



PATHWORDS

THE BI-MONTHLY NEWSLETTER OF PACIFIC COAST CHURCH

SEPTEMBER / OCTOBER 2010

VOLUME 18, ISSUE 5

Everything About Us Is Cyclic.

And we must awaken ourselves—rediscover that lost paradise, that child who was not afraid of the Universe in which they lived, that child who did not deny himself or his God, that child who had not listen to the dull, monotonous tune of condemnation, until they had isolated themselves in fear from the Universe in guilt and, being antisocial, became antispiritual, and finally, for their own self-protection in the world which hurts so much, must regret until nature relieves him, which it always will — because limitation and want and lack and pain belong only to the lower order of perception.

~ Ernest Holmes

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We are entering the Fall season again. Most people function in the illusion of linear time, but our lives are not very linear at all. Everything about us is cyclic. The seasons cycle, our daily activities can be new on occasion, but there is more cyclic content in anyone's day than there is new. We rise at a certain hour every day and have our meals about the same time and go to bed around the same hour, etc. Even the hours of the day cycle twice a day.

If we watch closely we will find our thoughts also cycle with great frequency – we think about the same unresolved issues regularly and have desires, even the same moods, on a repetitive schedule. Journaling will prove this to be true.

Some seem to think that this means we are trapped, but I don't think so. At each point in any particular cycle, there is the opportunity to change our thought and allow a creative or spontaneous energy to move through us. Many people do not let this freshness happen because they have become hypnotized by the cycles, but the potential is there for all of us. This issue is at the core of the Religious Science teaching. Spiritual Mind Treatment is based on not allowing the cyclic facts of our lives to determine who we are or

what we think. Each day is viewed as an opportunity to re-fine yesterday's behavior and allow the spirit of newness to enter into our experience. We are in a sense, 'fine-tuning' the past, e.g., suppose you have been experiencing a disease in the physical body for some time. Or the disease may have gone away and is back again. This is remarkable for two reasons. First *disease* is not our normal state. At the core of our being is a peaceful sweetness that is the essence of ease. Second the ongoing or repetitive nature of the experience is also strange. Life enjoys new experience more than anything else, so something at an invisible level must be repeatedly summoning the disease. It is like a lie that we are telling ourselves over and over until we believe our own misconception. A couple of years ago we were told about the 'swine flu.' No doubt some people had the experience of such an illness. But those who were aware of the mind's power were careful *not* to reinforce the idea of the existence of



(Continued on page 3)

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*"Good and more good is mine.
There is no limit to the good that is mine.
Everywhere I go I see this good,
I feel it, I experience it. It presses itself
against me, flows through me, expresses
itself in me, and multiplies itself around me."*

Ernest Holmes

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.

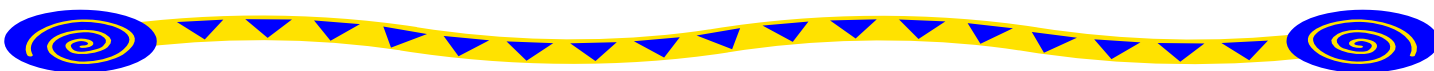
(Continued from page 1)

this disease and did not get it. The power of negative suggestion was cycled through our minds many times over, especially on news broadcasts, etc. So each cycle became a practice of waking up from the destructive suggestion of the flu. This is how to cultivate immunity.

Treatment is the act of not even listening to our own auto-suggestions but rather to embody the Truth taught throughout the ages in all great teachings – ‘There is one God, one infinite mind; it is perfect and it is my mind now.’ With great love,
One of my teachers, Dr. Raymond Charles Barker in the New York City church of Religious Science used to say, ‘Treatment is the act

of standing up in the middle of your own thoughts and feelings and saying what is true.’ And every day we get many repetitive moments to do just this. If we do practice this, we will find that the cycles of life start behaving more like spirals, circles tipped slightly at an angle. Now we have changed the trap of a cycle into the forward motion of a spiral. Life unfolds in a new direction and a fresh energy takes over.

Bill



Junior Church

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

Downstairs in Junior Church, we are having expansive fun as always! The high energy of the summer is transforming into the quieter fall rhythm of school days. Sharing personal stories of losing teeth, family events and new teachers and friends permeate the room as the kids take turns filling us all in on what is going on in their worlds. Such gorgeous presence and curiosity from these fresh beings!

A favorite activity is making an affirmation/gratitude web with a ball of yarn. While standing in a circle, each child either states an affirmation ("I am kind.") or something/someone she/he is grateful for ("I love my parents.") and then holds onto the colored yarn while passing the ball across the circle to another friend. As the ball unravels back and forth across the circle, from child to child, a beautiful web of yarn is formed. The kids often enjoy then deconstructing the web in reverse order. Fun, laughter and community!

We continue to share sweetly powerful books from the Mind Shop, as everyone loves story time! The Great Hiss, by Swami Gurumayi Chivilasananda, is a tale of how a terrorizing cobra, upon meeting a loving teacher, learns to protect himself through nonviolent communication. The kids really enjoyed this one! Another fun, albeit lengthier, story is The Little Wizard, by Jody Bergsma. This is an enchanting tale of self-discovery and inner knowledge, involving a young boy, his cat and an outlawed dragon on a noble and magical quest for the elixir to heal his dying mother.

In the upcoming months, more yoga and creative visualizations/meditations will be woven into the weekly classes. The truth is that often the children are so excited about the sharing circle, which occurs after our opening introduction song, that there is only enough time for the Spiritual Mind Treatment and one other exercise! Sometimes, they have so many questions for one another during sharing that we never get to the creative art/coloring time! There is really a wonderful, loving community downstairs!

Please join us anytime you wish for playtime in Junior Church! You may just follow the children up to the stage as called and then collect a free copy of Dr. Bill's talk after the service!



We have all had experiences wherein our truest response can only be characterized simply as 'wow!' or as 'ouch!'

For Giving

This is a part of what we call being human, responding to the environment in ways that either express pleasure or, conversely, express displeasure. Some times it just feels good to be in our experience and some times it doesn't feel so good. This is the emotional, passionate nature of being in a human body. We either like or we don't like what is happening.

It is interesting to note the general tendency to look outside of oneself in the feeling of 'ouch' and to look toward our own personality and skill base in the feeling of 'wow'. Have you ever stumbled and looked back at the sidewalk to see what tripped you? This would amount to something akin to: 'You did that to me'. The more pleasurable side of experience is often just called 'I did that'. The real question here is not did I like or dislike what just occurred but rather: Who is the one having this feeling? Who is the experimenter and who is it that is noticing the feeling I am having?

There is a human tendency to project our feelings of reality perception into the words or actions of others. As in the recent film, *Inception*, our projections about reality interact with the projections about the realities of others. So we have projections of reality interacting with other projections about reality. How can this be so if, in fact, humans exist in a quantum field of oneness and unity? If there is no other out there, if I am you and you are me, are we then our individual thoughts? Are we our feelings?

Thoughts and feelings are like the ripples upon still water and who we are, the essence of our being, is the still water itself. We are the ocean which is noticing the experience of the wave.

Ernest Holmes, the founder of Religious Science, called grace "the ever givingness of God." Living in a state of grace would mean living ones life in such a way so as to fully receive the bounty of the ever givingness of God. This means embracing the entire variety of experience life has to offer without attachment to the feeling about the experience. The yearly cycle includes spring, summer, fall and winter. Can you imagine life as just one season without the

rest of the year? Each season has a generous bounty to offer just as each and every person, every experience, contains at its essence a generous offering. A graceful, bounteous life is for giving back to the oneness that we truly are.

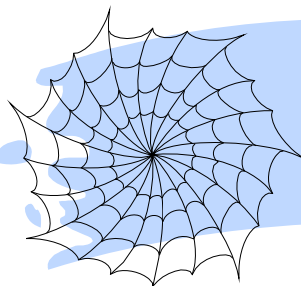


Forgiveness is often understood as an act, a deed, as something we do. Forgiveness can be termed as an act of compassion, beneficence, justice or fairness. The

act of forgiveness often embodies moral virtues, themes of mercy or patience. When we forgive another we abandon resentment and offer kindness. One individual recognizes that the other individual was being the best person they knew how to be. Instead of an act, something we do, what if forgiveness was a quality of something we naturally ARE without the personality qualifying the nature of the experience? What if forgiveness was one of the qualities of the ocean of beingness itself? What if forgiveness was merely noticing the experience of the wave?

Namaste',

Rev. Sreya



The Dream Weavers

The Dream Weavers, the teen and tween youth group of Pacific Coast Church, has had a great summer! In June and July we went to the annual youth camp in Idlywild. This camp was amazing! 550 of us attended from all over North America. Camp Buckthorne was at maximum capacity. Youth came from Religious Science International and United, now called Centers for Spiritual Living, ANTN (the affiliation for PCC), AGNT, INTA, Unity and more! We are looking forward to preparing for our regional winter camp to be held in the redwoods at Camp Loma Mar early next year.

Many families vacation during the late summer so we have delayed our annual organization meeting until October 17, 2010. This will be a pot luck to held in the garden after church so bring something wonderful to eat and wonderful ideas to share. We're looking for fund raising ideas to support the empowerment of our youth in addition to ideas as to how we can best serve our families. If you are the parent of a teen, a teenager or feel moved to work with the Dream Weaver's, please plan on attending this fun family event.

We have changed our meeting day and time to Wednesdays, 6:30 to 8:30 pm. Please enter the garden by the PG Library side gate and come on up into the meditation room through the Jr. Church. If you have any questions about our program feel free to contact Rev. Sreya Zekas at 831.643.0192 or sreyazekas@yahoo.com. You can also find us in Facebook groups.

Treasurer's Corner

As your new Treasurer, I thought I would give you a few short notes on our finances.

Our expense/donation ratio for July:

\$26,000 expense/150 members/4 Sun. = \$43.00 average expense

July donations: \$12,000/150 members/4 Sun. = \$20.average D onation

Roof: Phase 1= \$37,560 + \$4,302 in dry rot repairs so far.

Phase 2 = \$40,000 hopefully next yr.

Blessings, Dale Hillard

THE ANNUAL GENERAL MEETING!

The Passion of the P+L's

The Fun of the Financials

Come and scan the Business Plan

Plus, of course, **THE BARBECUE!**

Please join us after Service on September 19th

We'll provide

The Hamburgers and Hot Dogs, Drinks and Utensils

You bring salads, desserts etc.

Please sign up in the Community Room.

**“Yes, Virginia, there will be another
Harvest Festival!”...with a twist...Online!**

And we need your help for it to be a smashingly fun success.
Volunteers needed (and you can do most of it from home):

- People who want to get involved (we love to play)
- People with some computer skills (we can teach anyone)
- People who like to talk (teaching, announcing)
- People who want to help (money, shipping, coordinating)
- People like YOU!

And then we'll need people to donate and people to Bid! This is your Festival!
Be a part of it!

Please contact Barbara Allen, PCCfestival@gmail.com. More info to come!



EDUCATION COMMITTEE
FALL CLASSES ARE HERE!



Our purpose at PCC is to ignite and hold the light of Truth. To that intention, we offer classes in the development and evolution of consciousness through practical spirituality. We do that through the core classes, which include PS 100 and 200, the first and second year programs. Most classes offered at PCC are accredited, earning you credits toward degrees through Emerson Theological Institute.

Our classes are offered in trimesters. One can take any portion of the 3 first year classes or of the second year options, but all six segments must be completed to qualify to enter the practitioner program.

Accredited classes begin Monday, September 13 for year one and Tuesdays, September 14, for the second year. Classes are now twelve weeks each. Each class is 2.5 hours for 30 hours per trimester and 90 hours for the year.

Practical Spirituality (PS101) starts off with a bang. Everything you will ever need to know about consciousness and Truth is contained in this class. You learn how to do affirmations and spiritual mind treatments. Once you've got it, it's a matter of incorporating it onto your daily practice and personal presence. Here's where you get to look at your mind and observe how you've been using it and shift into a new mode of operation that blesses you with new visions, which become opportunities, which become fabulous experiences. This is the beginning of using the mind constructively and creatively for your heart's desires. This is the beginning of the rest of your life. The first trimester focuses on affirmation and treatment, putting you in the driver's seat. The second trimester expands the practices into your daily life and personal issues. The third trimester addresses love, from one's personal experience to unconditional love.

PS 201 is "Treat Yourself To Life" taught by Rev. Dr. Kim Yalda. This class takes treatment to a deeper level ... beyond the four steps, beyond the words to a clear place of knowing and guides us to fully embody and truly experience the power of treatment.

This year, PCC offers scholarships for people who would like to take the basic classes but need financial support. If you need a scholarship, please email dia@dialynn.com or drcarell@yahoo.com. One scholarship per ten class enrollees will be offered. Scholarships are intended to help both seniors over 65 and juniors (22 and under or still in college) and others in special circumstances.

Also offered is a payment plan to help with fees for PS 100 and 200. To take advantage of this opportunity, please visit the Mindshop for a \$50 pre-registration deposit by Sept 1 and plan to pay half the balance on the first night of class and the balance by the 6th class.

For those intending to take the practitioner level, please present your certificates of completion for levels 100 and 200 to the Registrars, Dr. Dia or Dr. Carell. A class in Troward is a prerequisite, as well as having taken core classes within the last ten years. When in doubt, or not able to find your certificates, contact Dr. Dia or Dr. Carell to be sure your classwork is up to date.

Classes and Workshops at PCC

<p>Finding Water <i>This class with Rev. Cathy J. Cole is now full!</i></p>	<p>Thursday, Sept 2, 6:30 - 9:00 P.M. 13 week class <i>Registration is closed!</i></p>
<p>Practical Spirituality 300 — The Practitioner Class</p> <p>This class is open to students who have successfully completed the basic Year One and Two courses and wish to delve deeper into the philosophy and work it into their daily lives.</p> <p>Most students who take this class wish to become licensed practitioners. The course is exciting, demanding and life changing. We are, after all, dealing with consciousness and surrendering to the Divine. Undoubtedly some old egoic patterns will resist. But how can you go wrong under the tutelage of Dr. Bill Little.</p> <p>Dr. Bill will start this year's class with, "How To Use Science of Mind" by Ernest Holmes. Look forward to other great Metaphysical classics going back to The 19th Century with perhaps Emma Curtis Hopkins and back again to the 21st century with James Sloman and other great authors.</p>	<p>Monday, Sept 13, 6:30 - 9:00 P.M. 50 week class</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Dr. Bill Little</p> <p>Cost: \$1000</p> <p>Books: "How To Use Science of Mind" by Ernest Holmes. Now available in the Mindshop</p>
<p>Practical Spirituality 100 — Unit One</p> <p>Everything you will ever need to know about consciousness and Truth is contained in this class. You learn how to do affirmations and spiritual mind treatments. Once you've got it, it's a matter of incorporating it onto your daily practice and personal presence. Here's where you get to look at your mind and observe how you've been using it and shift into a new mode of operation that blesses you with new visions, which become opportunities, which become fabulous experiences. This is the beginning of using the mind constructively and creatively for your heart's desires. This is the beginning of the rest of your life. The first trimester focuses on affirmation and treatment, putting you in the driver's seat. The second trimester expands the practices into your daily life and personal issues. The third trimester addresses love, from one's personal experience to unconditional love.</p>	<p>Monday, Sept 13, 6:30 - 9:00 P.M. 12 week class</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Rev. Dr. Carell Zaehn</p> <p>Cost: \$195</p> <p>Books: "Thinking From the Infinite" by Dr. Carell Zaehn Now available in the Mindshop</p>
<p>Practical Spirituality 201</p> <p>The name of this class and the book we'll be using is called, Treat Yourself To Life by Raymond Charles Barker. His straight forward approach not only invites you to take responsibility for your life, but really makes it clear that <i>you're the only one who can!</i> By accepting - even embracing - that responsibility, you're empowered to create whatever life you choose to experience.</p> <p>This class takes treatment to a deeper level ... beyond the four steps, beyond the words to a clear place of knowing and guides us to fully embody and truly experience the power of treatment.</p> <p>Barker says, "A power is within you right in this instant waiting to be released into the creative action that is your life." In this class we'll learn to explode that power of creative action into all aspects of your life. Treat yourself to the Life of happiness, wealth, love and freedom that is your divine birthright!</p> <p>This course applies to your PS 200 credits and is also open to everyone who is interested in taking it. Register today!</p>	<p>Tuesday, Sept 14, 6:30 - 9:00 P.M. 12 week class</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Rev. Dr. Kim Yalda</p> <p>Cost: \$195</p> <p>Books: "Treat Yourself To Life" by Dr. Raymond Charles Barker Now available in the Mindshop</p>

Classes and Workshops at PCC

<p>A Course in Miracles</p> <p>"This is A Course in Miracles. It is a required course. Only the time you take it is voluntary. Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time. This course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposites. This course can therefore be summed up very simply in this way: <i>'Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.'</i>" ACIM Text Introduction</p>	<p>Tuesday, 6:30 - 8:30 P.M. Ongoing Class</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Rev. Dr. Dia Lynn</p> <p>Cost: \$10 per week payable in advance at the start of each month.</p> <p>As this class has been going since June please contact Dr. Dia before participating. 831-998-7400</p>
<p>Real Love</p> <p>What we all need more than anything else is to be Loved. But not just any kind of love will do. We need to be loved unconditionally. We need to feel cared for even when we make mistakes or inconvenience others. When we have that kind of love — Real Love we experience profound and lasting happiness.</p> <p>In this workshop you will learn:</p> <ol style="list-style-type: none"> 1) Simple and powerful steps to unconditional love & real happiness 2) How Real Love heals all wounds from the past 3) How to share Real love with others 4) How to eliminate anger, disappointment and hurt from your life 5) How to be a better spouse, parent, friend, employee, or employer 	<p>Sunday, September 12, 1:00 - 4:00 P.M. Workshop</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Rev. Andrea Fuller</p> <p>Cost: \$30</p> <p>To contact Rev. Andrea for more information Please Call 831-236-5930</p>
<p>Marcy Baruch</p> <p>Marcy is a wonderful singer/ songwriter who many of us got to now through the ANTN conference this year. She's coming to perform for us on October 3 and will have an afternoon workshop.</p>	<p>Sunday, October 3, 1:30 - 4:00 P.M. Workshop</p> <p>Details TBA</p>
<p>Stuart Mooney "Sensory Enlightenment" Workshop</p>	<p>Saturday, October 9, Sunday, October 10</p> <p>2 day Workshop</p> <p><i>See back page for details!</i></p>
<p>Turning Your Karma into Destiny,</p> <p>These afternoon seminars will combine essential teachings on karma with teaching and exercises on how our karmic propensities and even our karmic limitations become the platform for weaving our destiny and evolving as individuals and as communities.</p>	<p>Sunday Afternoons, Three Seminars Details TBA</p> <p>Nov 7, Dec 19, Jan 16</p> <p>Location: PCC, 522 Central Ave. PG</p> <p>Instructor: Dr. Mark Gafni , Sally Kempton</p> <p>Cost: \$TBA</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Midweek Service Practitioner Panel Dreamweavers	2 Finding Water #1	3	4
5 Dr. Bill BOS	6	7	8 Midweek Service Rev. Sreya Zekas Dreamweavers	9 Finding Water #2	10	11
12 Dr. Bill Real Love Second Sunday SS Rev. Sandy	13 PS100 Unit1 #1 PS 300 #1	14 ACIM # 13 PS 200 Unit 1 #1	15 Midweek Service Rev. Sreya Zekas Dreamweavers	16 Finding Water #3	17	18
19 Dr. Bill Annual General Meeting	20 PS100 Unit1 #1 PS 300 #2	21 ACIM #14 PS 200 Unit 1 #2	22 Midweek Service Rev. Sreya Zekas Dreamweavers	23 Finding Water #4	24	25
26 Dr. Bill Ministers Meeting	27 PS100 Unit 1#3 PS 300 #3	28 ACIM #15 PS 200 Unit 1 #3	29 Midweek Service Dr. Bill Little Dreamweavers	30 Finding Water #5		

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Dr. Bill Marcy Baruch	4 PS100 Unit1#4 PS 300 #4	5 ACIM #16	6 Midweek Service Practitioner Panel Dreamweavers	7 Finding Water #6	8	9 Stuart Mooney
10 Dr. Bill Stuart Mooney Second Sunday Spirit Sing	11 PS100 Unit1#5 PS 300 #5	12 ACIM #17 PS 200 Unit 1 #4	13 Midweek Service Rev. Cathy J. Cole Dreamweavers	14 Finding Water #7	15	16
17 Dr. Bill BOS	18 PS100 Unit1#6 PS300 #6	19 ACIM #18 PS 200 Unit 1 #5	20 Midweek Service Rev. Cathy J. Cole Dreamweavers	21 Finding Water #8	Marc Gafni and Sally Kempton Return to PCC for a series of Sunday Afternoon Workshops	
24 Dr. Bill Ministers Meeting	25 PS100 Mod1#7 PS 300 #7	26 ACIM #19 PS 200 Unit 1 #6	27 Midweek Service Dr. Bill Little Dreamweavers	28 Finding Water #9	Turning Your Karma into Destiny Sunday, Nov 7	
31 Dr. Bill					Sunday, Dec 19 Sunday, Jan 16	

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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.

Wednesday Evening

Midweek Service 6:00 P.M.

Other Activities

Youth Group, Thursdays 6:00 P.M.

Stuart Mooney

Sat, Oct 9, 10 am - 4 p.m.

Sun, Oct 10, 1:00 - 5p.m.

"What Can I Do To Become
Who I Really Am?"

Sat \$85, Sun \$65

\$140 for both days

Wednesday Evening Midweek Service

Sept 01:	Treatments	Oct 06:	Treatments
Sept 08:	Rev. Sreya Zekas	Oct 13:	Rev. Cathy Cole
Sept 15:	Rev. Sreya Zekas	Oct 20:	Rev. Cathy Cole
Sept 22:	Rev. Sreya Zekas	Oct 27:	Dr. Bill Little
Sept 29:	Dr. Bill Little		

September Topics

September 5: A New Lease on Life
September 12: Who Am I, Truly?
September 19: Sangham or Spiritual Community
September 26: Mythbuster 1

October Topics

October: 3: Accepting the Challenge of Growth
October 10: Compassion – Seeing God in Each Other
October 17: Over the Rainbow – Dual Reality
October 24: "I have the love of God in me..."
October 31: Boo!

Second Sunday Spirit Sing at Six!

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

September 12, Rev. Sandy Leader

October 10, TBA

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