

Creative Life



TODAY



 Creative Life Spiritual Center • Serving greater Houston since 1985 • Jesse G. Jennings, Founding Minister 

YOUTH EVENTS

Teen Yoga WORKSHOP

Like all of us, teenagers are constantly bombarded with messages from the media as to the definition of what beauty and health must be. Add to this the pressures of fitting in and being accepted among their peers and it is little wonder that many young people have distortions around their self-image. Yoga is an amazing way for our youth to create body awareness and, more importantly, acceptance and love for their bodies and themselves. Additionally, yoga teaches kids how to lengthen and stretch their muscles. As their bodies grow and change and for those involved in athletics, basic yoga poses can ease growing pains and reduce the possibility of injuries. The youth of CLC are invited to an introductory class on Sunday, July 12, 11-Noon with **Sonya Nelson**, RScP and Forrest Yoga instructor where the focus will be body awareness and breathwork through the basic asanas (poses). See Debra for a release form for your child to participate.

YOUTH CONCERT

A live concert featuring the original music and magical voices of CLC performers **Bob Pryor, Melody Berryman** and **Nancy Bonilla-May** happens Sunday, July 26, at 11am in Katherman Hall. The music, composed by Bob and Melody especially for the children of Creative Life, communicates a positive message about growing up the world with a strong spiritual connection to everyone and everything. It's thought-provoking, uplifting and suitable for children (and adults) of all ages. More information on either event: **Debra Morwood**, debra.morwood@creativelife.org

JULY 2009



Treater's Digest

creativelife.org

4 Freedoms: What They Mean Today

SUNDAY 7/5

5 Steps to Relieving Distress

SUNDAY 7/12

Answers in Your



POCKET

6 Ways to Make This Your Best Summer

SUNDAY 7/19

7 Ideas You Can Always Count On

SUNDAY 7/26

"A Scrapbook Named Desire"



Are you ready to awaken to a new way of connecting with your inner joy? Attend this workshop and learn to use a new tool called "visual journaling" that can help identify your heart's desire. Today you will have the opportunity to create the first pages of your book by spontaneously selecting pictures and words from magazines. By opening this style of dialogue with Spirit, you can surprisingly start a transformation in your life.

Practitioner **Martha Parkinson**, of Tulsa, Oklahoma, an experienced, creative teacher and workshop presenter, developed this new technique as her project for Practitioner II class. It now has a life of its own—a visual pathway to your unique inner joy. Bring a brown bag lunch, 3-5 of your favorite magazines, a joyful heart and a playful mind! Card stock and tools for the day's work will be provided. You will receive the techniques and tools to begin a lifelong book of discovery! In this class you will experience and create • a unique, non-threatening opening to Spirit • a visual journal of self-discovery • a dialogue with your inner self. Martha Parkinson is a "retired" teacher, traveler, and lecturer. Guided by Spirit she has put her life experiences and creative passion into an exciting new spiritual adventure for young and old alike! Saturday, July 18, 9:30am-12:30pm. Love offering. Sign up in Builders' Hall. More info: **Lilia Reade-Pellicano** at

lilia.reade-pellicano@creativelife.org



5326 Spring-Stuebner Road • Spring, Texas 77389-4574 • info@creativelife.org • www.creativelife.org • (281) 350-5157



We're grateful for...

see pictures of some of these folks on page 4

 **Debra Morwood**, who coordinates our youth services, and **Sharon Mignerey** and **Bob Pryor**, who led teen workshops...

Franceska Perot-Starcevic, who works every Saturday in the garden, and who was joined at the June work-day by volunteers **Ali & Kristy Davis** and their kids, **Julie Donnelly, Ron Elliott, Ron DeLorme, Larry & Lynn Dines, Debra Morwood**, all fed lunch by **Elsa-Maria Saenz**...

All Aspects of Love Summer Solstice event dance and spectacular show creators **Nancy Bonilla-May** and **Melody Berryman**; caterers **Jonathon & Nicole Edwards**;

performers **Lynn Beckett, Robert Dupree, Tim Eatman, Kathi Frank, Jim Gibson, Rachel Lino, JJ McDonald, Geoffry Oshman, Pam Parrott, Sarah Pitzer, Jolena Pourner, The Practets, Bob Pryor, Lilia Reade-Pellicano, Bruce Ross, Dick Schmelzkopf, Jan & John Stump**, and **Kim Terry**; and raffle donors and event volunteers: all of the above plus **Jaye Barrow-Jennings, Barré Bernhardt, Carthel & Ruth, Chris & Kenzie Berryman, Sharon Eatman, Jeanice Felkins, Cheryl Ford, Tom Hooper, Sheree Kreger, Tina LeMarier, Daniel, Natalie & Richard May, Debra Morwood, Lisa & Tom Ryan, Peter & Yvonne Ryba, Elsa-Maria Saenz, Tammie Sheets, Fred & Rosa Thompson, and Connie West...**

Judith Sherbenou, our evening speaker on Wednesday, June 10...

Jennifer "Sah" Gray and **Michael & Nancy Martin**, for their donations of art supplies and books, and **Lynn Rippelmeyer** for the coffee...

Adult class teachers and assistants Lynn Beckett, Bill & Cathy Mackenzie and Lilia Reade-Pellicano...

The Circle of Life Transitions

Enola Shields, mother of our **Rosa Thompson**, graduated into her next expression of Spirit on June 15.

Betty Bates wife of **Troy** and a frequent CLC visitor from El Paso, moved into her next experience on June 29. Betty is pictured on page 4.

New Members

in June

B. Barbara Echols • Houston
Virginia Foreman • Houston
Ann Lux • Spring

Donations by Mail



These folks mailed in, or automatically charged, a donation to the Center, in the past month. *Thank you!*

George Abreu
Joe Angel Babb
Barbara Baldwin
Linda Benthall
Deanna & Max Bordelon
Rev. Myokei Caine-Barrett
Kris Cockrell
Jan DeVries
Peggy Engelhardt
David Ferrier
Anise Flowers
Carl Fraley
Russell Francois
Lee Haponski
Kim Jennings
Michael & Nancy Martin
Debra Morwood
Michael & Sonya Nelson
Malené Njeri
Lilia Reade-Pellicano
John Rennie
Sid Rushing
Lisa & Tom Ryan
Melissa Roth & Dennis Tardán
Darlana Seureau
Martha Tejeda
Cherrie Vance

Creative Life

Spiritual Center

"I never knew there was a place that teaches what I've always believed!"

5326 Spring-Stuebner Road
Spring, Texas 77389-4574

Creative Life is a spiritual community in suburban Houston, Texas, teaching and living the Science of Mind, a transformational path first articulated by the American philosopher **Ernest Shurtleff Holmes** (1887-1960).

We have activities for all people and interests, and welcome everyone, especially those for whom traditional Western religion has seemingly had no place.

Serving greater Houston since 1985, Creative Life is a member of the *United Centers for Spiritual Living* (formerly known as the United Church of Religious Science), which dates from 1927. "Science of Mind" and the circle-and-v symbol are registered trademarks. Membership in our Center is a statement of your commitment to your own spiritual process, using the principles taught here as a springboard, as well as a way of shaping our Center's collective future and enjoying a symbiotic, caring relationship.

No prior spiritual affiliation need be renounced in order to join us. Membership request cards can be found in the Great Hall vestibule, bookstore, or requested by mail or e-mail.

CLC Board of Trustees

Ron DeLorme, President

rdeleorme@sbcglobal.net

Franceska Perot-Starcevic, V. P.

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Jesse Jennings, Secretary

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Melody Berryman

melodyberryman@sbcglobal.net

Nancy Bonilla-May

nbm8@aol.com

Carthel Smejkal

sidhe_sings@yahoo.com

Conscious Giving

Everything you see around the Creative Life campus, from the carpets to the coffee to the 6+ acres of land we now own and occupy, was manifested through the generosity of our Center members and friends—folks like you! Please remember the ongoing life of your Center, which costs about \$5,000 per week to fund, by doing your part and more if you can! You can donate to Creative Life by credit or debit card on a one-time or regular basis—just visit the bookstore to set up this service. We also have giving envelopes if you would like to mail in your gift. And now you can give via PayPal, in \$25 increments, in our weekly e-mail updates. We are a 501(c)(3) nonprofit corporation, so your donations are tax-deductible.



Soda Machine

We have a new vending machine by the copy room, just off the west foyer in the office building. Seventy-five cents gets you a canned soft drink (regular and diet Coke and Dr. Pepper, plus 7-Up), and \$1.50 a 20oz. bottle of water. Please use the marked recycling containers for your empty aluminum cans and plastic bottles.

Summer Blood Drive



Our next blood drive happens on Sunday, August 30, with potluck snacks for the donors, and the Bloodmobile on site from 9am-1pm. Because we're now holding these quarterly, you can participate through CLC in the Blood Center's "Commit For Life" program — see www.giveblood.org for info. Volunteers are gratefully accepted to help set up and clean up after the brunch, place signs, etc.; the event coordinator is **Ruth Catalogna**. Sign up in Builder's Hall to donate or bring food.

racatalogna@hotmail.com

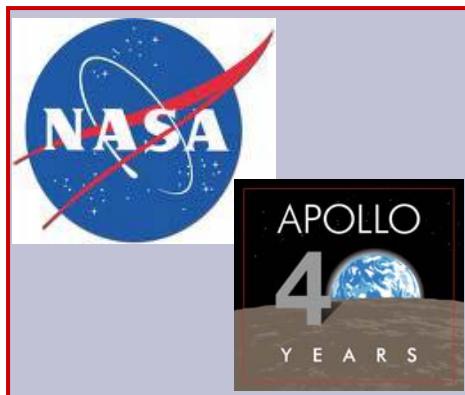
Forrest Yoga rocks!



Sonya Nelson

Come see why! It heals the body and soothes the soul. This style of yoga was created by Ana Forrest to use the age-old tradition of yoga to specifically address the physical challenges that plague modern-day men and women in Western culture. Join CLC practitioner **Sonya Nelson**, certified yoga instructor on Tuesdays from 5:15-6:30pm in Katherman Hall. Wear loose, comfortable clothing and do not eat two hours prior to the class start time. Bring a yoga mat. No yoga experience necessary. Drop in for any class for \$15 to CLC.

sonya.nelson@creativelife.org



Center Recordings



Our Sunday services (opening meditation, 35-minute "encouragement" and closing treatment), as well as longer (45-60 minute) Wednesday evening talks, are available on CD. **Individual sales:** Each 80-min. CD contains one service, and is \$4. Use the bookstore clipboard to order, and pickup there too, or add \$2 postage for each item. **By mail subscription:** prices are \$60 for 3 mos.; \$115 for 6 mos.; \$200 for a year; or \$350 for two years. Domestic postage is included. Subscribe in the bookstore, and you'll receive a shipment every two weeks.

info@creativelife.org

In Between Jobs

Meets the first Monday of the month from 8:30-9:30am, starting August 3. Practitioner **Sandra Check** will host morale-boosting, vibration-lifting activities! Come dressed for the job you would like to have.

Honduran Support

We are accepting donations of durable used or new shoes, and also clothing (used/clean/in good repair) as part of an ongoing collection

which pilot **Lynn Rippelmeyer** delivers to the people of Honduras each time she flies there. Please place these in the collection boxes in Builders' Hall. Please no extra-large sizes, women's shorts, winter clothing, or high heels. Recently in the bookstore we have begun selling Honduran-grown coffee for \$10 the pound (whole beans or ground) to help support children's charities in that country. It's also what you're drinking on Sundays and Wednesdays now! More on this: ljripp@comcast.net

Life Center Support

The Life Center, founded by Pastor **Winston James** in 1991, is a care facility for the homeless at 4516 Old Yale Street in the Heights. We are pleased to join with other area faith communities in offering support to them through a collection of cleaning supplies, trash bags, food (non-perishable and perishable), socks, men's and women's underwear, and hygiene and grooming products. Please use the collection box in Builders' Hall.



Carpooling

To connect with others from your area for ride-sharing to Sunday celebrations and other CLC events, e-mail board mem-

YOUTH CREATIVE WRITING WORKSHOP



from left to right, **Nikki Saren, Sydney Wemple, Fiona Markey, Sharon Mignerey** (facilitator), **Kyle Saren, Daniel May, Nick Berryman**

YOUTH SONGWRITING WORKSHOP



from left to right, **Kyle Saren, Daniel May, Bob Pryor** (facilitator), **Nikki Saren and Sydney Wemple**

Practitioner I graduates



Back row, **Sharon Mignerey, Cathy MacKenzie** (co-facilitator), **Larry Dines, Mary Ellen Dupree, Phil Beckhlem, Lisa Ryan, Lilia Reade-Pellicano**; Front, **Shirley Sandlin, Sophie Hamrick, Sylvia Roeling**

"The Practets" perform



From left, CLC practitioners **Lynn Beckett, Ann Richardson, Yvonne Ryba, Lilia Reade-Pellicano, Tammie Sheets**

"All Aspects of Love" Prom Party & Solstice Show



Nancy, Jeannette and Melody, event creators



Ruth and Carthel, fashion's darlings



Lilia and Nicole, all smiles—of course!



What a meal!
100 dined in style

T H U R S D A Y S



Sandra Check



Bill Downs

The Good Life group

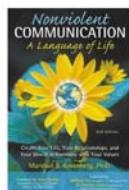
meets Wednesdays from 5:30 to 6:45 or so. The format is to start with a meditation which will ground and center us and also allow anyone who can't be there exactly at 5:30 to join a little later. The book discussion starts no later than 6pm and is sometimes accompanied by a worksheet, small group, or experiential activity. We are just now (July 8) starting to read and discuss the new book *Be Yourself, Everyone Else is Already Taken: Transform your Life with the Power of Authenticity* by Mike Robbins, available now in the CLC bookstore. This book is an easy powerful read with only 8 chapters to get us through the rest of summer, and it's available in the bookstore. The group is led by practitioner **Sandra Check** and **Bill Downs**. An EFT (Emotional Freedom Technique) demonstration by **David Dewhurst** precedes each week at 4:30pm in the upstairs library.

sandra.check@creativelife.org • whd1@sbcglobal.net

T H U R S D A Y S

Wed. Night Celebrations 7pm in the Great Hall				
JULY 1 American Dreams, with minister Jesse Jennings , and "American Pie" karaoke led by Nancy Bonilla-May	JULY 8 Sunlit Spirituality: Liberty Without License, with minister Jesse Jennings , and music by Bruce Ross	JULY 15 Relationships: Being Present for the Presents, with practitioner Tammie Sheets ; music, tentatively, by The Practets	JULY 22 The Importance of Being Earnest, with practitioner Sandra Check , and light, yet filling, verse by Dick Schmelzkopf	JULY 29 More on Those 7 Ideas You Can Always Count On, with minister Jesse Jennings , music by Sarah Pitzer and Bob Pryor

Nonviolent Communication group



Discover the life-changing benefits of nonviolent communication, in a group based on Marshall Rosenberg's book *Nonviolent Communication: A Language of Life* (available in the bookstore). Experience and learn the effective skills to transform relationships, conflicts, and violence within this language of the heart. We will explore our own needs and feelings and how to recognize others are simply revealing their needs and feelings to us. This group is aimed at remembering the power in knowing yourself and the feeling and needs that are alive in you. When we connect honestly with ourselves about our feelings and needs we have another way of expressing the oneness of humanity. Feelings and needs are universal; all humans have the same ones. Come journey with us on the path of creating compassionate connections with yourself and others. Transform shame and depression into personal empowerment, heal old pain, transform unhealthy habits, stay connected to your own needs and preferences, and live your life by choice. Contribute to peace on this planet by becoming the vision, peace. Wednesdays, 4-5:15pm in the downstairs meditation room, with **Lynn Beckett**, **Judy Henry** and **Sylvia Roeling**. Love offering gratefully collected. More info: E-mail lynn.beckett@creativelife.org.

T H U R S D A Y S

Lunch of Like Minds

A bunch of CLCers meet for lunch Thursdays at different restaurants from FM 1960 to The Woodlands, and you're invited! To get on the invitation list: **Cathy MacKenzie**, cathy.mackenzie@creativelife.org

A Course in Miracles discussions

A Course in Miracles is "a unique, universal, self-study spiritual thought system that teaches the way to Love and Inner Peace is through forgiveness." (www.acim.org) The Course states, "Projection makes perception. The world you see is what you gave it, nothing more than that. But though it is no more than that, it is not less. Therefore, to you it is important. It is the witness to your state of mind, the outside picture of an inward condition. As a man thinketh, so does he perceive. Therefore, seek not to change the world, but choose to change your mind about the world." We're in our fifth year of regular weekly meetings and recently started over in the ACIM Text. With practitioner **Bill MacKenzie** at 7pm Thursdays in the library. Open to all; join anytime. Donation. More info: bill.mackenzie@creativelife.org

Fun-Loving Singles

This group is for all Creative Life Spiritual Center friends or members who are single, divorced or widowed and age 21 or over. We welcome all singles regardless of ethnicity, gender, or sexual orientation, who are interested in a safe, open environment to meet, form friendships, participate in group events and just have FUN!

The goal of the group is to promote camaraderie among singles. It is not a matchmaking or therapy support group.

The July lunch will be at 1:00pm, Sunday, July 26, at Cafe Express, 9595 Six Pines Drive (Market Street) in The Woodlands. The restaurant website is www.cafe-express.com and phone is (281) 298-2556. Please RSVP to our July event coordinator **Cheryl**

Ford. The August lunch will be at 1:00pm, Sunday, August 30, at the Aviator Grill at Hooks Airport, 20803 Stuebner-Airline Rd. at FM 2920, very near CLC. The restaurant website is www.aviatorsgrill.com and phone is (281) 370-6279. Please RSVP to our August event coordinator, **Bob Mahan.** If you wish to participate, please e-mail **Bob Pryor** for details on how to join, and how to access the CLC Singles Yahoo group:

robertmpryor@comcast.net



**Want to participate in the Center's music program?
E-mail our Music Director
Geoffry Oshman at
clscmusic@comcast.net**

Creative Life Sundays

Come at 9:30 or 11:00 to enjoy the new series

Treater's Digest

Answers in Your POCKET



"I LOVE MYSELF THE WAY I AM"

A chance to sing, laugh, and be here now

EVOCATION

Centering ourselves in the eternal moment

"UNIVERSAL LOVE ENFOLDS ME"

A time to deepen within, and then connect with each other

MUSICAL MOMENT

with **Geoffry Oshman**, the **CLC Singers**, and friends

ENCOURAGEMENT

A talk by minister **Jesse Jennings** on conscious living today

ONE SERVICE ONLY

**4 Freedoms:
What They
Mean Today**

**5 Steps to
Relieving
Distress**

**6 Ways to
Make This
Your Best
Summer**

**7 Ideas
You Can
Always
Count On**

SPIRITUAL MIND TREATMENT

An affirmative prayer, the heart of our spiritual practice

GROUP SONG

An old favorite, or the latest new song we're starting to learn!

ANNOUNCEMENTS AND GIVING TIME

Divine love, through me, blesses and multiplies all the good
I am and have, all the good I give and receive.
I am prosperous now, and so it is!

MUSICAL MOMENT 2

with **Geoffry Oshman**, the **CLC Singers**, and friends

CLOSING CIRCLE AND "PEACE SONG"

Something wonderful is happening through you right now!

CLC's Practitioner Team

Mind remakes your world!

Our licensed Religious Science practitioners are trained in the art and science of spiritual support using affirmative prayer, and are committed to serving your needs. Have a new goal, an old problem, or a question about applying our teaching? Work with a practitioner and watch what happens with conscious use of the Law of Mind. Access them by leaving a prayer request in one of the boxes, by attending one of their events (see at right), or by appointment. Events are donation-based or free; appointments are fee-based.

Barbara Baldwin, RSc.P.

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Lynn Beckett, RSc.P.

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Rev. Cathy Bennett, RSc.F.

revcathy@hotmail.com

Deanna Bordelon, RSc.P.

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Sheryl Boyle, RSc.P.

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Rev. Myokei Caine-Barrett, RSc.P.

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Sandra Check, RSc.P.

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Valinda Huckabay, RSc.P.

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1956 - 2008

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Power Up with Positive Prayer

What exactly is a "Religious Science practitioner"? Literally, a practitioner is anybody who practices something; our Religious Science practitioners are trained in the *art and science of spiritual support using affirmative prayer*, and are committed to serving your needs. Each has spent literally hundreds of hours in training, to direct natural compassion into helping you through listening, caring, and using spiritual mind treatment — affirmative prayer — to reveal the truth of you that is greater than any apparent limitation. Each is licensed by the United Centers for Spiritual Living, and engages in ongoing study and spiritual development.

Help is Nearby

Our Creative Life practitioners are outstanding spiritual support persons, available to lovingly and confidentially assist you, and are at your service...

- **Sundays** at "The Power of Prayer" (now in the downstairs meditation room) where requests are received and acted upon in a small group setting, or with the practitioner of your choice in the Great Hall or garden for a quick "meet and treat"...

- **By appointment**, on an individual fee basis for a one-hour session of spiritual support and treatment...
- CLC members receive an annual invitation by mail for a free "**birthday checkup**" with the practitioner of your choice (see list at left). Just pick up a form in the Practitioners' Loft and call for your appointment...

- **More options** requesting and receiving prayer support include using a form on our website by going to www.creativelife.org/links/prayerrequest.php. Further, trained, skilled practitioners await your call to the UCSL World Ministry of Prayer, 24 hours a day, every day at (800) 421-9600 or by email to prayer@wmop.org.

What Practitioners Do

"We should seek to combine spiritual up-reaching with conscious mental action for definite purposes. This is what constitutes spiritual mind practice on a scientific basis. And by 'scientific' we do not mean anything cold or merely mechanical. We merely mean the conscious use of a known law."

—ERNEST HOLMES, from *How to Use the Science of Mind*

What don't practitioners do?

Give advice, for one thing. They're also not trained by us to be psychotherapists, or marriage or substance abuse counselors. If a person holds licensure in one of these areas, and becomes a practitioner, he or she is of course allowed to continue work as a therapist or counselor—but not during a session when serving as a practitioner. Similarly, if a person is certified as a practitioner in any other field besides Religious Science and in any other modality besides spiritual mind treatment, this is fine, but it may not be combined with the spiritual mind treatment done when acting as a Religious Science practitioner. In other words, he or she must "wear a different hat", in the context of an entirely separate session.

On another note, practitioners also don't get into your business any further than you directly ask them to. They don't gossip, or think less of you if have a challenge in your life, or see you as a perpetually challenged person. Their role is to know the truth about you, that is larger than any experience you may have yet had.

(excerpted from our brochure, *You and Your Practitioner*. Request yours today!)

C CALENDAR

Creative Life Spiritual Center
 5326 Spring Stuebner Rd.
 Spring, TX 77389-4574
info@creativelife.org
www.creativelife.org
 (281) 350-5157

JULY 2009

	EVENT KEY
■	Celebration service
■	SOM certificated class
■	Other class/group/wkshp
■	Meditation/prayer/ritual
■	Musical event
■	Social/service event
■	Youth event



SUNDAY MONDAY TUESDAY

5 ONE SERVICE ONLY TODAY
 CELEBRATIONS 11am
 Jesse Jennings:
 4 FREEDOMS:
 WHAT THEY MEAN TODAY
 Power of Prayer 10:30/12
 Children's Circle 11
 No choir rehearsal today

Faith of Our Fathers
 final class • 3:30pm
Treatment & Meditation
 class #3 • 6:30pm

7 ○
Yoga
 5:15pm

WEDNESDAY

1 **Essential Ernest Holmes** class
 #3 • 1pm
Nonviolent Communication 4pm
Good Life 5:15pm
Midweek celebration:
 AMERICAN DREAMS
 Jesse Jennings • 7pm

THURSDAY

2 **Lunch of Like Minds**
 offsite • noon
A Course in Miracles 7pm

FRIDAY

3

4 *Independence Day*



12
 CELEBRATIONS 9:30 & 11
 Jesse Jennings:
 5 STEPS TO RELIEVING DISTRESS
 Power of Prayer 10:30/12
 Children's Circle 11am
 Teens Yoga workshop 11
 Music rehearsal 12:30

Treatment & Meditation
 class #4 • 6:30pm

13 C
Yoga
 5:15pm

14 **Essential Ernest Holmes** class
 #5 • 1pm
Nonviolent Communication 4pm
Good Life 5:15pm
Midweek celebration:
 RELATIONSHIPS:
 BEING PRESENT FOR THE PRESENTS
 Tammie Sheets • 7pm

15 **Lunch of Like Minds**
 offsite • noon
A Course in Miracles 7pm

16

17

"A Scrapbook Named Desire"
 workshop • 9:30-12:30

19
 CELEBRATIONS 9:30 & 11
 Jesse Jennings:
 6 WAYS TO MAKE THIS YOUR BEST SUMMER
 Power of Prayer 10:30/12
 Children's Circle 11
 Music rehearsal 12:30

Treatment & Meditation
 class #5 • 6:30pm

20 ●
Yoga
 5:15pm

21 **No Essential Ernest Holmes class today**
Nonviolent Communication 4pm
Good Life 5:15pm
Midweek celebration: THE IMPORTANCE OF BEING EARNEST
 Sandra Check • 7pm

22 **Lunch of Like Minds**
 offsite • noon
A Course in Miracles 7pm

23

24

25

26
 CELEBRATIONS 9:30 & 11
 Jesse Jennings:
 7 IDEAS YOU CAN ALWAYS COUNT ON
 Power of Prayer 10:30/12
 Children's Circle 11
 Youth concert 11
 Music rehearsal 12:30

Treatment & Meditation
 class #6 • 6:30pm

27 D
Yoga
 5:15pm

28 **Essential Ernest Holmes** class
 class #6 • 1pm
Nonviolent Communication 4pm
Good Life 5:15pm
Midweek celebration: MORE ON THOSE 7 IDEAS YOU CAN COUNT ON
 Jesse Jennings • 7pm
CLC Board meeting • 8:30pm

29 **Lunch of Like Minds**
 offsite • noon
A Course in Miracles 7pm

30

31