



Expressions

A Publication of the CLAREMONT CENTER FOR SPIRITUAL LIVING
509 S. College Ave, Claremont, CA 91711 / 909-624-3549



*In Observation
of Black
History Month*

*Excerpts from Nelson Mandela's
Inaugural Address,
May 9, 1994*

Mr. Master of Ceremonies, Your Excellencies, Members of the Diplomatic Corps, My Fellow South Africans:

Today we are entering a new era for our country and its people. Today we celebrate not the victory of a party, but a victory for all the people of South Africa....

Perhaps it was history that ordained that it be here, at the Cape of Good Hope that we should lay the foundation stone of our new nation. For it was here at this Cape, over three countries ago, that there began the fateful convergence of the peoples of Africa, Europe and Asia on these shores.

("Address" continues on Page 2...)

Inside...

*Excerpt from "A Return to Love" by
Marianne Williamson, Page 2*

*"Young Love" - a poem by Clyde Morgan,
Page 3*

*"Do We Model Gratitude?" by Michael Price,
Page 4*

*Claremont CSL Calendar and
Calendar of Sacred and Cultural Events for
January, page 5*

Church Directory, Page 6

Consider Becoming A Trustee!

It's not too late to run for office as a Trustee for the Claremont Center. Contact Graham Dunlap or the church office for details!

Ed Graff, Interim Editor



("Address" - continued from Page 1...)

It was to this peninsula that the patriots, among them many princes and scholars, of Indonesia were dragged in chains. It was on the sandy plains of this peninsula that first battles of the epic wars of resistance were fought.

When we look out across Table Bay, the horizon is dominated by Robben Island, whose infamy as a dungeon built to stifle the spirit of freedom is as old as colonialism in South Africa. For three centuries that island was seen as a place to which outcasts can be banished. The names of those who were incarcerated on Robben Island is a roll call of resistance fighters and democrats spanning over three centuries. If indeed this is a Cape of Good Hope, that hope owes much to the spirit of that legion of fighters and others of their calibre....

Democracy is based on the majority principle. This is especially true in a country such as ours where the vast majority have been systematically denied their rights. At the same time, democracy also requires that the rights of political and other minorities be safeguarded....

This needs unity of purpose. It needs action. It requires us all to work together to bring an end to division, an end to suspicion, and build a nation united in our diversity.

We place our vision of a new constitutional order for South Africa on the table not as conquerors, prescribing to the conquered. We speak as fellow citizens to heal the wounds of the past with the intent of constructing a new order based on justice for all.

- Quote suggested by Rev. Jeanette Williams



Excerpt From
"A Return to Love:
Reflections on the Principles of
a Course in Miracles"
by Marianne Williamson

Editor's Note: The following passage is often attributed to Nelson Mandela on his inauguration in May, 1994. He never spoke these words, but they are a fitting complement to the challenge of his speech.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

- © 1992, Marianne Williamson



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Young Love

An ancient couple
peering from the edge of the yard

Like two little children
behind a low beamed fence

Forbidding them any further
and I watching with envy

As they gaze into each
other's old but beaming eyes

Brushing back their hoary hair
revealing rugose rosy faces

Talking with toothless smiles
holding wrinkled hands...

Clyde O Morgan



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Do We Model Gratitude?

Editor's Note: This essay was originally distributed for Thanksgiving.

Gratitude - Yes, it is that time of year when we are reminded to be grateful. Why is it that we need to be reminded? Why do we not have thoughts of gratitude more often?

Habit!

We are told that 75% of our self-talk is negative. Obviously, it is difficult to be grateful if the majority of our self-talk is negative. Why do we have so many negative thoughts?

Habit!

It seems we have learned to think and talk negatively. And, since we do it so often we develop the habit. And once the habit is developed, we think, talk and behave automatically according to the habit.

The good news is: We are mature, intelligent, experienced people who have been given the "gift of original thought", which means we can learn a new habit.

We can learn to replace the old negative habit with the new habit of gratitude. When we start thinking, talking and behaving with gratitude, our life changes, as does the life of those around us.

Imagine, approaching any inconvenience, challenge or problem in your life with a

habitual thought process of gratitude, instead of negative gloom and doom.

Would the solution come to you more quickly?

Would the solution be a better one?

Would you be role modeling for your spouse, kids, friends and associates?

Would their life be better after modeling you?

This is indeed the time of year that we are reminded to focus on gratitude. Let this year be the year we develop habitual gratitude.

Use your Fearless Thinking skills to approach your life as a Grateful Fearless Thinker.

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 for additional information or contact Michael directly at Info@FearlessThinking.com.

Expressions is the Claremont CSL journal. We invite discussions and observations from a broad range of viewpoints. Please send your contributions to:
eemgraffvz@gmail.com



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Calendar of Events for February, 2018

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 Meeting, 4:30 PM; Chapel

Mondays -

ManKind Project, 7 PM; Chapel

Wednesdays -

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

Thursdays -

Kindly Conversations, 10 AM; Chapel

Saturdays -

Yoga Class, 9:30 AM; Chapel

Special Events:

Drum Circle, 3-5 PM Saturday, 2/3
Foundations Class, 6:30-9:30 PM Tuesdays,
2/6 to 4/10 (10 sessions)
Brown-Bag Lunch with Rev. Tracy, 11:30 AM
Thursdays, 2/8 and 2/22
Sacred Frequencies Sound Meditation,
7:00-8:30 PM Friday, 2/9
Church Work Party, 9 AM-2 PM
Saturday, 2/24
**Annual Membership Meeting, 12:30 PM
Sunday, 2/25**

Sacred and Cultural Events

- 1-28 Black History Month
- 2 Candlemas/Imbolc (Pagan, Druid)
Celebrates the coming of spring and
recovery of the Earth Goddess after
giving birth to the Sun God at Yule.
- 3 Sesubun-sai (Shinto) - Marks the
beginning of spring. The faithful throw
roasted beans to bring good luck to
the new season.
- 11 Anniversary of the foundation of
Vatican City.
- 13 Shrove Tuesday / Mardi Gras
- 14 Valentine's Day, also Ash Wednesday
(first day of Lent) and Maha Shivaratri
(Hindu)
- 16 Chinese Lunar New Year's Day -
celebration continues through the 20th.
- 19 President's Day
- 28 Purim (Jewish) - Celebration begins at
sundown to commemorate the courage
of Esther, whose courage saved Jews
living in Persia ca. 450 BCE.

Licensed Practitioners

You can email prayer requests to:

prayer@claremontcsl.org

You may also call Practitioners directly at the following numbers:

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Sacred Service Team Members

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Practitioner Core, 909-624-3549

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Volunteer Team Leader -

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Sunday Hospitality -

Mark Wethern, 909-502-2258

Librarian, Historian, Sound Ministry -

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Pet Ministry -

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