

# NEWSLETTER

www.mendocinocsl.org

December | 2010

## Light:

*"In everything give thanks. An attitude of gratitude is most salutary, and bespeaks the realization that we are now in heaven. Gratitude is one of the chief graces of human existence and is crowned in heaven with a consciousness of unity."*  
~ Dr. Ernest Holmes (SOM text pg 497)

### Greetings Dear Ones:



Reverend Wyldflower

Light is the theme for December.

The month that contains the longest night of the year for those of us who occupy the Northern Hemisphere, is the same month that brings us easily into

contemplation of the essential role of light in our lives.

The Sanskrit word for light : jyoti, means more than physical light- it also means growth and meaning, indeed the whole trajectory that a person's life is following

or aiming towards. In this sense, the light is the guidance system that moves us- that lights our path.

This inner Light is what we call intuition, the Holy Spirit, the still small voice - our own personal Guidance Positioning System that if heeded will move us always towards our greatest Good. We do not create this GPS, we merely tune into it and follow it if we are willing to receive this good that is already ours. The system is rigged in our favor and it really is that easy!

**Dr. Ernest Holmes** had much to say on the subject of Light, having shared that he had personally experienced the Light he talks about here:

*"In the beginning was the Word and the Word was Life, and the Word was Law, and the Word was Light; and the Light through the Law produced form; and created form turned into Light; and the Light of consciousness dawned; and man beheld*

*(Wyldflower, continued on page 10)*

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Ingrid Peterson created a stunning work of art to grace the Sunday Celebrations podium. The art is created from beach-collected pottery and glass, on redwood.

## Sharing the Light with Our Favorite Sayings

Nothing real can be threatened  
Nothing unreal exists  
Herein lies the peace of God

*Course in Miracles*

Submitted by Jo Williams

*(Light, continued page 2)*

## *A Child to Light Up Our Lives*



### Loving Home for a Baby

Do you know someone who is considering placing a child for adoption?

Christine Drake and Marco Pecenco would love to adopt a baby and start their family.

To learn more about Christine and Marco, visit [www.candm-adopt.com](http://www.candm-adopt.com) or call toll free at

1-877-600-8006.

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# SHARING THE LIGHT

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## Favorite sayings submitted by our members



Dr. Ernest Holmes

### Light comes...

Light comes when we are least aware of it;

We suddenly look up from the sameness of

The everyday and there it is, unasked  
And unexpected Indifferent to our acceptance

Or rejection of it, the light is there  
And that is all we know! Impersonal  
As is the beauty of a sunset!

~ Ernest and Fenwicke Holmes

Submitted by Jim Williams

### News Flash!

The absolute, unquestionable Truth is that:

- \* God is within you.
- \* You're made of 'God-stuff' with all of God's fabulous attributes.
- \* You are light-filled.
- \* You are Spirit-filled.
- \* For your own highest spiritual growth and happiness, you are encouraged to realize and accept these Truths, and live accordingly, in faith. ~ *Carolyn Cathey*

### MAY WE

May we Inspire our Youth  
To Feel & Live Compassion  
To Create Support & Cooperation,  
While Holding Faith  
In the Global Heart of  
Our Human Race Worldwide.

The Divine expression is Alive,  
Living in each of Us.

May our Lives be our Art  
To be our Gift to the Children  
of the Future.

~ Ancha Nitya

### If there is light...

~ Chinese proverb

If there is light in the soul,  
there will be beauty in the person.  
If there is beauty in the person,  
there will be harmony in the house.  
If there is harmony in the house,  
there will be order in the nation.  
If there is order in the nation,  
there will be peace in the world.

Submitted by Donna Jean Starr

~~~~~

"Be still, and know that I am with you."

~ English prayer

Submitted by Ingrid Peterson



Marianne Williamson: *Return to Love*

### "Our Deepest Fear..."

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Submitted by Reverend Gail Johnson

### Dear Members,

After my wife passed on November 22nd, 2009, I was saying some pretty maudlin things on my Tibetan Prayer Beads and it was getting me down. So Reverend Tanya said, "Instead of those thoughts, say:

***I Love You and Release You to the Light"***

***Michael Holmes***

"It was also in the ( WWII) prison camps that (William Hutchison) Murray was introduced to meditation, a practice he continued for the remainder of his life."

Scottish Mountaineering Club

# Desiderata

~ Max Ehrmann, 1927

Submitted by Jo Williams

Go placidly amid the noise and haste,  
and remember what peace there may be  
in silence.

As far as possible without surrender  
be on good terms with all persons.  
Speak your truth quietly and clearly;  
and listen to others,  
even the dull and the ignorant;  
they too have their story.  
Avoid loud and aggressive persons,  
they are vexatious to the spirit.

If you compare yourself  
with others,  
you may become vain and  
bitter;  
for always there will be  
greater and lesser persons  
than yourself.

Enjoy your achievements  
as well as your plans.  
Keep interested in your  
own career, however  
humble;  
it is a real possession in  
the changing fortunes of  
time.

Exercise caution in your  
business affairs;  
for the world is full of  
trickery.  
But let this not blind you to what virtue  
there is;  
many persons strive for high ideals;  
and everywhere life is full of heroism.

Be yourself.  
Especially, do not feign affection.  
Neither be cynical about love;  
for in the face of all aridity and  
disenchantment  
it is as perennial as the grass.

Take kindly the counsel of the years,  
gracefully surrendering the things of  
youth.  
Nurture strength of spirit to shield you in  
sudden misfortune.  
But do not distress yourself with dark  
imaginings.  
Many fears are born of fatigue and  
loneliness.

Beyond a wholesome discipline,  
be gentle with yourself.  
You are a child of the universe,

no less than the trees  
and the stars;  
you have a right to be  
here.  
And whether or not it is  
clear to you,  
no doubt the universe  
is unfolding as it should.

Therefore be at peace  
with God,  
whatever you conceive  
Him to be,  
and whatever your  
labors and aspirations,  
in the noisy confusion  
of life keep peace with  
your soul.

With all its sham, drudgery, and broken  
dreams,  
it is still a beautiful world.  
Be cheerful.  
Strive to be happy



*Desiderata (Latin: "desired things", plural of desideratum) is a prose poem by Indiana writer Max Ehrmann. It exhorts the reader to "be at peace with God, whatever you conceive Him to be", and to "keep peace with your soul".*



Max Ehrmann

# The Power of Commitment

William Hutchison Murray  
(1913-1996),

*The Scottish Himalayan Expedition*



Until one is committed, there is  
hesitancy, the chance to draw back;  
always ineffectiveness.

Concerning all acts of initiative and  
creation there is one elementary  
truth, the ignorance of which kills  
countless ideas and splendid plans:  
That the moment one definitely  
commits oneself, then, Providence  
moves too.

All sorts of things occur to help one  
that would never otherwise have  
occured. A whole stream of events  
issues from the decision, raising in  
one's favor all manner of unforeseen  
incidents and meetings and material  
assistance, which no man (or woman!)  
could have dreamt would come their  
way.

I learned a deep respect for one of  
Goethe's couplets:

**'Whatever you can do, or dream  
you can, begin it. Boldness has  
genius, power, and magic in it!'**

**Begin it now!**

Submitted by Ingrid Peterson

COACH'S CORNER



### Happy Holidays from Brigitta D'Amato

December, being the darkest month, makes up for it with Celebrations of Light! We capture lights in every form imaginable: street lights and shop window decorations, candle-lit table settings, light-wrapped trees, ancient seasonal music with delightful lyrics and yes, those obvious light-filled metaphors.

We light fires. We light lamps. We light ovens. We light wood stoves with kindling or lightwood. We would lighten up under lighter housekeeping. We cannot possibly call our problems lightweight. We look up to dark heavens through the skylight.

We might take a walk down to the lighthouse. We welcome a light breeze on our hot faces. We stop at red lights and demand green lights. We feel surprisingly light-hearted now. We plan to give up smoking and toss our lighter.

We will lighten our hair for the Holiday party. Will we be light-headed after too much egg-nog and hope that lightening will not strike us? Will we light into too many tempting Holiday treats and pray that we will remain light on the scale?

We are always looking for real enlightenment. We delight in lightening each other's burdens. We light up any room when our love comes to light. We feel suddenly so much lighter. We dance light-footedly through this Holiday Season!

After a month of passionately celebrating lights, we are so totally relaxed and ready for lights-out...!

## Water

Is

The Essence of Life  
Hyper-Dimensional Expression  
Of the structure of Light  
Liquid Light

The Elixir  
Of the Soul  
Pulsing Life Force  
In the Human Temple.

Re-Member your  
Body Mind & Spirit  
Back into  
The Sacred Flowing Energy

Of our Souls Merging into Light  
As we embody our Truth  
Flowing once again Sacred Love from Within.  
The Beloved is Us. Ancha



Jerry Jampolsky

*"We can always perceive ourselves and others as either extending Love or giving a call for help."*

*~ J Jampolsky, Centers for Attitudinal Healing*



*"Out beyond rightdoing and wrongdoing, there is a field. Let me meet you there."*

*~ Rumi*

Or...you can change it and make it for our area.

*"Out beyond rightdoing and wrongdoing, there is a wave. Let me meet you there."*

Submitted by Ingrid Peterson

# Thanks Giving Concert

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....cont.

## Midwifing the Sacred

The thorn in our Souls  
Is the last piece  
Needed to be released  
To Our Universe

To Experience the Beauty  
of Our World We need  
To Dream it back  
Into Our lives.

Conscious of  
Our Consciousness,  
We CAN Re-Birth  
Life is Sacred.

The Sacredness of Life  
In Loving Grace,  
Always, Is held tenderly  
In our Hearts & Souls

Let Our Consciousness  
Re-Awaken to itself,  
As we re-embodiy  
The Divinity We Are.

In Meditation  
Our Human Identity  
Merges into the Soul,  
Oneness of All.

The One is You  
The One is Me  
You are in Me in You  
We are the One!

You and I are Facets  
of The One Diamond,  
which is all there is,  
GOD.

Ancha Nitya  
New Mexico, July 2010



# ZamZuu for MCSL

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Cash back shopping has come to Mendocino Center for Spiritual Living!!

Are you planning on doing any online shopping for the Holidays?

Do you like win-win situations where you make money and so does our Spiritual Center?

Then you will love our new ZamZuu website!

This is a shopping portal for over 700 online stores including Macy's, Target, Sears, Staples, Kohl's, Home Depot, Linens N Things, Overstock.com, Drugstore.com, Home Shopping Network, Hay House, Gaiam, Circuit City, Walmart, Travel and many, many more.

Here is all you have to do:

1. Go to [www.mcsllshop.org](http://www.mcsllshop.org)
2. Select the "Start Here" where it says "New to ZamZuu?"
3. Complete the New Account Profile and then Submit (make note of your password!)
4. Start Shopping!
5. Categories of stores are listed on the left side or you can type in a specific store to search for (Don't miss the 33 stores under category "Natural, Green and Organic!")
6. As you select a store, you will see the cashback % and then you select the Shop Now! Button.
7. This takes you to the website and automatically tracks your purchases so you get cashback and so does MCSL!
8. On the Home page there are tabs for Travel, ZamTek, Wellness, Services and Specialty. You can explore these areas also.
9. Stores listed on the right side often have special savings and promotions.

After you sign in, under My Account you can select:

1. My Favorite Stores and see a complete listing to select your personal favorites.
2. My Reminders is where you can enter birthdays and other occasions to be reminded of.

*We certainly support shopping locally!*

And – if you are going to shop online or go over the hill to get something not available locally, please consider checking out Mendocino Center for Spiritual Living's very own shopping website!!!

Have questions or need help? Call Reverend Gail Johnson at 964-6855

Don't forget to tell your friends and family – they can get cash back too!

# NEWSLETTER sponsors

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We would like to express our deep appreciation to both Casey DeWitt and Patrick McNulty for their generous donation of time and skill in order to produce our recently completed MCSL Songbook. Casey, thank you for the many hours it took to collect, format, and organize all of the songs for our book. Patrick, thank you for taking this project on in a bigger way than we all intended. Your help with the technical aspects of layout and printing an entire book was invaluable and far beyond our expectations.

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## SUNDAY CELEBRATION

10:30 AM: Meditation ~ 11:00 AM Sunday Service ~ 11:15 AM: Youth School

### 8 DECEMBER 2010 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
28 (Nov) Speaker Reverend Wyldflower "Spiritual Tools" — Cinema Series "Nature, Nurture & the Power of Love" 5 pm ~ Hill House	29 (Nov)	30 (Nov) "A Course in Miracles" Study Group - 1-2 pm —	1	2	3	4
5 Speaker Reverend Barnhart "The Gift - What is all the Celebration About?" —	6	7 "A Course in Miracles" Study Group - 1-2 pm —	8	9	10 Holiday Party! Hill House 6:00 pm ~ See pg 9	11
12 Speaker Jim Williams "I Shall Not Call You Stranger" — Book & Media Sale After Celebration See page 9	13	14 "A Course in Miracles" Study Group - 1-2 pm —	15 Board Meeting 4 pm  <i>Members are encouraged to attend</i>	16	17	18
19 Speaker Reverend Wyldflower "Celebrating the Light" — Book & Media Sale After Celebration See page 9	20	21 "A Course in Miracles" Study Group - 1-2 pm	22	23	24	25
26 Speaker Reverend Wyldflower "The Light Within" — Birthday Sunday	27	28 "A Course in Miracles" Study Group - 1-2 pm	29	30	31	<b>December Birthdays</b> Betty Graubard 7 Marie-Claire Dizin 14 Steve Ryals 15 Nancie Shideler 22 Eileen Broderick 26 Kay Graves 27 Beverlee Younger 28 Cathryn Heart 28

	Presider	Music	Spiritual Coach
5	Mary Ellen Hill	Ewerbeck, Champanier, Gardner	Reverend Johnson
12	Justin Calvino	Roberta Belson	JoAnn SkyWatcher
19	Margaret Roberts	Betsy Ford	Brigitta D'Amato
28	Carolyne Cathey	Danny Barca	George D'Amato

#### SCHEDULE for Upcoming Accredited Classes & Book Studies

Jan-Mar 2011	SOM 103	"Building a Healing Consciousness"
Jan-Mar 2011	SOM 218 : Book Study	"It's All God" by Walter Starcke
Mar-May 2011	SOM 104	"The Principles of Successful Living"
Mar-May 2011	SOM 208: Book Study	Essays by Emerson
June 2011	SOM 219: Book Study	"It's the Magic of the Soul" ~Patrick Harbula
Sept 2011	SOM 207: Book Study	"Edinburg Lectures" by Troward
Sept-Oct 2011	SOM 206	"What the Mystics Taught"

## MCSL HOLIDAY PARTY

Friday, December 10

6 PM, Hill House

10701 Palette Dr., Mendocino

\$30/Adult (\$20 for 11-18yr, \$10 for up to 10 year olds)

\$5 for Dessert Only & Silent Auction (~8PM)

6:00 APPETIZERS ~ NO-HOST BAR ~ SILENT AUCTION

6:30 HOLIDAY PHOTOS BY JOANN SKYWATCHER

7:00 DINNER ~ 8:00 DESSERT ~ 8:30 CLOSE OF SILENT AUCTION



### MENU:

TOMATO BRUSCHETTA APPETIZERS  
SAGE & ROSEMARY ROASTED TURKEY  
WITH CRANBERRY SAUCE  
GARLIC MASHED POTATOES & GRAVY  
CAESAR SALAD  
STUFFED ACORN SQUASH WITH NUTS  
COFFEE/TEA AND ICED TEA  
CAKE (PROVIDED BY PATRICIA PRYOR!)

*Payment must be made by Dec. 5th  
(Checks paid to MCSL)*

Donations requested: Silent Auction Items  
*Proceeds to Benefit our Center*

Donations to Hospitality House: *(at party)*  
Food, clothing, toiletries and blankets

Call Reverend Gail to RSVP, Volunteer and  
Make Silent Auction Donations - 964-6855

## BOOK & MEDIA SALE

Sunday, December 12th & 19th

After Sunday Celebration  
Hill House

### Name Your Price!



*In memory of Mary Lucas who generously willed her book collection to MCSL*

Shop for your favorite authors and intriguing titles  
December 12th & 19th

*If you have books, CD's, DVD's or tapes to donate:*

Place your donated books under the Chapel Information Table

*or*

Bring them the day of the sale.

**MCSL**  
**Board Members & Staff****Board Members**

Reverend Tanya Wyldflower, Minister/Director, President

707-964-1458 - [tanyawyl@mcn.org](mailto:tanyawyl@mcn.org)Reverend Gail Johnson—707-964-6855 [revgailjohnson@yahoo.com](mailto:revgailjohnson@yahoo.com)Blair Mansur -Vice Pres. 707-895-2054 - [blairm@mcn.org](mailto:blairm@mcn.org)Yvonne DeWitt - Secretary 707-937-5486 [ydewitt@mcn.org](mailto:ydewitt@mcn.org)

Alice Stafford -707-964-0210

**Licensed Practitioners—Spiritual Coaches**

Reverend Tanya Wyldflower—707-961-1458

Reverend Gail Johnson—707-964-6855

JoAnn SkyWatcher—707-462-2501

Brigitta D'Amato—707-895-2366

George D'Amato—707-895-2366

Carolyn "Wysteria" Owen— 962-0623 S. C. Graduate

**Up & Coming Events**  
**January 2011****Discovery Class: Sunday, January 16th** following Sunday Celebration

If you are interested in becoming a Member of our Center- this class is for you. Come learn the benefits of being a member!

**SOM 103- Building a Healing Consciousness**

What does it take to build the life of your dreams?

Class Fee: \$15.00 per class

Date to be announced

**SOM 218- Book Study: It's All God by Walter Starcke**

Dates of Class: Tuesday evenings

How to be living your spirituality in your everyday life.

Class Fee: \$15.00 per class

**MCSL Focus Group: January 23th**, 1 PM after Sunday Celebration

Share your thoughts and needs regarding the present and future direction of our Center in this open forum conducted by an independent consultant.

**Spiritual Cinema Night: Friday, January 21st**

Movie: Who You Really Are! Esther and Jerry Hicks

**Spiritual Practices Night: Friday, January 28**

Rev. Gail Johnson will present Goal Achievement.

**Special Event: Matthew Fox: Sunday, January 30**

Renown author, theologian, priest and founder of Creation Spirituality Matthew Fox will be our Special Guest Speaker for Sunday Celebration. Following Celebration he will speak to the community on a New Spirituality for the 21st Century. Sponsors to help fund his lecture are being solicited now.

*(Wyldflower, continued from pg 1)**the Light and walked in It; and the Light was All.**The mystics, or those who were illumined, have all had an experience in common: They have seen the Cosmic Light. That is why it is said that they were illumined. There is a light at the center of everyone. This light is never obliterated, but it does seem that it is often obscured by various reasons.**If a spiritual mind treatment could be seen, it would be seen as a pathway of light.**All spiritually minded metaphysical practitioners, when they are treating, often experience a light about everything, and feel that they are immersed in light. There is a light in every organ of the physical body. If any organ would be restored to the vibration of that light, it would become healed, because that light is the pattern of that thing.**You see, everything individualized is universalized. healing using any art or science, whether it is material medicine or spiritual healing is to restore us to the divine pattern that has always been there, to reveal the inner light vibrating as perfect health.- We need to break through our habitual thought patterns which repeat themselves with monotonous regularity. We could not do this if there were not a transcendent pattern for us, if there were not a light beyond our darkness. There is a light in us that knows these things -- and that is intuition. There is a voice in us that speaks this language and was never taught it. No one ever told God what to be."**When we heal the feeling of separation from this Light then we also will say as the Master teacher Jesus of Nazareth said, "I am the Light of this world." And "You are indeed the Light of the world. Let your Light so shine before man that they may see your good works and glorify your Father in Heaven." Let your Light show your true essence so that the Divine is seen clearly to all, yourself included.***Meditation on Light:** *I am a Light, I am a Light in this world. And I shine, and I shine so bright. You are a Light, You are a Light in this world. And you shine and you shine so bright. We are a Light, we are a Light, we are a Light in this world and we shine and we shine and we shine so bright. (words of the song by Donna Michael)***I am a Center of Light within the Knowledge of God.***Reverend Tanya Wyldflower)*