

EVENTS, CLASSES & WORKSHOPS

What to Do. Where to Go. Who to Contact.

Visit Our Secure Website at OCSpiritualCenter.com

September 29, 2019

Join a Group

Community First

SMALL GROUP MINISTRY

What Are Community First Circles?

Do you ever find yourself feeling alone and needing support? Learn how to use a group, or belief in a higher power, as a secure base. A community circle is a small intimate group of no more than 10 like-minded individuals coming together once a month in members' homes to deepen in practice, have fun and build community.

Here's what community first groups are saying:

"I feel like I have a second family."

"We all check in with each other; our group is really supportive."

"The topics of conversation are spiritual and thought provoking."

"Time spent with my group has helped me through some rough times."

"Another great way to learn about our philosophy with lively discussions."

"My spiritual safety net."

JOIN A GROUP TODAY

Contact us at communityfirst@cslnm.org or 714-754-7399



Girls Conference

Saturday, October 12
9:00 am to 3:00 pm

Did you know?

- Over 70% of girls suffer from low self-esteem
- From 2007 to 2017 alone, suicide rates have doubled among teen girls

Why is the issue of Self-Esteem in young girls so important to us?

Statistics from National Association for Self-Esteem

- 90% of eating disorders are found in girls
- 75% of teenage girls felt 'depressed, guilty and shameful.'
- While only 19% of teenage girls are "overweight," 67% think they "need to lose weight"

We are in need of volunteers!

Please contact Patty Turrell at: pattyturrell.wjf@gmail.com
714-754-7399



Two New Public Speaking Classes on How to Give a Ted Style Talk Without Notes - New Website Now Open



Public Speaking from the Heart

Taught by instructor **Dr. Jim Turrell**, author of *Public Speaking from the Heart* Eliminate your fear of public speaking and learn to give a *TED Talk* and much more!

In the 6-week **Class Two** (starts October 9) you will learn to:

- Speak without notes in a *Ted Talk* style
- Engage your audience by speaking *from* your topic, not *about* your topic
- Emotionally connect with your audience and personalize your message

Prerequisite for Class Two: You must take the introductory **Class One** offered **October 8, 2019**.

Tuition: Class One \$29 (plus book purchase) • Class Two \$297.00 (includes workbook)

ENROLL NOW at: SpeakWithoutNotes.com



To watch, visit our website OCSpiritualCenter.com and click on the link at the top of the site next to the donate button. You can watch live on Sunday at 11:15 am or Past Services anytime.

FIND ALL OF OUR **SOCIAL MEDIA LINKS** ON OUR WEBSITE AT OCSPIRITUALCENTER.COM (on top and bottom ribbons)

CSL Business Professionals



CSL Business Professionals is a growing group with opportunities to use your professional or business skills and experience in serving our community through charitable events, wellness promotion and mentoring.

NEWCOMERS WELCOME!

Our next dinner meeting is

Monday, October 28 at 6:00 pm

Dinner is FREE on your first visit.
\$13 with RSVP, \$15 at meeting.

RSVP to **JR Mendivil** at
businessprofessionals@cslnm.org

MEETING LOCATION

The Center Offices
3151 Airway Avenue, K-108, Costa Mesa
714-754-7399

Youth Church Services

Playing Room at Both Services

Youth 11:15 am

For Kindergarten to 4th graders, our Youth Program helps each child to become aware of Spirit as their loving Creator and develop a personal relationship with Spirit.

Location: Library

'Tweens 11:15 am

For 4th to 6th graders, this program teaches Science of Mind Principles through a variety of projects geared to this age group.

Location: Social Hall

Teens 11:15 am

Build friendships, have fun, explore healthy self-expression and experience love for themselves & others.

Location: Social Hall

For information, contact Janet Moore
jmoore@cslnm.org

Practitioner Graduation

We Have Some Graduates to Celebrate!

- Eve Chauvel
- Natasha Meskal
- Kyle Moore
- Afrah Salahuddin



We hope you will welcome our new practitioners to our CSL Spiritual Staff on...

Sunday, October 20

During 2nd Service - Reception Follows

Mark Your Calendar



A CSL Business Professionals Sponsored Event
Social Media for Personal and Business Promotion Part 1
with **Lisa England**

Sunday, October 27 • 12:30 to 2 pm
Luncheon and Workshop • \$129.00

Lisa England oversees day to day operations at LKE PR, a full service social media management company. LKE PR covers social media content creation, curation, management, and marketing. Lisa's client list includes The Daytime Emmy Awards, The Hollywood Museum, The Los Angeles Chamber Orchestra, as well as many celebrities, national book releases, and events.

Board of Trustees

Dr Jim Turrell - President.....714-754-7399
Bob Estrada - Vice President.....714-306-9555
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Afrah Salhuddin.....714-754-7399
Kyle Moore949-702-5325
Bev White.....949-500-2350
Lee Pound.....949-246-8580
Board Member (Non-Voting)
Patty Turrell.....714-754-7399

Upcoming Classes

Exploring Roots

Taught by **Dr. Jim Turrell**

Thursdays, Sept 12 – Nov 14, 2019

10-Week Course 7:00 – 9:30 pm

The Center Office
3151 Airway Ave. Suite K108
Costa Mesa, CA 92626

Tuition for full Credit: \$295 Audit: \$175
Must attend 8 out of the 10 classes

Texts: *Science of Mind, Emerson's Essays, The Edinburgh Lectures on Mental Science, Scientific Christian Mental Practices*

Foundations

Taught by **Rev. Janet Moore**

Tuesdays, Oct 15 – Dec 17, 2019

10-Week Class 7:15 – 9:15 pm

University Synagogue
3400 Michelson, Irvine, CA 92612

Tuition for full Credit: \$295 Audit: \$175
Must attend 8 out of the 10 classes
Text: *Science of Mind, Dr. Ernest Holmes*

For More Information:

Call 714-754-7399 • info@cslnm.org
Pay for your class online using the **DONATE** button on **OCSpiritualCenter.com**.



3rd Annual Table Tournament and Banquet

Sunday Nov 17
12:30 to 2:00 pm

FUN, FOOD, ENTERTAINMENT
and FREE!

Set the Table Tournament

Featuring some of the most creative tables you've ever seen.

Bobby Cochran

and his Rockabilly Band
Community and Connection
What more do you need?

CENTER OFFICES
3151 Airway Ave. K108, Costa Mesa, CA 92626
714-754-7399

EVENTS, CLASSES & WORKSHOPS
Get more information in our **Events & Classes** Calendar on our website.

SUNDAY SERVICES LOCATION
3400 Michelson Dr, Irvine, CA 92612
OCSpiritualCenter.com