

NEWSLETTER

www.mendocinocsl.org

March 2011

BALANCE

Greetings, Dear Ones:



Reverend Wyldflower

We have been two months at our new location at the Stanford Inn. We are just now feeling like we are settling in and finding our way to how we can complement and support the good work that is

happening in our new surroundings. It has been an amazing journey for our Center- beginning as a study group meeting bimonthly at Betty Graubard's art studio, moving to the Mendocino Recreation Center with exercise equipment over our heads then going to the lovely but nearly vacant Hill House.

In our new location, we are now occupying a beautiful and beloved

environment that is a dedicated sacred space. Our hosts, Joan and Jeff Stanford, have so graciously opened their Inn home to us, recognizing that we can be a complement in helping to maintain and co-create the healing consciousness that they have already established there. Indeed, for the first time in our Center location, we are entering into a situation

(Wyldflower, continued on page 3)

"Living a Balanced Life"



Reverend Gail Johnson

"Happiness is not a matter of intensity but of balance, order, rhythm and harmony."

~ Thomas Merton

How would you define a balanced life? One definition of balance is a state in which various parts form a satisfying and harmonious whole and nothing is out of proportion or unduly emphasized at the expense of the rest.

When considering living a balanced life, it might be tempting to focus on where

(Johnson, continued on page 3)

Project Sanctuary



MCSL Monthly Donation:

Our monthly charitable donation for February was to Project Sanctuary.

Valentines from Youth



Our youth presented handmade cards to their loved ones and passed out Valentine candy and flower bouquets to the Sunday Celebrants, led by Rev. Johnson & C. Cathey

IN THIS Issue

- 2 Coach's Corner: Steve Ryals
- 2 Leadership Conference Share
- 2 Newsletter Sponsor: Jo Williams
- 3 Wyldflower & Johnson (Cont.)
- 4 Calendar
- 5 Spiritual Cinema: Law of Att:
- 5 Spiritual Practices: Watson
- 6 Sponsors
- 6 MCSL Board of Directors & Staff



Steve Ryals, Spiritual Coach

The Dance of Balance

Given the many demands for our time and attention, how can we live a life in balance? By living a balanced life we can virtually eliminate suffering, which I define as resisting or making the moment wrong.

First, what do we mean by balance? Second, what is it, exactly, that we are balancing? The definition of balance I'm using is "mental steadiness or emotional stability; habit of calm behavior, judgment, etc." It may seem impossible to live life in balance, especially when illness or other life-changing events cause comfort zones to vanish. But our comfort zone is not the same as living a balanced life.

The answer to how we can live a balanced life in the midst of apparent chaos is, of course, to have an active spiritual practice. Spending time every day in meditation or other contemplative practices gives us daily opportunities to affirm that "Love is all there is – God is all there is."

~ Steve Ryals

Bring your own lunch Stanford Inn, Big River Room

- ◇ You are invited to join us for an in-depth look at what occurred at the recent Historic Integration Conference attended by Reverends Tanya and Gail.
- ◇ The memberships of International Centers for Spiritual Living and United Centers for Spiritual Living will be asked to ratify foundational documents creating a new organization for the unified pursuit of our common intentions.
- ◇ We will report what that new organization might look like and how that affects our Center.
- ◇ Bring your questions to the discussion.
- ◇ Join us and learn about the future of our united fellowship.
- ◇ We are One so let's celebrate!!



Newsletter Sponsor

HAPPY BIRTHDAY, KEVIN!

Today, and every day, I expect good.
 I anticipate meeting new friends.
 I joyously anticipate contacting new situations which will increase my livingness.
 My life is an adventure.
 I know that wonderful things are going to happen for me.
 I know that everything I do shall turn into good for myself and for others.

Ernest Holmes., This Thing Called You

Happy birthday to you, Kevin!
So deeply grateful we are on "the adventure" together!
Love & Laughter, Jo

Our Two Gifted Ministers

~

Reverend Tanya Wyldflower Reverend Gail Johnson

(Wyldflower, continued from page 1

where the sacred space has been established before we arrive! The area we occupy on a Sunday is the Wellness Center of the Inn, with yoga classes, massage, acupuncture, ayurvedic treatments offered.

Jeff Stanford writes on his website, "We are excited by guests visiting the inn. For us it is as if relatives and friends were coming who want to experience our home at its best. We treat our guests as we do our family. For us this is a matter of consciousness and a wholehearted desire to live mindfully so that all might live well."(www.stanfordinn.com)

In the unexpectedness of our sudden move, it has taken us sometime to realize what an awesome place we have landed in- an eco-resort dedicated to sustainable practices with organic gardens, green practices and a consciousness of mindfulness of healing energy. We are being called to support, sustain and match this in how we treat and consider our new space.

I am now realizing that our biggest obligation to our new hosts is not "to make sure we do not take up the parking spaces necessary for their breakfast guests" but to join them in mindfulness to treat this space with the same love and care that they offer us by their invitation to share with them.

Our new location invites us to support and be supported by a larger healing community. Let us be mindful and heartfelt of the way we honor the gift we have been given by adding to the beauty and the caretaking of our cherished surroundings. As we do so, we expand our consciousness in our continuing evolution.

I am a Center of Mindfulness within the Mind of God.

Reverend Tanya Wyldflower



(Johnson, continued from page 1

our lives are appearing out of balance. Since we teach in Science of Mind to focus our thinking on what we want instead of what is lacking or wrong, ask yourself, "Where in my life am I feeling and living in balance? What parts of my life are satisfying and harmonious?" Our balance comes from being aware and making adjustments toward that greater whole.

Here are some thoughts on living a balanced life from graceful-balance.com:

- » It is knowing what matters deep down inside and designing a life to support it.
- » It is being brave enough to eliminate what doesn't work.
- » It is respecting yourself enough to honor your own desires.
- » It is realizing that you have so many hours in a day and using those hours with intent.
- » It is being brazen enough to make your needs as important as the needs of those around you.
- » It is liberating because you are orchestrating a deliberate and rich life.
- » It is supporting your body in a way that allows you to thrive.
- » It is a way of living and not a destination.

I know for me, part of living a balanced life is being able to deal with the unexpected, especially those things that might be considered an adversity. This is where it really helps to look for the gifts and practice extreme self-care!

As we raise ourselves to the level of solutions, our problems diminish and can even be appreciated – well maybe at some point down the line!

Namaste!

Reverend Gail Johnson

SUNDAY CELEBRATION

4

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

STANFORD INN, Comptche-Ukiah Road off Hwy 1

MARCH 2011 CALENDAR

SUN	MON	TUE	WED	TH	FRI	SAT
<p>6</p> <p>Speaker Reverend Wyldflower & Reverend Johnson "Gold Nuggets"</p> <p>—</p> <p>"Leadership Conference Share" 1:00-2:30 Bring your own lunch</p>	<p>7</p> <p>SOM 218: 1:30-4:30 PM Last Class It's All God" Rev. Wyldflower'</p>	<p>8</p> <p>"A Course in Miracles" Study Group - 1-2 pm NEW! Home of Louise Boedecker 44900 Pine, Mendocino</p> <p>—</p> <p>Board Meeting 4-6 PM Home of Dean & Shirley Watson 31850 Wildwood Way, FB Everyone is encouraged to attend</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>
<p>DAYLIGHT SAVINGS TIME, ~ MARCH 13 ~ MOVE CLOCKS AHEAD ONE HOUR</p>						
<p>13</p> <p>Speaker Reverend Johnson "Finding Diamonds in Your Own Backyard"</p> <p>—</p> <p>DAYLIGHT SAVINGS TIME, MOVE CLOCKS AHEAD ONE HOUR</p>	<p>14</p>	<p>15</p> <p>"A Course in Miracles" Study Group - 1-2 pm NEW! Home of Louise Boedecker 44900 Pine, Mendocino</p> <p>—</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>Spiritual Cinema "The Law of Attraction in Action - Part Two" 7-8:30 pm See Page 5</p>	<p>19</p>
<p>20</p> <p>Speaker Reverend Wyldflower "The Balancing Act" & New Member Induction Ceremony</p> <p>—</p>	<p>21</p>	<p>22</p> <p>"A Course in Miracles" Study Group - 1-2 pm NEW! Mendocino Coast Hopsital Point Cabrillo Room</p>	<p>23</p> <p>SOM 103 Class: 1:30 - 4:30 pm "Building a Healing Consciousness" Co-directed by: Reverend Wyldflower & Reverend Johnson 17900 Ocean Drive #48, FB</p>	<p>24</p>	<p>25</p> <p>Spiritual Practices "Graceful Farewell" (An Introduction) Maggie Johnson 7-8 pm See Page 5</p>	<p>26</p>
<p>27</p> <p>Speaker Danny Barca "Leaning into Life" —</p> <p>Birthday Sunday</p>	<p>28</p>	<p>29</p> <p>"A Course in Miracles" Study Group - 1-2 pm NEW! Mendocino Coast Hopsital Point Cabrillo Room</p> <p>—</p>	<p>30</p> <p>SOM 103 Class: 1:30 - 4:30 pm "Building a Healing Consciousness" Co-directed by: Reverend Wyldflower & Reverend Johnson 17900 Ocean Drive #48, FB</p>	<p>31</p>	<p>1</p>	<p>5</p>

	Presider	Music	Spiritual Coach
6	Carolyn Cathey	Nick & Ayame Vest	Reverend Johnson
13	Steve Ryals	Sue Sisk	Rev. Wyldflower
20	TBA	Ami	George D'Amato
27	Dean Watson	Danny Barca	Wysteria Owen



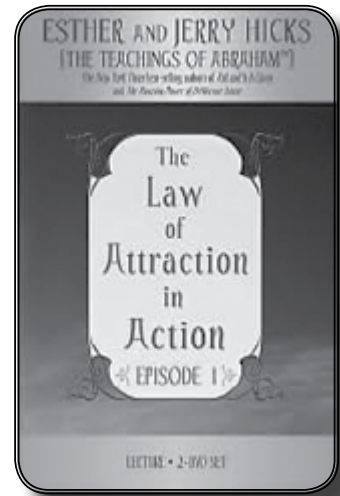
March Birthdays	
Reverend Johnson	3
Yvonne DeWitt	12
Lorraina Barnard	19
Celia Hummel	22
David Leonhardt	31

Friday, March 18
7 - 8:30 PM
Stanford Inn

SPIRITUAL CINEMA NIGHT

LOVE DONATIONS WELCOME

"Law of Attraction in Action ~ Episode 1 Esther & Jerry Hicks



We continue our exploration of the Law of Attraction in Action by viewing Part 2 of this 2-part inspirational DVD program. Esther and Jerry Hicks present the teachings of the Non-Physical entity Abraham, whom Esther calls infinite intelligence and Jerry refers to as the purest form of love I've ever encountered.

- ◇ **Healers and teachers:** Surprise! According to Abraham, they're the very same thing. How to be more effective at both.
- ◇ **Tough to love?:** Drinking, drugs, broken curfews . . . "A lot of my life revolves around a difficult 19-year old daughter who's had a difficult path." A few pointers from Infinite Intelligence.
- ◇ **Tick Tock?:** The nature of time, aging, the universe expanding, . . . linear time for timeless beings. Abraham helps us get a handle on "the perception of time" — slowing time down, and "walking through tomorrow — today."

- ◇ **The Book:** How do the Teachings of Abraham® jive with traditional Christianity . . . or with any religion, for that matter? With an amusing "early days" tale of Jerry and Esther somehow finding themselves on a "Bible-belt" phone-in radio show!
- ◇ **Can The Law of Attraction be scientifically proven?** A more detailed analysis of "The Law." And how do emotion and matter interact?

"Feel better before you have it – and you'll have it!"

SPIRITUAL PRACTICES: "DON'T PUT OFF UNTIL TOMORROW..."



PUTTING YOUR AFFAIRS IN ORDER TODAY

Maggie Watson

"A Graceful Farewell: Putting Your Affairs in Order"

Few of us want to consider end-of-life matters – after all, we're too busy living to think about dying. Maggie Watson, local resident and author, shares an easy way to start to work on putting your affairs in order.



In this Spiritual Practices Evening Watson discusses how to touch on the areas of your life that should be organized, and information that should be made locatable to support and assist loved ones and caregivers.

Friday, March 25
7-8 PM
Stanford Inn
(Big River Room)

Being prepared brings peace of mind for you and your loved ones through personal guidelines for them to carry out your wishes at the end of your life.

See the full-page flyer at the entry table for information on a repeat free workshop and the 3-part classes that will guide you in detail through the process of organizing your documents, with the support of a facilitator and a guest attorney.

Reverend Johnson~964-6855, revgailjohnso@yahoo.com ~ Maggie~mwatson@mcn.org

♥ Love Donations Welcome

MCSL Contact Information

PO Box 187, FB, 95437 - 707-964-1458 - www.mendocinocsl.org

MCSL Board Members & Staff

MCSLSupport Staff

Jo Williams: Business Manager: 937-2779 jo@healthandvitalityforall.com

Carolyne Cathey: Newsletter/Web: 272.5397 carolyne_cathey@hotmail.com

Rebecca Aum: Youth Director: 937-1696 raum_2000@yahoo.com

Ayame and Nick Vest: Set-Up Coordinators

Board Members

Rev. Tanya Wyldflower, Minister/President ~707-964-1458 ~ tanyawyl@mcn.org

Rev. Gail Johnson, Vice President ~707-964-6855~ revgailjohnson@yahoo.com

Joan Portello, Treasurer

Yvonne DeWitt, Secretary ~ 707-937-5486 ~ ydwitt@mcn.org

Dean Watson - 707-962-0479 watsondmw@comcast.net

Justin Calvino ~ 707-354-2803 ~ skysedge23@yahoo.com

Licensed Practitioners—Spiritual Coaches

Reverend Tanya Wyldflower—707-964-1458

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



Health & Vitality For All!
NURTURING THE BODY INSIDE & OUT

Jo Williams, CMT

Myofascial Release • Shaklee Distributor

For information or to schedule an appointment:

707-937-2779 • jo@healthandvitalityforall.com

www.healthandvitalityforall.com

glass dharma

the original glass straw
handmade in the USA

David Leonhardt

owner + master lampworker

dl@glassdharma.com 17900 Ocean Drive #48

707. 964 9350 Fort Bragg California 95437

www.glassdharma.com

sip the world. it's worth it.

(and that's lifetime guaranteed)

Offering an unprecedented guarantee, we stand behind our product and promise that if it breaks, it will be repaired or replaced. Made from the safest and strongest borosilicate glass, GlassDharma straws are incomparable to plastic straws, and they are dishwasher and microwave safe! We are so confident with our straws that we will extend a full refund if you are not satisfied (not that we predict this will happen!).

www.glassdharma.com

MILLIS CONSTRUCTION

Richard Millis

General Building &
Electrical Contractor
CA. License # 682486

P.O. Box 2121

18601 N. Hwy One
Fort Bragg, CA 95437

Office 707-964-8669

Cell 707-684-9009

Mendocino
Center for
Spiritual Living™
PO Box 187 * Fort Bragg, CA 95437