

Announcements/Events

Be sure to check out our Calendar of Events [online!](#)

- Meditations with Will
 - o Thursdays at 7pm via Zoom
- **NEW!** First Wednesdays – a spiritual salon (via Zoom)
 - o 7:00pm on Wednesday, December 2, 2020
- **A Holiday Midweek Service**
 - o Wednesday, December 23, 2020 @ 7:00pm
 - via ZOOM

Want to learn more about us?

- ➔ Be sure to visit our [What We Believe page](#) (on our website).

Spiritual Practitioners are available
for prayer/treatment work.

Please fill out a [Request Form](#)
or contact a Practitioner [directly](#)

Licensed Practitioners at CSL Greater Pittsburgh:

Will Brand: willyb36@icloud.com (724) 312-0120

Kathy Stuvaints: stuvaints123@yahoo.com (412) 979-1741

Linda Bennett: lcbennett@verizon.net (412) 478-6163

Irene Kennedy: IreneRScP@gmail.com (412) 414-4348

Rebecca Harmon: RebeccaRScP@gmail.com (412) 670-1624

Rev. Mary Ann Trifaro: maryanntrifaro@aol.com (724) 554 1773



a virtual Teaching Chapter community

Sunday, November 22, 2020
10:30 am



A spiritual community teaching,
practicing, and using principles
of Science of Mind
through loving support.

www.csllargerpittsburgh.org

Email Address: csllargerpitt@gmail.com

Phone: (412) 294-8-CSL (8275)

Center for Spiritual Living Greater Pittsburgh

a virtual Teaching Chapter community

Welcome

Linda Bennett, RScP

Opening Treatment

Rev Mary Ann Trifaro

Demonstrations - time to share the good things in our lives

Affirmation & Intention for the week *(speak together)*

*"I do not hide the treasures in my heart, instead I share them
and find they multiply. I do not wait for happiness, but I create
it with the power of my generous heart"*

Guided Meditation

Bonnie Lowery

Lesson 'Gratitude and Generosity'

by Linda Bennett, RScP

Music 'Grateful', *by Empty Hands (feat. Daniel Nahmod)*

Acknowledging our Abundance

Linda Bennett, RScP

Announcements

Rebecca Harmon, RScP

Closing Song

'I'm So Grateful', *by Karen Drucker*

Blessing / Benediction

Will Brand, RScP



Group Discussion *(stay and chat if you'd like!)*



I'm So Grateful

(by Karen Drucker)

Gratitude before me, gratitude behind me,
Gratitude to the left of me, gratitude to the right of me;
Gratitude above me, gratitude below me,
Gratitude within me, gratitude all around me.

I'm so grateful, I'm so grateful, I'm so grateful, I'm so grateful
I'm so grateful, I'm so grateful, I'm so grateful, I'm so grateful

(repeat)



About 'Grateful' artist Nimo

Empty Hands Music's mission is to spread seeds of goodness in the world through selfless service, music, and love. All of Empty Hands Music's offerings are gifts to the world. Empty Hands is a 501c3 US-based Non-Profit, 100% Gift offering with an intention to spread seeds of goodness through its music, events & sharings all across the world, as well as through its grassroots, arts-based service work from the Gandhi Ashram, for underprivileged children in the slums of Ahmedabad, Gujarat, India. Learn more about that [here](#).

For the Grateful song, Nimo partnered with one of our favorites, *Daniel Nahmod*.

*The Center for Spiritual Living™ Greater Pittsburgh welcomes you into
this spiritual consciousness and community.*