



Portland Center FOR Spiritual Living

MAY 2013

COMMUNITY NEWS

OPPORTUNITIES

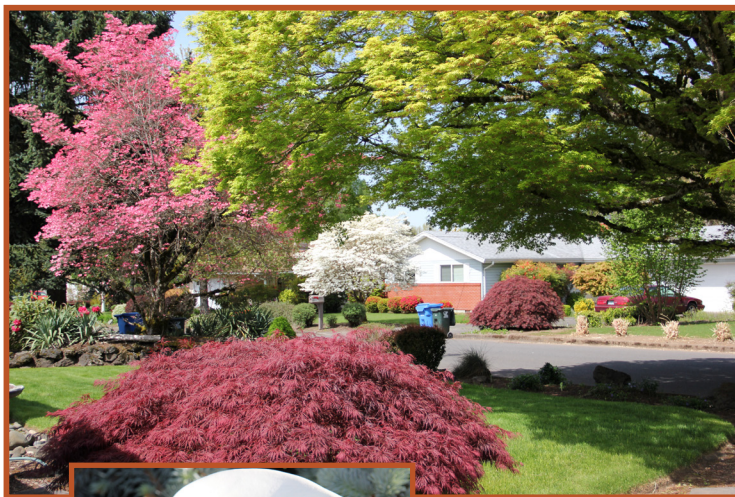
BECOMING OUR BEST SELVES BY JUNE GUMZ

As I approach the three quarter century mark in life, could I take a lesson or two from nature? What would my life be like if I “blossomed” anew each spring? Like trees which get another ring every year, I get more wrinkles and freckles (age spots according to the skin care ads). Other than that, I don’t see any cyclical things going on in my life.

I don’t know what your neighborhood looks like, but mine could be a garden/park every April and May. With the dogwoods, rhodies, azaleas, flowering cherries, Japanese maples, peonies, daisies, etc. the yards of our ‘60ish homes are aglow with color. Ten months of the year our yards are ho-hum and ordinary. Every spring I am intrigued at how nature reinvents itself so beautifully. It is comforting to know that nature knows how to be its best self, year after year.

I have friends who have written books, produced saleable art, written poetry, designed and sewn quilts and any number of other artistic and business ventures. Unlike nature’s spring extravaganza, they seem to be equally talented no matter what the season. Maybe that is what makes us different from the flora and fauna. Perhaps there is something to the “dominion” verses in the Bible.

PCSL’s busy social season is approaching with the Women’s Retreat, the annual picnic, Divine Dining and the Community Retreat. I plan to take advantage of as many as I can fit in. Our Center gives us ample opportunities to be our best social selves just as spring gives nature a boost to be beautiful and bountiful. Let’s take advantage of our opportunities and use them as a template for next year and the year after that.



Nature knows how to be its best self, year after year.



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What would my life be like if I “blossomed” anew each spring?



Rev. Larry King

"Thanks so much for your continued love and support of my music ministry."

- Suz Ogden

"Thanks again for your generous support of our efforts to locate, organize, preserve and share records, resources, materials and documents that support the activities and expressions of Science of Mind."

-James Abbott,
Science of Mind Archives
& Library Foundation

THE CYCLE OF LIFE: BY REV. LARRY KING

GIVING BACK TO OUR SOURCE

One of the things I love about our Center is that we understand the cycle of life. We understand that both giving and receiving are necessary to create the flow of Good in our lives—and in the world in general.

So far this year, our Center has given back to our national headquarters organization, to many local non-profits and to some of the inspirational people and organizations that have contributed to our Sunday experience. Our gifts have been in money and in new and reusable items. Here are just a few of them:

Bradley Angle House—local shelter and non-violence resource center
Dress For Success, Oregon—empowering women to re-enter the workforce
Hefferlin Foundation—"seeding" New Thought churches and ministers
Helensview High School—local alternative high school that we help foster
Lions Eye Bank—providing needed care and materials for Oregonians
Oregon Food Bank—supporting hungry Oregonians
Ricki Byars-Beckwith—one of the songwriters we often feature on Sunday
Suz Ogden—one of the songwriters we often feature on Sunday

Through our Forward Flow Ministry (administered by Suki McDonough) we pass along your gifts of new and gently used items to Oregonians who need them. Through our Gifts and Tithes program (administered through your CORE Council) we give gifts to local non-profits and tithes to our national home office and to some of the people who have made our Sundays inspirational through their music and writings.

And it all starts with you! It is through your generosity that we are able to "give back" to the many faces of the one source of all things. Thank you for your continued tithes and gifts—together we make an amazing difference in the world.

All my love and blessings for peace and abundance,

Rev. Larry King



It is through your generosity that we are able to offer support to programs like Helensview alternative high school (above) and Dress For Success, Oregon (left).



GET TO KNOW YOUR COMMUNITY

JOAN BROWN-KLINE: "Food for the Spirit" BY JUNE GUMZ

I remember the day Joan Brown-Kline entered our Center. My first thought was, there is a lady who is way too classy for PCSL. She was dressed from top to bottom in stylish clothes suitable for a visit to the queen. As I looked around at the rest of us in casual clothes, I felt we could fit in at a picnic or tennis tournament. As time has gone on, Joan hasn't toned down to our level and we haven't upgraded to hers. The status quo remains intact.

After attending several other churches and not connecting, Joan found PCSL on the computer. She still remembers the message Rev. Larry gave that first visit. It was about generosity. A young man was given money to purchase a new coat. The story left her thinking that giving is not just helping the recipient, but how much the giver receives in return.

Joan's work experience has been varied and impressive. For seven years she was CEO for the Girl Scouts of Oregon and SW Washington. She retired from CASA for Children as its executive Director several years ago. Presently, Joan is a management consultant working with non-profits, government and the private sector. She provides services in organizational development, community engagement and training services in diversity, inclusion and equity.

The final project for the Foundations class at PCSL became a vehicle for a book Joan completed recently. It will be published later this year. She had written prayers for the final project and sent them to some of her friends. One of these friends lives in Atlanta and has represented six writers in the past. One day she called and asked her to write 50 more prayers and Joan said "ABSOLUTELY NOT! It takes too much time. Well, 130 prayers and 7 months later, I finished my first book." It is titled "Food for the Spirit."

When Joan isn't consulting, writing prayers, etc., a perfect day is one with blue skies, no appointments, buttered popcorn and a cold coke. I can relate.



Joan Brown-Kline

"Well, 130 prayers and 7 months later, I finished my first book." It is titled "Food for the Spirit."



Joan Brown-Kline, as CASA executive director, at "Home Is Where the Heart Is" auction and dinner benefitting abused and neglected foster children in Multnomah and Washington counties.

YOUR SPACE

SPRINGTIME, WHEN THE WORLD AROUND US IS EMERGING

BY NANSEA ARQUETTE, VANCOUVER, WASHINGTON

Emerging means up and coming, rising and budding. We positively respond to this word as a promise and yet sometimes our hearts emerge from within in ways that completely upset and transform our world.

Many of us have stories that arise while we are awake and/or sleeping.

When my mother died I was grieving deeply and realized I could no longer do my job of twenty years. After shedding a flood of tears, I felt defeated and sat in a place of nothingness. I sat paralyzed in depression for weeks. It was like all the air had leaked out of my balloon. I had nothing to give and nothing to say. I was stopped dead in my tracks. There was no strength for resistance in this lonely place.

I came to realize that my world was emerging whether I liked it or not. This had been my dream job and I thought I would do hospice work the rest of my life. After soul searching I asked myself what I really wanted to do. I decided I wanted to help children who were grieving. There was no one there to compassionately guide me when I was three and my daddy died. Now I know that this caused unnecessary suffering.

I had no idea how to go about this new direction. I researched children's grief support on-line and found a perfect training resource for people who wanted to start a grief center for children! It was in Portland, Oregon where my daughter lives. Spirit brought me within reach of possibility. My husband and some inheritance supported opening the grief center. I was infused with excitement and the Universe propelled me forward.

There is nothing crazy about believing in what's in your heart. Love is the strongest power on Earth. I learned to trust inspiration – Spirit is an intelligent loving and powerful guide. I turned to my spiritual community my minister for support in letting go of my career. She had a firm and faithful hand that I held onto as we prayed and I envisioned what I wanted to see happen. I resisted giving into the fears that seemed to try to dominate my mind. Using Spiritual Principles from the Science of Mind became my daily practice and The Universe began to move events and people to make the way before me. I left the hospice with a celebration with co-workers and bosses. I received loving gifts to boot. It was a more caring and honorable farewell than I thought possible.

We can align with Spirit within us and surrender to our heart's calling. The world emerging is inevitable. It is up to each of us to stop and take time each year to question ourselves and find the path that has heart; one that will undoubtedly take us to our "promised land" into a promising new year.

NOTE: Nansea currently volunteers with the youth program at PCSL.



Nansea Arquette

"I came to realize that my world was emerging whether I liked it or not."

"I learned to trust inspiration – Spirit is an intelligent, loving and powerful guide."

DO YOU HAVE AN IDEA OR STORY TO SHARE?

Our newsletter is evolving. I know that PCSL is abundant with creative folks with ideas and stories to share. Our newsletter seems to be a natural place to try them out. I am excited by the prospect of exposing more of our writers to the Community News audience. If you have something to share, please email it to: greetingsjg@comcast.net. – June Gumz, Editor

THOUGHTS: OPTING IN BY REV. SHARON LEE FOLEY

French philosopher, Rene Descartes is famous for saying, "I think, therefore I am." An old joke says Descartes is in a bar. The bartender asks him if he'd like a drink. He replies, "I think so." A while later the bartender asks if he'd like another. Descartes says, "I think not," and disappears. I have realized that I have a slightly different take on this. "I complain, therefore I am." Imagine my surprise to find that very philosophy reflected in Chapter 1 of "A Complaint Free World." Here I thought I had invented it. I have used this as a gentle reminder to myself when I notice I am complaining. As we complain, we are once again creating an environment in which our body of thought serves to create our lives. Complaining focuses our attention on what we don't want. The Law of Attraction then gives us more of that!

Complaining is also a way of telling ourselves that we are separate. "I don't like that" implies that there is "that" and then there is me. That is a lie. The basic tenet of Science of Mind is that there is only one life. Complaining is a lie. It is also a way of opting out of that one life when opting in is living life fully. I opt in. I'll see you there.

CORE COUNCIL UPDATE: BY DIANE THOMAS, CHAIR

Our "refreshed" **CORE Council** has met twice since our annual meeting. We've welcomed our new members (Karen Kettler, Kathy Batten, Scott Bond and Starr Sheppard-Decker) and we're working on two projects for you right now.

1. We heard you loud and clear! The time has come for us to replace our "Old Reliable" heater with newer, quieter equipment that will also cool the sanctuary. We've gotten our three bids and on Sunday, May 19th, after the second service we will present a plan for fund raising and purchasing the new equipment. It will be exciting to upgrade our facility with new state-of-the art heating and cooling capabilities.

2. Refinancing of the building was also a hot topic. We've discovered is that the rate we have (3.2%) is actually good for commercial properties. Residential loans go lower, but commercial loans require a higher rate and shorter terms. We'll continue to investigate, but it seems our current rate and payments are better than what we could get on the market. We'll keep you updated.

Our other area of work right now is on our revenues—and their impact on the budget. To date in 2013, we've received about \$7,000 less than the similar period in 2012. If this continues, we will need to address our budget and find areas where we can save money or reduce services to the congregation. Respectfully, we ask that our membership see if they are on-board with their pledges and making their regular contributions to the Center.

2013 will be a year of great transformation, spirituality and fun, here at the Portland Center for Spiritual Living. Your CORE Council can be depended upon to make sure your finances and building are in good order!



Rev. Sharon Lee Foley

Complaining focuses our attention on what we don't want. The Law of Attraction then gives us more of that!



Diane Thomas
CORE Council Chair

Working to create and maintain a wonderful environment for Spiritual growth

CORE Council 2013-14

(not pictured: Rev. Larry King and Diane Thomas)



Pamela
Jeanne



Starr
Sheppard-Decker



Helen
McCann



Dee
Hartman



Karen
Kettler



Kathy
Batten



Matthew
Lashua



Rosemary
Teetor



Scott
Bond

Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

PORTLAND Center for Spiritual Living

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Portland, Oregon 97211

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CONNECT ON LINE



AVAILABLE WHEN YOU ARE

You can now listen to the Sunday message at home and on your portable devices. Subscribe in iTunes or at www.PCSL.us

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COMING EVENTS • GET THE LATEST UPDATES ONLINE AT www.pcsl.us/calendar

MAY

15 DEGREES OF COMFORT Our Heating/Cooling Campaign KICK OFF! Sun. May 19

We're starting our campaign for a new heating/cooling system. Find out about our new "whisper quiet" system and what you can do to make sure we get it installed in time for the Summer heat. We'll provide pictures, information and some snacks—just linger after the 2nd service. For more info, or if you'd like to make an early contribution to this project, just call Pamela Jeanne at 503-720-8999.

WOMEN'S RETREAT REGISTRATION CLOSES

Sun. May 26
See details below.

MEMBERSHIP CLASS

Sun. May 26 & June 2
Have you wanted to become a full member in our loving community? Join Rev. Larry for two afternoons exploring the basics of what we believe, where we fit in and how we serve. Everyone is invited to become a member—there is no cost.

JUNE

CELEBRATE SPIRIT AS WOMAN Retreat
June 20 - 23, Silver Falls Conference Center
Three days of coming together as women in the company of women, to remember the love, the light and the power that is the truth of us. Join us and change your life. Information and registration at PCSL, online at www.pcsl.us/SpiritAsWoman.htm or call Nancy at 503-880-0308 or Starr at 503-344-6990.

ESSENTIAL ERNEST HOLMES Class

Wed. June 26 - Aug. 28, 6:30-9pm

A loving tribute to Dr. Ernest Holmes and all of the wisdom he brought to our world, the course is based on "What We Believe." Each week you'll have the opportunity to examine these ideas and uncover ways to make the power of this teaching come alive in your life.

JULY

ANNUAL PICNIC

Sun. July 14, 12:30-3:30pm

Peninsula Park, 700 N Rosa Parks Way

Join us for family fun at our Center's annual picnic. Bring a friend to grow our community. PCSL will provide the burgers, veggie-burgers and "dogs." You provide your favorite picnic potluck side dishes to share.

AUGUST / SEPTEMBER (SAVE THE DATES)

RELATIONSHIPS: BEING REAL

Sat. Aug. 10-24, 3 sessions

Rev. Lynn Johnson

COMMUNITY RETREAT

Sept. 13-15

Menucha Retreat Ctr.

ON-GOING ACTIVITIES

BREAKFAST WITH THE MINISTER: Sat, 9:00am

To make your reservation or for Info, contact Dee Hartman at 360-831-8033.

PHOTOGRAPHY GROUP: If you enjoy taking pictures and would like to share your experience with others, sign up on the interest sheet in the sanctuary. For more information call June Gumz (503) 653-7132..

TRANSCENDENCE 12-STEP: For information, contact Nancy Ashley at 503-880-0308.

W.O.W. WOMEN'S BOOK STUDY: Thur, 10:30am

All events held at the Center unless otherwise noted.

GET INVOLVED

PAID POSITIONS AVAILABLE

YOUTH CHURCH TEACHERS – A wonderful chance to have fun with kids while teaching Science of Mind principles. There are two groups of children—the younger group is ages 0-6 and the older group from 7-12. We are looking for regular and substitute teachers. If you have a desire to work with either group please contact Angelica Jackson 530-228-3515.

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SERVICE OPPORTUNITIES

HOSPITALITY TEAM: One Sunday a month, 9 am service. Call Kathy Batten 360-931-0371.

CLEAN TEAM: Cleaning and light maintenance for three hours, once a month. Contact Anette Bolster 503-970-4116.

FORWARD FLOW—12 MONTHS OF GIVING: For info call Suki McDonough 360-624-5615.

HEART TO HEART: Support during an illness, loss or other transition. Contact Rev. Sharon Lee Foley 503-668-9806 or Lexy Dillon 503-663-5817.

SHOP FOR PCSL

SAFEWAY CARD eSCRIP: Link your card to eScrip and a small portion of each purchase will support PCSL. Sign up at the back table or call Jessica Livesay at 940-616-4678 for info.