

# The Carlsbad Center for Positive Living

December 2007

Religious Science Church

390 OAK AVENUE, SUITE H • CARLSBAD, CA 92008 • 760.434.9579

## Joy To The World

**Dr. Jane Claypool**  
Founder and Co-Pastor

**Rev. Debby O'Donnell**  
Co-Pastor

**Rev. Matti Dobbs**  
Assistant Minister

### DECEMBER THEME

Everlasting Joy!

### DECEMBER TOPICS

10 AM SERVICE

#### 2<sup>nd</sup> Creating Joy

Rev. Matti Dobbs

#### 9<sup>th</sup> Joyous Compassion

Rev. Debby O'Donnell

#### 16<sup>th</sup> Joy to the World

Dr. Jane Claypool

#### 23<sup>rd</sup> Signs of the Season

Rev. Debby O'Donnell

#### 30<sup>th</sup> Joy is My Middle Name

Dr. Jane Claypool

### DECEMBER SPIRITUAL PRACTICE 9:30 till 9:50

2<sup>nd</sup> **Qigong Healing Circle**  
Gail Privetts R.Sc.P

19<sup>th</sup> **Guided Meditation**  
Rev. Debby O'Donnell

16<sup>th</sup> **Joyful Meditation**  
Dr. Jane Claypool

23<sup>rd</sup> **Healing Circle**  
Rev. Debby O'Donnell

30<sup>th</sup> **World Peace Meditation**  
9AM Rev. Barbara Heley

Every day is a good day.

-- Yun-men

This is the season to experience joy – to feel the love – to exchange the beautiful energy of joy and love and to celebrate life. Believe it or not, the season was not designed by capitalists who wanted to keep the economy moving but by all peoples and all cultures in the northern hemisphere and the common purpose is to remind ourselves that life is a blessing and that life goes on.

Whether it is the winter solstice, the traditional Christian story or Hanukkah that you celebrate, this is the

season with a reason. And the reason is to celebrate life with joy.

For a good reason, Thanksgiving Day opens the season of joy. It isn't a day when we eat turkey and then dash to the malls. Thanksgiving is a way of celebrating love and life and we need to hold onto our gratitude all through the season.

Gratitude is the key to a happy holiday season. The easiest way to celebrate the season is to thank people for the wonderful ways they enrich your life. Saying something nice to the young man at Starbucks only takes a moment and

costs nothing extra. And if we can find the time to be nice to that kid, why not express our love and gratitude to our own friends and relatives?

I'm suggesting that we celebrate our season of joy by expressing gratitude on a daily basis. We will enjoy the holidays more and so will the people who are in our lives. It's so easy if we just remember that we are the ones in charge of our priorities. Not Macy's or Target.

*Continued on page 2*

## The Spirit of it All

"And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till this puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought,

doesn't come from a store? What if Christmas, perhaps, means a little more?"  
~ Dr. Seuss

The Grinch could be on to something! I find it interesting that we end November with a Spirit of Thanksgiving and then rush into December in full consumer mode; complete with things to do, places to go and

stuff to buy. Even if you do not participate in Christmas, there is still the pressure of it all around you.

What if this year, you were to stay in the Attitude of Gratitude and participated in the holiday season with an open heart?

*Continued on page 2*

## Joy To The World *continued from page 1*



Love sought is good, but given unsought is better.

-- William Shakespeare

Granted, this time of year might be a bit stressful from time to time. You may even feel like complaining a little bit. It is easy to get overworked and sometimes you might even catch a bit of the holiday blahs or the holiday blues. Maybe you wish you had a friendly ear.

The best way to overcome troubles during this season is to talk directly to God. Be like the saints of old. Or be like some of the saints - some of the time. Don't be like St. Teresa of Avila who fell in the mud

and was overheard muttering to God, "No wonder you have so few friends, Lord, the way you treat them!"

There is a better way of getting what we want than muttering at God in dismay. We need to remember to take the time to talk to God in our spiritual mind treatments on a daily basis. We should let God know what we want, of course, but it is even more important to remember to thank God for what we already have.

Joy begins and ends with a sense of love of life. We cannot always be in a rush and enjoy life. Nor can we always be looking at what we don't have and expect to be happy. We must be willing and able to celebrate the wonders of our current lives in order to be truly happy. In other words, we must be in a state of gratitude in order to experience a joyful life.

- Dr. Jane



A gift consists not in what is done or given, but in the intention of the giver or doer.

-- Seneca

## The Spirit of it All *continued from page 1*

What if you gave everyone, especially yourself, a gift that would last forever? "Three things will last forever - faith, hope and love - and the greatest one is love" Corinthians 13:13. These are priceless gifts that require nothing more than an open heart and a willing spirit, transformational gifts that keep on giving.

Once we set our intention to give and receive these


joyous gifts, our energy shifts. As we have more faith in the truth, it will reveal itself in joyful ways. As we lift others up with words of hope, hope will spring eternal. As we become more willing to open our hearts, there will be more room for love to flow.

Join us this month as we lift ourselves up in faith, surround ourselves in love and allow the hope

of peace on earth to move us through this holiday season. Yes, there will be holiday cookies, candles and carols. There will also be an overflowing of joy as we open our hearts and minds to the true gifts of the season; those from the heart.

– Rev. Debby

# December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Gay AA Meeting 6pm
2 Creating Joy Rev. Matti	3 Al-Anon 12pm  Visions meeting 6PM	4	5 Board Mtg 5:00pm  Power Hour 7-8PM	6 Al-Anon 7pm You Can Heal Your Life – Movie 7PM	7 Al-Anon 12pm  AA Meeting 7:30pm	8 Gay AA Meeting 6pm
9 Joyous Compassion Rev. Debby	10 Al-Anon 12pm	11	12  Power Hour 7-8PM	13 Al-Anon 7pm	14 Al-Anon 12pm  AA Meeting 7:30pm	15 Gay AA Meeting 6pm
16 Joy to the World Dr. Jane Claypool	17 Al-Anon 12pm	18	19 Candle Lighting Ceremony 7 PM music by Lesley Alexander	20 Al-Anon 7pm	21 Al-Anon 12pm  AA Meeting 7:30pm	22 Gay AA Meeting 6pm
23 Signs of the Season Rev. Debby	24 Al-Anon 12pm	25 Christmas 	26  Kwanzaa Celebration 7-8PM	27 Al-Anon 7pm	28 Al-Anon 12pm  AA Meeting 7:30pm	29 Gay AA Meeting 6pm
30 World Peace Meditation 9AM Joy is My Middle Name Dr. Jane Claypool	31 Al-Anon 12pm					

**Carlsbad Center for Positive Living**

390 Oak Ave Suite H, Carlsbad 92008  
760-434-9579

[www.carlsbadcenterforpositiveliving.com](http://www.carlsbadcenterforpositiveliving.com)

Meditation Service 9:30 – 9:50am

Sunday Service & Cosmic Kids 10:00 – 11:00am

**Affirmative Prayer**

The CPL staff is well trained and available for one on one treatment work. Their fees are modest and no one is ever turned away. Contact numbers are:

*Ministers*

Rev. Debby O'Donnell  
619.857.1929

Rev. Matti Dobbs  
760.214.5628

Rev. Barbara Heley  
760.967.1614

Rev. Claudia Mulcahy  
760.434.9579

Rev. Rachel Lampert  
949.215.1921

*Practitioners:*

Gail Privetts, R.Sc.P.  
760.433.8082

The staff at CPL gladly offers treatment work on Sunday as our gift to you.

**A Christmas Message**

"This is the new birth that is being born anew. This is the Kingdom that comes, the Daily Bread that satisfies every hunger. At first it is only a child in the manger, only a light of the Kingdom, a small slice of the Bread of life. But in this child is all of the Power of God, in that light is the Son of Miracles and in that slice is the eternal manna of heaven. Can you now express Joy to the World? The Lord is come!"

- John Randolph Price

**This I Believe**

On October 28, the Sunday after the firestorm occurred in San Diego County, our church demonstrated a beautiful and spontaneous outpouring of support for the Native American community hit hard by the fires. Robin Wilson, Tlingit Indian, and active in the local Native community, had been with the Red Cross to the Rincon and Santa Ysabel Reservations in North County the previous day. On Sunday, she shared about some of the needs that she witnessed there the day before.

Spontaneously, various church members gave \$250 to help out at the reservations.

After the service, there was discussion in the office about how to donate the money. It was decided with Rev. Debby that since the Red Cross was providing food and other items, perhaps

there was a more immediate need. One of the concerns that Robin had shared about was regarding the family of a man, William Valle, on the Santa Ysabel Reservation, who had died suddenly on Saturday, 10/27. This was shocking news to the other Santa Ysabel Reservation tribal members, and the mother was flown in from Arizona quickly. It was decided after service that it would be best to give the \$250 along with a card from the church to the family of the man who had died.

Up at the Santa Ysabel Reservation later that day, while Robin went with the Red Cross over to the neighboring Mesa Grande reservation, I had the honor of giving our gift to the family. Bonnie, the tribal councilwoman took me to the man's home where I met this mother. I presented the

gift to her on behalf of our church, saying that we learned of her son's passing that morning and people gave money out of concern and wanting to help in this time of need. The mother was genuinely touched and shed tears at the kindness of the gift. Later, the councilwoman told me that the gesture by our church was really appreciated by the family.

It was moving to me to see the depth of caring and love that people in our church have for others. When fellow brothers and sisters had a need, people immediately jumped to help. Our church feels from the heart and cares. That is God in Action. "And so it is."

- Lucille Park

**Power Hour –Beyond Appearance and More**

Join us on December 5<sup>th</sup> and on the 12<sup>th</sup> as we shift from appearance to truth. We will be using the wonderful booklet by Emmet Fox, "The Golden Key", to examine how to open ourselves up to a

greater level of power, truth and faith. The hour will be filled with renewing conversation, guided meditation and exercises that will ground your joy.

See you there!

These Power Hours are up close and personal and a great way to make new friends. Wednesday evenings 7-8PM.

**Don't miss the Kwanzaa Celebration December 26<sup>th</sup>.**

## Practitioner Corner – You Can Heal Your Life!

A month before I knew the movie, “You Can Heal Your Life” was due out, I began putting together a class based on Louise L. Hay’s book by the same name. What great timing!

The Carlsbad Center for Positive Living will be hosting the movie “You Can Heal Your Life” Thursday, December 6<sup>th</sup> at 7:00 PM. This will be the kick off to the 5-week January class “You Can Heal Your Life” 7-8:30 PM Thursdays, starting Jan. 3 to Jan. 31. Cost is \$75.00 paid in full. The book is 20% off for students of this

class. Bring a book, a mirror (large enough to see your entire face), a journal or pad of paper, and an open and willing mind to heal an issue or condition in your life.

When we face the core beliefs that are blocking us, it can bring up fear – and that’s where most people stop - and say this stuff doesn’t work. It’s not about covering things up with affirmations. It’s about identifying the limiting belief and moving *through* it to a belief that supports the magnificence we are!

The book “You Can Heal Your Life” has led so many people to their right path of loving themselves and letting go of beliefs that no longer serve them. It’s a book that requires time and effort to do the exercises. When we love ourselves, we feel better physically, we are better physically, and we are better able to love others.

I think it’s really important to re-visit this book if it’s been a while. Dust it off, grab a friend, and come to class.

- Rev. Claudia Mulcahy



Kwanzaa was established in 1966 for Africans to celebrate the values of unity, family, community and faith. It has expanded into a worldwide celebration of oneness, of remembrance and of cultural appreciation. Join us as Rev. Matti brings her own flare to the Kwanzaa tradition.

This is one celebration you will not want to miss.



## December Book of the Month – Empowerment: *You Can Do, Be, and Have All Things* by John Randolph Price

As Christmas is a time of celebration for the birth of Christ as a person, it is also the time for rejoicing in the daily rebirth of the Christ Essence within each of us. Our book of the month for December and January is by John Randolph Price. His writing shows how we can grow daily in the Christ Consciousness

within us. Price states, “As you contemplate the Divine Presence, more of that Presence is formed in the substance of this Power Center”. Give the gift of wholeness, abundance, joy and peace, to yourself, family member or a friend.

Purchase this book at a 20% savings in December.

Due to the busy holiday season the CPL Book Club will not meet in December, we will discuss this book at the January meeting on Tuesday the 29<sup>th</sup> at 1PM.

- Rev. Barbara Heley

# Save The Date

## The Center for Positive Living - Carlsbad

390 Oak Avenue Suite H  
Carlsbad, CA 92008

PHONE:  
760.434.9579

DIAL-A-TREATMENT:  
760.434.9584

### OUR VISION

Awakening humanity to its  
Spiritual magnificence

### STATEMENT OF TRUTH

There is a Power for Good  
in the Universe and  
*you can use it!*

### OUR MISSION

To Teach, Demonstrate and  
Inspire a Positive Spiritual  
Approach to Living

### Holiday Book Sale in December– Bargains Galore

Do your gift shopping right here at the CPL Bookstore. All books at 10% discount, book of the Month – at 20% discount. Additional discounts on selected items. Give your family and friends or yourself the gift that keeps on giving, Spiritual inspiration for a lifetime.

### You Can Heal Your Life! Movie – Thursday, December 6<sup>th</sup>, 7 PM

Conscious Love Offering suggested. Half of all proceeds received will go to Louise's non- profit charity The Hay Foundation.

### You Can Heal Your Life!

Just in time! Rev. Claudia has created a 5-week class based on the book You Can Heal Your Life by Louise Hay. The class will run from January 3-31 on Thursdays 7-8:30 PM following the December release of the movie "You Can Heal Your Life." Cost of class is \$75.00 paid in full.

### Holiday Schedule:

December 19th - **Candle Lighting Service** - 7PM Music by Leslie Alexander.

December 26<sup>th</sup> - **Kwanzaa Celebration** – 7PM Rev. Matti Dobbs

December 30th – **World Peace Meditation** – 9AM Rev. Barbara Heley

***Something Positive is Always Happening Here.***

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