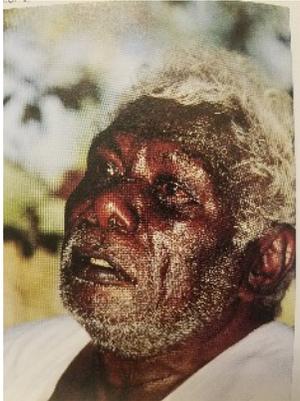


Expressions

A Publication of the Claremont Center for Spiritual Living
509 S. College Ave, Claremont, CA 91711 / 909-624-3549



"Laying Down" A story by Bill Neidjie

This story is from Chapter 1 of Bill Neidjie's book, "Story About Feeling" (Magabala Books, 1989). Bill is an Aboriginal Australian. His stories were transcribed from audio recordings and edited by Keith Taylor. All spelling and punctuation is as it appears in the book.

Keith says in his Introduction, "Bill Neidjie speaks Aboriginal English, a form of that language adapted by the Aboriginal people of Australia in their oral tradition. To share in that tradition, read this work aloud – it's the best way to recreate Bill's original thought, and the most fun."

Well I'll tell you about this story,
about story where you feel...laying down.

Tree, grass, star...
because star and tree working with you.
We got blood pressure
but same thing...spirit on your body,
but e working with you.
Even nice wind e blow...having a sleep...
because that spirit e with you.
Listen carefully this, you can hear me.
I'm telling you because earth just like mother
and father or brother of you.
That tree same thing.
Your body, my body I suppose,
I'm same as you...anyone.
Tree working when you sleeping and dream.

("Laying Down" continues on Page 2...)

Inside...

- Read past issues of Expressions, pg. 2
- "Everything You Have Ever Thought," found and shared by Brad Wethern, pg. 3
- "Thank You, Kitchen Angels," by Patty Powers, pg. 3
- Calendar of Events, pg. 4
- "Frazz" for 10/26/2018: Caulfield Contemplates Hemingway, by Jef Mallett, pg. 4
- Support Claremont CSL While Shopping at "smile.amazon.com," pg. 5
- "I Choose," affirmations found and shared by Susie Graff, pg. 5
- Church Directory, pg. 5



Sorrow prepares you for joy.

It violently sweeps everything out of your house,
so that new joy can find space to enter.
It shakes the yellow leaves from the bough of your heart,
so that fresh, green leaves can grow in their place.
It pulls up the rotten roots, so that new roots
hidden beneath have room to grow.
Whatever sorrow shakes from your heart,
far better things will take their place.

— Rumi

Found and shared by Rev. Tracy

Edward Graff, Editor

Send your essays, poetry, interesting pictures,
inspirational/thought-provoking quotations to:
eemgraffvz@gmail.com



("Laying Down," continued from page 1...)

This story e can listen carefully, e can listen slow.
If you in city well I suppose lot of houses,
you can't hardly look this star
but might be one night you look.
Have a look star because that's the feeling.
String, blood...through your body.

That star e working there...see?
E working. I can see.
Some of them small, you can't hardly see.
Always at night, if you lie down...
look careful, e working...see?
When you sleep...blood e pumping.

So you look...e go pink, e come white.
See im work? E work.
In the night you dream, lay down,
that star e working for you.
Tree...grass...

I love it tree because e love me too.
E watching me same as you
tree e working with your body, my body,
e working with us.
While you sleep e working.
Daylight, when you walking around, e work too.

That tree, grass...that all like our father.
Dirt, earth, I sleep with this earth.
Grass...just like your brother.
In my blood in my arm this grass.
This dirt for us because we'll be dead,
we'll be going this earth.
This the story now.

Stone e never move
Rock e don't move round,
e got to stay for ever and ever.
E'll be there million, million...star.
Because e stay, e never move.
Tree e follow you'n'me,
e'll be dead behind us but next one e'll come.
Same people. Aborigine same.
We'll be dead but next one, kid, e'll be born.
Same this tree.

Star e'll stay for ever and ever.
When you laying down in the night, look that star.
I was. I look star.
I remember back when I was young.



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, 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: eemgraffvz@gmail.com

Thanks!



Found and shared by Rev. Tracy

Everything You Have Ever Thought

Found and shared by Brad Wethern

This is a quote from chapter 8 of "This Thing Called You." Brad read it during the Sunday morning service on October 28.

Everything you have ever thought, said, done, seen, learned or experienced, has left an imprint upon your subconscious mind. The subconscious also contains memory images of your family life, your ancestral background, and the sum total of what the whole world has thought or believed.

These memories are not dead things. Quite the reverse, they are always active.

Just as you are being acted upon by your own memories, the mind of history and your environment, you are also being acted upon by the mind of God which is within and around you. Between this divine presence, this upper part of your being, and your outward experience, there is a field of subconscious reactions which have been gathered up throughout the ages. But you are a creator and not a creature.

Today you may be suffering from the effects of the race consciousness and your own beliefs, but today you can begin to change them. Say:

I know that I am one with God.

I know that God in me is perfect.

I know that my real nature is spiritual.

I know that I exist in the boundless good, and the heavenly state, and in perfect being.

I know that my mind is being acted upon by pure spirit. Divine intelligence guides me into peace, happiness and success, into joy, love and perfect life.



Thank You Kitchen Angels!

by Patty Powers

As we get closer to Thanksgiving, the holiday of "eating food and giving thanks", I am reminded that we have angels working to feed us each Sunday. I am grateful to you all. Our kitchen team members are:

Mark Wethern (now retired)

Mark was the heartbeat of the kitchen for over two years. He was the guy who made your coffee most weeks, and made sure the lights were turned on and that the kitchen was left clean after lunch. Thank you Mark for your years of service to the "Love Kitchen." We already miss you!

Diane Clements

Diane is the reason we occasionally have that yummy fried chicken on Sundays. Diane is the queen of jokes and will always make you smile or even LOL sometimes. Thank you, Diane, for great food, great jokes, and smiles aplenty.

Chris McDowell

Chris is Diane's side-kick on Sundays. They share the chicken tasks and make sure everything is wonderful for you. Chris is often seen coming around and picking up your dishes when you are finished. How very blessed we are to have Chris with us. Thank you, Chris.

Lora Lopez

Lora Lopez is the newest of our Kitchen Angels. She is the person who brought you the "make your own salad" bar, and other delicious lunches. Thank you, Lora, for all you do. You make it seem so easy.

Everyone Else

Thank you to all of you who bring in dishes on pot luck Sunday or help with clean up. I have seen many of you rolling up your sleeves and pitching in, keeping everything running smoothly. We really are a family at our church!



Calendar of Events for November, 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 (but not
on Thursday, Oct. 22)

Saturdays -

Yoga classes are canceled until further notice...

For November:

Foundations Class, 9:30 AM Saturdays; Chapel

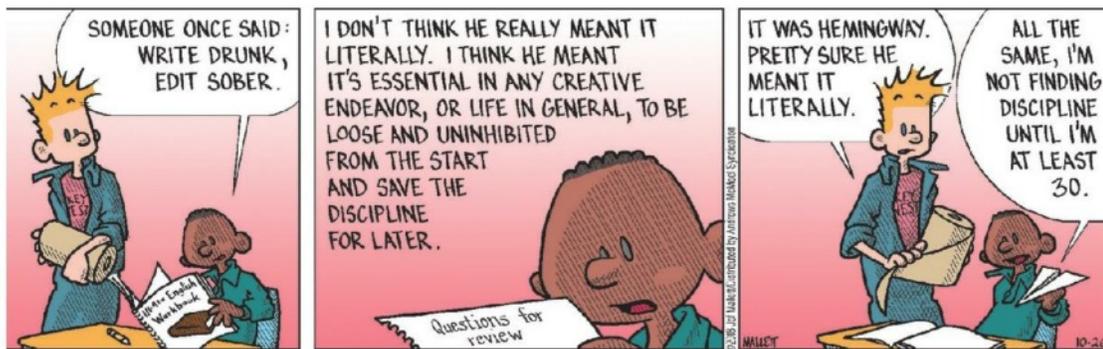
- 3 Drum Circle, 3-5 PM; Chapel
- 4 Call to Prayer Sunday, 10:30 AM; Sanctuary
- 4 Potluck Sunday, 11:30 AM; Holmes Hall
- 8 Brown Bag Lunch with Rev. Tracy, 11:30 AM;
Library
- 9 Sacred Frequencies Sound Meditation,
7-8:30 PM; Chapel
- 18 Board Meeting, 12:30 PM; Board Room

Sacred and Cultural Events

November is American Indian Heritage Month

- 1 All Saint's Day (Western Christian).
- 2 All Soul's Day (Mexico): Celebrated as Dia de los Muertos from 10/31 to 11/2 in Mexico.
- 4 Daylight Savings Time ends. Set clocks back 1 hour.
- 7 Diwali (Hindu): Observed on the 15th day of the month of Kartika on the Hindu sacred calendar. A festival of lights, it celebrates the victory of light over darkness. It goes back to ancient times, when it began as a festival after the summer harvest.
- 9 Kristallnacht (Jewish): "Crystal Night," also called "Night of Broken Glass." Marks the 1938 pogrom against Jews throughout Germany and Vienna.
- 11 Veteran's Day (American): Honors U.S. Armed Services and war dead.
- 12 Birth of Baha'u'llah (Baha'I): Celebrates the Birth of prophet-founder of Baha'i faith in 1817. This is one of the 9 holy days in the Baha'I calendar.
- 12-16 American Education Week.
- 16 International Day of Tolerance.
- 21 Prophet's Birthday (Muslim): Marks the birthday of the Prophet Muhammad on the 12th or 17th day of month Rabi'alawwal on the Muslim calendar.
- 22 Thanksgiving Day (American observance): Following a 19th century tradition, it commemorates the Pilgrim's harvest feast in the autumn of 1621.

FRAZZ By Jef Mallett



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

*You Can Support Claremont CSL
While Shopping On-Line at
smile.amazon.com*

Go to:

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

and log in to your amazon account as you always do. You'll see your account normally, but now amazon will donate 0.5% of all your purchases to the Claremont Center for Spiritual Living!

Board of Trustees

Rev. Tracy Earlywine, Senior Minister

909-624-3549

Patty Powers, RScP, President

909-636-7690

Marianne Breen, RScP, Vice-President

909-392-3934

Edward Graff, Secretary

909-938-9676

Lora Lopez, Treasurer

714-757-4700

Glenn Jones, Member

951-440-3589

Brad Orton, Member

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

Music Ministry -

Jeff Harrison, 714-928-7738

Bookstore Manager -

Glenn Jones, 951-440-3589

Director of Education -

Marianne Breen, RScP,

909-392-3934

Youth Education and Social Media -

Karen Larson, 909-591-3243

Volunteer Team Leader -

Micki Daniels, 909-949-1152

Sunday Hospitality -

Patty Powers, 909-636-7690

Librarian, Historian, Sound Ministry -

Ed Graff, 909-938-9676

*I Choose
(Author unknown)*

I choose...

to live by choice, not by chance;

to make changes, not excuses;

to be motivated, not manipulated,

to be useful, not used

to excel, not compete

I choose self esteem, not self pity

I choose to listen to my inner voice,

not the random opinions of others.

Life is a result of choices made.

What do you choose?

Found and shared by Susie Graff