No matter how much we think about a new journey, no matter how much we want our imagined outcome of a new journey, no matter how many times we decide to start a new journey, our new journey only begins when we actually take the first step on a different path.

Our 2025 program “Keeping the First Thing First: Living by Spiritual Principles One Day at a Time” invites each of us to embark on a year-long new journey one step at a time. Every element of our Sunday experience is intentional and purposeful in response to what as been revealed in my visioning practice seeking the Infinite’s idea of Itself expressed as CCSL in 2025.

Throughout the year, we’ll be supported by the:

* Consistent message of the lyrics in the pre-service announcement song,
* Consistent message of the lyrics in the post-service announcement song,
* Consistent message of the lyrics in the Sunday service closing song,
* Proven tools provided weekly,
* Opportunities to share our experience, strength and hope of this new journey,
* Opportunities to interact with community members who are also on this new journey.

We will spend the year exploring the timeless wisdom inherent in the Twelve Steps and Twelves Traditions of various recovery programs, and the spiritual principles upon which each is founded. We will explore the promises of practicing the steps and living *“from”* spiritual principles.

We will explore how all of this relates to and aligns with metaphysical teachings in general and Science of Mind teachings specifically.

No one is going to monitor you or check your weekly worksheets. The only requirement for participation is to choose it; to simply say yes to yourself.

Attached are several reference documents that you may find helpful throughout the year.

1. In This Room by Linda Webb-Khakaba (lyrics only)
2. One Good Day by Linda Webb-Khakaba (lyrics only)
3. First Thing First (lyrics only)
4. The results of living by spiritual principles as stated in the programs of:
	1. Alcoholics Anonymous
	2. Co-Dependents Anonymous
	3. Narcotics Anonymous
	4. Science of Mind
		1. What We Believe – Science of Mind Magazine
		2. What I Believe by Ernest Holmes

Each week I will provide you with additional information and exercises to support you in your personal journey of re-discovery… re-discovering your Divine Self.

As questions arise, I invite and encourage you to share them so they can add them to our wheel of wisdom. You are welcome to email them to me at revrafe@columbiacsl.com.

I will close with this. My understanding, through study and experience, is that ultimately, Life is the activity of giving and the spiritual practice of service is the greatest expression of giving in this human realm. Spiritual community offers us infinite opportunities to grow in a loving and supportive environment as we learn to give as freely as Life gives to us.

I look forward to experiencing how you are called to give the gift of you in service to CCSL, the community beyond CCSL and to Life.

Thank you for the continuous opportunity to serve you as your minister and spiritual leader by sharing my experience, strength and hope through giving of my time, talents and treasure.

In deepest gratitude,

Rev. Rafe

**PRE-SERVICE ANNOUNCEMENT SONG**

**In This Room by Linda Webb-Khakaba (lyrics only)**

We all come from different places, different paths, different spaces

Bringing so many questions, bringing our pain from different families.

Each of us has a story

Stumbling into the light, I see people like you, and me, in this room.

We listen to the truth that sets us free.

In this room, we open our hearts.

We can clearly see how the path has brought us all right here.

We're safe, we're strong; our friends are near, and there is nothing left to fear 'cause we're home, in this room.

In this room, we value complete acceptance of who we are.

In this room, we walk towards complete forgiveness.

In this room we learn that learning never ends, and we can choose any time we want to begin again.

In this room, we listen to the truth that sets us free.

In this room we open our hearts, and we can clearly see how the path has brought us all right here.

We're safe, we're strong, our friends are near and there is nothing left to fear ‘cause we're home in this room.

In this room there's gold dust in the air.

In this room possibility is everywhere.

In this room we stand when our hearts are torn.

In this room, a new way of being together is being born.

In this room, we listen to the truth that sets us free.

In this room we open our hearts, and we can clearly see how the path has brought us all right here.

We're safe, we're strong, our friends are near and there is nothing left to fear 'cause we're all in this room

In this room, we open our hearts.

In this room, we grow together.

In this room, we accept one another.

In this room, we learn to love.

In this room, we bow our heads in this room.

We know each other in this room.

**POST-SERVICE ANNOUNCEMENT SONG**

**One Good Day by Linda Webb-Khakaba (lyrics only)**

Living Spirit, I am grateful

Loving Spirit, I am free

So many gifts upon my table

Loving kindness is to me

Living Spirit, I am grateful

I am grateful, loving spirit

For the way

For this rich, abundant living

Every single day

And I give thanks

For the knowing

I give thanks

For the way

Your love is overflowing

Every time I pray

And I thank you God

One good day

Living Spirit, I am grateful

Loving Spirit, I am free

So many gifts upon my table

Loving kindness says to me

Living Spirit, I am grateful

Loving Spirit, for the way

For this rich, abundant living

Every single day

And I give thanks

For the knowing

I give thanks

For the way

Your love is overflowing

Every time I pray

And I thank you God

Oh, I thank you God For one good day.

**SERVICE CLOSING SONG**

**First Thing First by Consumed by Fire (lyrics only – page 1 of 2)**

All the things that I have held dear

The vanities that whispered in my ear

What would I do if they all disappeared

Riches and fame and all that they could buy

I’ve come to find they never satisfy

What would I gain if my soul’s the price

I don’t wanna love what the world loves

I don’t wanna chase what the world does

I only want you

First thing first, I seek Your will, not my own

Surrender all my wants to you

Keep the first thing first

To live Your truth, walk Your ways, set my eyes, Lord (Love, Life) I fix my face on you

All my desires reversed to keep the first thing first

I give it all, my life an offering

My heart is yours so have Your way in me

Your kingdom’s all I wanna seek

I don’t wanna love what the world loves

I don’t wanna chase what the world does

I only want you

First thing first, I seek Your will, not my own

Surrender all my wants to you

Keep the first thing first

To live Your truth, walk Your ways, set my eyes, Lord (Love, Life) I fix my face on you

All my desires reversed to keep the first thing first

**SERVICE CLOSING SONG**

**First Thing First by Consumed by Fire (lyrics only – page 2 of 2)**

To keep the first thing first

All my desires reversed to keep the first thing first

To keep the first thing first

First thing first, I seek Your will, not my own

Surrender all my wants to you

Keep the first thing first

To live Your truth, walk Your ways, set my eyes, Lord (Love, Life) I fix my face on you

All my desires reversed to keep the first thing first

To keep the first thing first

To keep the first thing first

All my desires reversed

To keep the first thing first.

**The AA Promises**

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity, and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves

Are these extravagant promises? We think not. They are being fulfilled among us -

sometimes quickly, sometimes slowly. They will always materialize if we work for them. Alcoholics Anonymous p83-84

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**The Twelve Promises of Co-Dependents Anonymous**

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend - to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my Higher Power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

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**The Principles of the Science of Mind Philosophy**

Ernest Holmes wrote the Declaration of Principles, also known as “What We Believe,” for the first issue of Science of Mind magazine that was published in 1927. “What We Believe”

has been included in every issue of the magazine since then.

* **WE BELIEVE** in God, the Living Spirit Almighty; one, indestructible, absolute and self-existent Cause. This One manifests Itself in and through all creation, but is not absorbed by Its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.
* **WE BELIEVE** in the individualization of the Spirit in us, and that all people are individualizations of the One Spirit.
* **WE BELIEVE** in the eternality, the immortality and the continuity of the individual soul, forever and ever expanding.
* **WE BELIEVE** that heaven is within us, and that we experience it to the degree that we become conscious of it.
* **WE BELIEVE** the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.
* **WE BELIEVE** in the unity of all life, and that the highest God and the innermost God is one God. We believe that God is personal to all who feel this indwelling presence.
* **WE BELIEVE** in the direct revelation of truth through our intuitive and spiritual nature, and that anyone may become a revealer of truth who lives in close contact with the indwelling God.
* **WE BELIEVE** that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind which receives the direct impress of our thought and acts upon it.
* **WE BELIEVE** in the healing of the sick and control of conditions through the power of this Mind.
* **WE BELIEVE** in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to All.
* **WE BELIEVE** in our own soul, our own spirit and our own destiny; for we understand that the life of all is God.