

Minister's Letter

If we are paying a lot of attention to the world of effect, we might be experiencing feelings of disappointment, anger, anxiety and other feelings that are keeping us out of our Peace. We might be noticing expressions of separation and a myriad of other issues that keep us from experiencing our Oneness.

When I write my page of the Newsletter, I always like to create something in the form of a gift that you can use for your health and happiness and, given the above paragraph, I decided to gift the following Treatment to all of you, Members and friends of the Sequim Center for Spiritual Living:

There is One Life—it is the Perfect Life of Infinite Spirit, forever expressing through all that is. I know that within me, God is now in full action, expressing wholeness through me in all areas of my Life. Spirit flows through my mind as Right Thinking, through my body as Health, and through my world as Order.



In Divine Mind there is a perfect pattern of my True Self aligning me with the positive side of Life. Worries and fear expressed by others have nothing to do with me and I give them no power. All apparent evil is only miss-use of Universal Law and has no permanent reality. I now release any belief that a negative idea has any power over me. Angry thoughts of separation cannot exist where there is Love. I let Love shed Light in all the dark places of finite belief as I am led into an every-widening expression of Infinite Love—a Love that is moving throughout all humankind to heal all areas of conflict and pain. As I release all fascination with worry or fear, I rest in the confidence that my Right Thinking creates my balanced and harmonious experience.

I now elevate my consciousness with thoughts of Truth—knowing what is true about Spirit is true about me. I walk in the Light of Truth. My pathway is radiant with Good as I am divinely guided in all my ways.

I give thanks to know my world is alive with Good—my world is alive with God. And so it is.

Blessings of Light, Love and Peace,

Rev Lynn

Sequim
Center for Spiritual Living

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Sequim Center for Spiritual Living
Sunday Services
10:00 a.m. Currently on Zoom
Pioneer Memorial Park, Sequim
For information contact:
Rev. Lynn Osborne
iamlynosborne@gmail.com
or visit us at
www.cssequim.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 noticed that it's Spring? Things we planted last year, and previous years, are starting to show up. There are dabs of color all around—varieties of pink, yellow, blue and purple. There's even rich magenta and red. Mother Nature is so lovely. It's easy to recognize her touch especially this time of year—not just because of Spring, but because of Mother's Day. Ah, the nurturing of nature; it shows us how things are interconnected.

I've had some examples of interconnectedness at my work . . . I received a phone call from a woman who was frantic about her computer not working. I asked her a couple of questions and gave her something to try. She didn't understand how what I suggested would make a difference, but she was desperate and said she would. She hung up, and then called back about 15 minutes later. She said it worked! She was so happy. I didn't get her name, but that didn't matter. I was happy to have been able to assist her.

The next day I saw a woman come up to the front door at the office. Opening the door, I greeted her. She handed me a small bag and I looked a little confused. She said I had helped her with her computer the previous day and she just wanted to say thank you. She turned and walked away. I didn't get her name. Inside the bag were two scones and two cookies. What a sweet surprise—in more ways than one.

A few weeks later I received a phone call from a gentleman who said he had purchased a new laptop. He said his name is Max; he wanted to know if we could do the initial configuration and also copy the data from his old computer to the new one. I told him we do that kind of thing quite often. He said he would bring in the new laptop for us to get started. I asked if he knew where we are located. He said he did, adding that his wife had been by our office a couple of weeks prior with some scones. Oh, the scone lady! Her name is Laura.

When Laura brought in the new laptop, she had a typed list of account credentials, i.e., usernames and passwords for the various account Max has. While glancing over it I noticed Home Again. I recognized this name as a company that monitors our dog's micro-chip. I asked if they have a dog. It turns out they do—and they adopted him from WAG—the same place we adopted our dog, Blue. When Max dropped off his old computer two days later, he paid a bit of attention to Blue. You sure could tell he likes dogs. As he was leaving, Max said he was going to play cards with Harry. He said Harry was the person who recommend us.

Several months ago, we did a similar job for Harry. He is a kind and thoughtful gentleman who has a sense of humor. He asked a lot of questions and although he said he wasn't computer savvy, Harry certainly understood what we explained. I enjoy customers like that because I recognize they are smarter than they give themselves credit. I usually tell them that.

Harry came to us by way of a recommendation from a friend of his named Joanie. We helped her back in March 2020. So, Joanie beget Harry who beget Laura who beget Max. It's easy to see the interconnection. The service we provided to Joanie was a seed that spread over time, and in the process we all saw beautiful things spring forth.

When Max came to pick up his new laptop, which was all setup for him, he brought a package of dog treats for Blue. Mother Nature isn't the only one who nurtures.

Light and Love,
Kathy Purcell, *Editor*

“Don't judge each day by the harvest you reap but by the seeds that you plant.” ~Robert Louis Stevenson

TREATMENT— IN THE STILLNESS I KNOW

by Rev. Deb Nygaard

“Be still and listen, the earth is singing . . .” ~Mathew Scott Donnelly

“Silence is essential. We need silence, just as much as we need air, just as much as plants need light. If our minds are crowded with words and thoughts, there is no space for us.” ~Thich Nhat Hahn

In this here and now there is a Presence all knowing, all powerful, and ever present. The God stuff that everyone and everything is made of is this Presence. This Being-ness is the center of my being where the silent and sacred place of my authentic Self dwells.

I still my thoughts and actions as I listen to my Self and realize I am the silence within, calm permeates me and I hear the earth singing all around me. I feel the connection to all beings and things. I see myself in everyone and everything that comes into my atmosphere. It is a tremendous feeling of love and gratitude knowing I am never separate from the One who created me.



In this present moment I am silent in my mind and body. I am rejuvenated and nurtured in this silence that envelopes me with the love and acceptance of the One Presence. My mind is clear and my body is calm. I am filled with joy and light as I feel any thoughts or behaviors that no longer serve my highest and best good lift away. I am still and know I AM that we all are.

With a joyful and grateful heart I let go and let God.

And so it is.

“True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment.” ~William Penn

SPECIAL THANKS

We had a special speaker who gave the morning message last month—Dr. David Ault. He reminded us that everything happens twice—first in mind, then in our experience. He taught us the importance of saying, “I’m available.” And explained that things are not discovered, but rather uncovered. As he put it, “Solution Already Exists.” There were many lessons learned that morning, including the benefits of following our passion. He has followed his and has found both happiness and strength.

David’s passion is expressed through the Kaleidoscope Child Foundation which he founded. Their mission is providing free quality education, life skills training, and sustainable solutions to disenfranchised and rural poor children and their families in developing countries. You can learn about it by visiting: <https://www.kaleidoscopechildfoundation.org/>. We are very grateful David joined us and shared his insights to expand our consciousness. ~kp



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Thank You!

SPECIAL THANKS

Many thanks to **Rev. Deb Nygaard, JoAnn Fisher,
 and Dr. David Ault**
 for doing the Morning Messages
 and sharing their unique expressions of Spirit.



INCOME & EXPENSE REPORT

	<u>JAN 21</u>	<u>FEB 21</u>	<u>MAR 21</u>	<u>APR 21</u>
Income	\$3,524	\$2,607	\$3,581	\$3,925
Expenses	\$2,867	\$2,851	\$3,849	\$2,784
Income minus Expenses	\$657	(\$244)	(\$268)	\$1,141
Attendance	113	100	94	109

CELEBRATE LIFE!



MAY

- 1 Joe Preti
- 4 Alice McCracken
- 9 David Hull
- 25 Bob Barrett
- 25 Mary Ellen Bartholomew

JUNE

- 2 Mary Bland
- 4 Bill Hays
- 6 Heike Ward
- 9 Marie O'Neill
- 9 Richard Seiler
- 11 JoAnn Fisher
- 21 Sally Parry
- 25 Gail Young
- 25 Jack Hubley
- 29 Maralee Johnson

JULY

- 2 Annie James
- 3 Ruth Messing
- 4 Barbara Bolles
- 17 Kathy Purcell
- 18 Bonnie Spiva
- 25 Sylvia Boss
- 26 Carol Novis
- 29 Deborah Abell

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.*

SOM CLASS—THE POWER OF DECISION

Tuesdays, 4:00 pm–6:00 pm

Via Zoom

Co-Facilitated by: Rev. Deb Nygaard and

Rev. Lynn Osborne

Suggested Love Offering \$10

COURSE IN MIRACLES

Future meetings to be announced soon.

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

*“Your vision will become clear only when you can look into your own heart.
Who looks outside, dreams; who looks inside, awakes.” ~Carl Jung*

CLEARING YOUR SUBCONSCIOUS MIND FOR STRONGER TREATMENTS



The Sequim Center for Spiritual Living is offering
a free workshop to our members to be held
June 26, 2021 at 11:00am to 2:00pm.

There has been interest and many requests for this workshop.
This will be held on Zoom and all materials will be supplied including
a subliminal M4 recording for your continued use in clearing your subconscious mind.

To sign up for this workshop please email or call Rev. Victoria Kelley.
victorialkelley@aol.com 425-785-1788-cell.

A Zoom link will be sent days before to those registered to attend.

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.

IMPART / I'M PART— I'M PART of the One Source who **IMPARTS** only Good.

THREATEN / THREAT ENDS—A **THREAT ENDS** when we realize nothing can truly **THREATEN** us.

UPEND / APPEND—We **APPEND** our Good when we **UPEND** and release false beliefs of lack.

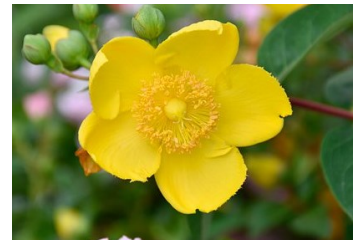
I
M U
P P
A E
T H R E A T E N
T D

“The ideal and the beautiful are identical; the ideal corresponds to the idea, and beauty to form; hence idea and substance are cognate.” ~Victor Hugo

Procrastination Can Kill Our Dreams and Goals

Do you have a dream? If you have one, are you taking any actions to achieve your dream or are you just having it in your head? Here's a story about two grains which will get you to rethink your dreams and goals.

Two grains were lying side by side on the fertile soil. The first grain said:
“I want to grow up! I want to put down roots deep into the ground and sprout from the ground. I dream to blossom in delicate buds and proclaim the coming of spring. I want to feel the warm rays of sun and the dew drops on my petals!”
This grain grew up and became a beautiful flower.



The second grain said: “I’m afraid. If I will put down my roots into the ground, I don’t know what they will face there. If I will grow tender stems, they can be damaged by wind. And if there will be flowers, they may be disrupted. So I’d rather wait for the safer time. The second grain was waiting, while the chicken that passed by and pecked it, yummy lunch for the chicken.”

This story is easy to understand, right? If you have a dream or goal in your mind, do something with it. The first small step you take will make a great difference. If you just wait for the perfect condition and keep worrying about what obstacles you may face, you’ll end up doing nothing and your dream or goal will die.

Let’s remember the God-given Power we have that is our birthright, we can do and accomplish anything! The phase, “If you think you can, you are right, and if you think you can’t, you are right.” Believe in yourself and take your very first step, even though it’s a tiny little step! Let’s do it now!

~submitted by Rev. Victoria Kelley

HAPPY BOOKER RECOMMENDATION

POLISHING THE MIRROR *HOW TO LIVE FROM OUR SPIRITUAL HEART*

By Ram Dass with Rameshwar Das

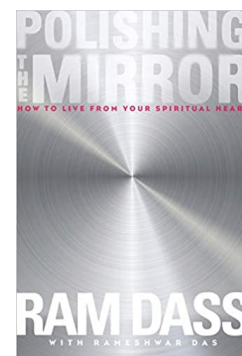


“This book can be regarded as a travel guide to nowhere (now here) for finding that precious sense of inner peace. Only you can know for yourself if polishing the mirror is working. You will now become quieter inside, more loving and compassionate, more peaceful and present and content with your life.”

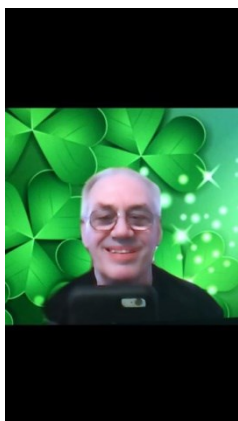
I loved reading a Ram Dass book several years ago. This one is especially interesting starting with the beginning of Richard Alpert’s (Ram Dass) deep interest in the variety of inner experience from using psychedelics. He eventually went to India looking for a guru who could help him find the spiritual heart without using drugs.

It is amazing, that in 149 pages, how much valuable information is offered us from his own searching. Strengthening our own spiritual heart to finally see other as our spiritual friends . . . One big family . . . “All the same and there is only one of us . . . One loving awareness.” No judging, no expectations. Just love and peace.

Love and Blessings.
JoAnn Fisher



“We can hear the silent voice of the spiritual universe within our own hearts.” ~*Ruth St. Denis*



Our Center’s St. Patrick’s Day Leprechaun Contest

Tom Cunningham did his best to chase those little Leprechauns and he saw 37 on St. Patrick’s Day. **Sally Harris** was the winner of our contest and won the prize of \$20.00. Thank you to everyone who participated in the fun.

~submitted by Rev. Victoria Kelley

THE DEMONSTRATION CORNER

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 want 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).

FAMILY TIES

You know that during the past year Jo had confirmed her biological mother and half-brother. But we never knew who her biological father was. As Jo was nearing the end, I told her it was okay to go and that she would be with her mother and sister again as well as with a couple friends, including one of more than 50 years who passed away this past year. And I told her a couple times that she would finally be able to meet her biological mother. It never occurred to me she would meet her biological father also.



Not until this week when I received a message from someone researching genealogy who didn't just "suspect" who her father was, but gave me his name, age at Jo's birth, occupation and where he lived.

I believe that Jo wanted me to know that she had met him.

~submitted by Ruth Messing

VISION AND TRUST

I never cease to be amazed at the Power of our Treatments. Some call them miracles but I call demonstrations from our Treatments, the right use of our mind. One of my clients here on the peninsula wanted to start a boutique but she didn't have the capital or the location. Then came the pandemic and she decided it was not the time. We have been working together for two years and some may think it would have been worthless to continue. However, this lovely lady had blockage in her subliminal mind that needed to be handled. Shortening a long story . . . circumstances arose, and she needed to leave the peninsula and move to Tacoma. While adjusting to her new location a family member made their transition and my client inherited the money she needed. She recently found the perfect location and is busy getting ready to open within a few months. This brave woman didn't give up on herself or the work that needed to be done for right action to unfold.



~submitted by Rev. Victoria Kelley

BASIC SOM QUESTIONS By Rev. Michael Laakso

We have an on-going column which is designed to answer some basic Science of Mind questions. We trust this will give you new insights, allowing you to better understand SOM principles.

What is Infinity? Part Thirty-Three

In our continuing exploration of Infinity, let's contemplate the divine quality of Justice. Biblically, Justice is a theme particularly in the prophets. Injustice is generally equated with unfairness. These can be unfair acts towards others, but also ignoring of the suffering of others. The plight of widows and orphans comes to mind. The prophets considered it unfair to not care for the needs of those in our own community. This was an expansion of the idea of Justice. Either purposefully inducing suffering or ignoring the suffering of others can be seen as arising from unloving thought.



This is traced back to the Mosaic laws. All the “thou shalt” and “thou shalt not” in those ordinances revolve around love. The ordinances simply consider special cases. Moses said (and Jesus quoted him) the whole of the Law is summarized in, “Love God with all your mind, strength and heart, and your neighbor as yourself.” In other words, be true to your Love Nature. Love your Love Source, Whom you are like in every way, and love all people and your Self like God, Who being Love, loves all that It is. Though this statement is characterized as a command, metaphysically it is really a strategy for safety, for wellness, for harmony.

The ultimate Law is “like produces like.” To use this Law as does Infinite Mind, we will generate for ourselves the results the All Good generates. So Jesus said, “I come not to change the Law but to fulfill the Law,” that is, loving fulfills the Law of Mind. He teaches a shift in attitude from seeing the Law as a burdensome commandment to an opportunity to love and so be loved. Loving can be equated with Justice; the love-motivated will protect the rights of others and treat them well, and will also support the alleviation of suffering. We would then be using the Law the way the Infinite always does, with total Justice as a result.

Injustice, then, amounts to putting unloving thought and feeling into the Law and reaping those results. The results are not a punishment but a natural consequence of choice, and become a learning opportunity. How is unloving thought and action working for me? Am I liking my results? If not, what is my solution; what can I change?

“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” ~Martin Luther King, Jr.

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We can see, then, that there is no injustice in Infinite Mind. Law cannot be “broken” but only used against our own best interests. Yet even in this, course correction is inherent. Experiencing what doesn’t feel so good supports a shift in our use of the Law. Finding out what does not work is as useful as finding out what does work. In this the Law is our servant-teacher.

Actually, the stories of the “Old Testament” teach this Law of Mind, exploring the consequences that come automatically, if perhaps also delayed for a season. A metaphysical education makes this very obvious. Each story examines the self-uplifting or self-destructive use of the Law. Although guilt and shame can also be consequences of an unloving use of the Law of Mind, Jesus never taught guilt.

In the story of the man born blind, the disciples asked him who sinned, the man or his parents that he should be born blind? (Here is one indication that the idea of reincarnation was prevalent in the culture in Jesus’ time. If the man sinned, it must have been in a previous incarnation.) But, Jesus doesn’t go there. He claims this situation has developed to demonstrate the glory of God. He has discarded the false idea of guilt so he sees everything is another opportunity for the Divine to demonstrate Its Beauty, Mercy, Helpfulness; Its Glory.

The race consciousness has practiced blaming someone as unjust and so deserving of similar injustice. This is not Infinite Mind’s idea. Allow me to share a story I am still contemplating that helps free me from the idea of guilt and shame.

My family moved often due to my father’s upwardly mobile aspirations. At some point I gave up on close friends since, come summer, I was always leaving them. However, I did get to spend four years in the same high school in Portland, Oregon and I did find some like-minded people there as friends. The closest was Danny Boles. We had similar interests in science, philosophy, religion, and so on. We shared several classes together. We both took the ski bus to Mt. Hood on Saturdays in the winter.



A year after graduation, I was married with my first born on the way. My focus was on my family. Other friends were largely in college focusing on their education, so we didn’t keep in touch. About four years later, a mutual friend called and came over for a visit. From him I learned that Danny was murdered a couple of years previously. It turned out he was gay and was picked up by a man who took him into Forest park, a vast natural landscape in the West Hills of Portland. Danny’s body was found there after an extensive search. By this time, the man who murdered Danny was in the Oregon penitentiary. I felt shocked and saddened by this news and sorry I hadn’t known earlier.

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.” ~*Albert Einstein*

~continued from page 10

A few weeks later I dreamed of Danny. I was standing, waiting on the steps of the County Court House in downtown Portland. I was expecting someone, or was there on some business. Suddenly, from across the street, Danny marched up to the Court House flanked by six men in suits with briefcases, three on Danny's left and three on his right, somewhat trailing him. They marched at a brisk, business like clip. I was delighted to see Danny and caught up to him, expressing my happiness in seeing him: "Danny, you are alive!" I kept talking. Danny said nothing. He was focused on what was ahead of him. He was gently aware of me but would not be distracted. We marched down the main hall to the back, up the marble staircase that turned us towards the front of the building. Here was another hall like the one below. We marched towards the front of the building, me excitedly jabbering about how good it was to see Danny. As we neared the front, the fast march did not slow. I noticed glassed French doors flung open and the sidewalk and street below. Danny and his entourage marched right out into the air and rose gradually towards the sky. I, of course, had to stop at the threshold. It was then that I realized Danny was flanked by angels, lawyer angels, his advocates. Stunned, I awoke.

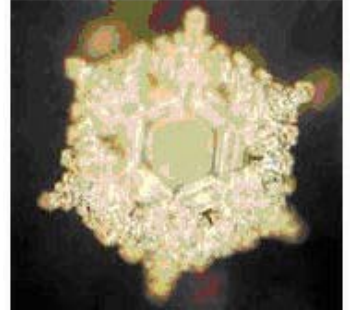
I am sharing one of my pearls here. For around ten days, I *knew* there is no death. *No death!* Thereafter, the intensity and glow of that realization cooled to a memory rather than an immediate awareness. I pondered the wingless (invisibly winged?) angels accompanying Danny. Due to the setting of the august Court House, I knew this was about "Justice being served." Yet, Danny was not being condemned but supported, advocated for. And he rose to take his place on a higher level. I felt he was giving me a wordless message regarding karmic recompense. Some things require facing experientially. This can be difficult. But this isn't the end of the story. Life goes on. We learn. We grow. We persevere. We rise to a higher level.

Lately I have been applying Danny's message to my own suffering, easing off the self guilt-tripping and taking a more impersonal view. The Law of Mind is impersonal, meaning universal. It does not condemn; it merely is. But it always is, so I must learn how to deal with it. Infinite Mind is Just, not punishing. We cannot undo our sacred Self. Love's knowing of us as innocent, blessed, holy is a given. Correction comes for our every mistake. Correction, not condemnation. The upshot is movement closer to our Source, in conscious awareness. Justice serves this awakening. Justice is Love. And so it is



“Strong emotions such as passion and bliss are indications that you're connected to Spirit, or 'inspired,' if you will. When you're inspired, you activate dormant forces, and the abundance you seek in any form comes streaming into your life.” ~Wayne Dyer

Water exposed to
Gratitude & Love



Remember the prayer for water

TO: A Very Valuable, Worthwhile Person

Sequim Center for Spiritual Living
Rev. Lynn Osborne
PO Box 2708
Sequim, WA 98382



Please join us at
Sequim Center for Spiritual Living
Sunday Service
10:00 a.m.

