

November, 2017

# Expressions

A Publication of the

CLAREMONT CENTER FOR SPIRITUAL LIVING

509 S. College Ave, Claremont, CA 91711 / 909-624-3549



## *A Note From The Rev*

*by Rev. Tracy Earlywine*

In The 30-Day Mental Diet, Willis Kinnear reminds us to "...realize that you were not created by chance and tossed into an inhospitable world to do the best you could, but that the Source of your being is continually active through you." He is telling us to trust that the very Power and Essence of Life is the energy we use to live.

Our spiritual practice is the opening to this unseen Truth of our being. The doorway of spiritual practice is prayer. Prayer, as Science of Mind teaches, is the recognition of our unity with Spirit. This unity is not found outside of us; we are already the very life of Spirit. We need only see ourselves as such and we begin to clarify our thinking about life.

Trusting our own spiritual nature releases fear and struggle from our thoughts and therefore from our experiences. Clarity of thought moves us into a greater, more prosperous expression of life. In all that we do, Spirit is at work through and as us.

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Ed Graff, Interim Editor



*"A Note From The Rev"* (Continued from Page 1)

In prayer, we are letting Spirit lead us; to the next idea, the next step, the next demonstration of our good.

Prayer brings us to trust which brings us a sense of peace. The out-picturing of peace is always prosperity. And as we prosper, we draw more to us. In *Creative Mind and Success*, Ernest Holmes writes, "Let us clothe ourselves in the great realization that all power is ours... let us fill the atmosphere of our homes, and places of business [and our church] with streams of positive thought. Other people will feel this and will like to be near us and enter into the things that we enter into. In this way we shall be continually drawing only the best... One single stream of thought, daily sent out into Creative Mind, will do wonders."

*Much love,  
Rev. Tracy*



Cloud Formations

## *Thoughts — Molds*

*by Michael George Price*

Our thoughts are like fluid being poured into a mold. Our life displays the molds our thoughts were poured into.

When a fluid is poured into a mold it takes on the shape of the mold. As the fluid cools and becomes more solid the mold can be removed and the material (water, molten metal) remains in the shape of the mold.

Our thoughts take shape through our molds. They take shape through the pictures, words and images in our head. The shape of the mold becomes more defined when the words come out of our mouth and even more defined when our actions follow our words.

Our life then is the shape of the mold in which we have put our thoughts. If we want to change our life we must change the mold. We must put our fluid thoughts into a different mold by changing the pictures, words, images and behavior, thereby breaking the previous destructive mold and creating a new instructive and creative mold.

Our life reflects the molds in which we have put our thoughts.

Start becoming a FEARLESS THINKER by designing the molds you want to pour your precious thoughts into.

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Michael George Price is the creator of **The Courage of Fearless Thinking System**. He is an author, teacher, consultant, coach, and motivational speaker. Michael teaches **The Courage of Fearless Thinking System** to Businesses, Associations, Schools, Sports Teams, Churches and Individuals. Visit [www.FearlessThinking.com](http://www.FearlessThinking.com) for additional information or contact Michael directly at [Info@FearlessThinking.com](mailto:Info@FearlessThinking.com).



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# What Can Animals Teach Us About Spirituality?

by Diane Clements

Editor's Note: This article is taken from a Wednesday Night talk that Diane gave a few years ago. She shared several lessons she learned from her pets and rescued animals, and I thank her for allowing us to include them in the *Expressions*. More lessons are to follow...

What makes us humans open up when animals are involved? I see strangers smile and approach an owner walking a dog or holding a cat. Perhaps a pet is not so threatening as interacting with another human. Are we afraid of being rejected?

Animals can make us observe our own behavior. I once learned something about myself that I was not aware of.

I took my 10-year-old cat Harley in for his annual vaccinations and checkup. My vet is Egyptian, he is very serious and I always try to engage him in some lighthearted chatter, but it usually doesn't work. When Dr. Moussafa walks in to the exam room, he doesn't greet me, the customer, "Hello, Mrs. Clements how are you?"

No, he comes into the exam room, looks at Harley, and says "Hmphhhh!" Then he picks him up and puts him on the scale, shakes his head and says "Cat is 5 pounds overweight! You feed him badly."

I say, "No, I buy him the best canned cat food, and well, sometimes he will just sniff at it and walk away, but it's always offered. It's a good thing I like it, too, or it would go to waste."



NO reaction. He says, "You feed too much."

So I say, "Well, perhaps I should let him hunt for his own dinner twice a week. He enjoys hunting. Just the other day he brought me a squirrel and dropped it at my feet, and that's pretty good for an indoor cat, don't you think?"

Dr. Moussafa says, "You have tree in your house?"

Then he says something that really hits home, really hurts. He says, "Overfeeding makes owner happy. Happy cat is healthy cat!"

I thought about that all day. I realized that I do enjoy giving Harley treats and leftovers from the table. And it is me that is enjoying this. He has plenty of nutrition in his cat food. I know people food isn't good for him, so why do I do it? A selfish need to get love from him? I realize that even with the pets I over nurture.

Never do things for your family that they should be doing for themselves. And never overfeed your pets just to make yourself feel good.

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# *The Wow and Wonder of Wednesday Nights*

*by Patty Powers*

Many of us first came to our Center on a Wednesday night. I know that when I first walked through those chapel doors on a Wednesday night, it changed my life forever.

I know that Wednesday nights are important. I also know that my experience really had little to do with the talk or the topic discussed that night. What wowed me was the consciousness that greeted me. It was all of you that were at the center then. It was Science of Mind and my astounded "You people believe WHAT?" that amazed me and called to me and told me I was home.

What is important is that when someone shows up on a Wednesday night, we are there to greet them. To smile and introduce ourselves and be a friend. To answer questions and invite them to also come out on Sunday mornings.

I have been to Wednesday nights when there were 5 people and I have been there when there were 50, and it does not matter how many are there or who is speaking, or what exactly we are doing that matters. WE are what makes this Center wonderful.

Our center is not a set of buildings. It is a group of minds, of hearts, and of souls. It is the people. WE are the Claremont Center for Spiritual Living. WE are who/what will attract, entertain, enlighten and invite new people who come on Wednesday nights, and people who

have not been around for a while and are just now coming back to us.

I am so grateful for all of you who were there when I first showed up. Soon someone else will be so grateful for all of us being there when they walk in that door. That is why we have Wednesday night services. For people like me, and like you.

WE are the light that warms the middle of the week.



The Aurora Borealis



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# *Just This Side of Juxtaposed*

*Clyde O. Morgan*

I think I'll just be nobody null and void  
but still employed  
amongst the mass of minimum wage  
with only enough gender to know which bathroom to use  
and not enough heritage to define my roots  
not enough wealth to be free as I want to be  
to explore all the possibilities  
because I like so many things  
but never all of anything  
never completely part of anything  
so I won't be stereotyped  
but I am anyway

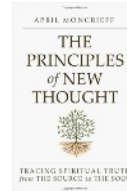
In this electronic clip and paste document world  
downloading one app to another  
of multi tasking with multi tabs  
of fleeting ideas, dreams and fantasies  
that flash on our screens and in our heads

I am something you can see and touch  
I am books and photographs  
that can still be found tomorrow  
not something lost in the Ethernet

I am paint and clay and canvas  
I am Tinkertoy, Lego and Play Doh plastered together  
with papier-mache made from  
news and advertising strips  
and in modern art shows people ooh and ah  
but most will say  
I don't get it  
what's it supposed to be?

Somewhere in those layers of plaster, clay and paint  
and of juxtaposed news and ads  
there is an exclamation of explanation  
It's me! It's me!!

# *Bookstore Recommendation*



*A book I've been reading is "The Principles of New Thought" by April Moncrieff. It helps to explain what SOM is about in more laymen's terms and some of the influences behind the philosophy. – Glenn Jones*

The roots of New Thought can be traced back to the early 1800's. From our vantage point in the 21st century, we can see that despite the diverse path New Thought has taken, its core beliefs continue to be a source of comfort for individuals seeking spiritual strength and encouragement.

What are these basic principles and why do they provide a long-lasting spiritual foundation? Author April Moncrieff has answered this question and clarified the unique aspects of New Thought by explaining the Biblical and individual influences that sparked this spiritual way of life.

This book takes you to the original roots of this world-wide movement, so you can understand and build a stronger spiritual life of your own.

# Calendar of Events for November, 2017

## Claremont CSL Events

### **Ongoing Events:**

Sundays -

AA Meetings, 8 AM; Chapel  
Meditation, 10 AM; Chapel  
Sunday Service, 10:30 AM; Sanctuary  
Fellowship Hour, 11:30 AM; Holmes Hall  
Apostolic Church, 2:00 PM; Chapel  
Living Proof Service, 4:30 PM; Chapel

Mondays -

ManKind Project, 7 PM; Chapel

Tuesdays -

SOM in SUM Class, 10 AM; Chapel  
Self-Mastery Class, 6:30 PM; Board Rm.

Wednesdays -

Meditation, 6:15 PM; Practitioner Room  
Wednesday Service, 7 PM; Chapel

Thursdays -

Kindly Conversations, Nov. 2, 9, 16, 30  
10 AM; Chapel  
Brown-Bag Lunch with Rev. Tracy,  
Nov. 2, 16; 11:30 AM; Board Room

Saturdays -

Yoga Class, 9:30 AM; Chapel

### **Special Events for November:**

Drum Circle, Nov. 4, 3-5 PM; Chapel  
Potluck Sunday, Nov. 5, 11:30; H. H.  
Sacred Frequencies Concert,  
Nov. 10, 7:00-8:30 PM; Chapel  
Board Meeting, Nov. 19, 12:30 PM

## Sacred and Cultural Events

November is American Indian  
Heritage Month

- 1 All Saint's Day (*Western Christian*)
- 2 All Soul's Day (*Celebrated as Dia de los Muertos from 10/31 to 11/2 in Mexico*)
- 4 Guru Nanak Dev Ji's Birthday (*Founder of Sikhism and First Guru of the Sikhs. A very important holiday for Sikhs.*)
- 9 Kristallnacht (*Commemorates the 1938 pogrom against Jews throughout Germany and Vienna.*)
- 11 Veteran's Day (*Honors U.S. Armed Services and war dead.*)
- 12 Birth of Baha'u'llah (*Baha'i - Birth of prophet-founder of Baha'i faith in 1817.*)
- 13-17 American Education Week
- 16 International Day of Tolerance
- 20 Transgender Day of Remembrance (*Memorializes those who were killed due to anti-transgender prejudice.*)
- 23 Thanksgiving Day (*Following a 19<sup>th</sup> century tradition, it commemorates the Pilgrim's harvest feast in the autumn of 1621.*)



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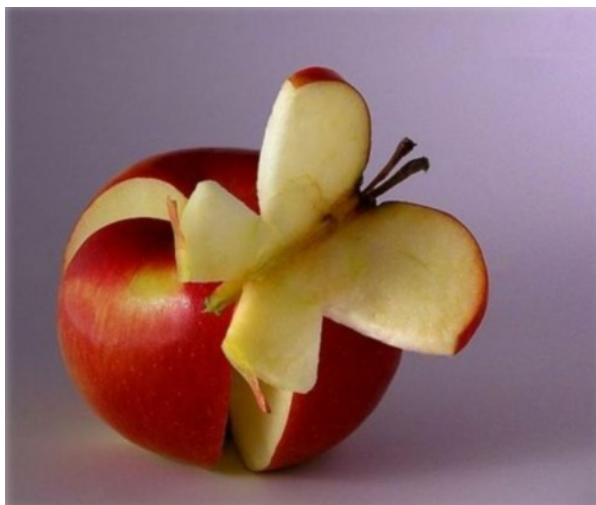
## *Licensed Practitioners*

You can email prayer requests to:

[prayer@claremontcsl.org](mailto:prayer@claremontcsl.org)

You may also call Practitioners directly at the following numbers:

Neysa Burrous, RScP  
909-948-6929  
Diane Clements, RScP  
909-947-5197  
Marianne Cordova-Breen, RScP  
909-392-3934  
Alice Kuch  
909-931-5959  
Ima Lee Moore, RScP  
909-987-8886  
Patty Powers, RScP  
909-636-7690  
Sarah Redmond, RScP  
909-392-9343  
Brad Wethern, RScP  
909-994-7440  
Anita Woller, RScP  
909-593-7992



## *Sacred Service Team Members*

Pastoral Care -  
Rev. Tracy Earlywine, 909-624-3549  
Practitioner Core, 909-624-3549  
Church Administrator -  
Stacey Jones, 909-624-3549  
Librarian, Historian, Sound Ministry -  
Ed Graff, 909-938-9676  
Music Ministry -  
Jeff Harrison, 714-928-7738  
Pet Ministry -  
Diane Clements, RScP, 909-947-5197  
Sunday Hospitality -  
Mark Wethern, 909-502-2258  
Volunteer Team Leader -  
Micki Daniels, 909-949-1152  
Youth Education and Social Media -  
Karen Larson, 909-591-3243  
Director of Education -  
Marianne Cordova-Breen, RScP,  
909-392-3934

## *Board of Trustees*

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Glenn Jones, Vice-President  
951-440-3589  
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909-938-9676  
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909-623-5857  
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