareness.
God's last gift to me:
His ever-transcending
Oneness-Satisfaction.



SEQUIM'S OWN COMMUNITY ORGANIC GARDEN

Take a walk towards the west along Fir Street, between Fifth and Sixth Avenues, and you might be surprised to see the transformation of what was formerly a grassy wasteland. Where once was rough pastureland, bleaching yellow under summer winds, is now a verdant area, blossoming with greens, purples, reds and a rainbow of colors. An area has been cleared and enclosed with a wooden fence, brightened with triangular flags that flutter in the mostly present winds out of the west. Irregular areas display a variety of vegetables and flowers. Walkways wind between the garden plots. Hoses are neatly wound around spigots that draw irrigation water that has been treated to remove any chemical residue and an inviting pagoda awaits the hungry or tired gardener. In one corner is a shed filled with gardening tools and a lovingly tended compost pile sits waiting to be spread on members' gardens.

About 30 spaces have been taken up this year and even the City has one. This is the garden's second season and the idea of growing your own vegetables seems to have really caught on with the community because all spaces are currently being tended. The spaces are rented by the season for a reasonable fee of \$30, plus a certain amount of community time, spent weeding or general gardening functions.

Welcome to Sequim's own Community Organic Garden, better known as COGS. The public can always enter the garden, but please leave your pets and cigarettes outside the fence.

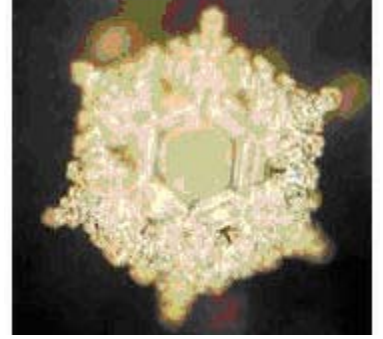
By Patricia Earnest

MOVING WITH SPIRIT

We are looking for housing in Sequim or nearby, August 2009. We feel 'called' to the Olympic Peninsula for a time of rejuvenation and restoration, then to see where God leads us. We are selling our house in Denver, storing everything and want to live with freedom for a while (we've been super responsible parents, business owners, etc).

It would be wonderful to rent from someone with similar metaphysical win-win philosophies! We have two lovable lap dogs, very well-behaved, who are with us at all times. We will take care of your home/rental as if it were our own. If you know of the perfect place for us please contact me, Anne Marie Polich, apolich@hotmail.com.

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.