



For Immediate Release

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**The Center for Spiritual Living Capistrano Valley offers
Community, Connection and Creativity**

San Clemente, California (March 31, 2014) – Founded in 1968, the Center for Spiritual Living Capistrano Valley offers a community for spiritual seekers who believe that the universe has intelligence, purpose, beauty and order; and integrates spiritual tools, such as affirmative prayer, meditation and visioning, to provide a greater personal relationship with God.

“When God is the focus of our spirituality and we feel a deep and daily connection, then other areas of our lives fall into place,” explained Rev. Heather Dawn Clark, senior minister for the Center. “We are happier and we can do more for others; this connection makes us better stewards of the Earth and brings peace and harmony to the world.”

One of more than 450 Centers for Spiritual Living throughout the country, the Center teaches spiritual principles, such as cause and effect and the law of attraction, initially introduced by mystics thousands of years ago and recently proven by science and physics. This New Thought tradition dates to the 1880s and has its roots in the Transcendentalist Movement of the 1830s. New Thought has a respected and enduring legacy that includes luminaries such as Ralph Waldo Emerson, Walt Whitman and Ernest Holmes. Modern day writers and philosophers who echo the New Thought ideas include Wayne Dyer, Deepak Chopra, Marianne Williamson, Louise Hay and Eckhart Tolle among many others.

The Center Sunday Services

Wherever you are on your spiritual path, you are welcome at the Center on Sunday morning. At the beginning of each service, Clark leads the congregation in a candle lighting ceremony honoring all the great spiritual traditions of the world and, most importantly, the individual's unique path.

The Sunday morning service offers live music featuring weekly musical guest artists, a guided meditation, and an inspirational talk designed to provide personal insight for greater growth and expression. Monthly themes include authenticity, connection, finding balance, practice, self-worth, and abundance.

The Center's inspiring services begin at 10:30 a.m. on Sunday and are preceded by a 15-minute guided meditation at 10 a.m. For a complete schedule of talk titles or to hear Clark's Sunday talks online visit www.cslev.org.

Sunday Youth Program

While adults enjoy an uplifting service in the sanctuary, children fill the youth center and have their own experience on Sunday. The youth center is guided and managed by Rev. Pattie Mercado, youth minister, and she, along with trained volunteers, provides age-appropriate lessons, inspiration, activities and connection for children, birth to 18 years old.

Our nursery/playroom has two teachers dedicated to caring for our infant through preschool children. The kinder through 3rd grade kids receive an experiential lesson based on God qualities and spiritual principle along with a fun craft and games. Preteens have their own space at the Center. Children, grades 4 through 8, participate in their own candle-lighting ceremony followed by discussion and expression through art or movement.

Lastly, our In-Flight teen group, for kids ages 12 to 18, meets on Sunday mornings and evenings for workshops, discussion and connection. Twice a year, our teen group unites with about 500 other Center for Spiritual Living teens from all over the country for winter and summer camp, a life-transforming and enriching experience.

Wednesday Wisdom

The Center offers a mid-week faith-lift service each and every Wednesday evening from 7 p.m. to 8 p.m. in the sanctuary. One of the Center's 11 assistant or staff ministers offers topics, insight and tools for transformation. This is an insightful and interactive service designed to strengthen community.

The Center's Blog

To provide spiritual insight and inspiration online and throughout the week, the Center's blog features messages, videos and quotes from our ministers and other New Thought luminaries. The blog also offers previews of upcoming speakers and musical guests. To see what's happening on the Center's blog visit www.cslcv.blogspot.com.

Shifting Sands:

Shifting Sands is a growing community of spiritual seekers who meet on Thursday mornings from 10:30 to 12:30 in the multipurpose room. Each participant brings an inquiring mind and a desire for greater understanding of life and Spirit and a deep longing for increasing joy in the daily experience. The group alternates leaders each week and topics vary. For more information visit the Center's website at www.cslcv.org.

Parent Forum:

The Parent Forum is offered the second Wednesday of every month and is facilitated by Mercado. This discussion group offers friendships, enlightening topics and spiritual tools for parents looking to interact with their kids in a more spiritually centered way. The Parent Forum is free to attend but space is limited. A light lunch and childcare are provided. To reserve your spot at the Parent Forum call 949-240-6463 or email Mercado at pattiem@cslcv.org.

Kids Day Out

On Tuesdays, from 9:30 a.m. to 12:30 p.m., the Center's co-op playgroup, Kids Day Out, offers children, ages 2 to 4, a chance to learn and socialize with other children, experiment with sharing, and, of course learn the most important skill, play through imagination, creativity and spontaneity. The playgroup provides parents, when not volunteering program, a three-hour block of time to be at home alone or go to the market, mall or the beach by yourself! Friendships are made and deepened for the children and adults. The playgroup is \$100 per child for a 10-week session. Please contact Mercado at 949-240-6463 or email at pattiem@cslcv.org for more information and to sign up!

Middle School Group

The meaning is found in the relationships; the value in the joy experienced.

Middle schoolers need their own time to play, connect and create, so on Tuesdays from 4 p.m. to 5:30 p.m., 6th and 7th graders are invited to the Center for this social group facilitated by Mercado. The Middle School group provides a safe place for fun, connection, field trips and the

occasional service project. Participation in the group is free and everyone is welcome. Please contact Mercado at 949-240-6463 or email at pattiem@cslev.org for more information and to sign up!

Jewel Tones Choir

For music lovers and singers, the Center offers the Celebration Choir, created to provide beautiful music with New Thought inspiration during the Sunday service on the third Sunday of each month. Led by Diane King Vann, The Jewel Tones choir practices Thursdays, 7 - 9 p.m., in the sanctuary, and all are welcome to participate.

More activities and programs are being added each month. To keep up, visit www.cslev.org.

About The Center for Spiritual Living Capistrano Valley

Celebrating more than 45 years in existence, the Center for Spiritual Living Capistrano Valley, located in San Clemente, is one of 450 Centers for Spiritual Living organizations worldwide, dedicated to providing spiritual tools to transform personal lives and help make the world a better place. Rev. Heather Dawn Clark leads a congregation of more than 200 faithful members in the exploration of powerful principles originally taught by great thinkers including Ernest Holmes, Ralph Waldo Emerson, Thomas Troward and many more. Founded in San Clemente in 1968 and later relocated to San Juan Capistrano, the Center recently returned to San Clemente with the purchase of a building in the Talega Business Park, 1201 Puerta Del Sol, first floor. Sunday services are held at 10:30 a.m. preceded by a guided meditation at 10 a.m. The Center offers a variety of services, classes, youth programs, and prayer support. The Center's

bookstore and offices are open Monday through Thursday from 9 a.m. to 5 p.m. For more information or directions to the Center, visit our website at www.cslcv.org or visit our blog at www.cslcv.blogspot.com.