



Portland Center FOR Spiritual Living

JANUARY 2018

COMMUNITY NEWS

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*I think I am not the only
one who will have a
great year.*

WHAT WILL 2018 BRING?

Increasing Awareness of Our Good. BY JUNE GUMZ

New Year's Eve day I was sitting around wondering what 2018 would bring when my phone rang. It was my younger brother who asked if I would like an early birthday present. Being the cautious sibling, I said, "it would depend on what it is." My birthday is in April you see. He told me that he and some friends are renting a house in Palm Springs and there is a bedroom left over which could be mine, and since it is a birthday present, my airfare would be covered too!



June Gumz, editor

I have been putting out vibes that 2018 is going to be a big improvement over 2017, but I didn't expect it to start a day ahead of time. Needless to say, I accepted my early present and will be landing in the California desert mid-February.

Besides expressing a belief that 2018 has real promise for Good, I decided to become less rigid in my thinking. To prove to myself that I am flexible enough to expose myself to opposition views, I turned on 'that' TV channel. My trepidation turned to surprise when there was a charming program honoring children and adults who had served others in 2017. I may actually have the nerve to try again.

Having my brother, who has wrapped presents in paper bags or newspapers in the past, offer the Palm Springs trip is a positive sign for my future. Enjoying a program on the opposition channel and not feeling brainwashed is progress.

Since my year has started out so well, I plan to keep recognizing and accepting my Good i.e. the book I need for book club isn't available at Barnes and Noble or the library. Did I let it get me down? No, this is 2018, after all. Powell's has it at a bargain price and will send it to my door tomorrow.

On New Year's Eve day at PCSL, we were encouraged to let go of troubles and declare what we want for 2018. Our declarations were put in a golden bowl and will be treated on for the entire year by the ministry of prayer. I think I am not the only one who will have a great year.



Golden bowl of intentions



Rev. Larry King

*When was the last time
you unplugged from
your day-to-day obliga-
tions and responsibilities
and looked inward?*

MESSAGE BY REV. LARRY KING

RETREATING INTO SPIRITUAL MAGNIFICENCE

When was the last time you took a full weekend to work on your spirituality? When was the last time you unplugged from your day-to-day obligations and responsibilities and looked inward?

Your Center for Spiritual Living is proud to support three such opportunities every year. Although we love our Sundays together, making progress spiritually requires more than a one-hour-a-week commitment. To this end, PCSL offers classes. We also offer our amazing retreats.

In the winter, we offer the **Art of Meditation** silent retreat. It's a chance to spend about 2 1/2 days growing your connection to your higher power. Specifically, we spend time in three different forms of meditation, including two full days without speaking. We also include visioning and other group spiritual practice that will help you set a new direction in life. Here's what one of our previous attendees had to say:

"I still treasure the memory of the silent retreat we did together... It was very meaningful in my spiritual development."

We're still taking reservations for this year's silent retreat to be held at Still Meadow Retreat Center February 15-18. Sign up in the sanctuary or call Kathy Batten for more information: (360) 931-0371. Flexible pricing arrangements are available. I'll lead the retreat this year and I promise dedicated time to make progress on your spiritual path.

(continued on pg 3)



Still Meadow Retreat Center

RETREATING *(continued from pg 2)*

In the late spring, we offer **Celebrate Spirit as Woman**. It's a place where women connect with God, themselves and each other. Enjoy the beauty of the grounds, the creek, the ancient trees and sounds of nature. There will be laughter, music, tears, time to discover, to meditate and to connect—all in a sacred, safe and nurturing place. The weekend experience is designed to demonstrate "The Power of Oneness." All women 18 and over are welcome. Flexible pricing arrangements



Participants create a sacred altar space.

and registration materials are available in the sanctuary. On Sunday, January 28, all women are invited to a preview of the women's retreat. We'll have the retreat June 14-17, but come to the "preview" and see what it's all about. Find out why so many women have been transformed by this fun and spiritually powerful time together.

(continued on pg 4)



Music Director, LaRhonda Steele with Josephine Woolington, accompanist.

A sacred, safe and nurturing place.



Spirit As Woman Retreat 2017

RETREATING *(continued from pg 3)*

In the late summer, we offer our **Community Retreat**. We hold it at Menucha Retreat Center in the scenic Columbia Gorge. This retreat is planned with the whole family in mind. We include spiritual and fun activities for all age groups. Relax, hike through the scenic gorge, go swimming or go to one of the inspiring and soul-enriching workshops. The Community Retreat has something for everyone. For 2018, we'll be there August 24-26. Full details of the retreat have not yet been planned – stay tuned!

I hope you'll schedule yourself into one (or more) of our retreats this year. They are powerful ways to go "beyond Sunday." You'll have a chance to strengthen your connection to God and to connect with people in your spiritual community.

Happy Retreating!

Larry

*The Community Retreat
has something for
everyone.*



Menucha Retreat Center in the scenic Columbia Gorge.



FROM THE BOARD BY JANINE STEWART

We ended 2017 with on a high note with two powerful Sunday services. I was out of town for Christmas, but have it on good authority that LaRhonda, the chorus and the *Friends Band* gifted us with a marvelous musical treat. I have no doubt that Rev. Larry's message was inspiring as well. On New Year's Eve Sunday, everyone had the opportunity to participate in our annual Golden Bowl Ceremony. This is a time for cleansing our lives of what is not working and receiving the gift of renewal through new intentions. The personal ritual is made all the more meaningful as it is shared with members of our spiritual community. I felt a definite raising of energy in the room as new intentions were spoken and affirmed. We are ready for the new year!

It is said it takes a village to raise a child. I believe it also takes a village to provide the support each of us needs as we move along on our spiritual journey. The Portland Center for Spiritual Living became my village three years ago. Individuals making up the community may come and go but there is a core that has remained constant for me. It has provided me with a refuge and a place to grow. It is my prayer for 2018 that you are able to find such a place. If it is as PCSL, welcome to the community. **Let's grow together.**



Janine Stewart
Board Vice President

I believe it...takes a village to provide the support each of us needs as we move along on our spiritual journey.

Volunteer Opportunities: GET INVOLVED!

We are volunteer led and managed and celebrate the many volunteers that help to make PCSL thrive. We are currently seeking additional volunteers in these areas:

YOUTH CHURCH TEACHER: *This is a wonderful chance to have fun with kids while teaching Science of Mind principles. There are two groups of children – 0-6 and 7-12. If you desire to work with either age group, please contact Sean Larkin at 503-702-0183. We are looking for regular and substitute teachers. Both receive stipends to offset expenses.*

IN FULL BLOOM: *Contribute to the beauty of our sanctuary through the donation and dedication of Sunday floral arrangements. Sign-up calendar and forms are available in the sanctuary.*

COMMUNITY REWARDS PROGRAMS:

Support PCSL with a portion of your purchases at Amazon.com (Amazon Smile) and Fred Meyer (Community Rewards). For more information, call PCSL office at 503-261-0677.

HOSPITALITY TEAM – Home is Where the Heart Is: *Erin Hurt is looking for a person or two to round out our Hospitality Team on Sundays. Duties include making coffee and setting up treats for either the 9 AM or 11 AM service on one Sunday a month. For more information, contact Erin Hurt at 360-909-4971.*

USHERS & GREETERS AND THE "CLEAN TEAM" – First Impressions: *Anette Bolster has an opening for Ushers and Greeters at either Sunday service. Become that friendly smile that welcomes people to our spiritual home. She also has a new opening for people who help to clean our space. The "Clean Team" maintains our clean and lovely environment. For more information, contact Anette Bolster at 503-970-4116.*

USED SCIENCE OF MIND MAGAZINES NEEDED:

Please bring old copies to the office. We would like to "recycle" them in our visitor packets.

On-Going Events and Programs

First Saturdays, 12:30 - 2:00 PM

MONTHLY SOCIAL JUSTICE BOOK CLUB MEETING

Join us as we continue our study of racism in America and how we can make a difference. We will alternate months – a book on white privilege with one from the black perspective. Contact Nancy Ashley at 503-880-0308 for more information.

HEART TO HEART – 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 life? Have you noticed that somebody you usually see on Sunday has "gone missing?" Heart to Heart can help. Contact Kathy Batten 360-931-0371.

Third Wednesdays, 7:00 PM

MONTHLY MEDITATION SERVICE

The PCSL Practitioners present a meditative service on the third Wednesday of every month.

Saturdays, 9:00 AM

BREAKFAST WITH THE MINISTER – Connecting at a Deeper Level

Enjoy breakfast and great conversation at a local restaurant and get to know Rev. Larry in a small group setting. Separate checks provided. Contact Marci Beck at 503-710-4587 for more information and to make your reservation (required).

Saturdays 11:00 AM to Noon

TRANSCENDENCE – 12-STEP MINISTRY FOR WOMEN

We support women attending any 12-Step program as they incorporate the principles of Science of Mind into an understanding of working the 12 Steps. Contact Nancy Ashley at 503-880-0308 for more information.

Sundays, 5:30 - 6:30 PM

HAVING HAD A SPIRITUAL AWAKENING GROUP

A Mindfulness And The 12 Steps Meditation Meeting

In this meeting we focus on Step 11 and the spiritual practices of prayer and mindfulness meditation. Each month, we explore one of the Twelve Steps and how prayer and mindfulness meditation can expand our awareness and improve our life in recovery.

Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

PORTLAND Center for Spiritual Living

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CONNECT ON LINE



AVAILABLE WHEN YOU ARE

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Sunday message at home
and on your portable devices.
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www.pcsl.us/blog

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COMING EVENTS • GET THE LATEST UPDATES ONLINE: cslportland.org/events-calendar

JANUARY

PRACTICAL MYSTICISM

Thurs. Eve, Jan. 18 – Mar. 22; 6:30-9:30 PM

10 Weeks; Facilitated by Kate Barrett, RScP

This class explores ways to connect to the
mystical truth of our everyday lives. Join us
as we embark upon a rich and expansive
transformational experience connecting with



the inner mystic
that dwells within.
Students will have
the opportunity
to do specific soul
work to embrace
the totality of

themselves, releasing blockages and em-
bodying the spiritual truth of their being.

Required Texts and Materials: The Founda-
tions of Mysticism, Joel Goldsmith; Entering
the Castle: Finding the Inner Path to God,
Caroline Myss and your journal. **Prerequisite:**
“Foundations.”

\$50 Non-refundable deposit to hold space

\$295 paid in full by Jan.18

\$315 paid in three installments

KNOW YOUR TRUTH

Six Saturdays, 10:00 AM–3:00 PM

Jan 27 – April 14

We will meet on Jan 27th, Feb 10th & 24th,
March 17th & 31st and April 14th. Signing up
is confidential, contact Kathy Batten 360-931-
0371 to schedule a short interview to deter-
mine if you want to make this intimate journey.

CELEBRATE SPIRIT AS WOMAN: PREVIEW

Sunday, January 28th, 12:30 PM

All women are cordially invited to attend
the preview of our annual women's retreat.

You will have the

opportunity

to experi-
ence small

“snippets” of actual retreat events.

Snacks and beverages included. All
women are welcome. No entrance fee –
please be our guest.



FEBRUARY

THE METAPHYSICAL BIBLE

Monday Eve, Feb. 5 – March 26; 6:30-9:30 PM

8 Weeks; Facilitated by Rev. Larry King



This class will help
you to gain a
greater familiar-
ity with both the
Jewish Bible (Old
Testament) and the
New Testament of

Jesus. Through readings, discussion and in-
class exercises you will learn how to interpret
the symbolism and parables found in scripture
and find metaphysical meaning and personal
wisdom. **Required Texts:** The Bible and Learn
to Live, Ervin Seale. **Prerequisite:** “Foundations.”
\$50 Non-refundable deposit to hold space
\$225 Early-Bird special (paid-in-full by Jan.15)
\$245 Regular price paid in full by Feb.5
\$265 Paid in three installments

THE ART OF MEDITATION SILENT RETREAT

4 days, 3 nights, February 15th-18th

Still Meadows Retreat Center

We experience 2 full days of silence during the
retreat. We have silent meditation (group and



individual), contem-
plation, journaling,
walking in nature
and listening to pre-
recorded spiritual
material. Come pre-
pared for the inner

journey. The package price includes shared
lodging, food, workbook and other materials.
Flexible pricing arrangements and registration
materials are available in the sanctuary.

POTLUCK/TOWN HALL MEETING

Sunday, February 25, 12:30 – 2:00 PM

We will meet upstairs at the Center, starting
with a potluck luncheon. Then Rev. Larry and
other people from the leadership team will
give an update on our accomplishments for
2017, our financial position and our plans for
2018. Everyone is invited to attend. You don't
have to “potluck” to enjoy the meeting.

All activities held at the Center unless otherwise noted.
MORE INFO at cslportland.org/events-calendar.