

Inside

Get to Know	2
The Sheppard-Decker family	
Minister's Message	3
Practitioner Perspective	4
Event Calendar	4

*Opportunity to serve
... and be served.*

OUR CENTER HAS MORE HEART

CONGREGANT CARE TEAM IN ACTION BY JUNE GUMZ

The people at the Portland Center for Spiritual Living have always been caring and helpful if they were aware of a situation. Our practitioners treat for us, the minister teaches us and we individually support our friends in need. However, there are people and conditions to which we are oblivious, who can now be helped by our new Congregant Care Team.

Imagine, having a clearinghouse where trained people make good things happen. Rev. Sharon Lee Foley, Lexy Dillon and Michelle Richards, RScP are committed to a program called *Heart to Heart*. Rev. Sharon says the inspiration for the program was, "I wanted to create something that would bring people together by giving everyone the opportunity to serve others and be served by others." She believes that an intimacy is created as we are willing to witness each other's lives, in times that are good and not so good.



As Rev. Sharon was taking her exit exams in ministerial school, the program unfolded for her "like watching a movie." This is what she wants to see in our community. She knows people will want to be a part of Heart to Heart, and in a few months conversations and trainings will be available for interested parties.

At the end of this newsletter, you will see a flyer with a comprehensive list of what the Congregant Care Team will undertake on our behalf. If you need the kinds of help listed there, or know someone in PCSL that does, please contact one of the team members.

We have always been a caring Center, but now we can care more efficiently and effectively. Thank you Sharon, Lexy and Michelle!

CONGREGANT CARE TEAM



Rev. Sharon Lee Foley
(503) 668-9806
sharonleefoley@mac.com



Lexy Dillon
(503) 663-5817
alexan.alegre@gmail.com



Michelle Richards, RScP
(503) 477-5636
michtalk@msn.com
(currently on sabbatical)

GET TO KNOW YOUR COMMUNITY BY JUNE GUMZ

THE SHEPPARD-DECKERS - A TRUE PCSL FAMILY

PCSL is fortunate to have Starr, Adam and Zayne Decker in its midst most Sundays. Starr is the chairperson of the CORE Council, a licensed Practitioner and a member of the chorus, Adam helps with the sound equipment and copies the Sunday message on CDs and Zayne is the heavy-footed five year old who livens up youth church.

*Starr Sheppard-Decker,
Zayne and Adam Decker*



Starr believes that PCSL is a spiritual home for people who want to live consciously; a safe haven in a world of seeming opposites. Zayne's take on youth church is that he likes rainbows, seeing friends, toys and snacks in that order. Adam appreciates that he learned about the entire sound system when PCSL was meeting in the tent. Adam did set up and take down and received help and guidance from the music team and Barry Trotta.

When asked whether leadership is a comfortable role for her, Starr said "Scarily it is. I am usually looking at the big picture, so being in a position to make things happen is a great place for me." Another place Starr leads is home schooling Zayne. They spend time exploring together and discussing what they find.

As a family, the Deckers go for walks, play baseball, miniature golf and bowl. There is a Wii in the house, so everyone participates in the games. Starr sings professionally and for fun, and reads transformational books. Adam is a mechanical type who enjoys relaxing after work. Zayne is a movie and game buff who is always on the lookout for new friends.

Starr and Adam would like to see more family participation in retreats and other Center functions, because Zayne is often the only child present. They are encouraged by the increase in attendance at youth church and hope that translates into more children in the other activities.

*A safe haven in a world
of seeming opposites*

*Early Bird rate ends
March 28 - don't miss it!*

CELEBRATE SPIRIT AS WOMAN



CALLING ALL WOMEN 18 AND OVER

JOIN US at Portland Center for Spiritual Living Annual Women's Retreat
JUNE 17-20, SILVER FALLS CONFERENCE CENTER
THREE DAYS OF SISTERHOOD: LOVE, LAUGHTER, TEARS & CELEBRATION

Early Bird rate until March 28 • Registration closes May 30
SIGN UP at the Center or call Sharon for info 503-668-9806.



Maggie Cole, RScP

CELEBRATE
Spirit as Woman
2010

SPIRITUAL LEADER'S MESSAGE

MAKING A WORLD THAT WORKS FOR EVERONE

I'm watching the ocean right now, taking a break from writing a Sunday talk on "oneness." It seems that life is full of contradictions. If oneness and Unity are the nature of things, how do we explain the turmoil in the world? War, earthquakes, floods, rioting and unrest are so prominently displayed in the news right now—how is this encompassed or explained within Spiritual Unity? How and why does God create unrest out of Peace? Hunger out of Abundance? Disagreement out of perfect Unity?

I will leave the "why" to philosophers, but the practical part of me understands that the "how" relates to our gift of free will. God has given us the ability to individually and collectively create our world based on our ideas and thought patterns. Literally the thoughts of everyone are creating what we see around us.

As I am seeing an early Spring day with sun and daffodils, my heart goes out to parts of the world that are in need. I send aid where and when I can. I vote for people and policies that make a difference. Perhaps more importantly, I pray for my own continuing transformation and I teach.

Each of us elevates the entire world as we learn more about ourselves and begin choosing our thoughts more carefully. As we improve our interior world, the outer world corresponds. As we take classes, we become more aware of our power for Peace. As we engage in Spiritual Practices, we have an easier time understanding Unity. As we participate in the Sunday Experience at the Center, Harmony quiets our noisy minds. Join me this spring on Sunday mornings, in classes, for workshops and for concerts. Become the change you wish to see in the world. Collectively we can make a world that works for everyone.

Many Blessings,
Rev. Larry King



*This is the time.
We are the people.
This is the place.*

*Music guest artists
Laura Berman and
Craig Benelli.*



*Jim Solberg, Ken Brewer and
Don Shultz harmonize on vocals.*

PORTLAND Center for Spiritual Living

6211 NE M L King, Jr. Blvd.
Portland, Oregon 97211

503.261.0677
info@PCSL.us

*Opening Hearts
Igniting Minds
Making a Difference*

Visit our website
www.PCSL.us

Join us on facebook
[www.facebook.com/
portlandcsl](http://www.facebook.com/portlandcsl)

Follow us on twitter
twitter.com/portlandcsl

Editor
June Gumz
greetingsjg@comcast.net

Design
Cheri Smith

Contributors
Rev. Larry King
Anthony Oliver, RScP

PRACTITIONER'S PERSPECTIVE

BY ANTHONY OLIVER, RScP

CLIENT: My family is very Christian. What can I do or say to keep them from worrying about the state of my soul?

PRACTITIONER: The first step is to ground yourself in Truth. Know that there is only one God, one Universal Mind, one Creative Force. Then honor and support your family's faith and conviction and let them know you understand how wonderful it is to experience God's love. Share your close relationship with God and that you carry the meaning of Christ in your heart. Acknowledge their faith in the messages of Jesus and express your desire for a more compassionate world. If they still feel the need to pray for your soul, consider it a gift and welcome it.



COMING ATTRACTIONS

APRIL

SURRENDER INTO THE MYSTERY

Fri, April 2, 7-8:00 PM

Our Annual "Good Friday" Experience

Release old ways of thinking and surrender into a new and more fulfilling consciousness at this special service in observance of Good Friday and the completion of the Season for Peace and Non-Violence. Join the PCSL Practitioners for this time of meditation, music, ritual and release.

EASTER

Sun, April 4, 9:00 AM & 11:00 AM

Youth Service 11:00 AM

Our special Easter services are filled with inspiration, music and ritual. We're expecting a big crowd this year - you might want to consider the 9:00 AM service with plenty of seating and easier parking.

ON-GOING ACTIVITIES

DRUMMING CIRCLE, 2nd Fridays

TRANSCENDENCE 12-STEP, Wednesdays

WOW BOOK STUDY, Thursdays

FORWARD FLOW, bring your donations to the Forward Flow table. For more information contact Suki McDonough: 360-624-5615 or Annette Sanders at 971-227-9050.

All events held at the Center unless noted. Details at www.pcscl.us/calendar.

SPRING CLASSES:

FOUNDATIONS

Tues, April 13 - June 15, 6:30-9:30 PM

Instructed by Rev. Larry King

Learn the nine spiritual principles and practices that will change your life forever within an experiential format of lecture, discussion, sharing and processes.

ROOTS

Thurs, April 15 - June 17, 6:30-9:30 PM

Instructed by Rev. Larry King

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.

PRACTICAL MYSTICISM

Mon, April 12 - June 14, 6:30-9:30 PM

Instructed by Rev. Sharon Lee Foley

An exploration of mysticism provides the framework to live a more mystical life in present time. Deepening the awareness of Divine reality in daily living.

JUNE

CELEBRATE SPIRIT AS WOMAN

June 17-20, Silver Falls Conference Center

Join us at annual Women's Retreat as mystical coach Maggie Cole, RScP, facilitates three days of love, laughter, tears and celebration. For more information, contact Rev. Sharon Lee Foley at 503-668-9806.

ABOUT US

PORTLAND CENTER FOR SPIRITUAL LIVING is a community of people dedicated to **Opening Hearts** by knowing that the Divine Presence of Good lives in and as every person; **Igniting Minds** by teaching people how to use this Power for Good to create the life they want; and **Making a Difference** in the world by using love to remember that we are One with all of life and with each other. We enrich global consciousness by demonstrating the Wisdom of Spiritual Principles in all our affairs.



Contact

Reverend Sharon Lee Foley
(503) 668-9806
sharonleefoley@mac.com

Lexy Dillon
(503) 663-5817
alexan.alegre@gmail.com

Michelle Richards, RScP
(503) 477-5636
michtalk@msn.com
(currently on sabbatical)

You don't have to do this alone.

*Do you or someone you love need support during an illness, loss or other transition in your lives? Have you noticed that somebody you usually see on Sunday has "gone missing?" **Heart to Heart can help!***

Who We Are:

Reverend Sharon Lee Foley • Lexy Dillon, Youth Director • Michelle Richards, RScP
More to be added*

What We Do:

- ❖ We come to you in the hospital or rehab center
- ❖ We come to your home
- ❖ We make ourselves available by phone
- ❖ We refer you to a Licensed Practitioner
- ❖ We can arrange for someone to clean your house during illness or recovery
- ❖ We can arrange for meals to be delivered during illness or recovery
- ❖ We follow up on someone you usually see at service but perhaps haven't seen in awhile
- ❖ We provide you with a list of resources to support you and what you may be going through
- ❖ We just listen

What You Do:

- ❖ Contact us in person after Service on Sunday
- ❖ Call or email us (see contact info above)

* If serving on our team interests you, please contact Reverend Sharon Lee Foley



6211 NE MLK Blvd., Portland, OR 97211 | (503) 261-0677 | www.pcscl.us