

Minister's Letter

As we are passing the middle of this year, I have been looking at the priorities I have set for this year and the following story comes to mind. We have all heard it before – including various versions – and I don't know who the original writer is. But, it is the story of the Rocks, Pebble and Sand:

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a large empty jar and proceeded to fill it with rocks right to the top, rocks about two inches in diameter. He then asked the students if the jar was full. They agreed that it was.

So, the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. The students laughed. He asked his students again if the jar was full. They agree that, yes, it was.

The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.



“Now,” said the professor, “I want you to recognize that this is your life. The rocks are the important things – your family, your partner, your health, your children— anything that is so important to you that if it were lost, you would be nearly destroyed. The pebbles are the other things in life that matter, but on a smaller scale. The pebbles represent things like your job, your house, your car. The sand is everything else. The small stuff. If you put the sand or pebbles into the jar first, there is no room for the rocks. The same goes for your life. If you spend all your energy and time on the small stuff, material things, you will never have room for the things that are truly most important. Pay attention to the things that are critical in your life. Take care of the rocks first – the things that really matter. Set your priorities. The rest is just pebbles and sand. End of story.

Many Blessings of all Good in successful completion of Priorities in the rest of this year,

Rev Lynn

“We are forever full. Meditation is reaching that fullness. There are thousand one paths to reach that fullness.” ~*Amit Ray*

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10:00 a.m. Currently on Zoom
For information contact:
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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,

How many times have we wondered where we got our talents? Do they come from a parent? My mom had a lovely singing voice. And what she could do with pencils—or even tempera paints—was a treat for our eyes! I don't excel in either of these areas. The best way for me to carry a tune is in my pocket. And my drawing abilities are sketchy at best—I'm at the level of stick people.

As most of you know, words are more my shtick. What is a word? It is letters put together to form a sound. Many letters look like sticks: L I F E for instance. Using 10 sticks we can create LIFE—10 perfect sticks. I see more in the word LIFE than sticks. I see an acronym. I see **L**ove **I**s **F**or **E**veryone. I see POSSIBLE acronyms in many words—even the word ACRONYM:

Projecting **O**ur **S**incere **S**elf **I**s **B**roadcasting **L**ove **E**verywhere;
All **C**reative **R**esources **O**ffered **N**ot **Y**et **M**anifest.

Words can have many meanings. We see the word *word* is used in many different ways: word of mouth; buzz word; wordsmith; have a word; leave word; last word; in a word. Even some software uses it—Microsoft Word and Corel WordPerfect for example.

This brings to mind John 1:1—*“In the beginning was the Word, and the Word was with God and the Word was God.”*

There is only One Source—Whole, Complete and Perfect. We are born of the One, so we are the Word—we are the Word-Perfect! We are the Word brought to life to express the Infinite in myriad ways. We are unique expressions of the One, and eternally connected. If there is truly only One, then this must be so.

So how do we get word to the One when we are not feeling whole, complete and perfect? The word is out—we need to go within. Our thoughts become things. What we think forms a mold, and the Universe says yes to us accordingly. We understand this Law in principle, but sometimes forget the way it works. Our words have power. When we speak our word with conviction, we live the Spirit of the Law as the letter of the Law is enacted. (Another acronym: **L**ove **A**lways **W**orks.)

It is apparent to me that my talents come from the One Source. The words I use project a voice of love, and paint a picture of a joyful life. I sing out loud declaring the Perfection and Unity. I draw loving people into my life as I stick with the Truth. My gratitude is beyond words.

Light and Love,
Kathy Purcell, *Editor*

**“One should use common words
to say uncommon things”
~Arthur Schopenhauer**

TREATMENT

PURPOSE: CELEBRATING UNITY

By: Glenda Totten-Hatch, R.Sc.P

The moment I turn within, I am in communion with the One Presence and Power dwelling within me. I am guided by this Presence that has known me and loved me forever. Divine Intelligence is the source of all Creation. It is loving, always present within all of Its creation. This Wholeness is the Spiritual Truth for me and all beings in this manifest reality. Spirit present in all is the unifying force of the Universe.

I first knew myself as a child of the Spirit when I arrived in the physical plane, but soon this memory became buried deep by other data. Often what I was told was not the truth of my being. To find my truth, I go inside, I quiet my mind, and then I know the Spirit within. As I become still, I know I am a spiritual being having a human experience. I feel the connection to the whole, I see the Divine Spirit in every person, every being, and in all the earth. I know harmony that comes forth as a natural result of unity. As one with the whole, there can be no division, no duality. I know peace of heart and mind. I know I have everything I need to live the life I came here to have.



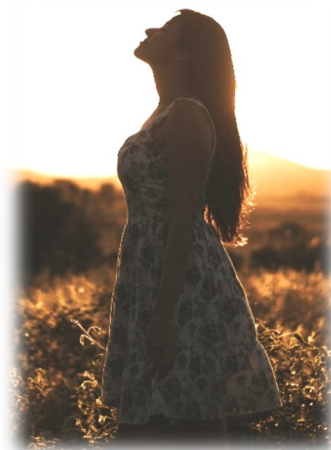
I am so grateful for this awareness of who I am, and that as part of the whole, I live in unity with all that is. I say yes to life knowing that with Spirit's guidance I am right where I need and want to be. Living with the Spiritual Principles as my roadmap, I have greater and greater joy and thanksgiving. What a wonderful world. What a blessing to be alive and aware. With gratitude and love I accept this truth for the whole of Creation. I bring my words to the Law of Mind, and releasing them to this Law, I am grateful to know they are already so, and so it is.

“The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another. ~Thomas Merton

BREATH OF LIFE

By Danna Faulds

I breathe in All That Is-
Awareness expanding
to take everything in,
as if my heart beats
the world into being.
From the unnamed vastness beneath the mind,
I breathe my way into wholeness and healing.
Inhalation. Exhalation.
Each Breath a “yes,”
and a letting go, a journey, and a coming home.



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Thank You!

SPECIAL THANKS

Special thanks to
 Terry Barrett R.Sc.P. , and
 Rev. Michael Laakso for doing talks this quarter.

*“Wake at dawn with a winged heart and give thanks
 for another day of loving.” ~Kahlil Gibran*

CELEBRATE LIFE!

AUGUST

6 Jill Fairchild
 16 Tony Matsumoto
 24 Jean Kipper

SEPTEMBER

4 Victoria Kelley
 5 Debbie Seiler
 7 Sandy Roy
 7 Robert Drews
 8 Lynn Osbor
 12 Dottie Robertson
 15 Kay Snowhook
 16 Glenn Hathaway
 18 Larry Ficken
 19 Glenda Totten-Hatch
 21 Grace Slater
 24 Tracy Wilson
 28 Lois Rice



OCTOBER

3 Beverly Morris
 12 Joan Hathaway-Sheldon
 18 Robert Palomo
 23 Tom Maes
 27 Mary Huston
 30 Diann Roll

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—STARTING AGAIN SOON

Tuesdays, 4:00 pm–6:00 pm
Via Zoom

COURSE IN MIRACLES

Meets Thursdays from 3:30 pm–5:00 pm
Suncrest Senior Social Room
201 E. Prairie Street, Sequim
Facilitated by: Rev. Michael
Love Offering

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

	INCOME & EXPENSE REPORT			
	<u>APR 23</u>	<u>MAY 23</u>	<u>JUN 23</u>	<u>JUL 23</u>
Income	\$2,899	\$3,588	\$3,592	\$3,332
Expenses	\$3,056	\$2,802	\$3,131	\$4,847
Income minus Expenses	(\$157)	\$786	\$461	(\$1,515)
	<u>ZOOM ONLY</u>		<u>HYBRID</u>	
Attendance	117	87	ZOOM = 47	ZOOM = 44
			In Person = 68	In Person = 87
			Total = 115	Total = 131



SAVE THE DATE

SUNDAY

SEPTEMBER 24, 2023

END OF SUMMER

POTLUCK BAR-B-Q

Following Service

More Info to follow

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.

PRE-TEND/PRETEND—when we **PRE-TEND** to our thoughts, we need not **PRETEND** there are any problems.

CONTINUOUS/CONTINUE US—when our thoughts are **CONTINUOUS** on Unity, our Oneness shows through as we **CONTINUE US** in Body, Mind and Spirit.

CONFLICT/ CONFLICTS—**CONFLICT CONFLICTS** with the Truth of our Being.

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“The self is not something ready-made, but something in continuous formation through choice of action.” ~*John Dewey*

MINISTERIAL CLASS STATUS

Here I am about to complete the first term of my second year at the Holmes Institute. I'm working on the Master's in Consciousness for ministerial training. I'm also working on the regional Certificate in Leadership through the Napa Valley CSL with Rev. Jay Lang. It has been a busy year of study, paper writing, self-growth, and spiritual development! Whew.

In the process, I have learned some of the details about Emerson, William James, Science, and Spirituality through quantum physics, and a big challenge this term in lessons in Diversity!

Even more than the lessons through classes and books, I am finding personal and spiritual growth happening in myself as I stay “the course.” The self-confidence that I have felt I lacked my whole life has begun to land for me. Part of the process is the practice of doing talks for services as well as class presentations, which helps develop the skills and confidence needed. Practice is a very important part of learning. T.S. Elliott's quote about coming back to the place is so right on;



“We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.” ~**T. S. Elliott**

We know it for the first time because we have grown to a new level of awareness. With this experience of spiritual growth comes a new level of trust in the Universe. Letting go and letting God does work! I'm so grateful to be in this community at Sequim Center for Spiritual Living as I continue to be open to spiritual growth and life experience.

Ernest Holmes said, “*Within us is the unborn possibility of limitless experience. Ours is the privilege of giving birth to it!*”

Blessing,
Terry Barrett, R.Sc.P.

THE MAKING OF A PRACTITIONER

How to explain all the learning levels that training to be a CSL licensed Practitioner involves? I will share that my experience with this two-year class was strenuous and yet exciting. From the basics of how people develop their belief systems to the concept of race consciousness and the spiritual principles as formulated by Ernest Holmes, my understanding of SOM philosophy developed into a clearer understanding and acceptance of Spiritual Truth. There were many books on spiritual principles, tithing, effective prayer, and the dynamics of changing beliefs as well as diverse subjects such as mind over medicine, conscious loving, and the dying process. So, yes, I found it both rigorous and exhilarating. It changed much of my thinking, and it has changed my life.

In the early classes, the subject explored dealt with how life gets to be the way it is. This foundational understanding and awareness is what provides spiritual support and guidance for the Practitioner to be of service to others. In the first year, the twelve principles of SOM are explored, and an understanding of the three-fold nature of the Divine Creator is developed. How this Divine Process works through the Universal Mind and is manifested by the Universal Law of Cause and Effect into the manifest Universe is examined and understood as the basis for how people can be supported and guided in making desired changes.



For each new concept or area presented, I was asked to use contemplation, meditation, and journaling as ways to internalize them. There were thought papers to be written, and projects to demonstrate my awareness of the spiritual process I was developing. This process is known as the Consciousness that heals. It derives from an awareness that healing is simply the truth of spirit within all that is revealed and accepted in conscious awareness.

It is vital for both the Practitioner and the person they are working with to be aware of the spiritual principles and the Spiritual Attributes of The Divine Source. Anything unlike those principles or the Nature of God cannot exist in reality. This can be called the Wholeness Paradigm as presented by Ernest Holmes to encompass the Source as manifest within the whole.

It was a very different outlook on life than what many people are taught about themselves and about life. I was able to internalize these new concepts through daily spiritual practices and the excellent mentoring of Rev. Michael and Rev. Lynn.

“Enlightened leadership is spiritual if we understand spirituality not as some kind of religious dogma or ideology but as the domain of awareness where we experience values like truth, goodness, beauty, love and compassion, and also intuition, creativity, insight and focused attention.” ~ Deepak Chopra

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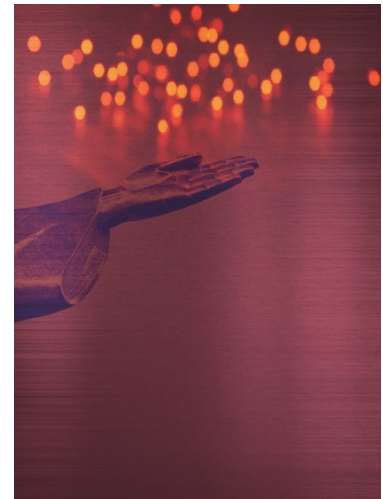
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The second year focused primarily on the responsibilities of Practitioners to the people they serve as well as the Center for Spiritual Living they are affiliated with. It is a skill to be able to hear, understand and support another in making life changes. I was able to understand and practice the effective skills of spiritual support and guidance through weekly exercises involving different problems people often face.



I learned the Treatment process that reveals the spiritual truth regarding whatever concern someone encounters. I was glad for the support and guidance from the reverends Michael and Lynn. It was during this year that I learned about CSL as an organization, and what CSL's World Vision is: Developing a World that Works for Everyone. The subject of diversity and how to make people comfortable with the services was explored. It is important to understand that each person develops their own perspective based on their life experiences. We may all be of the One Divine Mind, but each individual has unique qualities.

It has been such a learning and life-expanding process for me to complete this training. I understand my spirituality on a deep level, and I am dedicated to supporting others in their spiritual journey. I have faith that this Mother Earth we live on, all of her nations, and the nation of humanity are progressing towards a world that does work for all. Again, what a fun and rigorous process. I am so glad to be given a path where I can be of service to people seeking that spiritual path to the life they desire. I am so grateful to be here at the Sequim Center for Spiritual Living. I am thankful for each and every person who is a part of our Center, for the whole New Thought movement, and for the brilliance of Ernest Holmes. I am so blessed, and so it is.



~submitted by Glenda L Totten-Hatch, R.Sc.P.

“In my own life I know that my state of cheerfulness is a reliable gauge of my level of spiritual enlightenment at that moment. The more cheerful, happy, contented, and satisfied I am feeling, the more aware I am of my deep connection to Spirit.” ~Wayne Dyer

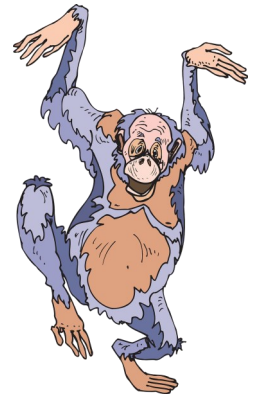
BASIC SOM QUESTIONS By Rev. Michael Laakso

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 Forty-Two

Infinity being infinitely present at every point within Its limitless Beingness underlines the silliness of my thinking I can be apart from It. Separation from this Mind and Beingness must be forever an impossibility. If God were limited, I could “escape” from God. But Infinite means “no limits.” The “best” I can do is to pretend I am absent from God. But such a pretense cannot accomplish this in fact.

Ultimately all “goofy thinking” affirms this impossible belief in separation. Scarcity is a belief I am apart from the All in all and Its inherent, inexhaustible Abundance. Sickness is a belief in apartness from God’s natural state of Health. Victimization is a belief in apartness from God’s Eternal Safety. Our pain-producing beliefs are always personal negations of some Divine Quality and denials that that Quality applies to me. All New Thought teachers come back to this idea that my belief in separation from my Infinite Source is my root problem and my solution is my remembering and direct experience of the Infinite.



A direct experience of God is always available to each and every one of us. Some caveats apply. Divine Mind is not invasive. It gave us free will – the ability to choose for our self – and It respects that decision on Its part as well as on our part. Having entrusted us with volition, it also knows this trust is well placed. All the other Divine Qualities have also been entrusted to us. No matter our running from our Divine Identity, pretending we are less than we are, the day will come when we “come to ourselves” and begin exploring and reclaiming our True Identity. No one has a limitless tolerance for pain.

Our pretenses are our burdens, our limiting beliefs, our self-imposed constraints. For our pretenses deny our Truth and the Reality of our Creator. Our pretenses are the very ideas from which we seek to be free. As our Master observed, “You shall know the Truth and that Truth shall set you free.” Truth is another of the Divine Qualities. These Qualities are not separate pieces and parts of the Infinite. Rather they are facets of a unified Wholeness. Infinity is not a construction of pieces and parts but a continuous Completeness, a Continuity in all respects. Finding one Quality as authentically as we can in the moment, we find all the rest of God.



It all comes down to willingness. Am I willing to release my pretenses today, no matter how attached to them I may feel? Am I willing to open to this Truth I may yet feel doubtful about? The Course in Miracles indicates having thought we abandoned Infinity, we also expect retribution as part of our reconnection with It. We believe God is mad at us and that we shall suffer if we turn towards Whom we left bereft. What we’ve forgotten is that God is incapable of anger, being all Love and that we have not succeeded in leaving the Infinite in any way. This fear of Source Mind must be challenged at some point. It is part of what keeps us in the holding pattern of our pretenses.

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Our pretenses are our defenses against the Truth, as the Course also points out. Sure, we think these defenses keep us safe from the imagined wrath of God. Our continuing reinforcing of fear subliminally affirms our “endangerment” from God. By now, frightening ourselves has become habitual. Every fear-inducing memory carries the reminder I abandoned God (though in fact this has never happened).

The Bible calls this cycle “vain imagining.” These thoughts are all in vain for they cannot accomplish what is impossible for Infinite Mind. Yes, the Law acts upon such thinking, giving us the experience these thoughts request. But that doesn’t make the thoughts or the experience true. In fact, the thinking and experience are all illusory, though the experience of them certainly *feels* real enough.

Perhaps we should stop a moment and consider the words of Jesus, “With God all things are possible.” Won’t the Law operate on my thinking and produce their likeness? As observed, this will occur, though the Law cannot make real a delusional thought. I will have the experience, but it will not be a reality. The key here is the phrase “with God,…” My pretenses are not “with God.” They are *without* God, for they deny what God would never deny: Its own Divine Attributes. When I claim separation from God, I am denying the Infinite’s infinity! Infinite Mind stays in integrity with Itself. It cannot deny What it is. It must always affirm Its Nature and Beingness. When I affirm with God What It is, and therefore what I am, I am thinking *with* God, and these possibilities do show up and they are real, notwithstanding my idea of limitation.

Yes, there are impossibilities for God. That Divine Mind be something It is not is one of them.

Since God is the reservoir of all possibilities, one of those possibilities must be the possibility of my fooling my self. But Infinite Mind does not go there. It stays with the Truth of What It is. This Mind does not “try out” alternate identities. Any alternative to infinity would have to be limited. God will not deny What It is for any reason. It stays True to the Truth of Itself. We, however, may not necessarily have that commitment just yet. It seems the only reason we would dissent from the Truth of What we are would be a lack of appreciation for that Original Identity. Perhaps this is a part of the Divine Design: that as we



as souls begin thinking for our selves, this will include the possibility of identifying with forms and phenomena rather than wholly with the Causation of forms and phenomena. Perhaps we have not sufficiently recognized nor owned and appreciated what we are, and so cast aside that Identity lightly. And maybe getting our selves into the resulting dilemma and *finding our way out* is the growth experience we need to cure our ignorance of the Beauty and Joy of our created Identity and truly value that Self. For me this question remains open, but surely no mistakes have been made by Divine Mind.

“Your limits are somewhere up there, waiting for you to reach beyond infinity.” ~*Arnold Henry*

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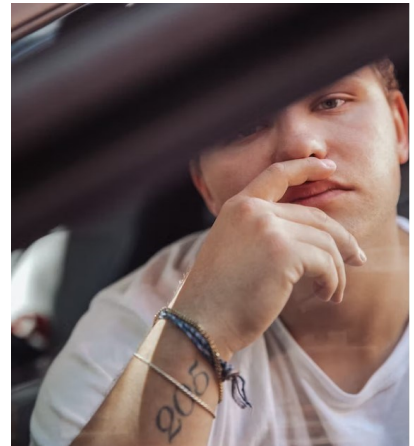
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What is certain is our Return to Truth. In Truth we live and move and have our being. Shall we ignore our True Context and Identity eternally? Or shall we become curious when we meet someone far along on their path Homewards? They seem so peaceful and serene, confident and certain of themselves. How can I rise to that state? Inevitably we will bump into a consciousness to which we feel attracted and admiring. How can we become more like them? And a new step on our journey Homeward is initiated.



In other cases, the suffering gets to be too much for us to further stand. Perhaps we have previously lowered our tolerance for pain through our growth track. Perhaps we are having a life experience meant to bring us to the brink of “finding our bottom,” as spoken of in twelve step groups. Perhaps we have reclaimed freedom as a desired goal and so Life gives us limitation to sharpen our willingness to own the Freedom we seek as the very demonstration to fulfill that desire. So we look for the means to find and fulfill our need to be free. We have all built our own mentality and so our personal path will be unique to our consciousness.

Again, the root belief is separation from the Inseparable. So the solution will be to reverse our thinking and cease our dissent from Truth. We can choose to consciously think in unison with God. These thoughts will be our affirmations and our spiritual mind Treatments, and include our meditations and contemplations of Source, Truth, Inseparability, Love, Intelligence, Togetherness, Safety, Respect, and whatever other Divine Quality we may discover we have denied, in others or in our self. As we allow our mind to think and know God’s Thoughts and Knowing with God, what we assumed to be impossible begins demonstrating.



Jesus also said, “The Power within does the work.” He was referring to the Law and Its Intelligence, Power and Willingness. The demonstration will come in the perfect way and timing and ever more so as we allow our mind to be cleared of goofy thought-content. We may have built in considerable resistance to our Good. This also will demonstrate, though our persistence will gradually clear this fear of the blessing we seek. The more our mind is wholly for the demonstration we seek, the more quickly it will show up. In the meantime, the slower approach triggers less fear, allowing us to move forward at a gradually accelerating pace.

“The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.” ~Euripides

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It should be said that intuition will help and support our practice of seeking to think in unison with God. Created for companionship with Spirit, would not Spirit be wholly for our conscious return to full participation in that Relationship? Would not Spirit find every way to speed and support our desire and effort? It took effort to build the belief we split from Self and Source. Most likely, some effort will be required on our part, at least at first, in the undoing of that belief. Yet, a communication link with Spirit is ever available to each and all. Something within is always for our full and complete return to Self and Source and will guide us as we become willing.

In AA's Big Book is the observation that at some point in our recovery process, we enter an easy and comfortable glide-state through life and further recovery. This is the Effortlessness of Infinite Mind showing up for us. It affirms our progress and develops as a further support to our Homeward inner movement. There is no struggle in the Infinite since all is known, all is conflict-free, all is the welcome Truth free from dissent. This is our Beginning and as an expression of the Infinite it is also our continuous Reality. As we allow our mind to be guided line by line and precept by precept into perfect registration with the Infinite Thinker, we come to experience, again, Its Natural State of Peace, Simplicity, Order and Effortlessness. Something within us remembers this heavenly state and deeply desires to return to the fullness of Its realization for us. This, too, guarantees our eventual Return.

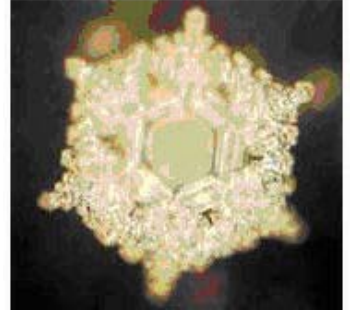


Remembering I live, move and have my being in the Limitless, All-Loving Intelligence, I accept, again, I am still as Universal Mind knows me to be. I am so grateful my pretenses, being the denial of Power, have no power to impede my remembering the Truth of What I am. I affirm this Identity has not departed from me nor me from It. I affirm that the One Power is my Guide to a full knowing of Its Peace, Presence and Security. The Certainty of God is alive within me always and no overlay of untruth in my mind has power to prevent or slow my Self-Realization. I choose today to know with Source Mind the Identity It gave me in my inception, indeed, Its Own Reality. Humbly and gratefully, I release this word to the Law of Life knowing it is done already. And so it is.

“Like a Columbus of the heart, mind and soul I have hurled myself off the shores of my own fears and limiting beliefs to venture far out into the uncharted territories of my inner truth, in search of what it means to be genuine and at peace with who I really am. I have abandoned the masquerade of living up to the expectations of others and explored the new horizons of what it means to be truly and completely me, in all my amazing imperfection and most splendid insecurity.”

~Anthon St. Maarten

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.

