

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
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)

Remember to set your clocks back 1 hour before going to sleep Sat. night
See Regular Ongoing Events Below

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

Right after regular Sunday Services

Sun., Nov. 26th: Thanksgiving Potluck

Right after regular Sunday Services

Wed., Nov. 29th: Board Meeting

6:00 p.m.

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

Members & Team Leaders always welcome

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 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 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 (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

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)