

*Seaside Events Coming this Fall*

New Sacred Circles beginning October 16

**Creating More of What You Love**

Seaside's Seventh Annual

**Escape to Baja Retreat**

Sunday, Oct. 23—Tuesday Oct 25

Las Rocas Hotel and Spa

**BARBARA DeANGELIS**

*Author, Speaker and Relationship Expert*

***How Did I Get Here?***

Friday, September 23 7:00 pm

**JUDITH ORLOFF, MD**

*Best Selling Author and Medical Intuitive*

***Power of Intuition and Positive Energy***

Friday, October 21 7:00 pm

Rev. Christian Sorensen, D.D., Spiritual Leader

***Seaside Church of Religious Science***

1613 Lake Drive Encinitas, CA 92024

[www.seasidechurch.org](http://www.seasidechurch.org)

(760) 753-5786

***Seaside  
Educational  
Catalog***

***Fall 2005***

*Transformational Learning  
for every Age and Spirit*



**O**ur Science of Mind classes give you the opportunity to expand your knowledge of the Eternal Principles of Life and how they are at work in your world.

These life-changing classes give you excellent tools for expanding your awareness and finding deeper meaning and joy everyday.

Each class is what you make it to be. You can use it for a framework for increasing your own spiritual practice; you can find within it the answers to your most pressing questions; you can learn to release the old baggage you have been carrying with you for so long and learn to live in the deep joy of spiritual knowing.

Give yourself the gift of a Science of Mind class. We extend this invitation to you from the Seaside Church, but it is really the call of the Spirit, calling you to a deeper realization of yourself. Join us on the adventure of the inner voyage. Learn to live successfully from the inside out. See you in class!

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***Interested in taking a class at Seaside?***

## **HOW TO REGISTER**

### **3 Ways to Register**

1. **Sign up after church** at the educational wall in the family room. You will find sign-up sheets for each of the current classes. Once your name is on the list, all you need to do is come to class. You can fill out the registration forms, pay fees and buy your books on the first night of class. Yes, we do take MasterCard or Visa, checks and cash. All classes are held at Seaside Church
2. **Stop by** during the week to sign up.
3. **You may also register at the door** without advance notice. We don't prefer this because we may not have enough workbooks, handouts, etc. for you if everyone chose this method. However, we also know that you are busy and you are always welcome in class, even if you forgot to sign up earlier.

### ***Personal Consultations Now Available***

If you have questions about classes or would like to enter the path to Practitioner Studies please contact Karen Axnick, RScP at 760-753-5786 ext 16.

**TO REGISTER  
SIGN UP IN THE FAMILY ROOM  
AFTER SUNDAY SERVICES!**

***For more information, please call Karen  
at (760) 753-5786 x 16.***

*2005 Calendar*  
**Certificated Science of Mind Classes**

**Fall**

**Foundations of Science of Mind**

With Dr. Christian Sorensen,	Tuesday evenings	6:30 pm
With Rev. Tammy Miller	Thursday mornings	9:30 am

**Self Mastery**

With Dr. Christina Tillotson	Monday evenings	7:00 pm
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**Practitioner I**

With Rev. Tammy Miller	Monday evenings	6:30 p m
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**Practitioner II**

With Dennis & Ginny Mills, RScP	Monday evenings	6:30 pm
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**Winter**

Foundations of Science of Mind  
Treatment and Meditation  
Financial Freedom

**Spring**

Roots  
The Mind-Body Connection

**Summer**

Thomas Troward  
Principles of Successful Living

**Certificated Classes**

Are classes that are created, standardized and accredited by the United Church of Religious Science worldwide. You will receive a formal certificate of completion for your class. These classes are also those that count toward the necessary hours of class for practitioner training. See below.

**THE PRACTITIONER PATH**

*If you are interested in studying to become a licensed Religious Science practitioner, here are the classes that are prerequisite for practitioner study. Before practitioner training, you must take 4 certificated classes.*

**They are:**

- 1. Foundations of Science of Mind**
- 2. Treatment and Meditation**
- 3. Your choice of a philosophy class**

Choose from Roots, Thomas Troward, Emma Curtis Hopkins, or Igniting your Life with Bible Wisdom

- 4. Your choice of a practical applications class.**

Choose from: self-Mastery, Financial Freedom, Principles of Successful Living, The Mind-Body Connection.



# *Foundations of the Science of Mind*

*A 13-week Journey of Self-Empowerment and Transformation*

In this powerful class, you will examine the basic principles of Science of Mind and uncover old beliefs that may be limiting your life right now. A safe and supportive environment, where you can deepen your spiritual understanding at your own pace and discover the hidden riches within. Meditation and Spiritual Mind Treatment are taught as daily practices. This class is experiential with many guided meditations and exercises to assist students in embracing and incorporating Science of Mind principles.

**Topics Include:**

- How the Spiritual Reality of life works
- Creating what you truly want
- Forgiving the past, living in the present, designing the future
- The power of thought
- Spiritual Mind Treatment and how prayer works
- Living in Abundance
- Fundamentals of relationships
- Daily practices of meditation

**Rev. Christian Sorensen, D.D. Tuesday evenings 6:30 to 9:30 pm**  
**13 weeks Registration \$45 Class \$165 Begins September 13**

Daytime Class with Rev. Tammy Miller  
Thursday mornings 9:30 am to 12:30 pm Begins September 22



# *Self-Mastery*

*Emergence of the True Self*

Gain mastery in the art of living as a conscious, intentional being. The Self-Mastery class focuses on healing the perceived separation between the personality and the Spirit which is the True Self. Strengthening this awareness occurs through an active exploration of the creative nature of thoughts, beliefs and emotions.

## *Topics Include:*

- Elements of Inner Being
- Living in Wholeness
- The Power of Faith and Commitment
- Living in the eternal present
- Changing limiting beliefs
- Having healthy relationships
- Growing self-esteem
- Being who you truly are
- Daily practices of meditation

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Rev. Christina Tillotson, D.D. Monday evenings 7:00 to 10:00 pm  
8 weeks Registration \$40 Class \$125 Begins Sept 12



## **Holmes Institute**

*A Graduate School of Consciousness Studies*

Seaside Church is the location of the San Diego Regional Center of the Holmes Institute that offers ministerial training and a Masters of Arts in Consciousness Studies. Classes are offered on weekends here at Seaside and also through a unique program of audio tapes, teleconferencing and online conversations with some of the world's leaders in the fields of Philosophy, Religion, Science, Psychology, Leadership and Education. You will see many of the great leaders and teachers in the Religious Science movement visiting here on Saturdays to teach in this excellent program.

Some of the classes offered include:

- Spiritual Philosophies of the west with Dr. Stephan Hoeller
- The Physics of the Soul with Dr. Amit Goswami, physicist and religious scholar
- Theology of Religions with Dr. Linda McNamar
- The Art of Spiritual Leadership with Rev. Nirvana Gayle

***For more information on the Holmes Institute,  
please call Barbara Hart, registrar at (760) 753-5786 x16.***



## Master Practitioner Classes

This is a special program created for licensed Religious Science Practitioners to continue their studies and achieve the designation of Master Practitioner. There are 15 classes in all, and you may choose 10 to complete the program. Classes are usually held on evenings and weekends. For more information and a class schedule please call the Educational Department at (760) 753-5786 x 16.

### Master Practitioner Classes This Fall

#### **Mysteries of Faith**

with Rev. Katherine Economou

This class is devoted to those deep qualities of the soul that unfold through serious spiritual practice. Explore the inner path of the individual beyond church or religion.

Text: *The Soul's Religion* by Thomas Moore.

**Starts Tuesday October 4**  
**5 weeks**

**6:30 PM**  
**Tuition \$80**

#### **A Time to Live: The Second Half of Life**

with Rev. Christina Tillotson, D.D.

This class explores issues surrounding reinventing one's life at midlife. We will investigate all aspects of starting over and creating the life you have always wanted to live. Based in the book, *A Time to Live: Seven Steps to Creative Aging*, by Robert Raines. **OPEN TO EVERYONE!**

**Starts Monday, November 28**  
**4 weeks**

**7:00 PM**  
**Tuition \$80**



## Practitioner Study

*A two-year course in advanced spiritual awareness that creates a healing consciousness and prepares the student for becoming a professional Religious Science Practitioner.*

### **Practitioner I: Living the Principles**

The first year of practitioner study is devoted to advancing spiritual awareness and exploring your relation to the universe. It is designed to be a whole class in itself, preparing you to live life more fully, whether or not you choose to continue your studies.

Special topics include:

How life gets the way it is; living at choice; and living in expanded consciousness. Class work includes reading, written assignments, activities, journaling and expanded spiritual practice.

**With Rev. Tammy Miller** 30 weeks Registration \$85 Class \$150 per term and there are three 10-week terms. **Begins September 12**

### **Practitioner II: The Life of the Practitioner**

The second year of practitioner studies focuses on the consciousness, skills and responsibilities of the practitioner, the principles we teach, the process in healing, and the relationship to the church, the community and the world.

Special topics include:

Counseling skills, Spiritual healing, working with challenges related to money, emotional health, physical health, grief/loss, creative self-expression and relationships; dedication and commitment and giving in service. Class work includes reading, written assignments, activities, journaling and spiritual practices.

**With Dennis Mills, RScP, Ginny Mills, RScP** along with Seaside's ministers 30 weeks Registration \$85 Class \$150 per term and there are three 10-week terms. **Begins September 12**

## Seaside's Seventh Annual Escape to Baja Retreat

Sunday, Oct. 23 - Tuesday, Oct. 25  
the Las Rocas Resort and Spa

We will caravan after services to the beautiful Las Rocas Resort and Spa, overlooking the Pacific Ocean. Together, we will relax, enjoy and expand our awareness through meditation, yoga, conversation, great food, workshops, music and new spiritual insights.

The retreat activities are a gift to you from Seaside. There is no charge for it. Accommodations and meals are your own responsibility.

Please sign up in the Family Room to register. For hotel reservations at the Las Rocas call the toll free number (877) 527-7622. Mention the Seaside Church Confirmation Number R-51023-01 for a special rate. The cutoff date for room reservations is **Oct. 15.**



**New Sacred Circles begin October 16**

## Creating More of What You Love

When we bring our attention to what we love, our life expands in wonderful ways. As part of our FALL APPRECIATION PROGRAM, you can step into a whole new level of love, abundance and joy in your life. Join one of these intimate home study groups. Explore our Sunday message through meditation, exercises, prayer and discussion. Led by one of our Religious Science Practitioners, Sacred Circles are wonderful opportunities for growth, change and celebration of the Spirit as you. It is also a good way to connect with others in the church and find the support and fellowship to enrich your life. There is no charge for these circles.

**Sign ups begin October 2  
After Services in the Family Room**

## AGNT Conference Walk of Sacred Action: A Living Pilgrimage

*Open to Everyone*

The *Association for Global New Thought* presents its annual conference featuring Mrs. Ela Gandhi, Marianne Williamson, Dr. Jean Houston, Barbara Marx Hubbard, Andrew Cohen and other noted spiritual leaders.

**October 3-7  
La Quinta, California**

For further information visit the website: [www.AGNT.org](http://www.AGNT.org).

## Prayer and the Five Stages of Healing With Rev. Alice Bandy

Based on the book by Ron Roth. Come Along with us on the journey of healing and awakening. Working with the teachings of celebrated healer and mystic, Ron Roth, you will learn to create an inner sanctuary thorough which the Divine Energy of Truth flows into your life. Class includes reading, meditations, discussion and prayer.

**Starts Thursday October 13      6:30 PM      6 Weeks—\$80**

## The Light of Truth

Healing Circle

Join Rev. Alice Bandy in holding the consciousness of healing for those who are seeking wholeness of the body and mind. Prayer requests accepted for this healing time of silent truth. Sit in the silence with us or join us in consciousness as we hold the truth of life for those in need.

**Tuesdays      6:00-6:15 PM      Starts Sept. 13**

## Women's Tribal Fusion Belly Dance Class

With Sandi Kay

*Move Your Body and Your Soul*

This class series is for all ages, shapes and backgrounds. Tribal style emphasizes the group, or "tribe" and not on the individual dancer. The core of this class is the bonding between women through dance that has been happening throughout the ages. Wear comfortable clothes to dance in and bring bottled water and a hip scarf if you have one.

**Starts Thursday Sept 15  
7:00— 8:00 PM  
6 Weeks—\$40 or  
\$8 per class**

## Spiritual Divorce

With Lynda Light, RScP

Based on the book *Spiritual Divorce* by Debbie Ford, this empowering program shows how the collapse of a marriage is, at the heart, a spiritual wake-up call. Together we can transform the devastation into a profoundly enlightening experience. Join us in using this course as a catalyst to help you heal yourself and find the courage to love again.

**Starts Tuesday Sept 13  
6:30—9:30 PM  
6 weeks—\$80**