

## Minister's Letter

Our International Day of Peace (Peace Day) is coming up on September 21. The International Day of Peace provides an opportunity for individuals, organizations and nations to create practical acts of peace on a shared date. It was established by a United Nations resolution in 1981 to coincide with the opening of the General Assembly. The first Peace Day was celebrated in September 1982. In 2002 the General Assembly officially declared September 21 as the permanent date for the International Day of Peace. In our spiritual philosophy, we have as our intention that every day be a day of Peace. But, it is good to have the awareness that on one certain day, people all over the world are joining in peaceful endeavors. We are only too aware that we have just passed the ten-year anniversary of the 9/11 event that reminds us of the pain and suffering that unpeaceful actions create.

In view of the enormous outpouring of emotion that happened at this ten-year anniversary, I had some insights revealed to me that I would like to share. In addition to the ten years that have gone by, there are ten days between September 11 and September 21, this is the tenth celebration of International Peace Day and the number ten has symbolic significance. According to symbolic research over the ages, the number ten is symbolic of the return to unity. It is also symbolic of spiritual achievement and, according to some theories, ten symbolizes the totality of the Universe, both physical and metaphysical. From ancient oriental thought, ten was known as the number of perfection.

So, these are some positive insights to have as we celebrate another Peace Day and, perhaps, these ideas can deepen our awareness of the time we live in and the great opportunity Spirit has given us to really show up as emissaries of peace in our daily activities. It does look like the Universe has made the way clear for that to happen. Anyone, anywhere can celebrate Peace Day. It can be as simple as lighting a candle or just sitting in meditation. It can be making the phone call and connecting with someone we have had a difference with in order to heal a conflict. In our spiritual community, we have the opportunity to walk in peace at Pam Bedford's Labyrinth. In the event that this Newsletter does not go out until after the 21<sup>st</sup>, remember every day is Peace Day. It is my privilege to know I am always connected in Peace with all of you.

*Blessings of Love,*

*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,

Have you ever had something come into your life and suddenly you notice something similar to it everywhere you look? Maybe you bought a new car and you start to notice that same model on the road as you drive or in the parking lot of the grocery store as you walk out.

Lately what has come into my view has been the word 'notice'. In fact, it has prompted the above question and this article.

Several weeks ago my sister Helen and her husband (who live in Illinois) came to Sequim for a weekend. Most of you know I like butterflies. To me they symbolize transformation, freedom and acceptance of self. On Saturday I had to decide between wearing my gray or pink t-shirt – both with butterflies; I chose the gray because it had more of them.

When I met up with Helen I noticed she was wearing a pink t-shirt with butterflies, not quite the same as the pink one I own though. In the afternoon we went to Hurricane Ridge. We were blessed with sunshine and a clear view of the mountains. At one point I turned around and saw a woman wearing a pink t-shirt with butterflies; it was the same design as the one I have. Transformation is happening all around us.



Last weekend I was at Subway getting something to eat. I paid for the sandwich and as I was putting the change into my purse, I heard the young man behind the counter exclaim, "My mom has one just like that!" Since I was looking down at the time, I thought he was talking about the Winnie the Pooh t-shirt I was wearing. Can you imagine someone getting excited about a t-shirt? Oh, wait! I can imagine that. When I looked up I saw he was staring at my wedding ring. I had received that over 21 years ago; it was older than the young man. We both smiled and the next person in line came up to pay.

I have purchased sandwiches from Subway before and the same young man was at the register. But the ring I wore did not register in his awareness until last weekend. Although I did not say any verbal words to this man, I felt a connection – his joy became mine. I was grateful for the encounter and for the awareness of the unity. I acknowledge it was a warm feeling; although it was a cool experience, you could say it was not ice.

'Notice' can be a noun (announcement) or a verb (to observe; take note of). It is interesting that in a Treatment both forms of notice are used. We take note that there is One Universal Mind and we are part of this Infinite Intelligence. It lovingly expresses Itself through us. We acknowledge this Truth and announce it – declare it – give notice of it. We joyfully release our word with the expectancy of good. And we observe the result manifesting according to our belief.

We never know when a butterfly will appear or when something seemingly simply in the finite world rings through our hearts and creates a connection with the infinite. The more we are open, the more we will notice the connection. In truth it is always there.

Light and Love,  
Kathy Purcell, Editor

**One must always be aware, to notice even though  
the cost of noticing is to become responsible.  
~ Thylias Moss**

## TREATMENT

By: Rev. Lynn

I know that the Universe is God's Peaceful Eternal Expression of Life forever and ever growing and expanding. This is God's Truth of Being in which I live and move and have my Being. In knowing this, I make my statement of Peace into the Mind of God for its outpicturing in my life.

I now declare that my Life is in the hands of Infinite Intelligence, unfolding in perfect order and harmony. There is nothing but perfect balance and right action taking place in the world of my experience. I release all supposed need for struggle as I accept completely the all-powerful, all-knowing, all-loving direction of God in my daily activities.

So, I now enter into the Center of Peace within me with a feeling of confidence and well-being. And I bring all relationships into this center with me, where all conflicts and differences are transformed into perfect love and acceptance. Leaving all human error behind, I make the decision to let my Life unfold according to Divine Plan.

In Peace I express the love, prosperity, health and harmony that is mine by right of consciousness. In Peace I go forth to meet my good trusting in Spirit to know that as I surrender to Spirit, all things are added in peaceful and joyous demonstration of Life.

I am so grateful – and I now release and let it be so.

## DONNA HUBLEY - GARDENER OF LIFE



In June a beloved Member of our Church made her transition. Donna Hubley peacefully left this plane of life on June 6 with her husband of 63 years at her side. Jack and Donna began attending our Church in 1995 and have been loyal supporters ever since. They

came originally from Ohio, having met in high school, later moving to California where Donna attended college and became a Licensed Practical Nurse in 1971 and in 1983 a Real Estate Agent in Napa, California. But her first priority was as a wife, and a mother to her two daughters, Jill and Joy. I always loved it when Donna attended one of my SOM Classes – she was a good student and always interested in using our Science of Mind Principles in her daily life. We also shared a love for gardening and the mat that I kneel on to do my weeding and the tools that I use were gifts from Donna. There will always be a space in my heart for my friend, Donna. And we surround her husband, Jack, with our love and caring during this time of loss.

~Rev. Lynn

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*“Flowers... are a proud assertion that a ray of beauty outvalues all the utilities of the world.” ~Ralph Waldo Emerson*

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## A NEW PRAYER CHEST FOR MINISTRY OF PRAYER

We were recently gifted with a new Prayer Chest for our Ministry of Prayer. This replaces one that we have used for over ten years. Both Prayer Chests were the work of Doug Oaks, a Port Angeles man who puts love and care into each piece of woodworking that he does. Our first Prayer Chest was, unfortunately, injured in a mishap one Sunday morning and was beyond repair. When I told his wife, Tina, about it and she mentioned it to Doug, he came forth with a new one. So, we give our grateful thanks in appreciation to Doug's beautiful talent, his love of working with wood and his giving nature.



# APPRECIATION

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

## **VOLUNTEERS:**

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Ida Nordquist

## **BOOKS:**

JoAnn Fisher

## **WEBSITE/PROGRAMS:**

Kathy Purcell  
JoAnn Fisher

Thank You!



## **NEW MEMBERS**

Please join us in welcoming  
new members Steve and  
Dottie Robertson!



## **PEACEFUL TALK**

On Sunday, September 18,  
2011 Marie O'Neill gave  
the Morning Message. She  
enthusiastically shared the  
insights and lessons she  
gained through the session  
with the Dalai Lama that  
she attended in Washing-  
ton, DC.



We give Marie our grateful appreciation for her heart-  
warming presentation and the work that went into the  
handouts she gave to us. Thank you, Marie, for ex-  
panding our Consciousness of Peace.

## **Celebrate Life!**



### **OCTOBER**

10 Mary Harp  
12 Joan Hathaway-Sheldon  
13 Jeff Carl  
13 Mackenzie Hagstrom  
22 Ginny DeFord  
23 David Kilpatrick  
23 Tom Maes  
25 Joe Edwards  
26 Robert DeFord

### **NOVEMBER**

8 Beth Medearis  
8 Chris Allen  
17 Elsbeth McLeod

### **DECEMBER**

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

## 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 CLASS

Meets Tuesdays from 7:00 pm - 9:00 pm  
At JoAnn Fisher's House  
Facilitator: Michael Laakso  
\$110 Credited

### RELIGIONS OF THE WORLD

Wednesdays from 6:30 – 8:30 PM  
At JoAnn Fisher's House  
Facilitator: Rev. Lynn Osborne & Rev. Michael  
Laakso  
Love Offering

**“I never teach my pupils; I only attempt to  
provide the conditions in which they can learn.”  
~ Albert Einstein**

### PROJECTS WITH CLASS

The class on the Metaphysical Bible completed last month. Several of the students submitted writings as their class projects. Two of those writings can be found on **page 11** of this newsletter. Two more will be in the next issue of *Reflections*. When we share what we learn, the lessons go on to teach others. In building our individual consciousness, we increase the consciousness of all. We are grateful to Rev. Lynn and Rev. Michael for being our teachers of that class.

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.

### INCOME & EXPENSE REPORT

	<b>JULY 11</b>	<b>AUG 11</b>
<b>Income</b>	\$3705	\$3256
<b>Expenses</b>	\$3705	\$3256
<b>Income minus Expenses</b>	(\$232)	\$58
<b>Attendance</b>	181	141

**“The purpose of learning is growth, and our minds,  
unlike our bodies, can continue growing  
as long as we live.” ~ Mortimer Adler**

## 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.

**ICU / I SEE YOU** – If we feel in need of **ICU** we can know God is saying **I SEE YOU**. What better intensive care can we have than the inner care of Divine Mind.

**CLARIFY / CLEAR IF I** – If I feel foggy about my identity I can make it **CLEAR IF I** just **CLARIFY** the Truth of who I Am. I am an individualized expression of the One Source.

**SO WHAT/ SOW WHAT** – If we make an error, Infinite Mind says **SO WHAT!** A condition can be changed through what we sow. **SOW WHAT** you ask? Sow thoughts of Love, Peace, Harmony, Unity.

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## END OF SUMMER POTLUCK CELEBRATION

Our end of summer potluck was a time of getting together, relaxing and sharing.  
Thanks to all those who participated.

## THE DEMONSTRATION CORNER

During the last two to three years I have requested prayer treatments for my nephew, Jim, who was going through a painful divorce during which he was not able to see much of his two teenage children. Eventually the court gave him some visiting rights but that was often problematic. Sometime after the divorce he started seeing a lovely woman who he became engaged to at Christmas. Then in the late winter his son decided to come to live with him and later his daughter. Their mother caused them to have to choose between their parents and choose they did. In July, Jim married his sweetheart in a beautiful outdoor ceremony attended by 300 happy people. It was a very sweet occasion and both of Jim's kids stood up with him in the wedding. Also a happy occasion for our family and the bride's family, it was an easy place to be together and visit in a beautiful outdoor space.

Thank you, Center for Spiritual Living, for holding this precious family in a knowing that wholeness and happiness could again be the order of the day.

Submitted by Rose Prestipino

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A friend called me one Wednesday afternoon asking if I pray for pets. I replied affirmatively. She said that Henry, a dear neighbor's cat had gone missing. Henry was an inside cat who had some health issues, and hadn't been eating much. I told her that Henry was not alone, that God was with him and guiding him. She was off to search for Henry.

I have heard that sometimes animals that know their time on earth is nearing an end will go off by themselves to make the cross over. That thought crossed my mind. Even if that was the case, Infinite Mind was still with Henry. I continued Treatment for the Good to be revealed.

My friend made signs and posted them in the neighborhood; she called neighbors to see if they had seen Henry. On Sunday Henry was still not found. My friend said that the couple missed the presence of their cat and they decided to go to Friends of the Animals to adopt one. When she told me that, I knew that Henry was going to show up.

On Thursday my friend stopped by my office. Her neighbors had in fact gotten a new cat on Tuesday. Then on Wednesday another neighbor spotted Henry on her porch. His parents were delighted and planned a celebration. Henry had survived an entire week out on his own. He was quite hungry but otherwise in good health. Now the two cats are each adjusting to having a sibling. The Divine Spirit flows through all things and doing Treatment isn't limited to two-legged creatures. I celebrate Henry's return and joyfully give thanks for the Law that made it so.

Submitted by Kathy Purcell

## THE HAPPY BOOKER



### *The Heartmath Solution*

By Doc Childre and Howard Martin

"Follow your Heart." Once in awhile we get this advice, but what would it mean to our over-all well-being if we lived this advice every day? The Heartmath Institute has done research "showing in depth how the heart is at the core of our body and at the core of how we think and feel."

Various techniques are offered for gaining access to the intelligence of the heart. Surprisingly the heart's power aids in improving focus and creativity, lowers stress and anxiety, strengthens the immune system, promotes your body's optimal performance and slows the aging process. "This book could save you years of therapy." (Deepak Chopra)

Research at Heartmath has found that integration and harmony – referred to as coherence – starts in the heart rhythms and is then communicated to the brain and body. They theorize that the heart is a major conduit through which spirit enters the human system. Spiritual qualities of love, compassion, care, appreciation, tolerance and patience create increased coherence and order in heart patterns while anger, frustration, anxiety, fear, worry and hostility create disorder in heart rhythm patterns. Coherence manifests when Spirit merges with humanness.

We can take personal responsibility for developing emotional balance. It is possible to get beyond feelings of confusion and overload by developing a new integrity through the management of mental perceptions and resulting emotions with heart.

JoAnn Fisher

## THE BOOK OF REVELATIONS WORKSHOP

On **November 12, Saturday**, we will have a Workshop on the last book of the Bible; St. John's Revelations. The workshop will be at JoAnn Fisher's home, 402 Reservoir Rd. from **10:00 AM - 1:00 PM**. Light refreshments will be served. Your donation of **\$20.00** will include handouts.

The Book of Revelations seems at first glance the most mysterious book in the Bible. What do the symbols mean? What is the importance of this book and how can we understand it? The Glad Helpers, a prayer group working with Edgar Cayce, seeking to uncover the mysteries of Revelations, undertook a series of readings. These are the door opener for understanding these visions.

John was in the Island of Patmos, one of many islands between present day Greece and Turkey in the Mediterranean Sea, in his nineties, the last living of the original apostles. The fledgling Christians were being heavily persecuted. Given this emotional setting of demoralization and despair, hope was desperately needed.

The Revelations are a compilation of visions for the immediate purpose of supporting the hope of the surviving churches. Beginning with letters to be written to the angels of the seven churches of Asia Minor, the visions go on to culminate in a glorious promise of a new life, the Edenic consciousness restored along with full and final freedom. So the purpose expands from the situation of the time to include the full sweep of the soul's journey in the earth.

One key to understanding the Revelations is recognizing that Jesus symbolizes not the man but the Higher Self, the Universal Christ within – our true spiritual Identity. Hence, this revelation can be seen as referring to the development and freeing of our mind to recognize its true nature. This goes along with the great themes of the Bible, from our creation to the Exodus from slavery to the Return from Exile. Something within is always seeking its Freedom and Home.

In this Workshop we will look at the symbols, emblems and motifs. Revelations has a structure, a direction and a beautiful conclusion. While the symbols can seem dire, we will forgo fear and explore their meaning, remembering they expose a process of liberation. Many popular interpretations of Revelations are needlessly scary. The symbols are actually very optimistic.

Plan on reading the Revelations the week before the Workshop so it is fresh in your mind. Bring your questions and be prepared for a positive understanding.



“There was this huge world out there, independent of us human beings and standing before us like a great, eternal riddle, at least partly accessible to our inspection and thought. The contemplation of that world beckoned like a liberation.” ~ *Albert Einstein*

## REVIEW OF NON-VIOLENT COMMUNICATION WORKSHOP

I was asked to write an article about the Non-Violent Communication (NVC) Workshop we took in July given by Rev. Michael Laakso.

This was developed by Marshall Rosenberg, it is a way of communicating that supports everyone's needs being met in a loving way.

We are brought up using jackal language. Jackals are animals that live close to the ground and are scavengers. Giraffes have the biggest hearts of land animals and are the tallest, so they can rise above everything.

To be a giraffe, we must be empathetic and non-judgmental. Jackals are usually self-serving and only interested in oneupmanship. When needs are met, conflicts are resolved; when they are not met, we end up feeling frustrated and resentful.

The basic components of Non-Violent Communication are

- 1) Observation: be a video camera, just the facts, mam.
- 2) Feelings: tune into our feelings and others – no judgment of others' actions, how are we feeling now
- 3) Needs: values, desires what you want to express or experience
- 4) Requests: are they doable? Be specific – concrete action, in other words “expressing honestly”, empathetic receiving.

This does not mean we cannot confront, it just means we do it without making the other person wrong or placing blame.

Let the other person know how you feel and let them express themselves, anticipate their needs without anger, guilt or taking things personally.

For most of us, me especially, it is difficult to be a giraffe when we are so used to being jackals. So being a giraffe is simply coming from a place of love and respect, not from judgment or conflict.

One thing I was surprised to learn was that sometimes giving a compliment can be jackal-speak. For instance: if you say to someone, “You are beautiful” it could make them uncomfortable – especially if they don't think they are beautiful. So if you say, “I think or feel you are beautiful” then they know it is coming from your heart. I've been a jackal all my life and with God's help I am very cautiously moving toward giraffedom.

~Dottie Robertson



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“Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.” ~ **Frederick Buechner**

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## CHRISTENING OF A MINISTER

On July 31, 2011 I was privileged to be recognized as a Staff Minister for our Center. The Ceremony and potluck were amazing and filled with love. I so appreciate all the people who worked together to make the day memorable and special.

Two days after being installed as a Staff Minister I flew to Wisconsin for a two week vacation. I spent most of my time with my mother, who has become quite forgetful and somewhat frail. She was very happy to see me as I am the only one of her six children that lives out of state, so she does not get to see me as regularly as she would like to. She always tells me that the State of Washington needs to be where Minnesota is.

A few days before I was scheduled to fly, my sister asked me if I would be able to christen our niece's two sons. I said of course. By the time I arrived in WI, nine more were added to the list. Oh boy, this is a challenge, I thought. Not only were there going to be several participating in the ceremony – I did not have time to find the ceremony I would perform, nor the certificate for the christening.

Thank God for the cell phone and internet. I called Rev Lynn and she immediately sent a ceremony for me, and my sister helped put together a certificate for the acknowledgment of christening.

One of the things I wanted to do while I was in WI was to have a good old-fashioned summer picnic with my family. Everyone agreed and we had it at my youngest sister and her husband's farm in Rio, WI. The ceremony took place right after the picnic.

I christened my nieces and nephews and my great nieces and nephews, ranging in age from 11 months to 36 years. I was so tickled to be able to perform my first duty as a Staff Minister – for my family. They were all excited to be christened and seemed to take it to heart.

I began by reading the ceremony for all of them. I thought if I read it for each one I might be there all night. For each one, I performed the christening which included a rose and a certificate. I used a bowl that belonged to my mother, and a small candleholder for the water. My family quietly and reverently participated in the ceremony and all went very well for my first act as a Staff Minister. I couldn't help remembering what my mother said when I told her I was studying to be a Minister, "That will change the family." How blessed am I that my family is willing to allow the change in me to be their change also.

Thank you all so much for joining me on this magnificent journey called Life.

~Rev. Deb Nygaard



## CLASS PROJECTS - Part 1

### IT IS WRITTEN



*"...He [Jesus] answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" Matthew 4:4*

*"When the devil tempted Jesus, Jesus turned the Word of God on him, saying, "It is written... It is written... It is written..." (Matthew 4:4, 7, 10)*

Jesus, the Word made flesh (**John 1:14**), rendered the devil powerless and of no effect when He said, "It is written..."

The only meaningful choices a person has are between the ways of thinking which come about when still seeing the dream as the reality. We can choose fear, which chains us to the world. Or, we can choose love, which reveals to us the real world.

If I have drawn to me fear, I can say, **"For God has not given me a spirit of fear, but of power and of love and of a sound mind."** (**2 Timothy 1:7**) What if the fear returns? I can speak God's Word again. "It is written, 'For God has not given me a spirit of fear...'"

Jesus has taught me that I have God's word for it. I can trust John's portrait of Jesus as the Cosmic Christ, Matthew's presentation of Jesus as the Jewish Messiah, the Gospel of Mark's tale of Jesus as a suffering servant, and Luke's Jesus as social activist. It is simple, "it is written."

And, it is written that I can take a break, enjoy the love that is God. John 15:9

**"As the Father loved Me, I also have loved you; abide in My love.**

When I stop to realize that it is written that **"I am the righteousness of God in Christ. Jesus, You are my holiness and perfection."** (**1 Corinthians 1:30; 2 Corinthians 5:21**) I can say **"Jesus, You are my righteousness and protection. Surely You shall deliver me from the snare of the fowler and from the perilous pestilence. Psalm 91:3.**

I continue to be blessed with knowing that when there is talk about the stock market, the tea party, tsunamis and a possible civil war, I can rest in knowing that "it is written." I turn away from "Murphy's Law". I remain in sync with the conscious awareness of who I am. Like Joshua, I am resolute. I experience the fruits of the Promised Land. I leave no lies alive.

Instead of insisting on starring in my own horror movie, hoping for a light at the end of the tunnel and fearing that the light is a gorilla with a flashlight; I believe that God is all there is, that God is love, and that life is God. It is written.

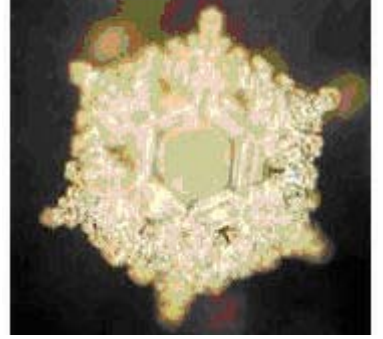
Eloise Ware with excerpts from The Bible and from Joseph Prince ministries.

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During this class, I began to see the "grinding and gnashing of teeth" expression as the experience we have when we are working with releasing the old ideas, old thoughts, old habits, old tapes, old beliefs, false beliefs and going through the fires of purification (being cleansed of ritual use, duality, sense consciousness, and our mind, soul, and body are raised to Christ consciousness.

Barbara Davis

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



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