

**2026 Theme: Open at the Top**  
**March Theme: What If?**  
**March 8: When You Get the Choice, Dance**  
**Speaker: Rev. Don Beaty**



**MARCH PRAYER - What If?**

I take this moment to center and reflect on the Power for Good that is operating now and forever in all things. It is a Love that knows no limits; It is boundless. It operates in me and you all the time. I call it Source or Spirit; call It what you will, It responds.

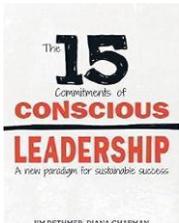
I connect with the One in still, quiet, moments and even amidst the noise of the exterior world. It is there to know and use for Good within me and in the world. In It, I plant the seeds of transformation asking: What if there is a world that works for everyone? I allow my awareness, imagination, and curiosity to leap forward, to paint pictures in my mind of what that would look and feel like. Imagination is a superpower that shapes a new world into form. What happens if we collectively dream about this new way of living and being? It generates a movement for Good within Indra's Net, a quivering in the collective consciousness. Today I set my intention to dare to dream this new world into being. I am open to receiving all the many possibilities and ideas. I accept my responsibility to think, to dream, turning from the old to something greater, inclusive, and magnificent.

I give thanks for the Power of Spirit within me to co-create the world I want to live in. In faith and trust I release these words to the manifestation of the Law.

And So It Is.

~ Joanne Allison, RScP

**Creating Your Unstuck Life:**  
**Utilizing The 15 Commitments of Conscious Leadership**  
**Monthly with Rev. Abigail Schairer**  
**Commitment 3: Feelings**



This month we'll explore feelings by welcoming our emotions as useful data. Feeling them fully — cleanly — rather than suppressing, bypassing, or acting them out.

**By Zoom Monday (6 pm), April 13 or In Person Tuesday (10 am), April 14**

If you've been craving less reactivity, more ease, healthier relationships, and a deeper sense of alignment in your daily life, this 15 month-long journey is for you. Each month, we'll explore one of the 15 Commitments of Conscious Leadership — practical tools that help you shift from stress and defensiveness into clarity, groundedness, and genuine connection. These commitments aren't abstract ideas. They're everyday transformations, the kind that help you:

- stop replaying the same arguments,
- navigate conflict with clarity,
- communicate without fear or shutdown,
- let go of people-pleasing,
- reclaim joy and play,
- and embody the inner dynamo of who you are— in your home, your work, your relationships, your spiritual life, and in your community.

Whether you join us online or in person, you'll be part of a supportive learning community where growth feels safe, human, and actually doable. Each session is spacious, reflective, and grounded in spiritual principles that integrate beautifully with real-life practice. This series is perfect if you're ready to shift old patterns, cultivate resilience, and live from a place of conscious choice instead of unconscious habit. Come discover what becomes possible when you stop reacting to life . . . and start creating it.

**Investment:** \$30 per class (purchased individually each month). Please purchase the book on your own; the price of the book varies, depending on the format and the seller.

Please register online or at the Ask Me Desk by Sunday, April 12. A list of all dates is available at the Ask Me Desk, as well as online on the registration page.

## **WOMEN'S GROUP MEETS SUNDAY, March 8**

**Noon - 1:30 PM in the Sanctuary**

Join us for a deep look at our monthly theme, "What If?" The Women's group leaders (Andrea Wood, RScP; Mary Bellue, RScP; Joanne Allison, RScP) and Wisdom Keeper Anaria Surratt have planned a fun and insightful activity for our Women's Group gatherings. Please bring a journal and something to write with. This should be fun!

We are an open circle and welcome newcomers as well as regular attendees.



## **MEN'S GROUP MEETS SUNDAY, March 8 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.



## **CARE COOKIES FOR THE UNHOUSED**

**Cookie Dough Making Party, Tuesday, March 10, 1:30 - 4 pm**

We are once again inviting you to join us in making high-protein, high-fat, high-calorie cookies for our unhoused neighbors. Outreach volunteers take these cookies to those living on the streets and in the woods. Often these are the only meals some folks will receive in a day. You can assist in three ways:

- ~Sign up to drop off ingredients on/before 3/10 (list at the Ask Me Desk).
- ~Sign up to help make the dough from 1:30-4 pm Tuesday, 3/10.
- ~Sign up to bake the cookies in your home, return them to the Center.

Please sign up at the ASK ME desk or contact Joanne Allison

(ja1448@comcast.net) if you have any questions. We are so grateful for your help!



## **JOIN US FOR OUR ANNUAL GENERAL MEETING**

**Sunday, March 15, starting at Noon**

**Tostada Bar Lunch will be provided.**

Once a year we ask our members and friends to come to our annual meeting to hear how the previous year's business and fun unfolded, elect Board members and hear the vision and direction of our beloved Center in the coming year.

Lunch, coffee and tea are provided. Thank you in advance for coming!

NOTE: We have three openings for the Board of Trustees this year. The nominees for those positions are Erin O'Moore, Ian Whitelaw, Laurel Piper.

This meeting will also be available on Zoom. A link will be emailed to all registered members the week prior to the meeting, along with other information. Non-members are welcome to attend in person.

## **BIG ANNOUNCEMENT!**

We will be launching into two services starting on March 22! First service, at 9:30 am, will last 45 minutes, be meditative and introspective and will incorporate the Practitioner meditation and include the talk by Rev. Abigail. Meditation will no longer take place at 10 am in the classroom. Attend our first service instead! Second service will include our band and be during our regularly scheduled time of 10:30 am. Only the format of the two services will be different; the talk will be the same for both services.





### **WANT TO JOIN AN ONLINE SACRED CIRCLE?**

Sacred Circles are our small, heart-centered spiritual discussion groups that gather once a month. Currently CSL Bellingham has three active Sacred Circles, one of which meets on Zoom. The Zoom Sacred Circle has several openings and is looking for new people to join. Discussions take place on Zoom on the last Monday of each month, 6 - 7:30 pm Pacific. Current attendees are Francine Kitchen, Andrea Wood, Shila Moa and two newer attendees. If you are part of the CSLB community and feel called to participate in thoughtful conversation, spiritual exploration, and supportive connection, we would love to welcome you. Please reach out if you have any questions. Email [francine4us@yahoo.com](mailto:francine4us@yahoo.com).

### **SPRING EQUINOX CELEBRATION**

**Friday, March 20, 6 pm**



Join us on the wedding patio at CSL to celebrate the balance point of the Spring Equinox on Friday, March 20, at 6 pm. We will gather to celebrate the lengthening days, emergence of spring, and the inner clarity achieved during the winter season. There will be guided meditation, releasing into the fire, planting seeds of intention, and more. This free event is open to all! Bring a lawn or camp chair if you have one. We'll meet in the classroom if it is raining.

### **FRIDAY NIGHT FUN NIGHT!**

**“Get Your Game On @ CSL!”**

**March 27 (Friday) 6:00 - 9:00 PM in CSL Sanctuary**

Come for a free all-inclusive Friday night social event full of Fun and Connection!



- All-Ages, All-Interests, All-Abilities
- **Bring Your Favorite Games, Puzzles, and Activities**
- Emphasis: strategy and fun (non-‘attack’, non-‘domination’ games)
- Arts & Crafts activity provided
- Potluck Dinner: Bring Prepared Food, Beverages, and Eating Implements.

Kitchen will be closed, but coffee & tea will be provided.

Please sign-up at the Ask Me Desk to Volunteer for Friday Night Fun Night!

Please sign-up at the Ask Me Desk to share your Pot Luck contribution.

Last-minute participants are most welcome!

### **BENEFIT FOR WOMEN’S CANCER SHELTER in PERU**

**SUNDAY, March 29, in the Classroom after Services**



Hello, I am Rita Johnson from Ferndale and originally from Peru.

I became aware of the need for women experiencing cancer in my home country to be supported financially in their treatment, and have created a fund-raising event with the help of your Center. You may have met me at one of the Mind, Body, Spirit fairs in the past. I am going to be selling alpaca wool ponchos, shawls, socks, hats, leg warmers and gloves and other accessories on Sunday, March 29, and very much appreciate your support. These items are handmade of alpaca wool, the finest wool

in the world. Alpaca wool is naturally hypoallergenic, and it is an environmentally friendly fiber. A percentage of the sales will go to the women’s cancer shelter in Lima, Peru.

Thank you for the opportunity to benefit women with cancer.

## HOLY GROUNDS World Café:

*Where Our Sacred Conversations Percolate & Big Ideas Bloom  
(Hosted by Rev. Abigail and Jen Landau)*

**SUNDAY, March 29, 2026 • 1:00 – 2:30 PM**

Pull up a chair, pour yourself something warm, and lean in. At our Leadership Retreat, three bold focuses emerged for 2026 — not as ideas on a page, but as a living invitation for every one of us to embody together:

**1. Divine Connection 2. Support & Service 3. Action in the World**

These aren't themes. They're a calling. And YOU are how they come alive.

Rotate through café-style tables, go deeper with each round, and help

shape what 2026 actually looks and feels like for our community. Your voice belongs in this conversation.



## 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: March 15, March 29

### **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>

### **JOIN US FOR 10 AM SUNDAY MEDITATION!**

**(This meditation will be incorporated  
into the 9:30 service starting on March 22.)**



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.

### **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 Level, RScP. Email Kalish at: [rebmindl@gmail.com](mailto:rebmindl@gmail.com) for

information and Zoom link.



### **THE WOODS GROUP**

**2nd and 4th Wednesday of Each Month**

This “Anonymous Recovery using Science of Mind” discussion group meets in person on the second and fourth Wednesday evening of each month, from 5:30 - 6:30 p.m. at CSL. There is no fee for this meeting.



### **EARLY MORNING MOVING MEDITATION**

Join Joe Asebedo in a Tai Chi-like moving meditation every Tuesday at 7:00 AM, in the Sanctuary or outside, weather permitting.

### **MONTHLY GRIEF SUPPORT GROUP**

**Regular Monthly Meetings on 3rd Sundays, noon to 1:30**

**This meeting is cancelled in March due to scheduling conflict with the Annual General meeting.**



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!

### **SPIRIT@WORK BREAKFAST**

**First Wednesday, 8:00 - 9:30 am**

**September through June**



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.

### **PLEASE NOTE:**

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

**(Please note that the 9:30 service, which begins March 22, will not be livestreamed.)**

- 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!

## COMMUNITY GROUPS AT THE CENTER

**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!

### **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.

**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. Love Offering requested. More Info + Registration: Contact Instructor Gregory Meredith: [gregman2432@live.com](mailto:gregman2432@live.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.

**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!