

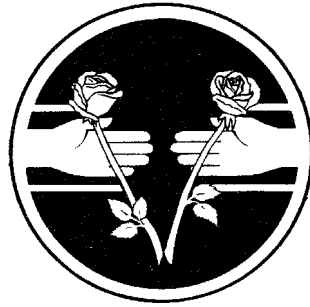
**New Member Class**

Submitted by: Santa Rosa Church of Religious Science.

For further information call (707) 546-4543 or email [church@sonic.net](mailto:church@sonic.net)

*Santa Rosa Church of Religious Science*  
*Membership Orientation Class*

**Week One**



**These New Member Orientation Class Notes  
Are the Property of**

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2075 Occidental Road  
Santa Rosa, CA 95401  
(707) 546-4543 [www.sonic.net/~srcrs](http://www.sonic.net/~srcrs)  
[church@sonic.net](mailto:church@sonic.net) - email

# Membership

## WHAT DOES IT MEAN TO BE A MEMBER OF THE SANTA ROSA CHURCH OF RELIGIOUS SCIENCE?

Committing oneself to membership in the SRCRS is a fourfold commitment. The first level is personal. Membership is a commitment to living the Science of mind philosophy. This means a member is willing to learn about and apply the principles in daily life.

Second is the commitment to truly join with the existing church membership. This means deepening the level of participation with the church community from that of observer to owner through volunteering time and skill, consistent donation of money, and attendance at social events, classes, workshops, etc., as appropriate to your life.

Third is entering into the vision of this church as a learning place for individuals and the community, and supporting the commitment statement of the church through your actions, attitudes and prayers.

Fourth is passing on the good that is received here at SRCRS to each other and to the larger community, both in daily life and in whatever community service one may choose to give.

A member is one who is vitally involved in the church in a mutually beneficial, healthy manner. Our vision for our members is that they are alive with genuine spirituality that improves the quality of their daily experience. These members share the blessings of this good in many ways with the church, in their personal lives, and in the community.



SANTA ROSA CHURCH OF RELIGIOUS SCIENCE

**Commitment Statement**

The commitment of the Santa Rosa Church of Religious Science is to provide, through the teaching and practice of Science of Mind principles:

- a. An **atmosphere** to know the natural home of God is within the heart of every person:
- b. The **means** to experience this Presence within and our Oneness with each other; and
- c. A **place** to express this Truth about ourselves: We are whole, complete and perfect just as we are.

**Atmosphere:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Means:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Place:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## What Religious Science Teaches

### *Science of Mind*

A philosophy, a faith, a way of life

It has been said that the hardest thing for human beings to do is to know themselves and *change themselves*. But it can be done, and the Science of Mind imparts a technique for larger and deeper living. This technique is a way of thinking and can be used by any person regardless of age, gender, race, social standing or any physical experience. All that is required is a willingness to "...take the good wherever we find it, making it our own in so far as we understand it."\* Below you will find the three fundamental Beliefs upon which Religious Science stands. After you read them, use the space provided to put those three ideas into your own words.

### ONE

There is One God (Spirit) in and through all things. God is all there is.

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### TWO

The nature of God (Spirit) is "Love". There is no opposing power.

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### THREE

We live in a spiritual universe that responds to our spontaneous thought.

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*\*Ernest Holmes, The Science of Mind*

**What is Religious Science?**

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**What is New Thought?**

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**What is Science of Mind?**

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**What Is the Sonoma County New Thought Center?**

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**What Is United Church of Religious Science?**

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# The Tools of Science of Mind

My Notes:

## Affirmation

To me, affirmation may be defined as:

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## Meditation

To me, meditation may be defined as:

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## Spiritual Mind Treatment

To me, treatment may be defined as:

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## Visioning

To me, visioning may be defined as:

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## My Personalized Spiritual Mind Treatment

There is only one Life. That Life is good, that Life is God, that life is my life now!

I know that I am one with this Life for It is all there is. Therefore, I accept that what is true of Spirit is true of me. Because this Spirit is a source of infinite \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_.... I know these qualities are also an expression of my very own being.

So here and now I choose to express these qualities in my experience of life in the form of:

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As I accept this good into my Life, I give thanks with an open, gracious and joyous heart.

I know that as I release these words into the Law of Mind, they return to me fulfilled.

And so it is.

## Meditation

The general acceptance of the term meditation is contemplation or continuous thought. We mean to convey something more - the recognition of the Father within, the certainty of our Oneness with the Whole, the immediate availability of the Power and Wisdom resulting from this Oneness. Such communication with God brings harmony into our lives and affairs, establishes the law of health and prosperity, and makes us a light to all who cross our pathway.

-Ernest Holmes, *The Science of Mind*

## The Breath Counting Meditation

Begin this meditation while sitting comfortably in a quiet place, back straight, feet flat on floor, hands in lap.

Simply count the exhale of each breath, mentally: "Inhale...1, Inhale...2, Inhale...3, Inhale...4" then begin again with "Inhale...1". Do it once now, *before* reading any further.

Now continue reading these instructions, and try this simple meditation again. Strive not to lose the count, and also try not to alter or regularize your breathing in any way. See if you can feel the physical sensation of each breath, both inhale and exhale, as it passes through your nose or mouth. Does this breath feel warm or cool? Is it a quick breath, or a slow one?

If you find yourself thinking about anything except the feel of your breath and the number of that breath, return to focus on the sensation *of* breathing, and on the number of that breath. If you are not absolutely sure what number breath you're on, immediately begin again with "Inhale... 1". No judging, no "I blew the count" thoughts, just back to "Inhale... 1".

When enjoying a favorite hobby, like making model ships or sewing, your thoughts generally focus directly on just what you're doing. Gluing wood, or stitching, become your "preferred" thoughts. Right now, consider the counting of each breath and how each breath feels to be your "preferred" thoughts. Allow other thoughts such as memories, plans, fears, desires, lunch, or whatever else to be gently replaced by your "Inhale ..1, Inhale. .2" and so on. As soon as you notice them creeping in. And they will! Of course it's difficult to stay focused! But strangely satisfying, as it becomes more natural.

The beauty of this meditation is that, once learned, you can do it *anywhere!* Try it on the bus, or during a long, boring meeting. Like all "mind-clearing" exercises, with a bit of practice the breathing meditation gives rise to a delightfully peaceful and calm feeling.

From *The New Three Minute Meditator* by David Harp, Copyright 1990  
New Harbinger Publications, Oakland, California

## Discussing Traditional Religious Terms

### Sin:

We have tried to show that there is no sin but a mistake, and no punishment but a consequence. The law of cause and effect. Sin is merely missing the mark. God does not punish sin. As we correct our mistakes, we forgive our own sins.

### Evil:

That which seems destructive. Evil is an experience of the soul on its journey toward the realization of Reality. Evil will remain a problem as long as we believe in it. Of itself, it is neither person, place nor thing, and will disappear in the exact proportion that we cease using destructive methods.

### The Devil:

Any thought of duality. Anything that would deny the Oneness and Allness of Good. Any idea which dilutes Truth. The only Devil we shall ever know will be that which appears as the result of our negative thinking. The Devil is the personification of a belief in evil.

### Heaven:

A state of happiness. Heaven is within, it revolves about us; it is the result of the atmosphere of conviction which our thought awakens within us. The Kingdom of Heaven is unformed, unlimited, unconditioned. Heaven is not a place, a locality, "with streets of gold and gates of pearl." It is the real state of Being. We do not *make* it real, for it is eternal reality.

### Hell:

A discordant state of being. A belief in duality. A sense of separation from God. A belief that our good is *always to be*, and never is. Hell is not a location.

### Jesus:

The name of a man. Distinguished from the Christ. The man Jesus became the embodiment of the Christ, as the human gave way to the Divine Idea of Sonship.

### The Christ:

The Word of God manifest in and through humankind. In a liberal sense, the Christ means the Entire Manifestation of God and is, therefore, the Second Person of the Trinity. Christ is Universal Idea, and each one "puts on the Christ" to the degree that he surrenders a limited sense of Life to the Divine Realization of wholeness and unity with Good, Spirit, God.

### Karma:

The subjective law of tendency set in motion by the individual. The mental law acting through him. Karmic Law is the use that humanity makes of spirituality. Karma is not fate.

### Reincarnation:

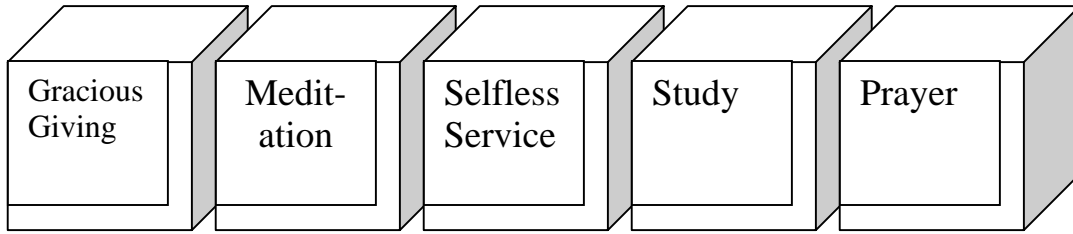
Rebirth in the flesh. To *incarnate* means to give actual form to, to embody in some living type. Re-incarnate merely means to incarnate again.

# Declaration of Principles

- We believe in God, the Living Spirit Almighty; one indestructible, absolute and self-existent Cause. This One manifests Itself in and through all creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.
- We believe in the incarnation of the Spirit in us and that all people are incarnations of the One Spirit.
- We believe in the eternality, the immortality and the continuity of the individual soul, forever and ever expanding.
- We believe that the Kingdom of Heaven is within and that we experience this Kingdom in the degree that we become conscious of it
- We believe the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.
- We believe in the unity of all life, and that the highest God and the innermost God is one God.
- We believe that God is personal to all who feel this Indwelling Presence.
- We believe in the direct revelation of Truth through the intuitive and spiritual nature of humankind, and that any one may become a revealer of Truth who lives in close contact with the Indwelling God.
- We believe that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind which receives the direct impress of our thought and acts upon it.
- We believe in healing through the power of this Mind.
- We believe in the control of conditions through the power of this Mind.
- We believe in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to all.

**We believe in our own soul, our own spirit and our own destiny; for we understand that the life of HUMANKIND is God.**

## Well Balance Spiritual Practice



My prayer practice is:

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My meditation practice is:

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I volunteer my time in service in the following ways:

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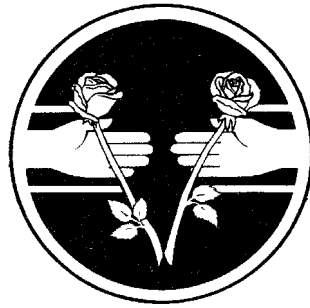
My financial contribution is structured in the following way:

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I read the following inspirational work as part of my study practice:

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# Week Two



# Loyal, Active and Supporting

## Loyal

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## Active

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## Supporting (Time Talent Treasure)

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# REGULAR STRUCTURED CONSCIOUS GIVING

as a spiritual practice

Sometimes known as Tithing, regular, structured, conscious giving is a spiritual practice that is free from superstition and expectation. It's purpose is to expand awareness of the abundant nature of Spirit, and to financially support the source of our spiritual nourishment.

- Regular
- 
- 

- Structured
- 
- 

- Free from superstition or expectation
- 
- 

- Purpose
- 
- 



# Adventures of the Heart

Notes:

## Education Department

I have taken the following Science of Mind Classes:

Questions I have about the Education Department

Classes / subjects I would be interested in taking:



## Ways to Serve



### WORDS FROM A VOLUNTEER COORDINATOR

There is room for everybody.  
There is a space for you to be part of this spiritual family.  
You don't have to give up your life to volunteer.  
An hour a week of service does something wonderful for your church family  
An hour a month of service is a tremendous gift to us.  
Service is a place to express your gifts and create community.  
Your creativity has a place here.  
Maybe there is a possibility for you to express  
in a way you have never done before.  
Service calls you home.  
We will train you.  
It's OK to say "NO"  
**It's OK to say "I've had enough"**  
The important thing is that as the service to the  
community is fulfilled, that the server is filled up too.  
Service can be fun  
Service deepens your awareness of your connection to all-that-is.

#### Administration

Accounting Department Volunteer, Finance Advisory Team, Adventures of the Heart Team, Tape Team, Sunday Service Supervisor, Office Volunteer, Periodic Mailing Crew (Fold and Stuffing), Stepping Stones Bookstore Leadership Team, Receptionist Temp

#### Art (Creativity)

Centering Newsletter, Stage Beautification (Sundays, Christmas, Concerts, etc.), Spirit Expressing (Art Show), Hosting and decorating for functions, Designing/layout of brochures, printed materials, fliers, etc. Sound Team, Choir, New Member Reception Decorating and Hosting, Christmas Program

#### Community

Student Spirit, Giving Tree, Community Outreach Visioning Team, SRCRS Summer Picnic, Youth Church Assistance, Empowerment Groups Facilitator or Host, Periodic Mailing (Fold and Stuffing), Peace Meditation, Asilomar Team, Seder Team (Mitzvah Makers), Family camp, Manspirit, Womanspirit

#### Compassion

Pastoral Care (Foundations required), Pet Ministry, Healing Circle (Special training required), Youth Church, Empowerment Groups, Dial-A-Thought (Practitioners Only)

### Crafts skills

Facilities Maintenance Volunteer (Cleaning), Landscape Volunteer (Weeding, sweeping, etc.), Minor repairs and maintenance, Parking/traffic flow coordination, Centering Newsletter Team (Desk Top Publishing, Advertising Recruitment, Writing and Organizing), Stepping Stones Bookstore, Event Clean Up and Take Down (Sundays, Special Events), Sound Team

### Encouragement

Greeter/Usher (training available), Empowerment Group, Youth Church assistant or teacher, Picnic Coordinator/support, Centering Newsletter, Youth Church Greeters

### Gratitude

New Member Reception team, Greeters/Usher, Thank You Card Writers, Membership Outreach Team, Youth Church Greeters, Hospitality Crew

### Hospitality

Bake Sales coordinator/contributor/server, Christmas Eve and Special Event Refreshments host, Greeters/Usher, Sunday Hospitality Crew (Coffee, etc.), Wednesday Night Food Coordinator, New Member Reception Coordinator, Telephone Confirmation Calls, Volunteer Receptionist

### Joy and Interaction

Dance Group, Womanspirit, Ageless Elders, Manspirit, Youth Church Outings (Halloween Carnival, Family Camp, Teen Camp), Empowerment Group, Summer Program, Sound Team, Choir, Joyful Noise

### Leadership

Board of Trustees (Financial Advisory Team, Personnel Task Force, Community outreach team, etc.) Special Event Team, Sunday Team Leader, Volunteer Team Leaders, Asilomar Organizer, Sunday Service Coordinator, Facilities Clean Up, Teen Advisor

### Music

Choir, House Band, Sunday/Wednesday Music, Concerts, Joyful Noise, Sound for Services, Taping Crew, Youth Church Music

### Prayer

Healing Circle (Training required), Empowerment Groups, Telephone Ministry of Prayer (Training required), Dial-A-Thought (Practitioners), High Watch, (Practitioners)

### Reaching Out

Membership outreach team, Centering Newsletter, Animal Ministry, Memorial Services (Aids and Breast Cancer), Rose Table Host,

### Reading

Centering Newsletter, SRCRS Lending Library maintenance, Stepping Stones Bookstore, Used Book Sale

### Seeker

Periodic Visioning / Sunday Evening Prayer Service host/greeter, Saturday Morning meditation practice.

### Stewardship

Adventures of the Heart, Board of Trustees, Facilities Clean Up, Office clean-up, Recycling Team

Saturday set-up,

### Teaching

Empowerment Groups, Youth Church Teacher (Training available), Youth Church Assistant (Training Available), Teen Advisor (One Year Commitment), Adult Education Assistant (Practitioner License Required)

### Youth and Family

Youth Church Teacher (Training Available), Teacher Assistant (Training Available), Teen Advisor (One Year Commitment), Youth Church Sunday Sign Monitor, Class Supplies set-up, Clean-up/Take-down, Teen Advisor team, Youth Camp, Youth Outings/Groups, Children's Halloween Carnival, Nursery, Family Camp, Curriculum Development, Youth Church Music.

## WHAT DID WE LEAVE OUT?



## **Support and Administration Board of Trustees**

A nine member elected Board of Trustees governs the Santa Rosa Church of Religious Science. The Trustees are church members who have completed 60 hours of Science of Mind class work, are regular strong contributors (tithers), committed to participation in the church, and are willing to serve. Their terms of office are three years. The senior minister is also a voting member of the Board.

Under the structure of our church bylaws, the Board of Trustees sets policy and generally directs the operation of the church. Delegation is essential to sanity and

effective functioning, so many congregants are included in teams that support, work with and report to the Board member for that area.

The Board usually meets on the third Thursday of the month at 6:00 pm, and intermittently as needed for other special meetings. Their names and phone numbers are listed on an information sheet which may be picked up at the Practitioner Table on Sundays.



## **Staff**

The church has a paid staff and a volunteer staff of 300! The paid staff consists of Rev. Edward Viljoen, Senior Minister, Rev. Marilyn Mooney, Staff Minister, Rev. Carol Chase, Youth Church Director, Rev. Maggie Buck, Hearts in Prayer Minister, Rev. Ruth Barnhart, Evening Services, Rev. Robin Gail, Staff Minister Georgia Tripp, Youth and Family Ministries Project Coordinator, Marlene Ardoin, Youth Church Office Assistant, Nel Chaddock, Assistant to Rev. Edward, Georgett Eggel, Volunteer & Services Director, Jerry Cornacchio, Facilities Manager, Eleanor Zapanta, Business Manager, Joan Green, Bookkeeper Assistant, Toni Hodenfield, Bookstore Manager, Barbara Jean Pangrac, Receptionist, Christian Rizzi, Teen Advisor, Felix Wiench, Facilities Custodian, Bill Frater, Sound Coordinator, Linda Webb Kakhaba, Music Director, Brad Silvestro, Church Administrator, Allyson Minier, Facilities Assistant Custodian.

The office staff are individuals you are most likely to see in the office on a daily basis. It is quite a job running the daily operations of a church this size! As you may imagine, we rely a great deal on the loving participation of our volunteers, working with staff to handle the responsibilities of serving the congregation in the best way possible.

# Practitioners

Practitioners are professional spiritual counselors who work with individuals on a one-to-one basis to heal problem areas in their lives. An appointment with a practitioner generally lasts about an hour. It consists of the client outlining the challenge as it appears, followed by discussion with the practitioner about the spiritual principles involved in the challenge and in its healing. The practitioner will then do a Spiritual Mind Treatment (scientific prayer) for the client and give the individual follow-up "homework" to do to help that person accept the requested healing. If requested, the practitioner will continue to do treatment work for the individual throughout that week.

The Santa Rosa CRS has eighty licensed practitioners. A list of their names and phone numbers is available at the Practitioner Table on Sundays and their photos and business cards are on display in the social hall. They are available to individuals by appointment.

Practitioners are required by their Practitioner Code to charge fees for their time and expertise. This amount varies from one practitioner to the next, but generally runs around \$40.00. Some practitioners have sliding scales or will make other trades or arrangements with clients as needed.

Our Practitioners are active, supporting members of the congregation and have successfully completed all the requirements for practitioner licensing as outlined by the United Church of Religious Science. This includes approximately four years of church class-work, a written licensing exam and an oral interview with a practitioner-licensing panel. Their licenses are renewed every two years, and they earn continuing education units to help keep them current and refreshed during that time.

Practitioners also volunteer their services to our Healing Circle. The Healing Circle does weekly treatment work for all prayer requests that are put into the prayer-treatment box. They assist in Sunday morning and Wednesday evening services. They may teach some of the church classes, conduct hospital visits and spiritual check-ups for new members among other duties.

## Some Notes:

You may transfer your membership to another United Church of Religious Science Community (Church or Special Ministry Organization) by writing a letter to this Church requesting your transfer to another church with a copy sent to that church.

If you relocate and wish to remain a member, please fill out a change of address form.

If you become inactive (no record of contribution for a period of one year and/or no active involvement in church, etc.) your name will automatically drop from our membership roster.

You may request to be removed from the membership roster at any time in writing.

By Laws - Section 2 and 3. Membership Responsibilities and Privileges

Membership in this Church shall be considered active only when the application of the applicant has been approved by the Board of Trustees.

Duties and privileges of Church membership shall be:

- a. To uphold the teaching and practices of Religious Science
- b. To attend the religious and social functions of the Church
- c. To contribute to the financial support of the Church
- d. To attend the business meetings of the Church and to vote therein
- e. To hold office and act on committees.



# My Place in this Church Community

How do I see myself participating in this Church?

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## Induction Ceremony Review

**Please present yourselves at 9:00 a.m. Sunday morning at the Practitioner table to receive your carnation. Seats in the front of the auditorium will be reserved for you.**

<h3>Ceremony</h3>
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*Minister:*

In claiming membership in SRCRS, there is not the Church and its members. There is the Church as its members. The body of the Church is composed of individuals who are its hands, its feet, its head, and its heart.

You are deliberately making yourselves an integral part of this Church. Every individual is an individualization of the Presence of God. Through each other, and in our unified awareness, we share our experience of the Presence of God.

Religious Science is a Ministry of Healing, the purpose of which is to reveal the inherent Divinity - the wholeness of Spirit within. Healing is not just of the body, but to make whole means also to heal lack, limitation and loneliness; to give strength and confidence in action; to dispel doubt, depression and despair; to transmute fear and frustration; to bring needed adjustments in particular and in our attitude toward life in general.

In short, Religious Science is a teaching by which life is “raised” to the joy level, and established there.

I now present (name), President of the Board of Trustees, who also has words of welcome and wisdom.

*President of the Board:*

You are unifying with each other and with the members of this Church and of all Member Churches of Religious Science throughout the world, in a warm, loving, Divine fellowship of the Spirit.

As you enter into this Church activity in thought, word, purpose, plan and action, you are important in a unique way to each other and to all humanity. Through your practice of the teachings of Religious Science, you make a difference to your life, and the life of your community.

As you realize your unity with Spirit, you increasingly become an influence of good in the lives of all whom you contact.

The one obligation placed upon you is the obligation you place on yourself to fully embrace membership, the Church and everything that membership implies to you.

*Minister:*

Do you believe you are a divine incarnation of the One Life forever and ever growing in awareness and love?

Do you accept the philosophy of SOM as an empowering structure for a life well lived?

Will you continue to work toward a purified consciousness at least in part by following the teachings of SOM?

Will you love this Church and support it with your time, your talent, and your treasure?



(READING OF NEW MEMBER NAMES)

On behalf of our Board of Trustees, and the other members of this Church, I lovingly receive each one of you into membership in the United Church of Religious Science of Santa Rosa.

## **Celebration**

Next week will be a celebration with food and beverages

Stepping Stones Bookstore	707-527-8372
Dial-A-Thought	707-544-5423
Hearts in Prayer	707-546-4561
Office	707-546-4543
Fax:	707-546-4548
Online SRCRS events calendar	<a href="http://calendar.yahoo.com/srcrscalendar95401">http://calendar.yahoo.com/srcrscalendar95401</a>
Online Prayer Request Form	<a href="http://www.sonic.net/~srcrs">www.sonic.net/~srcrs</a>
Email	<a href="mailto:srcrs@sonic.net">srcrs@sonic.net</a>
Youth Church Email:	<a href="mailto:yc@sonic.net">yc@sonic.net</a>
Stepping Stones Bookstore email	<a href="mailto:stepping@sonic.net">stepping@sonic.net</a>