

**Alpine Church of Spiritual Living - We Joyfully Inspire Everyone, On All Spiritual Paths, To Be Love In Action**

We encourage you to "Like & Share Us" on Social Media, and visit our Web Site at [www.AlpineChurchOfSpiritualLiving.org](http://www.AlpineChurchOfSpiritualLiving.org) for additional information, and to view videos of Rev. Gay Beauregard's Sunday Talks

**Sunday Services: 10 a.m.**

2065 Arnold Way, Alpine, CA 91901

Mailing Address: POB 1478, Alpine, CA 91903

Phone: [619-445-6459](tel:619-445-6459)

**Upcoming Events: (New info in GREEN) (this weeks events in RED)**

**See Regular Ongoing Events Below**

**Thurs., Oct. 26th: Board Meeting**

6:45 p.m.

Board Members (Rev. Gay, Rev. Marilyn, Ann, Mike & Fawn) always attend. Members & Team Leaders always welcome

**Sat., Oct. 28th: Community Outreach - Alpine View Lodge**

Meet at ACSL 9:45 a.m. to car pool, or at the Lodge at 10 a.m.

Please call Ann at [619-445-4235](tel:619-445-4235) if you are coming

**Sun., Nov. 12th: Team Leaders & Team Members Meeting**

Right after regular Sunday Services

**Sun., Nov. 29th: Thanksgiving Potluck**

Right after regular Sunday Services

**Sun., Dec. 17th: Christmas Potluck & Gift Exchange**

Right after regular Sunday Services

Bring a (\$5 max) wrapped gift to share if you want to participate in the gift exchange

**Wed., Dec. 20th: Christmas Candle Lighting Ceremony**

7:00 p.m.

Led by Rev. Marilyn Hall

Music by Sylvia Isely-Aguilera

**Misc.**

**Thursdays (when enough are signed up): Qi Gong Classes**

7:00 - 8:00 p.m. @ ACSL

Contact Chris directly at [619-504-1557](tel:619-504-1557) or email [c.endres@cox.net](mailto:c.endres@cox.net) if you'd like to get a new class started.

\$56 for an 8 week session, or \$10/class

Qigong (chee gung), is a gentle exercise and moving meditation similar to T'ai Chi. It uses flowing, easily learned movements and breathing to improve the health & harmony of body, mind & spirit. Anyone, of any age or physical condition can participate!

Certified instructor Chris Endres has been teaching privately and for Grossmont Adult Education since 1995

**Have a Demonstration to share?** There will be time in the beginning of the regular Sunday Service for an individual (or maybe two) to share (with advance coordination.) Please contact Rev. Gay via email [glbeau@yahoo.com](mailto:glbeau@yahoo.com) or phone [619-972-2116](tel:619-972-2116), in advance to be selected to share and teach others about how SOM Prayer & Demonstrations work in our lives.

**Have a desire to Clean?** We're looking for a volunteer, or two, or three to clean at church once a month or so (bathrooms, vacuum & mop floors, empty trash.) Contact Ann if you are willing. There are many other ways to serve as well (see below.)

### Volunteering Info:

The following categories are open for participation with the leaders names and phone numbers.

With just a call you can fulfill your desire to serve using your individual talents and be an inspiration to others.

**TEAM LEADER COORDINATOR:** This position is available for some very special church member. Please see Rev. Gay if that is you.

**CHILDREN'S CHURCH LEADER:** Who will this angel be?

**COMMUNITY RELATIONS LIAISON:** Angie [619-254-3804](tel:619-254-3804)

**PRAYER TEAM:** Rev. Marilyn [619-722-6859](tel:619-722-6859)

**OUTREACH:** Ann [619-445-4235](tel:619-445-4235)

**MEDIA:** Mike [619-300-3559](tel:619-300-3559)

**FACILITIES:** Jim Clear [858-566-0065](tel:858-566-0065)

**CHURCH & SOCIAL EVENTS:** Betty [619-445-9140](tel:619-445-9140)

**SUNDAY PLATFORM & MUSIC:** Suzie [619-445-5754](tel:619-445-5754)

**ENTERTAINMENT & PRODUCTION:** Rev. Gay [619-979-2116](tel:619-979-2116)

### Regular Ongoing Events:

**Easy Fundraising:** Anytime sign up for eScrip at [www.escrip.com](http://www.escrip.com) (a portion of your every day credit card purchases go to ACSL.) Our member # is 500140054.

**Namaste Catering Services & Cooking Classes:** Courtesy of "our own" Chef Jordan, the ACSL Community receives discounts with a percentage of profits returned to ACSL.

See [www.namastecateringscd.com](http://www.namastecateringscd.com)

**Birthdays Celebrated:** Usually the 2nd Sun. of each month after regular services

**AA Open, Speaker's Meeting:** Sundays, 7 p.m.

**Afternoon Games:** 4th Tuesday of each month, 1-3 p.m., call Ann [619-445-4235](tel:619-445-4235)

**"The Way of Mastery" Book Study:** Tuesdays, 3:30 p.m. at Jody's in Guatay. Call [619-473-2045](tel:619-473-2045).

**Drumming Circles:** Tuesdays, 6 p.m.

**Alive in the Present:** Wednesdays, 1:30 p.m.

**SOM Year One Classes (Four 8 week segments complete year one of Accredited SOM**

**Classes):** Wednesdays, 6:30 - 8:30 p.m., call Rev. Gay [619-979-2116](tel:619-979-2116)

\$120 total for each 8 week segment (\$15/class), or \$100 if paid in full at the first class.

(SOM 101: Sept. 13 - Nov. 1) (SOM 102: Nov. 15 - Jan. 3) (SOM 103: Jan. 10 - Feb. 28) (SOM 104: Mar. 7 - Apr. 25)

**Spiritual Book Group:** 2nd & 4th Thursdays of each month, 10 - 11:30 a.m., see Rev. Marilyn Hall

**ALANON Open Meeting:** Thursdays, 5:30 p.m.

**Qi Gong Classes:** Thursdays, 7 - 8 p.m. (when enough people are signed up) Call Chris at [619-504-1557](tel:619-504-1557)