



# Portland Center FOR Spiritual Living

NOVEMBER 2011

## COMMUNITY NEWS

### AUTUMN PRESENTS

#### MY FAVORITE TIME OF YEAR BY JUNE GUMZ

**The pledge drive for PCSL is over and plans for the next year can be made.** It is so pleasant that our Center finances don't have to go through the machinations of our federal and state government budgets with all the political twists and turns. We are fortunate that we do not have to make someone else wrong so that we can be right. Our pledge system encourages everyone to be abundant, not just the top 1%. Oops, sounds as if I am getting political myself.

The StarLight Talent Show (pictured below) earlier this month was an amazing example of desire and trust. People wanted to express and felt that our Center was a safe place to do that. Real-life stories, individual instrumentals, solos and delightful group singing made the night a full-blown success. The MC was professional, humorous and encouraging. Intermission was a sugar fest. More chocolate chip cookies than I eat in a decade were bought and consumed (brownies, specialty breads, coffee cakes, too). All in all, it was a great way to support our music team.

Winter is on its way, but autumn has been spectacular this year. Whatever the trees needed to show off their grandeur, it was supplied. People travel thousands of miles to see the fall colors in the east, but this year they might be surprised to find the same beauty in our front and backyards. **This is my favorite time of year.**

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*StarLight Talent Show –  
an amazing example  
of desire and trust, and  
a full-blown success.*





Rev. Larry King

*Awakening a spiritual  
connection among  
friends, family and God.*

## SPIRITUAL LEADER'S MESSAGE

### TAKING BACK THE HOLIDAYS BY REV. LARRY KING

**As the world ramps up for another busy holiday season,** I've decided not to participate. Or rather, I'm going to participate on my own terms.

I love the fall and winter holidays—Thanksgiving, Christmas and New Years. Things have gotten a little out of hand, though. These used to be times of quiet family joy. They used to represent gatherings of people for the celebration of life and love. They used to awaken a spiritual connection among friends, family and God.

Then Madison Avenue got me to thinking that the holidays were supposed to look a certain way. They convinced me of the importance of gifts, parties and themed events. I became attracted to the holiday life-style and forgot about the holiday.

This year I'm going to do things a little differently.

I'm putting aside most of the shopping and wrapping. I'm going to skip most of the parties and events. I'm only going to decorate to the degree that I'll enjoy the process. I'm going to focus on friends and family and spending quality time with them.

Do you know what I mean?

Instead of spending 8 hours finding the perfect gift for my partner, I'm going to spend 8 hours with my partner talking about things that are important to us.

Instead of spending 12 hours decorating the house, I'm going to spend 4 hours decorating the house and 8 hours enjoying the house with friends.

Instead of taking-in "Zoolights," the Grotto and the "Polar Express," I'm going to spend some time thinking about what I can do to uplift the people around me.

If Thanksgiving is a time of gratitude for God's bounty, how can I show my gratitude for the gifts I've received this year? If the birth of Jesus symbolizes a re-birth of Love and Compassion, how can I be that caring love to my friends and family?

If Hanukkah and Solstice represent the coming of light and spirituality into a dark season, how can I become that light?

I invite you all to think about what's most important to you this time of year. I ask you to open your heart to experience Thanksgiving and Christmas with new eyes. I invite you to take back the holidays!

All my love for the holiday season!

Rev. Larry

There is a laughter of God —  
**let's laugh it.**

There is a song of the Universe —  
**let's sing it.**

There is a hymn of praise —  
**let's praise it.**

There is a joy, a beauty;  
there is a deep, abiding peace —  
**let's experience it.**

~ ERNEST HOLMES



H A P P Y   H O L I D A Y S

## GET TO KNOW YOUR COMMUNITY BY JUNE GUMZ

### DR. PAMELA SKY JEANNE – A Busy Lady

**Dr. Pamela Jeanne's interest in medicine** started as a young girl. She volunteered at two different hospitals as a candy stripper. Girls who were interested in nursing careers were offered opportunities to experience the real hospital world from the inside. Two characteristics made her a natural: curiosity and a desire to help.

The role Pamela treasures the most is becoming a mother of two fine sons who are "the light of my life." Even more satisfying and heartwarming is watching them in their role as parents. They are doing a fantastic job. While raising her own family Pamela was a nurse. When her children were raised and on their own she made the leap from nursing to becoming a doctor of natural medicine. This entailed leaving the east coast and moving to Portland, Oregon to attend a prestigious medical college which she feels is one of the best decisions of her life.

One of the pluses of the move was finding a spiritual home at Portland's Center For Spiritual Living. "I feel nourished every time I attend a gathering of people at the Center." This could be a Sunday service, a retreat, workshop or class in the Science of Mind philosophy. Her mind has been enriched by SOM and she simply wants more of that.

Yoga, gardening and hiking are passions of Pamela's. Her desire lies in preserving the planet for future generations. Yoga has been her favorite "body movement" since her mid-twenties. Gardening with flowers and vegetables and using environmentally friendly resources keep her in touch with nature.

Something she would like us to know about her is that she is courageous and that she loves a challenge. Currently she is blossoming into a new career of writing. Her first book will be published in early 2012 about a topic on which she is passionate. This work is a culmination of her 45-year medical career. Pamela addresses the imbalances in health care and how to create a more sustainable, supportive health system. The book honors the work and contributions women have made to medicine and healing.

Dr. Pamela Jeanne is an asset to medicine and our Center. She is a member of the CORE Council and headed up the 2011 pledge program. A busy lady.



*Dr. Pamela Sky Jeanne*

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*"loves a challenge"*

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*Pamela playing with the "Pickled Peppers" kitchen band and rafting with her granddaughter.*

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#### **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. So, if you have something to share send it to [greetingsjg@comcast.net](mailto:greetingsjg@comcast.net). I am excited by the prospect of exposing some of our writers to the Community News audience.*

*– June Gumz, editor*

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Opening Hearts

Igniting Minds

Making a Difference

JOIN US AT THE CENTER

PORTLAND

## Center for Spiritual Living

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## COMING ATTRACTIONS / EVENTS

### NOVEMBER

#### GRATITUDE SERVICE

Wed, Nov. 23, 7:00 – 8:00pm

Be a part of our Annual Gratitude Service. Through music and sharing, we celebrate life and its many blessings. Offer gratitude for all of your many gifts this year, as well as set your intentions for "future gratitude" in 2012.

#### HOLIDAY DECORATING

Sun, Nov. 27, 12:30 – 1:30pm

Enjoy some eggnog and snacks as we deck the halls with holiday decor. Everyone is welcome to help us make the Center look extra-special.

### DECEMBER

#### ORDINATION OF REV. SHARON LEE FOLEY

Fri, Dec. 2, 6:30pm

The Portland Center for Spiritual Living joyfully invites you to the ordination of Rev. Sharon Lee Foley on Friday, Dec. 2 at 6:30 pm. A reception will follow the ceremony. Everyone is welcome to attend and enjoy the music, ceremony and celebration of a Religious Science Ordination.

#### SOLSTICE OBSERVANCE

Sun, Dec. 18, 9:00 and 11:00 am

Solstice represents the coming of light and spirituality into a dark season. Let us reflect on how we can become that light.

#### CHRISTMAS DAY SERVICE

Sun, Dec. 25, 11:00am only

Celebrating the birth of Jesus symbolizing the re-birth of Love and Compassion. With Christmas falling on Sunday, we will have one special, combined service at 11:00. (There will be no Christmas Eve service this year)

### JANUARY 2012

#### NEW YEAR'S GOLDEN BOWL CEREMONY

Sun, Jan. 1, 9:00 and 11:00 am

Ritual service where we each release something that is an untruth in our consciousness, and set a focused intention to embrace a quality of Spirit during the upcoming year.

#### WINTER CLASSES

##### • MEDITATION Is More Than You Think

Wed, Jan. 18 - Mar. 7, 6:30-9:30 pm, 8 wks;

Instructed by Rev. Sharon Lee Foley

Experience the 8 basic types of meditation, begin to appreciate some of their goals and benefits. If you already have a meditation practice, expect a deepening to occur during this blend of discussion and group meditative practices. (Foundations is a prerequisite class)

##### • ROOTS

Thurs, Jan. 19 - Mar. 22, 6:30-9:30 pm, 10 wks; Instructed by Kate Barrett, RScP

The Roots of Science of Mind run deep and wide through the religions, philosophies, literature and science of humankind. This class guides us through the writings of three people who greatly influenced Ernest Holmes, our Founder: Ralph Waldo Emerson, Thomas Troward and Emma Curtis Hopkins. (Foundations is a prerequisite class)

### ON-GOING ACTIVITIES

**BREAKFAST WITH THE MINISTER:** Tues, 7:30am

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

**DRUMMING CIRCLE:** 2nd Fri, 7:00pm

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

**TRANSCENDENCE 12-STEP:** Tues, 7-8:00pm  
For more information, contact Nancy Ashley at 503-880-0308.

All events held at the Center unless otherwise noted.

Get latest updates at [www.pcsl.us/calendar](http://www.pcsl.us/calendar).

## GET INVOLVED

### PAID POSITIONS AVAILABLE

#### YOUTH CHURCH TEACHER

If you have a desire to work with kids while teaching Science of Mind principles please contact Lexy Dillon (503) 663-5817, or Rev. Larry King (503) 460-2623. We are looking for regular and substitute teachers.

#### SHOP SAFEWAY FOR PCSL

**SIGN UP** for eScrip and we'll link your Saway card to PCSL. A small portion of each purchase will come to support your Spiritual Home. Sign up at the back table or call Nicki Minaker for more info at 503-261-0677.

### SERVICE OPPORTUNITIES

**HOSPITALITY TEAM:** One Sunday a month, 9:00am service. Contact Pat Lloyd 360-253-9779.

**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, Suki McDonough 360-624-5615; Annette Sanders 971-227-9050.

**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.