

**2025: RISING HIGHER, GROWING DEEPER**  
**August Theme: On the Wings of Love**  
**August 10: Living in the Field of Love**  
**Speaker: Cynthia Clay, RScP, CSL Bellingham**



#### **MEN'S GROUP**

**Meets Sunday (8/10) at Noon in the classroom**

Our men's group meets in person on the second Sunday of each month in the classroom. The group aims to support you in living a more significant spiritual consciousness, resulting in peace and connection. Email Phillip Flores at [philintexas@gmail.com](mailto:philintexas@gmail.com) for further information.

#### **INTERFAITH COALITION'S BEACON OF HOPE EMERGENCY ASSISTANCE PROGRAM**

##### **Our Neighbors Appreciate Our Help**

The Interfaith Coalition Beacon of Hope program has been able to keep people housed with emergency assistance, help people get into homes with deposit assistance, and help many more with other emergency needs. Interfaith Coalition partners with the Alms Ministry, Catholic Community Services, Lydia Place, all seven school districts, and Opportunity Council to make a difference. CSL has been a member congregation of Interfaith Coalition for many years. Thank you for considering a personal donation to Beacon of Hope for the benefit of our neighbors in Whatcom County.

<https://www.interfaith-coalition.org/donate>



#### **THANK YOU, DEVON!**

##### **Victory Garden Lead, now stepping away**

Many THANKS to Devon Brunner who, for the past several months, has logged 150+ hours and 150+ miles in preparing the garden beds, planting a wide variety of vegetables and herbs, removing invasive species, restoring soil health in the back area, and installing an automated watering system to support the garden's long-term sustainability. Some crops have already been harvested, and many others are still ripening.

Devon is now stepping away, saying: It's been an honor to tend this space for a time. Thank you to those who offered support and care along the way;

I am deeply appreciative! May this next chapter bring new energy, shared stewardship, and continued growth. THANK YOU, DEVON!



#### **Dougie's Gourmet Burger Feast**

**August 2 on Lake Samish**

**HOSTS: Dougie Doll, Mike & Pat Roberts**

**A perfect day for Burgers  
and Boat Rides. Everyone  
enjoyed the Food, the  
Company, the Scenery.**





## Prayer For Attracting Our Perfect Senior Minister

There is One Infinite Mind, One Creative Intelligence that encompasses and flows through all beings.

There is One Love that embraces and sustains all Its creation. As members of our beloved spiritual community of CSL Bellingham, we affirm our Oneness with this One Mind and One Love.

I speak my word of truth that the perfect Senior Minister for CSL Bellingham welcomes this opportunity. This person brings us everything we envision and even more; someone who treasures our teachings, our community, and our location in the beautiful Pacific Northwest.

I know that Love is leading us to partner in creating the perfect next chapter in the story of our Center.

I am grateful our next Senior Minister is well-prepared and delighted to join our community in co-creating our abundant future. We celebrate our divine match.

I release these words into the Law of Good and let them go, confident that all is unfolding as it should.

And so it is.

### **AUGUST PRAYER: On the Wings of Love**

Know with me that there is only One -- One Love, One Light -- present everywhere, in everyone, in every situation.

Every cell of my body is alive with this Consciousness, with this Love, with this Intelligence. And no matter in what situation I find myself, I know that Love is present. And so, I allow myself to relax, to let go, to BE fully present in each moment. I know that Love guides me, Love lifts me. And from this higher perspective, I allow myself to open to new possibilities, new directions, new actions and to completion or recommitment to previous actions. I know I am supported on the Wings of Love.

If I find myself "going down a rabbit hole of negative thoughts," I breathe, I center, I pivot; I turn my head ever so slightly to that greater vision, that greater knowing, that bigger perspective that Love is. I connect to my inner pilot light and fly, knowing that as I spread my wings, there is no need for armor nor for unproductive thoughts/beliefs/habits. I release them and am lifted by the Power of Love. Today I consciously choose to think loving thoughts, take compassionate actions, and bring forth peaceful energy. Today I ride on the Wings of Love with Joy, knowing I am co-creating this moment and every moment.

Grateful for knowing what is true for me is true for you as well, if you so choose. With a grateful heart, I release my words into the great Yes.

And so it is.

Mary Bellue, RScP



## OTHER CSL OFFERINGS

### TEEN YOUTH GROUP for anyone ages 13 - 18

The Teen Youth Group meets on the first, third and fifth Sunday of each month during the 10:30 Service.

Join us for Connection, fun activities, acceptance, support, spiritual practice and more! Next meetings: August 17, 31.



### JOIN US FOR 10 AM SUNDAY MEDITATION!

Join us in the classroom at 10 am before Service for a 15-minute meditation led by a prayer practitioner. Please arrive before 10:00 and enter through the Sanctuary. We will close the doors at 10:00, and we invite latecomers to join those in the sanctuary rather than disrupt the meditation. Childcare is not available at this time.



### START YOUR DAY WITH SPIRITUAL PRACTICE!

Monday-Friday at 7 AM, the Practitioners offer daily affirmative prayers and other practices to anyone who would like a spiritual morning lift to their day. Sign on early because the prayers will start on time and typically only last 5-10 minutes! The link is available on our website under "Connect Online." If you wish to save the link on your personal device, the link is

<https://us06web.zoom.us/j/81825100079?pwd=Sq1tkxi4XUPeSbATJ19UmbGXlIEodr.1>



### CONVERSATIONS IN CONSCIOUSNESS

#### 4th Monday of Each Month from 7:00-8:00 PM on Zoom

Come experience a deeper sense of Self and Spirit in a loosely-guided Zoom conversation with friends (who may not know each other yet!). Join us from 7:00 – 8:00 pm Pacific Time. We'll begin with an Opening Meditation, letting Spirit guide us. Facilitated by Kalish Levie, RScP. Email Kalish at: [rebmindl@gmail.com](mailto:rebmindl@gmail.com) for information and Zoom link.



### EARLY MORNING MOVING MEDITATION

Join Joe Asebedo in a Tai Chi-like moving meditation every Tuesday at 7:00 AM. When weather permits, the meditation is held outside.



### MONTHLY GRIEF SUPPORT GROUP

#### Regular Monthly Meetings on 4<sup>th</sup> Sundays, noon to 1:30

The intention of the CSL Grief Support group is to provide the time and space for learning from each other, as well as share what we found to be helpful in our own experience with grief. While grief is most often associated with the loss of a loved one, loss of any kind usually involves grief. We will discuss many issues (does grief serve a purpose, self-care, living beyond loss), as well as share steps forward. The group is open to all. There is no fee; a love donation



basket will be available.

### THE CSL DRUM CIRCLE

#### 7-8 pm, 2<sup>nd</sup> & 4<sup>th</sup> Wednesday each month in the Sanctuary

Make a joyful noise and raise your spirits as you raise the roof in a drum circle that includes percussion instruments of all sorts. This drum circle is open to anyone! Lots of percussion instruments are available, so come on and join the fun!



### SPIRIT@WORK BREAKFAST

#### First Wednesday Sept-June, 8:00 - 9:30 am

Spirit at Work is a monthly, in-person, breakfast meeting to create a supportive, prayerful community of entrepreneurs and business employees who want to experience the power of spiritual principles and practices in the workplace. Meetings include a continental breakfast, a speaker on a relevant topic, networking, personal success stories, and prayer/affirmation time in table groups. Registration is online and at the ASK ME desk. Fee is \$30 with registration, no one

turned away.





## THE WOODS GROUP

This "Recovery using Science of Mind" discussion group meets in person every Wednesday evening from 5:30 - 6:30 p.m. at CSL. There is no fee for this meeting.

## ADDITIONAL GROUPS AT THE CENTER

### **NEW FREE ONLINE EMPATHY HOUR with Jen Phillips | Wednesdays 6 - 7 pm via Zoom**



Discover the power of empathy for yourself and others! Join Jen for this weekly 1-hour online experience of live coaching, compassionate witnessing, and real-time connection where empathy becomes a practice, not just a concept! Witness the *Empathologie Method* (created by Jen) in action and learn how to depersonalize language and behavior, convert conflict into connection and respond instead of react.

Jen Phillips has over a decade of experience helping people build conscious, compassionate relationships through emotional awareness and grounded communication. Visit <https://empathologie.com/empathy-hour/> for more information and to save your spot!

### **AL-ANON MEETING - "Our Common Welfare"**

Meets on Wednesdays from 7-8 PM in the classroom. Contact Cathy B, 360-600-1949, for further information.

### **A COURSE IN MIRACLES STUDY GROUP**

**Tuesday mornings, 10:00-12:00 in the classroom through September 30**

All students, new and versed in The Course, are welcome. We will study the lesson of that day, for example "God is but Love, and therefore, so am I." We will be using the Complete Annotated Edition (the purple book) but you can use the Blue Book if that's what you have, or come without a book and enjoy. Led by KC Ross and Bill Brewer, 808-987-9881.

### **LONGEVITY STICK 12 MOVEMENTS**

Longevity Stick 12 Movements /Low-impact, Slow, Rhythmic Movements to enhance balance, flexibility, strength, breathing, mental focus & vitality! Weekly classes, Tuesday & Thursday, 2 pm to 3 pm/CSL Sanctuary, 2224 Yew Street Road, Bellingham. No fee/Love Offering. More Info + Registration: Contact Instructor Wanda Maddox: [wandajane88@gmail.com](mailto:wandajane88@gmail.com).

### **THURSDAY REIKI SHARE**

Please join us in the CSL Office on 2nd and 4th Thursdays, 6:30 - 8:30, for a Reiki share. We will have a short meditation followed by a short attunement, a quick explanation of the Reiki principles, and then group healing, during which each person takes turns receiving healing hands from the group. It is for first-timers, experienced Reiki teachers, and anyone in-between. You may find that it is the most peaceful and calming part of your week. For further information, contact Jeremy at 360-348-0018.

### **WOODSIDE SANGHA**

This Buddhist meditation group gathers on Monday evenings (in-person and via Zoom) at 5:45 for those in person practicing walking meditation or 6:00 for those on Zoom. Meditation ends around 7:15 PM. For further information, please contact Joe Asebedo at [woodsidesangha@gmail.com](mailto:woodsidesangha@gmail.com). You are very welcome to attend!

### **SATURDAY REIKI SHARE**

Come join us this month when we gather to share our Reiki – all practitioners and all lineages are welcome. We meet in the classroom on the second Saturday of each month, from 10-noon. There is no cost for the share, but donations are welcome and given to CSL for their support of Reiki and our use of the space. Come recharge your energetic batteries!

### **There are three ways to access the Sunday 10:30 livestream broadcast.**

- 1) Facebook~<https://www.facebook.com/CenterForSpiritualLivingBellingham>
- 2) YouTube~<https://www.youtube.com/@CSLBellingham/streams>
- 3) Website~<https://cslbellingham.org/live-sunday-services/>

You can also watch later on Facebook (for 30 days) or YouTube channel (no limited time) as above. We really love seeing so many of our friends tuning in. Thank you!