

Summer Solstice



June 21

June, 2018

Expressions

A Publication of the

CLAREMONT CENTER FOR SPIRITUAL LIVING

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



"The Universe and The Soul"

A Vedic meditation by Jeff Kober

There is a oneness that underlies all that is, a Truth within which everything is contained. The ancient rishis of the Veda called it Brahman. This is not to be confused with the Hindu god, Brahma, nor with Brahmin (which is a caste of priests and teachers in the Hindu system).

The word *Brahman* comes from a root which means 'to expand.' It indicates the ever-expanding, unchanging reality behind this universe.

Atman is the word used in the Vedas to refer to what we in the West would call the individual soul of man. It comes from the Sanskrit roots meaning 'to breathe' and 'to move.' It is the life principle embodied as each of us.

The great teachers tell us that these two are 'identical in nature.' That which I truly am is at one with that which the universe truly is. ("Universe and Soul" continues on Pg. 2...)

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Edward Graff, Interim Editor



("Universe and Soul" continued from Page 1...)

How is this helpful to know?

If I am that which the universe is, I cannot possibly 'want for' anything. There is a level of experience within me where everything that is, is available to me.

If I am that which the universe is, fear must disappear, for fear requires the experience of 'other.' If I am at one with the universe, there is no other.

If I am that which the universe is, death becomes unreal. From this perspective, to fret the dropping away of this body would be akin to this body mourning the daily sloughing off of its skin cells.

This is the Truth that stands behind the whole of Life, the Truth that implies the impossibility of lack, of fear, of death. And yet here I stand, a creature occasionally (or often) beset by need, fear and the refusal to accept death, in myself or others.

The Veda would say, Yes. This is the nature of Life – the movement back and forth between the two.

Enjoy the whole of it.

Today I will remind myself that there is an inner reality where all that I see as 'problem' disappears, and I will sit in meditation with the idea of experiencing myself as that inner reality.

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Found and shared by Rev. Tracy Earlywine,
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Excerpts from the book

"Non Campus Mentis

World History According to College Students"

Compiled & Edited by

Professor Anders Henriksson

Found and shared by Edward Graff

In honor of all graduates this month, I'm pulling random quotes from "Non Campus Mentis," a compilation of misquotes, non sequiturs, and just really weird statements from college student essays. (Yes, *real* essays from *real* college students.) He is careful to preserve original spelling and punctuation, along with students' anonymity.

From the book's Introduction:

"At its best, *Non Campus Mentis* (a typical student mishearing of *non compos mentis**) illustrates the ingenious and often comic ways we all attempt to make sense of information we can't understand because we have no context or frame of reference for it."

As funny as these quotes can be, I appreciate Professor Henriksson's observation that we all make these types of mistakes when we process new and totally unfamiliar information.

And so to the first excerpt:

"History, a record of things left behind by past generations, started in 1815. Thus we should try to view historical times as the behind of the present. This gives incite into the anals of the past."

* *non compos mentis* = "not in one's right mind"

Getting Old

A poem by Gabe Vitalone

I know which way the road will go,
I cannot change it though I know.
I must not falter in my task,
To keep my courage is all I ask.

I owe to those who love me well,
To live with verve and not rebel.
Though aging is a weakening thing,
It can be fought, take time to sing.

Our attitude can keep us whole
And nurture the eternal soul.

Gabe Vitalone, age 95, is professor emeritus of education at William Patterson University. He begins each day with 30 minutes of floor exercises, followed by a morning walk. He's been married to his wife, Evelyn, for 63 years. In 2015, they won a combined 6 medals at the 2015 New Jersey Senior Olympics.

He says, "I notice that when some people get older, that's when they begin to feel it's okay to take it easy. But once you get into the mindset that it's okay to have a few extra calories and stay away from physical activity, that's a big mistake."

Through his own example, Vitalone is teaching his friends and the William Patterson campus community about the art of longevity.

From the William Patterson University Alumni Magazine, Spring, 2018.

Found and shared by Susie Graff.

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If you shop at Amazon.com you could support Claremont CSL with every purchase:

1. Go to <https://smile.amazon.com>
2. Log in with your regular Amazon account or "Sign Up" if you're a new user.
3. Select "Claremont Center for Spiritual Living" as your charitable organization.

All prices are the same, but 0.5% of 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!

From "Non Campus Mentis"

"Prehistoricle people spent all day banging rocks together so that they could find something to eat. This was the Stoned Age."

"The pyramids were large square triangles built in the desert. O'Cyrus, a god who lived in a piramid, would give you the afterlife if your sole was on straight."

"Zorroastrologism was founded by Zorro. This was a duelist religion."

"Judyism had one big God named 'Yahoo.'"

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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 our home page, 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, photo, meditation, book recommendation - you can email them to: eamgraffvz@gmail.com



May I Be True Today

May I be true today.
May I be open.
May I be strong.
May I be generous.
May I be grateful.
May I laugh.
May my life this day be of benefit
to all beings.

May I live simply today, avoiding clutter
and excess.

May I tap my strengths and gain
understanding of my weaknesses.

May I support each person I meet in the
sacred Journey, for the benefit of
everyone, everywhere.

May I practice genuine, deep kindness and
goodwill without limits.

May I see through the Illusions posed by
selfish thoughts.

May I experience the joy and freedom of
cherishing others more than myself.

From *Kindness House Morning Invocations*,
Found and shared by Brad Orton



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My Relationship with Money

I have entered a relationship with money that is based on:

Self-worth
Self-confidence
Self-trust
Empowerment

My relationship with money is:

Nurturing
Supportive of my needs and desires
Free of any fear, worry and guilt
Balanced
Energizing and Invigorating
Friendly
Fun

I have complete
awareness, knowledge
and understanding of money
and how it works for me.

This relationship grows and changes as I choose it to.

And I approach such changes
with fearless enthusiasm.

Money is a blessing to use
in my expression of
the Divinity within me
in my human presence on this planet.

Written as a group project by the 2008
Financial Freedom class, led by Marianne Breen
who shared it for this issue of *Expressions*.

From

"A New Design for Living"

By Ernest Holmes & Willis H. Kinnear

Spiritual-mindedness is a persistent and consistent attempt to feel the Divine everywhere and in all things. It is the capacity not only to believe in but also to perceive, to feel, and to react to a unitary wholeness – an essence, an infinite personness, a beauty, a love, and a joy, which exists in the universe – the Divine Presence. Spirituality is normal, natural, spontaneous, effervescent, never studied or laborer.

There is a rhythm in the Universe, which rightly understood would resolve all conflict. There is a peace in the Universe, a freedom from confusion, which rightly understood would heal all troubles. There is an all-encompassing love in the Universe, which rightly understood would heal all emotional difficulties. There is a creativity in the Universe, which rightly understood would keep us whole and vitally active in expressing it.

From "A New Design for Living," Page 196

From "Non Campus Mentis"

"Roman girls who did not marry could become Vestigal Virgins, a group of women who were dedicated to burning the internal flame."

"Joan of Ark was famous as Noah's wife."

"During the Dark Ages it was mostly dark."

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Calendar of Events for June, 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 June:

- 2 Drum Circle, Chapel, 3-5 PM
- 3 Call to Prayer Sunday during service, also Potluck Sunday in Holmes Hall
- 14 Brown Bag Lunch with Rev. Tracy, 11:30 AM, Board Room
- 15 Sacred Frequencies Sound Meditation, 7-8:30 PM, Chapel
- 17 Board of Trustees Meeting, 12:30 PM, Board Room
- 28 Brown Bag Lunch with Rev. Tracy, 11:30 AM, Board Room

Sacred and Cultural Events

- 6 D-Day - Honoring the men and women who fought and sacrificed at the Normandy Invasion on Jun 6, 1944.
- 10-11 Laylat al Qadr (Muslim) - Begins at sundown on the 10th and ends at sundown June 11. It observes the night when the Prophet Mohammad received the first verses of the Koran, around 610 CE.
- 14 Flag Day - Commemorates the adoption of the American flag by the Second Continental Congress on this day in 1777. Bernard Cigrand was the first to observe the day in 1886. Woodrow Wilson proclaimed it a national observance on June 14, 1916. The U.S. Army also celebrates its birthday on this day.
- 14-15 Eid al Fitr (Muslim) - Begins at sundown on the 14th and ends at sundown on the 15th (the first day of the month of Shawwal in the Islamic calendar). It celebrates the end of the month of Ramadan with its daily fasts.
- 17 Father's Day - First celebrated June 19, 1910 by Sonora Smart Dodd in Spokane, Washington at the YMCA. She wanted a complement to Mother's Day. Her own father raised 6 children alone.
- 21 Summer Solstice - The longest day of the year in the Northern Hemisphere.



Licensed Practitioners

You can email prayer requests to:

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
Sarah Redmond, RScP
909-392-9343
Brad Wethern, RScP
909-994-7440

Board of Trustees

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951-440-3589
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909-680-8965
Laney Roberts, Member
909-518-9557

Sacred Service Team Members

Pastoral Care -
Rev. Tracy Earlywine, 909-624-3549
Practitioner Core, 909-624-3549
Pastoral Care Coordinator -
Chris McDowell, 909-912-4928
Church Administrator -
Stacey Jones, 909-624-3549
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Bookstore Manager -
Glenn Jones, 951-440-3589
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909-392-3934
Youth Education and Social Media -
Karen Larson, 909-591-3243
Volunteer Team Leader -
Micki Daniels, 909-949-1152
Sunday Hospitality -
Mark Wethern, 909-502-2258
Librarian, Historian, Sound Ministry -
Ed Graff, 909-938-9676

From "Non Campus Mentis"

"The ball of events and stoppers that were used to stop it from rolling only added to its momentum which kept it rolling."

"The public appears no brighter than a herd of lemmings spreading toward a cliff. Thus has our stream of consciousness developed a waterfall."

"It is now the age of now. This concept grinds our critical, seething minds to a halt."