

2026 Theme: Open at the Top
April Theme: The Practice of Becoming
April 5: The Road Map Home to your Authentic Self
Speaker: Ester Nicholson, RScP



APRIL PRAYER -The Practice of Becoming — A Spiritual Treatment

There is One complete, open Energy that underlies everything. It is the Life in all things—the firmament, the air, every cell in my body—moving with an innate impulse to live, to survive, and to thrive. This Presence is whole, perfect, and always active. It is limitless, intelligent, and ever-giving. It simply is.

I know that I am one with this Spirit. The same Life that animates all things lives in me. I am seen by this Presence as whole and perfect exactly as I am. There is nothing missing. My thoughts are free within this Oneness, free to create, to expand, to imagine. Spirit says yes to my life, yes to my becoming, and yes to the infinite possibilities before me.

In this moment, I remember. I release old patterns and stand in the power of now. I recognize that I am supported, guided, and continually brought back to my center. There is a divine nature within me—generous, loving, compassionate, and wise. I allow this truth to live through me now. I claim that new good is unfolding in every moment. I am open to discovery, to growth, to joy. I accept that I can change my mind, expand my awareness, and embody more of who I already am. My life is an expression of love, and that love is overflowing.

I am deeply grateful for this awareness. Grateful for the opportunity to grow, to remember, and to become. Grateful that each moment invites me further into truth. I give thanks for the guidance, the support, and the ever-present yes of Spirit.

I release this word into the Law, knowing it is already done. I move forward with a greater vision of who I am and who I am becoming—knowing my becoming is the realization of who I have always been. Spirit has said yes. I say yes as well.

And so it is.

Kitt Zinn, RScP and Rev. Abigail Schairer



GOURMETS FOR GOOD

You are Invited to Be a Host for the 2026 Season!!

Host Forms Are Available Online **LAST CHANCE**

We invite you to be a host for our "Gourmets for Good" season—whether you've hosted before or this is your first time. Hosting is a great way to bring

people together to share a meal and connect.

If you're considering hosting, please think about:

- Number of guests
- Indoor or outdoor setting
- Two or three possible dates between June 12 and October 4

You can find the host form on our website: [Host Sign-up Form](#). Forms are due by Sunday, April 5.

Once hosts are confirmed, in-person bidding will take place from Sunday, May 3 through Sunday, May 17.

For more information, contact Andrea Asebedo at aasebedo05@gmail.com or 530-524-4849. Thank you for helping make this event possible!



Exciting Announcement: Ester Nicholson will be our Guest Speaker, Musician, Workshop Facilitator on Easter Sunday! Join us during Sunday service AND for a special workshop.

Ester Nicholson is a spiritual teacher, recovery expert, and creator of Soul Recovery™, a healing method that blends spiritual wisdom with emotional and psychological tools.


Her journey from addiction to spiritual wholeness has been featured on the Oprah Winfrey Network. She integrates 12-step recovery, neuroscience, forgiveness, and spiritual practice to help people reconnect with their true selves.

Ester has spoken at major conferences, hosted radio programs, and performed as a vocalist with Rod Stewart and Bette Midler, appearing on shows like Oprah, *The Tonight Show*, and *Good Morning America*. Her message: You were never broken — only disconnected from your divine design.

The Healing Code of Forgiveness: Freedom From Shame and Trauma Sunday, April 5, 2-4 pm in the sanctuary LAST CHANCE

Release shame and trauma by retraining your nervous system. This 2-hour somatic-spiritual workshop is for those who may have done the work but still feel stuck in old emotional patterns. Using Soul Recovery®, we combine nervous system repair, somatic healing, 12-Step wisdom, and spiritual practice to move from fear and self-protection into safety, compassion, and the felt presence of God. Fee: \$40 (no one turned away-ask for Scholarship.) Register online or at the Ask Me Desk.


WOMEN'S GROUP MEETS SUNDAY, APRIL 12 Noon - 1:30 PM in the Sanctuary



Join us for a deep look at our monthly theme, “The Practice of Becoming.” 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!

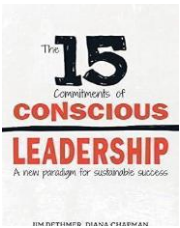
We are an open circle and welcome newcomers as well as regular attendees.

MEN'S GROUP MEETS SUNDAY, April 12 at Noon in the classroom



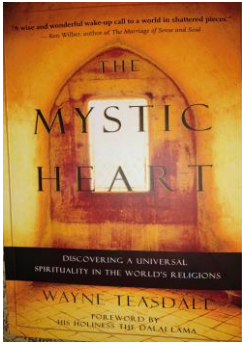
Our men’s group meets in person on the second Sunday of each month in the classroom. The group aims to support you in living a more significant spiritual consciousness, resulting in peace and connection. Email Phillip Flores at philintexas@gmail.com for further information.

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



In this class 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

Investment: \$30. Please purchase the book separately. Register online or at the Ask Me Desk by Sunday, April 12. A full list of dates is available online or at the desk.



"The Mystic Heart": Exploring Universal Spirituality
7 Tuesday evenings, 6 to 8 pm, April 21 to June 2, Zoom only
Taught by Rev. Debora Gay

Curious about mysticism or ready to deepen your spiritual awareness? This class explores the Divine Presence in all life through traditions like Buddhism, Hinduism, Christianity, and nature-based mysticism, framed by the Science of Mind perspective of Oneness. You'll reflect on your beliefs and gain personal mystical experiences. Prerequisite: Foundations, Beyond Limits, or another beginning SOM class.

Required Book: *The Mystic Heart* by Wayne Teasdale. A free digital workbook is included; a printed workbook can be ordered for \$10 by Sunday, April 12.

Investment: \$175 Regular Rate, (Practitioners: \$135), Scholarship Rate: \$97, Sponsor Rate: \$250.

New Tech at the Ask Me Desk!



The Center now has two tablets at the Ask Me Desk to make event and class registration easier and more efficient. Our goal is to eventually replace pen-and-paper forms, especially for paid events.

Using a tablet, you'll fill out the same online registration form you could complete at home. Payment is processed at the desk using the usual tap-to-pay method. At first, this may take a little longer as everyone adjusts—including the Board members staffing the desk. Thank you for your patience and willingness to try something new!

OFFICE CLOSED NEXT WEEK

The CSL Office will be closed the week of April 6 as Rev Abigail represents CSL Bellingham at our annual convention in Reno, NV, and Clara takes time off.



Lodge of Light Chakra Retreat
Camp Cedar Ridge in Vernonia, Oregon
Open to all adults.

Dates: Aug 24-28, 2026 (5 Days, 4 Nights, All inclusive)



Join us at the enchanting Lodge of Light Chakra Retreat at Camp Cedar Ridge, nestled in the gorgeous coastal range of northern Oregon, located about 45 minutes from Portland, in Vernonia, Oregon. Travel with us on a soul-stirring exploration of the seven chakras of the body, from the foundational Root Chakra

to the transcendent Crown Chakra. Led by Rev. Abigail, this retreat is designed to harmonize your energy centers, fostering balance, wellness, and spiritual connection. Each Chakra has its own energetic vibration, and we will explore them with color, food, movement, music, meditation, and creative expression.

This retreat includes a **sacred sweat lodge ceremony** led by Lakota-trained Rev. Donna Starr and an embodied **world drumming and rhythm experience** led by Saffire Bouchelion.

–**Monday:** Root Chakra - Foundation of Earthly Existence / Feel grounded, secure, and rooted in the energy of the earth.

–**Tuesday:** Sacral Chakra - Ignite Your Creative Fire / Unleash creativity, pleasure, and joy in the seat of your passions; Solar Plexus Chakra - Warrior of Confidence / Channel your inner warrior, boost self-esteem, and embrace purpose. / World drumming and rhythm experience

–**Wednesday:** Heart Chakra - Nexus of Love and Compassion / Experience deep love, compassion, and connection with all that surrounds you. / Sacred Sweat Lodge Ceremony

–**Thursday:** Throat Chakra - Express Your Truth / Master the art of expression, communication, and the translation of dreams into reality; Third Eye Chakra - Intuition and Insight / Awaken your sixth sense, accessing wisdom, insight, and illumination.

–**Friday:** Crown Chakra - Portal to Enlightenment / Connect with the Divine and universal energy, opening your path to spiritual insight.

Investment: \$849 per person- Multiple Occupancy (2-4), \$999 per person- Single Occupancy, \$729- RV Camping (No hookups). Non-Refundable deposit-\$99. Payment plan is available.

20-30 spots are available. You may register at the ASK ME desk or on the registrations page of our website where further (more detailed) information is available. Additional information will be provided after registration. Register here: <https://cslbellingham.org/event/lodge-of-light-chakra-retreat/>.

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: April 5, 19

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.

THE WOODS RECOVERY 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

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!

PLEASE NOTE:

The 10:30 Sunday service can be watched:

1. **Facebook:** CenterForSpiritualLivingBellingham
2. **YouTube:** CSLBellingham Streams
3. **Website:** cslbellingham.org/join-us-online

(The 9:30 service is not livestreamed.)

You can also watch later: Facebook (30 days after posting) or YouTube (no limit).

Podcasts & More

Sunday talks are available anytime on our website under Podcasts.

Follow our Facebook page for daily inspirational quotes and updates on upcoming events.

COMMUNITY GROUPS AT THE CENTER

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.

WOODSIDE SANGHA: This Buddhist meditation group gathers on Monday evenings, both in-person and on Zoom.

- In person: arrive 5:45 PM for optional walking meditation
- Zoom: join at 6:00 PM
- Session ends 7:15 PM

For further information, please contact Andrea Asebedo at woodsidesangha@gmail.com. All are welcome.

LONGEVITY STICK 12 MOVEMENTS: 12 gentle, low-impact movements that support balance, flexibility, strength, breathing, focus, and overall vitality. Classes meet weekly on Tuesdays and Thursdays from 2–3 PM in the CSL Sanctuary.

For more information or to register, contact instructor Gregory Meredith at gregman2432@live.com.

THURSDAY REIKI SHARE: Join us in the CSL Office on the 2nd and 4th Thursdays from 6:30–8:30 PM.

Each session includes a short meditation, a brief attunement and overview of Reiki principles, followed by group healing where everyone takes turns receiving. Donations to CSL are appreciated. For more information, contact Jeremy at 360-348-0018.

NEW: Are you interested in learning Reiki or getting a refresher? Please join us for a level One Reiki class on Saturday, April 18, 9:30-1:30 pm, in the CSL Office. The style is one that originated and never left Japan. Class lasts 4 hours and is limited to four people. Suggested donation is \$150 to the center or volunteer time.

SATURDAY REIKI SHARE: Second Saturday of each month, 10 AM–12 PM (classroom).

All Reiki practitioners and lineages are welcome. No cost; donations to CSL are appreciated. Relax, recharge, and share in group healing.