

2025: RISING HIGHER, GROWING DEEPER

August Theme: On the Wings of Love

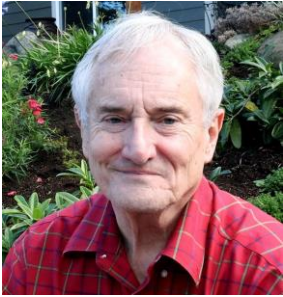
August 31: Love Wins!

Speaker: Rev. Colleen MacGilchrist

SPIRIT@WORK BREAKFAST

Wednesday, Sept 3, 8:00 - 9:30 am

"Building Authentic Buy-In" with Leo Brodie



What if the gap between your great ideas and team engagement isn't about the quality of your vision, but about how you invite others into it? If you would like to present your initiatives in a way that creates genuine ownership and turn your ideas into shared missions that people actively champion, then join Leo Brodie on September 3, 2025, 8:00 – 9:30 am. Meetings include a continental breakfast, 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.

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 31, September 7, 21.



Saturday, August 23

Nepali Dinner

Hosted by Kim Feerer

From Momo dumplings to rice pudding--and everything in between--every dish was delicious and had unique flavors that touched the taste buds magnificently. Kim Feerer single-handedly brought Nepal to life for her guests.



SUPPLIES FOR OUR UNHOUSED NEIGHBORS

SLEEPING BAGS, TARPS, BLANKETS, HAND WARMERS

As fall approaches, the night time temperatures will drop, creating uncomfortable--possibly dangerous--conditions for those who are experiencing homelessness. BRIDGE2SERVICES, who serves the unhoused, would appreciate donations of sleeping bags, tarps, blankets, hand warmers. There will be a barrel in the back of the sanctuary for a few Sundays, through



September 14, to collect those items. Thank you for your kind generosity.



OFFICE CLOSURE

**The CSL Office will be closed on
Monday, September 1,
in observance of Labor Day.**

WORKSHOPS WITH SENIOR MINISTER CANDIDATES

Sundays 1 - 2:30 pm - each workshop is free

Please join each of our Candidates in a workshop following Sunday service, as we get to know them. Further information on each workshop is available in the classroom and on our website home page, csllbellingham.org.

We request that you pre-register so we can prepare the appropriate amount of materials. Please sign up at the ASK ME desk or call the office (360-734-4160) to reserve your spot.



What's Your WHY?
Rev. Lin Nowicki
Sunday, September 14



IMPROVe with Spirit
Rev. Dr. Duchess Dale
Sunday, September 21

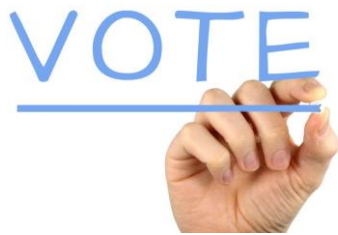


Playing into Prosperity:
A Creative Exploration of Abundance
Rev. Abigail Schairer
Sunday, September 28

VOTING FOR SENIOR MINISTER

All Congregants (members and non-members)
will have the opportunity to provide feedback on the 3 Candidates.

The information below pertains to the formal voting process.



Candidate Voting, by individual ballot, will take place on Sunday, October 5, at noon. The in-person meeting in our sanctuary is open to members and non-members alike but only registered/qualified members may actually vote. If you are uncertain about your membership status, please contact the office: 360-734-4160 or info@csllbellingham.org. We also plan to Zoom the meeting but this is open to members only, to maintain the accuracy/integrity of the vote. Only members will receive the Zoom link for this special meeting. We remind you that on Zoom, there can be only 1 vote per user; meaning that if two people are on the

same Zoom screen, only 1 vote can be recorded.

Voting by Proxy

If you are unable to attend either meeting, we encourage you to vote by proxy. We ask that your intention/request to vote by proxy be submitted no later than Tuesday, September 16, 2 pm. According to our bylaws, a member voting by proxy must submit their "verifiable written request" (hard copy or email--no phone call, no text) to the Board of Trustees for approval at the Wednesday, September 17, Board meeting. Said approval will be recorded in the meeting minutes. There can be no exceptions to this deadline. Verbal agreements between members to vote by proxy, without prior Board approval, are not valid.

The request for proxy vote must include the name of your proxy who will be attending in person. Zoom attendees cannot be proxies since they cannot vote more than once. The requesting member will be notified of the approval/non-approval as soon as reasonable following the 9/17 Board meeting. Proxy forms are available at the ASK ME Desk or by calling the office (360-734-4160).



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



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 Leviel, RScP. Email Kalish at: rebmindl@gmail.com

for information and Zoom link.

MONTHLY GRIEF SUPPORT GROUP

Regular Monthly Meetings on 4th 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, 2nd & 4th 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!



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.

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

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, 10:00-11:30 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.

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. 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!