

# HALLOWEEN

# Expressions

October, 2018

A Publication of the Claremont Center for Spiritual Living  
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## Science Nourishes the Mind and the Soul by Brian Greene

*Note: This was originally an oral essay heard on NPR's Morning Edition program for May 30, 2005. It was part of NPR's long-running feature, "This I Believe." At the time, Brian Greene was teaching physics and mathematics at Columbia University. He has authored The Fabric of the Cosmos and The Elegant Universe.*

One day when I was about 11, walking back to Public School 87 in Manhattan after our class visit to the Hayden Planetarium, I became overwhelmed by a feeling I'd never had before. I was gripped by a hollow, pit-in-the-stomach sense that my life might not matter. I'd learned that our world is a rocky planet, orbiting one star among the 100 billion others in our galaxy, which is but one of hundreds of billions of galaxies scattered throughout the universe. Science had made me feel small.

In the years since, my view of science and the role it can play in society and the world has changed dramatically.

While we are small, my decades of immersion in science convince me this is cause for celebration. From our lonely corner of the cosmos we have used ingenuity and determination to touch the very limits of outer and inner space. We have figured out fundamental laws of physics -- laws that govern how stars shine and light travels, laws that dictate how time elapses and space expands, laws that allow us to peer back to the briefest moment after the universe began.

*("Science Nourishes" continues on Page 2...)*

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## You Were Made For This

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul ... will cause the critical mass to tip toward an enduring good. One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like these -- to be fierce and to show mercy toward others; both are acts of immense bravery and greatest necessity. Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do. – Clarissa Pinkola Estes

Found and shared by Rev. Tracy Earlywine

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(“Science Nourishes,” continued from page 1...)

None of these scientific achievements have told us why we're here or given us the answer to life's meaning -- questions science may never address. But just as our experience playing baseball is enormously richer if we know the rules of the game, the better we understand the universe's rules -- the laws of physics -- the more deeply we can appreciate our lives within it.

I've seen children's eyes light up when I tell them about black holes and the big bang. I've received letters from young soldiers in Iraq telling me how reading popular accounts of relativity and quantum physics has provided them hope that there is something larger, something universal that binds us together.

Which is why I am distressed when I meet students who approach science and math with drudgery. I know it doesn't have to be that way. But when science is presented as a collection of facts that need to be memorized, when math is taught as a series of abstract calculations without revealing its power to unravel the mysteries of the universe, it can all seem pointless and boring....

I believe the process of going from confusion to understanding is a precious, even emotional, experience that can be the foundation of self-confidence. I believe that through its rational evaluation of truth and indifference to personal belief, science transcends religious and political divisions and so does bind us into a greater, more resilient whole.

I believe that the wonder of discovery can lift the spirit like Brahms' Third Symphony.

I believe that the breathtaking ideas of science can nourish not only the mind but also the soul.



## The Tax Benefits of Charitable Giving

Money is a kind of energy. It can be stored, used for creative purposes, or squandered. Like every other form of energy, money must circulate in order to do actual work and accomplish some purpose. Otherwise, it stays in the realm of “potential” – like the energy in a battery that is never used.

Consumer Reports magazine has a web page that discusses the tax benefits of charitable giving:

<http://www.consumerreports.org/charitable-donations/tax-benefits-of-donating-to-charity/>

This web page was found and shared by Graham Dunlap.



## Amazing Words

from the book “Amazing Words” by Richard Lederer

Words that can be “transdeleted” are words that can have letters removed one at a time, each time making a new word, until only a single letter is left. Richard Lederer plays with several of them in his book “Amazing Words.”

On page 140 he has a little ditty taking “prelate” apart letter-by-letter:

The *prelate* did *relate* a tale

Meant to *elate* both you and me.

We stayed up *late* and *ate* our meal,

“*Te deum*” sang in the key of *E*.

“Alone” is also interesting. It goes from “*alone*” to “*lone*” to “*one*” – each word meaning “by itself.” (From there you can go on to “*on*” and, finally, “*O!*”)

## *Animals are Healers, Part 4: Stewardship, Not Domination*

*by Diane Clements*

*Note: Years ago, Diane gave a Wednesday night talk that drew spiritual lessons from the ways we interact with our pets. This will be the final excerpt from her talk, although she said much more than was quoted in these four installments.*

I read a story about a man who owned a lion right here in L.A.! (Right! A lion chained up in his back yard!) His neighbors saw what he was doing and reported him, and so this rescue group went to investigate. Sure enough, a full-grown male lion was chained to a tree in the back yard.

The immediate problem was the lion was emaciated. Every bone in its body was showing and the lion was so weak it could not stand up. They asked the owner why and he said, "I feed him plenty every day."

But upon further questioning they found out the man was a religious fanatic. He said he was out to prove the scripture.

The book of Isaiah, verse 11:7 says, "And the lion shall eat straw like the ox." This man expected the lion to eat a vegetarian diet and lie down peacefully with other animals. He wanted to prove that lions should be vegetarians.

This man argued he was a good steward, but it wasn't about being a good steward; it was about domination. Physical power or control is not inner strength. Our power lies from a spiritual center, not from a physical one. We shouldn't seek to control others, trying to make them do what we want the way we think it should be done.



## *Focus*

*by Michael Price*

Focus, pay attention! What happens when we focus or pay attention to some thought, person, event or behavior?

Whatever we focus on magnifies and intensifies.

When I was a youngster, I remember playing with a magnifying glass. I remember how big someone's eye was when seen through the glass.

I remember how magnified ants and other crawling creatures were when looking through the glass. Everything seemed larger than it was in normal everyday life.

I also remember focusing the light from the sun onto one specific spot. The sun's rays became so intense that a fire would start on combustible material. I was fascinated with how the glass could intensify the rays of the sun to create a fire.

Our focus is very much the same. Whatever we focus on will magnify and intensify. Remember a time when you went to bed with a sore or bruise. During the daytime the pain from the sore or bruise was only noticeable at times (perhaps when you bumped it).

However, when you went to bed and the distractions of the day were gone you noticed the sore or bruise much more. Your focus went directly to the spot and magnified and intensified the feeling.

Focus on what you want to magnify and intensify.

As you live your week be sure to start noticing where your focus is. If you feel bad, your focus is on the negative. If you feel good, your focus is on the positive.

Use your Fearless Thinking skills to focus on what you want to have happen to have a terrific week.

*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).*

# Calendar of Events for October, 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 GATEway Service, 7 PM; Chapel

Thursdays -

Kindly Conversations, 10 AM; Chapel

Saturdays -

My Sacred Work Yoga, 9:30 AM; Chapel

### For October:

- 6 Drum Circle, 3-5 PM; Chapel
- 7 Potluck Sunday; Holmes Hall after service.
- 11 Brown Bag Lunch with Rev. Tracy, 11:30 AM; Board Room
- 12 Sacred Frequencies Sound Meditation with Phyllis Douglass, 7-8:30 PM; Chapel
- 21 Board of Trustees Meeting; 12:30 PM; Board Room
- 25 Brown Bag Lunch with Rev. Tracy, 11:30 AM; Board Room



## Sacred and Cultural Events

- 1 Shemini Atzeret (Jewish): Celebration begins at sundown on Sept. 30 and ends at sundown Oct. 1, the 22 of Tishrei on the Hebrew sacred calendar. Traditionally, this day relates to rainfall for the upcoming year.
- 1 Child Health Day, observed annually on Oct. 1: The day is intended to focus awareness on the importance of children's health.
- 2 Simchat Torah (Jewish): The day celebrates the ending of the reading of the Torah for the year.
- 8 Columbus Day (American observance): Celebrated on the 2<sup>nd</sup> Monday of October each year, the day commemorates the arrival of Christopher Columbus on the American continent on Oct. 12, 1492.
- 9 Leif Erikson Day (Canadian and Nordic observance): A day to recall the accomplishments of the first Nordic explorer to land on the North American continent.
- 9 Navratri (Hindu): A festival that begins on the first day of the lunar month of Ashwin and goes for 9 nights. (*Navratri* means "nine nights.") Each day and night celebrates a different form of Durga, the goddess of power, who defeated a buffalo-faced demon named Mahishasura over the course of nine days.
- 16 Boss' Day (American observance): Celebrated the 16<sup>th</sup> of each October (or the closest business day to the 16<sup>th</sup>). It's a chance for employees to show appreciation to management or their boss.
- 18 Dussehra (Hindu): Also known as Maha Navami, Dussehra celebrates the victory of good over evil when Rama defeated Ravanna, the demon king.
- 31 Halloween ("All Hallow's Eve"): the eve of the Western Christian festival of All Hallow's Day / All Saint's Day, a day to celebrate those saints who are not honored on a special, dedicated day of their own.

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



Dr. Dream's Tibetan Healing Bowl Event, Sept. 29.  
Picture by Susie Graff

## Board of Trustees

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## Sacred Service Team Members

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Practitioner Core, 909-624-3549  
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Mark Wethern, 909-502-2258  
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Ed Graff, 909-938-9676

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

Our Web Guru, Jeff Harrison, makes it possible for you to read and download past issues of the *Expressions* newsletter. (He also updates our 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>  
(If you're reading this on a laptop, tablet, etc., you can copy that link and paste it in your favorite browser program.)

**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: [emgraffvz@gmail.com](mailto:emgraffvz@gmail.com)

*Thanks!*