



# Portland Center FOR Spiritual Living

JANUARY 2016

## COMMUNITY NEWS

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*I have released the problems of 2015 just as I am accepting the possibilities of my new intentions in 2016.*



## LETTING GO OF TROUBLES

### Accepting a New Reality BY JUNE GUMZ

Although you won't read this newsletter until the 15th of January, I am writing it on New Year's Eve day. I just came in from outside where I was looking at my roof on which there is a cage. The cage has a flag that will pop up when a creature enters it. For two weeks I have been hearing scritchng noises in the attic above my bed. With all the rain we had in December it is not inconceivable that squirrels or other animals would like to have a dry, well insulated, place to stay.

I contacted the Critter Control people who came out to assist me in removing whatever is sharing my house. They couldn't see anything but found several places where animals could squeeze in if they were so inclined. The Critter folks will seal up the entrances after the animals have been 'relocated.' My dog, Salty, is aware of the noises made by the animals, especially when they bang nuts in an effort to open them. It sends him racing to the front door to greet whomever is knocking.

While the mysterious visitors are not hurting me now, I feel that as a homeowner preserving my home is important. If I ignore them and let them eat, excrete and breed in the attic I am setting myself up for an expensive redo later.

Life is sort of like that. If we let hurts, prejudices and misunderstandings clutter our minds for a long period of time, then like a lazy homeowner, it can be difficult to undo the damage. We are told that if we let our problems continue to loop through our brains the only one we hurt is ourselves. As a former looper, I believe that.

During the Golden Bowl ceremony at PCSL we were asked to let go of troubles from 2015 and make a new intention for 2016. The physical act of writing out a problem from 2015 and depositing it in a box specifically for troubles relieves us in a simple specific way. Writing an intention for 2016 and putting it in the Golden Bowl, while being reinforced by spiritual leaders, is a powerful boost for the New Year.

I have released the problems of 2015 just as I am accepting the possibilities of my new intentions in 2016. The creatures in my home will have to accept a new reality too.

*Releasing 2015 troubles.*



*Cage awaiting critters.*



Rev. Larry King

## MESSAGE BY REV. LARRY KING

## A NEW YEAR WITH NEW POSSIBILITIES

**We've just concluded our last Sunday of 2015** and its "Golden Bowl" ceremony. Each year we encourage people to set powerful intentions for making the coming year the best, ever.

Of course intentions can be "tricky." So often we want to improve things on the outside (our jobs, our family, our homes, our earnings, etc.) without improving the things on the inside.

In Science of Mind we know that everything works from the inside out. It is our "inside" thoughts, beliefs, impulses, fears, doubts and personal opinions that create the "outside" part of our lives.

We may want a better job, but are we willing to first become a better employee? We may wish we had more money, but do we know how to invest, handle and spend an expanded income wisely? We wish our relationships were more loving—but have we become more loving?

When our inside thoughts and beliefs are changed, the outside world will change to reflect these beliefs. This is a fundamental spiritual law, stated by Jesus as "It is done to us as we believe."

I'll share my process with you for setting New Year's Intentions:

- I identify areas in my life where I'd like to see improvements
- I look at what "inside" thoughts might be keeping me from having what I want (conflicting beliefs and ideas).
- I make plans for releasing these conflicting ideas from my thoughts and actions.
- I look at what new "inside" thoughts and beliefs are needed to make the progress I wish.
- I make plans for implementing the new thoughts and ideas in my consciousness and life.




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*When our inside thoughts and beliefs are changed, the outside world will change to reflect these beliefs.*

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I know what you're thinking: "That's a lot of work!" I have to agree with you. Making intentions that really go somewhere require effort. The good news is that the effort will pay off. Rather than a resolution to lose weight that is abandoned in two weeks, an intention to love yourself and your body, and a real plan for changing your thinking, beliefs and actions in this area, can produce lasting results.

I also know that sometimes help is required. If you haven't met with your favorite practitioner lately, maybe it's time. She or he can help you better work on your "inside" intentions. They can challenge you to make the inside changes that will support your desire for a better life. They can also pray for the outcomes that you desire and for swift and easy progress towards them.

Let's all find great success in 2016! Our CORE Council is setting some intentions for the success of the Center and I would invite you to do the same in your personal life. A new year means new possibilities. Let's make 2016 our best year, ever!

All my love,  
Rev. Larry

## GET TO KNOW YOUR COMMUNITY:

### ANN FOREST BURNS: Forester, Lawyer, and More BY JUNE GUMZ

Our CORE Council member, Ann Forest Burns, checked the inscription in her Science of Mind book to determine how long she has been a part of Religious Science; it was way back in 1982 when she lived in Seattle. When she moved to Milwaukie in 2008, she tried a Center for Spiritual Living but it wasn't "home." In 2012 she looked up PCSL online, drove north on MLK, walked in to be greeted by Anette Bolster "and the rest is history." There was no doubt in her mind that this was to be her spiritual home.

Ann's resume is hefty. "I am a forester and a lawyer by education, training and passion. My career has been spent helping forest landowners and managers as they take care of our nation's renewable natural resources." Sometimes she is the lawyer, sometimes a lobbyist, sometimes a college professor and now she's a trade association executive. "I love being at the intersection of people, forest science and policy." When Ann isn't being any of the above, she enjoys sewing (made her daughter's wedding dress), gardening, canning and reading. She feels wealthy when she is able to save her extra produce and "put it by."

When I asked Ann if there was a particular experience which stands out for her, she responded that her husband, Bruce Williams, was diagnosed with throat cancer in the summer of 2014, just before their daughter's wedding. PCSL supported her spiritually through all the phases of his illness. One Sunday in particular was meaningful to her. Rev. Larry's lesson was about loving all of your life, every bit of it. You don't get to pick and choose to only love the fun and easy parts, you have to love the messy and seemingly impossible parts and know that it is Spirit, not your human self that does the work.

Ann plans to leave her present job in 2017 and become a Religious Science Practitioner. "I am truly blessed to be part of this teaching community." She is excited about finishing her qualifying course work and beginning practitioner classes in the fall. Her inspirational teachers are Rev. Larry and Kate Barrett, RScP. Fellow students, Sarah, Simone and Diane make the learning a joyful experience. She finds that working with those nearing their transition from this life rewarding, so a focus of Ann's practitioner work is likely to be hospice.

A perfect day for Ann Burns includes time in the forest or on saltwater, the company of her children, husband and cats, making progress on a sewing project, a long swim and falling asleep to the sound of rain on the roof. Oh, I forgot her first requirement, meditation, which would make all the other desires flow.



Ann Forest Burns  
CORE Council Member

*"I love being at the intersection of people, forest science and policy."*

Danah Buix, Consuelo Vazquez, and Ann Forest Burns working the PCSL booth at MLK Dream Run.



Ann with a quilt she made for her daughter.

At Yachats on a coast vacation last fall.





## THOUGHTS: STOP AND RECHARGE BY REV. SHARON LEE FOLEY

**There is a message on my computer telling me my mouse batteries are low.** I am advised to replace or recharge them soon. I'm thinking we get messages like that all the time from our minds or our physical bodies, telling us our "batteries" are low and it may be time to recharge. I wonder if we would pay more attention to what our body-mind tells us if there was some sort of CNN crawl or an LED display that ran across our foreheads.

As we release 2015 and embrace 2016, I wonder what are we releasing and what are we embracing? Even as we make the customary New Year's Resolutions, do we really mean them? For me it is a good start to look back over the past year thoughtfully, deliberately and thankfully. Releasing what was and bringing into 2016 what I've learned about me, the world around me and my part in it. I can embrace that. I can embrace new possibilities, creating a world that truly does work for everyone and my part in it.

First I take a moment to stop and recharge. That process involves a commitment to listening to my body and my mind, both of which are their own crawl or LED display. I just need to pause long enough to see them. Cheers to a New Year!



Rev. Sharon Lee Foley

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and embrace 2016,  
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## CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR END OF YEAR CORE COUNCIL REPORT: DECEMBER 31, 2015

Final results from our Partners and Prosperity Intentional Giving Campaign:  
91 pledges totalling \$148,500 in annualized revenue.

This completely meets our prayerful goals for the campaign and exceeds our campaign for the previous year by over \$10,000.00. Thank you so much for your prosperity intentions for 2016. This is great news! Our budgeting process is underway and the CORE Council should have a 2016 budget approved in the coming month.

Preliminary results for our attendance through the end of 2015 are encouraging, too. In 2014 our average Sunday attendance (both services) was 103 people. 2015 saw an increase of about 5%. We now average 108 people every Sunday. We also set a few attendance records in 2015. Our 1/18/2015 Sunday service broke previous attendance records with 140 people attending and the Christmas Eve service broke records with 61 people attending. Let's continue inviting our friends, family and co-workers to our services. Experience shows that word-of-mouth referrals are how spiritual centers grow and thrive.

Several CORE Council members complete their terms of service in 2016. If you are a pledging member at the Center and are interested in being of service on the CORE Council, please let me know and we can discuss the possibilities.



Dee Hartman, RScP  
CORE Council Chair  
(360) 831-8033

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*Working to create and  
maintain a wonderful  
environment for  
Spiritual growth.*

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**PCSL CORE COUNCIL 2015-16** – L to R: Rev. Larry King, Sr. Minister; Dee Hartman, RScP, Chair; Sara Frandsen, Vice Chair; Kathy Batten, Secretary; Rev. Sharon Lee Foley, Treasurer; Members at Large: Jim Buix, Ann Forest-Burns, Shana Devoreh, Sarah Wheeler.

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

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## COMING EVENTS • GET THE LATEST UPDATES ONLINE AT [www.pcsl.us/calendar](http://www.pcsl.us/calendar)

### JANUARY

#### WINTER CLASS: POWER OF YOUR WORD

Wed., 8 Wks, Jan. 20-March 9, 6:30 - 9:30 PM

Facilitated by Kate Barrett, RScP

Learn to use the principles of Gratitude, Intention, Forgiveness, Tithing and Surrender to create the life you were born to live. This class combines readings and experiential exercises to change your life.

#### WINTER CLASS: ESSENTIAL ERNEST

Mon., 10 Wks, Jan. 25-April, 6:30 - 9:30 PM

Facilitated by Rev. Larry King

Explore the best collected writings of Ernest Holmes, founder of the Science of Mind. This interactive class focuses on some of his more provocative thoughts and how we might apply them, as spiritual principles, in our own lives.

#### TEA & TRANSFORMATION

Sunday, Jan 31, 1-3

Facilitated by Rev. Sharon Lee Foley



To introduce or reacquaint you with the wonders of our Annual Women's Retreat.

You are cordially invited to a time of food and music in

the company of other women. Come play with us, and explore the possibilities that are alive and well inside of you! No entrance fee.

#### WINTER CONNECTION CIRCLES

7-Week Circles starting the Week of Jan. 31

Various days, times and locations

Members are opening their homes for Connection Circles this Winter! Safe places for discussion, group spiritual practice, prayer requests and sharing. Sign up at the Center.

#### ON-GOING EVENTS AND PROGRAMS

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

**RIDESHARE PROGRAM:** Contact Kathleen at [kathleen.ohiggins.new.email@gmail.com](mailto:kathleen.ohiggins.new.email@gmail.com)

**BREAKFAST WITH THE MINISTER:** Sat, 9:00am  
For Info, contact Dee Hartman at 360-831-8033.

### FEBRUARY

#### WORKSHOP: PROSPERING POWER OF LOVE

Saturdays, Feb. 6 & 27; 9:00 AM - Noon

Presented by Marilyn Sprague, RScP

Two-part workshop focuses on the multifaceted power of Divine Love in realizing more Good and overcoming life's challenges.

No prerequisites – everyone is welcome.

Required text: *The Prospering Power of Love* by Catherine Ponder (available in bookstore).

Cost: \$60, \$50 Connection Circle members

#### WORKSHOP: THE WRITE REMEDY: HEALING THROUGH WRITING

Saturdays, Feb. 13 & 20; 10:00am - 3pm

Facilitator: Kathleen P. Perkins, PhD, author of *Flight Instructions*

Participants will examine writing as a therapeutic tool for expressing thoughts and feelings about painful life events and learn techniques on how to feel better about life's wounds.

Cost: \$110; Bring: Paper and pencil; a sack lunch

### MARCH

#### WORKSHOP: POWER OF FORGIVENESS

Saturday, March 12, 9:30 AM - 4:00 PM

Presented by Rev. Lynn Johnson

Learn how to free your life and open your heart through the power and practices of forgiveness. No prerequisites – everyone is welcome and all materials are provided.

Cost: \$60, \$50 Connection Circle members

#### WORKSHOP: I HATE MEDITATING...OR DO I?

Saturday, March 19, 9:00 – 12:00

Facilitator: Marci Beck, RScP

Participants will explore what meditation is, what it is not, various types of meditation and how the practice might benefit them.

Cost: \$40 Members, \$45 Nonmembers

#### LUNCH BUNCH! 2nd Sun, 12:30 pm

Las Primas Peruvian Kitchen, 3971 N Williams

**TRANSCENDENCE 12-STEP:** Sat, 9:00am-noon

**SACRED SILENCE MEDITATION:** 3rd Wed, 7-8pm

**WOMEN OF WISDOM BOOK STUDY:** 2nd and 4th Wed. 10 AM to 11:30 AM

All activities held at the Center unless otherwise noted. GET MORE INFO at [www.pcsl.us/calendar](http://www.pcsl.us/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 a month, 9 or 11am service. Contact Erin Hurt at 360-909-4971 or Joni Gould at 360-931-8159.

**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. For more information, 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.