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*"One change can  
bring on an avalanche  
of others."*

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### BE NOT AFRAID

#### Adventures in Lighting Solutions. BY JUNE GUMZ

**One evening recently**, my modern pole lamp with four staggered square lights, went poof and then sizzled. It started a series of events which involved pole lamps, table lamps and a light fixture. The folks who sold me the pole lamp were apologetic and gave me a remote to attach to the lamp. They assured me it would solve my problem and it did for a few days and then it also went poof and sizzled.



*June Gumz, editor*

Getting the lamp in my car was a major project. It took two of us and the trunk door never did close. The embarrassed light dealer gave me another pole lamp of the same style and squished it in my car as best he could. While I was waiting for my new lamp I searched the store for a light fixture for my dining area. This was an experience I had been having for years. My dining area is very compact and the fixtures I saw would dwarf the area. The one I had, had five lights but only four of them worked; someone stripped the threads on one socket.

Although I didn't find a light for the dining area that day, I did soon thereafter while buying eight new door handles at Lowes. The friendly fellow at Lowes said they would be happy to install it if my ceilings were the right height and the old fixture came out easily. He would send out a fellow to see if my ceiling was up to standard. It was, but the charge would be \$149 for installation which is what I paid for the little three light fixture. I decided to have someone else install it. A friend recommended an electrician who came out and did the job for \$235. I guess I showed Lowes.

My friend, Laura, has small chairs in her living room that swivel. For decades I have wanted a chair where my feet could rest comfortably on the floor and which would turn easily in any direction. Last month I decided to deny myself that luxury no longer. La-Z-Boy was having a sale; the time was right. I found the chair and placed an order. A 'come on' for the sale was two free table lamps. The order had to be picked up in Tualatin. Two nice men stuffed the chair in my car and put the lamps in the front. I am now abundant in workable lamps of all persuasions (tall, dangly and squat).

Getting an appropriately sized light fixture encouraged me to make a few changes in the dining and living rooms. It was like painting a room and then the drapes look dowdy or the carpet needs replacing – you know the drill. Hours later the table was centered, a rug was moved, the plants found different sources of sunshine, pictures taken down, others put up... As I sit comfortably in my new swivel chair I can bask in the light from the pole lamp, the miniature chandelier and the yellow ceramic table lamp.

The message is, one change can bring on an avalanche of others. **Be not afraid.**



Rev. Larry King

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*"It's only a thought –  
and a thought can  
be changed."*

– Louise Hay,  
*You Can Heal Your Life*

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Louise Hay

## MESSAGE BY REV. LARRY KING

# CHANGE YOUR THINKING & HEAL YOUR LIFE

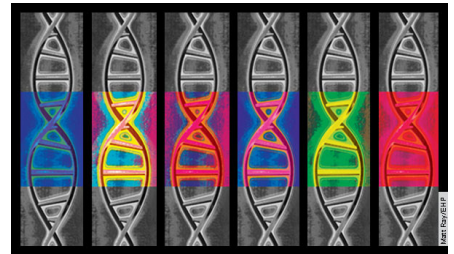
Since the beginning of the New Thought movement, we've known that our mental states affect our bodies. For one thing, it just makes sense: if we're stressed-out, it will have wear and tear on our bodies. New Thought writers such as Louise Hay have done a great job of detailing some of the many ways that negative thinking and practices can create disease and physical pain for us.

In 1984 Louise Hay wrote in *You Can Heal Your Life*:

*"I find that resentment, criticism, guilt, and fear cause more problems than anything else. These four things cause the major problems in our bodies and in our lives. Following are some results of [mental] patterns that manifest on the physical level: Resentment that is long held can eat away at the body and become the disease we call cancer. Criticism as a permanent habit can often lead to arthritis in the body. Guilt always looks for punishment, and punishment creates pain. Fear, and the tension it produces, can create things like baldness, ulcers, and even sore feet. I have found that forgiving and releasing resentment will dissolve even cancer. While this may sound simplistic, I have seen and experienced it working."*

Thirty years later, not only do scientists agree, but they can tell you how and why it works: **Epigenetics**. Our genes are specific sequences of nucleotide bases that provide the instruction on how to make biological actions to carry out all cellular life functions. These instructions vary by individual and can be inherited.

But not all genes are active. Epigenetic factors control which genes are active and which are dormant. Genetic patterns that allow the formation of cancer, for instance, do not have to be activated. Genetic patterns that cause type-2 diabetes may be left in a dormant state.



What causes epigenetic changes? Just about everything! What you eat, where you live, what you think, the stress you subject yourself to, your negative and positive frame of mind, how much sleep you get and your physical activity level all contribute to the chemical modifications around the genes that will turn them off (or on) over time.

That's right: you are largely in charge of your health! You have the power to cause (and cure) many of the negative physical conditions that you encounter. Your mental and emotional states, your beliefs and your thoughts play a vital role in your health.

Today we can begin the process of changing our thinking and our outlook on life. We can learn to forgive others and ourselves in order to release judgment and shame. We can take a class to learn more about making positive changes in our mental landscape. We can begin daily meditation. We can learn to control and eliminate negative self-talk. We can begin to view the world and ourselves as healthy, loving and good. We're in charge of our thinking and our choices. Ultimately, through the process called epigenetics, we're also in charge of our health.

*"It's only a thought – and a thought can be changed."* Louise Hay, *You Can Heal Your Life*.

*Larry*

## WOMAN IN GOLD BY REV. LARRY KING

I had the opportunity to watch **Simon Curtis' film** *Woman In Gold* the other evening. It tells the true story of an Austrian-born Jewish woman, Maria Altmann, whose family fortunes were stolen during the Nazi occupation of World War II. "The Woman In Gold" is a valuable painting by Gustav Klimt that was one of the seized family heirlooms.

The story of the movie follows the attempts and final victory of reclaiming the famous painting using art restitution statutes.

I realized part way through the movie that it was telling a familiar tale. To Maria, it was more about having her family's lives stolen than the physical painting.

Haven't we all had precious time stolen from us? Haven't parts of our lives been stolen due to illness, poor parenting, alcohol and drug abuse, neglect, bad jobs and contentious relationships? It does not compare to the horrors the Jews faced in World War II, but it still represents a heart-felt loss to us. That's why the movie is so powerful: it shows how one woman fought back and reclaimed a symbol of her lost life.

Although it's impossible to literally reclaim parts of our past that have been lost, the movie taught me two important lessons:

**Move on and find success.** Maria's life is successful. When she fled Austria with her husband, they started a business and a new life. They were not crippled by their past, but looked beyond it and lived full and rich lives. They discovered that

enjoying life was a choice they could make despite a past filled with tragedy.

**Stand up for what you believe in.** Maria also decided to take a stand for something that she believed in, even though it was difficult for her. In the movie, returning to Austria, the source of her family's loss, was quite painful. She persisted to make the trip twice in order to re-claim what she felt was hers.

(CONTINUED ON PG 4)



*The Woman In Gold,  
Gustav Klimt*

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HAVEN'T WE ALL HAD PRECIOUS  
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AND DRUG ABUSE, NEGLECT,  
BAD JOBS AND CONTENTIOUS  
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*Choose life! Regardless  
of what has happened  
in the past, you are  
here to live now!*

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## WOMAN IN GOLD BY REV. LARRY KING

(CONTINUED FROM PG 3)

In the end, Maria sold the painting and donated most of the proceeds to charity, including the holocaust memorial. Her journey wasn't about restitution of the painting. It was about restitution of her family pride and personal loss.

If you have suffered a loss, what can be done to find restitution? Are you already at peace with what happened? If not, consider some of the spiritual practices that we teach in the Science of Mind:

Contemplate ways you can release any residual fear and resentment and find your own success. Do you need to practice forgiveness? Do you need to seek counseling in order to "let go?" Sometimes journaling about past events helps us to work through them once and for all.

Choose life! Regardless of what has happened in the past, you are here to live now! Make a plan for moving ahead in life. Take a life-affirming class, be inspired with literature or a new hobby.

If there's something that you feel the past has kept you from experiencing, stand up for it! Whatever the past may represent to you, the present moment holds new delights, new ways of living and new ways to honor and celebrate yourself.

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CONTEMPLATE WAYS  
YOU CAN RELEASE ANY  
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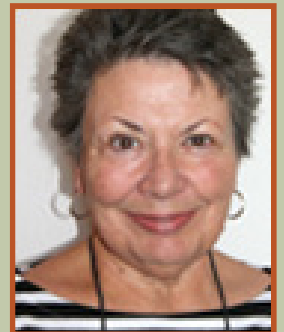
## BOARD UPDATE BY KATHY BATTEN, PRESIDENT

**Four years ago, when I joined the Board of Directors** (formerly the Core Council), I anticipated yawning through a boring meeting once a month that met the requirements of a non-profit organization but really didn't accomplish much. I expected some pompous political types enjoying the importance of the role of Board member – this had previously been my experience in another non-profit organization!

At my first meeting, I was overjoyed to find my expectations smashed by a wonderful vibrant group of people with spiritual goals that support the growth of the congregation at Portland Center for Spiritual Living. Starting a meeting with prayer and visioning makes quite a difference in the focus of the team!

Now it's time to step down and I look back gratefully at the experiences I have had with this group. We have planned activities and executed those plans in Harmony and with Grace; finances have been discussed and handled with ease by knowledgeable members of the team; we have envisioned the perfect new home and are well on the way to finding one! We have laughed together and yes, gotten a little teary a few times. I have gotten to know people at a deeper level as members of this team and admire the expertise, the intelligence, the diligence of many!

Thank you to everyone I have worked with over these four years – I anticipate an Abundant and Joyful future for PCSL with a Peaceful and Harmonious leadership team! We're off to a great start in 2017 with tithes over budget and above last January even though we were closed two Sundays!



Kathy Batten  
Board President

Opening Hearts  
Igniting Minds  
Making a Difference

#### JOIN US AT THE CENTER

### PORTLAND Center for Spiritual Living

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

PHONE 503.261.0677

E-MAIL [info@PCSL.us](mailto:info@PCSL.us)

#### 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, Google Play or at [cslportland.org](http://cslportland.org)

#### VISIT OUR WEBSITE

[cslportland.org](http://cslportland.org)



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#### READ OUR BLOG

[www.pcsl.us/blog](http://www.pcsl.us/blog)

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## COMING EVENTS • GET THE LATEST UPDATES ONLINE: [cslportland.org/events-calendar](http://cslportland.org/events-calendar)

### MARCH

#### MONTHLY MEDITATION

Wednesday, March 15, 7pm

#### TOWN HALL MEETING

(Financial and Program Update)

Sunday, March 19th, after the 2nd Service

Church leadership will provide a short update on our church finances, performance of our programs and a preview of upcoming events. Everyone is invited to stay after the 2nd service to participate.

### APRIL

#### SEASON FOR PEACE/NON-VIOLENCE

Sunday, April 2, 12:30 pm

Closing meditation and presentation in the sanctuary. Everyone is welcome.

#### ANNUAL BUSINESS MEETING

Sunday, April 9, 12:30 - 2:00 pm

Everyone is welcome to join us for our Annual Business Meeting. We'll present a full financial report, honor some long-term volunteers and provide a business update on the Center. Members will sign in to vote for a slate of Board of Directors candidates.

#### MONTHLY MEDITATION

Wednesday, April 19, 7pm

#### NEW MEMBER CLASS

Sunday, April 30, 12:30 pm

Luncheon Sunday, May 7th, 12:30 pm

The class is free and everyone is welcome. Learn about the Science of Mind and the benefits of membership in our community.

### -- 2017 SPRING TERM CSL CLASSES --

#### • FOUNDATIONS: 10 Weeks

Monday Eve, April 3 – June 8; 6:30 – 9:30 pm

Facilitated by Rev. Larry King

Discover your emerging direction and purpose and how to make it happen. Join Rev. Larry for 10 weeks of self-discovery and revelation within an experiential format of lecture, discussion, sharing and process. Learn the nine spiritual

principles that will change your life forever. The Science of Mind by Ernest Holmes is the required text for this class. Open to everyone—there are no prerequisites for this class.

–\$50 Non-refundable deposit holds your space

–\$225 Early-Bird special, paid in full by 3/25/17

–\$295 paid in full by first class

–\$315 paid in three installments

#### • SELF MASTERY: 8 Weeks

Thursday Eve, April 6 – May 25; 6:30 – 9:30 pm

Facilitated by Kate Barrett, RScP

This 8-week class is an inward exploration of ego, oneness, relationships and the process of change while discovering new ways to deepen human love, trust, forgiveness and gratitude. Required books: The Science of Mind and How to Use the Science of Mind, both by Ernest Holmes. "Foundations" is required for this class.

–\$50 Non-refundable deposit holds your space

–\$225 Early-Bird special, paid in full by 3/25/17

–\$245 Regular price paid in full by first class

–\$265 Paid in three installments

### MAY

#### CELEBRATING SPIRIT AS WOMAN

Women's Retreat at Still Meadow Retreat Center

Thursday May 25 – Sunday, May 28

Join us for the 13th annual Celebrate Spirit as Woman Retreat – a place where women connect with God, themselves and each other. Enjoy the beauty of the grounds, the creek, the ancient trees and sounds and stillness of nature. There will be laughter, tears, time to discover, to meditate and to connect, all in a sacred, safe, nurturing, loving place. LaRhonda Steele will provide music, accompanied by Josephine Woolington. The weekend experience is designed to demonstrate "The Power of Oneness." All women 18 and over are welcome. Flexible pricing arrangements and registration materials are available in the sanctuary.

### ON-GOING EVENTS AND PROGRAMS

Visit our web site for info on on-going events and programs: [cslportland.org/ongoing-programs](http://cslportland.org/ongoing-programs)

All activities held at the Center unless otherwise noted. MORE INFO at [cslportland.org/events-calendar](http://cslportland.org/events-calendar).

## VOLUNTEER OPPORTUNITIES: GET INVOLVED!

**YOUTH CHURCH TEACHER:** Have fun with kids while teaching Science of Mind principles. There are two groups of children – younger is from 0-6 and the older from 7-12. We are looking for regular and substitute teachers. Both receive stipends. Contact Sean Larkin 530-228-3515.

**HOSPITALITY TEAM:** One Sunday/month, 9 or 11am service. Contact Erin Hurt at 360-909-4971.

**USED SCIENCE OF MIND MAGAZINES NEEDED:** Please bring old copies to the office. We would like to "recycle" them in our visitor packets.

#### USHERS & GREETERS AND THE "CLEAN TEAM"

Become that friendly smile that welcomes people to our spiritual home. The "Clean Team" maintains our clean and lovely environment. Contact Anette Bolster at 503-970-4116.

#### COMMUNITY REWARDS PROGRAMS:

A free way to support PCSL. A portion of your purchases at Amazon.com (Amazon Smile) and Fred Meyer (Community Rewards) can be credited to your Spiritual Center. For more information, call PCSL office at 503-261-0677.