

Minister's Letter

The Master, Jesus, said, "As you believe, so is it done unto you. And what he was talking about is a law. In our teachings, we often refer to the law. We talk about the Law of Correspondence, the Law of Cause and Effect, the Law of Increase, the Law of Attraction, etc. And these are not really different laws. They are just the many ways we use the One Spiritual Law of the Universe. And the different ways we describe the Law depend on our own individual frame of reference at the time.

If there is something in our lives that we find unacceptable, it would help to work with the Law of Attraction to discover the ways we have consciously or (most likely) subconsciously attracted this into our lives. The intent is not to blame ourselves for the experience, but to discover how we can put a different idea into action and thereby attract a different experience. If we are experiencing lack of some good in our lives, we can invoke the Law of Increase to bring about greater good.

It is wonderful to know we can rely on Spiritual Law to change faulty beliefs that are in opposition to God's Truth about us. Giving up those beliefs gives us the opportunity to take our power back instead of thinking we are powerless over the events in our lives. When we change the belief, we change the experience. The words the Master Jesus spoke: "Let it be done according to your belief" ring as true now as they did then.

The story of Job is an example of the use of Law. Job's life was really going OK. He had a nice family - seven sons, three daughters - and all his needs were being met. But he must have had too much time on his hands because he began to give in to the "what if's." The Old Testament called it "Satan," but we know that's just another word for ego.

Anyway, Job started entertaining fear thoughts. And one fear led to another - like attracts like - and pretty soon his life was a mess and all the good that he once had was dropping away and he found himself experiencing lack. And he said, "The thing I have feared has come upon me." The Law of Attraction was at work in his life. As the story unfolds, Job does finally get it and begin to invoke the Law of Attraction in good ways and to bring back the abundance he had once enjoyed.

This is, indeed, a great example of how we can use a Spiritual Law and it will produce exactly according to our belief. The Law never changes and that is a really good thing, because it means we can change our minds whenever we want to and we can rely on that Law to bring us the experience we desire.

If we have been experiencing uncomfortable or painful situations born out of negative belief systems, we can decide today to put power into new beliefs that bring us joy, abundant good, health and vitality. It is up to us to decide where we want to put our power. We are the ones that can align our thought with the Universal Good that is everywhere present. This is how the Spiritual Law of our being works. May all your thoughts and beliefs invoke the Law in such a way that your life is the outpicturing of peace, joy, love and abundant good in every area.

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@olympen.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,

What does Independence Day mean? Often we think of the Fourth of July. It is a day that represents freedom – breaking free from tyranny. Our Founding Fathers knew that independence was necessary, and they fought the British Monarchy to attain it.

Doing a bit of research, I found these 5 W's about Independence Day

(Answers.com):

Who: the Second Continental Congress

What: the Declaration of Independence

Where: Philadelphia

When: July 4, 1776

Why: to declare the Thirteen colonies "Free and Independent States... Absolved from all Allegiance to the British Crown" of King George III.

Being both a word person and a spiritual one at that, I knew there was more to this info than meets the naked eye. The Science of Mind Principles can be seen.

Starting with the number 13, I found this symbolic meaning:
The number 13 brings the test, the suffering and the death. It symbolizes the death to the matter or to oneself, and the birth to the spirit: the passage on a higher level of existence.



There was death of the old British ways, and birth of the Spirit of America, a chance for a better life. Each of the colonies was a free and independent state – they made their statement and declared their freedom. They chose how they wanted to be treated. They affirmed it thru their Treatment. The Law made it so.

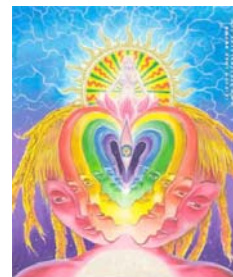
They released themselves from allegiance to something far outside themselves. They accepted their rightful dominion. The Power comes from within.

It is interesting that the Declaration of Independence was signed in the City of Brotherly Love. For Love is our lifeline, closer than our very breath. When we come from Love we come from our Center – the Truth of our being.

It is also interesting that King George was the third. It brings into play the number three, the Trinity: mind, soul and body; thought, feeling, form.

Every day we all have the freedom to decide what we want. Making our statement with feeling, we declare our intention and set it free. Today and every day is Independence Day. What a freeing thought! And so it is!

Light and Love,
Kathy Purcell, *Editor*



"I know but one freedom and that is the freedom of the mind." ~ Antoine de Saint-Exupery

"Man is free at the moment he wishes to be." ~ Voltaire

TREATMENT

By: Deborah A. Nygaard-RScP

“According to Jesus we are not punished for our mistakes, but by them, therefore, we cannot be saved in our sins or mistakes. Salvation is from them not in them.”

~E. Holmes- Words That Heal



The One Mind is a Divine Givingness, encompassing all within this beautiful Universe with forgiveness and Love. It automatically forgives when we free ourselves from the misuse of the Law of cause and effect.

I have made mistakes in this humanness that I am. And I know that from these mistakes I have learned many lessons.

There is a law of cause and effect. For each action there is a reaction. By maintaining my focus in thought and deed in correspondence with the All Good, I make right use of this law. I stop myself and ask Is this coming from Love? Is this for the good of all concerned? I monitor my actions. I correct my mistakes and am released into forgiveness. The more I embody forgiveness the more it ripples out into the world.

I am the Prodigal Son returning from a far off land into my Father’s loving embrace. My humanness is my experience that brings me closer to home, to my spiritual Self.

There is no mistake that cannot be forgiven. Knowing this I come from my own forgiveness in all that I say and do. With gratitude for this awareness I release these words.

This forgiveness ripples outward from my atmosphere into the Universe, I am loved and loving. And so it is.



“Love is an act of endless forgiveness, a tender look which becomes a habit.” ~ Peter Ustinov

35th Annual BIG SKY RETREAT September 4 – 9, 2010

The Big Sky Retreat is a life-changing annual event in the Rocky Mountain West, now in its 35th year. Gather to experience extraordinary speakers and workshops, exciting and inspirational music, beautiful vistas, T'ai Chi Chih, healing meditations, playfulness and fun. Ministers and congregants from all Religious Science denominations, Unity, Divine Science, and other independent and metaphysical churches attend every year to mix, mingle and learn from each other in joy. For more information visit: <http://www.bigskyretreat.com/>.



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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FOOD, FUN and FRIVOLITY on THE FOURTH

After a lively patriotic service on Sunday, July 4th, a group of 28 of us gathered to share a delicious array of food and light-hearted conversation.

Many thanks to all of our talented cooks and for all who joined us in the spirit of the holiday. We extend a special "Thank You" to **Deb, Jill, Darryl** and **Jean** for welcoming us to your beautiful home.



INCOME & EXPENSE REPORT 2010

	APRIL 10	MAY 10
Income	\$4505	\$3,428
Expenses	\$4118	\$3,806
Income minus Expenses	\$387	(\$378)
Attendance	190	154

Celebrate Life!

AUGUST

- 1 Elizabeth Baatz
- 2 Amber McCarter
- 6 Jill Fairchild
- 8 Michelle Abell
- 10 Dan Cummings
- 11 Shirley Smith-Moore
- 16 Paul Duffy
- 22 Mary Dieveveen
- 30 Michel McCarter
- 31 Darinda Hagstrom



SEPTEMBER

- 2 Heather Segar
- 4 Victoria Kelley
- 7 Sandy Roy
- 8 Lynn Osborne
- 9 Pauline Preti
- 11 Karla Bristow
- 12 Jean Cameron
- 13 Rod Harp
- 20 Sunny Barnes
- 26 Megan Belia
- 26 Flora Collins

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 3:00 - 5 PM
At JoAnn Fisher's House
Facilitator: Rev. Lynn Osborne
Tuition: \$110 for Credit

SOM 202

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

*“To forgive is the highest, most beautiful form
of love. In return, you will receive untold peace
and happiness.” ~ Robert Muller*

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.

A FORGIVENESS WORKSHOP

is planned in preparation for a fresh Fall experience

When: 1:00 - 3:30 PM - **Sunday, August 1**

Where: **JoAnn Fisher's house**

Suggested Donation: **\$20**



Learn what is not forgiveness, the difference between traditional forgiveness and radical forgiveness, what are the blocks to forgiveness and how to make room for the miracle of forgiveness.

Now is a wonderful time to let go of the past in a loving, supportive atmosphere. Come and join us.

Facilitated by **Rev. Lynn Osborne and Practitioner Deborah Nygaard**

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 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.

INDEPENDENCE / IN DEPENDENCE – To find our true **INDEPENDENCE** we must first learn not to be **IN DEPENDENCE** of anything outside ourselves.

INTERDEPENDENCE / INNER DEPENDENCE – The start of **INTERDEPENDENCE** is **INNER DEPENDENCE**, inner acceptance of who we are - realizing that we are part of the One. Then we move into the Knowing that we are All One.

FREEDOM / FREE DOME – We are **FREE** within the **DOME** of Unconditional Love, Unlimited Abundance and Endless Peace. In this awareness we find our **FREEDOM**.

I N D E P E N D E N C E
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Prosperity Workshop

October 16, 2010, 11:00am-2:00pm, \$20

JoAnn's home in Sequim

Supplies and lunch will be provided

Sign up sheet at the Center or call 360-977-7689

Conducted by Victoria Kelley R.Sc.P.

The Happy Booker Corner

By: JoAnn Fisher



EAT, PRAY, LOVE

by: Elizabeth Gilbert

If you are looking for a perfect book for summertime enjoyment, this is the book. It is rich in personal insights, humor, spiritual searchings and fascinating adventures in eating in Italy, meditating in India and falling in love in Indonesia.

It's a personal journey of the author in search of her own power after a divorce. The Washington Post review pretty well covered it when they wrote, "Readable, funny...by the time she and her lover sailed into a Bali sunset, Gilbert had won me over. She's a gutsy gal, this Liz, flaunting her psychic wounds and her search for faith in a pop-culture world."

If this sounds like a "chick" book, think again. GQ (Gentlemen's Quarterly) wrote, "Be advised that the supremely entertaining *Eat, Pray, Love* - a mid-thirties memoir by the endlessly talented Elizabeth Gilbert - is not just for the ladies, fellas."

Gilbert's description of eating a pizza in Napoli brings desires of going to Italy just to experience a true pizza. Her year journey around the world is enviable and a rich experience to enjoy with her. The experiences are humorous, honest, and embarrassingly human. at times.

"*Eat, Pray and Love*" is in paperback.....331 pages. I hope you find time to add this to your summer wonder if you haven't already.



Gay Hendricks, Ph.D., author & president of the Hendricks Institute, has served for more than 35 years as one of the major contributors to the fields of relationship transformation and body-mind therapies. Along with his wife, Dr. Kathlyn Hendricks, Gay is the co-author of many bestsellers, including *Conscious Loving*, *Spirit-Centered Relationships*. He is also the author of 32 books, including *The Corporate Mystic*, *Conscious Living*, *Five Wishes* and *the Big Leap*.

In recent years he has been active in creating new forms of conscious entertainment through inspirational films and media. He has appeared on more than 500 radio and television shows, including *The Oprah Winfrey Show*, CNN, CNBC, and *48 Hours*. You won't want to miss Dr. Gay Hendricks' Wednesday Evening Keynote Address at the 2010 Asilomar Retreat, as he gives us his insight on *Making All Things New*. Register today by visiting: <http://www.gifttool.com/registrar/ShowEventDetails?ID=1666&EID=6406>

End of Summer Festival



September 12, 2010, 11:30am-2:30pm

Join the fun! Games, prizes, Food, Silent Auction
and a raffle for a Color TV.

To donate items for the auction and further information please call Susan Pennington at 360- 775-9994. Flyers will be available at the Center for posting and raffle tickets for those willing to sell tickets to their family and friends. For raffle tickets to buy or sell please contact Victoria Kelley at 360-977-7689 or Susan at above number.

This event will be held at our Center, after service, utilizing both
inside and the lovely park.

FUN

PRIZES

FOOD

“I never lose sight of the fact that just being is fun.” ~ Katharine Hepburn

DEMONSTRATIONS

Welcome to the Demonstrations Column! It highlights demonstrations of answered Prayer Treatment. Our Word released into Law brings into our experience that which we accept as our Truth. The acknowledgement and gratitude of one, strengthens the awareness for us All. Our Highest and Best await joyfully to express thru us. ~kp

Jean Fairchild was put in the Ministry of Prayer prior to carotid surgery on July 6th. She did very well during and after the surgery. She was not sick from the anesthetic even. She is healing quickly, the only evidence of her surgery is the tape used to keep the incision closed. She made the comment that she can't believe she had the operation a week ago, because she feels so good.

Thank you all for your prayer treatments and support.
Deb and Jill

FALL RETREAT

September 27 - October 1

Circle of Love Gathering



<http://www.circleoflovegathering.com/canada/>

An intimate spiritual retreat in a magical setting.
Rediscover and celebrate the Essential Self.

Mother Nature needs no theological explanation. Her beauty is the evidence of something inherently loving and perfect underlying all life. This peaceful presence is no more apparent than on Quadra Island in British Columbia.

Imagine breathing in the cool, clean, sea air; seeing a million stars at night; walking in the moonlight with new friends; receiving wisdom from New Thought teachers; sitting in meditation with spiritual masters and singing along with joyful voices.

This is the promise of Circle of Love Canada. After a summer of family activities and doing for others, take some time for yourself or bring your sweetie for a renewal experience.

Rejuvenate, relax, revive your spirit and reawaken your relationship with The More.

With inspired presentations by:

Shaikh Kabir Helminski (translator of Rumi and author of *Living Presence* and *The Knowing Heart*, among others)

Shaikha Camille Helminski Adams (translator of Rumi and author of *Rumi's Sun* and *Women of Sufism*, among others)

Rev. David Leonard (speaker, spiritual leader, and guide into the mysteries of the heart)

Dr. David Tharp (Movement therapy, intimacy and human relations)

Rev. Patrick Cameron (Senior Minister of the Edmonton Centre for Spiritual Living)

Rev. Carol Carnes (Senior Minister of the Calgary Centre for Spiritual Living)

FREEDOM: RESPONSIBILITY AND CHOICES

by Joan Hathaway-Sheldon

As we celebrate the birth of the United States of America this month, my thoughts turned to the subject of Freedom. In 1776 thirteen British colonies banded together to assert their independence and to declare themselves free of the tyranny of British rule. They took responsibility and declared that they would make their own choices from then on.



All life is a reflection. Have you made your own Declaration of Independence and declared yourself free from the tyrannies with which you have surrounded yourself? Tyrannies of negative thoughts and beliefs about money, health, your own value, etc. The tyrannies of social and race consciousness, government and big business, ancestors and families, social groups and religion...the list goes on and on.

What's the first step towards freedom? 100% responsibility. Or, to put it another way, 100% response - ability. The realization that in all of your life from the point that you chose to embody at this time, in this place, with these people...that only you have made the choices that have created your life. Your life/your reality/your perspective is unlike anyone else. It is unique in all of life. Yet it is also an expression of the One Life. E pluribus Unum...Out of many, One.

What is 100% response - ability? It is Power. It is Freedom. It is Creativity. It is saying that I have the ability to respond to any situation in the way I choose. No one else is responsible for my choices - only me. Therefore, I have the ability to respond to any given situation, thought, belief...in any way that I choose. I can make my choices based on the opinions and beliefs of others or I can make them based on my own knowledge and realization of Divine Truth within me. I am not a victim of tyranny, I am the creator of my own destiny.

One of the reasons that I love the teachings of Science of Mind is that they have brought me relief - relief from the tyrannies that I had allowed to suppress me. Relief from my own negative beliefs, relief from the blame and shame of my personal history, relief from being anything but what I AM - a Divine Child of the Creator living within the Grand Family of Creation. In the words of Ernest Holmes, there is a Power Within Me For Good and when I choose to align myself with that Power, I am truly Free.

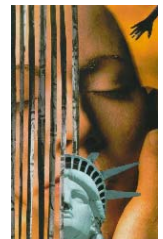
Emancipation By: Fasika Ayalew

Compass of freedom directs us within
In our soul freedom tunes, songs of redemption
Let not liberty die in our heart
Let not freedom dwindle in our mind
Let our feast be so strong
Break the prison of fear
Resurrect our soul, spirit rekindle

Let our mind be free
Let our spirit dance
Let our soul stand out
Not timid but with triumph

Let the chain be broken
For our freedom exists
Neither in the west nor in the east

In the spirit of oneness
With the bond of unity
Respect for who we are
Vision for who we can be
Let the chain be broken
Let freedom come to life
As we break the chain from our mind
BE FREE and sing
Songs of redemption



DREAM INTERPRETATION WORKSHOP

Time for another Dream Interpretation Workshop. Our subconscious mind is always speaking to us. We get hunches, intuitions, feelings and often, if we pay attention, we see that these “heads-up” are right! Dreams are another way our deeper mind speaks to us.

Sometimes our dream mind speaks in direct terms. We may dream of a situation with an impending catastrophe, say a car accident. We may awaken feeling queasy, stunned. This dream may prey upon our mind for days. Then, maybe six weeks later we find ourselves in this same scenario. We feel the familiarity of the event. We know perfectly what will happen next. Only this time, in a burst of emotional energy, we brake and pull over before the oncoming truck can hit us. We feel stunned and queasy, but also grateful.

Dramatic warning dreams like these are not uncommon. But more often our dream mind speaks to us in symbols, motifs, feelings. We can learn our own mind’s special dream language by writing down, contemplating and analyzing our dreams. Dreams may be forewarning us, but more typically dreams inform us of the issues with which we are wrestling. Did I live up to my ideals in that situation? Am I birthing a new self-concept? Am I clearing my subconscious mind of clutter and debris? Our dream mind will give us feedback on the state of our spirit, our growth, our development, our errors, our triumphs. This comes typically as emblem, motif and symbol.

Sharing dreams is a wonderful way to begin learning dream symbology. Hearing the dreams of others will often trigger knowings within. This sensitizes our mind to our own inner symbology. Sharing our dreams and getting feedback also sensitizes us to our own symbolic language. We may feel a dull note on one interpretation and a bright hit on another. This is the subconscious speaking to us denying or confirming its intended message.

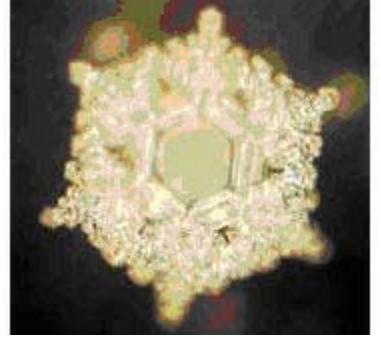
We will warm up with some theory and then get down to dream sharing. The Workshop is **10:00 AM to 12:30 PM on Saturday, 24 July, 2010 at JoAnn Fisher’s home in Sequim. \$20.00** covers all materials and a light lunch. Bring recent or old dreams, recurrent dreams and spiritual visions. Let’s all be inspired together by what our inner mind has spoken to us.

Respectfully submitted by Rev. Michael Laakso

“Dreams are illustrations... from the book your soul is writing about you.” ~ Marsha Norman



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

HAPPY SUMMER!

