

AFFILIATED WITH
CENTERS FOR SPIRITUAL LIVING

MAY
2018

Celebrating 30 Years!

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AT THE CORNER OF
BROOK HOLLOW ROAD AND
CHARLOTTE PIKE IN
WEST NASHVILLE

INSPIRATION & PRAYER
TREATMENT LINE
615- 356-4572

WEBSITE: CSLNashville.org
info@CSLNashville.org

OFFICE HOURS:
SUNDAY 10 AM – 2 PM

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WE ARE GROWING A SPIRITUAL COMMUNITY THAT INSPIRES
ABUNDANCE, HEALING, PEACE AND HEARTFELT LOVE!

A SEASON OF CHANGE

BY: REV. CLAUDIA TAMBUR



As we enjoy the burst of new life that Spring ushers in, let us pause to consider all that must occur for new life to emerge.

Each Season brings its own unique change that contributes to these cycles of life. The release of fall follows the full-on expression of summer wherein that which has been brilliantly expressed is released to the wind and the earth. Periods of darkness, stillness, and even decay reflect the season of winter. Like nature, we too are in a constant state of change, the cycle of release, stillness, new life, full grandeur, only to be released once again. Beyond existence and survival, becoming all we came here to be, requires continuous Seasons of Change, such that new life may be realized, expressed and experienced.

This spring has been a Season of Change for Tony and me, for sure! And, I know for you and your beloved Center for Spiritual Living Nashville, too. We come together now, you and I, to celebrate this Season of Change, that new life may be expressed and experienced.

Some changes feel difficult, even tectonic in proportion, don't they? The plates, the physical foundation and structure of our lives, can seem to shift dramatically out of our control. For a spiritual center, the releasing and then subsequent embracing of new spiritual leadership can seem tectonic in proportion. Seasons of Change provide the perfect environment to practice what we teach. We come face to face with our attachments to form and habitual patterns etched in time. We can see, in these moments, just how willing, or unwilling, we are to release and let go.

While change may be uncomfortable to the human aspect, our Spirit sparkles in the midst of these Seasons of Change. It is when the tectonics of this life shift that we can remember that something new is being created, right before our very eyes! We can choose to be in the wonderment of it all, with a playful attitude as we enjoy Creation Itself.

As we journey together, know that we are in a Season of Change.

My blessing for us is this: May we support one another as the emotions rise, as we feel them and watch them pass by. May we be kind, patient and gentle with ourselves and with one another as we release each season. May we celebrate the emerging seasons, knowing it is good, grand, and glorious. May we allow our Spirit to move us forward lightly, lovingly, playfully, and with great joy. All is well!

Please join us on Sundays in May. Our conversations will support us in this Season of Change we are experiencing here at the Center, and for those who may be experiencing change in their lives. As a beloved community, we will walk forth together, shoulder to shoulder, in love, authenticity and in celebration. We look forward to our journey of awakening in Christ Consciousness together and the joyous expressions we are all here to be.

Love, Rev. Claudia.

"Thank You!" for inviting me to be your next Spiritual Leader. Thank you for welcoming both Tony and me to be a part of the next evolution of Center for Spiritual Living Nashville. We are thrilled to be here!

Guided by Spirit we found our perfect home right here in Nashville and are already settled in! We have already started gathering with some of the leaders of your community. What a thrill it has been for us to discover and explore the amazing opportunities we see for CSL Nashville!

Our first day 'officially' begins this week! We sense an air of excitement as the invitation to be here has been confirmed with every conversation. It is always nice to know that you are invited, right? How wonderful it has been for us to accept your invitation.

We met you just a short time ago for only a moment it seems. Yet, it changed us. As we returned home, after our visit with you, we realized we would say "yes" if you invited us to join you here. We knew it would change our lives. I know that our time together will be life altering. I know that wonderful and magnificent things are and will be happening at CSL Nashville, for everyone involved!

Yet, an invitation it seems, is not quite complete until it is accepted. An invitation, such as this one, becomes life altering once it's accepted. Not only does your invitation require our presence, that we show up, but there is also an expectation that we participate fully, right? It makes no sense to simply show up without participating in the experience, without being fully invested and "all in". And we have said yes to you!

So now I want to give you an invitation! I invite your presence and your participation in our future together. It's time for us to start building our relationship with each other and to begin our work together. The kind of work that changes lives!

This invitation is, ultimately, a high and holy call. A call for us to journey together as we awaken to the magnificent Christ Consciousness we already are in Truth. It is a journey in which we have an opportunity to walk one another Home. This is not a "home" in an afterlife, but an awakening to the Home that awaits us here and now. As our marquee now says: "The foundation of Heaven, your true home, is Love." This is what we will be up to, you and I, together.

Tony and I are thrilled to be here with you. Thank you for inviting us! We accepted your invitation with love and joy. Now we ask... "Will you accept ours?" We look forward to seeing you at CSL Nashville regularly during the next few weeks and months as our journey of Love begins to unfold.

Love, Reverend Claudia Tambur

You're Invited!

Please join us for our first Sunday Celebration, Annual Meeting and Dialogue

When: Sunday March 6!!

Where: CSLN Sanctuary

What to Bring: You! Your presence & participation. Your open heart. Your thoughts on "What you love & would love for CSLN".

Party Favors: Love, Connection, Belonging, Caring, and Participation in creating the next evolution of Center for Spiritual Living Nashville.

10:45: Music Ministry.

11:00: Celebration Service.

12:30 - 1:30: Annual Meeting (15 minutes) & Dialogue on

"What Would You Love?"



Inspired for Today

BY Candy Paull, Practitioner

Honor the Past by Embracing the Future

If you were born without wings, do nothing to prevent them from growing.

-Coco Chanel

We are constantly evolving. As the caterpillar goes through the crisis of entering the cocoon and the process of metamorphosis before breaking free into a new existence as a butterfly, we may go through times of challenges and changes that break us out of the past to lead us into a new and larger life. The more we open ourselves to new ways of being, and new ways of seeing, the greater our ability to spread our wings and move into new possibilities. Life will not allow us to remain the same, no matter how precious and beloved the life we once led was to us. We are all constantly evolving.

In times of change, honor the past with love, for it led you to this place. Bless all who have helped you become who you are now. Live fully in the Presence in this moment. Release past assumptions and embrace a more expansive future. Open your heart and mind to new adventures, new companions, new ways of thinking and being.

Let what you love be the launching pad for a new you, a winged creature who moves into to higher levels of expression and consciousness. As you experience a metamorphosis of the heart, you will find that God will open the way for greater love, creativity, and service to life.

- Activity: Write down ten things you are grateful for and put them in the center of a vision board. Now create a collage of images around this list to envision what you want to create, enjoy, and become.

- Affirmation: I give thanks for all that has come before, and open my heart to new ideas, new companions, new adventures, and new joys.

Website: <http://www.candypaull.com/> <<http://www.candypaull.com/>>



Spirit in Service

BY Cate Prentis, Volunteer Coordinator

I say it all the time, "Volunteers are the lifeblood of any organization." But I've never meant it more than I do today. To everyone who has volunteered for any task at CSLN over the past year, you have my gratitude and devotion! Please know you are so loved and appreciated!

The Center for Spiritual Living Nashville is ready to embark upon a new adventure. Our beloved founder, Rev. Mitch Johnson, recently retired and our congregation has followed the perfect order by calling our next minister, Rev. Claudia Tambur. CSLN Members voted overwhelmingly to call Rev. Claudia, so when she delivers her first lesson on May 6th, we expect to see high attendance. We know that active members will come out along with former members and new friends. I invite you to join us and add your welcoming presence to greet, to serve and to meet newcomers...as well as to support our new minister.

We are calling ALL ANGELS...if you love this community, if you enjoy being a host or an ambassador, if you love meeting new people we can use your help in a variety of ways. You can sign up to participate one Sunday a month, help out in special events or become a substitute when others have to be absent.

For the new folks and the very dedicated individuals who have been so faithful in supporting our center, there will be a Volunteer get-together to discuss ideas on how to assimilate new comers while making current members feel more connected to our center. Watch for that announcement and know volunteering is the perfect way for YOU to feel more connected to this wonderful place.

Annual Camping Retreat

Save the Date: June 1 – 4, 2018!

Natchez Trace State Park

This is our 12th year. Get away from the city for a weekend. Come enjoy the woods and water. Form deeper friendships with CSLN members. Share potluck meals. Sit around the campfire at night and listen to our talented musicians play and sing. Go on a nature hike with park ranger. Kayak or paddle boat on the lake. Swim. Play softball. Meditate in the quietness of the woods. Gather by the lake on Sunday morning. And spend time just hanging out with your friends. A family affair. Pet friendly.

Still possible to reserve an RV/Tent campsite. Cabins all taken. Electricity, water, picnic table and fire ring/grill at each campsite. Shaded and a short walk to the lake. Just under \$25 per night.

Contact Bob Sadler (615) 525-3564 or Brian Wright (615) 804-1508





Youth In Action

By David Long, Youth Director

With much gratitude and plenty of love for the center and the dynamic teachers I led, I bid adieu. When I came to the Center for Spiritual Living in April 2013, I was quickly taken aback at peaceful and calming energy. I was dealing with a lot of personal issues, and this place brought me immediate joy. In addition to Dr. Mitch wisdom and poetic sayings, I was in awe of the power of J. Karen voice, and presence. I knew I found a perfect place to worship. When I discovered the youth department, first as a nursery volunteer, then transitioning to the classroom, it allowed me to revisit my purpose in life. It was something about Elizabeth, the children and the spirit of the center. I quickly learned the department, eager to volunteer in all capacities. Within these five blessed years, I have learned so much, and strengthened my spiritual background. In addition to the beautiful children I have grown to love, appreciate and teach, it ignited a spark to seek a teaching degree to fulfill a lifetime dream. On May 8 I became a proud graduate of Nashville State Community College earning an Associate of Science degree in Teaching. With my learned knowledge and classroom experience, along with my degree, I can enter the classroom in my new home of Florida. I anticipate relocating this fall after spending a much-needed summer sojourn to Saint Croix, United States Virgin Islands. During this summer, I will write my life story (so far) and explore more about myself as I begin a new chapter in the Sunshine State in the fall. Although I have been the director for over a year, I am truly humbled by the experience, as well the warm and loving individuals who the Center for Spiritual Living call home. I am grateful for the enriching experience of teaching and leading the youth department. I bid adieu, with a promise to return to visit. For more information on my upcoming book, please visit www.yourdailydime.com, or please keep in touch via email at: davidwyleylong@gmail.com or my cell: 615-601-6833. **And So It is!**

Tierrah Greene is one of our new teachers in the department. Ms. Greene is a singer/songwriter and Intuitive Life and Wellness Coach, who has recently relocated to Nashville from the greater St Louis area. She is a proud mother of her loving 11-year-old son, Ayden Cy, and has a great passion and gift for encouraging, inspiring and teaching others. Tierrah is a NASM Certified personal trainer as well as the CEO of her very own alternative healing company, Royal Blessings LLC. As an Intuitive Life and Wellness Coach she specializes in helping clients reach ideal health, wellbeing and balance on all levels, physical, mental, emotional and spiritual. With over 20 years of experience in her own personal journey of healing and self-discovery, Tierrah truly enjoys being a guiding light to others through theirs. Tierrah also has a great passion for teaching and inspiring children. From coaching her sons Flag Football and baseball leagues to teaching children in a classroom setting, Tierrah loves encouraging and guiding children to love themselves, be true to themselves and reach their highest potential. She is very grateful for the opportunity to serve through the CSLN youth program and looks forward to being a mentor and guide to all the wonderful children there.



The Board of Directors voted this past April to promote one of the youth teachers to fill the Youth Director position, upon David's departure. LaRayne Evans, a dedicated youth teacher for the past 18 months, will now lead the department. She seeks to develop the youth department to greater heights, as well spearhead the dual classrooms that allowed the different age groups to learn in a more structured environment. Joining her in the department will be teachers Barbara Wilson, Tierrah Greene, and Hayden Forrister. In the nursery, Heidi Dixner is the lead, and she is supported by Svea, her loving daughter and two amazing volunteers Angela Billings and Annie Golightly. For more information regarding the youth department, please contact LaRayne Evans at larayneevans@hotmail.com

A recent clean up in the one of the classrooms allowed the tweens to rediscover their classroom. Helping on this the clean up was Angela, JB, Barbara, David and LaRayne. The children will be taught in two separate classrooms. Ages 6-9 in the first classroom, and 10 and above in the second.





Spirit in Music: **A NEW CREATION**

BY Max Niederle, Music Director

When it comes to creating, I don't care much about process, except for the fact that I like to be as efficient as possible. That's why I usually try to be very clear about what I want. When the vision is clear, the process is economical and direct. Regardless of clarity of vision though, creating is always an adventure filled with surprises and discoveries.

When I compose music, I typically start out with a germ of an idea, a motif, that I'm excited about. In fact, I better be excited about it or I just won't want to write the piece. This can be as simple as a few notes or a rhythm. Then I start playing with the idea, expounding, rhapsodizing. Sometimes I'll consider a larger form to the piece, and different instruments. Many times I'll just live with it for a while changing it here and there to see what will bloom.

The actual composing involves writing down ideas, changing them, extrapolating, diminishing, discarding them, putting them back in, saving them for later in the piece, saving them for another piece, or letting them stay discarded.

One thing for sure: creating is not problem solving. Creating involves bringing something into existence; problem solving, taking something out of existence. I have little interest in problem-solving because, after all, there will always be problems. I'd rather focus on creating something fresh and terrific and consequently having a better set of problems!

But why create anything? For me the answer is simple: because I love it enough to see it exist.

I disagree when people say, "I'm just not creative." Not true. We're all creative. We create our friendships, our careers, everything.

Our Center right now is in the midst of becoming a new creation. We all put our heads and hearts together and manifested two wonderful people, Rev. Claudia and Tony.

So, are you as excited as I about the motifs of love and healing that Rev. Claudia has already spoken to us about? Check! Do we love our community enough to create a new Center for Spiritual Living Nashville? Check! Do we have enough "Composers" who will share ideas then expound and rhapsodize through the process of creation? Check!

The adventure has begun.

Sunday Lessons:

May Theme: A New Season

May 6: The Invitation

May 13: A Creation Story

(Happy Mother's Day)

May 20: The Wise Gardener

May 27: The Guest House

NASHVILLE WEST COFFEE HOUSE
FRI MAY 4TH FEATURED PERFORMER
THE MIGHTY TRAINWRECKS
 8:50PM
 OPEN MIC SIGN-UP 6:30PM
 OPEN MIC 7PM
 SPOTLIGHTS 7:50PM
15\$ OFFERING
 (BUT NO ONE IS TURNED AWAY)
 Sign up to volunteer at the Coffeehouse
 At the door • Kitchen prep • Set up • Break down
 Questions? Email: NashvilleWestCoffeehouse@74700.com
 BRING YOUR FAVORITE DISH TO SHARE!
 Center for Spiritual Living Nashville
 CSLNASHVILLE.ORG
 FACEBOOK.COM/SPRITUALNASHVILLE
 FACEBOOK.COM/NASHVILLEWESTCOFFEEHOUSE
 6705 CHARLOTTE PIKE NASHVILLE, TN 37209 615.356.0174

May 2018 Calendar of events

NASHVILLE WEST COFFEEHOUSE: FRIDAY, May 4th!

Music Starts at 7 PM, Sign up for Open Mic begins at 6:30 PM ,
Open Mic officially begins at 7 PM, and Spotlights start around 7:45
PM. Bring your favorite dish to share at the Pot Luck. Love
Donations are greatly appreciated

Details and format/guidelines on Nashville West Coffeehouse
Facebook page or email NashvilleWestCoffeehouse@yahoo.com.

WESTSIDE COHOUSING MEETINGS: SUNDAY, FEBRUARY 4, 4 PM:

For those who want to live in a neighborhood with like-minded
people sharing the intention of cooperative living. For info, email
gwengriffith@gmail.com.

MOVIES THAT MATTER: The 3rd Friday of every month! This
months movie is still TBD.

SPIRITUAL BOOT CAMP MEETS EVERY SUNDAY, 12:45 PM: Contact
Rev. Karlen at karlenevins@gmail.com.

**A COURSE IN MIRACLES (ACIM) DISCUSSION GROUP,
MONDAYS, 6:30 PM:** Find our ACIM group page on Meetup.com or
e-mail jword02@comcast.net.

CIRCLE OF MEN, WEDNESDAYS, 6:45 PM: Questions, contact
shawn@shawngalloway.com.

CIRCLE OF WOMEN, WEDNESDAYS, 6:30 PM: Contact
Rev. Karlen at karlenevins@gmail.com.

NARCOTICS ANONYMOUS (NA), WEDNESDAYS, 7:30 PM: Contact
Casey Hyatt at 334.258.3436.

HARPETH VIEW TOASTMASTERS, EACH SATURDAY, 7:30 AM:
Contact Harpeth View Toastmasters, 865.333.HVTM(4886) or email
info@hvtm.org or visit our website, hvtm.org.

**ADULT CHILDREN OF ALCOHOLICS (ACA) MEETS
AT CSLN EACH SATURDAY AT 1 PM:** Visit adultchildren.org for more

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<u>1</u>	<u>2</u> Humanists Association of Middle TN 6:30 PM Women's Circle 6:30 PM Men's Circle 6:45 PM NA Meeting 7:30 PM	<u>3</u>	<u>4</u> Nashville West Coffeehouse 7 PM	<u>5</u> Toastmasters 7:30 AM ACA Meeting 1 PM
<u>6</u> Meditation 10:30 AM Music 10:45 AM Service 11 AM Spiritual Boot Camp 12:45 PM Cohousing 4 PM	<u>7</u> ACIM 6:30 PM	<u>8</u>	<u>9</u> Humanists Association of Middle TN 6:30 PM Women's Circle 6:30 PM Men's Circle 6:45 PM NA Meeting 7:30 PM	<u>10</u>	<u>11</u>	<u>12</u> Toastmasters 7:30 AM ACA Meeting 1 PM
<u>13</u> Meditation 10:30 AM Music 10:45 AM Service 11 AM Spiritual Boot Camp 12:45 PM Cohousing 4 PM	<u>14</u> ACIM 6:30 PM	<u>15</u>	<u>16</u> Humanists Association of Middle TN 6:30 PM Women's Circle 6:30 PM Men's Circle 6:45 PM NA Meeting 7:30 PM	<u>17</u>	<u>18</u> MOVIES THAT MATTER: 7 PM	<u>19</u> Toastmasters 7:30 AM ACA Meeting 1 PM
<u>20</u> Meditation 10:30 AM Music 10:45 AM Service 11 AM Spiritual Boot Camp 12:45 PM Cohousing 4 PM	<u>21</u> ACIM 6:30 PM	<u>22</u>	<u>23</u> Humanists Association of Middle TN 6:30 PM Women's Circle 6:30 PM Men's Circle 6:45 PM NA Meeting 7:30 PM	<u>24</u>	<u>25</u>	<u>26</u> Toastmasters 7:30 AM ACA Meeting 1 PM
<u>27</u> Meditation 10:30 AM Music 10:45 AM Service 11 AM Spiritual Boot Camp 12:45 PM Cohousing 4 PM	<u>28</u> ACIM 6:30 PM	<u>29</u>	<u>30</u> Humanists Association of Middle TN 6:30 PM Women's Circle 6:30 PM Men's Circle 6:45 PM NA Meeting 7:30 PM	<u>31</u>		