



# Discovery Class

October 28, 2012

Center for Spiritual Living Long Island  
17 Maple Place, Hicksville, NY 11801  
516-822-9314  
[www.csl-longisland.org](http://www.csl-longisland.org)

## I. OUR BASIC PHILOSOPHY - WHAT IS THE SCIENCE OF MIND?

**"The Science of Mind, then, is the study of Life and the nature of the laws of thought; the conception that we live in a spiritual Universe; that God is in, through, around and for us."**

**Dr. Ernest Holmes**

*Science of Mind* is a metaphysical teaching. As such it considers the Universe as a cosmos or orderly system and explores the nature of Life, of "human-kind" and it's relationship to Spirit. Even so, the *Science of Mind* is not intended to be a study of the abstract, but rather a proactive approach to life. It offers practical techniques to expand our conscious awareness of spiritual laws and for putting those laws to work for ourselves, to improve the quality of our life in any way that we see fit.

*Science of Mind* teaches that each person controls the course of his/her life - his/her success or failure, health or sickness, happiness, boredom or misery - by mental processes which function according to Universal Law. *Science of Mind* teaches that we are all creating our own day-to-day experiences according to our individual thoughts and beliefs. Science of Mind teaches that everything in the Universe operates by law and order, cause and effect. It shows us how we can use these laws for our own good.

## II. SPIRITUAL MIND TREATMENT (AFFIRMATIVE PRAYER)

### WHAT IS SPIRITUAL MIND TREATMENT?

Spiritual Mind Treatment is our method of changing consciousness for the purpose of producing changes in our lives. There are many opportunities to experience Spiritual Mind Treatment at our Center. On Practitioner Sundays our Practitioners are available following the service to give Spiritual Mind Treatment to anyone who so desires as a gift of our healing ministry. This gift of time and talent is a free service to our congregation. Spiritual Mind Treatment request forms are always available on the table in the bookstore and if you fill one out one of our licensed practitioners will do this spiritual work for you. Of course, you may also arrange for private sessions with one of our licensed Practitioners or our Spiritual Leader, for a fee.

### WHAT IS A PRACTITIONER?

In the broadest sense, a practitioner is anyone who uses the Science of Mind, Spiritual Mind Treatment specifically, to produce specific results in their life experience. Generally, however, the term "Practitioner" is reserved for licensed practitioners. A licensed practitioner is someone who has studied through the Third Year course in the Science of Mind, completed an Internship and has been licensed by Centers for Spiritual Living to practice on a professional basis, consulting with clients and doing Spiritual Mind Treatment for a fee.

The Practitioner's one purpose is to see and recognize the spiritual perfection of the person coming to them and in so doing allow that perfection to be realized in the physical realm. This means that a Practitioner is not a counselor, nor do they give advice. Instead, a Practitioner is trained and licensed to perform Spiritual Mind Treatment for others. All professional Licensed practitioners are directly responsible to the minister who approves their license.

**DO I NEED A PRACTITIONER?**

One might use the services of a licensed Practitioner when one is "emotionally entangled" or too close to a problem or situation to consciously know the Truth about themselves. Ask yourself: " Am I too close to my own problem to see the situation clearly? Do I feel that something is blocking that which I am seeking? Do I feel that I lack the experience with, the training in, or the understanding of the *Science of Mind* principles necessary to resolve the difficulty?"The Practitioner practices mental and spiritual healing, and assists an individual to accept a healing of the consciousness, allowing the reflection of Truth in the physical body and/or in the "physical body" of life experiences.

**LICENSED PRACTITIONERS  
AFFILIATED WITH  
CENTER FOR SPIRITUAL LIVING LONG ISLAND**

Name	Telephone #	Email
Kathleen Caputo, R.Sc.P.	516-358-7787	katqcap@optonline.net
Karen Gigante, R.Sc.P.	516-798-4363	sacredspaces00@aol.com
Barbara Griminger, R.Sc.P	516-735-8744	barbsg@optonline.net
Rev. Michael Sternlieb	718-252-2468	msternlieb@optonline.net

**Practitioner Fees**

- Single Treatment.....\$35.00  
(Including one consultation telephone or personal)
- Week's Treatment .....\$100.00
- Month's Treatment.....\$250.00  
(daily absent treatment not including a consultation)
- Ministerial Counseling Treatment...\$50.00  
(Including one consultation telephone or personal)
- Minister's Monthly Treatment.....\$300.00  
(daily absent treatment not including a consultation)

**III. BRIEF HISTORY OF OUR TEACHING**

Our history begins with a man by the name of Phineas Parkhurst Quimby. Quimby lived from 1802 to 1866 and did most of his healing work after 1859. He is important because he developed the ideas that would ultimately be expressed through the New Thought movement.

New Thought is an American metaphysical movement. The major organizations in New Thought history are:

- The Church of Truth
- The Homes of Truth
- Unity
- Divine Science
- Religious Science

We are part of the Religious Science movement; until 2009 our name was the Religious Science Church of Long Island.

Our basic teaching is the *Science of Mind*, a spiritual philosophy developed Dr. Ernest Holmes, who also started the Religious Science movement. Dr. Holmes' thought developed out of the New Thought tradition. He studied New Thought writings and had a particularly strong connection to it all through Divine Science, having originally been ordained as a Divine Science minister.

Dr. Holmes did not believe that Religious Science should be organized as a church. However, ultimately he yielded to pressure to do so, and a network of churches was created from what had been chapters of the Institute of Religious Science. This network was called the International Association of Religious Science Churches. It eventually changed its name to Religious Science International, then to International Centers for Spiritual Living. Last year, upon the merger of International Centers for Spiritual Living with United Centers for Spiritual Living the organization changed its name to Centers for Spiritual Living (CSL). We are affiliated with CSL.

In 1974, Dr. William G. Schirmer, Joyce Frantz and Rita Asher, three students of Dr. Raymond Charles Barker, established a Science of Mind Center here in Hicksville. The Center's first activity was held on Easter Sunday of 1974. Fifty members were required for church status in Religious Science International. This number was reached by the fall and on October 27th, 1974 a church charter was granted to the Science of Mind Center of Long Island and Rev. Joyce Frantz became its first minister. Its name was eventually changed to the Religious Science Church of Long Island.

#### **IV. HOW IS OUR CENTER ORGANIZED AND HOW IS IT RUN?**

##### **BOARD OF TRUSTEES**

What does the Board of Trustees do?

Article VII, Section 1 generally defines the responsibilities of the Board of Trustees:

*The Board of Trustees shall direct, manage and conduct the legal and financial stewardship of the church in such a manner, not inconsistent with the laws of the state/province under which it exists and these bylaws and the bylaws and policies of ICSL, as said Board may deem appropriate to the end that the purposes of the church may be accomplished.*

Along with the Spiritual Leader, the Board of Trustees plans and organizes most of the activities of the Center.

How do I become involved as a Board member?

The Board has established some minimum qualifications for membership. These are:

- Completed at least one year of accredited *Science of Mind* courses, (4 courses) OR is currently taking the courses with the intent of completing them
- Regularly attends on Sunday
- Ability to attend a monthly Board meeting
- Identifiable financial support given to the center
- Active as a volunteer

Members of the Board of Trustees are elected at the annual Membership Meeting. The Board may elect individuals to fill vacancies at any time and these individuals are voted upon at the next regular Membership Meeting. If you are already a member of the Center, meet these qualifications and are interested in serving on the Board, please speak to Rev. Michael, a Board member or a Practitioner.

**CENTER FOR SPIRITUAL LIVING LONG ISLAND  
BOARD OF TRUSTEES**

Name	Telephone #	Email	Term Expires
Rev. Michael Sternlieb, Spiritual Leader	718-252-2468	msternlieb@optonline.net	Ex Officio
Nancy Massar, President	516-922-1383	nancym44@optonline.net	February, 2013
Janet Feuerstein, Vice President	516-338-4456	barjan@optonline.net	February, 2013
Patricia Baker	718-847-8564	pjesbhb@aol.com	February, 2015
Immacula Oligario	516-292-5468	info@yesicandoit2.com	February, 2013

The Board has seven members and there are currently two vacancies. This means that five members will be elected at the next Membership Meeting.

**BUILDING COMMITTEE**

The Building Committee is responsible for planning and overseeing projects involving major repairs or improvements to our building. An example is the recent boiler replacement and installation of new baseboard heating in the meeting room and reception area. Members of the Building Committee are Sal Barone, Barry Feuerstein, Darryl Pasternack and Wayne Snell.

**CENTER FINANCES**

Our Center is supported primarily by the contributions of its members and friends. Of our total income of \$81,529.02 so far this year, \$62,584.06, or 77%, was from contributions. We have two funds, a General Fund and a Building Fund. The Building Fund may only be used for repair and improvement of the building. For example, the new boiler and heating system completed this fall was paid for with the Building Fund.

Income is also derived from classes and workshops, special events and book store sales.

Detailed financial reports are included in Board of Trustees meeting minutes, which can be found in the white loose-leaf binders in the social room.

We encourage the concept of conscious giving. This concept is based on an understanding of the creative process and the Law of Growth. We receive according to what we give. We cannot hope to harvest what we do not first sow.

Regular, structured, conscious giving is a spiritual practice that is free from superstition and expectation. Its purpose is to expand awareness of the abundant nature of Spirit, and to financially support the source of our spiritual nourishment. It is taught and encouraged as a method for you to expand your capacity to receive good.

## **VOLUNTEERS**

### **MUSIC TEAM**

The exceptionally talented volunteers on our Music team provide the music at our Sunday services. Our Center's music team *Simple Gifts* is comprised of Janet Feuerstein on vocals & piano, Lori Degenhardt on vocals, guitar & percussion, Mitch Goldstein on guitar and Ellen Berman on Mandolin. The team also planned and coordinated our very successful *Spring Showcase of Long Island Musicians* last spring and plans more concerts in the future.

### **RECORDING AND DUPLICATING**

Marisa Di Martino and Greg Folk record and duplicate the CDs of our Sunday services.

### **OTHER VOLUNTEER ROLES**

Our Center depends on volunteers. There are many opportunities to serve and we encourage our members to participate in those that interest them.

The responsibilities of these jobs are clearly defined and assistance is always available for those learning them. For example, here are descriptions for the Set-Up, Clean-Up and Usher volunteer roles:

#### **Set-Up**

Arrive by 10:00 a.m. Make coffee and hot water – set up on social room table. Instructions for making coffee are on the wall in the kitchen. Put pastries, etc. on plates with knives. Set table with plates, napkins, plastic-ware and cups.

#### **Clean-up**

Clear the table in the social room. Unplug and rinse out coffee pot and hot water dispenser. Wash and dry dishes. Empty the garbage in the kitchen and bathrooms into a large garbage bag. Put fresh plastic garbage bags in bathroom and kitchen wastebaskets. Bring garbage bag(s) to curb by the driveway.

#### **Usher**

Arrive by 10:00 a.m. Stand by the meeting room door. As people arrive, welcome them and give them a program. Keep track of the number of people in attendance, using the counter as they arrive. Close meeting room door at 10:30 and stay outside near the door to welcome others, telling them it is meditation time and the door will open at 10:45 for the meeting. Open door at 10:45 and remain at the back of the room to welcome people. During the meeting, if anyone arrives during the meditation times, please ask them to stay outside the meeting room until the meditation is over. During the collection pass the basket, and then give it to a Board member.

If you are interested in serving as a volunteer, please speak to Rev. Michael, a Board member or a Practitioner.

## WHAT OPPORTUNITIES FOR PERSONAL SPIRITUAL GROWTH DOES THE CENTER FOR SPIRITUAL LIVING LONG ISLAND OFFER?

- **Sunday Services**  
Provide an open environment for anyone to explore the teachings of the *Science of Mind*.
- **Practitioner Sundays**  
On designated Sundays, our Practitioners are available after the service to give spiritual mind treatment (affirmative prayer) to anyone who so desires.
- **Certificated Classes**  
Provide a systematic presentation of the principles of the *Science of Mind* in an inclusive environment that fosters the development of solid spiritual practices.
- **Other Learning Opportunities**  
Throughout the year we offer a variety of workshops and classes.
- **Junior Center for Spiritual Living**  
For children ages 4-12, the Junior Center meets on the 2nd and 4th Sundays of the month from 10:30 to 11:30 A.M. Our Junior Center for Spiritual Living is designed to teach your child that there is a strength, power, wisdom and intelligence inherent within each one of us that enables us to be whatever we choose to be. Participating will empower your child by learning the principles of *Science of Mind* in a fun, interesting way, using discussion, stories, puppet shows and craft activities which will assist them in integrating these principles into their daily lives.
- **Saturday Spiritual Discussion**  
The first Saturday of every month, 10:00 A.M. to 12:00 Noon. Our Saturday discussion is for those who would like to share their spiritual journey with like-minded friends in an open discussion. Each discussion is led by one of our licensed Religious Science Practitioners.
- **Zen Meditation**  
Meets the 1st and 3rd Mondays of the month, 7:30 to 9:00 P.M. Mitch Goldstein leads a Morning Star Zendo sitting. Each session includes a short lesson as well as a meditation.

## V. MEMBERSHIP

What does it mean to be a member of The Center for Spiritual Living Long Island?

Our bylaws explain the responsibilities of membership:

*Article 4, Section 3. The duties and privileges of a member shall be:*

- A) To uphold the teachings and practices of Religious Science by continuous effort therein and to exemplify them in daily life.*
- B) To attend, as far as possible, the religious and social meetings of the church.*
- C) To read and study the literature of Religious Science diligently and to disseminate the same as much as possible.*
- D) To contribute regularly, as able, to the financial support of the church.*
- E) To attend the business meetings of the church, whenever possible, and to vote therein.*
- F) To hold office and act on committee.*

## **SOME BENEFITS OF MEMBERSHIP**

- Nurturing environment for my spiritual development.
- Inspiration for my greater vision of my life.
- Build my self esteem through a growing awareness of my spiritual nature.
- Association with a visionary group demonstrates Spirit's Presence in my life.
- Being part of a group that provides life affirming programs to my community.
- Association with like-minded people.
- Social and recreational activities with others.
- Opportunities to support others in their spiritual development.
- Opportunities to support others in fulfilling their purpose.
- Opportunities to be actively involved in providing empowering experiences for other people.
- Ownership in all the programs provided by the Center.

## **INVITATION TO JOIN THE CENTER FOR SPIRITUAL LIVING LONG ISLAND**

The fact that you have attended this Discovery Class indicates a serious interest and commitment to your own spiritual development. This level of participation also suggests that you have the ability to make and keep commitments to yourself and to others. Because of these qualities and because attendance at this class has prepared you to be an informed member, Rev. Michael Sternlieb and the Board of Trustees, on behalf of all the current members invite you to become an active member of the Center.

This class was designed to give you sufficient information to make a decision about becoming a member; however, the decision to join is something that happens in your heart as a result of your careful exploration of the teachings and practices of the *Science of Mind*. This self-administered questionnaire may help you decide if this is the right time for you to take this important step.

### **My Personal Check List**

- I have completed a course in the *Science of Mind* or I have attended services regularly. *(Although no specific period of time is required, it is strongly recommended that prospective new members take some time to learn about the Science of Mind before committing to membership.)*
- I have served as a volunteer at the Center for Spiritual Living or intend to begin doing so. *(Although not required for membership, it is strongly recommended that prospective new members familiarize themselves with the volunteer opportunities at the Center.)*
- I am contributing to the Center in an identifiable manner or intend to begin doing so. *(The amount of your contribution is personal to you and there is no minimum or maximum contribution.)*
- I am ready to commit to attending the Annual Membership Meeting which is the business meeting of the Center for Spiritual Living.

If you are ready, please complete the attached membership application and return it to Rev. Michael, a Practitioner or a Board Member. All new members will be acknowledged and formally introduced to the congregation.

## GENERAL INFORMATION

### CONTACT INFORMATION

Address: 17 Maple Place, Hicksville, NY 11801

Telephone: 516-822-9314

Email: [info@csl-longisland.org](mailto:info@csl-longisland.org)

Website: [www.csl-longisland.org](http://www.csl-longisland.org)

### BUILDING INFORMATION

In addition to the Sanctuary (which also serves as classroom) our building includes a reception area and bookstore, social room, kitchen, Junior Center room and three rooms on the second floor, presently under renovation. There are bathrooms in the reception area and social room.

### BOOKSTORE INFORMATION

The bookstore is located in the reception area and is open after Sunday services, classes and special events. It contains all books used in our classes and workshops as well as a variety of other books related to the ideas we teach. There are CDs of Sunday services and visiting guest speakers and musicians as well as a variety of other New Thought musicians. *Creative Thought* and *Science of Mind* magazines are also available.

### BEGINNING YOUR OWN METAPHYSICAL LIBRARY

Here are some suggested books to start your own metaphysical library:

Frederick Bailes: *Your Mind Can Heal You*

Raymond Charles Barker: Anything by Dr. Barker!

Ernest Holmes: *The Science of Mind, A New Design for Living, How to Use the Science of Mind*

Tom Johnson: *Lessons from the Source*

Rev. Michael, our Practitioners and Board members can suggest other books that you might enjoy.

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Rev. Michael Sternlieb, Spiritual Leader



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**Teaching the Science of Mind® for inner transformation and outer change.**

**APPLICATION FOR MEMBERSHIP**  
**(Please Print)**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

I choose to become a member of the Center for Spiritual Living Long Island as part of my spiritual path.

By choosing to become a member, I am stating that:

- I am aligned with the teachings of the Science of Mind®.
- I place a high priority on my spiritual growth.
- I support the expansion and growth of the Center for Spiritual Living Long Island through my financial giving and loving service.
- I enjoy being an active, involved member of this spiritual community and value being part of something larger than myself.

Through my membership in the Center for Spiritual Living Long Island I honor Spirit in me and Spirit at work through our spiritual community.

Signed \_\_\_\_\_

Date \_\_\_\_\_