



The Sunflower Times

The Newsletter for the Center for Spiritual Enlightenment, NSAC
A Learning Community

June/July 2006

A LETTER FROM OUR PASTOR



Dear Fellow Spiritualists and Friends of Spiritualism,

One question that frequently arises in my classes concerns learning to trust the “inner voice.” It’s sometimes difficult to believe that our internal guidance comes from the highest source, especially when we are new to meditation and Spiritualism. Often, we are unaccustomed to consciously attending to such guidance, and we forget that we have actually been hearing it and acting on it all our lives.

If you have ever sensed that the person ahead in traffic is about to change lanes (cutting you off), and you slow down rather than choosing that moment to pass, you have paid attention to your inner guidance. Perhaps you have been thinking about a friend or loved one, and that person phones you at the very moment. These simple examples show how Spirit is intimately involved in our daily activities.

Once we realize the minute-by-minute attention we are given from the other side, it’s not such a stretch to imagine airing our concerns with our guides and teachers every day during meditation. When we act on their inspiration, it serves to confirm we have indeed heard them. When they know we are truly listening, the guidance flows easily and quickly. Ultimately of course, our goal is to transcend daily concerns, and find an attunement and sense of oneness with all that is, for it is the awareness of God’s love which helps us in our greater spiritual unfoldment.

On a practical note, the Ministerial Council appreciates your loving support, and asks that you support the CSE by volunteering your time in a role of interest to you. The CSE is seeking volunteers to fill a variety of positions, great and small. Please review the list on Page 4 to see what speaks to your heart.

This will be the third summer in which the CSE has held services during June, July, and August. Like last year, the MPI students will serve as speakers, teachers, mediums, and chairpersons throughout the season. I know you will gently encourage them by your attendance and comments.

And finally, remember to support Spiritualist summer camps, which you will find listed on www.NSAC.org.

Love and blessings,



Rev. B. Anne Gehman

SPEAKERS

JUNE 4: CHESLEIGH JONKER

Chesleigh Jonker is a CSE member, a current student in the Morris Pratt Institute, and a Second Level Certified Reiki Practitioner. He served as co-chair of the Building Dedication Ceremony last October and has led fundraisers for CSE. Chesleigh gives generously of his time, in addition to preparing for the ministry of teaching and healing. In his day job, he serves as a Program Manager and Computer System Development Expert with 26 years of experience.



SPEAKERS (CONTINUED)

JUNE 11: THE REV. JOHN OTEY, NST

The Reverend John Otey, NST is an NSAC ordained minister, a certified hypnotherapist, a Reiki practitioner, trance medium, and serves at The Light Center in Glen Burnie, MD. He was born in Kansas City, MO and graduated with BS degrees in political science, history, and pre-law from Kansas State University. John served as a second lieutenant in the U.S. Marines and a Naval Flight Officer. After the service he moved to northern Virginia to work as a contractor for the Department of Defense and the Federal Aviation Administration. He ran for the U.S. Congress in 1996 in Virginia's Eighth Congressional District.

JUNE 18: THE REV. SARA ESTES

The Reverend Sara Estes, nicknamed Sally, comes to us from San Bernardino, CA where she is the pastor of the Temple of Spiritual Truth. She taught elementary school for 39 years and still enjoys volunteering to teach singing at her former school. Sally's other activities include playing concert bells in a big band and square dancing. Sally also happens to be the Mother of CSE member Carol Caesar and will be speaking at the CSE while visiting her daughter and son-in-law, Jerry.

JUNE 25: RANDY BOWER

Randy moved here from Denver, CO in August of 2002. Randy has sought truth in all things throughout his life and found Spiritualism in 1999. He has been growing and unfolding on his Spiritual path ever since. He is a CSE member, a past Board member, and an active student of the Morris Pratt Institute pursuing classes in healing, teaching, and mediumship. He is a retired Air Force Master Sergeant. Today he works as a government contractor as a Staff level Business Systems Analyst where he supports a project for the Air National Guard headquarters at Andrews Air Force Base.



JULY 2: REV. BUNNY STARR



The Reverend Bunny Starr is one of CSE's ministers. Bunny is an ordained minister, missionary, and a commissioned healer through the National Spiritualist Association of Churches (NSAC). She serves on the Board of Trustees for both the Morris Pratt Institute and the Center for Spiritual Studies, and is the Chair of the Continuing Education Committee. Her educational background includes a Master's in Library Science from Emory University in Atlanta and an MA in Transpersonal Studies from Atlantic University in Virginia Beach, VA. She's also a Reiki Master. Bunny is a retired public library administrator for Fairfax County and currently lives near Berkeley Springs, WV.

JULY 9: ALEXIS SHARON ROLNICK

Alexis arrived at Spiritualism from a varied background. A former child performer, she holds a BS in Speech Arts from New York University, an MS in Theater from Emerson College, and has completed the required course work at New York University for a PhD in Religious Education. She has studied metaphysics and has completed her studies at the Morris Pratt Institute. Alexis currently teaches Communication at Shepherd University and is the author of SpeakingJoyfully©, which addresses the fear of public speaking from a spiritual approach.

JULY 16: MARIE BRUGMANS

Marie comes to Spiritualism after having a psychic reading in 1999 and learning that the psychic was a minister in a Spiritualist church. The idea to investigate Spiritualism was planted in her mind, but it was not until 2003, when Marie stopped working, that she listened to that internal voice of Spirit. On her first visit to CSE, Marie received healing and "knew" that this was the path she must follow. She took the Introduction to Spiritualism, Meditation, and Healing course offered at CSE, followed it with healing courses in Lily Dale, NY, and is presently a student studying healing and mediumship in the Morris Pratt Institute. She serves as a student healer at CSE and in Lily Dale. Marie is now using her nursing background in the field of alternative medicine.

SPEAKERS (CONTINUED)

JULY 23: REV. BUNNY STARR

Rev. Starr is also speaking on July 2. Read her biography under that date heading.

JULY 30: RANDY BOWER

Randy is also speaking on June 25. Read his biography under that date heading.

NOTES FROM THE BOARD OF DIRECTORS:

Warm greetings from the Board to all, members and guests alike, in our extended congregation.

This newsletter column will bring you news about the business side of our Church, including such information as rentals, renovations, and our progress on paying off the mortgage. It will be brief, but you are welcome to send inquiries or requests for more detailed information to TheCSE@TheCSE.org or call 703-645-8060.

We have a newly-elected Board of Directors since your last newsletter. They were elected in April and are listed on Page 7.

Unlike many places of worship, the CSE does not press the members of its congregation with frequent requests for money. But we have reached a point where we need to ask you to give of an even more valuable commodity – your time.

The seven Board members have pledged to give their time to support The CSE for one year, but they cannot be expected to do everything. Page 4 of this newsletter contains a detailed list of volunteer opportunities from the smallest, such as getting the fire extinguishers serviced once a year, to the largest. Of the many tasks, one is sure to suit your talents and interests and the time you have available to give. We are all

very busy people so we need many hands to make light work. Ideally The CSE would be a center in which every member takes some responsibility, no matter how small.

Please choose one or more volunteer opportunities from the list and communicate your selection(s) to the President of the Board. Don't procrastinate. Do it now. Email Rita at finder912@earthlink.net or call 703 204-2821 and leave your message in mailbox 5.

Two individuals have already stepped forward to offer their time. We welcome Errin Stewart as our new Building Manager. Errin is working on the building renovations that you have noticed recently. Now that the air conditioning is fixed, look next for fresh paint, some additional lighting, and drapes.

And Bill Barth has begun recording the lectures of our guest speakers and making CDs of them. The board will be asking our webmaster to make the recordings available to members and guests in a downloadable format on the CSE website: www.thecse.org. Each CD will be added to our lending library for you to borrow.

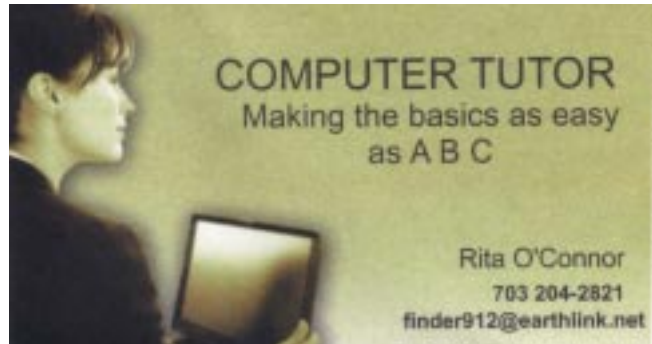
Look for more news of people who are helping in your next issue of *The Sunflower Times*.



The Magic Pet Place
Specialty Gifts and Pet Supplies
Special Care for Puppies, Older and Rescue Dogs
Dog Grooming
Unicorn Pet Care and Training

9859 Georgetown Pike
Great Falls, VA 22066

Patricia Wolbers, Owner
703-759-3601



COMPUTER TUTOR
Making the basics as easy
as A B C

Rita O'Connor
703 204-2821
finder912@earthlink.net

Paid advertisements are independent of CSE.

LEND A HAND! VOLUNTEER OPPORTUNITIES FOR ALL LEVELS OF COMMITMENT

The CSE is urgently seeking helpers to pitch in with tasks. As a small Church with an all-volunteer force, CSE supporters can help by assuming those roles which -- in a larger church -- are filled by full-time, salaried staff. If you are enjoying your time at CSE, please spend some time giving back!

For simplification, these roles have been grouped under general headings. In some cases, it makes sense for the volunteer to assume several or all of the roles under a heading because of the nature of the tasks. For instance, a volunteer maintaining a computerized membership database should also be responsible for printing out memberships lists from that database in order to maintain data integrity. (Data integrity might be compromised if multiple volunteers maintain multiple databases!) On the other hand, many of the tasks under Building Upkeep can be divided among several volunteers.

Some opportunities are more ministerial in nature and may require an interview or specific training by the Ministerial Council before you are invited to volunteer. These roles are designated in *italics*. If you are interested in these opportunities, call the Ministerial Council at 703-645-8060, option 2. For any other opportunity, leave your message at 703-645-8060 in the general mailbox.

MEMBERSHIP

- * Maintain and send Membership Information Packets
- * Keep membership lists up-to-date
- * Print mailing labels for bi-monthly newsletter
- * Annually update and print Membership Directory
- * Coordinate the new member application process
- * Coordinate the Right Hand of Fellowship Ceremony with the Ministerial Council
- * Contact people who sign our Guest Register, expressing interest in membership
- * Follow up with members who do not renew their membership in the Spring
- * *Assisting with home and hospital visitations. (A full training program will be offered in the fall for those wanting to serve in this capacity.)*

SUNDAY SERVICES AND PROGRAMS

- * Take responsibility for set-up for Sunday services for one month (list of tasks is provided)
- * Put hymns on the whiteboard for weekly services
- * Print 70 copies of the Sunday program each week
- * Serve as a greeter for Sunday services for one month
- * Make appropriate phone calls for when services must

- be cancelled due to inclement weather
- * Serve as an usher/assist in counting the offering after the service
- * Photograph CSE speakers and activities
- * *Host visiting mediums and speakers*
- * *Maintain list of speakers' contact information*
- * *Work with the Children's Lyceum*

RENTALS

- * Show facility to prospective renters
- * Maintain building calendar
- * Answer questions about rates, availability, and restrictions on building use
- * Set-up for Falls Church Woman's Club meetings

FUNDRAISING

- * Propose and execute one fundraising event annually

LIBRARY

- * Log in new books
- * Keep the checkout list updated
- * Annually inventory books
- * Remind people of long-overdue books

BUILDING UPKEEP

- * Keep bathrooms, kitchen, and janitor's closet stocked with supplies
- * Cut the grass in summer; shovel snow in winter
- * Clean the gutters twice a year
- * Replace lightbulbs as needed.
- * Program thermostat for upcoming week's activities
- * Serve as point-of-contact for trash removal contact
- * Serve as point-of-contact for pest control contact
- * Serve as point-of-contact for grounds maintenance contact
- * Take fire extinguishers to be serviced every autumn

OUTREACH

- * Identify and research one way in which CSE can contribute to the community
- * Identify and execute one special service to the residents of Sunrise Assisted Living Center

PUBLIC RELATIONS

- * Publicize CSE services, workshops, & special events to the public

SOCIAL FUNCTIONS

- * Propose & execute one social event for congregation

MUSIC

- * *Schedule piano accompanists and special solos for services*
- * *Identify new hymns to introduce to congregation*

YOU ARE BEAUTIFUL WHEN YOU'RE MAD!

CSE's small congregation depends on volunteers to keep our Church running. This column is devoted to informally recognizing those supporters who are caught giving of their time or talent to keep the CSE operating. We acknowledge them a bit playfully by bestowing upon them a MAD (Making A Difference) award.

Chris Thomas donated a 4-drawer locked filing cabinet to the CSE, which was needed to hold CSE's growing files, and Rita O'Connor hauled it to the CSE. Both are MAD.

Bill Barth took the initiative to start recording CSE's weekly lectures in WAV and MP3 format. They will soon be available on CSE's Website and in our library.

Errin Stewart has been MAD regarding CSE's building. He stepped up to assume the role of Building Manager. You can see some of his work as you admire our new air conditioning ducts and related improvements to follow.

The Board of Directors agreed that CSE needed its own lawnmower, and Johnny Strigle wasted no time in finding one -- *and* volunteering to help mow. He's helping CSE save money as the Center doesn't need to hire a professional landscaper this summer. He's absolutely MAD.

Virtually every Sunday, Fe Falco is MAD in CSE's kitchen, donating food and cleaning up.

Merrilee Miller has become CSE's ad hoc organizer. She's been busy straightening cupboards and drawers to make items more accessible. She's also been active in helping improve the Church's furnishings, and she's been bringing food each week.

If you're ready to be MAD and need some ideas for inspiration, review the volunteer list on Page 4 for ideas. You could be next!

CLASSES AND WORKSHOP UPDATE

During summertime, the CSE's typically busy workshop schedule slows down to accommodate those of you taking vacations and enjoying outdoor activities. But if you find yourself needing some spiritual upliftment, here are some opportunities that combine the pleasures of a short road trip *with* education.

The Lily Dale Assembly of Lily Dale, NY has been bringing Spiritualist summer programs to the public since 1879. This Spiritualist camp is a community dedicated to the religion of Spiritualism. They offer many types of workshops and demonstrations from June 23 through September 3. Visit www.LilyDaleAssembly.com for complete program information.

The Morris Pratt Institute is sponsoring three programs in Lily Dale, NY. **Who Are Those Spiritualists** will be taught one night a week (dates to be determined) by Rev. Gehman. Alvin Gafber will lead a weekly Friday night **Open Discussion**, and The Rev. Pamla Ashlay's class about **Empowering Yourself** (exact title to be determined) will be held sometime during the week of Aug. 3-9. As information becomes available for each workshop, it will be posted at www.MorrisPratt.org.

The Center for Spiritual Studies (CSS), which opened its doors on July 11, 2005, is also based in Lily Dale, NY. CSS is incorporated as a religious seminary by the New York State Board of Regents and is undergoing New York accreditation to become the first College for Spiritualism. Students will receive a certificate and continuing education credits for those classes passed at CSS. The schedule for the **CSS Summer Institute** will soon be published on www.NSAC.org/css/index.htm, or call the CSS office (716-595-3880) for current information.

Gentle Hatha Yoga

Mary Love, C.Y.T., H.T.P.
703-787-0268
Reston Area

Listed "Top 10 Psychics in America"

Rev. B. Anne Gehman
Psychic-Medium

Sept-June: 5409 Backlick Woods Ct., Springfield, VA 22151. **703-354-5767**
July-August: 16 Cleveland St., Lily Dale, NY 14752. **716-595-2019**

Paid advertisements are independent of CSE.

NEWS BITES AT THE CSE

BOARD OF DIRECTORS FOR 2006-07 ELECTED

The 2006-07 Board of Directors was elected at the Annual Membership Meeting held on Sunday, April 2 after the Sunday service. Members elected the Board, heard about renovation plans, and covered other Church business. Ten people ran for the seven positions, and the seven winning members then elected officers at the first meeting of the new Board. Congratulations to the new Board which includes Rita O'Connor, President, Dr. Wayne Knoll, Vice-President, Dr. Larry Leonard, Treasurer, Steve Vogel, Secretary, and Directors Carolyn Leonard, Johnny Strigle, and Patricia Walters.

YOUTH LYCEUM CONCLUDES 2005-06 SEASON

The Youth Lyceum will have its last class of the school year on Flag Day, June 11. As Lyceum closes for the summer, the Ministerial Council wishes to thank the Lyceum directors, teachers, and assistants who contributed their time and ideas to the program over the past year. These people include directors Judy Griesse and Debbie Shoop, teachers Maik Brokemeier, Judy Griesse, Sandy Keegan, Debbie Shoop, Matt Shoop, and Shelly Wooldridge, and assistants Marie Brugmans, Carol Caesar, Channing Jonker, Wayne Knoll, Glennah Moy, Rita O'Connor, Wendy Proctor, Mary Rock, Colleen Schauer, and Jill Warner.

Lyceum meets each Sunday during the school year from 10:00 AM - 11:30 AM at Sunrise Assisted Living Center, located about two blocks from the CSE. To enroll your child for classes beginning in September, complete the registration form on the information table near the back of the Church.

Photo: Nichole and Carleigh Jonker are two of the children who participated in Lyceum this past year.



EHMER PUBLISHED IN *THE NATIONAL SPIRITUALIST - SUMMIT*

Apologies to CSE member William (Bill) Ehmer who was inadvertently left out of our last newsletter. Like several other congregational members who were listed in our April/May issue, Bill recently had an article published in *The National Spiritualist-Summit*, the official publication of the National Spiritualist Association of Churches (NSAC). *The Summit* has been continuously published each month since 1919. Its goal is to be a source of communication and information between all Spiritualists.

BUCKLAND'S BOOK RECEIVES FAVORABLE REVIEW FROM ALA'S BOOKLIST MAGAZINE

CSE member Raymond Buckland of Ohio has published nearly 40 books on a wide spectrum of spiritual topics. His latest book *THE SPIRIT BOOK: Encyclopedia of Clairvoyance, Channeling and Spirit Communication* has been reviewed in People magazine and received a favorable review from the American Library Association's (ALA) review magazine, "Booklist." On another note, Ray just completed his MPI educational course of mediumship and is working towards his goal of becoming a National Spiritualist Teacher (NST).

Photo: Author Raymond Buckland lives in Ohio.



Timeshares for Rent

**International & national locations through
RCI and Interval International**

- * Condo is at least 2 bedroom / 2 bath *with full kitchen*
- * Starting at just \$800/week (units typically rent for \$350/night!)
- * Exact cost for a week stay varies by location and time of year
- * Search locations at www.RCI.com & www.IntervalWorld.com

Call Wayne Knoll at 703-354-5732

Gerri Goodwin, Ph.D., LCSW
Experiential Therapies

Falls Church, VA
(434) 882-0395
gerri@gerrigoodwin.com
www.gerrigoodwin.com

RoHun Therapy
Past Life Regression
Trauma Release Therapy
Play Therapy

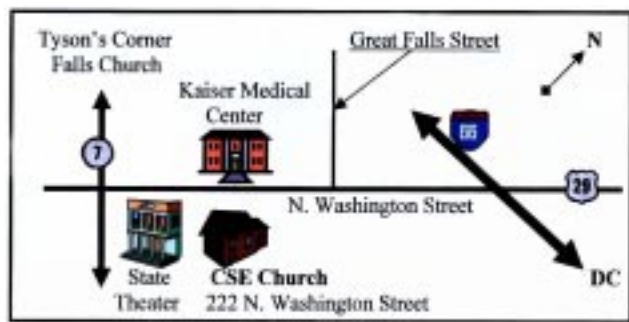
Paid advertisements are independent of CSE.

SUNDAY SERVICES ARE HELD IN FALLS CHURCH
ALL ARE WELCOME!

Spiritualism is a science, philosophy, and religion which embraces all walks of life. Services are held each Sunday at 222 N. Washington Street, Falls Church, VA. The healing and meditation service begins at 10:00 AM. The lecture and spirit message service follows at 10:30 AM. We are a learning community for spiritual unfoldment and are chartered by the National Spiritualist Association of Churches (NSAC), Lily Dale, NY. For more information about CSE, call 703-645-8060.

Board of Directors: Rita O'Connor, President; Dr. Wayne Knoll, Vice-President; Dr. Larry Leonard, Treasurer; Steve Vogel, Secretary; Carolyn Leonard, Director; Johnny Strigle, Director; Patricia Walters, Director.

Ministerial Counsel: Rev. B. Anne Gehman, Pastor; Rev. Patricia Stranahan, Assistant Pastor; Rev. Barbara (Bunny) Starr, Minister



Please send your mailing address and email updates to thecse@theCSE.org with "Address Update" in the subject line, or call the Church phone at **703-645-8060**. More information is available on our Website at www.theCSE.org.


The Sunflower Times
The Center for Spiritual Enlightenment, NSAC
P. O. Box 6535
Falls Church, VA 22040-6535

Calendar	
June 4:	Weekly service (Chesleigh Jonker, speaker)
June 11:	Weekly service (Rev. John Otey, NST, speaker)
June 18:	Weekly service (Rev. Sara Estes, NST speaker)
June 20:	Board of Directors meeting
June 25:	Weekly service (Randy Bower, speaker)
July 2:	Weekly service (Rev. Bunny Starr, speaker)
July 9:	Weekly service (Alexis Rolnick, speaker)
July 16:	Weekly service (Marie Brugmans, speaker)
July 23:	Weekly service (Rev. Bunny Starr, speaker)
July 30:	Weekly service (Randy Bower, speaker)

If you are not interested in receiving *The Sunflower Times*, please return this issue unopened to the above address, or notify us at thecse@theCSE.org. Thank you.