



PATHWORDS

THE BI-MONTHLY NEWSLETTER OF PACIFIC COAST CHURCH

MARCH, APRIL, 2010

VOLUME 18, ISSUE 2

EVOLUTION

When a problem confronts you, take it into the silence of your consciousness. Instead of thinking of the problem, think of the answer. God does not have problems, therefore, the Divine mind is the answer to every human problem. Principles never have problems. Problems are solved by bringing them under the control of principles. The problem is dissolved as the principle flows through it to the correct answer.

~ Ernest Holmes "This Thing Called You"

Can you coax your mind from its wandering and keep to the original oneness?

Can you cleanse your inner vision until you see nothing but the light?

Can you step back from your own mind and thus understand all things?

~ Lao Tzu

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There is something great growing inside us. We are not finished by any means. This is Life wanting to express through us in new ways. Some call this evolution. Most of us think of evolution as a process that takes place over a long period of time, after many generations pass, but what if it happens much more quickly with people? Could it be that we are designed to evolve *within* a lifetime? Obviously we grow physically and mentally/emotionally from childhood on. But the adult stage seems to be a stopping point for growth for most people. What if our design is to grow even more?

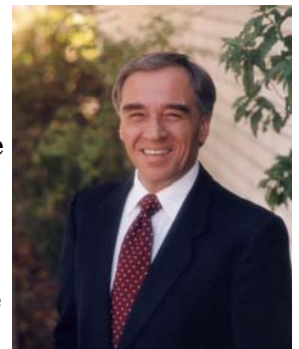
Evolution is a refinement of a present state of affairs or a complete transformation of them and always brings about a new freedom of action. One of the Upanishads says, "He that accomplishes the most by doing the least is the most powerful." An evolved being does not struggle and spontaneously acts with perfect timing. All things seem to work together for good with such a being.

We're about to enter into the season of new birth and the evolving of this newness to maturity. Spring is a symbolic message of what can happen to us as well as plants and trees, etc.

Are we willing to be made new? This might be equated to the question of "Can we let go of the past?" Imagine what the caterpillar must let go of to become a butterfly. This transformation actually spans dimensions – from a two dimensional life to a three dimensional one. Even if the caterpillar could think, it would have *no way of conceiving of what it is to become*. Nothing in its experience would enable it to understand flying in three dimensions. Luckily, it cannot think and thus the process proceeds automatically without 'mind' to interfere.

In us things are different. We tend to cling to the security of past ideas and memories. And we also tend to fear what we do not know. Both of these things slow down evolution. Some teachings such as the Native Americans actually require their students to practice dissolving both of these so the individual may break through. A vision quest is one such practice.

The young brave does not know what he will face on the quest. He also does not know what he will become. Yet he has a trust –



(Continued on page 3)

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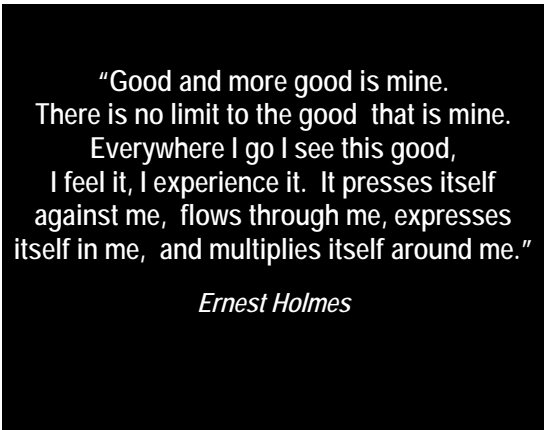
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PATHWORDS is the Bi-Monthly newsletter of Pacific Coast Church and is edited by Dr. Bill Little, Rev. Cathy J. Cole and Rev. David G. Hayward. Contributions come from our members and friends to delight and inform our spiritual community.

(Continued from page 1)

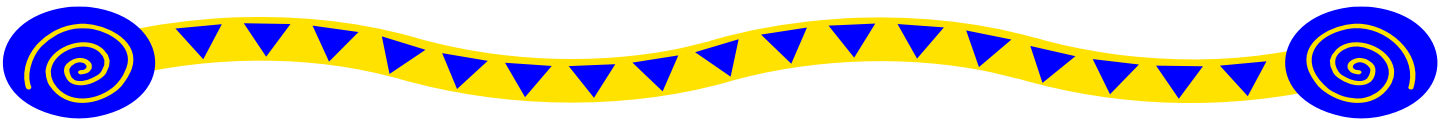
in his teachers and in life itself. He is completely changed when it is over.

Perhaps it is time to let Spring happen within us. Plants grow into beautiful flowers and succulent fruit because they have original instructions encoded in their DNA. The same is true with us. The original Self is encoded not only in our DNA but also as a radiant memory in our minds. Jesus prayed, *“And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was.”* He was accessing *essential* memory – a memory of blissful oneness. This act requires the development of discernment – the ability to

know the difference between what is essential and what is superficial. This is a good prayer to emulate frequently. Cast away care about what you will be. Cast away the need to control your life – let the essential Self be in control. Cast away what is falsely attributed to the Self. Cast away forgetfulness and let the light shine. Life is always an adventure!

With great love,

Bill



Junior Church

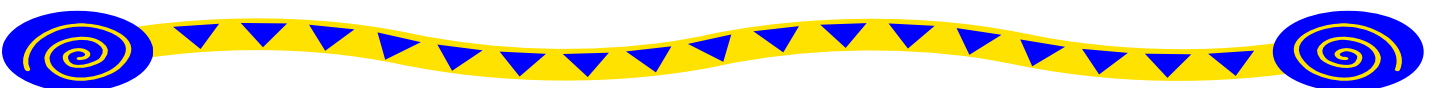
Every Sunday at 10 a.m. with Brooke Cole and Janie



It is a rewarding experience to be a part of the Pacific Coast Junior Church Community. We have had many new faces join us this season and would like to welcome all of you and thank you all for your interest and participation in our community.

While having fun learning about a wide variety of spiritual concepts is a regular part of our experience, the purpose of Jr. Church is to provide a forum for you, the newest generation in our community, to have a voice, feel heard, appreciated and loved, just as you are.

Jr. Church is a place where you can come to feel loved and appreciated for your unique expression of divinity. It is a place that nurtures, loves, and heals our inner children. It is a place that honors creative expression and empowers the magical child within each of us. It is a place that reflects our oneness and reminds us lovingly of our interconnectedness. It is a place where there is always room for one more. A place where together we can share, ask questions, learn, discover, explore, create, dance, sing and tell stories that celebrate life, love and the Divine presence in all. It is a place, where we can create our experience of heaven on earth together. Come join us! It is an honor and privilege to serve in facilitating each other's growth as we continue our exploration this Spring!



Practitioner's Corner

Rev. Dr. Carell Zaehn

There are two levels of caring.

One is truly, deeply caring for the welfare of another, whether we even know them or not. That kind of caring is when God is visible, taking over in a challenging situation, and that unconditional loving energy moves through us, almost in spite of us, to be present in the moment, healing, blessing, revealing wholeness, wellness and Divine Perfection

The other kind of caring is attachment, a psychological or emotional investment in something turning out the way the ego wants. Most often, what we watch in the world is in this category. Most of what is on television fits in this kind of caring. But this is only caring about our small selves. It's really a small self-preservation activity.

But which self are we preserving? It is only the ego mind and small self identity that thinks it needs help and rescue, self-preservation. In reality, that it the LAST place we should invest our energy.

The Great Self of all, which is being each of us, every day, all the time, needs no help from us. A little cooperation from us is helpful, but "help" from us? Not! The Great Self, the Infinite Mind and Eternal Wisdom already knows everything and is just waiting for us to get out of our own way and let It do what It does best...make everything perfect for our highest good.

As we consider our life circumstances, the small mind is ready to freak out. But why? The real Self, the God Self, already has things in Divine right order. But we get in there and fuss and fume, redirect, have a better opinion and express a giant ego belch on our behalf.

One of the great gifts of taking classes is that everything is targeted at lovingly blasting out the delusion of the small ego self. We'll go ahead and do that, with love and respect, and at the same time, we'll also protect your heart and your self-respect and self-worth in the process. In fact, our sole intention is to expand both your self-respect and your self-worth, and your Self-respect and your Self-worth. That's a great deal!

Each one of us is a practitioner, whether we have taken official training or not. Each one of us is an ambassador in consciousness in service to each other, to our town, our friends, to the world. And so here we have an opportunity to take a third trimester of classes. With great respect, I invite you to take the next class...any class. Just show up for your own evolution, with joy and fearlessness. You couldn't be in safer hands. Our "company" is "All States"; we've got you protected in all states of consciousness and situations because the CEO here is the Infinite, All-Loving Presence. And the buck stops here.



CLASSES AND WORKSHOPS AT PCC

“Flowing into Stillness”

Lauren Pond will be offering a gentle Vinyasa style yoga class (“Yoga Flow”), in February. She will start the class with spiritual mind treatment, and then integrate fluid yogic movements, with some sustained postures, pranayama (breathing practices), and meditation. “Flowing into Stillness” is a moving yogic meditation class, with a focus on the breath, and moving more deeply into stillness.

Lauren Pond has been practicing and teaching yoga/meditation for over 20 years. She is a Certified Tri-Yoga Instructor, and a Certified Integrative Yoga Therapist. Lauren really honors each unique Body Temple and can modify most poses to your needs. Lauren was a full time yoga teacher/massage therapist at Post Ranch Inn-Big Sur, for 7 years; and has also taught at Ventana Inn, the Yoga Center of Carmel, and Carmel Valley Ranch Resort. Lauren is a Practitioner at PCC and is on the Ministerial track.

Wednesday, March 3, 10:30 - 11:45 A.M. Four Morning Sessions

Location: PCC, 522 Central Ave. PG

Instructor: Lauren Pond RSc.P

Cost: \$32 or \$12 per session continues through April

Morning Yoga!

Now Continues Through April!

New SOM 100 Module Three

The third trimester of Science of Mind 100 focuses on love...God as love (what does that really mean?!?), loving oneself and self-esteem, love in personal relationships and love for mankind. Along the way, we review creating affirmations and how to do spiritual mind treatments (the Law), cultivate forgiveness as well as a healthy system of communications for ourselves. The course guide is the new Genesis program and is highly interactive, putting Truth to work on a practical and individual basis. Your fearless leader is Dr. Carell Zaehn.

This class is a prerequisite for third or fourth year studies, but can be taken now without any previous

Monday, March 22, 6:30 - 8:30 P.M. 10 week class

Location: PCC, 522 Central Ave. PG

Instructor: Rev. Dr. Carell Zaehn

Cost: \$130

Books required: “True Love” and “Living the Science of Mind,” available in the Mindshop

Thomas Troward.

For any serious Student of Religious Science, Thomas Troward is an essential study. It was in Troward’s work “The Edinburgh Lectures,” that Ernest Holmes found the logical ideas and arguments he needed to clarify his own evolving theories and practices. You will see in Troward the basis of Treatment and why thoughts become things.

Yes, some of the physics is now outdated, the book was written in 1904, but the Metaphysics is still faultless.

Dr. Bill, the master metaphysician, himself is teaching this final year two module. Don’t miss out. This is classic opportunity to really understand a classic

Tuesday, March 23, 6:30 - 8:30 P.M. 10 week class

Location: PCC, 522 Central Ave. PG

Instructor: Dr. Bill Little

Cost: \$130

Book: “The Edinburgh Lectures” by Thomas Troward

CLASSES AND WORKSHOPS AT PCC

<p>Conscious Living, Conscious Dying</p> <p>Death is the greatest obstacle in life, and is often perceived as the ultimate defeat. We deny it, repress it, and flee from it. But we can transform death into a <i>golden opportunity</i> to live more fully by crossing the bridge with understanding and acceptance.</p> <p>This workshop will provide a beautiful and deeply moving exploration that will enable you to recognize the real meaning of your relationships with the people close to you, and of your connection with everything in life. You will discover the freedom that can become yours when you learn how to say goodbye and how to embrace death's mysteries.</p> <p>The core of the experience is letting go, as a way of releasing fear and expanding freedom into the here-and-now flow of your life so you can live with more joy, wisdom, compassion and aliveness!</p>	<p>Sunday, March 28, 1:00 A.M - 4:00 P.M. Afternoon Workshop</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructors: Dr. Gary Richman and Estelle Cimino</p> <p>Cost: \$35</p>
<p>Manifesting Miracles</p> <p>The Buddha teaches, "Have no desires." So how does this fit in with all the hype about "manifesting" and "creating your own reality?"</p> <p>The fact is that we are manifesting all of the time. It is our nature and we cannot escape it. This class addresses the process of manifestation (as in the immutable Law of Mind) and provides a venue for exploring how we can increase that which we value in the world and decrease the experience of that which we do not want. Whether you want better relationships, more financial abundance, a deeper spiritual connection – or all three – this is the place to come and learn how to utilize the Universal Law of Manifestation.</p>	<p>Thursday, April 1, 7:00 - 9:00 P.M. 12 week class</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Andrea Fuller RSc.P</p> <p>Cost: \$160 (Payable in two installments of \$80)</p>
<p>Stuart Mooney</p> <p>Dr. Rick and Janel Willete have invited Stuart Mooney to share his wisdom at PCC Fri. evening April 2nd from 7-9 PM and Saturday April 3rd from 10am-4pm. Stuart is an enlightenment teacher who has personally awakened.</p> <p>Topics we will be covering include: Contacting the Divine, Healing the Physical and Emotional Bodies, Love and Relationships, Removal of Karmas, Wealth and Material Success, Psychic Powers and Advanced Spiritual Knowledge.</p> <p>Stuart is the founder of "American Buddha" and is a renowned author, teacher and healer. Stuart's spiritual travels are legendary and his life story is astonishing. Over the years, he has been authorized to teach more than 100 secret spiritual techniques by the Gurus of India.</p>	<p>Friday Evening, Apr 2, 7:00 P.M - 9:00 P.M. Saturday, Apr 3, 10:00 A.M - 4:00 P.M.</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Stuart Mooney</p> <p>Cost:\$25 for Fri. night. Sliding scale of \$75/\$95 for Saturday.</p>

CLASSES AND WORKSHOPS AT PCC

Who Were You Before You Were You?

We are taught that we are Spirit; we are eternal. But if we are eternal, where were we before we were here? Where do we go when the body dies?

Reincarnation is one approach to answering these questions. At the same time, it poses even more questions: Do we retain our individuality from lifetime to lifetime? Why do so many people believe they were someone important or a great spiritual teacher? What is the value of learning about our own past lives?

Come explore these questions – and ask your own – at this interactive, experiential workshop designed to answer some questions – and stimulate even more!

Saturday, April 17, 1:00 - 4:00 P.M.

Afternoon Workshop

Location: PCC, 522 Central Ave. PG

Instructor: Andrea Fuller RSc.P Marriage Family Therapist, hypno-therapist, and certified Reincarnation Therapist.

Cost: \$

Classes coming in May and June

Pre-Cog workshop, Dr. Rick	Sat and Sun Workshop	May 15 /16
Course in Miracles Workshop, Dr. Dia Lynn	Sat, Workshop	May 22
Walking In This World, Rev. Cathy Cole	Thurs Eve, 13 weeks	June 3
The Body, A Temple of The Divine, Dr. Dia Lynn	Wed Eve, 7 weeks	June 16
Course in Miracles, Dr. Dia Lynn	Tues Eve, on going one year	June 22

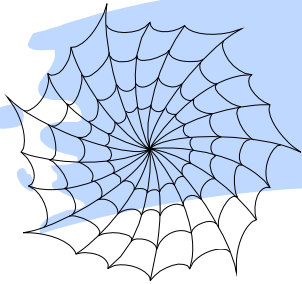
CONGRATULATIONS

On Sunday Feb 28 we acknowledged our new Practitioners:

Karla Bristow, JoAnna Daum, Diana Galbraith, Andrea Fuller, Sheri Parelskin, Dr. Dia Lynn, Lauren Pond, Bari Roberts, Kim Yalda, Sreya Zekas.

These dedicated Practitioners have also completed their Ministerial studies with Dr. Bill and recently took their ministerial exams.

PLEASE JOIN US ON SUNDAY, MAY 30 FOR THEIR VERY SPECIAL ORDINATION SERVICE



The Dream Weavers

My Soulgasm



By Blaze Malcolm

(16 years old)

I experienced an awakening, realization, an enlightened shift of consciousness, during the winter youth seminar of 2010. The teen youth group might call this awakening a 'soulgasm', an explosion of blissful being. It happened one day far away in the mountains, tucked away under the tall, towering, redwood forests and blues skies of Santa Cruz. I sat in a circle with my peers and advisors during a workshop. "I want respect", I said. "I want others to respect me." With encouragement and gently prodding questions from the loving faces around me, I saw the truth. In order to find respect out there in the world, first I had to find respect within myself, for myself. This was the awakening realization, the enlightened shift of consciousness, the 'soulgasm'. In order to gain respect from others, first I had to learn to respect myself. I had to stand up for myself and say, "Stop; that hurts." This was how I began teaching others and myself about respect. Whatever it is I want to experience, I teach others by finding it within first.

Thank you for all your love and support. Thank you for helping to send us to youth seminar and opening our eyes to the wonderful world that surrounds us. Wishing you sunshine and smiles, The PCC Dream Weavers. Support Your Youth

This is a small example of the miracles that happen every day with our teenage youth, The Dream Weavers. They are an amazing group of people! It has been my joy to be working with them as their advisor every Thursday night at 6 pm. We first greet Marie by entering through the MindShop and gather in the meditation room. We do a variety of experiential workshops and activities. Bobbi Critchley is now offering *SoulCollage* once a month for the teens.

The Dream Weavers first campout is scheduled for the weekend beginning April 30th, coming home Sunday, May 2nd. Rick and Reshma Ruczika have offered their amazingly beautiful acreage in Bonny Doon. It includes a spring fed pond! Besides kayaking, workshops, singing and dancing in celebration of May Day, we'll also be creating beautiful Dream Catchers to be sold as a fund raiser for the summer seminar in Idlywild, June 26th through July 3rd.

Those of you who went to the Spring Concert the Dream Weavers held last year know what a great night it was! Look for more news of this event and mark your calendars for May 8th for one great time of rockin' family fun.

If you know any teens interested in developing self-esteem and making life long friendships, call Sreya Zekas at 831-643-0192 or just show up at the Mindshop on Thursday night at 6 p.m.

With great love, xoxo Sreya

GOT THOUGHT'S?



Time to plant some new beliefs?

THE NEW MIDWEEK SERVICE Announcement

On Wednesday April 4th Pacific Coast Church will begin its newly redesigned Midweek Service!

On the first Wednesday of each month the Service will be a Treatment Service and Practitioners and Ministers will do Treatments for whatever requests you may have.

The following Wednesdays will be great talks by the Minister of the Month and they will often be dealing with one theme in any particular month so the topic can be fully explored.

In each Service there will be meditative music to begin with and more music during the Service that is appropriate for the talk and theme.

The Midweek Service is an ideal way to lift your spirits between Sundays and expand your understanding of the Religious Science teaching.

Please join us at 6 PM on April 4th to "Treat Yourself to Life."

(Chanting and Meditation in the Sanctuary at 5:30 p.m.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Unit Two #8 God's Mind Is My Mind Now # 2	2 World Rel #8	3 Morning Yoga	4	5 Marc Gafni and Sally Kempton	6 Marc Gafni and Sally Kempton
7 Marc Gafni and Sally Kempton	8 Unit Two #9 God's Mind # 3	9 World Rel #9	10 Morning Yoga Nothing #5	11	12	13
14 3 Dr. Bill Time Change Second Sunday Spirit Sing with Rev. Cathy	15 Unit Two #10 God's Mind # 4	16 World Rel #10	17 Morning Yoga Nothing #6	18	19	20
21 3 Dr. Bill Membership Sunday BOS	22 SOM Mod 3 #1 God's Mind # 5	23 Troward #1	24 Morning Yoga	25	26	27
28 3 Dr. Bill Dr. Gary Richman and Estelle Cimino Workshop Ministers Meet	29 Mod 3 #2 God's Mind # 6	30 Troward #2	31 Morning Yoga			

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Manifesting Miracles #1	2 Stuart Mooney	3 Stuart Mooney
4 3 Dr. Bill Easter Sunday	5 Mod 3 # 3	6 Troward #3	7 Morning Yoga Treatment Service	8 Manifesting Miracles #2	9	10
11 3 Dr. Bill Second Sunday Spirit Sing with Buddy Comfort	12 Mod 3 #4 ANTN Conference	13 Troward #4 ANTN Conference	14 Morning Yoga Mid Week Service ANTN Conference	15 Manifesting Miracles #3 ANTN Conference	16 ANTN Conference	17 Who Were You Before You Were You?" Workshop with Andrea Fuller
18 3 Dr. Bill BOS	19 Mod 3 #5	20 Troward #5	21 Morning Yoga Mid Week Service	22 Manifesting Miracles #4	23	24
25 3 Dr. Bill Ministers Meet	26 Mod 3 #6	27 Troward #6	28 Morning Yoga Mid Week Service	29 Manifesting Miracles #5	30	

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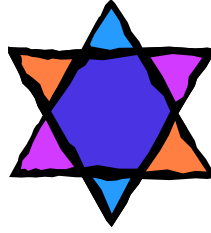
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Pacific Coast Church

Sunday's at PCC

Sunday Service 10:00 A.M.
Junior Church 10:00 A.M.
Chanting & Meditation 8:45 - 9:30 A.M.
Circle Group 11:30 A.M. - 12:15 P.M.



**Happy
Passover!**

Other Activities

Youth Group, Thursdays 6:00 P.M.



**Happy
Easter!**

March Topics

March 7: Marc Gafni
March 14: Soul Talk
March 21: Cause and Effect
March 28: The Healing Mind

April Topics

April 4: **Easter** Communion
April 11: Rev. David Hayward
April 18: The First Few Moments...
April 25: Speech Therapy

Second Sunday Spirit Sing at Six!

The second Sunday of every month 6:00 - 7:30 p.m. Love offering.

March 14, Agape Chants with Rev. Cathy — April 11, Buddy Comfort

Come to lift the spirit, open your heart and find/expand your natural, God-infused voice!

Easter is not a time for groping through dusty, musty tomes or tombs to disprove spontaneous generation or even to prove life eternal. It is a day to fan the ashes of dead hope, a day to banish doubts and seek the slopes where the sun is rising, to revel in the faith which transports us out of ourselves and the dead past into the vast and inviting unknown. ~Author unknown, as quoted in the Lewiston Tribune