

Minister's Letter

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February is the LOVE MONTH. And, since Love is an attribute of God, we know that Love maintains and sustains us all year long in all our experiences.

The Legend of St. Valentine may or may not be totally factual, but it is a lovely story concerning a Christian Priest who lived in Rome in the third century and who was jailed and put to death for performing Christian marriages, which were banned by the King. But, before he died, he wrote to each young couple he had wed sharing his unconditional love and his faith in God.

Valentine's Day emphasizes romantic love; however, we know that is only part of the expression of love we see everywhere. Even our Valentine cards are given to all people we love. So, we are also talking about Divine Love, the Self-Givingness of Spirit that is blessing us in all our relationships unconditionally and all-including, which also includes self-love.

The following Spiritual Mind Treatment was written by Rev. John Scott from the Kingston, Jamaica Center for the February 2014 issue of *Creative Thought*.



Please accept it as my Valentine to you:
LOVE IS MY REASON FOR BEING

God is Love. It is the one Divine activity in the Universe and It is everywhere equally and evenly present. Created in the image and likeness of Love, I understand myself to be the living embodiment of Its gentle beauty and selfless goodness. Love is my reason for being.

Today, I am lifted into the consciousness of pure Love and my every action reflects a deep inner knowing that this cohesive energy unites me with all of Life. Burning like an eternal flame in the sanctuary of my heart, Love warms and welcomes all whom I meet, healing everything unlike itself in my world. Giving It full and free expression, I allow It to radiate from my grateful heart, blessing all, honoring all, loving all, as It returns to me in a ceaseless flow of unlimited joy.

Deeply in tune with the Universal energy which expresses through me as perfect Love, I surrender to Its awesome beauty and release my word to the Law of Mind, grateful that with Love as the way of my heart and the heart of my way, every day is truly Valentine's Day. And so it is.

Blessings of Light, Love and Peace,

Rev Lynn

Sequim
Center for Spiritual Living

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Kathy Purcell, R.Sc.P.

Sequim Center for
Spiritual Living Sunday Hybrid Services
10:00 a.m.

In person at Pioneer Memorial Park
387 W. Washington, Sequim
For information contact:
Rev. Lynn Osborne
iamlynnosborne@gmail.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,

Blue and I were on our morning walk recently. It was early enough that the sun hadn't risen yet. The area of the trail we were traversing runs parallel with the highway. There are no lights on the pathway, but much of it is illumined by the lights from across the road. I saw Blue sniffing in the grass along the side, and I saw my shadow on the trail. Then I noticed something else—another shadow further back. For a moment my heart started to race. Who is following me? I asked myself.

I kept walking—nervous, but hyper-vigilant. I turned slightly toward the direction of the second shadow—which appeared to be getting closer. My headlight provided more information. Suddenly I started to smile. The second shadow was my own, created by a second streetlight. There is a bit of a curve in the road where the rays of light overlap. I never noticed that in the past.

Still smiling as we continued our walk, my thoughts went to the shadow. We've heard that if we turn to the light the shadow disappears. The shadow represents our old beliefs that keep us from seeing the light of the One Source that shines through us. We lessen the impact of the old beliefs by muting and neutralizing them with our spiritual practices. We use positive affirmations, meditation, prayer Treatment and contemplation.

The second shadow I saw reminded me how sometimes—even when we think we've gotten rid of an old belief—a worn-out thought creeps in to question our resolve. Or maybe it is a different belief we didn't recognize until now. It was a thought buried deeper in our subconscious. Something triggered it to surface. We know we can re-solve things—by returning to the Light.

Dictionary.com shows the word *shadow* to mean: *(n.) a dark area or shape made by an object blocking rays of light.* Any thoughts we have that are unloving create a seemingly dim place, blocking the rays of light from being seen. They shape a negative experience for us—something that Spirit cannot even recognize—for it sees only Good.

When we meet a curve along our journey, we don't have to be led astray by fear or doubt as we once were. We can notice the shadow, but then release it to the past. We don't have to live in the shadows.

It is February and the hours of light each day are increasing. Soon the lights along the highway will no longer be lit when Blue and I do our early walks. I reflect back on how my heart started to race that morning, and how my headlight helped me see what was really there. I see the headlight representing a higher level of consciousness—the Ah ha! Moment—the knowing of Truth. There is one Reality. The Universe is for our highest and best. It knows Good and only Good. Spirit lives Itself through us, as us. It illumines our path and guides us with Love to what we desire. Our hearts race when we discover our passion and live it.

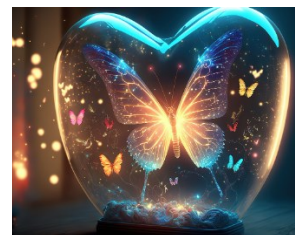
Let us raise our consciousness and step out of the shadows. As we recognize and accept our Good, we lovingly express the One and radiate Love to our world. I know it is already so!

Light and Love,
Kathy Purcell, *Editor*

**"Inherent within your soul is a greater light,
recognize and radiate it."
~Lailah Gifty Akita**

TREATMENT

By: Terry Barrett, R.Sc.P

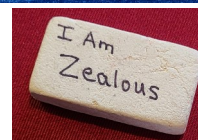


I know that there is One Spirit, and it is the Source of all Good.
Spirit is Love, It is Beauty, it is Wisdom.
I am one with Spirit and created in the likeness of it.
I live, and move, and have my being in the Love, the Beauty, and the Wisdom that is Spirit.
I let go of anything that takes away my peace and I set my thoughts on Spirit.
I cannot be separated from this One because it is all that is.
The Power of Love is everywhere, leading through whatever comes my way.
I know that I am safe through any challenge.
Divine Intelligence guides my thoughts and leads me to my highest good.
I see Spirit's presence in every person, as I accept and encourage my fellow human beings.
I trust in the Good that is here and now, as Spirit shines the light of love and intelligence everywhere.
The Light of Love guides and encourages the highest in all.
I release this word with gratitude, knowing that is so. And so it is.

WRITE YOUR WORD ON A WHITE STONE

At the Unity that I attended we'd have an annual ceremony at the beginning of January to choose a word for the year; we would then write the word on a white stone. The speaker would talk about beginnings and listening to Spirit; during a guided meditation we would discover our word. It was a beautiful ceremony of new beginnings.

The white stones (any smooth stone would work) that we were given were from Jerusalem. The word could be written on the stone with a Sharpie and kept on an alter throughout the year. The stone could also be held during meditation.



~Sharon Hamson

ANNUAL CONGREGATIONAL MEETING

All Members and non-members are invited to our **ANNUAL CONGREGATIONAL MEETING, MARCH 24, 2024** via Zoom following our morning Service. We will be sharing our Annual Reports with the congregation. We hope you will join us to celebrate the accomplishments of the past year and welcome the abundance around us with open arms and open hearts.



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PROGRAMS / WEBSITE:

Rev. Victoria Kelley
 Kathy Purcell

ZOOM HOSTING:

Terry Barrett
 Mary Ellen Bartholomew
 Rev. Victoria Kelley

GRATITUDE FOR SUNDAY TALKS

Our Center thanks
 Terry Barrett R.Sc.P , Rev. Michael Laakso,
 Kathy Purcell, R.Sc.P,
 and Rev. Victoria Kelley, R.Sc.P
 for doing talks this quarter.

HOLIDAY GRATITUDE

Thank you to those who organized the food for
 our Thanksgiving and Christmas get-togethers.

SPECIAL THANKS

Special thanks to **Sally Harris** and **Terry Barrett**
 for being the liaisons with Healthy Families
 Holiday Joy Program in December. And thank
 you to all of those who participated in the
 adoption of the two families. Your generosity
 made the holidays so much better for everyone.
 Your love radiated out and was a true blessing.

CELEBRATE LIFE!

FEBRUARY

3 Laura Anderson
 3 Nancy Brody
 12 Liz Lohmann
 17 Louis Foldoe
 23 Al Harris
 24 Ruth Marcus

MARCH

3 Cathy Hatha-
 way
 3 Kira Kersting
 17 Susan Pennington
 18 Lynda Marinics
 20 Robert (Spider) Medsker
 22 Pam Bedford
 22 Roger Maes
 24 Connie Jenkins
 29 Tom Cunningham
 30 Stephen Landess

APRIL

1 Steve Curtis
 10 Isabel Paniagua-Stevens
 12 Jan Marshall
 16 Dinah Day
 19 Courtland Goetz
 20 Rebecca Hall
 29 Barbara Baker



MISSION STATEMENT

*To Serve and Support each other
in Living from Spirit.*



VISION STATEMENT

*We are a growing spiritual community
expressing Love and Oneness with all.*

SOM CLASS—STARTING AGAIN SOON

Tuesdays, 4:00 pm–6:00 pm
Via Zoom

COURSE IN MIRACLES

Meets Thursdays from 2:30 pm–4:00 pm
Dungeness Meadows Clubhouse
461 Dungeness Meadows, 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 681-0177



INCOME & EXPENSE REPORT

	<u>NOV 23</u>	<u>DEC 23</u>
Income	\$2,309	\$5,450
Expenses	\$3,513	\$4,622
Income minus Expenses	(\$1,204)	\$828



HYBRID SUNDAY SERVICES

Attendance	ZOOM = 39	ZOOM = 37
	In Person = 71	In Person = 98
	Total = 110	Total = 135

OLYMPIC PENINSULA SPIRITUAL LIVING CIRCLE

If you are on Facebook, I have started a FB page for the “Olympic Peninsula Spiritual Living Circle:”
<https://www.facebook.com/profile.php?id=61555754154013>

Check it out! I’m using it to “market” our circle and events to grow our group.....and if you do decide to check it out, PLEASE hit “Like.” It helps. If a person sees that someone likes a page, they are more likely to engage!



Peace and Blessings,
Steve Potts

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.

When we are **IN COMPLETE** trust that our Source provides all we need, nothing in our lives feels **INCOMPLETE**.

When we **RAISE** our level of consciousness, we allow the **RAYS** of Love to shine out to our world.

IN A SENSE our childlike **INNOCENCE** brings us home to the Truth of who we are.

R A I S E
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“Develop interest in life as you see it; in people, things, literature, music. The world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.” ~Henry Miller

MY EDUCATIONAL JOURNEY CONTINUES

I started my seventh term at the Holmes Institute in January. I just completed two more classes during the Fall term for the Certificate in Ministry through The School of Spiritual Leadership. This term I have taken the Music in Ministry class and will complete the last class of the Metaphysical Bible class this month. I am also taking The Arts class in the Masters of Wisdom Studies through the Holmes Institute.



The Holmes Institute recently completed the reaccreditation process and was approved. Changes were made to update what the program offers. What was a master's in Consciousness Studies has now become a master's in Wisdom Studies. All of my credits will count but some will be converted to other class names for credit in the new program.

As I proceed, I will be working on practicum projects that are required for the program. So, feel free to offer some ideas that can work with our Center. Practicum projects include fourteen items that give me the chance to practice what I have been learning. I have one item completed. Only thirteen to go!

Finally, I completed an application recently for a scholarship for this year. I needed to have completed one year in the program before I could apply. The foundation will meet on March 1st, so please keep me in your thoughts and prayers towards a positive result!

Love to you all,
Terry Barrett, R.Sc.P.

BOOK RECOMMENDATION

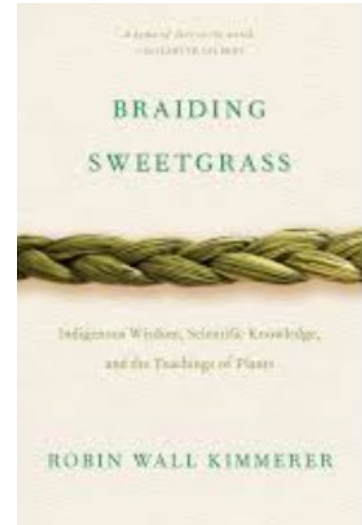
BRAIDING SWEETGRASS by Robin Wall Kimmerer



I would like to honor the spirit of Braiding Sweetgrass by paraphrasing from the Preface written by Ms. Kimmerer.

“Hold out your hands and let me lay upon them a sheaf of freshly picked sweetgrass, loose and flowing, like newly washed hair. Hold the bundle up to your nose. Find the fragrance of honeyed vanilla over the scent of river water and black earth and you understand its scientific name: *hierochloe odorata*, meaning the fragrant, holy grass. In our language it is called *wiingashk*, the sweet-smelling hair of Mother Earth. Breathe it in and you will start to remember things you didn’t know you’d forgotten.

This book is the story of a woman who is a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. She is a SUNY Distinguished Teaching Professor of Environmental Biology. She actively works to rebuild the relationship of people to the land in ways that honor the integrity of the whole of nature, the land, water, air, plants, and all the animal nations. Her way of braiding science, spirit, and story is her way of bringing about a new approach for humans and the natural world.



There is a profound beauty in the Indigenous ways of knowing that coupled with Scientific Knowledge and applied with respect by people, that provide a way to heal our world. The Indigenous people in all parts of the world have a deep respect and awareness of the world in which they live. They are aware of the inter-connectedness of the environment and that nature provides all that is needed for a good life.

Through the stories of her people, the Anishinabekwe tribe, her personal life journey, and what she has learned from hands-on environmental work, Ms. Wall Kimmerer brings a ray of healing to our human story. A harmonious life is achievable when people work to nourish and replenish what Mother Earth gives so freely. It is a fascinating journey and well worth taking time to read.

~Glenda Totten-Hatch, R.Sc.P.

“Love is like a beautiful flower which I may not touch, but whose fragrance makes the garden a place of delight just the same.” ~*Helen Keller*

71 YEAR LOVE STORY

By: Susan Herin, February 2011

I asked Phyllis if her parents would mind sharing a little about their lives together over the last 71 years. I was so excited when Phyllis told me that they said yes! I e-mailed just five questions and Phyllis jotted down her parents' answers. Their story is one of perseverance, selfless giving to others and a deep respect and love for each other. I hope you enjoy this beautiful Valentine's Day love story about two very special people.

Where did you meet and when did you get married?

Tomi: Bill was the new coach in my mom's hometown. He had just moved to his new school position on the first of September 1939. We met while walking down the sidewalk. We did not own cars as very few people had cars in our town and people walked everywhere they wanted to go. The meeting was not exactly by chance as I, (Tomi) had seen him and heard about him from my sister who was in high school. Our paths crossed, luckily, and we introduced ourselves. I invited him to church the next Sunday and the rest is history. We married on a Friday evening, November 2, 1939, after knowing each other for just a few short weeks; however, we knew that we were in love.

"My mom told me that they were the "talk of the town" and everyone said that their marriage would never last."

What are some of the biggest changes you have seen in your lifetime?

Tomi: The cost of living has changed vast. When Bill and I first married, he made \$70.84 a month. This was enough for us to live moderately. Later in our marriage when I became pregnant with our only child, Phyllis, the medical bills and doctor's fee were approximately \$150.00 which we paid out in monthly installments. Phyllis was a "prepaid" baby or a "layaway" baby.

Technology has grown to be what it is today. Of course, it happened gradually for some years, so we adjusted to the changes. When we married one could not buy a loaf of bread in a grocery store. The women made the bread at home for each meal. I still bake bread three to four times a week and make homemade cinnamon rolls three times a week. At the time of our marriage, bread could be purchased from a local bakery shop for about 6 cents a loaf.

What was the scariest time you have seen as a married couple?

Tomi: World War II, without a doubt, was the scariest time of our lives. Bill served in the European Theater as a Counterintelligence Corp agent, a spy for America, constantly in harm's way. He was in a unit of 15 men, all CIC agents and it was so secret that none of them knew each other's names. The most important man they captured was Herman Goehring, the head of the German Air Force and Hitler's right-hand man.

I never knew if he was safe, as not much communication via letters was allowed, since his job was so secretive. The long days and nights were difficult to bear. My little daughter and I missed him so much. We lived with my parents during World War II and helped in our own way here on the home front. There was a lot of sacrifice on the part of the American people. But our faith grew stronger, and we trusted the Lord to unite us once again for a happy life. God has given us a loving home, family, grandchildren, great grandchildren, and our health for 71 years of married life. We are blessed and most thankful.

~continued from page 8

What would you say are the key ingredients to a happy marriage?

Bill and Tomi: The first thing in our minds is to ask God to help you apply these things: Love, good communication with each other, respect, compassion, a spirit of forgiveness, patience and no secrets from each other, and service to others through job, church, or volunteering.

What advice would you give a young couple just getting married?

Bill and Tomi: We think that of all of your question #4 would apply to a couple just getting married. Never give up on your marriage...always work out any problems quickly and be mindful of the other partner. Apologize if necessary. The longer you are married, the better the marriage gets. Live as pure a life as possible and always ask God to guide you.

Bill added, “And do not forget to brag on your wife’s cooking!”

Phyllis says, “Everyone who meets them falls in love and it has always been that way. They are people-loving, caring for others, nurturing, and great listeners. There is just a glow about them. My mom lives to cook and entertain. She has my dad deliver home-made goodies to “elderly shut-ins” from our church. Every week she makes homemade breads and cinnamon rolls, freezing them, and then decides who will be the recipient of Tomi’s Temptations.”

Phyllis told me, “When I retired, my husband took my parents and me on a river cruise in Europe. While leaving the ship in Frankfurt, Germany, I was walking along behind my parents and took a photo of them holding hands. It has become one of my favorite photos of them as it sort of depicts how they have held hands and walked through this life together.”



♥ Happy Valentine’s Day! ♥

~submitted by Rev. Victoria Kelley, R.Sc.P

“Love is a canvas furnished by Nature and embroidered by imagination.” ~*Voltaire*

WINTER MUSE

This time of the year it seems as though the world slows down and turns within in solitude. I reflect on memories of other times and of people known, those who are still here, and those who have moved on. I find there is a richness in memories of laughter, joy, and closeness I cherish, which can bring a smile to my heart. I wander in the loves of days gone by and wonder how those who have gone on are doing.

There are people I have loved who have left either by moving on or passing away. An emptiness exists in me where their memory resides. In time, however, it becomes easier to remember the love shared rather than the heartache of loss. There are many blessings and gifts I have received from the people who have walked the pathway of my soul's journey. I give thanks for what they shared and give in return what is mine to share with the people whose paths I have joined at this point of my journey.

Another insight I have gleaned from contemplation of my journey so far is that the Spirit has always been right here in my heart. Even in the times or, maybe especially when my heart was in tatters. Even during my worst heartache, I was held in the loving arms of the Holy Spirit.



As time went by, the healing process of acceptance began to show strengths I didn't know I had. When I lost my son, I could not conceive of a time when I would be able to accept the loss. Now that doesn't mean I don't miss him, for I do every day. It does mean as I allowed the loss I felt to move through the grieving process, I was changed. I began to realize how I was comforted and guided through every step of the way. I have always accepted that Jason's death was not something that could have been prevented and that the Spirit carried me when I could not carry myself. I suddenly understood the strength and endurance that came in the wake of such tragedy.

And so it has been the whole time I have walked this life's path. Spirit has always been there and the right people have shown up in my life at the perfect time. I have grown and expanded from a shy recluse into a woman who loves life and all of creation. The places I have been, the experiences I had, and the people and animals I share my life with have enriched my life beyond measure. SOM has helped change how I see my life, the past, and the present. Knowing there is only One Presence, that how I think and how I feel is always reflected to me by the Spiritual Law of Cause and Effect, I can take responsibility for creating a better world for myself, those I live with, and those I call friends.

My winter muse led me to see the beauty within me, all around me, above me, beneath me, before me, and behind me. I see Divine Love in all of Creation, every being, and the Hope of Life. It is really fine to have a chance to see how Spirit is moving through one's life.

I recommend a Winter's Muse to you and may love be your guide.

~Glenda Totten-Hatch, R.Sc.P.

“By building relations we create a source of love and personal pride and belonging that makes living in a chaotic world easier.” ~Susan Lieberman

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.

I had been trying to find something to help me sleep. I tried everything from Melatonin to CBD to Sleepytime Tea. Melatonin didn't seem to do much at all. The CBD gave me nightmares and the tea just made me have to get up in the middle of the night to run to the bathroom! I was telling my woes to Jenny Schaper, my renter, who said, as she often does: Did you ask for help?



Well, no. So, I asked Spirit to help me figure out what would help me sleep. Turns out there is a crystal, serpentine, that helps if it's on my body. Sure enough, Spirit is right. Amazing, isn't it! I put a pocket rock of serpentine in each of my pockets and a larger piece inside my pillowcase. I still wake up to go to the bathroom but go right back to sleep. I am so grateful and SOOOOOO much more restful. I have added serpentine to my gratitude list!

It's amazing how many times I have to be reminded to ask for help. Funny, all we need to do is ask. Okay, okay, okay. Then we need to LISTEN.

~Mary Ellen Bartholomew

I strongly believe everything in my life I have manifested, positive and negative. Each day I ask to be guided with my choices and decisions and I feel I am. My most recent prayer that has been answered is for my dear friend of 67 years, in poor health and in the hospital not expected to live, be healed, and released from the hospital. He is now home and back watching his favorite sports on his TV.



~Rev. Victoria Kelley

My wife and I have a small antiques and collectibles business where we sell at the local antique mall and on Ebay. Last July I reviewed our gross sales figures for the first six months of the year.

Our monthly average was right at \$3,500 per month. I started treating for a gross of \$4,000 OR MORE per month. At the end of the year, the monthly average was up to \$4,200 per month FOR THE ENTIRE YEAR! Not only did we average over \$4,000 the last six months of the year, we sold enough to bring the gross for the first 6 months up as well!



Peace and Blessings,
Steve Potts

YOU GOT THIS!

By: Sally Harris

Roooooaaaarr! Roooooaaaarr! Clank, rattle clank!

Whose car is that? I looked around; my car was alone on the country road. I'd been doing some bird photography and feeling carefree. Until now! Each time I stepped on the gas, the engine blasted a noise like the muffler had just dropped off, yet louder. And it was coming from the front end.

I pulled over and phoned my husband – no answer.

I breathed in some calm to contemplate my next move. Should I phone AAA or was my car safe to drive? If I wait for AAA, I would have to sit there for a couple of hours and wait. Having chugged a ton of water earlier, my bladder was telling me to drive to my friend's house and make a decision. Hopefully my car would make it. At first, driving with that noise was scary, so I changed my viewpoint to find it interesting and somewhat entertaining. As other cars passed me, I pretended to be having a good time. Noise, what noise? I smiled at them.

I dropped off my camera gear at my friend's house and used the bathroom. Now I could think better. My gear was safe and I drove to the automotive repair shop. I knew that it could be weeks to get in for a repair, but I had an expectation that I could be helped. And I was. Bob, the mechanic, came outside immediately, diagnosed a blown manifold gasket, and told me he would stay late to fix it for me! And he would drive me home! Both bays in the garage were occupied, and a row of cars were waiting to be serviced. His generous offer touched my heart. "Thank you, but just a couple of miles to Sunny Farms store would work great," I said. I could walk to my friend's and visit.

When I got to the store, I phoned my husband again. Still no answer. It's uncomfortable for me to be without a solid plan of action, not to mention having no wheels. I'd been there before - a moment of choice that could go either way. I could choose panic or peace. Once again, I changed my attitude. I'd make the best of it and have fun. The first thing I noticed was a pair of socks on display that read, "Today is a Good Day."



"Wow. It sure is," I thought, with a rush of gratitude. "Thank you," I whispered. Then I turned to view some books on a shelf, and zeroed in on a title: "You Got This!" it read in big bold letters. "Thank you again. Yes I do."

My heart lifted and I knew I was not alone, but supported by the universal love that surrounds us. I picked up a box of crackers and my favorite seltzer water, and even found the perfect card for my husband's upcoming birthday. And then he called. "I'll be there in 10 minutes!"

The next morning, I got a call from the mechanic. "Your car is ready!" I whipped up a batch of zucchini muffins for him and headed over there. He greeted me with a smile and my keys, and a bill that was \$500 dollars less than I'd expected.

"You know, "I said, "I'm going to write up a little story about what happened here, and how you've helped me." He's a religious man, and when he dropped me off at the store the night before, he said how he would pray for me that things turn out well.

We talked about how God works in our lives, and that if we pay attention we can see that people and situations "pop up" out of the blue to support us. And sometimes they need to connect with us for some reason. "There's no such thing as coincidences," he said. "Nope," I agreed. God is good.

WHAT SHOULD I DO? MY ANSWER COMES FROM THE SKY!

By Alice McCracken

Troublesome events often come in bunches. At least that's been my recent experience.

Just before Christmas, my partner, Connie, came down with something that put her in bed for nearly a month. A *really* stiff neck needed medical intervention. Then the water heater suddenly leaked; and that meant calling a plumber, who said it had to be replaced. My poodle Bella needed dental cleaning and minor skin surgery. Then after Sunday church, a red warning light glowed in my Honda; Mary Huston and I got home, but the car sat in the driveway for days.

All these events were difficult because each was expensive and required decisions about what to do and how to pay for it. I had doctor's appointments in Silverdale, and how was I to get there? Connie, who had helped me out in the past, could do nothing now. She volunteered her SUV, which had safety features on it that didn't exist when I bought my red Honda CR-V. It had given me 174K miles, but did I now need a new car?

I worried and treated and then noticed a weather report that said a storm was coming on Friday. I drove Connie's car around town and tried to get used to its complexity. We studied the weather. Could I get to Silverdale on Thursday before the storm came on Friday? The reports were consistent that the bad weather wouldn't reach Sequim until late Thursday, sometime in the evening. I plotted my trip to Silverdale and felt I could get there and back.



On Thursday morning, still nervous and worried about my window of opportunity, I took Bella for a walk. I was going to leave her at home with Connie, so she needed exercise. Connie's car was packed and ready to go. We stepped out the front door, and met some neighbors who were also walking their dogs. Suddenly, little balls of ice fell from the sky and hit the street in front of us. "It's hailing," one of my neighbors said. "Oh," I thought, as I watched the little ice balls hit the ground. This was not the way it was supposed to be! *"Is this a message from the universe that I shouldn't drive to Silverdale?"* Back in my house, I looked at computer photos of the Hood Canal Bridge—it was open but only one vehicle was crossing at a time when it should be filled with cars and trucks. Maybe driving to Silverdale wasn't the best idea; I decided not to go.

I had been told by the auto garage to have the SUV towed there that day or Friday. After seeing the hail, which ended quickly but left a threatening sky in its wake, I decided I'd better deal with my Honda immediately. I called AAA, and a tow-truck arrived quickly. I felt tears in my eyes as I looked at my Honda sitting on the trailer. Could it be fixed? Would I have to buy another car? And with everything else that had happened, how would I pay that?

At the garage in Connie's Ford Escape, which thankfully I had learned to drive, and with Bella as my passenger, I finished the paperwork for my SUV. I decided I would give Bella a walk in Pioneer Park; then we'd go home before the storm hit. Just as I reached Washington Street, prepared to turn left to go to the park, snow drops, the wet kind that make for slushy, slippery streets, hit the windshield. I looked at Bella. "Well, kid, no walk for you. We're going home."

We made it, and, of course, along with everyone else in Sequim, we were stuck for several days with snow and ice on all our streets. Eventually, my car was fixed and back in the driveway. I managed to pay all the bills. Connie got better. Bella got her surgery.

I couldn't forget the blessings that came from the sky—first hail, just before I was to leave for Silverdale—and then snow, warning me to get home quickly before the roads became hazardous. There was something miraculous in the split-second timing of those messages. I couldn't misread either of them, and they kept me safe from harm. *Thank You, God!*

A KEY DEMONSTRATION

Not too long ago, I took Gypsy out for her morning walk. While we were out, I took my gloves out of my pocket and didn't realize my keys had fallen out as well. After coming home, I took care of some household chores and then got ready to drive to an appointment. Imagine my chagrin when there were no keys. I looked in every pocket of every coat, went through my purse, the table, the counters, and sadly no keys. I had just got to the point of serious concern when there was a knock on the door. There, standing on my porch was a gentleman, and in his hand were my keys! He had found them on the ground in front of the house. The timing was just exquisite, and I believe this man was moved by Spirit to be at the right place and the right time to get my keys back to me. I let him know how grateful I was for him, and I think he could tell just how relieved I was.



~Glenda Totten-Hatch, R.Sc.P.

GOD IS BIGGER THAN THESE SYMPTOMS

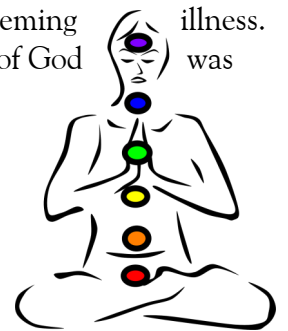
Recently, I was up late preparing to speak for a Sunday service in the morning. It was quite late when I began to feel sick. My stomach was very upset. Then I began to have intense indications of a cold or flu starting. I was sneezing over and over again. Within a short time, my nose was stuffy and running non-stop. It was like I went into a full-on cold within 30 minutes. I began to panic. What could I do? It was too late to call to tell the Fellowship that I couldn't be there to speak in the morning. But here I was with real symptoms that wouldn't be good to bring into a group of people either.

Then it dawned on me that I had another choice. I could do prayer Treatment for this seeming illness. I stopped right then and treated for the "cold." I spoke my word - that I knew the power of God was bigger than these symptoms and that there was no reason to accept that I was sick.

I completed the Treatment. Within five minutes my nose was clear, and I slept without any symptoms. The next morning, I was fine as I set off with my talk ready. It went well, though I didn't get enough sleep.

I was glad I remembered what was available to me through Treatment. As a Practitioner, it is a tool I have been prepared to use. The most important thing was that it worked!

~Terry Barrett, R.Sc.P.



**There is a fountain of youth: it is your mind, your talents,
the creativity you bring to your life and the lives of people you love.
When you learn to tap this source, you will truly have defeated age. ~Sophia Loren**

FALL ACTIVITIES



In November, Glenda Totten-Hatch and Carol Novis planned and prepared the turkey and main dishes for a potluck get-together following the long period of time of isolation due to Covid.

We had a wonderful experience of community with each other. Rev. Lynn shared she felt such a warm feeling to see the turnout and connection.

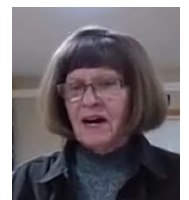
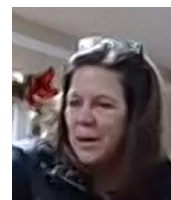
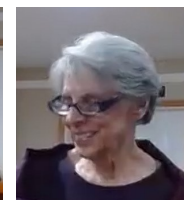
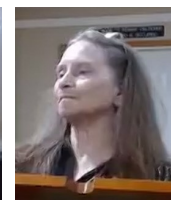
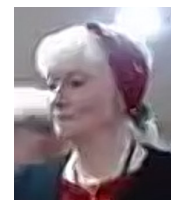
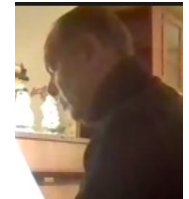
Rev. Michael gave a wonderful Prayer Treatment before food

was served and the room was filled with conversation and people enjoying each other's company.



In December, we came together in person for the Candle Lighting Service for the first time since the pandemic began. A small group attended. Stories of Christmas were shared at the service. When the story of *Christmas in the Trenches* was shared, Rev. Michael's tearful reaction brought memories of the ability of humankind to come together in shared emotion.

Rev. Lynn was reminded of hearing the story coming from her father who was a young World War I soldier. He experienced the story from one of the trenches on that Christmas Eve just months into the war, when a ceasefire between the English, French, and Germans happened for so many. Rev. Lynn felt a connection with her father that she hadn't felt during his life.



The Candle Lighting Service became an intimate experience of sharing the meaning of Christmas, and the desire for peace for one another.

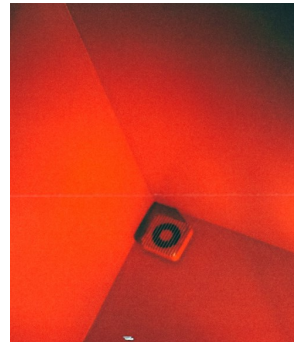
BASIC SOM QUESTIONS By Rev. Michael Laakso

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-Four

In the Bible we read, “God is Love.” In our teaching we recognize God as Mind; Infinite, Perfect and All Good. Its Qualities are innumerable and Love is among them. These Qualities are God and God is these Qualities, so we accurately can call God Love, the Almighty, Perfection, Peace or whatever appropriate Attribute that comes to our mind. Each of these Qualities are All God and all of God is thoroughly each Quality. The Infinity of this Mind makes this so. We say God is not a construction of pieces and parts but a Wholeness of All the Good there is.

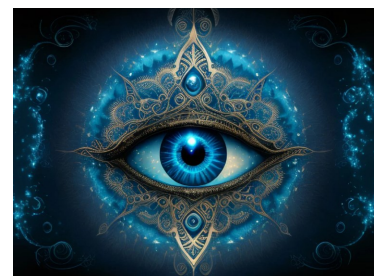
The Bible also says, “God’s Love is unfailing.” Since God cannot be “turned off,” neither can any of Its Qualities. I may have painted my mind into such a corner that God’s Love isn’t registered, seen or felt by me in this moment, but this cannot diminish or cancel the Divine Presence and all that It is. ‘Unfailing’ means persistent and completely present. It also means successful in all it provides: compassion, protection, soothing, respect, gratitude, acceptance, understanding and so on. This is another factor of the infiniteness of God. Infinity cannot be subtracted from or altered in any way. My awareness of it, or not, does not alter It.



This Divine Love is a Universal Constant: absolutely consistent and maximal in every instant, an ever-present resource. We can tune into this Love at any time. Since “Infinity’s Circumference is nowhere and Its Center is everywhere,” (St. Augustine) each one of us dwells at the Center of God. All God’s Attention, Presence and Care are centered on every one of us due to God’s Infinite Nature. This is also why we say that God is infinitely present at every point in Its Limitless Beingness. Every point is God’s Center wherein is all of this Presence and all that It is. Ernest Holmes points out that nothing is more concentrated than Infinity.

From whatever point we choose to see, looking with the viewpoint of Spirit is right here at our Center as a personal opportunity. As we tune in to that opportunity and Presence, we see as God “sees” and look upon the Reality that God is always witnessing. It is the same view from whatever physical point we occupy. For God can only “see” Itself wherever It looks.

As we see only the thought content of our own mind, so does God. But God is always contemplating Itself and All Its Goodness, blissed out at observing the Beauty, Harmony, Peace, Power, Love, Creativity and so on that is God’s Nature. God, being infinite, has nothing else to contemplate. We, who have added to our mind thought content contradictory to God’s Love and Peace, see that content instead of God’s Thought. As our outlook rises to this Divine Awareness, we see as God sees. All that God is, we are. Its Thought is forever within us. Our “otherwise thinking” merely covers up and so distracts us from our original thinking in unison with God.



“Mind is a flexible mirror, adjust it, to see a better world.” ~Amit Ray

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We can glimpse this viewpoint in any instant. Until we complete our internal housekeeping, clearing our mind of fear and its consequences, we tend to slip back into our usual consciousness. But these glimpses prove that viewpoint is both real and also attainable. This glimpse can be highly energizing and motivating. This experience tastes of the bliss God is always feeling. How could touching into genuine happiness not be powerfully motivating?



Happiness/Joy is another of the Divine Attributes and is often felt aligned with Love as is Gratitude and Acceptance. Felt intensely, joy-tears can flow. The intensity of the feeling indicates our openness in that moment to Spirit's viewpoint. These experiences are also Spiritual Mind Treatments in themselves, as are all the rest of our thinking and feeling. They demonstrate our progress and willingness to open for more attunement with our Source, but also are prayers for being more fluidly in the state of God's Comprehending; prayers that must manifest. Jesus called this 'being with God' and referred to it when he said, "With God all things are possible."

The Bible also says, "God desires to be known." Being God's Will, no Divine Desire goes unfulfilled. Our spontaneous slips into unity consciousness with the Divine are a gift from Spirit and a harbinger for deeper attunements to follow. I see these tips into at-onement as the 'mercy' or Love of Creator Mind unfolding, preparing us for further mental purification. This need not be feared, for each attunement session signifies progress made in thought purification which also means the way is made that much easier now.

If not for fear, we would all be basking consciously in the Limitless Love that is God now. Our fear slows down the process. We hesitate, we procrastinate. Gradually we learn Love is safe. God is safe, despite possibly our religious training earlier in this life. Love will never harm us. Part of our goofy thinking includes that belief that Love is dangerous. What will we have to give up, that we now value? What will be the cost to us or others? These questions are just our fear speaking; still, most of us have a habit of 'trusting' our fear rather than trusting Love. Spirit works with this, not pushing but letting us find our willingness to take our next step. We all proceed at our own pace. We have all the time in the universe and God's patience is infinite.

Love does not judge, evaluate or prod. God knows nothing of our dilemmas. These would have to be a part of God's Thinking and Knowing in order for God to be aware of them. So, for Love, nothing is seen needing to be judged. Our self-judging is just one more of our dilemmas that we are working through as we allow our mind to be returned to sanity. God has no understanding of our pain or traumas, confusion or thought contradictions, since nothing of this exists in the Divine Mind. This Fact makes God our Resource and our Hope for healing. These issues are in our mind, invisible to Love, who constantly sees us as Its Beloved in Whom It is so very well pleased.

“Consider your own place in the universal oneness of which we are all a part, from which we all arise, and to which we all return.” ~David Fontana

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The Course In Miracles points this out very explicitly. God sees us as having fallen asleep, that is, going unconscious. And we are, for the most part unaware of ourselves as God comprehends us and so unaware of the True Vision of our Source. We are on a journey of awakening to what we are and to What Our Source actually is. We have many misconceptions of which to be disabused. Though Spirit does not understand what made us sleep, It desires our companionship, and so supports our awakening. The Course comments that the instant we disrupted our awareness of our Source, God sensed the closing down of our communication with It and instantly gave us Its Voice, Holy Spirit, as our guide Home; a communication link.



This inner Voice understands our dilemmas, gives them no power and supports our every little willingness to open to Truth with some appropriate step in that direction. This Voice is the embodiment of God's Intelligence, Patience, Love and Devotion to the task of guiding us Home. We will never lose this Voice. It is always our choice to listen to It or not; for God entrusted us with volition and will never deny that Trust. This Voice is completely loyal to us and to our Truth. In fact, the Course mentions that the resolution to our every problem was instantly accomplished the moment God's Voice was given to us; so, we have really changed nothing about our Self or our relationship to Spirit. We just haven't realized this, yet. Our journey Home is actually a dénouement, a retracement of what has already been accomplished for us. We need to make this journey, however, to demonstrate to our mind in the way we can accept, that we are Home now.

All this demonstrates that Love is not invasive, but also keeps us safe constantly, though we imagine ourselves endangered. Love Trusts our eventual Awakening and return to conscious Companionship with Itself, knowing our joyous recognition of our Self as we are created and of the Love that created us. Being Timeless, this Love knows that when the journey is complete, for us it will seem like the whole experience was an eye blink. For God it is already done.

We ought to note that we gave ourselves the voice of fear. This 'voice' is largely subconscious now and if we are not fully living consciously, it will make our choices for us. The feeling of anxiety will be our guide in the choices confronting us unless we confront that feeling first, examine it and choose to listen to Spirit instead. There is no fear in Love or Love's Voice. Love is our Safety. Fear is ego's voice and has been called the "false prophet," meaning the lying prophet. Fear will always lie to us, for we have changed nothing about what we are and where we are. We are Spirit's extension and Spirit is our Context and environment, in Whom we live and move and have our being. We are never in danger because God is Love and how could Infinite Love, Awareness and Power ever allow anything but safety to be our Reality?

“Sometimes you hear a voice through the door calling you. This turning toward what you deeply love saves you.”
~Rumi

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The ego is the idea I am alone, endangered, helpless, weak and unloved. The list of ego's self-conclusions is long but not endless. These are the ideas we have identified with that contradict our Divine Identity. (We all have our personal list.) All these thoughts ever do is cover up and obscure the Truth of what we are from our own attentiveness. They feel real to us, so we tend to take them seriously and act as if they are real. This is unconscious living. Here is our basic confusion; we equally value false and true and so do not know the difference between the two. God's Voice is the True Prophet, that is, It is the Voice for Truth. (Biblically, a prophet is not a prognosticator but a 'mouthpiece for God.')

This is our Resource for distinguishing false from true, and so for solving all of our dilemmas. This Voice will always steer us into what works. Ego's voice will always steer us towards futility. This is why fear slows down our progress.

Love's Voice remains undaunted. We are built of Truth and any denial of that is goofy silliness and nothing more. Holy Spirit sees this clearly. It cannot become mired in fear. It knows our Reality is unchanged, for who can defeat God's Loving Will? Or who would want to, knowing our Source as It is? Whatever wounding has apparently occurred is accidental. We didn't understand the consequences. No one need be blamed. Holy Spirit is our coach in unlearning the practice of blaming. Holy Spirit is our Healer, for Love's Voice knows the Truth and always guides us into the fullness of Truth. Truth undoes falsehood and Truth identified with and known is healing.

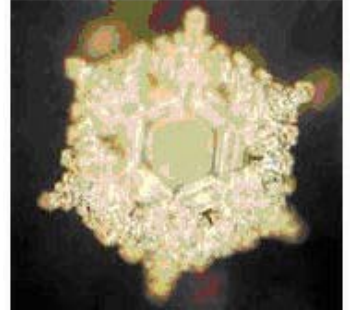
No injury has happened. Some day we all will know this and our legal system will become obsolete. This will require a deeply healed consciousness fully trusting in Divine Right Order as all that is ever possible. We will know we are not bodies but Spirit doing a body for spiritual purposes on a temporary yet essential mission. We will look from the Divine viewpoint and know every experience is Love working out some detail that frees a soul from another snag in consciousness to the freedom of Truth. The whole domination way of thinking will be left behind and cooperation will guide human interactions. Suffering will be much diminished and Love's guidance will soothe and support each healing swiftly. We will know our Selves and see that Identity in each other. This may seem unimaginable today, yet it is our destiny as a group and as individuations of Spirit.



This is not due to any change in the ego, but rather to Love's coaching to release that untrue identification in our way and guide us through what works for each one of us. Love supports the removal of the untrue and unnecessary ideas of what we are. And what could be more loving but to facilitate complete release from the confusion of taking falsehoods for reality so that each one awakens to the naked and unadulterated Truth of the unending Goodness we each and all are? Love desires to be known. This Desire cannot go undone. And given its Source, only Total Good will come of it. This Desire fulfilled is the ultimate destiny of us all, accomplished in Spirit already. Thank God Love fails not! And so it is.

“The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.” ~M. Scott Peck

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.

