

## Minister's Letter

February is the Love Month with an abundance of hearts and flowers everywhere evident. But, of course, love is not limited to the month of February. It is a quality of God available to us every moment of our lives. It is the thing that energizes us and leads us into good works. One of my favorite writers is Emmet Fox. This is what he writes about love:

*There is no difficulty that enough love will not conquer;  
No disease that enough love will not heal;  
No door that enough love will not open;  
No gulf that enough love will not bridge;  
No wall that enough love will not throw down;  
No mistake that enough love will not redeem.  
It makes no difference how deeply seated may be the trouble,  
How hopeless the outlook, How muddled the tangle,  
How great the mistake,  
A sufficient realization of love will dissolve it all.  
If only you could love enough you would be the happiest  
and most powerful being in the world.*

Since love is an attribute of God and we are expressions of God, then we are centers of love with this magnetic quality of consciousness that is always drawing love to us. Ernest Holmes writes: "Love is a cosmic force whose sweep is irresistible."

Valentine's Day, just passed, is a time of gifts of flowers, candy and jewelry and we think of romance connected with this time. But, it is also a time to reflect at a deeper level to gain a spiritual understanding of the irresistible force of love. Love gives us the choice to look beyond appearances and see the good and to encourage its expression in everyone and everything. It has nothing to do with obligation or the "shoulds." It is not a duty or something we look at as sacrifice.

Love never requires us to sacrifice our own well-being to meet someone else's needs. It always honors the good of all concerned. It looks for the good and blesses it; it blesses the good in ourselves and all others unconditionally. The love that comes from God is the highest spiritual form of love; therefore, it can have no conditions. It is not about: "I will love you if you behave in the manner that is acceptable to me." It isn't a bargaining tactic to be used to control others.

So, our intention is to extend love even when someone is behaving unloving, because we know that even in the midst of that appearance, love is really at the center of that person, too. Where love is, there is no room for criticism, judgement, anger or hate. Love has been called the Great Adjuster. As quoted the the Emmet Fox writing, there is really nothing that enough love cannot heal.

So, what I am knowing for each and every one of you is that Love is right now healing every sense of hurt, healing everything that seems out of balance, every illness and every seeming imperfection of mind or body or environment. And Love is bringing each and everyone harmony, peace, joy, freedom, prosperity, health and vitality. And so it is.

## *Blessings of Love,*

*Reverend Lynn*



Sequim  
Center for Spiritual Living

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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,

God is Love. God is Light. In December we celebrated the Light at our Candlelighting Service. There were seven candles to honor seven qualities of God. This was followed by the lighting of our individual candles to honor the Light within each of us.

Rev. Lynn lit her candle, then walked down the center aisle lighting the candles of the person on the end of each row. Those people then lit the candle of the person next to them, and so on.

Rev. Michael was at the end of the first row; I was next to him. Rev. Lynn lit Rev. Michael's candle and he turned to light mine. In the process, his candle went out. We both laughed. Rev. Lynn lit his candle again and moved to the next row. Again Rev. Michael tried to light my candle, but again the flame on his was extinguished. Rev. Michael then turned to someone in the next row and his candle was burning again.

I looked at my candle, wondering what was wrong. Suddenly I realized the wick was lying down, almost lost in the wax. I lifted up the wick. By that time JoAnn, who was on my other side, already held a lighted candle. She leaned over and lit mine. Someone turned off the light switch on the wall. With the room aglow, we all then sang Silent Night. The glow was not only from the candles, but also from the Peace, Joy and Love radiating from each of us.

The experience with my candle triggered a thought for this column. Then in January I received an email from Susan Pennington with a video showing how decorative multi-layer candles are made. I took it as a sign confirming that I was to write about candles.

I see how we are like candles. When the wick was embedded in the wax, the candle would not light - even when I tried several times. This brought to mind how when we are afraid, when we stay closed in, we cannot experience the Joy of our own Light. Even though someone else tries to spark our flame, we have to be in a mode of receptivity. Without it we remain in darkness.

The wick is in the center of the candle. Love is at the center of our being. Although my candle did not initially light, the wick was still there. Although we may forget the Truth, it is always there at our center. Placing the wick upright, the candle once again took to the flame and created a beautiful light. Placing our consciousness on our Source, the true Light within us shines forth.

The video about decorative candles showed the wick surrounded by plain white wax in the form of a star. It was dipped into a clear wax, then into a colored wax, then into water to cool it. This process continued with numerous colors. When the desired amount of colors was in place, a carving tool was used to cut down into the layers. The cut parts were twisted and rejoined to the outside of the candle creating decorative designs.



This reminded me of the many qualities of God. These qualities are within us; unlimited potential is within us. When we allow ourselves to experience life, to perhaps sometimes even feel pain, (represented by the cuts in the candle) we let our true inner beauty be revealed. We are all individualized expressions of the One Love. As we let our Light shine, our world becomes more illuminated.

Light and Love,  
Kathy Purcell, *Editor*

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***"I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars." ~ Og Mandino***

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## TREATMENT

By: Deborah Nygaard R.Sc.P.

There is a Higher Intelligence and It permeates this infinite Universe. There is no place that It is not. It is beauty, joy, love, life, light, peace and power.

This unlimited Mind is also me. I have all the attributes within me. I expand my capacity and awareness, knowing my consciousness and the One Consciousness are the same. I feel this interconnectedness with all beings and things. I am made of the same God stuff that fills this world and the limitless Universe. God is everywhere I am. This Presence is the power in and of all, originating from the One Mind. This One Mind creates all through Law powered by Love.

This Power answers me when I set my intention with faith and conviction. I want for nothing for all I ever need is provided. I open my mind and heart. I am ready to receive. I am able to see the answer when and as it appears.

In joyous gratitude I release and let go knowing all is well in this Loving Infinite Universe.

And so it is.



## ANNUAL CONGREGATIONAL MEETING

All members and non-members are invited to our Annual Congregational Meeting on Sunday, **March 13, 2011** following our morning Service. We will be electing two new Board Members, and 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.



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*“I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you. Let us work together for unity and love.”*

*~ Mahatma Gandhi*

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## TOASTING A TOASTMASTER



Toastmasters International reports that **Joan Hathaway-Sheldon** has successfully completed the first section of the Toastmasters International communication program. The communication program is a training program that helps participants improve their speaking and leadership skills.



Congratulations to Joan for this achievement. Great things are opening up in your Life.

# 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  
Kathy Purcell  
Deb Nygaard  
Elizabeth Van Sickle  
Kali Bradford  
Dan Cummings  
Mary Marx

Joan Hathaway-Sheldon  
Jean Cameron  
Jan Boyungs  
Marcie Matthieu  
Laura & Tom Maes  
Rod & Mary Harp  
Hal & Susan Clark

## **MUSIC:**

Sylvia Boss  
Joan Hathaway-Sheldon

## **SPEAKERS:**

JoAnn Fisher  
Jean Cameron  
Dan Cummings  
Deborah Nygaard  
Kathy Purcell  
Ed Marx  
Victoria Kelley  
Jan Boyungs

## **BOOKS:**

JoAnn Fisher

## **FLOWERS:**

Elaine DeLap  
Elizabeth Van Sickle  
Ida Nordquist

## **WEBSITE/PROGRAMS:**

Kathy Purcell  
JoAnn Fisher

## **THANK YOU TO OUR MEMBERS!**

We are most appreciative to all who have responded so promptly to our Annual Membership Tithe to International Centers for Spiritual Living. Half of our committed tithe for the year has already been submitted.

**Thank you** all for your participation as we support our parent organization in a new year of spiritual growth and expansion.



## **HOLIDAY THANKS TO OLE SIDEKICKS**

The **Ole Sidekicks** kicked off the Christmas holiday for us at our Sunday morning service on **December 19, 2010**. We thank them for sharing their unique style and spirit.

## **Celebrate Life!**

### **FEBRUARY**

4 Mary Franklin  
4 Emily Chadwick  
5 Neil Spiva  
11 Betty Kennedy  
12 Mary Marx  
23 Gene McCutchin  
24 Ruth Marcus  
24 Kelly Norris  
25 Lucille Rice  
28 Dawn Hays



### **MARCH**

3 Kira Kersting  
4 Jamie Christie  
11 Carla Jordan  
14 Jan Boyungs  
15 Marci Mathieu  
16 Ida Nordquist  
16 Dick Abell  
17 Susan Pennington  
21 Mary Ellen Reed  
22 Roger Maes  
25 Annie Laurie Christie  
28 Joanie Schmoll  
29 Tom Cunningham

### **APRIL**

12 Jan Marshall  
15 Robin Pearne  
29 Barbara Baker

## 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 200 CLASS - TROWARD

Meets Tuesdays from 7:00 pm - 9:00 pm  
At JoAnn Fisher's House  
Rev. Lynn and Rev. Michael co-facilitate this.  
\$110 Credited



### COMPLETED CLASS

**Joan Hathaway-Sheldon** accepts  
her Certificate for her Completion of  
SOM 300 classes. Congratulations, Joan!

### UPCOMING WORKSHOP

A Meditation Workshop will be coming in  
April. Watch for details on the date.



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

*"There are many things in life that will catch  
your eye, but only a few will catch your  
heart...pursue those." ~ Michael Nolan*

### INCOME & EXPENSE REPORT 2010 - 2011

	NOV 10	DEC 10	JAN 11
Income	\$2,955	\$3,453	\$4,467
Expenses	\$3,623	\$3,466	\$5,030
Income minus Expenses	(\$668)	(\$13)	(\$563)
Attendance	157	154	193

## 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.

**REASON – RE SON** – If I forget the **REASON** I am here, I can put **RE SON** into my thoughts and remember I who I am – a Son of the One.

**ILLOGICAL – ILL LOGIC CALL** – If I say am feeling out of sorts or ill in any way, I can recognize this is **ILLOGICAL**, for the One Source is Perfect, Whole and Complete. Realizing it is an **ILL LOGIC CALL** I can choose to re-state my words and declare the Truth of my BEing.

**DIVINE – DE VINE** – If I feel disconnected from my Source - **DE**tached from the **VINE** of life - all I need do is look inside myself and I will see the **DIVINE** is there within me. It flows thru me.

D  
ILLOGICAL  
V  
I  
N  
REASON



### THE LIGHT OF THE WORLD IS IN EACH OF US

Our Candlelight Service on **December 22nd** was filled with the warmth of the holidays. The flames of the candles reflected the glow of love and reminded us we are all One. We received several special musical treats in the voices of our very own Men's Chorus, and a Ladies Chorus as well. And **Jordan Thomson** added her lovely tones, individually and in a duet with **Joan Hathaway-Sheldon**. And of course, the music was accompanied by **Sylvia Boss**. Thanks to those who participated in this annual event.



## THE HAPPY BOOKER



### THE FIFTH AGREEMENT

By Don Miguel Ruiz

Ruiz' book "The Four Agreements" is a practical guide to personal freedom. These agreements are quoted often today and if anyone hasn't read "The Four Agreements" I highly recommend it.

Agreement #1: Be impeccable with your word.

Agreement #2: Don't take anything personally.

Agreement #3: Don't make assumptions.

Agreement #4: Always do your best.

The Fifth Agreement is "Be skeptical but learn to listen not only to what others are saying but what you are saying to yourself." Ruiz asks, "Are you happy and if not, why?"

What kind of answers come up from asking this question. Does it have to do with not making it in the world for some underlying excuse? We work hard working against ourselves and creating a nightmare. In trying to fit into the world, we often try to be good enough by imitating those around us. When we do not like what we see in the mirror, it is said in the Toltec Wisdom that we are looking through smoky mirrors. This kind of self pity or self negating can bring on various addictions.

Don Miguel Ruiz is a Toltec Nagual and often does speaking engagements telling his audience, "Don't believe me, don't believe anyone else and don't believe yourself." The core teaching of the Toltec Path is to eliminate belief systems. As long as we have beliefs we no longer perceive what is. Our sight for understanding is through colored glasses. In order to grow and evolve we have to change the way we see ourselves and others.

The way to help ourselves, according to Ruiz, is to recognize we are all messengers. We need to ask ourselves, "what the message is I am delivering to myself, truth or lies". The 5th Agreement advises us to no longer believe all the stories. We need to listen and respect. It is time to free ourselves from all false messages. A truth to say to ourselves is, "Every time I look in a mirror I will see the beauty of another being manifested in me."

This is not just a book to read, it is a book to live with, and refer to often.

Happy Reading Adventures,  
JoAnn Fisher



### FAMILY TIES

**Ida Nordquist** got a special early treat for Valentine's Day, all five of her children in one place. Although they live in different states, some clear across the country, they all travelled to Sequim to be with her. Now that's a Love Story. And we became part of the story as we shared with all of them at our **February 12<sup>th</sup>** Sunday service. Love joins us all as One.

## DEMONSTRATIONS

Love and gratitude is what is expressed for the Universal abundance that was demonstrated in the life of one of my clients.

A lovely young woman has been working with me for prosperity, as she was living in her car with no hope of employment. I am happy to report she has found a job she enjoys and is moving into her new apartment tomorrow.

The Universe always says “yes” at the appropriate time with our complete understanding and acceptance of our good. Giving heartfelt thanks for the right action of Truth in our lives. And so it is.

*Submitted by Victoria Kelley R.Sc.P.*



Thank you for all the beautiful and truly significant thoughts and prayers of all the wonderful attendees at the Sequim Center for Spiritual Living during my healing process from major surgery. I am virtually pain free for the first time in years! Major surgery is one thing, but having the emotions, acknowledgement, and support of as many people as I had praying for me is something that has put me well ahead of the normal healing curve for such a significant operation. This reconfirmed my spiritual awareness that we all are connected and do influence the people and things that we choose to spend time praying about.

The faith of one person makes a difference; the faith of a team of individuals moves a mountain. May we all continue to serve and support each other.

*Submitted by Susan Clark*



My recent surgeries went very well; my recovery has been speedy, and everything is working as it should. The CT scan showed the spot on my pancreas to be stable at this point, although I will have a recheck scan in 6 mos.

My eye surgery also went well and I've had a speedy recovery with pressures having dropped the next day from 23 to 15, which is a good thing.

All of this has been wonderful news for me. And again I thank everyone for their prayers and treatments.

*Submitted by Marci Mathieu*



*~continued on page 9*

**“All forms of beauty, like all possible phenomena, contain an element of the eternal and an element of the transitory / of the absolute and of the particular. Absolute and eternal beauty does not exist, or rather it is only an abstraction creamed from the general surface of different beauties. The particular element in each manifestation comes from the emotions: and just as we have our own particular emotions, so we have our own beauty.”**  
**~ Charles Baudelaire**

## DEMONSTRATIONS ~continued from page 8

A friend's most beloved horse Taffy, 30 years old, was near death. Her bodily functions appeared to have shut down. Taffy could not stand up; couldn't or wouldn't eat; all energy seemed to have been drained from her.

I went to help my friend deal with the situation. I treated for the horse, while I held my hands on her back. I took shredded carrots and chopped apples and fed Taffy by hand, all the while talking to her. I did this for two days. On the third day, Taffy was up and outside her stall, apparently "healed". When she saw me, she whinnied and trotted over, looking for a handout from me.



*Submitted by Mary Marx*

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*Our Word released into Law brings into our experience that which we accept as our Truth. You are invited to share a Demonstration. It does not matter if is a recent Demonstration, or one that happened some time ago. If you have experienced an answered prayer and are open to sharing it, please send it in your own words to Ed Marx: marxsylvania@olypen.com.*

*The acknowledgment and gratitude of one, strengthens the awareness for us All. Our Highest and Best wait joyfully to express thru us.*

*"Individually, we are one drop. Together, we are an ocean." ~ Ryunosuke Satoro*

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*"When you're in love you never really know whether your elation comes from the qualities of the one you love, or if it attributes them to her; whether the light which surrounds her like a halo comes from you, from her, or from the meeting of your sparks." ~Natalie Clifford Barney*

## QUILTING WITH LOVE

Quilts offer comfort, color, character and charm. Those that are hand-made also offer love. As last Thanksgiving approached, a thought was raised to make such a quilt and present it to Donna Hubley as a gift of love and gratitude. For many years Donna and her husband Jack have supported our Center. We felt a quilt would be an excellent symbol of support, love and caring for them. **Joan Hathaway-Sheldon** brought the materials to the Center and friends of the Hubleys prepared individual squares. Then Joan sewed them all together and the finished quilt was delivered to **Donna and Jack**. Thanks to Joan for organizing this, and thanks to all those who were part of this gift of love.



*Handmade with Love*

## Asilomar July 2011 - Details

**Registration for this event is open from:** Sat Jul 17,2010 -Fri Aug 12,2011

**Where:** Asilomar Conference Grounds, Pacific Grove/CA (US).

**Date:** Sun Jul 31,2011 -Sat Aug 13,2011

**Time:** 1:00 pm -10:00 am

### Event description::

It's been more than 55 years since the Centers for Spiritual Living have been together at Asilomar. Join us for a special, two week, INTEGRATED Asilomar, July 31-August 13, 2011. Meet new friends, reconnect with old ones, and soak up the familiar, natural beauty of the Asilomar grounds. Register today and get a special, discounted rate!

This is the 1st annual Centers for Spiritual Living Conference at Asilomar. This conference lasts 2 weeks.

The 1<sup>st</sup> week is July 31 – August 6, and the 2<sup>nd</sup> week is August 7 – August 13, 2011. You can register for either week. The section below lists the speakers for each conference week.

### Speakers for Asilomar!

#### Week 1: July 31 – August 6

David Bruner, Arleen Rose Bump, Carol Carnes, Moira Foxe, Kenn Gordon, Kathy Hearn, Maureen Hoyt, David Leonard, Bob Luckin, Chris Michaels, John Scott, and Petra Weldes

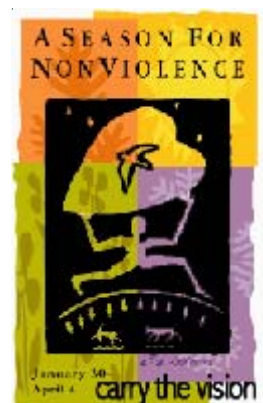
#### Week 2: August 7 – August 13

David Ault, Pat Campbell, Ruth Deaton, Nirvana Gayle, James Golden, Kenn Gordon, Kathy Hearn, Joe Hooper, Cynthia James, David Leonard, Kathianne Lewis, James Mellon, Kylie Renner, Margaret Stortz, and Karen Weingard



### SEASON FOR NONVIOLENCE

A Season for Nonviolence, **January 30 - April 4**, is a national 64-day educational, media, and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world.



## WORDS ARE WINDOWS (or They're Walls)

By: Ruth Bebemeyer

I feel so sentenced by your words, I feel so judged and sent away,  
Before I go I've got to know - Is that what you mean to say?  
Before I rise to my defense, before I speak in hurt or fear,  
Before I build that wall of words, tell me, did I really hear?  
Words are windows, or they're walls, they sentence us, or set us free.  
When I speak and when I hear, let the lovelight shine through me.  
There are things I need to say, things that mean so much to me,  
If my words don't make me clear, will you help me to be free?  
If I seemed to put you down, if you felt I didn't care,  
Try to listen through my words to the feelings that we share.



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“The most important thing in life is to learn how to give out love, and to let it come in.” ~ *Morrie Schwartz*

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## GIVING THAT KEEPS ON GIVING

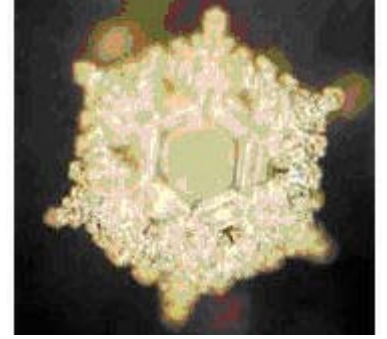
**Mary Marx** is lovingly creating jewelry from beads, bauble and trinkets to present for sale on Sunday mornings and generously donating all proceeds to the **Sequim Center for Spiritual Living**. Any items that do not sell will then be given to the Native Horsemanship Center with all proceeds from their sales donated to their non-profit organization. Any items remaining unsold will return to Mary for reworking into other jewelry pieces. This is a Win-Win project bringing good to both organizations through the gift of Mary's time, treasure and creativity.



If you have costume jewelry or any earrings without a mate, you are invited to bring it on a Sunday morning and Mary will do her magic of transforming it into a work of art and an expression of love for the benefit of many. Thank you, Mary, for your Giving Consciousness.

“Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more.” ~ *Anthony Robbins*

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

