

Minister's Letter

What a wonderful time it is to be sharing the Principles of New Thought teachings here in the Pacific Northwest. There was a time when our groups were few and far between, when, even in the State of Washington, one had to hunt for groups expressing these teachings. But now, we see Unity and Religious Science groups as well as many independent metaphysical groups meeting on a regular basis. So, the growth in consciousness is very evident.

And here, at the Sequim Center for Spiritual Living, we are experiencing another growth in consciousness as we prepare to recognize and license a new Minister into our Center as Staff Minister. On July 31, following our Sunday Service, we will formally honor Rev. Deborah Nygaard in a Ministerial Recognition Ceremony. All are invited to share and celebrate as we recognize Rev. Deborah's years of diligent study and commitment to the Science of Mind teachings through which so many have healed their lives.

In the years since our Center was founded, we have licensed four Practitioners - JoAnn Fisher, Michael Laakso, Deborah Nygaard and Victoria Kelley, who form our Ministry of Prayer; and, soon, Kathy Purcell will be added to that group. In 2008, we recognized and accepted Rev. Michael Laakso as Staff Minister. Each of these events was another milestone in the continuing spiritual growth of our Sequim Center for Spiritual Living.

And I would like to give recognition to the importance of our teaching here on the Peninsula. I believe we are a catalyst for love and acceptance to all who enter our doors as well as the ways we connect with others in our daily lives and interact with the community we live in. I take confidence in knowing the energy we radiate out into our world is of benefit to all whom we touch. Ours is not a teaching that has many "do's and don'ts" - because we believe in a Universal Law that transcends all human-made codes of behavior and that if we simply turn to God first, all things are added regarding people, places and events, revealing Truth and Divine Order.

So, in this time of the elevation of spiritual consciousness, let us expand that awareness within ourselves - to enlarge our awareness of the Good that is in our lives, both that which is evident and that which still remains hidden; let's determine to see the God in all people, especially those we are out of agreement with; and, above all, let's intend always to recognize the God within ourselves and to celebrate our own ministry in life as we extend that radiance out into our world.

Welcome, Rev. Deborah, into the Ministry of the Sequim Center for Spiritual Living. Well done!

Blessings,

Reverend Lynn



“You are a powerful, unlimited and eternal soul who is here to enjoy the experience of creativity and contribute to humanity’s evolution.” ~Author Unknown

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,

The 4th of July has just passed. It is said that July 4th is the birthday of our nation – a time to remember and celebrate our freedom from oppression. Lately I have been thinking about my older brother Joe. I'm not sure why. Perhaps it is because July also brings my birthday – a time when family memories sometimes surface.

One in particular has come up. When we were kids Joe would put his hand on my arm and quickly remove it. He repeated this tapping till I yelled to Mom that Joe was touching me. Mom would tell him to stop touching me; but that wasn't the end of it. Joe would then hold his hand a half inch above my arm and say, "I'm not touching you. I'm not touching you."

Okay, he wasn't touching me, he was teasing me. Perhaps I should have been more specific about what I wanted. Joe was doing it on purpose to annoy me, and he had been successful. His touching my arm – or not touching it – did not cause physical pain. But he was bothering me and I wanted him to stop.

I look at this story today and see deeper meaning. I allowed Joe's actions to affect me. If I had not reacted to him, he probably would have stopped. And until he did, at least I would have been at peace. It brings to mind the lesson that what we resist, persists.

Another interesting thing is that I complained to my mom, and the results were not what I wanted. This is an example of looking outside myself for the answer. An external force cannot make a change. The answer is within. It is my own thought that creates what appears in my experience.

Joe may have been tapping me on purpose to get a reaction. Doing it 'on purpose' initially seemed like a negative thing because what he wanted was not what I wanted. But now I've tapped into a different level of understanding. I see what Joe did as an illustration of the Law of cause and effect. Our thoughts released with feeling must produce a result. The Law always works on purpose. We are the ones who set the purpose.

Like the first 4th of July, what Joe did has passed. What remains is a lesson in Unity and living on purpose. We are each individualized sparks of the Infinite Energy. As we allow the Truth to be ignited within us, we spread the Light of knowing to others. Each day we can choose to leave behind past false beliefs and celebrate our freedom from the oppression of them. We have the freedom to choose to live on purpose.



Light and Love,
Kathy Purcell, *Editor*

“Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at this moment.” ~ Eckart Tolle

TREATMENT

IT IS ALL ONE

By: Rev. Deb Nygaard



“We believe in God, the Living Spirit Almighty; one indestructible, absolute and self-existent Cause.”

Whatever name I choose to call God, I know that this power is the only Presence, Self-existent Cause that is the Oneness in and of this infinite Universe. There is no place, no thing, no being that is not encompassed in this Divine Beingness. This Divine Spirit has volition, imagination and absolute power.

Being a creation of the One Mind I, too, am imbued with brilliance of spirit, unlimited imagination and the power that these attributes express in me and through me. I open to the Divine wonder of possibility, creating the space for my purpose and Life’s potentiality to flow through me.

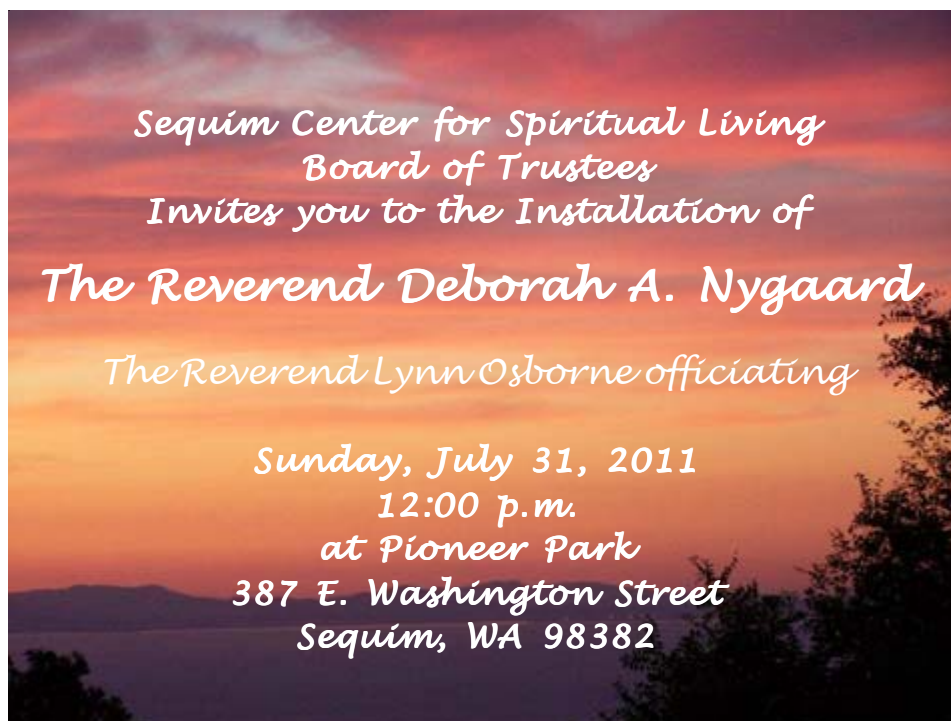
Through the Divine Oneness of this Universe I know all beings and things are intertwined with the One Power that is the Life and the Love that is the Creator of all that exists. Through the One Mind’s imagination and power all comes to be, lovingly embraced and supported by this all powerful Presence.

I am this One and with this One that is in all beings and things. I am never separate from The One because that is All there is. I need only to remind myself that the light of this Divine Love is with me at all times. It is the beacon drawing me ever closer to the God that is within me.

In joyous gratitude I release this word into Law knowing that it manifests immediately.

And so it is.

“True Imagination is not fanciful daydreaming; it is fire from heaven.” Ernest Holmes



“Believe that you shall receive and you shall receive.” Jesus of Nazareth

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
Jack Hubley
Elaine DeLap
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Kathy Purcell
Deb Nygaard
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Marci Mathieu
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MUSIC:

Sylvia Boss
Joan Hathaway-Sheldon

SPEAKERS:

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

FLOWERS:

Elaine DeLap
Elizabeth Van Sickle
Ida Nordquist

BOOKS:

JoAnn Fisher

WEBSITE/PROGRAMS:

Kathy Purcell
JoAnn Fisher



*“There shall be
eternal summer in
the grateful heart.”
~Celia Thaxter*

BIRTHDAY CELEBRATION

Special thanks to Danny Cummings (and Marci Mathieu) for the spirited flag cake to celebrate the 4th of July! It was a sweet way to celebrate the Birthday of our nation.



INCOME & EXPENSE REPORT

	MAY 11	JUNE 11
Income	\$3082	\$4071
Expenses	\$3364	\$3326
Income minus Expenses	(\$282)	\$745
Attendance	184	164



SAVE THE DATE

Stay tuned for coming
End-of-Summer Picnic
schedule for **September 11.**

Celebrate Life!

JULY

2 Annie Albright
4 Marilyn Ward
4 Barbara Bolles
12 Ariel Hagstrom
13 Elaine DeLap
17 Kathy Purcell
18 Bonnie Spiva
18 Lee Stubblefield
23 Jane Simoneux
29 Deborah Abell



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 Diepeveen
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 102 CLASS

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

SOM 211 CLASS - METAPHYSICAL BIBLE

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

*"It's what you learn after you know it all
that counts." ~ Harry S. Truman*

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.

EMBARKING ON A NEW LIFE

In early July Rev. Lynn officiated the marriage of Marci Matthieu's daughter. It was held at a peaceful location with the ocean as a backdrop. It did require traversing some fallen trees and other obstacles along the way. Perhaps that is a metaphor for what this couple will negotiate through during their life together.



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.

BROTHER / BOTHER – If we think someone is a bother, we are seeing them as separate from us. If we think of someone as our **BROTHER** there is no bother. The difference is realizing who we a**Re**.

ENCOURAGE / IN COURAGE – If we have the **COURAGE** to look with **IN** we find we have the power to manifest what we desire. We **ENCOURAGE** ourselves through each demonstration.

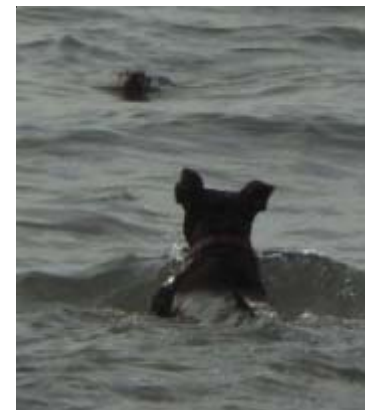
CONTEMPLATE / CON-TEMPLATE – If there is a recurring undesired situation in our life, we know a false belief has caused it, because our thoughts create the pattern for our experience. We can **CONTEMPLATE** on the **CON-TEMPLATE** replacing it with the template of Truth, and manifest what we desire.

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NATURE AT ITS BEST!

I am always being reminded of just how much nature can teach me as I walk my dogs every morning or spend time with them at the beach. I have many fond, and often funny, stories that still bring smiles of joy to my face when I think of them. The most recent event took place one evening last week when we took our dogs to our little cabin off of Marine Drive to spend time doing what dogs like to do. This particular evening, my dog “Gaia” started barking at something in the water, and then she took off swimming out towards what turned out to be an otter. It appeared as if the little guy wanted to play. As Gaia swam towards it and got almost within arms reach of it, it dove under the water then popped right back up as soon as she turned and started swimming back to shore. This went on for some time, with Gaia swimming out towards it then turning back towards shore when it dove under the water. There was no sign of aggression from either animal. I laughed so much that evening watching these two completely different species of animals play with each other in the water as if they had planned to meet each other for a fun time. What an uplifting experience it was for me to witness such a divine act of nature.

Walking my dogs every morning has truly broadened my sense of appreciation for Nature and all its beauty. My life has been impacted in so many wonderful and uplifting ways just from being present with nature's animals. My Spiritual journey has been one of great enlightenment, and my heart overflows with joy at each new experience that the Universe brings my way. I am truly blessed and grateful to be on such an awesome path of discovery – to be free to experience the joy of Nature at its best.



THE HAPPY BOOKER

POTLUCK

COMMUNITY ON THE EDGE OF WILDERNESS

By Anna Maria Spagna



This is a gem. I just happened to read about *Potluck* in the Peninsula Daily News. Anna Maria Spagna is a Northwest writer who read excerpts from her book at Port Book and News. *Potluck* seemed appropriate to review for our summer *Newsletter*, since we usually enjoy a potluck at the Center in July or August.

The idea of “community” was preached by Father “De” of Our Lady of Perpetual Help in Riverside, California, where Anna Maria Spagna attended as a young girl. He emphasized the importance of caring for one another and supporting each other – not in a civic way – but as St. Francis intended. Although the Catholic Church left her with many questions, the idea of “Community” impressed her, and every place she (ad)ventured brought her into small groups. Gatherings can be picnics, campfires, meeting for coffee once a week, and of course, potlucks. Often some of the gatherings are taken for granted, but they serve a valuable purpose for connecting people and enriching lives in a variety of ways.

For the past several years, Anna Maria Spagna has made her home at Stehekin, located at the North end of Lake Chelan. There are no roads going in or out, for 30 miles. This area is reached only by boat, seaplane, or on foot. Living/surviving on the “edge of wilderness” in the Cascades is intriguing. The adventures and demands are intense, dangerous, and funny – and potlucks are an essential part of life. The theme of their potlucks is often a “farewell” to someone moving out of the wilderness, or a “welcome” to someone – or a family – wanting to try out life in the wilderness.

I loved reading about Stehekin and what it takes to live there. It’s easy to understand how important gathering for a potluck would be. I think I will treasure our Sequim potlucks even more.

JoAnn Fisher, *The Happy Booker*

A NIGHT OF MAGICAL MUSIC

A beautiful June evening found an intimate gathering of music aficionados in the comfort of JoAnn Fisher’s home. We were serenaded by the magical sounds of Anton Mizerak, the Celtic guitar stylings of Michael Mandrell and the angelic voice of Laura Berryhill.

Each artist presented a sampling of their creations; some touching, some interactive and some meditative. CDs of each artist were available for sale which included the various songs that were being performed.

Anton Mizerak frequently tours this area with various accompanying artists. Next time he is in town, treat yourself to a night out. You’ll be glad you did!

Susan Pennington



Special thanks to JoAnn Fisher for opening her home for the concert.

THE DEMONSTRATION CORNER

I have a lovely elderly couple as neighbors who leave WA from Jan thru April each year. Their usual departure is to their daughter's home, as cost is an issue.

They have wanted to go to Pacific Grove in No. CA, but know how expensive it is; friends and family have verified and intensified that belief. His Internet searches were in vain because of price.



The husband has no fixed spiritual beliefs and is very open. We were discussing this situation and I explained the Universal laws, Treatment, right action and our SOM philosophy. He was eager and interested. He asked if I would Treat for him and with him – and so I did.

Within 24 hours he called me very excited! He had found a cottage by the beach in Pacific Grove, CA that they could afford for the coming winter – and had booked the reservation.

Why did this work so quickly? It is because he was open and accepting and turned it over to Divine Right Action. He removed himself and was willing to accept what came from the Universe. Because he was new to this philosophy he was childlike in his eagerness and trust.

If we all could dissolve our preconceived erroneous beliefs, our demonstrations could manifest at a faster speed. As we release OUR WILL to the DIVINE WILL we often discover what we originally wanted wasn't right for us. And we come to understand that Divine Will, which is Unlimited, frequently provides something bigger and better than we imagined.

I told them to send me a post card. ;-)

Submitted by Victoria Kelley R.Sc.P.

On June 11th I received an email with unexpected news about one of my Soroptimist friends. Ann's husband Dave had found her on the floor when he returned home from his errands the previous day. The initial diagnosis was a stroke. The email asked for prayers. As I read the words, I saw Ann standing and laughing. She was engaged in a lively conversation. I saw no dis-ease, only joy. During the prayer circle the next day at our Sequim Center for Spiritual Living I mentally spoke Ann's name, knowing the Truth of her perfect health.

June 17th was the Installation of the Officers and Board for the new Soroptimist year. When Ann and Dave walked in – just one week after the health experience (revised diagnosis was a brain aneurysm) – many members were surprised. I was not, and I told Ann so as I greeted and hugged her. I said it was wonderful she could attend. Ann said she had to be there to support the new leaders of the club.



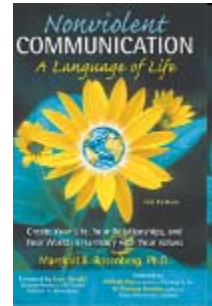
Speaking with Dave a little later in the evening he told me he had no doubts that prayer was the reason Ann was there – the reason Ann was alive. She had bleeding on the brain, but it has healed itself. Dave was very grateful.

From the first email message, I was certain of Ann's recovery. Treatment is merely the uncovering of the Truth. The word spoken – whether verbally or mentally – sets the Law in motion. The manifestation occurs at the level of consciousness. Ann's story is a example of this Principle. With a joyful heart I acknowledge the demonstration. What happens for one, happens for all. Sharing it strengthens our belief.

Submitted by Kathy Purcell

INTRODUCTION TO NON-VIOLENT COMMUNICATION WORKSHOP

The Sequim Center for Spiritual Living will be presenting an Introduction to **Non-Violent Communication Workshop Saturday, 30 July 2011**, at JoAnn Fisher's home, 402 Reservoir Road from **10:30 AM to 1:30 PM. \$20** covers handouts and refreshments. Sign-up sheet will be at the Center.



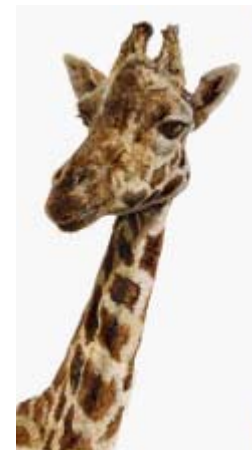
Non-Violent Communication (NVC or “Compassionate Communication”) is a way of listening and speaking that facilitates connection between people. We listen for the speaker’s feelings and guess at their needs, either met or unmet. For example, “Are you feeling sad because you are needing to be more fully seen by others?” This deep empathizing can begin a conversation that brings two people into a deeper meeting of hearts and minds. Then we make doable requests, such as, “Would you be willing to come over and have dinner with me? That would meet my need for companionship.”

NVC has been used for conflict resolution. When both parties hear and understand the other’s needs, a solution easily presents itself. At root NVC sees all people as spiritual creations with universal, beautiful needs. “Needs” can be thought of as spiritual imperatives, as the qualities our spiritual identity seeks to express. Needs might be such as giving and receiving respect, visibility, empathy, aliveness, or safety, for example. Conflict between two parties often results from needs going unheard and so unrecognized.



NVC requires a deeper level of honesty both with self and with others. Even in giving gratitude, NVC seeks to really reveal the meaning and gift for which we are feeling grateful. In using NVC, we want the other to truly understand the deep value and joy we seek to express.

In the Workshop we will talk about feelings and needs. We will discuss “jackal” communication versus “giraffe” communication. We will practice empathizing. We will practice making doable requests. We will review the syntax of honestly expressing and empathetic listening.



When we come from the heart, we can be safely real, and safely receive another’s realness. NVC provides a listening and speaking technology for being safe in the presence of what’s really going on in others and ourselves.

If interested, check out the Non-Violent Communications web site: www.cnvc.org or read the book: Non-Violent Communication; A Language of Life.

“We may never be strong enough to be entirely nonviolent in thought, word and deed. But we must keep nonviolence as our goal and make strong progress towards it.” ~ Mahatma Gandhi

WORLD PEACE

Earlier this month the Dalai Lama was in Washington, D.C. where he spoke about World Peace. Sequim CSL member Marie O'Neil was there. Marie will share her insights and reflections of that experience when she gives the Sunday talk on **September 18, 2011**.



The Washington Post reported the Dalai Lama focused much of his hour-long remarks on what he called his three life commitments. He said that as a human being, he is committed to the promotion of basic human values such as compassion; as a Buddhist monk, he encourages interfaith dialogue and tolerance; and as the Dalai Lama, he is committed to the Tibetan people. Often times joking and making light hearted remarks, the Dalai Lama concluded the morning by challenging the audience, especially the youth, to devote as much effort to “developing warm heartedness” as they do “brain intelligence.”

“There is no way to peace, peace is the way.”
~A. J. Muste

TOASTMASTERS HOLD END-OF-YEAR PARTY

Skwim Toastmasters held its end-of-year celebration at the home of group member Sharon Labrecque. Besides enjoying food and fun, the group celebrated its fifth anniversary, handed out awards, installed new officers and reached select distinguished status within the Toastmasters International organization. Victoria Kelley received the Accomplished Communicator Bronze, and Sharon Labrecque received an award for outstanding service to the club and ongoing mentoring efforts.



Front row from left to right: Marie O'Neill, President, Jimmie Coley, Barry Pennington, Bev Morris, Sharon Labrecque, V.P of Education, Chad Rae, Susan Pennington, Lyn Moan, Dick Abell, Second row: Allison Braunberger, Fritz Braunberger, technical advisor, Jeff Leach, Debbie Leach, Victoria Kelley, Area 21 Governor, Steve Marble, V.P of Public Relations, Irene Marble, Deb Turner, Treasurer, Mark McNabb, Russell Moan. Third row: Tom Cunningham, Karl Fisch.

SEABECK SUMMER CONFERENCE: JULY 6 – 10, 2011



I got to go to the ARE Summer Seabeck Conference this year. The Association for Research and Enlightenment (ARE) maintains and disseminates the Edgar Cayce readings. This Summer Conference has been annual since 1965. My first Conference was in 1971. At Seabeck I get to connect with people I have known in the ARE. One such person, Ellen, was in a Search for God study group with me in Bellevue in the 1980's. She now lives in Montana and works as a chiropractor. Others have passed on. On Saturday 7/9 we held a memorial for three men, longtime contributors to the Seabeck Summer Conference who passed in 2010 and 2011.

Gregg Unterberger, our presenter, works as a therapist out of Austin, Texas. He specializes in past life regression. His talks centered on past life regression – including future life “regression” and between life regressions. (Dr. Michael Newton experienced clients spontaneously reporting between life experiences and has written two books on the subject.) Gregg reported on “near death” experiences as well.

The group got to experience two regressions: the first to a future life; the second to the last life and the time between that one and this current earth experience. I missed the first one due to a talk I gave to the youth group, but I did experience the between life regression. I learned new connections that answered some questions I didn't even know I had. For instance, that last life was very traumatic, including the death. I brought over much of that trauma despite the cleansing “energy shower” meant to wash off the emotional involvements in that life experience. And I had no choice of the next life. I set both lives as a fixed sequence for specific soul-mind purposes. I know some of those purposes through dreams over my lifetime, yet some remain mysterious. I know I have more processing time ahead of me as I integrate the experience.



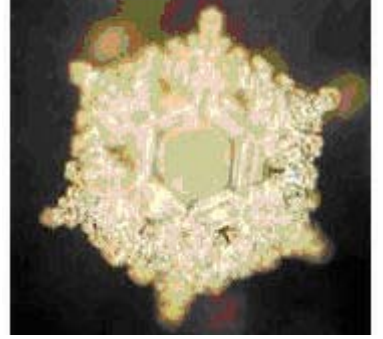
Others in our group shared something of their experience. All who reported seemed to accept some level of healing. Gregg is the only person doing this work in a group setting. I feel grateful for his offering us this opportunity to tune in to our soul-mind (the subconscious) and learn more about what this life experience is about.

Seabeck is on the Hood Canal, roughly west of Silverdale. It is an old lumber mill town that has been converted into a Christian conference ground. The houses are for guests, as well as the Inn. Meals are served in a large communal dining room. A lagoon offers row boating. There is a graveyard in the woods a short hike away. Many groups use this conference ground. We shared our time with a music group and got to hear the kids present their practiced pieces on violin and viola in a nearby hall.

Cost for the Conference is very reasonable. One can stay on the grounds and pay for room and board, or stay off grounds and pay only tuition for the program. A state park is nearby. For me it is a time for spiritual renewal and the renewal of longstanding friendships. I also look forward to contributing in some small way. Many memories of people and experiences come back to me as I walk its peaceful meadows.

Rev. Michael

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

