

Welcome to The Center!

*Offering spiritual tools that transform lives
which helps make a world that works for everyone.*

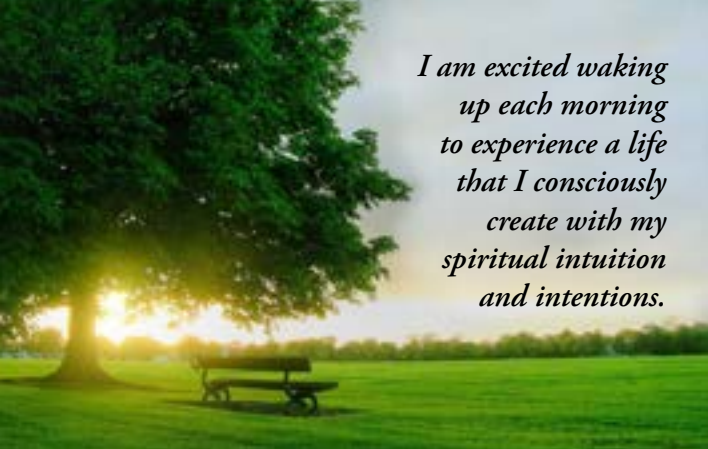
*We are Delighted
that You are Here!*



What We Believe

We believe that the universe is spiritual and has intelligence, purpose, beauty and order. Our beliefs are in harmony with all the world's great spiritual teachings, and we honor all paths to God.

Whether we call it God, Spirit, Energy or Universal Intelligence, we are ever conscious that all people, places and things emanate from this Universal Intelligence that is within us and all around us.



*I am excited waking
up each morning
to experience a life
that I consciously
create with my
spiritual intuition
and intentions.*

Our Mission Statement

We are a thriving community of caring individuals providing spiritual support, connection and acceptance to those on a spiritual path.

Our Core Values

We believe that Spirit operates in, through and as, all things; therefore, our community holds these three core values.

WE HONOR ALL

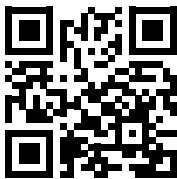
We honor all paths that lead to Spirit.

SPIRITUAL SUPPORT

We are committed to spiritual support for all individuals, all families, all gender identification, sexual orientation, race identification, socioeconomic status in our spiritual community and the greater community in which we live.

EARTH STEWARDS

We are committed to being responsive stewards of our land, our Center, our finances, and to living more mindfully upon the Earth as a community.



Scan to visit our website

Hello and Welcome!



Rev. Dr. Andrea Asebedo,
Minister

We extend to you a warm and heartfelt welcome to our center. The Center for Spiritual Living has provided a place for people to gather for over 30 years. We are so pleased that you have chosen to join us and explore your spiritual interests, and we hope your experience here will be enriching and fulfilling.

As you enter our doors, we want you to know you are valued and appreciated. Each person who comes through our doors is considered unique and important. Our community is committed to creating an inclusive and welcoming environment where everyone can feel at home.

We understand that visiting a new spiritual community can be an intimidating experience, but we want you to know that you are not alone.

We are here to support and guide you as you navigate getting to know the community and getting to know us better.

We encourage you to explore our programs, events and spiritual enrichment classes. We have a range of activities and events for all ages and interests, and we believe there is something for everyone here.

Above all, we hope that your time with us will be a meaningful and uplifting experience and that you will leave the center feeling inspired, empowered and enriched.

Thank you for choosing to visit us, and we look forward to getting to know you better.

Warmest regards,

Rev. Dr. Andrea Asebedo
Rev. Zina Kacha



The Power of Affirmative Prayer

What is Affirmative Prayer?

A prayer that declares a spiritual Truth. It is a direct, focused and organized method using five steps for a desired outcome.

1. Recognition (God Is All There Is)
2. Unification (I Am One with God)
3. Realization (Speaking Your Desired Good)
4. Thanksgiving (Grateful Acceptance)
5. Release (Let Go, Let God)

Prayer Practitioners

What is a Prayer Practitioner? Someone who has trained for six years in the art and science of praying for others. A Practitioner is dedicated to using this gift to uplift, heal and support you on your spiritual journey.

Talk to a Prayer Practitioner if you are in need of inspiration, celebration of a major event in your life and/or healing in any area: financial, relational, health or career.

Like other professionals in the healing arts, Practitioners charge for their services, and no one is ever turned away due to lack of funds.

There are three ways to make a prayer request:

1. Complete an online prayer request at cslbellingham.org/online-prayer-requests
2. Complete a prayer request form in the Center's Sanctuary and place it inside the prayer vessel.
3. Email a Prayer Practitioner by visiting cslbellingham.org/practitioners

For a list of the CSL Bellingham Licensed Prayer Practitioners, visit cslbellingham.org/practitioners



Welcome to CSL Bellingham.



Simple Tools for Transformation

Having a simple spiritual practice is a great way to support ourselves in spiritual growth but which one?

An ancient tool used widely in many spiritual traditions is the repetition of a simple, powerful and meaningful phrase for centering and clarity. Various called mantra, rosary, gatha and affirmation, these phrases assist in bringing the mind and heart to center.

Here are two affirmations you may find useful:

- Today I choose to walk in beauty.
I am peaceful. I am happy. I am free.
- “Waking up this morning, I smile. Twenty-four brand-new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.” – Thich Nhat Hanh

We hope these are helpful. Thank you for coming to our community, and we hope it becomes your spiritual home.



We are delighted that you are here!



Sunday and Beyond . . .

SUNDAY SERVICE AT 10:30 AM

Rousing, inspiring and joyful, our Sunday Service is filled with music and an inspiring message. Best of all, we apply spiritual principles to daily life and the real issues you may be facing. Join us in person or virtually!

NOURISHING SPIRITUAL PRACTICES

Start your weekdays with a short and meaningful centering using our form of affirmative prayer. Monday through Friday, one of our prayer partners is on Zoom at 7:00 a.m. A great way to start your day!

COMMUNITY EVENTS

We love getting together and sharing the adventure of being a sacred human with like-minded others! You are warmly invited to join us for the various events we host during the calendar year – some live and in-person and some on virtual platforms.

CLASSES

Stimulating and meaningful conversations about the spiritual life are foundational to our philosophy, and the best way we've found to have those (and get to know folks) is through our classes. Covering a wide range of spiritual topics, classes are an invitation to explore the spiritual path through study and discussion.

PODCASTS AND LIVE STREAMING

Immerse yourself in the inspiring messages found on our weekly podcasts and recorded live stream broadcasts. A library of spiritual thought awaits you!