

Expressions

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

America's Beauty Is In Its Diversity



by Alaa El-Saad

This essay was originally heard January 29, 2009 as part of the NPR program Tell Me More. It was one entry in NPR's long-running feature, "This I Believe" (inspired by a series of Edward R. Murrow's commentaries with the same title). In 2009, Alaa El-Saad was a 15-year-old high school student in Austin, Texas hoping to study medicine in college.

America is built on the idea of freedom, and there is no exception for Muslim women. I believe in the freedom of religion and speech. But mostly, I believe it's OK to be different, and to stand up for who and what you are. So I believe in wearing the *hijab*.

The *hijab* is a religious head covering, like a scarf. I am Muslim, and keeping my head covered is a sign of maturity and respect toward my religion and to Allah's will. To be honest, I also like to wear it to be different. I don't usually like to do what everyone else is doing. I want to be an individual, not just part of the crowd. But when I first wore it, I was also afraid of the reaction that I'd get at school.

I decided on my own that sixth grade was the time I should start wearing the *hijab*. I was scared about what the kids would say or even do to me. I thought they might make fun of me, or even be scared of me and pull off my headscarf. Kids at that age usually like to be all the same, and there's little or no acceptance of differences.

On the first day of school, I put all those negative thoughts behind my back and walked in with my head held high. I was holding my breath a little, but inside I was also proud to be a Muslim, proud to be wearing the *hijab*, proud to be different.
(*"America's Beauty"* continues on page 2...)

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Never regret being a good person, to the wrong people. Your behavior says everything about you, and their behavior says enough about them.

Found and Shared by Rev. Tracy

Edward Graff, Editor
Send essays, poetry, pictures, original writing to: eemgraffvz@gmail.com



("America's Beauty," continued from page 1...)

I was wrong about everything I thought the kids would say or even do to me. I actually met a lot of people because of wearing my head covering. Most of the kids would come and ask me questions — respectfully — about the *hijab* and why I wore it.

I did hear some kid was making fun of me, but there was one girl — she wasn't even in my class, we never really talked much — and she stood up for me, and I wasn't even there! I made a lot of new friends that year, friends that I still have until this very day, five years later.

Yes, I'm different, but everyone is different here, in one way or another. This is the beauty of America.

I believe in what America is built on: all different religions, races and beliefs. Different everything.



Read Past Issues of 'Expressions'

Our Web guru, Jeff Harrison, makes it possible to read past editions of *Expressions*! Paste this address into your browser, and you'll find all our back issues:

<http://www.claremontcsl.org/expressions/expressions.html>

Jeff also makes it possible to hear the 5 most recent Sunday morning messages. Go to our congregation's home page and you'll see them listed:

<http://www.claremontcsl.org>

If you have something you would like to contribute to *Expressions*, please email it to:
eemgraffvz@gmail.com

Seven Natural Laws of the Universe And Science of Mind Principles

Law of Vibration (Attraction)

Everything is consistently in a vibratory state. If two or more things are in the same frequency they will be drawn to each other like a magnet.

SOM: Focus on what you want instead of what you don't want.

Law of Relativity (Point of Reference)

Something that is used to judge or understand something else.

SOM: Practice relating your situation to something better (or worse) than yours.

Law of Cause and Effect

Every action has a reaction or consequence.

SOM: Consistently think and act on what you desire.

Law of Rhythm

Everything has a natural cycle. Change is constant.

SOM: When you are on a down swing, know that things get better.

Law of Gestation

Everything has a waiting period in which growth and development occur.

SOM: Know that your goals will become a reality when the time is right. Stay focused.

Law of Transmission

Energy moves in and out of physical form.

SOM: Your thoughts are creative energy. The Universe organizes itself according to your thoughts!

Law of Polarity

Everything has an opposite.

SOM: Look for good in people and situations. What you focus on, you make bigger in your life.



Dr. DREAM and Portal To Ascension present

111 Tibetan Healing Bowls

with Essential Oils & Raw Chocolate
Join Dr. DREAM & his Band of Angels
Sound Healing Chakra Experience



Saturday, April 27, 2019

2pm - 5pm

Claremont Center For Spiritual Living

509 S. College Avenue

Claremont, CA 91711

\$25 in advance - \$33 at the door

Tix @ www.TourOfLOVE.com

"Dr. DREAM is an Angel in human form working for our Creator to bring more Love, Light & Healing to people
....as I have been there, experienced it,
and am forever grateful for a 'God-send...'"

E.A. - Costa Mesa, CA

Sacred Economic Agreement
spanning 3 countries.
Supporting 1,500 Bowl-Makers
in rebuilding their lives in
2 villages in Nepal.

www.TourOfLOVE.com



Claremont Center for Spiritual Living, 509 S. College Ave., Claremont, CA 91711
Office Hours Tuesday-Thursday, 9 AM to 2 PM & Friday 9 AM to 11 AM
909-624-3549 / www.claremontcsl.org



About Dr. DREAM and The Sound Healing Chakra Experience

This information is taken from Dr. DREAM's web site, www.TourOfLOVE.com

Description:

111 Tibetan Healing Bowl Galactivation Experience including 7 essential oils & 7 raw chakra chocolates!!!

We will have 111 Tibetan Bowls from the Gilung & Sindupalachoka Villages in Nepal. We are supporting these villages in recovering and rebuilding their homes from the 2015 earthquakes. Be a part of this truly unique experience, using these hand crafted sound tools that will wash over your being and expand your consciousness.

In addition to including our high-frequency, rose essential oil and 6 other oils, and 7 chakra chocolates, Dr. DREAM and his Band of Angels will have a selection of 111 Tibetan Bowls (Master Healer grade) at this event.

There will be bowls available for sale also.

Dr. DREAM:

Dr. DREAM has been gathering groups together for the purpose of raising frequencies and expanding consciousness for many years. In January of 2010, Dr. Dream officially began the Tour of LOVE. Since that time, there have been more than 570 Galactivation Experiences, in over 200 cities around the world!

As one testimonial shares: "Dr. DREAM is an Angel in human form working for our Creator to bring more Love, Light & Healing to peopleas I have been there, experienced it, and am forever grateful for a God-send..."

Galactivation?

The Universal LOVE Galactivation is a multi-sensory journey utilizing energetic modalities to create a tangible spiritual experience. The energy provides you with an opportunity to align your energy to Source, promoting healing, self-empowerment and authenticity.

What is a Galactivation?

"Galactivation, for us, is the use of energetic frequencies, encompassing a powerful array of tools and modalities, with the expressed Intention of facilitating, for the participant, a deeper connection to Source and a more expanded awareness of the True nature of our shared reality, all leading to a more expansive experience of Universal LOVE."

The modalities that are included in this experience are:

- the ROSE Frequency
- 111 Master Healer grade Tibetan Bowls
- Raw Chakra Chocolates
- Sound healing
- Citrine Generator Crystal
- Essential Oils

The Flow?

Dr. DREAM guides you through visualization and storytelling into a deeply empowering state. The Band of Angels joins Dr. DREAM in facilitating this amazing experience.

»»» "Trusting The Infinite," from Science of Mind Magazine, May 2014, pg. 67

Trust is such an interesting concept that challenges many of us. True trust requires deep conviction and faith. Too often, we put our faith in people and come away being disappointed in others' behavior and choices. People are not infallible. We all have character flaws and deficiencies. We are all vulnerable and can move off of center based on our feelings, experiences and choices.

We are on a journey of awakening, and the human experience requires learning, growth and failings. That is why our trust must lie in the infinite presence of God in every moment. God is consistent, loving,

supportive, expansive and always present. The presence of Spirit is always in support of joyous life.

We live in a field of infinite love, infinite possibilities, infinite grace and infinite creativity. There is nothing lacking and everything is possible. Misplaced trust pulls us away from this knowing and has us place unrealistic expectations on others. Please know that this is a perfect moment to place your trust in the infinite presence of Spirit and surrender to the all-good that is available now. Step back and witness the miraculous nature of the loving Universe.

Calendar of Events for April, 2019

Claremont CSL Events

Ongoing:

Sundays -

AA Meeting, 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

Tuesdays -

Foundations Class, 6:30 PM (ends April 9);
Board Room

Wednesdays -

Meditation, 6:15 PM; Practitioner Room
Wednesday GATEway Service, 7 PM; Chapel

Thursdays -

Kindly Conversations, 10 AM; Chapel

For April:

- 6 Drum Circle, 3-5 PM; Chapel
- 7 Call to Prayer Sunday, 10:30 AM; Sanctuary
Potluck Sunday, 11:30 AM; Holmes Hall
- 12 Brown Bag Lunch with Rev. Tracy, 11:30 AM;
Library
- 19 Sacred Frequencies Sound Meditation,
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;
Library
- 27 Dr. DREAM Sound Healing Chakra Experience,
2-5 PM; Holmes Hall



Sacred and Cultural Events

- 1 Kha B'Nissan (Assyria) - Assyrians place bundles of green grass at the thresholds of their homes to welcome fertility and prosperity in the new year.
- 6 Ugadi (Hindu) - The beginning of the Hindu lunar calendar. People awake before dawn and decorate the entrance of their home with mango leaves. They eat bitter Neem leaves with sweet jaggery to signify the bitter and sweet of life.
- 13 Songkran (Buddhist) - In southeast Asia, *Songkran* is recognized as the New Year for Buddhists.
- 14 Baisakhi (Sikh, Hindu) - The first day of the solar year, this is an agricultural festival celebrating the harvest. For Sikhs it also marks the day in 1699 when Guru Gobind Singh established the order of 'Khalsa.'
- 14 Palm Sunday (Western Christian) - Commemorates the day of Jesus' triumphal entry into Jerusalem riding an ass, when crowds placed palm branches in his path.
- 18 Holy Thursday (Western Christian) - 'Maundy Thursday' was the night Jesus had the last supper with his disciples before his arrest and crucifixion.
- 19 Good Friday (Western Christian) - Commemorates the crucifixion and burial of Jesus.
- 20 Pesach (Jewish) - 'Passover' begins at sundown on the 19th and continues for 8 days. It commemorates the angel of death passing over the children of Israel when they were slaves in Egypt.
- 21 Easter (Western Christian) - Celebrates the resurrection of Jesus from the grave.
- 22 Earth Day (International) - Established in 1970 to celebrate the earth and renew our commitment to building a safer, healthier, cleaner world.
- 25 Holy Thursday (Eastern/Coptic Christian)
- 26 Good Friday (Eastern/Coptic Christian)
- 26-28 Gathering of Nations Pow Wow (Native American) - Over 700 tribes and 3,000 participants teach and exchange traditions with each other.
- 28 Easter (Eastern/Coptic Christian)
- 30 Walpurgis Night (Sweden) - The annual feast of the witches. Huge bonfires are lit all over the country to scare witches away as they fly overhead. Young and old sing and dance until the early hours.

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 Cordova-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

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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!

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Sacred Service Team Members

Pastoral Care -

Rev. Tracy Earlywine, 909-624-3549

Practitioner Core, 909-624-3549

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Chris McDowell, 909-912-4928

Church Administrator -

Stacey Jones, 909-624-3549

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909-392-3934

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Patty Powers, 909-636-7690

Librarian, Historian, Sound Ministry -

Ed Graff, 909-938-9676

Pet Ministry -

Diane Clements, RScP, 909-947-5197

DEEP IN GRIEF

by Patricia McKernon Runkle

Slip off your needs
and set them by the door.

Enter barefoot
this darkened chapel

hollowed by loss
hallowed by sorrow
its gray stone walls
and floor.

You, congregation
of one

are here to listen
not to sing.

Kneel in the back pew.
Make no sound,

let the candles
speak.