

# Expressions

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



## Anchored In Truth

by Rev. Jennifer Spear,  
Living Beyond Limits,  
Lakewood, CA

In this sacred space – and everywhere – I know there is One Powerful and Infinite Presence. It is the creative force of the Universe. It is all knowing and wise; Intelligence Itself, all giving; the Good Itself, all loving; Love Itself. It is courage and compassion. It is joy and peace. It is all there is – and it is the One.

And so I know that this One is everyone and everything. Just as an infinitesimal drop of water is part of the great blue sea, I am part of the ocean of the Infinite – and the Infinite is all of me. This One is the Silent Watcher and Silent Listener within me. It is my freedom. It is my Power. The Presence is me.

(*"Anchored"* continues on Page 2...)

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Ed Graff, Interim Editor



(“Anchored” - continued from page 1...)

I am an individualized expression of the Divine – and I govern my life according to this awesome Principle – ever mindful that as I live, speak, work and play, I am expressing the One as me.

Today, in this space, I acknowledge the Perfection of God. I stand strong in the Presence. More than ever before in my life, I am in the Presence of Peace. I am the calm at the eye of the storm – And no matter how disorganized or chaotic my life may appear to be, I stand firm in the knowledge that the ever changing aspects of my life, the aspects I do not understand – I don’t need to understand. All is moving into perfect order.

And so I release any need to control any part of my life. I truly let go and trust in the Perfection of the Divine. And my life is beautiful, rich and blessed.

Love and peace are the lenses through which I see and live my life.

It is good and it is God.

With every beat of my heart and every breath of my life, I say thank you God.

And so it is.

*Found and Shared by  
Rev. Tracy Earlywine*

## Isra and Mi'raj

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

See the “Sacred and Cultural Events”  
calendar for a brief explanation..

## Twelve Ways to Practice Resurrection Now

*from "Immortal Diamond: The Search for Our  
True Self" by Fr. Richard Rohr*

1. Refuse to identify with negative, blaming, antagonistic, or fearful thoughts (you cannot stop "having" them).
2. Apologize when you hurt another person or situation.
3. Undo your mistakes by some positive action toward the offended person or situation.
4. Do not indulge or believe your False Self - that which is concocted by your mind and society's expectations.
5. Choose your True Self - your radical union with God - as often as possible throughout the day.
6. Always seek to change yourself before trying to change others.
7. Choose as much as possible to serve rather than to be served.
8. Whenever possible, seek the common good over your mere private good.
9. Give preference to those in pain, excluded, or disabled in any way.
10. Seek just systems and policies over mere charity.
11. Make sure your medium is the same as your message.
12. Never doubt that it is all about love in the end.

*Found an Shared by  
Marianne Breen*



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# Putting On the Mind of Christ

by Marianne Breen

So, Jesus died and rose - and then became what? A man? A spirit? Both? He showed himself to his disciples as both - actually more than two things - rather a singular whole being.

We often talk about having to "die to ourselves" to grow - "to let something die" to move on. We use metaphors like the caterpillar dying to its caterpillar nature in order to become a butterfly. We feel the pain of something dying in our lives, we mourn, and hopefully we move on. But how do we move on? Generally, we return to life as closely as we can to the way we knew it before the loss. Sometimes with a little less of ourselves, having lost a piece of ourselves with the loss.

Yet this moving on with a piece missing is not the truth of nature. The butterfly becomes more beautiful, more free. Likewise, this is not the truth of spirit. We can never lose a piece of our spirit. The story of Jesus' death and resurrection, whether you actually believe all the details or not, is symbolic of a life process we can choose to make anytime. Islam does not believe in the physical resurrection of Jesus, but it does believe in the purpose of Jesus' life and in Jesus' ascension into "heaven".

So, what is important to us as Religious Scientists about this death and resurrection? Ernest Holmes believed, as most of us do, that Jesus wasn't the ONLY son of God, but rather the son of the ONLY God, and that we are also sons/daughters of the only God. He also knew

that Jesus was perhaps the greatest teacher of all time, and that the principles that Jesus taught were collectively one principle: the Christ Principle.

Where does that leave us? I read something that said, "You don't die into the mind of Christ, you awaken into it." The focus is not on the death, but on the resurrection - not on denying what you don't want, but rather on embracing what you do want. Sound familiar?

*("Mind of Christ" continues on Page 4...)*

## You Can Read Past Issues of 'Expressions'!

Our Web Guru, Jeff Harrison, has made it possible to read and download past issues of the 'Expressions' newsletter. (He also updates the Claremont CSL home page, [www.claremontcsl.org](http://www.claremontcsl.org), with links to the 5 most recent Sunday morning messages.)

For past issues of 'Expressions,' go to: <http://www.claremontcsl.org/expressions/expressions.html>

And if you have something you would like to contribute - a poem, prayer, article, meditation, book recommendation - you can email them to:

[eemgraffvz@gmail.com](mailto:eemgraffvz@gmail.com)

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("Mind of Christ," continued from Page 3...)

Islamists have something here. It is not so important how Jesus let go of his body (an alias for prideful ego), but what he transformed into instead.

So how do we resurrect ourselves into something more? How do we metamorphose into a Christ, or at least something Christlike? This was my question to myself this Easter.

I decided, if I wanted to be more Christlike, perhaps I should look at the teachings of Jesus. Jesus basically taught two things: First, the kingdom of heaven is within - our consciousness. He said the kingdom is "here... at hand." Again, you don't have to die to get into it; you awake into it. Second, he taught unity: "the Father and I are one; I am the vine, you are the branches; love your neighbor as yourself." If we can just get these, it will be clear sailing.

Well, I am a little slow, so I thought maybe some smaller steps might help to get me there. This led me to the Sermon on the Mount and the 8 Beatitudes. I like the idea that they are 'BE' attitudes, rather than 'DO' attitudes. If we just BE these eight things we will be transformed and become Christlike.

So here is my short interpretation of the BE attitudes:

**Be humble** and undemanding  
**Let go of things** that no longer serve us  
**Be non-resistive** and receptive to God  
Keep up our **spiritual practices**  
**Be love** and be loved  
**Let go of negative thoughts and feelings**  
**Remain at peace**  
**Adhere to our principles**



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2. Log in with your regular Amazon account or "Sign Up" if you're a new user.
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All items are priced the same as the regular Amazon site, but 0.5% of all your eligible purchases go to our congregation!

(By the way, you can also paste this address into your browser and log in there...

<https://smile.amazon.com/ch/95-2049147>

It's specifically for our church.)

*Thank You!*



Happy Arbor Day!  
April 22

# Interpreting the Interpretation

by Michael George Price

Events occur in our lives. We interpret each event as good, bad or neutral. We then self-talk (one of my Fearless Thinking topics) the event and our interpretation of the event. The continual self-talk eventually creates a belief. We act according to our beliefs.

Our interpretations are strongly influenced by our age and experience, our current mood and several other factors. This implies that each event can be interpreted in different ways, depending on what factors are present at the time.

How are you interpreting the events in your life?

Suppose a "court certified" interpreter interpreted the words of someone speaking another language through their own filters, experiences and/or prejudices. The words and meaning of the interpreter would be different than intended by the person being interpreted. Consequently, the decisions made would be based on the interpretation, not on what the person being interpreted actually said.

What kind of reporting is going on in the courtroom in your head? Do you interpret based on emotion or by using your critical thinking skills?

Since we are emotional beings, we will have emotional reactions to events in our lives. And once the emotional reaction has been



appropriately felt and expressed, we then start using our critical thinking skills to better interpret the event.

Start using your Fearless Thinking skills to critically think your interpretations.

*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).*



## Do You Have...

... a favorite poem, affirmation, excerpt from a book or magazine article?

... a work of art that sparks your imagination?

... insights of your own you want to share?

*Expressions* is the Claremont CSL journal, and we invite discussions and observations from a broad range of viewpoints. Please send your contributions to: [eemgraffvz@gmail.com](mailto:eemgraffvz@gmail.com)

*Thank you!*

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# Calendar of Events for April, 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

### **For April:**

- 3,10 Last 2 weeks of Foundations class,  
6:30-9:30 PM, Board Room
- 9 Practitioner Retreat, 9 AM-4 PM,  
Chapel
- 12 Brown Bag Lunch with Rev. Tracy,  
11:30 AM, Board Room
- 15 Board of Trustees Meeting, 12:30 PM,  
Board Room
- 17 Anton Mizerak Concert, 7PM, Chapel
- 26 Brown Bag Lunch with Rev. Tracy,  
11:30 AM, Board Room

## Sacred and Cultural Events

- 1 Easter (Christian)  
Celebrates the resurrection of Jesus 3 days after his crucifixion. Jewish Christians were the first to observe Easter.
- 1 April Fool's Day  
The first known association of April 1 with foolishness comes from "The Canterbury Tales" by Chaucer in 1392.
- 6 Good Friday (Orthodox Christian)  
Also called 'Great Friday' and 'Holy Friday.' The Orthodox Christian Church follows the Julian calendar.
- 7 Final day of Passover (Jewish)  
Began at sundown, March 30 (15<sup>th</sup> day of Nison in the Jewish calendar). It commemorates God's liberation of the Jews from slavery in Egypt.
- 8 Easter (Orthodox Christian)
- 13 Isra and Mi'raj (Muslim)  
The 27<sup>th</sup> day of Rajab on the Islamic calendar. It commemorates Prophet Mohammad's trip from Mecca to Jerusalem escorted by the angel Gabriel, and his ascension into heaven.
- 22 Earth Day, first celebrated in 1970.
- 27 Arbor Day - a global celebration since 1883 when it was taken to Japan by Birdsey Northrop.  
Plant a tree!



## *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 Breen, RScP  
909-392-3934  
Ima Lee Moore, RScP  
909-987-8886  
Patty Powers, RScP  
909-636-7690  
Brad Wethern, RScP  
909-994-7440

## *Board of Trustees*

Rev. Tracy Earlywine, Senior Minister  
909-624-3549  
Patty Powers, RScP, President  
909-636-7690  
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909-392-3934  
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Glenn Jones, Member  
951-440-3589  
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909-680-8965  
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909-518-9557

## *Sacred Service Team Members*

Pastoral Care -  
Rev. Tracy Earlywine, 909-624-3549  
Practitioner Core, 909-624-3549  
Church Administrator -  
Stacey Jones, 909-624-3549  
Music Ministry -  
Jeff Harrison, 714-928-7738  
Bookstore Manager -  
Glenn Jones, 951-440-3589  
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Micki Daniels, 909-949-1152  
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Librarian, Historian, Sound Ministry -  
Ed Graff, 909-938-9676  
Pet Ministry -  
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