

## *Minister's Letter*



With the Christmas Season fast upon us, I am led to those things that speak to me of what it really means to celebrate the Christ within. In the Light of the Season I am reminded of the simple, quiet time that first Christmas exemplified.

In the rush of the holidays, we sometimes forget that these are really Holy Days and there is a deep need within all of us to return to our Source – that Source of Oneness and Peace wherein we do find that quiet place and enter in to the Spirit that is leading us from within.



And we can do this no matter what events we may be participating in.

We can give our gifts with the gentleness that truly honors the Christ within the person we are giving to. We may sing loudly of the Joy of Christmas, yet come from that still place within that expresses the quiet hope of peace and joy throughout the world.

Every day is a day when we pray for Universal Peace, but during the Christmas holiday we are more acutely aware of the great need for Peace throughout the world. We can lift our glass of cheer in the spirit of forgiveness of ourselves and others, in the spirit of love and acceptance of all people, even those we find different from ourselves or with whom we have been in conflict. How else can we celebrate the birthday of One who exemplified all these things.



Please join with me this holiday season in celebrating the Peace and Calm and Quiet Joy of Christmas. It is my Christmas wish for all of you – that you experience the Peace and Joy of Christmas in a new and more meaningful way than ever before.

*Merry Christmas,*  
*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@olyphen.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 works in mysterious ways. I've heard people say this when they've had something good happen in their lives. But what does it really mean? A recent experience had me contemplating it.

Most of you know I am a member of Soroptimist, an international organization of professional and business women whose mission is to improve the lives of women and girls. I have been a Soroptimist almost as long as I've been a member of our church. It is always interesting when the two overlap, such as when someone from the Center has a need for a walker or wheelchair. Our club has a Medical Loan Closet with these kinds of items. Last week the organizations were brought together in an unexpected way.

Mary Marx works with the Native Horsemanship Riding Center in Sequim. This non-profit organization is having a silent auction in December and Mary is helping to find donations. An announcement about this was sent out via email late last month. That very evening I was attending a potluck with my Soroptimist friends.

As we were standing near the kitchen, our current president said she had a request from one of our members. The member's mom was in the hospital in Florida and the member had made an emergency trip to see her. The prognosis was not good. The member had purchased four tickets to the Symphony for early January, but now wanted to give them away. She asked our president to see how best they could be used.

No one at the potluck spoke up. The email from earlier in the day came to mind, so I mentioned the Native Horsemanship Riding Center's upcoming silent auction. Our president asked for more information. I told her about the organization and said that our club had sponsored a girl last year. President Deb handed the tickets to me and said it sounded like a good place to donate them.

Some may say this is an illustration of how God works in mysterious ways. Others may say this is a demonstration. However, it is not only a demonstration; it is also an example of how interconnected we all are. The seeming negative situation of one is a blessing to another. A gift offered from the heart brings more Love into our experience, and our awareness of it raises the consciousness of all. I am grateful for the awareness. When we speak our word the Power of the One makes it so. Perhaps the mystery is that the Power is already within us and it works through us. In this season of Light, let us turn within to see through the veil of mystery and allow ourselves to radiate our True Light.

Light and Love,  
Kathy Purcell, *Editor*



**Colossians 2:2, 3** - that their hearts may be encouraged, being knit together in love, and attaining to all riches of the full assurance of understanding, to the knowledge of the mystery of God, both of the Father and of Christ, in whom are hidden all the treasures of wisdom and knowledge.

## TREATMENT

### THE LIGHT RETURNS

By: Rev. Michael Laakso

One Originating Mind exists. This Mind has no limits, no outer boundary. This Mind is my mind now. This Infinite Mind is Whole, Complete and Perfect. This Mind is All-Love, All-Intelligence and All-Power. This Mind is my mind now. All that God is I am. I am completely one with this Infinite Mind.



I am an emanation of this One Mind. As light is the sun's expression, embodying all the sun is, so I am the expression of Infinite Mind and embody all this Mind is. This Light is eternal and forever changeless. My Identity is indestructible, and unalterable. Therefore I speak this word for the revealing of this truth of my being to my conscious mind: this Light now returns to my awareness. I am awake to the truth of my being. Easily and gracefully I release dissenting ideas of my nature and being. I wholeheartedly accept God's Idea of my Self, Its Self. I know as Divine Mind knows, therefore, God's knowing of Itself in me is my knowing of my Source and my Self. Getting my Identity right, I get everything right.

Darkness in my mind and experience is simply my ignorance of the Light I am. And I am forever free to reclaim my natural and native awareness of this Light. Today I choose to see. Today I select knowing, understanding, realizing my real nature. Making this choice, all of Divine Mind supports the full manifestation of this decision. Help and support comes to me from unknown quarters. Spontaneously I see this shared Self in all people. I naturally recognize the Light where it is – in all people I contact. My seeing this Light in others is my giving it to them, my support that they, too, see the truth of themselves.

I declare my world illuminated by the Light Divine now. Seeing clearly I navigate my world of people with grace and ease, with joy and peace. I feel so grateful for a world in which all see clearly now. I am very grateful for cooperation, for singleness of purpose, for one Truth in all, over all, through all, coordinating all. I am so thankful for this Mind Light of perfect knowing guiding and protecting all. I humbly choose this knowing now.

I release this word feeling deeply my gratitude that it is so already. I trust an unerring law operates on this word making it so. And so it is.

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**“Light gives of itself freely, filling all available space. It does not seek anything in return; it asks not whether you are friend or foe. It gives of itself and is not thereby diminished.” ~Michael Strassfeld**

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### CANDLELIGHT SERVICE

Our Candlelight Service will be held this year on **MONDAY, DECEMBER 19<sup>th</sup>, 7 PM at PIONEER MEMORIAL PARK.** It is a time to celebrate the Birth of the Christ within each person, as we sing our traditional Christmas Carols. And it's a time to celebrate the Light as we light the seven candles to honor the seven qualities of God followed by the lighting of our individual candles to honor the Light within each of us. Many delicious treats are offered up with the loving hands of our talented culinary experts at the close of our service and it is always a time of joyous fellowship



**Come join us in this festive event to celebrate the magic of Christmas.**

# 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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## FOOD BANK COLLECTION

We will be accepting donations for the Food Bank each Sunday in December. Monetary donations are welcome. When we help one, we help all. We are all the One.



## POWERFUL TOOLS FOR CAREGIVERS

A 6-week class teaching caregivers to care for themselves.  
When: Tuesdays, January 10 through February 14, 2012,  
from 9:00 am to 11:30 am.  
Where: Trinity Methodist Church, Sequim  
Facilitated by Debby Smith  
Sponsored by: The Olympic Agency on Aging  
Free to the public

## INCOME & EXPENSE REPORT

	SEPT 11	OCT 11
Income	\$4145	\$3538
Expenses	\$3592	\$3326
Income minus Expenses	\$553	\$212
Attendance	151	164

## Celebrate Life!



## 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

## JANUARY

4 Shirley Kilpatrick  
8 Rae Watkins  
9 Robert Murray  
12 Elizabeth Van Sickle  
14 Fumiko Rhodes  
14 Rose Prestipino  
16 Michael Laakso  
19 Patricia Earnest  
20 Trudy Anderson  
25 Deborah Nygaard  
25 Jeanne Murphy  
29 Jeanne Card

## 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: Rev. Michael Laakso  
Love Offering

### SOM 100 SERIES CLASS

Starting in January  
Tuesdays from 7:00 pm - 9:00 pm  
At JoAnn Fisher's House  
Facilitator: Rev. Michael Laakso  
\$110 Credited



### SOM 231 CLASS - ESSENTIAL EMMA CURTIS HOPKINS

Starting in January - date TBA  
Wednesdays from 6:30 pm - 8:30 pm  
At JoAnn Fisher's House  
Rev. Michael & Rev. Lynn co-facilitate this.  
\$110 Credited

### SOM 100 CLASS - TREAT YOURSELF TO LIFE

Starting January 18, 2012  
Wednesdays from 3:00 pm - 4:30 pm  
At Rev. Lynn's House  
Facilitator: Rev. Deb Nygaard  
\$8 per class

### TREAT YOURSELF TO LIFE CLASS

This class introduces the fundamentals of Science of Mind. It offers the principles of SOM that can be used in your life now. The applications in these lessons have been carefully worked out and tested and they work. These lessons give you the foundation to change your life and enable you to reach a better understanding of your relationship to God. NOW IS THE TIME TO TREAT YOURSELF TO LIFE.

*“Light, when suddenly let in, dazzles and hurts  
and almost blinds us; but this soon passes away,  
and it seems to become the only element we  
can exist in. “ ~Augustus William Hare and  
Julius Charles Hare*

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.

### EMMA CURTIS HOPKINS

In January (date TBA) Rev. Michael and Rev. Lynn will be offering the accredited class SOM 231 – Essential Emma Curtis Hopkins – on Wednesday evenings. This class gives the Science of Mind student a look into the life and teachings of one who has been referred to a “Teachers of Teachers.” She was originally a student of Mary Baker Eddy (Christian Science), but branched off on her own becoming one of the pioneers in the New Thought Movement. Her students included Ernest Holmes (founder of Religious Science) and Charles and Myrtle Fillmore (founders of the Unity School of Christianity). Her lectures and classes drew authors, preachers and homemakers who were attracted to her mystical and healing messages. This class is offered for credit (Tuition: \$110) or can be attended on a Love Offering basis. A great way to start the New Year would be to study the teachings of this very remarkable leader in metaphysical teachings.

## 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.

**AFFECTIONS / AFFECTIONS** – To change the **AFFECTIONS** (what shows up) in our lives, we need only change where we place our **AFFECTIONS**. When we turn within and come from Love, our highest Good is manifest.

**MEASURE / ME SURE** – When I try to **MEASURE** myself against someone else, I lose perspective and diminish both of us. Allowing myself and others to merely be, I know **ME SURE** of Who I Am.

**RESEMBLE / REASSEMBLE** – If our life does not **RESEMBLE** what we want, we can **REASSEMBLE** it by changing our thoughts.

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## A SPOOK-TACULAR PARTY



## THE HAPPY BOOKER



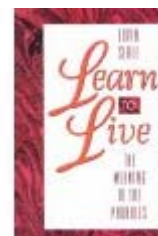
### LEARN TO LIVE

By: Ervin Seale

When I first read or heard, “Ye are the Light of the World” I wondered what that meant. I grew up in the Presbyterian Church and every Sunday I would look at a stained glass window with Jesus saying, “I am the Light of the World.” There were many stories and sayings from the Bible that I either loved or just let fly on over my head if they didn’t make sense. This was one of many teachings I didn’t understand.

“Learn to Live” interprets the teachings of Jesus from a New Thought perspective. The people, who gathered around Jesus, as well as the disciples, were told stories about everyday life at that time so they would understand Jesus’ message. Some parables at first seem harsh but after reading Seale’s interpretation, they become easier to understand and comforting.

This was one of the reference books used for our Metaphysical Bible class. The important message from the parables is about changing our egoic, materialistic thinking to a higher consciousness and vision. An ego perspective brings anxiety, depression, and battles with self and others. Lifting our sights to a higher perspective changes our vision to the infinite, eternal qualities and transforms our daily lives into more loving, peaceful, creative, and joyful moments. “By learning to think well, to banish negative ideas, to encourage positive thoughts, and then to put those positive thoughts to work, there will be no fears and no defeats.”



If this book isn’t in your library yet, I highly recommend it as a valuable reference.

JoAnn Fisher, *The Happy Booker*

## SELF-FORGIVENESS WORKSHOP

I had the privilege of attending the Self-Forgiveness Workshop in October, facilitated by Rev. Deb Nygaard. I found it to be inspiring, informing and fun – plus the lunch was delicious!

We discussed the stages of forgiveness and rated our willingness to do the necessary work. We participated in writing out work sheets regarding healing, guilt and shame. There is something about seeing your own words written out that carry such a powerful impact. I appreciated that there was time to share our stories and address our specific issues.



Rev. Deb kept us on track and told stories relating to her own experiences with forgiveness. I admired her ability to be transparent and honest. I left feeling like I had learned about various tools to help me with future forgiveness and understanding.

Debby Smith

## METAPHYSICAL BIBLE CLASS PROJECTS - PART 2

This class has been a challenge for me because of the vocabulary and my lack of understanding the meaning of words used. As I hear comments made in discussions, I realize there is much for me to read and learn. That is why I appreciate Lynn's messages like the one Sunday when she talked about "purpose". I thought I knew what purpose meant, but now I have another understanding.

I have used acrostic poems before as final projects and chose to use that form again. The value of this poem for me is in the process rather than the product. Acrostic poems need words that connect with the word itself. I chose the word "parable" which is a simple story used to illustrate a moral or religious story. I have been fascinated by all the metaphysical meanings given the parables. I did not understand the Bible all the years I was exposed to it and now there is a new layer to try to comprehend!!

To create an acrostic poem requires making a list of words beginning with a certain letter "P" for example that might pertain to the meaning of parable. My list was: purposeful, powerful, paraphrase, parallel, promotes, pluralistic, prudent. For A my list was: abundant, alive, affirming, acts, action, awesome, applicable, alternative, awe-filled, etc. This is one of many combinations I wrote for "parable".

P - parallel  
A - accountings  
R - revealing  
A - alternatives  
B - bringing  
L - light  
E - evermore



It requires thinking, discerning and problem solving to write an acrostic poem and then it looks so simple!! To challenge myself I wrote another version using two words that began with the same letter to describe "parable".

P - Powerful parallel  
A - Affirming accounts  
R - Revealing reasons  
A - Accountable acts  
B - Bountiful blessings  
L - Living light  
E - Emerging eternally

"Speech and words are confining in expressing spiritual matters. That is why so many sacred works are written in parables and allegories." Jesse Jennings, Science of Mind Magazine, August, 2011/page 32.

by: Laura Anderson



### COMMUNITY SHARING

Many members of our congregation are involved in various activities in the community, offering their time, talent and treasure. Three of our members (**Barbara Bolles, Pam Bedford and Marie O'Neil**) are part of the Sequim Community Christmas Chorus and began practicing in September. Last weekend the chorus gave a concert. They shared their enthusiasm, energy and voices, and invited us to join our voices with theirs. It was a lovely Christmas gift. We acknowledge the Presence in their present, and joyfully give thanks.

## THE PERFECT NUMBER

What is my purpose?  
What am I here for?  
The number 4 symbolizes my earthly presence,  
But is that the total sum of who I Am?  
Some may think so.  
No! I know that is not true – there is more.  
Missing is the number 3;  
Together 4 and 3 symbolize the true me.  
I am a spiritual being having a human experience.  
Seven is a Whole number. I Am Whole.  
Multiply that 7 by 11 and you see the Master Unity.  
It is at the heart of all. The numbers prove it.  
Although our Divinity may sometimes seem invisible  
We are indivisible from It.  
Round the corners of the 7s, tilt them slightly  
to the right and reverse one of them.  
The result is the shape of a heart – the symbol of Love  
– The essence of our being.  
The numbers helped us figure this.  
Jesus was 33 when he died on the cross.  
Actually only the 4 (the earthly part) of him died,  
the 3 is eternal.  
Jesus was not cross with anyone.  
He knew what he was for.  
He knew we are all brothers –  
all are a reflection of the One.  
Reverse one of the 3's in 33 and what do you see?  
A mirrored image of Spirituality.  
Turn them on their side and it looks like  
the symbol of infinity,  
A reminder of our True Identity.  
Peace, Joy, Wisdom and Harmony are ours.  
If we experience only fractions of these,  
This is caused by thoughts that we are less than One.  
We are Whole, Perfect and Complete.  
Joyfully I claim, accept and know this Truth  
for myself and for everyone.  
We are the perfect number – we are One.  
Jesus' final words on the cross were "It is done."  
And so it is.

by: Kathy Purcell



**“So powerful is the light of unity that it  
can illuminate the whole earth.”  
~ Baha'u'llah**

## A REFLECTION FROM THE WORLD RELIGIONS CLASS by Kathy Purcell

Zen does not try to soothe the ordinary mind, but rather the opposite – to upset the mind, unbalance it. In the book *World Religions* Huston Smith says: “...Zen provokes, excites, exasperate, and eventually exhausts the mind until it sees that thinking is never more than thinking about, or feeling more than feeling for.”

Once our minds are open, we can see things differently. A tool for opening the mind is the koan. At first the koan looks like a riddle or shaggy dog story – of little use or importance.

The koan reminds me of the ‘ha’ in “ah-ha!” The koan seems illogical and one might laugh at it because it does not make sense – at least in the beginning. Reason follows specific boundaries. But we can go beyond reason in consciousness. Regular and consistent contemplation brings us closer to awakening.

When we reach the awakening – the satori – it is an experience that comes in a flash. It is an “ah-ha!” moment. We have a new perspective. We realize all is one, one is none, none is all. Huston Smith tells us: “I was never created: I am the cosmos. No individual existed.”

It is said Zen training begins with satori and according to Smith, “There must be further satoris as the trainee learns to move with greater freedom in this realm.” With each ah-ha! moment we go to a deeper level of understanding; we embody more of the Truth and live from It, with It, in It, as It.



## METAPHYSICAL INTERPRETATION OF REVELATIONS WORKSHOP

On Saturday, 12 November, we had the Metaphysical Interpretation of Revelations Workshop. JoAnn Fisher has a light lunch prepared. We began with orienting ourselves as to what God is and who and what we are and what we've done with that awareness. This set us up to understand our journey back into the full realization of our divine Identity, which is essentially the journey Revelations explores.

Next we “began with the ending:” the final vision of a new heaven and new earth (now one) and the New City. A city, like a house, is where we live and so it is a good symbol for our consciousness. We all live out of the consciousness we have built and the consequences that flow from that thought and belief. The New Jerusalem represents a vast new awareness of peace and harmony founded on beauty and true value (precious stones as the foundation). Its gates are always open – nothing closed up or closed down. And the twelve gates are each carved out of a single pearl. The pearl is the irritant that has been reformed into a thing of beauty and so symbolizes that as we do likewise with our irritants, we form gateways to our higher consciousness.



The New City is measured with a golden reed/rod. Measuring is a way of intimately coming to know an object, or in this case, a consciousness. This represents our exploring and familiarizing ourselves with the fullness of this consciousness, in essence, owning it – making it our own.

Night and day are ended and an eternal light radiates within and around this New City. This is the original Light, the primordial Light that is the truth of our being (as in: “Let there be Light.”). We know, again, what and who we are and live in this knowingness. Divine Mind is permanently and constantly with us – that is, we see and know this Omnipresence now.

Having explored the symbolism of the New Jerusalem, we were ready to consider the other symbols and motifs in the Revelation. As with all mystical and metaphysical writings, the story is an internal one. The occurrences and emblems represent inner experiences all have, so the invitation is: Do you recognize this symbol/experience in your own journey? Are you neither hot nor cold (uncommitted)? Have you held fast to the teaching that works? Do you need to return to your First Love (God is our Creator/Originator Love)?

The number seven recurs throughout the Revelation. This relates to the seven chakras, which are not only energy vortices but also consciousnesses. Each chakra has a physical, mental and spiritual component. The letters to the churches are the assessment of our Christ Self (Love and Truth) of where we are in the consciousness of each center. There follows the cleansing of the centers, first in the opening of the seven seals, then in the seven trumpet blasts and finally in the seven bowls of plagues. These represent the thought, belief and emotional cleansing or detoxifying of these centers.



The last seven plagues are particularly significant. These are patterned after the ten plagues that freed the Israelites from slavery in Egypt. These final “plagues” free us from enslavement to the ego. Pharaoh represents the ego, the false idea of self, and from the ego’s viewpoint these are disasters (irritants). But from the Israelite viewpoint, these are Spirit acting to liberate us. Israel represents the seeker after Truth, the Knower within that has become dominated by false thought and belief – limitation. The final plagues are Spirit’s support in cleansing the false from our consciousness. So we are encouraged to switch viewpoints. See the detox as liberating our mind, freeing us from the unworkable, the uncomfortable. From here the glorious result is knowing our Oneness.

Rev. Michael Laakso

## THE DEMONSTRATION CORNER

In the last three months I have viewed six demonstrations all a direct healing from Divine Universal Mind and the acceptance of the perfection that is always available. Four of the people who experienced their demonstrations want to remain private and two agreed to share but remain anonymous.

A woman and her daughter were homeless and living at a shelter. She had no hope and was desperate. Through SOM treatment she now holds a job with benefits and her daughter is enrolled in day care. This brave young woman told me that this demonstration and the realization that she was in control of her life, co-creating with Divine Spirit, was her magnificent present this holiday season.



A young man who had been on drugs and had gone through a divorce as extremely depressed and jobless. He is now working in Seattle and attending Seattle Center for Spiritual Living. SOM treatments and his change of thoughts has changed his life.



The Father within doeth the work, we need only to accept.

Submitted by Victoria Kelley R.Sc.P.

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In October I attended a dinner/auction with a friend. It was sponsored by the Mujeres de Maiz Opportunity Foundation. My friend is a world traveler and was in search of a colorful jacket. There were many articles of clothing in the silent auction – including a colorful hand-made jacket from Guatemala. She tried it on. Although it was a bit large, the style made it acceptable and my friend decided to make a bid. Periodically throughout the evening she checked the bid sheet. Several times another woman had bid higher, so my friend raised her bid. Toward the end of the evening an announcement was made that the bidding would be closing in two minutes. My friend checked the list and she was the highest bidder. The lights went out, the bidding was closed. When the lights went back on, the highest bidder for the jacket was the other woman. When the lights had gone out, I noticed she went over and signed her name; she bid one dollar higher and got the jacket.

My friend and I were both surprised, but accepted that the jacket was not meant to be hers. We talked about a better one coming in the future.

The next day my friend stopped by to visit. When she walked in she had her hands behind her back. She told me to close my eyes. When I opened them she was holding a colorful jacket. She told me she had stopped at the consignment shop and found it! Not only was it colorful, it was hand-made – in Guatemala! And it was a perfect fit! I knew right then that it was a demonstration.



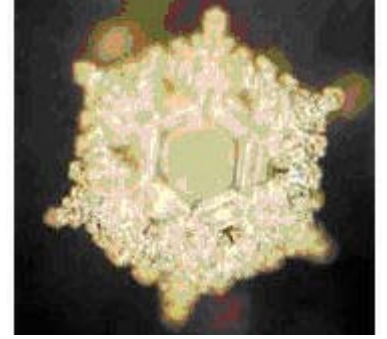
Sometimes we think of demonstrations as something we consider big – such as a healing from a dis-ease, or perhaps the sale of a house. Demonstrations are happening all around us all the time. God does not recognize ‘big’ or ‘small’ – the Law works always, according to our conviction.

Submitted by Kathy Purcell

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One of the Hallmarks of Science of Mind is the facility it affords us to demonstrate what we need and want in our lives. In addition to giving thanks for blessings received we ought to give public testimony, so that others can both celebrate with us the good that has been made manifest to us as well as recognize the power of treatment that is available to all of us. Learning about the demonstrations taking place around us gives encouragement to all to persevere in our Treatments. So, please send a small write-up about your own demonstrations to Ed Marx (email: [MarxSylvania@Olypen.Com](mailto:MarxSylvania@Olypen.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  
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