

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Children's Garden Work Day, 9 AM to Noon
2 Meditation, 8:30 to 8:45 AM Sunday Services, 9 and 10:30 AM—Rev. Mary Mitchell Speaking The 360 Band Performs, 10:30 AM Essence Class, 12:30 to 2 PM Children's Garden Work Day, 12:30 to 3 PM Teen Group, 1 to 3 PM	3 Tai Chi, 11 AM to Noon A Course in Miracles Drop-in Discussion Group, Noon to 2 PM Hatha Yoga, 5:30 to 6:45 PM	4 Office/Bookstore Closed for Independence Day Holiday 	5 Tai Chi, 9 to 10 AM "The Mastery of Self: A Contemplative Process" Class Begins, 10:30 AM to 1 PM Seated Tai Chi, 10:30 to 11:30 AM Hatha Yoga, 5:30 to 6:30 PM River Oak Sangha, 6:30 to 8 PM Spiritual Partnership, 7 to 8:30 PM "Soul Session" Interactive Service, 7:30 to 9 PM	6 Chair Yoga, 11 AM to 12:30 PM "Grief Recovery: An Action Group for Moving Beyond Loss" Class Begins, 2:00 to 3:30 PM Meditation, 6:30 to 8 PM	7 Office/Bookstore Closed Chair Yoga, 11 AM to 12:30 PM	8 Landscape Seva (Care) Day, 8:30 AM to Noon Children's Garden Work Day, 9 AM to Noon
9 Meditation, 8:30 to 8:45 AM Sunday Services, 9 and 10:30 AM—Rev. Sue MillerBorn Speaking Lorri Able-Chapman and Janelle Northrup Perform, 10:30 AM Practitioners' Meeting, 12:30 to 2:30 PM Teen Group, 1 to 3 PM Young Adults Group, 4:30 to 7:30 PM	10 "The Tao of Watercolor: A Beginner's Class in Watercolor Painting, Session I" Class Begins, 9:30 AM to Noon Tai Chi, 11 AM to Noon A Course in Miracles Drop-in Discussion Group, Noon to 2 PM Hatha Yoga, 5:30 to 6:45 PM Men's Group, 7 to 8:30 PM	11 Writing Down Your Soul, 10 AM to Noon Ministers' Meeting, Noon to 2 PM Staff Meeting, 2 to 4 PM Big Leap, 2:30 to 5 PM "Free at Last" A. A. Group Meeting, 5:30 to 6:30 PM Conscious Parent, 6:30 to 9 PM	12 "The Tao of Watercolor: Painting Flowers Georgia O'Keefe Style" Class Begins, 10 AM to 12:30 PM OR 2 to 4:30 PM Mastery of Self, 10:30 AM to 1 PM Hatha Yoga, 5:30 to 6:30 PM River Oak Sangha, 6:30 to 8 PM Spiritual Partnership, 7 to 8:30 PM "Soul Session" Interactive Service, 7:30 to 9 PM	13 Chair Yoga, 11 AM to 12:30 PM Grief Recovery, 2:00 to 3:30 PM Meditation, 6:30 to 8 PM	14 Office/Bookstore Closed Chair Yoga, 11 AM to 12:30 PM	15 S.O.A.R. to Lake Shasta Caverns, Time TBA
16 Meditation, 8:30 to 8:45 AM Sunday Services, 9 and 10:30 AM—Rev. Mary Mitchell Speaking Holly Day Performs, 10:30 AM Children's Church Teachers Meeting, Noon to 1 PM Exploring Membership Meeting, 12:30 to 2 PM Teen Group, 1 to 3 PM	17 Tao of Watercolor, 9:30 AM to Noon A Course in Miracles Drop-in Discussion Group, Noon to 2 PM Hatha Yoga, 5:30 to 6:45 PM The Sacred Drum Circle, 7:15 to 8:15 PM	18 Writing Down Your Soul, 10 AM to Noon Ministers' Meeting, Noon to 2 PM Staff Meeting, 2 to 4 PM Big Leap, 2:30 to 5 PM "Free at Last" A. A. Group Meeting, 5:30 to 6:30 PM Conscious Parent, 6:30 to 9 PM Prayers & Meditations of Yogananda, 7 to 8 PM	19 Tai Chi, 9 to 10 AM Tao of Watercolor, 10 AM to 12:30 PM OR 2 to 4:30 PM Mastery of Self, 10:30 AM to 1 PM Seated Tai Chi, 10:30 to 11:30 AM Hatha Yoga, 5:30 to 6:30 PM River Oak Sangha, 6:30 to 8 PM Spiritual Partnership, 7 to 8:30 PM "Soul Session" Interactive Service, 7:30 to 9 PM	20 Chair Yoga, 11 AM to 12:30 PM Grief Recovery, 2:00 to 3:30 PM Meditation, 6:30 to 8 PM	21 Office/Bookstore Closed Chair Yoga, 11 AM to 12:30 PM	22
23 Meditation, 8:30 to 8:45 AM Sunday Services, 9 and 10:30 AM—Rev. Sue MillerBorn Speaking in2it Performs, 10:30 AM Teen Group, 1 to 3 PM Young Adults Group, 4:30 to 7:30 PM	24 Tao of Watercolor, 9:30 AM to Noon Tai Chi, 11 AM to Noon A Course in Miracles Drop-in Discussion Group, Noon to 2 PM Board of Trustees Meeting, 5:15 PM Hatha Yoga, 5:30 to 6:45 PM Men's Group, 7 to 8:30 PM	25 Ministers' Meeting, Noon to 2 PM Staff Meeting, 2 to 4 PM Big Leap, 2:30 to 5 PM "Free at Last" A. A. Group Meeting, 5:30 to 6:30 PM Conscious Parent, 6:30 to 9 PM	26 Tai Chi, 9 to 10 AM Tao of Watercolor, 10 AM to 12:30 PM OR 2 to 4:30 PM Mastery of Self, 10:30 AM to 1 PM Seated Tai Chi, 10:30 to 11:30 AM Hatha Yoga, 5:30 to 6:30 PM River Oak Sangha, 6:30 to 8 PM Spiritual Partnership, 7 to 8:30 PM "Soul Session" Interactive Service, 7:30 to 9 PM	27 Awareness Newsletter Folded, 9 to 11 AM Chair Yoga, 11 AM to 12:30 PM Grief Recovery, 2:00 to 3:30 PM Practitioner "Mock Panels," 4 PM Meditation, 6:30 to 8 PM	28 Office/Bookstore Closed Chair Yoga, 11 AM to 12:30 PM Teen Group Leadership Meeting at Rev. Sue MillerBorn's Home, 7 PM	29 Practitioner Panels, 9 AM to Noon
30 Meditation, 8:30 to 8:45 AM Sunday Services, 9 and 10:30 AM—Rev. Lynn E. Fritz Speaking Dalton Fitzgerald Performs, 10:30 AM Teen Group, 1 to 3 PM	31 Tao of Watercolor, 9:30 AM to Noon Tai Chi, 11 AM to Noon A Course in Miracles Drop-in Discussion Group, Noon to 2 PM Hatha Yoga, 5:30 to 6:45 PM	<h1>JULY 2017</h1>				



Center Groups

“SOURCE” YOUTH (TEENS) GROUP

Meets every Sunday from 1:00 to 3:00 PM in the Sanctuary. Each 2nd Sunday the group meets from 10:00 AM to 12:30 PM to greet/usher at the 10:30 AM Service and host the Social Hall. For more information, please call James Massengale at 209-988-2829.

YOUNG ADULTS GROUP

Meets 2nd and 4th Sunday of each month from 4:30 to 6:30 PM in the in the Pavilion then from 6:30 to 7:30 PM in the Social Hall. Each 5th Sunday the group meets from 10:00 AM to 12:30 PM to greet/usher at the 10:30 AM Service and host the Social Hall. For more information, please call Diana Johnson at 356-1227.

“A COURSE IN MIRACLES” DROP-IN DISCUSSION GROUP

Meets every Monday from Noon to 2:00 PM in the Social Hall. For more information, please call Rev. Daphne Blunck at 650-533-8223.

MEN’S GROUP

Meets the 2nd and 4th Monday of each month from 7:00 to 8:30 PM in the Sanctuary. For more information, please call Roy Woolfstead at 246-1017.

SACRED SISTERS WOMEN’S GROUP

Meets the 2nd Monday of each month from September through June from 7:00 to 8:30 PM in the Social Hall. For more information, please call Rev. Sue MillerBorn at 221-7350.

HEARTSANGHA CHOIR

Meets every Thursday from mid-August through mid-May from 6:30 to 9:00 PM in the Sanctuary. The choir usually performs at the 10:30 AM service twice each month and hosts the Social Hall on the 3rd Sunday of each month. For more information, please call Dalton Fitzgerald at 524-3124.

LANDSCAPE SEVA/CARE DAY

Usually meets on the 2nd Saturday of each month from 8:30 AM to Noon. For more information, please call Diana Woolfstead at 246-1017 or Charlie Born at 221-7350.

Meditation & Yoga

SUNDAY MORNING MEDITATION meets every Sunday from 8:30 to 8:45 AM in the Meditation Pavilion. For more information, please call the Center office at 530-221-4849.

TAI CHI meets every Monday from 11 AM to 12 Noon and every Wednesday from 9 to 10 AM and **SEATED TAI CHI** meets every Wednesday from 10:30 to 11:30 AM (unless otherwise stated) all in the Sanctuary. For more information, please call Chris Netto at 469-964-9369.

HATHA (POSTURES) YOGA meets every Monday and Wednesday from 5:30 to 6:45 PM in the Sanctuary. For more information, please call Rev. Sue MillerBorn at 530-221-7350.

PRAYERS and MEDITATIONS of YOGANANDA meets the 1st and 3rd Tuesday of each month from 7:00 to 8:00 PM in the Meditation Pavilion. For more information, please call Rev. Sue MillerBorn at 530-221-7350.

RIVER OAK SANGHA MINDFULNESS MEDITATION GROUP (Buddhist) meets every Wednesday from 6:30 to 8:00 PM in the Meditation Pavilion. For more information, please visit www.mindfulredding.blogspot.com or call Alexa Singer-Telles at 246-8317.

CHAIR YOGA meets every Thursday and Friday from 11:00 AM to 12:30 PM in the Meditation Pavilion. For more information, please call Claire Bay at 1-908-337-5312.

MEDITATION CLASS meets every Thursday from 6:30 to 8:00 PM in the Meditation Pavilion. For more information, please call Rev. Pam Sanchez at 530-515-0347.

General Information

CONGREGATIONAL SUPPORT

Offers assistance with meals, etc., if you've been injured or are sick. For more information, please call Rev. Pam Sanchez at 515-0347.

ENDOWMENT FUND

To learn more about the Center's endowment fund or to ask questions about it, please contact Deb Black at 221-4326 or at dmbblack2515@att.net.

CENTERS for SPIRITUAL LIVING WORLDWIDE

Check out our parent organization's website, www.csl.org, for information about the many programs offered worldwide.

WORLD MINISTRY of PRAYER

Check out the prayer section of our parent organization: <http://www.csl.org/prayer-ministry>.

CENTER for SPIRITUAL LIVING, REDDING, WEBSITE:

<http://www.cslredding.org>

Affiliations

“FREE AT LAST” AA meets every Tuesday from 5:30 to 6:30 PM in the Social Hall. For more information, please call Larry W. at 530-245-0837.