



THE SOUL-ESTEEM™

The Voice of Non-religious Spirituality

TIMES

Fall 2003

Would the “Spiritual People” Please Stand Up?

The word “spiritual” is being flung around in today’s world without much concern for what the word really means or what a person really means when they use it. When someone says “He’s a very spiritual person,” or “She sure isn’t very spiritual,” they are judging the other person through their own concept of what a spiritual person is or is not. Usually they are comparing that person to their idea of saintliness or appropriateness.

From my perspective, God is the *All That Is*. This means that the Presence of God, or Holy Spirit, fills all space and time and “there’s not a spot where God is not.” This would mean that if God is “spiritual,” everyone is spiritual in essence—even if they are projecting something quite different on the screen of human experience. The Master Teacher advised us to “Judge not according to appearances, but judge righteous judgment.” To me this means to leap over the appearance, or the problem, and look at it through the eyes of Holy Spirit—through the eyes of wholeness and well-being. This is the secret to healing. Healer Frederick Keeler said it this way: “The secret to healing is in the immediate reinterpretation.”

When you see someone whose behavior isn’t consistent with your concept of *spiritual*, the first thing to do is leap over what you see with your physical eyes, judge not according to appearances, and begin to affirm the spiritual essence of that person. This will keep your consciousness free from judgment and move you to a place of compassion. It doesn’t mean that you have to like what the other person is doing. It doesn’t mean that what the other person is doing is consistent with their own spiritual essence. It doesn’t even mean that you have to do anything or say anything to that person. It just means that you are willing to keep your own consciousness in the flow of wholeness and goodness, and unwilling to let anything disturb your peace. It has been my experience that some of the most *unspiritual* looking people have been angels in disguise in my life. Sometimes they serve me by giving me an opportunity to give or to practice seeing beyond the physical. Sometimes they serve me by helping me practice patience—or forgiveness—or they push me into using my power of will to make a new choice. So, who am I to say they aren’t spiritual?

Practice seeing everyone as essentially spiritual. If you do, you will discover the gift they have for you. Let them teach you. After all, they too are a part of God.

Blessings of Peace,



Rev. Phylis Clay Sparks
Spiritual Director

The Soul-Esteem Center™

105A Progress Parkway, Maryland Heights, MO 63043
(314) 576-5508 FAX: (314) 576-5621 Toll Free: 1-866-576-5508
Web Site: www.soul-esteem.com Email: soulmathnow@aol.com

A Comment About The SEC ...

This week will mark the one year anniversary of my first visit to the Soul-Esteem Center. One day a week I call the SEC “home.” A home where my family, a grand diversity of people of all ages, ethnic origins and spiritual backgrounds are gathering weekly to do a spiraling dance of spiritual awakening. A haven where I can relax deeply in my spirituality and find many others who feel the same. I feel free to be completely and authentically myself.

—Donna Hodges



Father Leo Booth

Author of

Treasures: Awakening Our Spiritual Gifts
Say Yes to Life, The Wisdom of Letting Go: The Path
of the Wounded Soul, When God Becomes a Drug,
The God Game: It's Your Move

Sunday, Oct. 5, 2003

Workshop: The Wisdom of Letting Go
2:00–5:00 p.m.

Father Leo has appeared on such national television shows as Oprah, Sally Jessy Raphael, Geraldo and Good Morning America. He is a certified addictions counselor, Episcopal priest, international consultant and motivational speaker. His work focuses on the sources and symptoms of wounded spirituality and finding ways to overcome depression, addictions and low self-esteem.

Workshop Fee: \$25 For tickets call
(314) 576-5508 or Toll Free (866) 576-5508

Father Leo will also speak at *The Gathering* 9:30 and 11:15 a.m.

Help Kick Off The SEC Expansion Fund with a Free *Wells of Abundance* Seminar

with Rev. Sally Hori

Sunday, September 28 2:00–4:30 pm

This is your opportunity to learn about and apply *The Law of Increase* as a fundamental law of nature and a two-way conduit of giving and receiving. Participate in a program of giving as your increase pours in!

The Soul-Esteem Center™

Founded in April, 1997 by Rev. Phylis Clay Sparks and her husband, Roger Sparks, The SEC is an independent spiritual community coming together to share the experience of God, to discover and develop spiritual confidence, and to learn the practical application of spiritual principles. We are focused on the oneness of all life, the healing power of Love, and the co-creative relationship between God and the individual.

Soul-Esteem Classes



The Art of Dowsing with Nancy Gheen

4 Wednesdays starting August 6 7–10 pm

\$75 at registration or \$25 if paid weekly. Limited to 13.

Use a pendulum as a divining instrument to access the spiritual realm for guidance. Balance chakras, adjust electro-magnetic fields, and more. Includes pendulum and supplies.

Basic Metaphysics

with Debbie Van Horn, Spiritual Mentor

4 Wednesdays starting Sept. 3 7:00–9:30 pm

\$60 for 4 weeks, or \$20 per week

What is God? What is your relationship to God? How do you activate the power of God in your life? Learn the answers to these questions and much more.

T'ai Chi Chih with Deedie Cote

4 Mondays beginning Sept. 8 7–9:00pm

\$60 at registration or \$20 per week

T'ai Chi Chih, or "Joy Thru Movement," is a series of 19 movements and one pose based on ancient Chinese principles to circulate and balance the life force in the body.

Prayer and Meditation

with Rev. Phylis Clay Sparks

5 Thursdays beginning Sept. 18 7–9:30pm

\$75 at registration or \$25 per week

Experience various ways to meditate and learn a 7-Step approach to prayer that will help you align with the power of God, and manifest results in your life.

Wells of Abundance with Rev. Sally Hori

7 Tuesdays beginning Oct. 7 7–9:30pm

\$75 at registration or \$15 per week

Based on book by E. V. Ingraham, this course will explain *The Seven Planes of Supply, the Law of Increase and How Feeling is the Secret*. (Book optional at \$7.95)

Speaking with Confidence

with Debbie Van Horn, Spiritual Mentor

4 Wednesdays starting Oct. 8 7:00–9:30 pm

\$60 for 4 weeks, or \$20 per week

Afraid of speaking in front of people? Want to hone your skills as a speaker, presenter or facilitator? This course will give you the practice and the pointers you will need as you build confidence in your ability as a speaker.

Synchronicity and the I Ching

with Rhonda Leifheit

4 Mondays starting Oct. 20 7:00–9:30 pm

\$60 for 4 weeks, or \$20 per week

Synchronicity or "meaningful coincidence" reminds us that there is divine order in the universe. Learn several methods for enhancing awareness of this divine order including the *I Ching* or *Book of Changes*, an ancient Chinese oracle.



The Soul-Esteem Center presents
The Gathering
 A Spiritual Service

Sundays, 9:30 and 11:15 a.m.

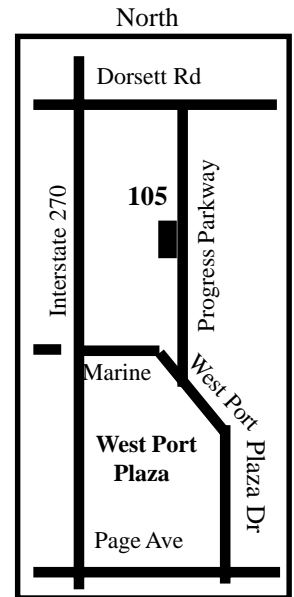
At 105 Progress Parkway, Maryland Heights, MO
 (East of I-270, midway between Westport Plaza Dr. and Dorsett Rd.)

Join us as we come together in reverence to God, in a casual and loving atmosphere. We welcome all people. The service includes a metaphysical message, prayer, guided meditation, live music, background video—and more.

The Spirit of 12-Steps (For Everyone) 8:00 a.m.

A Course in Miracles Study Group 9:30 a.m. and 11:15 a.m.

Children and Teen Gatherings and Toddler Care, 9:30 and 11:15 a.m.



A Comment about The SEC ...

It's been about one year since my divorce and it has been a time of ups and downs. Initially, I was very mixed up about where I wanted my life to go. I have now found a lot of peace and happiness in my heart and feel good about the direction my life is taking. Phylis, I owe a great deal to you for these positive things happening in my heart. You have truly helped me bring things up to a conscious level. Thank you.

—Jon Heisel

**Suffering from irregular hilarity?
 Try a laughsitive ... Rx rated humor by ...
 Swami Beyondananda**

Appearing at The SEC

Sunday, October 26, 2003

Wake Up Laughing! Workshop/Seminar

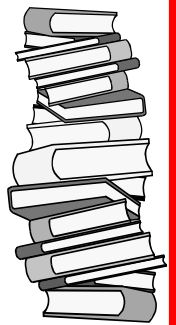
2:00–4:30 p.m. Tickets \$15

Steve Bhaerman (aka Swami Beyondananda) is an author, humorist and educator who has spent the past sixteen years as a full-time comedian and teacher of healing humor. In the guise of the comic Swami Beyondananda, Steve has entertained millions with his comedy disguised as wisdom—or is it wisdom disguised as comedy? As the Swami, he has many books, CDs and tapes available including *Driving Your Own Karma* and *Duck Soup for the Soul: The Way of Living Louder and Laughing Longer*.

The Swami will also speak at *The Gatherings*, 9:30 and 11:15 a.m. on *Comedy as a Healing Art*

Bookstore

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**One Kindred Soul
 & Downtown Trio**

at **SHELDON CONCERT HALL**

Tuesday, Aug. 12 7:30–9:00 p.m.

Marty Lippert opens on flute at 7:00 p.m.

Tickets \$5 Doors open at 7:00 p.m.

Tape Subscriptions

You can listen to Rev. Phylis' Sunday messages at home or in the car, or share them with friends. Call Chris at (314) 576-5508 and subscribe for \$5 per tape plus \$1.25 postage.

See you at *The Gathering!*

Sundays at 9:30 and 11:15 am



The Soul-Esteem™ Center
 105A Progress Parkway
 Maryland Heights, MO 63043
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Need a Spiritual Mentor?

We have a trained volunteer staff of spiritual mentors to offer you guidance, encouragement and prayer during times of need, decision or crisis. Many of our mentors are also ministers and professional counselors and offer paid services by appointment.

Call (314) 576-5508 to request the services of a spiritual mentor.



Children Gatherings Teen Gatherings and Toddler Care



Every Sunday 9:30 and 11:15 a.m.

On-Going Activities at The Soul-Esteem Center



The Spirit of Twelve-Steps

Every Sunday at 8:00 am

Facilitated by Paul Brauner, Spiritual Mentor

A Course in Miracles Study Groups

Every Sunday at 9:30 am

with Robert Brown, Spiritual Mentor

Starting Sept. 7, Every Sunday at 11:15 am

With Rev. Sally Hori

SoulSpeak Discussion Group

Saturdays, Aug. 2, Sept. 6, Oct. 4

Every 1st Saturday, 10:00 am–12 Noon

with Jerry Cook, Spiritual Mentor

Lunchtime Meditation

Every Monday, 12:15–12:45 pm

with Marian Wilshusen, Spiritual Mentor

Singles Group

For information about Singles events call
 Bruce (314) 428-0030, sillygramp@charter.net

The Gathering Talk Topics and Guest Musicians

(Talks by Rev. Phylis Clay Sparks unless otherwise noted)

Aug. 3: ***You Don't Need Problems to Reap Rewards***
 (Healing Prayer Sunday)

**Music: One Kindred Soul (Tim Mead,
 Matt Rowland and Paul Molkenbur)**

Aug. 10: ***Leap Over the Problem***

Music: Rob Boyle

Aug. 17: ***The Gift of Emotion*** (Healing Prayer Sunday)

Music: Victoria Gough and Bob Bosch

Aug. 24: ***Embracing the Edge*** by Toni McMurphy

Music: Tim Mead and Mitzi MacDonald

Aug. 31: ***What Have You Not Forgiven?***

Music: Downtown Trio

Sept. 7: ***The Law of Reflection*** (Healing Prayer Sunday)

Music: Common Ground

(Tim Mead, Mike and Rob Silverman)

Sept. 14: ***The Law of Attraction***

Music: Dry Creek

(Beth Rowland, John Rowland, Steve Shick)

Sept. 21: ***The Law of Circulation*** (Healing Prayer Sunday)

Music: Nathanaels Creed

Sept. 28: ***Prosperity Power***

Music: Bridgette Kossor and Amy Camie