

Expressions



A Publication of the Claremont Center for Spiritual Living
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Keep Your 'But' Out Of Your Mouth

And Other Critical Steps Toward a Heartfelt Apology

by Everett L. Worthington, PhD

John Wayne's classic line from the movie *She Wore A Yellow Ribbon* – "Never apologize, never explain" – got it half right. You do want to apologize. You *don't* want to explain. So don't make excuses. And whatever you say, don't say "but."

That piece of serious wisdom comes from Everett L. Worthington, PhD, a professor of psychology at Virginia Commonwealth University and one of the fathers of modern research into forgiveness. His classic book *To Forgive Is Human: How to Put Your Past in the Past* was completed just days before his mother was brutally murdered with a crowbar. The horrible crime – a burglary that went worse – forced the professor to try his own medicine, and it proved to work. (For his 5-step forgiveness program with the acronym R-E-A-C-H, see "The Forgiveness Teacher's Toughest Test" at www.spiritualityhealth.com.)

Dr. Worthington developed a 7-step program to help people make an effective, heartfelt, and healing apology. The user-friendly acronym for this program is C-O-N-F-E-S-S.

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There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.

– Martha Graham

Found and shared by Rev. Tracy

Edward Graff, Editor
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(“Heartfelt Apology,” continued from Page 1...)

Confess without excuses. Do not let the word *but* come out of your mouth. Be specific about what you’re sorry for: “I’m sorry I forgot our anniversary.”

Offer an apology that gets across the idea that you’re sorry, and that you don’t want to do it again. Be sincere and articulate.

Note the other person’s pain. Acknowledge that your actions were hurtful.

Forever value. Explain that you value your relationship, and you want to restore it more than you want to hang on to your pride.

Equalize. Offer to repair. Ask how you can make it up to the person.

Say “never again.” Promise that you won’t do it again, and mean it.

Seek forgiveness. Ask the other person directly, “Can you forgive me?”

Prof. Worthington suggests thinking through all the steps of the CONFESS acronym *before* you approach the person to deliver your apology. That way, when you’re speaking with her or him, you’ll have planned out what you’re going to say, and you won’t find yourself grasping for *buts*.

From *Spirituality and Health* magazine, January/February 2018, page 59
Found and shared by Susie Graff



An Invitation to Participate September 8, 2018

Being of loving service is a sacred pathway to experiencing Spirit’s Presence; and being of Sacred Service is essential to one’s spiritual growth and the growth of inclusive spiritual communities. Being of service creates an opening for us to realize the God presence within ourselves and others.

I invite you to look for opportunities to be of Sacred Service, not only as a way of building spiritual community, but more as an opportunity to create heaven on earth, here and now. As a spiritual community, we are participants in creation. Let us create an atmosphere that fosters loving support and fellowship while providing the opportunity to experience an ever-increasing expression of God in our community and within ourselves.

Will your Spiritual community say “Yes” to creating a field of love and the opportunity for the Spirit to express Itself through you?

For more information contact: Rev Michele Synegal,
Chair Diversity Inclusion Commission:
revmichelesynegal@gmail.com or 301.476.7460

His Name Was Bubba

His name was Bubba, he was from Mississippi, and he needed a loan. So, he walked into a bank in New York City and asked for the loan officer. He told the loan officer he was going to Paris for two weeks, he was not a depositor at the bank, but he needed to borrow \$5,000.

The bank officer told him that the bank would need some form of security for the loan, so Bubba handed over the keys to a new Ferrari. The car was parked on the street in front of the bank. He produced the title, and everything checked out. The loan officer agreed to hold the car as collateral for the loan and apologized for having to charge 12% interest.

Later, the bank's president and its officers all enjoyed a good laugh at the Redneck from the South for using a \$250,000 Ferrari as collateral for a \$5,000 loan. An employee drove the Ferrari into the bank's private underground garage and parked it.

Two weeks later, Bubba returned, repaid the \$5,000 and the interest of \$23.07. The loan officer said, "Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we're a little puzzled. While you were away, we checked you out on Dunn & Bradstreet and found that you're a highly sophisticated investor and multi-millionaire with real estate and financial interests all over the world. Why would you bother to borrow \$5,000?"

The good ol' boy replied, "Where else in New York City can I park my car for two weeks for only \$23.07 and expect it to be there when I get back?"

Keep an eye on those southern boys! Just because they talk funny does not mean they're stupid.

Found and shared by Sarah Redmond

How to Beat the Heat

Summertime is in full swing and this year is really really HOT. Did I accidentally move to Phoenix, Arizona? Nope, still in California, it is just exceptionally hot.

Recently my kitchen stove broke, shooting 3-foot flames from the burner handles up towards my ceiling. A few days after that was fixed, the air conditioning quit working. It took a couple visits from the repair guys, and I had to wait in line with everyone else who had AC issues during a heat wave. It was between 90 and 95 degrees in my house for 8 days. The day after the AC was fixed, the water heater (in the closet with the AC) died and had to be replaced. This felt like the feather, the stick and the two-by-four of "heat related" home repairs.

The good news is when I "got the message" the repair needs stopped. What was the message?

What you think about and talk about you bring about. When flames were shooting into the air I complained and worried of the heat (fire) in the house. The Universe said, "Okay, more heat in the house!" So the AC complied by ceasing to provide cool air. During the 8 days of no AC I complained about the heat, too much heat in the house. So, the water heater felt it should not do its job of making hot water.

Don't be like me and complain your way into problems and troubles. Summer is wonderful! Have a smoothie, run barefoot in the sprinklers and count your blessings.

Patty Powers, RScP
President, Board of Trustees

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 or Web site recommendation - please email it to: eemgraffvz@gmail.com

Thanks!



Compounding Your Blessings

by Diane Clements

I've been re-reading *Health, Joy and Prosperity for You* by Rev. Ike, and I like this passage on page 111:

"In order to have the good which you desire, get into the habit of counting your blessings. The more you begin to appreciate the good you have, the more good you will have to appreciate. The more you praise the Lord, the more you will have to praise the Lord for."

The more you become conscious of having good, and doing good, the more good will come into your life. Count your blessings and Declare, "How sweet it is."

I Am Prosperity

God is the source and essence of my prosperity and money is God in action. It is energy circulating from giver to receiver.

I give money meaning. I use it to express myself. I choose to recognize the unlimited "allness" rather than the limited "onlyness" of money.

Therefore, money, both received and spent, is blessed by me, giving it the energy of the creative flow of divine activity.

I spend with an attitude of gratitude and give from a place of abundance and prosperity. I spend and save with expectation of opportunity rather than fear of lack.

I know I have the ability and self-trust to use money wisely, and I know that all givers and receivers are one. Therefore, I release all ownership of money spent, knowing that its flow always follows spiritual principle.

I know that a wealthy attitude - an attitude of gratitude - creates wealth and abundance. I am gratefully open to receive prosperity in all forms. I choose limitless prosperity.

I am grateful for the prosperity I am.

From a "Financial Freedom" class, shared by Mary Breene

Be Willing

by Brad Wethern,

BE WILLING to do something good for which you are never appreciated.

BE WILLING to do something good for which you will be misunderstood.

BE WILLING to do something good that makes you completely vulnerable.

BE WILLING to do something good for which you will look foolish.

BE WILLING to do something good for which you will look the villain.

BE WILLING to do something good that will strip you of your honor.

THEN maybe you will begin to understand your oneness with the ODD PEOPLE who stumble and grumble and bumble around you.

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All prices are the same, but Amazon.com will donate 0.5% of your eligible purchases to our congregation!

Thank You!



Calendar of Events for August, 2018

Claremont CSL Events

Ongoing:

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 is on vacation
through the summer, to return September.

Saturdays -

Yoga Classes are also on vacation through
the summer, returning in September.

For August:

- 4 Drum Circle, 3:00-5:00 PM, Chapel
- 5 Call to Prayer Sunday during service,
also Potluck Sunday in Holmes Hall
- 10 Sacred Frequencies Sound Meditation,
7:00-8:30 PM, Chapel
- 19 Board of Trustees Meeting, 12:30 PM,
Board Room
- 20 Sacred Frequencies Sound Meditation,
7:00-8:30 PM, Chapel
- 25 "Big Band Blast" dance party,
6:00-10:00 PM, Holmes Hall

Note: Brown Bag Lunch with Rev. Tracy is on
vacation this month. See you in September!



Sacred and Cultural Events

- 5 Friendship Day - Celebrates friendship and encourages one to spend time with friends and show thanks to those they care about. This day falls on different dates around the world. In the United States, it's the first Sunday in August.
- 15 Assumption of Mary (Catholic) - A feast day that celebrates the Virgin Mary's spiritual and physical ascent into heaven. It has been celebrated since the fourth century C.E., but was not made an official Catholic holiday until 1950.
- 19 National Aviation Day (USA) - Celebrates the history and development of aviation. The date was chosen because it falls on Orville Wright's birthday.
- 20 Day of Arafat (Muslim) - In the Islamic calendar, the 9th day in the month of Dhul-Hijjah. Muslims make a pilgrimage to Mount Arafat to gather in prayer and wait for judgement. As with most celebrations timed to a sacred lunar year, the day begins at sundown on the 20th and goes to sundown on the 21st.
- 20 Eid al-Adha (Muslim) - "The Feast of the Sacrifice," honoring Ibrahim's (Abraham's) willingness to sacrifice his son Isaac, demonstrating his submission to God. This celebration marks the end of the annual Hajj to Mecca.
- 26 Raksha Bandhan (Hindu) - A festival that focuses on the love and duty between brothers and sisters. A sister will tie a sacred thread (*rakhi*) on the wrist of her brother symbolizing her love and prayers for his well-being, and his vow to protect her.
- 26 Women's Equality Day (USA) - Now a worldwide observance, it marks the day the 19th Amendment to the U.S. Constitution was ratified in 1920, giving women the right to vote. (A version of the amendment was first proposed in 1878.) It has been an annual celebration in America since 1972.

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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909-948-6929

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Mark Wethern, 909-502-2258

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