

## Pre-class Checklist:

- Whiteboard
- Whiteboard Markers
- Name Tags, Markers
- Registration Forms
- Snack sign-up sheet
- Payment Guidelines
- "Concepts of God" 1c.doc

## Students Leave Class With:

- A beginning bonding: a shared acceptance of each other and the class purpose and procedures for the journey of exploration ahead.
- A rudimentary understanding of: basic metaphysical terms; primary characteristics of SOM; Ernest Holmes; UCRS; New Thought.
- Acquaintance with Student Workbook and how to use it effectively.

## Registration

- Say, *"If money is an issue, whether it's about paying for the class or paying for the books, I want you to tell me privately. At this Center money is not an issue when considering taking entry-level classes."*

## Welcome and Opening

- Introduce the Teaching Assistants
- On whiteboard write down phone numbers - TA's and facilitators

## Introductions / Sharing Choose one of the following:

1. Each student participates in answering this question, "If I could have anything happen as a direct result of being in this class, it would be \_\_\_\_\_."
2. Ask, "What was your religion of origin? What other religions or philosophies influenced you?" Write answers on the board. Say, *"This is what's in the room that's not spoken. Our views are based on our foundations. Even if we're not conscious of it, these have influenced us. Ernest Holmes looked for the similarities in all faiths and followings."*

## Overview of Course Activities

1. Statement of course purpose
2. Student Workbook:
  - Introductory material S1-1 / 3
  - Go over "Class 2" to show how the Student Workbook is designed
  - Appendix A (Core Concepts: What are they?) Starting next week we'll cover one Core Concept each week. Here's an easy way to remember the Core Concepts: Taking the first letter of the 10 Core Concepts we use the sentence, "Go to church, pray with all, read for inspiration, celebrate." Here's how it works: (Put it on the board as you elicit responses from the class and guide them to correct answer.)
    1. **G**o (The Core Concept is about God)
    2. **T**o (The Core Concept is about the Triune nature of God)
    3. **C**hurch (The Core Concept is about the creative process)
    4. **P**ray (The Core Concept is about prayer)
    5. **W**ith (The Core Concept is about wholeness – means everything, lacking nothing)
    6. **A**ll (The Core Concept is about abundance)
    7. **R**ead (The Core Concept is about the reciprocal nature of the universe – what you put out you get back)
    8. **F**or (The Core Concept is about forgiveness)
    9. **I**nspiration (The Core Concept is about immortality)
    10. **M**editate (The Core Concept is about mysticism)
  - Appendix B (agreements and guidelines): Attendance SB-3/ Homework SB-3/ Sharing SB-4/ Commitment re break-time punctuality
  - Financial Commitment
  - Required Books S1-3

## Lesson / Talk / Dialog

1. T1-3 answer questions
2. S1-4 to S1-9
3. Overview "**A Bit of History – The New Thought Movement**"

Phineas Parkhurst Quimby (1802-1866) Called “Father of New Thought”. Healed himself and many others through power of the mind. Believed there was perfection at the center of everything. Introduced third-party absentee treatment.

Mary Baker Eddy (1821-1910) Healed by Quimby. She later founded Christian Science.

Emma Curtis Hopkins (1842-1925) She had a mystical union with Life. Worked for Mary Baker Eddy, but the two women often clashed. Broke away from Eddy and went on to have tremendous success as a teacher of the New Thought movement. Explored mysticism. Known as “The Teacher of Teachers”. She taught:

Charles and Myrtle Fillmore – Founders of Unity (More emphasis on Jesus)

Nona Brooks – One founder of Divine Science

Ernest Holmes – Founder of Religious Science

Two others whose writings greatly influenced Ernest Holmes were:

Ralph Waldo Emerson (1803-1882), from whom Ernest was inspired to consider God as Love - Love being the primary motivation of the Universe.

Judge Thomas Troward (1817-1916), who helped Ernest define the concept of Law and how it works. He was an English judge raised in India.

4. **Discussion of New Thought:** On whiteboard write “New Thought” and “New Age”. Ask students to describe the difference. Write answers under appropriate column. New Thought – ancient wisdom, internal process. New Age – Uses external tools like crystals and Tarot cards.
5. **Discussion of Principle:** Say, “Describe the Law/Principle for me.” Put answers on board – always works, predictable, same for everyone. Explain how soil doesn’t care what’s planted into it, but simply produces.
6. **Discussion of what Science of Mind is:** Ask, “What do you think the church teaches?” Brainstorm answers and then ask, “How do we distill this?” The synopsis of our teaching is:
  - We believe in one God, common to all, in and through all things.
  - Its nature is Love.

- Thought is creative.
7. **Science of Mind** is the philosophy. **Religious Science** is the church.
  8. **How do we do it?** We move toward understanding these principles by using the five parts of a balanced spiritual practice
    - Prayer – It's active.
    - Meditation / Visioning – It's receptive.
    - Spiritual Service – You discover that when you serve others you are really serving yourself.
    - Spiritual Study – It keeps you teachable.
    - Spiritual Giving (or circulation) – You become open to receive as well as give.

**Break**            Sign up for snacks.

## **Experiential Period**

1. Explain the teaching assistant's function in keeping all records of attendance, homework, makeup work and other requirements.
2. Explain that first week is only week when there will be two weeks worth of reading.
3. Say, *"Notice that some of the textbook assignments are required and others are suggested. Also be aware that at the beginning Holmes may sound like a foreign language. Don't give up! It will make more sense as we go along. Note the areas that seem really confusing and bring them up next week. If they are confusing to you they may be confusing to others."*
4. "Concepts Of God" exercise (class 1c.doc)
5. Survey of Week 2 Home Study *Any questions?*

## **Closing**

What I **used** to believe about God and my relationship to IT / HIM / HER:

What I **desire** to believe about God and my relationship to IT / HIM / HER:

What I **used** to believe about God and PHYSICAL HEALTH:

What I **desire** to believe about God and PHYSICAL HEALTH:

What I **used** to believe about God and LOVE / FAMILY:

What I **desire** to believe about God and LOVE / FAMILY:

What I **used** to believe about God and MONEY / ABUNDANCE:

What I **desire** to believe about God and MONEY / ABUNDANCE:

What I **used** to believe about God and WORK / CREATIVITY:

What I **desire** to believe about God and WORK / CREATIVITY: