

# Expressions

November 9, 2016

NEWSLETTER FOR THE CLAREMONT CENTER FOR SPIRITUAL LIVING



Dear Ones,

I am so excited to join with all of you to begin our next chapter as a community. How awesome is it that we get to catch a vision and create a new reality together?

In the coming days, I want to hear from each and every one of you about what means the most to you at Claremont Center for Spiritual Living - What do you value? What fills you up? How is your life better for being part of this spiritual circle? Your answers are the very elements which will fuel our future.

This long-standing congregation has enriched and empowered many hungry hearts over the years. What a perfect foundation for the growth of this remarkable community!

Let's do this!

*"There is a laughter of God - let's laugh it.*

*There is a song of the Universe - let's sing it.*

*There is a hymn of praise - let's praise it.*

*There is a joy, a beauty; there is a deep, abiding peace; let's experience it."*

*Ernest Holmes*

In love,  
Rev. Tracy



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Expressions Newsletter, Claremont Center for Spiritual Living  
November, 2016



## Dear Members and Friends of Claremont CSL,

I'm so excited to see the rebirth of our Expressions newsletter, and just in time for our new minister!

The *Expressions* is partly a place for announcements and a calendar of events, but my intention is to make it a place to share ideas, meditations, discoveries, answered prayers, insights.

A moment of insight or heightened spiritual awareness can be a very fleeting thing. But if you write it down, the act of writing and organizing the words to describe that experience not only makes it more permanent in your memory, but the act of writing about it often brings out other aspects, other associations you might have missed. (I'm speaking from experience here.)

Then, if you share what you've written with others, they often thank you because they've found something useful and sometimes even inspiring in it.

If you have something you would like to share – artwork, a book to recommend, some thoughts you had after reading a poem – please share them with us. You can send your contributions to [admin@claremontcsl.org](mailto:admin@claremontcsl.org), and please put “For Expressions” as the subject.

With a hopeful heart,  
Ed Graff,  
Interim Editor



### Elizabeth Gilbert wrote *Eat, Pray, Love...*

...a memoir about her journey of self-discovery that took her around the world. Her most recent book of non-fiction is called *Big Magic: Creative Living Beyond Fear*. Last month she was interviewed on the NPR podcast, *Dinner Party Download – the All Book Episode* [October 28, 2016]. In the interview she had this to say about creative living:

“My definition of ‘creative living’ is any life where you consistently make decisions based on curiosity rather than fear, because I think that creativity and fear are conjoined twins. And any time you try to do something creative, which will push you into a realm with an unknown outcome, no matter how small it is, you can be certain that your fear is going to be on alert.

“Because [fear] doesn't like it when you do things with unknown outcomes, and it's going to try and stop you. And so, you have to kind of figure out how to cope with that because your choices are listen to the fear and have a very small and probably frustrated life, or figure out a way around it to have a more interesting, curiosity-driven, inquisitive life, which is, I think, what we all *really* want for ourselves.”





## Sarah Redmond's Prayer and Reading from Sunday, October 30

Take a deep, cleansing breath, going into that secret place of the Most High. Exhale, letting go of anything unlike God, unlike Goodness, Godness.

Once again a deep, deep, deep cleansing breath, and exhale.

I know, and I know that I know, that God is all there is. Creator of the Universe and everything therein. Each and every one of us a child of the Most High God, made in His likeness and image. Creations of the One Mind, the God Mind, for God works for us as us through us.

And what a blessing it is to know that it is our kinship to the Most High that has us here, that brought us here, that keeps us here today and forever. And it is in this knowingness that I am empowered to speak my word and to bless.

And so, I bless this Claremont Center for Spiritual Living, knowing that it is being maintained in unity and in love, as a thriving center of worship in the community.

And so, this being said, I release this prayer to Divine Law, knowing that it is done, it's manifested. All that I ask has come to fruition with results that are good and very, very good, and as I let go I do so with divine assurance that all is well, as we say together, 'And so it is.'

My reading comes from Ernest Holmes' *Creative Mind and Success*. It's short, but it's so meaningful to me, and I hope you find it the same way....



"People often ask if the law will not bring harm as well as good. The question would never be asked if people understood what Universal Law really means. Of course it will bring us what we think. All law will do the same thing. The law of electricity will either light our house or burn it down.

"We decide what we are to do with the law. Law is always impersonal. There is no likelihood of using the law for harmful purposes if we always use it for the more complete expression of life. We must not use it for any purpose that we would not like to experience ourselves.

"This should answer all questions of that nature: 'Do I really want the thing I ask for? Am I willing to take for myself what I ask for other people?' How can we use the law for evil if we desire only the good? ...

"All law is impersonal and cares not who uses it. It will bring to all just what is already in their thought. No person can long use it in a destructive way, for it will destroy him if he persists in doing wrong.

"... We may, by demonstrating in our own lives, prove that the law really exists as the Great Power behind all things. This is all that we can do. Everyone must do the same thing for himself. Let the dead bury their dead, and see that you live. In this you are not selfish, but are simply proving that law governs your life.

"All can do the same when they come to believe, and none until they believe."

Namaste.

Provided by Sarah Redmond



## Church Financial Summary

Below is a quick summary of our accounts taken from the most recent financial reports. Complete monthly reports are available in the church office. Thanks to Mary Cordova-Breen for her work summarizing these figures.

Balances 9/30/16		Income
Library Account	\$ 4,508.54	Jan - S
Savings	\$ 23,676.89	Income
Checking	\$ 3,838.45	Sunday
Petty Cash	\$ 100.00	Other
Bookstore Petty Cash	\$ 234.00	Expense

## Board of Trustees

Rev. Tracy Earlywine, Ecclesiastical Member  
909-624-3549 (Church Office)

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909-938-9676

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951-237-4529

Marianne Cordova-Breen, RsCP, Treasurer  
909-392-3934

Bill West, Member  
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Call the Church Office to leave a message for Rev. Tracy, Office Administrator Stacey Jones, or one of the Trustees:

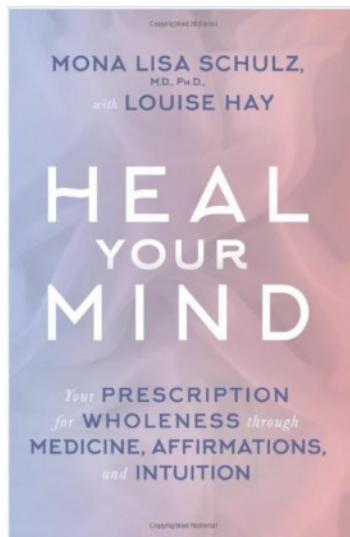
Phone 909-624-3549

Email [admin@claremontcsl.org](mailto:admin@claremontcsl.org)

Available In The Bookstore  
Now...

## Recommended by Annette Whelan, Bookstore Manager

Many of us grapple with how to stay happy, calm, and focused in a world that



seems to get more complex by the minutes. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource

combines cutting-edge science with compassion and wisdom to offer answers we can really use.

*Heal Your Mind* continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in *All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition*. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states.



# Sacred Days and Celebrations

## November

- 1 All Saints Day, Christian  
Samhain - Beltane, Wicca/Pagan  
Birth of the Bab - Baha'i
- 2 All Souls Day - Catholic Christian  
Birth of Baha'u'llah - Baha'I
- 14 Birthday of Guru Nanak Dev Sahib  
- Sikh
- 15 Nativity Fast Begins (ends Dec. 24)  
- Orthodox Christian
- 20 Christ the King - Christian
- 24 Martyrdom of Guru Tegh Bahdur  
- Sikh  
Thanksgiving - Interfaith USA
- 25 Day of the Covenant - Baha'i
- 27 Advent begins through Dec. 24  
- Christian  
Ascension of 'Abdu'l-Baha - Baha'I
- 30 St. Andrew's Day - Christian

## December

- 6 St. Nicholas Day - Christian
- 8 Bodhi Day (Rohatsu) - Buddhism  
Immaculate Conception of Mary  
- Catholic Christian
- 12 Feast Day - Our Lady of Guadalupe  
- Catholic Christian  
Mawlid an Nabe - Islam
- 16-25 Posadas Navidenas  
- Hispanic Christian
- 14 Mawlid an Nabi - Islam
- 21 Solstice  
Yule - Wicca/Pagan (above equator)  
Litha - Wicca/Pagan (below equator)  
Yule - Christian
- 24 Christmas Eve - Christian
- 25 Christmas - Christian  
Feast of the Nativity - Orthodox Christ.
- 25-Jan 1 Hanukkah - Jewish
- 26 Zarathosht Diso - Zoroastrian  
St. Stephen's Day - Christian
- 28 Holy Innocents - Christian
- 30 Holy Family - Catholic Christian
- 31 Watch Night - Christian

## Licensed Practitioners

Neysa Burrous, RScP  
909-948-6929  
Diane Clements, RScP  
909-238-5383  
Marianne Cordova-Breen, RScP  
909-392-3934  
MariaJesus Mendivil, Practitioner Intern  
602-380-5545  
Ima Lee Moore, RScP  
909-987-8886  
Lawrence Jane Penn, RScP  
909-949-0883  
Patty Powers, RScP  
909-636-7690  
Sarah Redmond, RScP  
909-392-9343  
Brad Wethern, RScP  
909-994-7440  
Anita Woller, RScP  
909-593-7992  
Email prayer requests to:  
[prayer@claremontcsl.org](mailto:prayer@claremontcsl.org)

## 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, Church Historian,  
Sound Ministry -  
Ed Graff, 909-946-4499  
Music Ministry -  
Jeff Harrison, 714-928-7738  
Pet Ministry -  
Diane Clements, RScP, 909-947-5197  
Sunday Hospitality -  
Open Position  
Volunteer Team Leader -  
Micki Daniels, 909-949-1152  
Director of Youth Education and  
Social Media Team -  
Karen Larson, 909-591-3243  
Director of Education -  
Marianne Cordova-Breen, RScP,  
909-392-3934



Claremont Center for Spiritual Living  
509 S. College Ave., Claremont, CA 91786  
Office Hours Tuesday-Thursday, 9 a.m. - 2 p.m. & Friday 9 a.m. - 11 a.m.  
[www.claremontcsl.org](http://www.claremontcsl.org)