



THE SOUL-ESTEEM™

Building spiritual confidence now!

TIMES

November, 2001

The Law of Gratitude

I like to think of the month of November as the *Season of Gratitude* centered around the Thanksgiving holiday. To me it's the most important season on our calendar because it turns our attention toward a spiritual law that I call the *Law of Gratitude*. This law is a key that unlocks many stuck doors in the realm of consciousness. It is the way out of dense, gummy emotions that keep us stuck in thoughts and feelings of lack and limitation. When we focus our minds and hearts upon gratitude, we float right out of confusion, bitterness and judgment and into joy and safety and forgiveness. Gratitude is the state of mind that dissolves resistance and opens the consciousness to receive. When we live in a constant state of gratitude, we enter into a state of grace where we know that we are already blessed with whatever it is that we desire.

The Law of Gratitude sets in motion the *Law of Circulation*, or the Law of Giving and Receiving. Gratitude arouses an awareness that we do indeed have some-

thing to give, whether it be talent, abundance, or gifts of love and compassion. When we begin to pour ourselves out into some purpose that gives back to Live, we expand into the flow of Universal Good and we reap the reward of joy and fulfillment. When we give that which we have with no sense of hoarding, prosperity flows into our lives as we need it.

I invite you to join our spiritual community for an evening of gratitude at our **Thanksgiving Eve Service on Wednesday, November 21**, from 7:00–9:00 p.m. at **Orlando Gardens at Dorsett and McKelvey**. Bradford Smith and Tim Mead will inspire our souls with music, and we will lift our voices in chant, song, sharings of gratitude and proclamations of peace for our world. Everyone is welcome.

I take this opportunity to express my gratitude to all of you who participate in our spiritual community as we grow into **two services starting November 4, at 9:30 and 11:00 a.m.** Both services will be equal in nature so that you may choose the time slot that fits best for your lifestyle and schedule.

I leave you with a thought about the importance of spiritual community—especially during these troubling times. It's important to maintain our personal spiritual practices in solitude, but it's just as important to add our Light to the greater Light of those gathering together with high spiritual intention. Someone shared with me a metaphor that illustrates this. Think about how brightly and how long one piece of charcoal will burn as compared to many pieces joining their flames together. Spiritual family is important. Join us at The Gathering as together we ignite the living flame etched in the hearts of all people!

With Love and Blessings of Peace,



Rev. Phylis Clay Sparks
Spiritual Director

The Soul-Esteem™ Center

... for Practical Spirituality

105A Progress Parkway,
Maryland Heights, MO 63043
(314) 576-5508 FAX: (314) 576-5621
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Toll Free: 1-866-576-5508

The Soul-Esteem Center grows to

TWO SERVICES
beginning Sunday, November 4
at 9:30 a.m. and 11:00 a.m.

A *Course in Miracles* study group will meet at 9:30 and 11:00 a.m.
The children's gatherings will also be available during both services.

The Cosmic Glimmer

Following is a poem from *SOUL-ESTEEM—The Power of Spiritual Confidence* by Rev. Phylis. Read it through your own eyes—and let it be your experience.

That spark of awareness comes as if out of the blue,
a flash of knowing, a burst of spiritual energy,
a divine spark that pierces the illusion of mystery
between me and the Divine.

Those rare moments of Truth
can feel like a shock to the system
from the power of its impact.

I have seen beyond the veil.
I have gazed for one brief instant
into the sea of spiritual possibility—into the Void—
into the glory of the Light Itself.

The cosmic circuits open, the gap opens wide,
and I shudder from the thrill of *knowing*.

The cosmic glimmer changes me.
Now that I have glimpsed the higher dimensions—
I will never be the same again.

There is no going back.
The path to enlightenment will transform every distraction
into a remembrance that enriches me
and reveals to me once again
that which I had forgotten.

Join with your Soul-Esteem Center
spiritual family on . . .

Thanksgiving Eve

Wednesday, Nov. 21

7:00–9:00 p.m.

at Orlando Gardens

(Dorsett and McKelvey)

Music by

Bradford Smith and Tim Mead

. . . as we light our world with prayer,
meditation, music and sharing of gratitude!

The Soul-Esteem Center™

. . . for Practical Spirituality

. . . is a transdenominational, independent spiritual community, coming together to explore spiritual truth, to discover and develop spiritual confidence, and to learn the practical application of spiritual principles in everyday life. There is no religious doctrine or creed. We are focused on the oneness of all life, the healing power of Love, and the co-creative relationship between God and the individual.

(314) 576-5508 E-mail: soulmathnow@aol.com
www.soul-esteem.com



Randall Leonard Workshop

Sunday, Nov. 18

2:00–3:30 p.m. Admission \$15

Enjoy dialogue, music and guided visualizations as you focus upon the “transformation” phase of Spiritual Artistry. As you emerge from the cocoon you will see your world from a higher perspective. Explore with Randall about how intent impacts your life pat as you deepen you partnership with God.

Randall will be appearing as Guest Musician
at *The Gathering* on Nov. 18 at 9:30 and 11 a.m.

On-Going Activities at The Soul-Esteem Center™

A Course in Miracles Study Group

Every Sunday at 9:30 and 11:00 a.m. with Robert Brown

Singles Group

Meets every 1st and 3rd Friday, 7–9 p.m.

Healing Relationships Discussion Group

Every 1st and 3rd Sundays, 12:30–1:30 p.m.

led by Perry Blankenbiller

Reiki Share

A Reiki Circle every 2nd Friday (Nov. 9) 7–9 p.m.

led by Muriel Johnson

Soulspeak Discussion Group

Saturday, Nov. 3 (Every 2nd Sat.) 10:00 a.m.–12 Noon

with Jerry Cook

Prayer Gathering and Healing Hands

Every 2nd and 4th Sunday, 11:30 a.m.–12 Noon

led by Rev. Phylis Clay Sparks

Breathwork Workshop

Facilitated by Dr. Patricia Shaw

Friday, Nov. 30 7:00–9:30 p.m. Fee: \$25

Based on the deeply cathartic “Holotropic Breathwork”
by Stan Grof. Advance registration required.

A Course In Miracles Retreat

Friday, Nov. 16 (6:30–10 pm)

Saturday, Nov. 17 (9 am–4 pm)

Facilitated by Bob Brown and Bud Morris

At The Thompson Center, 12145 Ladue Road

\$75 per person (including light lunch on Saturday)

Learn how The Course came about, about its principles and
how to apply them, and why it’s called *A Course in Miracles*.

What does it have to say about gratitude, relationships
and forgiveness?

For info call (636) 386-0557 (Bob) or (636) 928-3354 (Bud)



The Soul-Esteem™ Center presents

The Gathering

A Spiritual Service

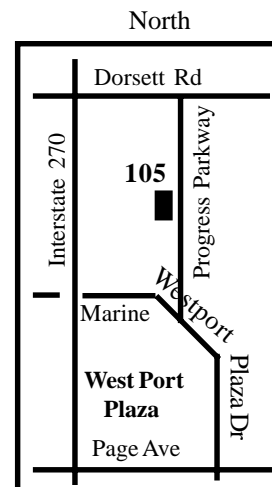
Sundays 9:30 and 11:00 a.m.

At 105 Progress Parkway, Maryland Heights, MO 63043

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

A Course in Miracles Study Group 9:30 and 11:00 am
Children's Gatherings, Teen Gathering & Toddler Care - 9:30 and 11:00 am

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A Sacred Journey Concert

A musical odyssey
for the mind, the heart and the soul

Featuring **Doogie Armstrong** and Friends

Enjoy a musical adventure that integrates original compositions, visual effects and modern technology!

Sunday, Dec. 2

1:30–3:00 p.m. (Love Offering benefiting The SEC)

Current Projects of the Soul-Esteem Center's
CCC (Creating a Compassionate Culture)

“Call to Protect”

Bring your unused cell phones to the SEC. They will be reprogrammed as emergency beepers and donated to battered women's shelters.

Help Homeless Animals

Bring dog and cat food, old blankets and towels, leashes, collars, cat litter treats, cleaning products, dog and cat bowls shampoo, newspapers, 35 mm film.

Food Drive (Through November 25)

Bring food and personal care items for Operation Food Search.

Soul-Esteem™ Center Spiritual Studies Program

Prosperity Power

with Rev. Phylis Clay Sparks

4 Thursdays beginning October 29 7–9:30p.m.

\$60 at registration/\$20 per week

This class is about creating a consciousness of abundance so that we can open our lives to an increased flow of prosperity.

Understanding Yourself and Others

Through the Nine Personality Types of the Enneagram

With Debbie Van Horn

Four Tuesdays beginning Nov. 7 7–9:30 p.m.

\$60 at registration/\$20 per week

Learn how your personality type has influenced your development and discover patterns getting in the way of your true nature. Make forgiveness and love easier through an understanding of others.

Mind Magic with Joe Craig

5 Wednesdays beginning Nov. 7 7–10 p.m.

\$75 at registration/\$25 per class

An overview of methods, tools and processes that can transform your life. Learn about Neuro-Linguistics, hypnotherapy, past life regression and Time Line Therapy. By participating you can clear negative emotions and limiting decisions and reconnect with untapped inner resources.

I Love Myself the Way I Am

with Dr. Marlene Bricker

4 Mondays beginning Nov. 26 7–9:30p.m.

\$60 at registration/\$20 per week

Explore your self image and where it came from. Strengthen your soul-esteem as you build a new concept of Self and practice loving yourself the way you are as you journey into the center of your soul and realize the Truth and Divinity of Who You Really Are.

**For information about our Certificate Program
leading to becoming a Spiritual Mentor or Soul-Esteem Minister, please call (314) 576-5508**



The Soul-Esteem TIMES
 105A Progress Parkway
 Maryland Heights, MO 63043
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**The Soul-Esteem Center grows to
 Two Sunday Services
 ... beginning November 4th!**

November Sunday Topics & Music

(Talks by Rev. Phylis unless otherwise noted. Music in red.)

- Nov. 4: *The Divine Idea of Supply*
Music by Mitzi MacDonald and Friends
- Nov. 11: *The Prospering Mind*
Music by Dasha Ray
- Oct. 21: *The Heart of Abundance*
Music by Randall Leonard
- Oct. 28: *Infinite Plenty Individualized*
Music by Amy Camie

Audio Tape Subscription Service

Purchase an audio-tape of any Sunday service for \$5 at the Bookstore, or subscribe and receive tapes by mail at \$6.25 each. A great gift for a friend!

**Welcome the New Year
 with Spiritual Family at The SEC's**

New Year's Eve Party

Monday, Dec. 31

8:00 p.m. – 12:30 a.m.

\$10 per person (Children free)

Music by Tim Mead and Friends

Bring a potluck hors d'oeuvres or dessert and BYOB

Soft drinks and set-ups provided.

**The Soul-Esteem™ Center
 Bookstore**

Top metaphysical books, greeting cards, CDs, candles, chimes and other gift items.

You save because there's **NO SALES TAX**
Special orders are welcome. (314) 576-5508

**The Soul-Esteem Center's
 Mentoring Ministries**

We now 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.

Services include:

- Listen and Pray* on Sundays after *The Gathering*
- Spiritual Mentoring, Counseling and Prayer Ministry
- Home and Hospital Ministry
- Weddings, Baptisms, Funerals and Memorials
- Business Coaching and Community Seminars

You may call (314) 576-5508 to request the services of a spiritual mentor.

Rev. Phylis' New Book

SOUL-ESTEEM

The Power of Spiritual Confidence

is available at The SEC Bookstore!
 Still at the introductory price of \$16.95