

Special points of interest:

- Calendar of events... P - 2
- Members Contributions ... P - 3
- Angie's Affirmation ... P - 3
- Classes & other happenings ... 4 -7
- Mary, Janna & Betty talk about ... P - 11

Ensuring a Beautiful Past and Glorious future

By Rev. Angelo Pizelo

The empowering theme for March is forgiveness.

This month we will have the opportunity to reawaken our consciousness to the fact that if we are to truly enhance our human experience with joy, harmony and abundance, then, we must release our thoughts of past situations that may not have been pleasing to us.

We spend much of our time regurgitating past events and in so doing we continually relive negative emotions. Our bodies pick up on these hurtful remembrances and, not knowing that they are past occurrences, literally relive the situations that become detrimental to our good health. Research shows that negative emotions affect the DNA in our cells, leading to serious health issues.

This brings to mind a story that appeared in a "Bits and Pieces" article about a lady who spend 15 years harboring ill will toward a past relationship. She came down with diabetes, cancer, high blood pressure and other health problems. After going through a few counseling sessions with her pastor, she came to realize that she was literally destroying her life. That she had

created a prison in consciousness that controlled her life. The minister told her that if she released the past by canceling all the conditions she placed on the other person to receive her love, she will break out of the shackles that prevented her from enjoying the present moment, the now.

She put in mind that this person was not able to be the person she wanted him to be at that moment in his life. She release the conditions placed on him and sent him love vibrations. This act of forgiveness, opened up her consciousness to divine inspiration and healing. She literally became a new women.

When we release our compulsion to live in the past, we open our life experience to the present moment, which is the living expression of God. It is in the moment that we create anew an enhanced life of joy and fulfillment. By making every moment count, with joy, trust, un-attachment, anticipation and wonder, we ensure a beautiful past and a glorious future.

And It Is.

March Speakers

March 2

Speaker: Rev. Marie Lane

March 9

Speaker: Rev. Bob Hand

March 16

Speaker: Rev. Angelo Pizelo

March 23

Speaker: Rev. Jenny Evans

March 30

Speaker: Rev. Jeff Hartwig

The Editors hope you enjoy the new Focus and would like to hear from you with articles and other pieces of information.

E-mail submissions to:

Janna Lewis

jannalewis@sti.net

AnnaDell White

annadellwhite@yahoo.com

PLC HAPPENINGS

March 2008

		Mon	Tue	Wed	Thu	Fri	Sat
New Class Starting See P.5 for details							
2	3	4	5	6	7	8	New Class Starting See P.5 for details
10 A.M. Speaker: Rev. Marie	2 P.M. New Class Begins	7 P.M. Discussion night at PLC	6:30 P.M. New Class Begins 6:30 P.M. Reiki	11 A.M. EFT			
9	10	11	12	13	14	15	7 P.M. Flute Circle
10 A.M. Speaker: Rev. Bob		7 P.M. Discussion night at PLC	6:30 P.M. Reiki	11 A.M. EFT			
16	17	18	19	20	21	22	
10 A.M. Speaker: Rev. Angelo		7 P.M. Discussion night at PLC	6:30 P.M. Reiki	11 A.M. EFT			
23	24	25	26	27	28	29	
10 A.M. Speaker: Rev. Jenny		7 P.M. Discussion night at PLC	6:30 P.M. Reiki	11 A.M. EFT			
30	31						
10 A.M. Speaker: Rev. Jeff							

Members' Contributions

By Rev. Angelo Pizelo

Affirmation for 2008

I create in 2008 the fresh, the new and the beautiful- an abundant life experience. I am the creative process and I take full responsibility for my life by anticipating success, by imagining the new, and the beautiful with patience. I choose to open my heart and mind to the inspiration that flows from the dimension of all possibilities. I let it be so and so it is. This affirmation embraces the four components and qualities of an abundant life experience: **Anticipation, Imagination, Waiting & Letting.**

Love Flute

By Stephen DeRuby

Playing the flute is a pure act of Love

tree to lips

Feeding the soul with

tone

breath

vibrations

presence

Touching the heart

the inner Valentine

each note

a pebble tossed into the cosmic pool

ripples to the ends of eternity

circling back again

to You

Classes, Study Groups and Other Happenings

EVERY TUESDAY NIGHT 7 p.m. AN ON-GOING SPIRITUAL DISCUSSION

Every Tuesday night is “an event” as Rev. Angie often states about our gatherings. We will attempt to make announcements regarding what’s happening on these nights, so look for the I-Focus to arrive by e-mail (if you’ve signed up). Because our members are individual in their viewpoints with strong beliefs, these meetings are interesting, mentally stimulating, and often down-right rambunctious. All community members are invited to attend. Join us Tuesday nights at 7:00.

Facilitators are Rev. Dr. Angelo Pizelo and staff.

For more information: 559/642-4616

WEDNESDAY NIGHT 6:30 p.m. (ongoing) REIKI

The wonderful tool of Reiki is available to the public every Wednesday night in the sanctuary. Practitioners help re-charge you with spiritual energy that flows to each part of your life, causing healing at all levels - spiritual, mental, emotional and physical. Please take advantage of this service when any part of your life is out of alignment. A donation to the building fund would be appreciated.

Facilitators: Bill and Betty Fleming

For information call 559/ 683-2274

THURSDAY 11:00 a.m. - 2:00 p.m. (ongoing)

“EFT “(EMOTIONAL FREEDOM TECHNIQUE)

This is an on-going workshop that meets every week. You will get a FREE demonstration and be able to practice EFT, a simple powerful process that can be of great benefits for your emotional, mental and physical well-being. It is easy, effective and produces amazing results. “EFT offers great healing benefits”, says Deepak Chopra, MD.

Facilitators: Betty Fleming, RsP, and Dr. Izabel Sonia Ganz

SUNDAY 1:00 p.m. - 2:00 p.m. (ongoing)

POETS IN THE PINES - Poetry Class

This is an on-going workshop that meets every week. You will be able to read your own works for others to critique and receive guidance is you desire it, or just come and enjoy. Poetry is soul-nurturing, so join us, please.

Facilitator: Mary Lee Gowland

Classes, Study Groups and Other Happenings

A New Earth

Awakening to Your Life's Purpose

Facilitated by Rev. JoAnne Burgess

Monday Afternoon, 2:00—3:30pm

6 week class - Begins March 3, 2008

\$75.00

This class will be taught in conjunction with the Oprah show that is opening up new vistas all over the world. Part of your homework will be to watch/listen to the show. Oprah and Eckhart Tolle, the best-selling author of *The Power of Now*, will co-teach *A New Earth* in Oprah's worldwide classroom live Monday nights on Oprah.com. We will use their discussions to further our own study and practice meditation.

Be The Change You Want To See

Facilitated by Rev. Linda Angel

Wednesday evenings, 6:30pm-8:30pm

6 week class - Begins March 5, 2008

\$75.00

This class teaches practical ideas for you to learn to make the world a better place for all of us. Learn to uplift and empower everyone you meet. Join us for this class specially designed for the Season for Peace and Non-violence. Based on the Optional book: *Yes, You Can Change The World*

For additional information contact:

Rev. Linda Angel 641-5980

Classes, Study Groups and Other Happenings

Next Flute Circle meeting 7 pm Thursday, March 20th (solstice)

Thanks to everyone for a Fun, Feb. Flute Circle ! We are growing and glowing.

15 of us were there and our donations to the PLC building fund totaled \$70. Every one of us played, including Mike Cook, who just got his Raven Flute the day before. Yea Mike !

Also, we did some nice breath work while playing one note in group harmony. Judy De Rosa did a flute blessing for each of us and her beautiful words were flutefully inspiring.

Several of us will be attending the Spring Flute Camp in Cambria.

For those of you who feel inspired to do so, please compose a HAIKU poem to share at our next flute circle. A haiku has a reference to nature and the natural elements. You might like to add a reference to flute in your haiku. A typical haiku consists of 3 lines with 5 syllables in the 1st line, 7 syllables in the 2nd line and 5 syllables in the 3rd line. 5-7-5 or keep it more free form if you like.

for instance:

Lily
out of the water
out of itself

by Nick Virgilio, famous American haiku poet

another example:

Night, and the moon !
my neighbor, playing on his flute
out of tune !

sometimes haiku may include humor by Kojo, famous Japanese haiku poet

chop wood
carry water
play flute

by yours truly

And bring a flute "diddy" to share of any length and skill level. Rick is gearing up for making some more flute racks. If you're interested, get in touch with him at 641-5980

or yosemitelflutecircle@gmail.com

Love,
Stephen

Classes, Study Groups and Other Happenings

CENTRAL COAST FLUTE CIRCLES

San Luis Obispo-Santa Maria-Santa Barbara

Announces

SECOND ANNUAL CAMPOUT WORKSHOP

Camp Ocean Pines, Cambria, Ca.

May 16-17-18

TAKING YOUR NA FLUTE PLAYING TO ANOTHER LEVEL

Recording artist and popular Native American flute player extraordinaire, VINCE CHAFIN, will spend this weekend's workshop in bringing such of us to a higher level in our playing. From beginner to intermediate on up to accomplished player, this workshop will hit those fine points so that instead of just making notes, you will be playing music with heart and feeling.

Vince will start with breathing techniques, covering such subjects as breath control, increasing your dynamic range, power and control. Next Vince will concentrate on taking our flute sounds and changing them into music by exploring phrasing, melodic expressions, space and timing. Time permitting, he will cover various other subjects such as: performance anxiety and music composition.

Come join this limited group (15) for a chance to spend quality time concentrating on advancing your flute journey, in a beautiful natural setting while ending each day with a campfire jam. Bring all your flutes, drums, rattles, guitars and any other accompaniment so as to spend a weekend immersed in musical enjoyment.

COST: \$155 – 2 NIGHT LODGING-5 MEALS – ALL INSTRUCTIONS.

10 person Bunkhouse –gender separated lodging or your own tent or camper.

\$125- 5 MEALS –ALL INSTRUCTION – NO LODGING.

Camp Ocean Pines is the sponsor of this program, our circles are working with them to bring this event together. In order to have this facility available for us we must guarantee 15 paid participant by Friday Feb 22, 2008 otherwise they will not hold our reservation.

We need you to confirm your reservation by calling Camp Ocean Pines within the next two weeks so as to preserve this very worthwhile workshop. You may register online at: campoceanpines.org

or 805 927-0254.

Classes, Study Groups and Other Happenings

IT'S NOT TOO LATE TO BREAK FREE

JOIN THE SPIRITUAL EVOLUTION THAT'S TAKING PLACE WITHIN YOUR SOUL.

REGISTER FOR REVELATIONS 2008.

This is **AGAPE'S** 15th annual big extravaganza with Rev. Michael Beckwith, Rickie BB, the Agape Choir, the Movement of Agape, powerful speakers, inspirational music, spiritual insight, joyous celebration and transformative healing.

Why go? It's fabulous!! Rev. Maggi BB went last year to Washington, DC and came back raving (not as in "a raving maniac"). This year it is right here in LA, California AND Rev. Maggi has donated 7 tickets to the building fund.

If If If you sign up NOW you will get the last 3 tickets for the unbelievable price of \$319 if you are a minister or practitioner or \$369 if you are an otherwise.

The dates are April 17th through the 20th at the Westin LAX Hotel. Keep some pin money for the outrageous things available for sale by vendors there. I hear Steven Flute DeRuby is seeking a booth there and the DUDS for sale ARE unbelievable. A little more pin money please for the EXTRAVAGANZAZAZA that occurs Saturday night, a real Hollywood SPIRITUAL BLAST! **Call Rev. Maggi now! 559-692-2241** (These tickets will eventually sell for \$529 as I understand it.)

Have an announcement, a new class starting, something to share?

Contact Janna: jannalewis@sti.net

Or

AnnaDell: annadellwhite@yahoo.com

Want to receive this newsletter via e-mail?

Sign up on the slips of paper at the back of the sanctuary and drop it in the basket.

Classes, Study Groups and Other Happenings

Thursday, March 20, 7:00 P.M. (ongoing)

FLUTE CIRCLE

Love the sound of the Native American flute? Whether you are an accomplished musician or have no music background you can play the Native American flute. Come join us this month at **PLC at 7:00 P.M.** for a FUN flute learning experience. We sample different styles, listen and help each other. It's a great place to be **and it's all about having fun! If you don't have a flute, there are extra one available,**

A donation to the PLC Building Fund is appreciated.

TO: MEMBERS AND STAFF OF POSITIVE LIVING CENTER

FROM: ANGELO PIZELO

SUBJECT: VOLUNTEER HOURS CREDIT

Beginning January 1, 2008 volunteer hours will no longer be available for tuition credit. We have been fortunate, over the years, to have many individuals take advantage of this program. In an effort to continue to keep our tuition fees low we find it necessary to bring it to completion.

As an alternative we have three methods that you may use to pay for tuition. Cash, credit card and in some cases a payment plan. If you choose the payment plan, the class must be paid for in full before a Certificate of Completion can be issued.

In addition to the above payment options, we are adding an incentive program. If you would like to improve the financial area of your life please contact Jo Ann Burgess at 559-222-8307 to register for a NO CHARGE six week class on prosperity.

BRING SOME OF YOU HAVE IT! TAKE SOME IF YOU WANT IT!

FOOD, THAT IS!

We invite you to join our food project. There are shelves in the snack room to hold food-stuff. If you have something extra from home (or added something you don't need to your shopping cart) bring it into PLC. It will be circulated to those who want it. The food is available to anyone who wants it. Forgot to pick it up at the store? Use what we have. Take it for yourself, or take it for someone you know.

Please make sure that all donated food-stuff is of good quality, unopened and non-perishable. This means NO fresh produce and NO open containers.

More of What's What

EMERSON THEOLOGICAL INSTITUTE

As the educational arm of ANTN (Affiliated New Thought Network) of which the Positive Living Center is a member, Emerson Theological Institute's vision is to awaken people to empowering Universal Principles and provide the instructional resources that will facilitate the development of healthy relationships, spiritual communities and the realization of potential.

To accomplish its vision, Emerson's core curriculum embraces the spiritual philosophy of the presence of God in humankind and the power of right thinking. It emphasizes the existence of One Life, One Mind, One Power, One Presence, in, as, and through all creations.

PROGRAMS OFFERED:

- ◆ Personal Growth
- ◆ Ministerial Credential
- ◆ Practitioner Credential
- ◆ Bachelor of Religious Studies
- ◆ Masters of Religious Studies
- ◆ Doctor of Religious Studies
- ◆ Doctor of Divinity

We're on the Web

www.emersoninstitute.ed

We are fortunate here at the Positive Living Center to have such a wide variety of personalities among our Practitioners. We have quiet ones, loud ones, laughing ones, and serious ones. They come in assorted sizes, genders, ages, and backgrounds. But what they all have in common is that they are highly trained and dedicated to helping YOU.

How do they do that? They absolutely know the Universe is perfect Life, perfect Harmony, perfect Love. They work from this knowledge in Mind so your requests and healing will be unfolded in your life. No challenge is too big or too small. Try it yourself. Phone or personal treatment is available for a fee from a licensed practitioner. Or take advantage - at no charge - of a Licensed Practitioner after Sunday service. Intern Practitioners are available and do not charge fees.

PLC practitioners are listed to the right.

RELIGIOUS SCIENCE

PRACTITIONERS

Rev. JoAnn Burgess

559 222-8307

Rev. Sandee Scott-Archer

559 760-1058

Rev. Sandy West

559 877-3775

Rev. Sheyla Cook

559 760-1502

Rev. Angelo Pizelo

559 642-4616

Rev. Maggi Butterfield-Brown

Rev. Dr. Rozella Dudley

Rev. Dr. Janna Lewis

Betty Fleming, M.Rs.P.

Rev. Jeff Hartwig

Rev. Alan Lagunoff

Dr. Connie Thomas

Rev. Linda Angel Gonzales

INTERN-PRACTITIONERS

Kanya Ellington

Vivian Capote

Kim Haley

Janna, Betty & Mary talk about

Forgiveness

Betty: The theme for March is forgiveness, but do we really know what forgiving actually is? Is it just in our hearts and/or minds or do we have to actually *do* something to show that we have forgiven? And what is all that stuff about accepting and condoning? What is your take on this subject Mary & Janna?

Mary: Humm. When you say actually DO something, I assume you mean something other than beating your head against the wall and saying between clenched teeth, I forgive you, I forgive you, I forgive you. That said, I think the forgiveness process begins when I realize I've made a judgment or there would be nothing to forgive. So first I need to work on forgiving myself for that. By doing that, it usually leads to becoming emotionally unattached from the situation or person, and I can see an expanded and more rational picture. From there understanding appears. As far as having to do something else, I don't know. I am inclined to believe God in action will take care of the rest. What's your opinion Janna?

Janna: Hmm, indeed. I must admit, I'm in a bit of a quandary about this question. On one hand, there is the feeling, as Mary suggests, that if there is something to forgive, it must involve a judgment of some type – which in turn points inward. On the other hand I find that I go along with the theory that there really is nothing to forgive. It has long been my feeling that everyone does the best they can at any moment with the knowledge they have accumulated up to that moment, including heinous crimes. Often something is learned from the action and is applied in the next moment, and that learning is what is needed for growth. The Course in Miracles teaches that the only forgiveness necessary is to forgive ourselves for ever believing we were separated from God. Once we understand that concept, there doesn't seem to be anything left to forgive. What do you think, Betty?

Betty: When we believe that *It Is All God* or *God is all there is*, then it's all perfect and there can be nothing that needs to be forgiven. I agree that we learn and hopefully grow from each situation and that each person is always doing the best they can. It may not look or feel that way though because our ego and defense mechanisms jump in and start the process of pain and judg-

Continued on following page

Rev. Mary Elliott, a Master Religious Science Practitioner, is a prior member of PLC and is now residing in Oregon.
Janna Lewis is a Doctor of Religious Studies, Minister of Religious Science, and a Master Religious Science Practitioner at PLC.
Betty Fleming is a Master Religious Science Practitioner at PLC.

Forgiveness - dialogue

Continued from previous page.

ment and anger, but when I pause and remind myself that it's all perfect, it allows me to then find within me the part that got triggered, or hurt, or went into judgment. Then I can pull out one of my tools and do my work to release my attachment to whatever that was. (I AM SO VERY GRATEFUL FOR THESE TOOLS!!!!) But I wonder if we even need to forgive ourselves for our belief that we are separate from God. Do we have to forgive ourselves for believing something once we realize that it was a false belief? Isn't just 'changing my mind' enough? And the only *action* required *is* to simply 'change my mind'. I guess it's that ol' judgment thing again. I don't know, maybe we just feel better emotionally by forgiving ourselves.... It allows us to more easily release and go on. What do you think, Mary?

Mary: I think "changing our mind" has to do with finding the false belief and then making the entire problem moot. However, after that, action needs to follow. For example, I have been in relationships that were harmful to me on mental, emotional, or physical levels. I think you can forgive and understand until you're blue in the face, but in the end you just have to get them out of your life. Once that happens, and from a distance, we can take total responsibility for forgiveness. Like the old saying goes, "When you're up to your armpits in alligators, it's hard to remember you're main objective was to drain the swamp." Your thoughts, Janna.

Janna: I have been thinking about your original question, Betty –“Do we know what forgiveness really is?” I have a problem with the concept of asking for forgiveness – as if I’ve “sinned” against some higher power. It tells us in Ho’oponopono to say “I love you” to our higher-self and ask for forgiveness, while at the same time realizing that it’s not our higher-self that needs to know we are sorry; it is our ‘little’ self. One night I was having a great deal of pain in my shoulder and started using the Ho’oponopono method. After saying ‘I love you and I’m sorry to my higher self, it dawned on me that my higher self wasn’t out there somewhere, but right in here in my shoulder (it was, in fact, my shoulder, AND its pain). I then started saying ‘I love you’ and ‘I’m sorry’ to the pain in my shoulder – which went away within a very short time, by the way. When I was using the expression, “I’m sorry”, it was with the idea that I was sorry for whatever thoughts I’d had that would bring on that painful condition. Since everything is Mind, I could, at least briefly, feel the connection of All. If I love – and I am truly sorry – then there is nothing to forgive. To me that means Love and Forgiveness are the same thing. What do you think, Betty?

Betty: I agree, Janna. If it's all God, and God IS Love, then it's **all** Love! Perhaps it all comes down to the difference between being Higher Self in Oneness with All That Is and being in

Continued on following page

Forgiveness - dialogue

Continued from previous page.

these bodies in this earthy, physical experience. It's ego that comes in (as a tool) (well, maybe as an unconscious tool at first) and causes (allows?) us to judge, to get hurt, to get angry, to fear. Perhaps it's just the ego that needs the forgiveness. So often we find it quite easy to forgive someone else and say, "They were doing the best they could at the time." But when we goof up, we give *ourselves* hell because, "I knew better than to do that! I should never have done that!" And so on. But that is all ego thinking it's better than.... Maybe it's all just a by-product of being in these bodies and having this physical and ego experience. We have only the ego to forgive because that is what's doing the judging, hurting, etc. but when we are consciously at one with All There Is, then there is no need for forgiveness because it's all Love. It's really coming at it from two different points of consciousness. Does this make any sense whatsoever Mary?

Mary: I agree with both of you there is nothing to forgive, but I want to go back to taking action. If WE are the one who has done the hurt or offending, then I believe we need to approach the person and make amends. This is one of the steps of AA in their program of sobriety. (Those amends include the person themselves.) They call this "cleaning up your side of the street." To me by doing this, I think several things happen. We are validating the other person that we know we behaved badly. We are not asking or expecting forgiveness from them. It's all for us to cause our ego to back down and quit justifying its bad behavior. I don't think true forgiveness can begin without this. Any experience with this Janna?

Janna: Yes, Mary, we do have to take action, even if that action is sometimes internal. It's not always appropriate to ask forgiveness of someone (sometimes not even possible – if that person is no longer with us), but when possible and when it wouldn't cause additional harm, then certainly ask for forgiveness. The bottom line is to forgive your self, and that's what we have all been saying throughout this entire dialogue.

Member Services

Painting ~ Plumbing ~ Electrical ~ and More

RICK'S REPAIR SERVICES
Home ~ Commercial ~ Ranch

Rick Dunlap
Repair Professional



(559) 360-8808

**GRAPHIC DESIGNS
AND LAYOUTS**

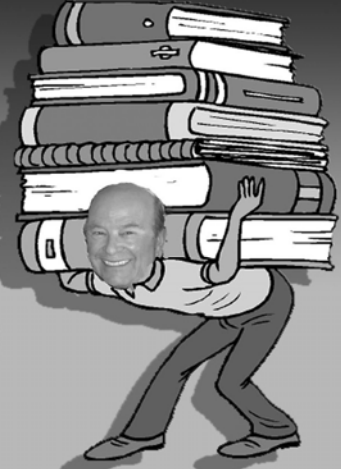
JANNA'S JAZZ
Phone: 559 760-0310
E-mail: jannalewis@sti.net



Logos ~ Letterheads ~ Websites ~ Photos fixed ~ Resumes and more.

BOOKS OF WORTH

We
Buy
Sell
& Trade!



Rare - Used - Collectibles

Byron Lewis, Owner
Phone: (559) 760-0598
e-mail: byronlewis@sti.net

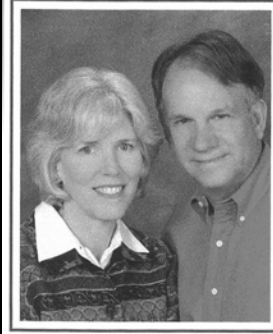
ADVERTIZE YOUR BUSINESS RIGHT HERE! RIGHT NOW!

Expand your business and share your experience with your PLC family and other community members by advertising in our monthly Newsletter.

You can run a business-card sized ads for \$5 a month – *payable in 5-month increments of \$25*. If you would like a larger ad, quarter-page size will be available for \$10 a month – *payable in 5 month increments of \$50*. We can help design the ad if you want the larger size. A one time fee of \$10 will be charged for design work. Contact Janna (jannalewis@sti.net) or AnnaDell (annadellwhite@yahoo.com) if you are interested!

RAISE THE CONSCIOUSNESS OF YOUR BUSINESS AND SHARE THE WEALTH.

ALL proceeds go to
the PLC Building Fund.



Dave & Victoria Williams
Realtors

**COLDWELL
BANKER**

Premier Real Estate

QUESTIONS? contact us:
daveoakhurst@yahoo.com

559-676-5287
559-658-9716

See:
daveandvictoria.com

**YOUR AD SHOULD
BE HERE!
GIVE US A CALL.**