

Minister's Letter

November is the month of Gratitude and giving Thanks. The dictionary defines gratitude as the quality of feeling or being grateful. Gratitude is the giving of thanks, not one day a year, but every day, every minute and with every breath, coming from the heart.

When gratitude and thanksgiving become a way of life, our power joins with the Ultimate Power that is everywhere present. When we express gratitude, we become aware of our oneness with all. Even in life's darkest moments, we can be open to giving thanks, knowing that crises often give birth to new opportunities.

Gratitude comes with faith that there is something greater than ourselves guiding us, holding us and protecting us. It is relatively easy to feel grateful when good things are happening. Even then, we often take things for granted. It is important that we take a moment to express our gratitude to other people, to nature, and to our higher Power.

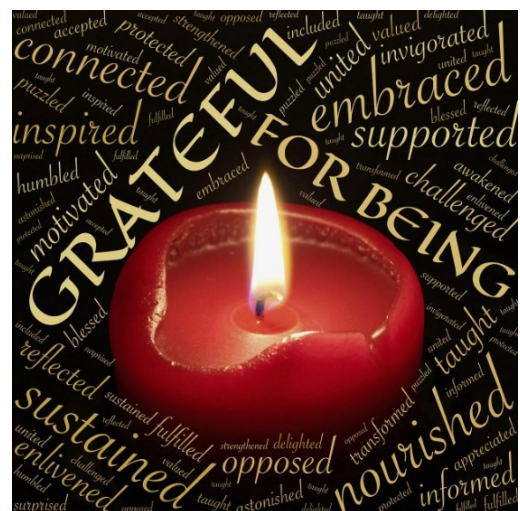
There is more of a challenge getting in touch with gratitude when we are having difficulty, or when things are not going the way we would like. During those times, we are more likely to feel hurt, confused or resentful, which is perfectly natural. Gratitude is the last thing that would occur to us at such moments.

After a time, we can often see that there was something important and necessary about the experience. It might take us a long time to arrive at this perspective, but eventually, we will recognize an important lesson had been learned.

There is a wonderful life-giving Power in learning to live our lives gratefully, which includes sharing our praise and thanks on a daily basis with the people in our world. We can learn to practice gratitude each day with each word, each thought and each gesture. Assuming an attitude of thanksgiving establishes within us a state of being rather than doing. It becomes an attitude of heart and mind. Starting within, it flows through every part of our body, mind and soul. Practicing gratitude lets us feel perfect, whole and complete.

Let's affirm it – let's realize it—let's be it.

Love and Blessings for a Happy Thanksgiving, *Rev Lynn*



“Gratitude is one of the strongest and most transformative states of being. It shifts your perspective from lack to abundance and allows you to focus on the good in your life, which in turn pulls more goodness into your reality.”

~Jen Sincero

Sequim
Center for Spiritual Living

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Kira Kersting, Greeter
Jozalyn Hamilton, Cleanup

EDITOR

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
community@cslsequim.org
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,

It's November, which brings us Thanksgiving. It is a time where family and friends—and sometime strangers—gather together, often eating turkey and pumpkin pie and watching the Macy's parade and football. It's a time we think about the things for which we are grateful. It's easy to think about gratitude for our family and friends, for our health, for good news we've received during the year—but what might we be missing?

I am reminded of something that happened back in August . . . my husband, Rob, had a health issue that needed to be addressed sooner rather than later. I called the doctor's office; they could see him the following afternoon. We wouldn't be seeing his regular doctor, but rather another doctor in her team; they gave us that doctor's name. The next morning, we received a message saying there was a change and the doctor who would be seeing Rob was yet another doctor in the team.

We arrived at the scheduled time, and it didn't take long for them to call Rob's name. A nurse took his blood pressure, weight, etc. She brought up his file on her computer, asked some questions and typed in some things. She had to do a test that required hooking some wire to Rob's chest and to his legs. He was wearing sweatpants which made that easy. After the test she removed the wires and put the equipment back in place. She went to the door and opened it, looking back she told us the doctor would be in soon.

A short time later the doctor came in. He introduced himself, sat down at the computer and read Rob's file. He asked Rob some great questions and typed some things into Rob's file. Ever since the stroke Rob's sense of taste had changed. A lot of things tasted bitter and sour to him. I asked him if he wanted to mention that to the doctor. He did and he also mentioned that he does a lot more coughing since the stroke. The doctor looked at the list of medications Rob was on and said there is one he's taking that might cause the bitter taste and the cough. He said he could prescribe a different drug in the same family as the other one, but that might eliminate the taste issue and reduce the coughing.

The doctor said he was going to put in a request for Rob to have a stress test. Rob agreed that was a good idea. He gave Rob a printout of the test results and said he should take that to the cardiologist. The doctor got up and was starting to turn to go to the door. Suddenly I saw him go down on one knee; at first, I didn't know why. Then I saw it—he was pulling down the elastic at the bottom of the legs of Rob's sweatpants. OMG! This man showed such compassion. And it seemed like it was his normal MO. His gesture might have seemed small to some, but it meant a lot to both Rob and me. His kindness is something for which I am grateful. It's not just that the doctor pulled the fabric down—it's that he noticed that needed to be done. It's the noticing part that struck me the most. This is the kind of doctor we want.

It's easy to see how gratitude is felt for people who have been in our lives a while—for people with whom we've shared many experiences. But gratitude can be felt for one seemingly small gesture of kindness. I think it is because in that moment we feel our ONEness. Sometimes we are the giver of the kindness; other times we are the receiver. The ONEness is the same in both cases.

As we move through the holidays and into the new year let us keep our minds and hearts open to see, feel and express our gratitude. Thanksgiving is every day.

Light and Love,
Kathy Purcell, *Editor*

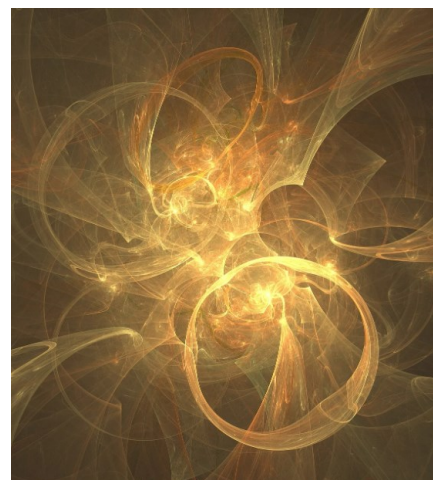
“The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.”
~Henri Nouwen

TREATMENT

By: Glenda Totten-Hatch

Treatment and purpose: Keeping a spiritual focus.

I turn with love and quiet resolve to the Divine Source, and I know I am right where I need to be. There is One Presence, One Power that is Infinite and Eternal. As far as humanity can see, the Universe goes on further. What power, creativity, and love are playing out as stars are born, live, and change into another kind of energy? This Power resides in all that is, for all is the Creation of this Divine Source. This Presence is a force for good and I can use it. Being of this loving Presence, made in Spirit's likeness, I am one with the whole.



I can turn within to the Holy Spirit and find comfort and guidance when chaotic energies surround me. Listening, I hear the gentle reassurance all is well, that as a child of God, I am safe, and there is nothing that can harm me. I let go of the ego mind's fear-driven narrative and remember who I am. The Presence and I are one. The idea of being separate from my Source is a misperception. It may be the oldest story around, however, it is still false. The Divine Spirit is my essence and I have all the qualities of this Spirit. I have limitless freedom, abundance, beauty, love, and light. My thoughts and emotions are reflected to me by the Divine Law of the Spirit. It is within my power to change my beliefs about who I am and create the world I most desire. I allow the guidance of the Holy Spirit within me to lead me in love, peace, and joy. I stand firmly on the awareness that the Spirit and I are one.

What a blessing to remember who I am, and know love only. I can forgive everything, and know peace. I acknowledge the power of the One and fear and doubt fall away from me. Darkness flees from the Light and I am grateful for my enlightenment. As the Universal I am that we each and all are, I know we are perfect, whole and complete, physically, mentally, emotionally, energetically, and spiritually. With love and thanksgiving, I release my words into the Law of Spirit and know they are already so, and so it is.

CANDLELIGHT SERVICE

We will be having a Hybrid Candlelight Service this year. It will be Friday evening, December 20, 2024, at 7:00 p.m. in person at Pioneer Memorial Park or via ZOOM. An email will be sent with the program and ZOOM link a few days prior to the Candlelight Service. Although we won't all be together in person, we know that in truth there is no separation of Spirit. We will light the seven candles to honor the seven qualities of God and then light our individual candles to honor the Light within each of us. In unity we experience the harmony of love that lights the world. We are the light of the world.



Come join us in this festive evening to celebrate the Light and Love of Christmas.

APPRECIATION

VOLUNTEERS:

Terry Barrett
 Mary Ellen Bartholomew
 Barb Bolles
 JoAnn Fisher
 Cathy Hamborg
 Jozalyn Hamilton
 Sharon Hamson
 Rev. Victoria Kelley
 Kira Kersting
 Jean Kipper
 Rev. Michael Laakso
 Sally Parry
 Kathy Purcell
 Jerry Rhodes
 Glenda Totten-Hatch

WORKSHOPS:

Terry Barrett
 Rev. Victoria Kelley
 Rev. Michael Laakso
 Rev. Lynn Osborne

SPEAKERS:

Terry Barrett
 Rev. Victoria Kelley
 Rev. Michael Laakso
 Rev. Lynn Osborne
 Kathy Purcell
 Glenda Totten-Hatch

BOOKS:

JoAnn Fisher

MUSIC:

Terry Barrett
 Mary Ellen Bartholomew
 Al Harris
 Jean Kipper

FLOWERS:

Terry Barrett
 Rev. Victoria Kelley
 Sally Parry
 Glenda Totten-Hatch

PROGRAMS / WEBSITE:

Rev. Victoria Kelley
 Kathy Purcell

HYBRID SERVICE TEAM:

Terry Barrett
 Mary Ellen Bartholomew
 Cathy Hamborg
 Sharon Hamson
 Jerry Rhodes

ZOOM HOSTING:

Terry Barrett
 Mary Ellen Bartholomew
 Rev. Michael Laakso

GRATITUDE FOR SUNDAY TALKS

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



INCOME & EXPENSE REPORT

	<u>JULY 24</u>	<u>AUG 24</u>	<u>SEPT 24</u>
Income	\$3,094	\$6,224	\$4,282
Expenses	\$3,405	\$3,462	\$4,584
Income minus Expenses	(\$311)	\$2,762	(\$302)

HYBRID SUNDAY SERVICES

Attendance	ZOOM = 35	ZOOM = 27	ZOOM = 39
	In Person = 108	In Person = 117	In Person = 108
	Total = 143	Total = 144	Total = 147

CELEBRATE LIFE!

November

15 Frank Benson
 17 Elsbeth
 McLeod
 17 Lary Darby
 22 Sharon
 Medsker
 28 Martin Shaw



December

4 Walter Clark
 4 Terry Barrett
 4 Carol Clark
 7 Bobbie Magee
 11 Pat Shook
 17 Annette LaRue
 26 Laura Murtha
 30 Rose Marschall

January

4 Lillian Twerdy
 9 Cheryl Weekes
 10 Debra Nasser
 12 Dorothy Bristow
 14 Rose Prestipino
 16 Michael Laakso
 19 Patricia Earnest
 25 Deborah Nygaard
 30 Renee Renninger
 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

COURSE IN MIRACLES

Meets Thursdays from 2:30 pm–4:00 pm
Suncrest Senior Social Room
201 E. Prairie Street, Sequim
Facilitated by: Rev. Michael Laakso
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



SAVE THE DATE: Sunday, November 24, 2024

We will be having a Thanksgiving Potluck at the **Suncrest Senior Social Room** following Sunday Service that day. Our Center will provide the turkey, dressing and gravy. Residents are invited to join us.

The Air of Thanksgiving

'...the air is different today
the wind sings with a new tone
sighing of changes
coming
the harvest gathered
a flower, a nut
some mead, and bread
a candle and a prayer
returning the fruits
in thanksgiving
to the grove
and receiving
it's blessing
again...'

Rhawk, Alban Elfed



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-TENSE / PRETENSE—We get **PRE-TENSE** when we operate under the false **PRETENSE** that we are separate from our Source.

COURSE / COURSE—Life might seem **COURSE** when we get off **COURSE** and forget who we are.

SOLE / SOUL—When our **SOLE** focus is on Truth it becomes our **SOUL** food.

P
C O U R S E
E
T
E
N
S O U L
E

“Thinking: the talking of the soul with itself.” ~ *Plato*

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.” ~ *Brian Tracy*

TERRY'S UPDATE

As I write this update, I am two weeks from the deadline for the final papers. Sadly, the Holmes Institute will be closing the day after the fall term ends. There is a light at the end of my three-year journey toward completing this master's degree. I turned in the paper for the World Religion class last night and am busily working to complete a rough draft of the thesis by this weekend.

It has been a test of endurance to complete this degree, and at the same time, I have gained so much from the experience. It was the right thing for me to do and in the weeks to come, I will step into work that supports our center, as I have been trained for in this program of consciousness studies.

I continue to complete the Certificate of Ministry that I will graduate from on June 7th at the end of the Spring term. With two weekend classes, a spring retreat, and a few practicums left, I am comfortable with completing everything in time without a problem.

Thank you all for your support and interest in this journey I am on. I look forward to completing the program and stepping into the next part of this journey.

With love and gratitude,
Terry Barrett, R.Sc.P.

“I try to be grateful for the abundance of the blessings that I have, for the journey that I'm on and to relish each day as a gift.” ~ *James McGreevey*



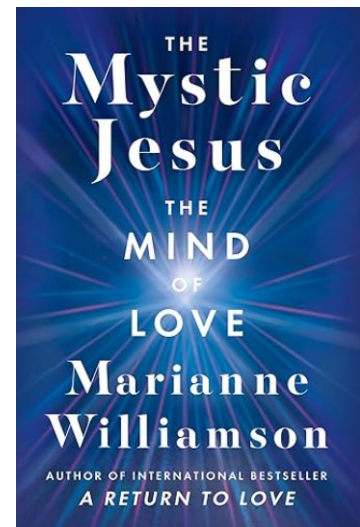
BOOK RECOMMENDATION



The Mystic Jesus: The Mind of Love
Author: Marianne Williamson

This is an offering of a different way to look at who Jesus was and that can bring a new understanding of his birth, life, death, and resurrection. Ms. Williamson uses the Course in Miracles as the framework of the metaphysical meaning of what Jesus wanted to convey through the events that unfolded. She applied the deep metaphysical truths found in the Course to her life process and was able to understand the wisdom contained within.

The reader is first introduced to the different interpretations of the meaning of Jesus's life and the events within his life. One is the familiar doctrine of Christianity and the other is as revealed within the channeled message of the Course in Miracles. In the Course, the metaphysical meanings are explained in a way that is understandable and timely. Take, for instance, the birth of Jesus who was both a physical being as well as the historical Christ, and the advent of divine love into our thinking is the birth of Christ into the world today. Today he is expressed as a state of consciousness which does not make him any less real. It is the transformation from an emphasis on external factors into the internal forces of our spirituality. "Once we recognize that the world of matter is simply a world of effects we begin to pay much more attention to the goings-on of the inner life."



Ms. Williamson has a remarkable knack for making the metaphysical meanings of Jesus relevant to the lives we live today in the chaotic world of effects, and provides a guide for applying them to everyday life. I found the book both insightful and a good tool in the spiritual toolbox.

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



“Sometimes our light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.” ~Albert Schweitzer

BOARD OF DIRECTORS' REPORT

By Cathy Hamborg
Interim Secretary



Since the August Board of Directors' Report, we have had a setback in our income. Our expenses have pretty much remained steady; however, our tithing has dropped considerably. We really felt it in October when we ended the month \$1,193.95 in the red. Going into the holidays and having a few church events planned, which translates into a few more expenses, like the church-provided food for the Thanksgiving Potluck and an extra rental fee for the Garden Club facility for Candlelight Service, we hope you all keep our church in mind during this time of giving.

In September, we celebrated Glenda Totten-Hatch becoming our fourth Religious Science Practitioner. She joins the esteemed group of Practitioners consisting of Terry Barrett, Rev. Victoria Kelley, and Kathy Purcell. It was a long and hard process, but it all paid off with a Certificate to prove it.

If you have noticed that we have not had an actual church email address for quite some time, you are correct. The Board wanted to remedy that, so Kathy Purcell created one that can now be monitored. It is community@cslsequim.org. It now appears on our website, letterhead, Program, and Newsletter. Thank you, Kathy.

The Board had originally planned a couple of fundraising events earlier this year—a yard sale and a class. We had a rough start on getting the Shortcut to a Miracle class, but that has been completed very successfully, as evidenced by the article on page 9. The yard sale kept getting put on the back burner, but, hey, there's always next year. We can now make plans for it well ahead of Summer. Now that we have the class behind us, we are confident we can continue with more classes and workshops that will contribute to our growth.

At the October Board Meeting, the topic of discussion was year-end planning. The Board approved our usual Thanksgiving Potluck for Sunday, November 24th at the Suncrest Apartments. This year, however, it was decided to show our support for our community and appreciation for the use of their kitchen and dining area by inviting the Residents of Suncrest Apartments to join us in our Thanksgiving meal. The Board also approved our usual Candlelight Service on Friday, December 20, at the Garden Club facility. We hope you can all attend.

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.” ~Eileen Caddy

SHORTCUT TO A MIRACLE CLASS REVIEWS

The Shortcut to a Miracle class addressed the Soul's life journey guided by Spirit, as well as tools for changing consciousness. It is designed to enhance one's life toward being fuller, more rewarding, and permeated by miracles. Topics include quantum energy fields, habitual thinking and attitude transformation, the Laws of Belief, Expectancy and Attraction, and Affirmative Prayer. The course format includes Practitioner and ministerial presentation, study, discussion, and personal support.

This has been a profound class. Terry Barrett is a passionate and gifted spiritual leader, as is Rev. Lynn Osborne. I am grateful for this amazing opportunity for deep spiritual exploration and transformation, and for being part of an incredibly loving group, each member working toward creating life miracles. ~Pam Wilson

I'm not one that generally signs up for classes – too many bad memories of early school years, but I am so grateful that I was encouraged to take this class. There was so much information that was presented which I needed to hear and understand. It was a small class, but we soon became a family of seven, and that included our facilitators, Terry Barrett and Rev. Lynn Osborne.

Terry was an excellent facilitator. Those two hours a week for seven weeks flew by with not one of us missing one minute. We are very fortunate to have Terry as our facilitator and I am confident there will be many more classes in our future. Given the opportunity to attend one, I highly recommend you do so. ~Cathy Hamborg

The Shortcut to a Miracle book has many positive suggestions and methods to achieve miracles. The group helped me become comfortable sharing my story. There is a power greater than us that shows with time and patience a miracle will appear. ~Annette LaRue



Left to right is John Babcock, Pam Wilson, Jozalyn Hamilton, Rev. Lynn Osborne, Annette LaRue, Cathy Hamborg, and Terry Barrett

80th BIRTHDAY CELEBRATION

This was certainly a fabulous way to welcome one's eighth decade. A party was held for Rev. Victoria Kelley's eightieth birthday, at the beautiful Red Cedar Hall, in Jamestown, given by Tom Cunningham and Bill Cohill.

Upon arrival for the party the family from out of state each wore a tee shirt that read "The eighty-birthday crew." Victoria's read "Blessed by God for eighty years."

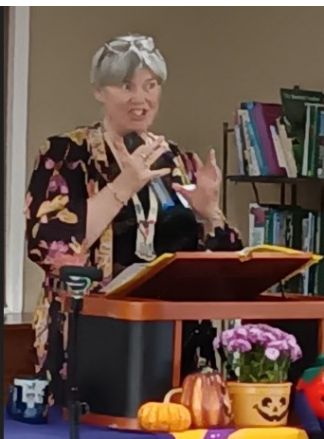
There was dancing to the local Buck Ellard band, and a gourmet prime rib dinner, with all the trimmings, deliciously prepared and catered by the River House Café and Bistro. A festive carousel cake was supplied by Takes a Cake. Just when you thought you could have no more fun, the entertainment started with Wren, the juggler with his amazing and talented act and then having your fortune told by the all-knowing "Star." As a keepsake of this celebration, each person had their caricature picture drawn. Victoria was so grateful to have her spiritual family in attendance and happy that a good time was had by all.

~Tom Cunningham



**Celebrating
Rev. Lynn's Birthday.
A potluck with
special music.**





HALLOWEEN SUNDAY



STRESSING WHAT'S IMPORTANT

Rob had an appointment for a stress test in Silverdale. We were told it could take 3-4 hours. Add to that an hour and fifteen minutes transportation time each way—that's if the Hood Canal Bridge isn't up—and you get 5 ½ to 6 ½ hours. Our dog, Blue, has separation anxiety. When I go to check the mail at the post office—which is across the street from our office—Blue goes over by Rob and whines.

When we adopted Blue through WAG (Welfare for Animals Guild) in June of 2016, he was being fostered by Jane Elyea who owns Cozy Care Pet Boarding. I called Jane to see if she had room for Blue the day we had to go to Silverdale. She had space. She said she remembered Blue is not socialized with other dogs. She said she could take Blue out by himself for outside time, instead of taking him out at the same time as the other dogs. Based on her drop-off times and the time we needed to leave for Silverdale, we took Blue to Jane's at 9:30 a.m.



Rob's appointment was at 12:45 p.m. We left Sequim about 11:15 a.m. and got there around 12:30. Jane said she closes at 5:30. When I dropped Blue off, Jane said if we didn't get back to Sequim by that time, she would leave the padlock on the fence, but not lock it. I could go into the kennel and get Blue and then lock the lock on the fence. I told her that Blue might be ok with other dogs after a little time. She said she would take him out at the same time as the other dogs but put him in a fenced area next to where the other dogs were.

I was concerned about Blue and how stressed he might get. I almost sent an email to the Center's Ministry of Prayer to ask them to treat for Blue. Instead I calmed myself and trusted that things would work out well.

The test was completed just prior to 4:00 p.m. We were going to make it back to Cozy Care Pet Boarding before 5:30. As we pulled up in the driveway, Jane came out to meet me. She said that Blue did very well with the other dogs. I was relieved to hear that.

We walked into the kennel and she went to get Blue out. I wasn't sure how he would greet me. To my surprise he ran to me wagging his tail, but he didn't seem stressed at all. I petted him and told him what a good boy he was. We were standing near a kennel that had a little dog in it. The dog started barking. Blue took a step toward the dog, stretched his neck slightly and just looked at it, still wagging his tail. The dog immediately stopped barking. I thought that was really interesting.

Jane was gathering the food and treats I had left with her for Blue. She said Blue did very well with the other dogs, he just needed a little time. I asked if I could bring him back sometime to help him get socialized with other dogs. She said she was going out of town for a short trip but after her return I could bring Blue again.

I felt so happy for Blue. He will have opportunities to play with other dogs. Blue is a very gentle soul. The reaction of the little dog made me think that perhaps Blue's spirit might even be a good influence on the other dogs who will be at Cozy Care Pet Boarding when he's there.

I hadn't done a formal Treatment for Blue, but in my mind, I released any worry. I had put my trust in the One Source, knowing good would result. I am ever grateful for this Truth. And the demonstration of it.

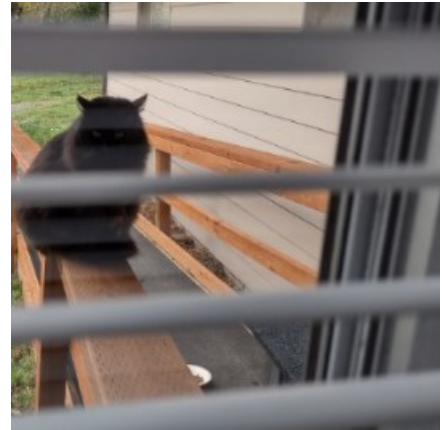
~Kathy Purcell

“Truth is a deep kindness that teaches us to be content in our everyday life and share with the people the same happiness.” ~Khalil Gibran

TALES OF STU, THE CAT

The *Recognizing the Little One* talk I gave seemed to touch a chord with many of those who were in attendance at the October 27 Sunday Service. I was encouraged to share an update on Stu, the outside cat that has adopted us and who inspired my talk that day.

The computer I use for ZOOMing into our Sunday Service is in the kitchen. There is a window behind the chair in which I sit. After I finished my talk at our October 27 Service, I turned toward the window and looked through the blinds. There was Stu sitting on the railing right outside the window. I wondered if he had been there for the entire talk.

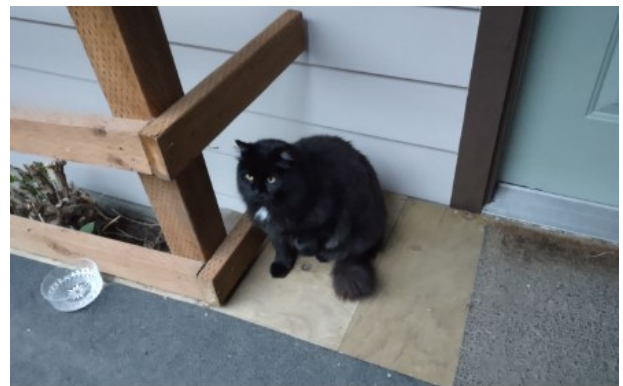


Rob and I purchased a two-story cat house kit for Stu. We weren't sure if he would use it. We're still not sure. The kit comes basically with just screws to put it together. Rob is a bit like Tim the Toolman Taylor, Tim Allen's character from Home Improvement. There's always a way to make things better. In addition to screws, we also used wood glue. We put it together in the kitchen area—not far from the very table with the computer I use for ZOOM. We let it sit for about five days. Then we took it outside and placed it at the top of the ramp, right outside the window where Stu had been while I did my talk. It didn't need to be cured for that long; part of the timing was due to the weather. As I write this, Stu's cat house has been out for one week. He hasn't gone into it yet. He has looked at it. He has rubbed his face and body on it.



We used to keep a broom outside the front door. Stu likes to spend time in that space. We've just gotten a heated pad that fits the floor of the cat house. We plan to put it in the broom spot to see if Stu will like the pad. If he does, we will gradually move it closer to his house and eventually get him to go inside. As with most things, it is a process. Meanwhile, he goes up into the tree at night. Maybe he thinks he is a bird.

~Kathy Purcell



“Do not train a child to learn by force or harshness; but direct them to it by what amuses their minds, so that you may be better able to discover with accuracy the peculiar bent of the genius of each.” ~Plato

BASIC SOM QUESTIONS By Rev. Michael Laakso

We have an ongoing 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-Seven

It is such a paradox thinking we could split from the Infinite, which has no outside but only one side, an Inside. Of course, nothing of the kind has occurred. But to believe we have succeeded pays no attention to Reality, but only to fantasy, to pretense, to our wish to be separate and apart. Yes, the mind will make this intention seem truly accomplished, such is its nature. But that success will always be an hallucination. And so we pass from connection with Reality to experiencing insanity. If I am one with Infinity, and I always will be, why pretend a disruption has happened and take on all the confusion, fear and resulting pain?

An answer to that “why?” exists in the mind of each one who chose that route. But dealing with that answer will probably be one of the last questions we reexamine on our journey homeward. Jesus said that the first shall be last and the last shall be first. When we reverse course, the last goofy idea will be the first one we reassess. And so we retrace our mental steps dealing with each silly and implausible thought each in turn, finally getting to the impulse that authored our foray into what can only be accurately described as insanity.



The Course in Miracles indicates that the instant God sensed us pull back from whole-hearted involvement with Its Thought and Being, It did not understand the need but instantly gave each one of us Its Voice, thereby preserving a communication link with Itself. The need was not understandable to the Infinite because only the Real, only sanity, only Truth can be truly understood. Falsehood will always remain mysterious, clouded, and incomprehensible. The Infinite Mind, being the only Mind, must be absolutely clear, sane and unconfused, or there would be conflict in the Infinite, which is an impossibility. God's Mind is completely Truth-based, no exceptions. The stable sanity and clarity of the Infinite is our constant hope of healing mentally and emotionally.

Biblically, this Voice is called the Holy Spirit. It is the Advocate and Comforter, in contrast to the ego (our personal separation thought) which is called the Accuser and Hater. The Bible indicates that Jesus sent the Holy Spirit to us upon his resurrection. The Course indicates we were given that inner Resource with our first separation thought. I have wondered that with the resurrection, one of us finally re-owned our true Identity which somehow opened a deeper access to this Divine gift for all involved in the race consciousness, or what we call the “group mind of humankind.” No doubt the resurrection has as yet unrecognized impacts.

“I became good at pretending. I became so good that after a while the lines blurred between my truth and fiction. And sometimes, when I did a really good job of pretending, I even fooled myself.” ~Ruta Sepetys

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The purpose of this Resource is guidance on our path of Return to sanity and Oneness-realization. The Course observes many times that our willingness to go with that Voice is our only responsibility. It is up to me to give welcome to Truth/Love, which always honors the volition it gave us in our creation. We who disowned our spiritual Truth must find our desire to re-own what we disowned. God does not herd us back Home, but Holy Spirit is the “nudger,” respecting our choice in the matter and always willing to provide us with a correction to our latest goofy thought. The choice is always ours to make or delay. Either way is OK, since we have all the time in the universe, and we have not succeeded in changing anything, anyway. All are still as God created us.



So Holy Spirit is our inner Teacher, our Healer, our Guide Homeward. This Energy is ever-present in all who believe we split from God. It is absolutely loyal to Its purpose. We have it to undo our self deceit and remember all the Truth of Who we are as we become willing. In Jesus’ teaching story of the Prodigal Son, when the son “came to himself” it was Holy Spirit that made the Truth clear of the “far country” and poor estate into which the son had fallen and the solution: to humbly head home even if to become but a servant in his father’s employ.

The Course points out that the Voice for God is the author of the “holy instant.” This ah-hah moment carries a new and true thought into our consciousness. Due to our defendedness against Truth, these thoughts come infrequently. But as we turn more towards Truth, trusting we will only benefit with each new realization, we release our skepticism and become more welcoming. Again, our willingness is required, and Love’s Voice supports a growing momentum to our willingness. This accelerates our process.

Another term for Holy Spirit is “intuition.” This can come as a verbal voice, or a gut feeling, an instinct, a mental image. All of us have experience with this communication link, though we may not have called it God’s Voice speaking to us. The Sufis say, “Man speaks with words. God’s language is feeling.” These feelings are not to be minimized, though some practice may be required to more fully notice them as they arise. Sometimes these feelings can be rather subtle, and these, too, will become more fully noticed with practice in listening for and following them.

Before our first separation idea, communication with the Infinite was ongoing, constant and effortless. No unwillingness, no barrier was in the way on our part, and no barrier could ever arise in the Infinite. We have not changed that situation. Constant communication is ongoing, certainly on God’s part. We are Its Beloved in whom It is well pleased. Our Source is fascinated and thrilled with each of us. Its gratitude and joy is full and free flowing to us all. We have a need to reclaim our receptivity to Source, which includes rekindling our trust in the Goodness of God, the Kindness of God, the unstinting sharing of God with us all. Love is safe. God is safe. Only Good can come from Spirit.

“All truth is one. In this light, may science and religion endeavor here for the steady evolution of mankind, from darkness to light, from narrowness to broad-mindedness, from prejudice to tolerance. It is the voice of life, which calls us to come and learn.” ~Clifford Stoll

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This is not to say Jesus' path will be ours as well. Not in particulars, for each one is an individuated thinker with our own mental dilemmas and conundrums. It is this confusion of goofy thinking we are each called to allow Holy Spirit to undo. This amounts to our personal hell and must be addressed specifically and individually. Will we allow that to take place, with our increasingly whole-hearted cooperation, and move in consciousness into our universal heaven instead? This is Holy Spirit's task and purpose. The Course points out Holy Spirit recognizes the goofiness of our mistaken thinking, but gives it no power. It has no attachment to any illusion, knowing these are simply in the way of our greater contact with the Truth of our being and Identity. It will safely guide us out of bondage to false thinking and into the safety of the Truth that frees.

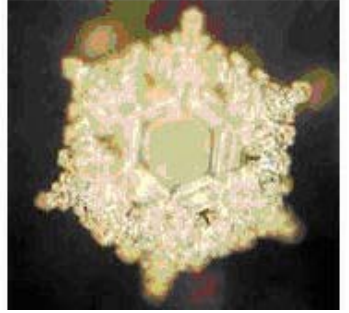
For some of us, a better life is enough. For others, certain issues are important to resolve. Yet others are on a "spiritual journey" and are seeking a higher consciousness. All these personal goals Holy Spirit can address. It will also always advocate for the spiritual truth of our Identity, for It is our key to liberation. We get to go at our own pace. Something within us already knows the spiritual purpose for this incarnation and is working on fulfilling that purpose. Ultimately, as we come into a deeper trust in Holy Spirit, more of the pieces fall into place. Our choice in the matter is always honored, but sometimes that choice comes from far deeper in our mind than conscious thinking. Holy Spirit can be persistent, but not pushy. Persistence indicates an inner agreement with Its current direction and so is a call to explore and cooperate. It is ego that is pushy, always a danger sign of what voice is speaking.

Holy Spirit is the gift God gave to free us from our own silly thinking. It is an inner feature of everyone here. We can learn to trust this intuition, and experience will always verify that as a good and useful Guide. It will lead us out of ignorance and denial, out of stress and distress. Being God's Voice, the Energy of God's Love is Its motivation. Its love for us is God's unfailing Love for us. It will succeed inevitably, as will be constantly demonstrated. As we come to accept that fact, we step into a new phase of growth and mental healing. The Good we all deeply sense more and more manifests. And so it is.



“We have very strong intuitions about all kinds of things—our own ability, how the economy works... But unless we start testing those intuitions, we’re not going to do better.” ~ Dan Ariely

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.

