



Portland Center FOR Spiritual Living

MARCH 2015

COMMUNITY NEWS

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*"I am proud
to belong to an
organization which
respects others and
encourages life-long
learning."*

WHAT'S IN A NAME?

Embracing Our Brand BY JUNE GUMZ

At social gatherings, on planes and any place where conversation lagged, the dreaded question was asked. Where do you go to church? When I answered Science of Mind or Religious Science, people immediately assumed I cavorted with the likes of Tom Cruise and John Travolta. After I cleared that up, the next question was often, isn't that a cult? If the conversation continued beyond cultism, I was asked about whether I took Jesus as my personal Savior or aren't you the people who don't believe in doctors? At that point, the conversation usually ended with the other person being uncomfortable sitting next to a non-Christian and with me feeling inadequate to explain our eclectic philosophy.

That was before the name change to Center for Spiritual Living. Often the first response now is, oh, you attend one of the New Thought churches. What a difference from the distrust of decades ago. It is a pleasure to let people know what we have to offer without going through all the hoops of suspicion and intolerance from the past.

Variety and tolerance are prevalent in our centers. The Portland Center for Spiritual Living has an active youth program, two Sunday services where anyone (straight or LGBT) is welcome. Our dedicated spiritual leadership, from our practitioners to our ministers, encourage us to learn the principles of Science of Mind and use them in our lives. With all the learning that goes on, music is another avenue for growth. Every week we experience professional jazz, original music, professional guest musicians and, on designated Sundays, our chorus. It never gets old.

On the east wall of the PCSL sanctuary are plaques with symbols of the major religions of our planet. Our founder, Ernest Holmes, studied these religions and incorporated what worked into our philosophy. I am proud to belong to an organization which respects others and encourages life-long learning.

In this day of branding everything from cereals to computers, I am happy to acknowledge the Center for Spiritual Living brand, especially the Portland, Oregon version.





Rev. Larry King

"Together we can make our Center more accessible, diverse, financially transparent and successful!"

MESSAGE BY REV. LARRY KING

BACK FROM THE CSL "CONVENTION"

I just returned from the annual convention of the Centers For Spiritual Living (CSL). It's a once-a-year chance to compare notes with other ministers, learn more about how CSL is doing financially (and otherwise) and to take some continuing education classes and seminars.

The conference was standing room only this year—partially because of the excellent speakers and workshops being offered. I'll share just a bit of a wealth of information that I learned.

From **Clif Christopher**, the author of "Rich Church/Poor Church," I learned that while in the past, congregants just felt "called" to donate money to their spiritual centers, increasingly they now wish to hear how their money is being used to make a difference. I'm taking that message to heart and will begin explaining in more detail the amazing work that our Center does every day and every week in terms of changing lives and making the world a better place. We are making a tremendous difference and I'll do my best to explain how and why.

From **Jonathan McKee**, the author of "The New Breed Of Volunteer," I learned new ways of inviting people to participate in our Center. As you might imagine, it takes more than putting a note in the Sunday program! We also learned ways to engage volunteers who can only spare limited amounts of time, or who are unable to commit to specific hours.

From **Lindee Brauer**, social media maven, I learned about the increasing need for using social media to reach younger audiences. Did you know that there are four main preferred forms of communication and a variety of social media designed to appeal to those forms? In order to reach a diverse audience, Facebook, Twitter, LinkedIn, Google+ and Instagram must all be considered as potential avenues for communication and "advertising."

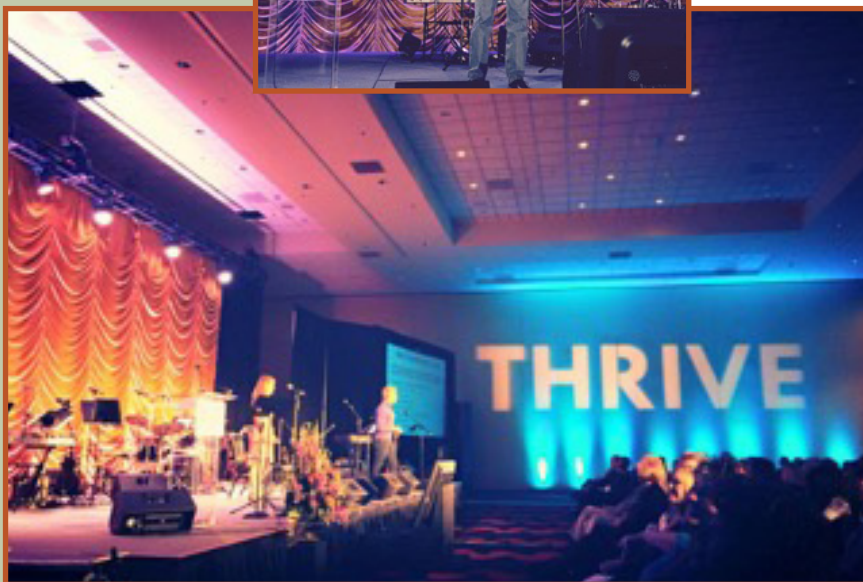
While taking me to the airport my partner Daniel said, "Have fun and learn lots."

I want to thank you for the opportunity to go to the conference, because I surely did learn a lot (and it was fun). I plan to incorporate many of these useful ideas into our life at Portland Center for Spiritual Living. Together we can make our Center more accessible, diverse, financially transparent and successful!

Many blessings,
Rev. Larry



Dr. Clif Christopher



2015 CSL Convention stage.

GET TO KNOW YOUR COMMUNITY

KATE BARRETT: A Construction Trade Pioneer BY JUNE GUMZ

ADAPTED FROM: Inka Bajandas, *In Construction*, December 23, 2014 – Daily Journal of Commerce

Kate Barrett is a mother, grandmother, PCSL practitioner and a senior inspector with the Portland Water Bureau. She is also one of four women who founded Oregon Tradeswomen Inc., which is a nonprofit that promotes success for women in the building, mechanical, electrical and utility trades through education and mentorship. There are nearly 400 members at this time.

In the early '70's Kate and a friend hitchhiked through Oregon. A retired contractor told them he would teach them construction skills if they would help him build a retirement home in Carver. Instead they proceeded to California to join a commune, which they couldn't find, so they returned to Oregon and learned the construction trade. They worked for \$5.00 a day which kept them in food.

Getting into an apprentice program as a woman wasn't easy. No one would even put Kate's name in for consideration. Finally in 1975 she succeeded in getting an apprenticeship and became the first woman in Oregon to graduate with a Journeyman Certificate from a union carpenter program. After that Kate became the first woman carpenter to work for the Portland Water Bureau.

Becoming an apprentice, then journeyman and public works inspector meant proving herself over and over. "Working in the trades gave me so much confidence it was more like I'm going to show them I can do this rather than tell them." Kate's forty-three years in the construction field has shown other women that they can support themselves in a field usually considered a man's domain.

Kate Barrett is a woman who is comfortable with responsibility and is an example of what can be accomplished with determination. She knows that women are capable when given a chance and training. Her can-do attitude makes her a powerful parent, grandparent and practitioner. A positive attitude permeates everything she undertakes.



Kate Barrett, a senior inspector with the Portland Water Bureau, co-founded Oregon Tradeswomen Inc. (Sam Tenney/DJC)



Kate Barrett, RScP

*A positive attitude
permeates everything
she undertakes.*

BEHIND THE SCENES AT PCSL

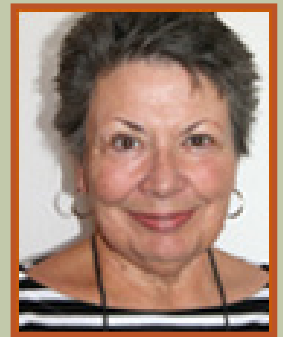
THE CLEAN TEAM BY KATHY BATTEN

Anette Bolster has been coordinating both inside and outside care of the facility since PCSL purchased this building in 2006. She wants to provide a clean, warm, serene environment for people to pursue their spirituality and to ensure an inviting exterior impression as well. It's one of the many ways she gives back to her spiritual home!

The Clean Team includes Diane Thomas, Patricia Fretwell, Jennifer Farmer and Ron and Sage Bixby-McDonald. Each of them spends approximately 2 hrs. once a month at the center dusting, vacuuming, mopping, and leaving bathrooms sparkling clean for Sunday service. It is also the Clean Team that keeps paper products stocked, refills soap containers and re-cycles.

Diane Thomas, a long time volunteer at PCSL, enjoys her monthly two hours alone in the quiet of the center; it's a spiritual time for her, a type of moving meditation! I asked Ron and Sage, as the newest members of this team, why they had volunteered to take time out of their busy lives to clean once a month. They volunteered for the team because they had experience they could use to help their spiritual community. "We worked together a while back as a cleaning team for ServiceMaster doing medical offices, schools, etc. We love helping out at PCSL and find it a wonderful way to be involved and meet more people as well."

Let's thank the Clean Team for all they do! And if you would like to help out on the Clean Team or in any other volunteer capacity, contact me at 360-931-0371 or battenkathy@comcast.net. Your help would be greatly appreciated



Kathy Batten,
Volunteer Coordinator

"We love helping out at PCSL and find it a wonderful way to be involved and meet more people as well."



Above: Anette Bolster, RScP, Diane Thomas, Sage and Ron Bixby-McDonald.



Left: Patricia Fretwell and Jennifer Farmer.

THOUGHTS: COMMUNICATION BY REV. SHARON LEE FOLEY

We've been speaking about the art of uncertainty and the art of communication on Sundays. We are talking about observing, studying and **practicing** an activity in which we would like to become proficient. If we want to learn to draw, we may visit galleries to see what we like, we might take lessons, try our hand at it. Maybe we take voice lessons in order to sing the way we would like. Or take pottery classes. Even when we are already doing these things, we might want to get better at it by taking a class and practicing. We set an intention and make the commitment to do it.

What could be more important than practicing the art of communication? That's how we do life with people. It's how we relate to ourselves. Much of that is not audible. We use body language when we relate to others. We use self-talk to communicate with ourselves. How often are we paying attention to either one? The good news is we can acquire the art of communication. A first step is setting the intention and making the commitment to do so. Then observe what we think and what we say. We can read a book, take a workshop. We can learn.

Life itself is an art, isn't it, when we elect to be awake and aware?



Rev. Sharon Lee Foley

"What could be more important than practicing the art of communication?"

CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR

Spring is an exciting time of newness and renewal, and this is also true for Portland Center for Spiritual Living.

At the Annual Meeting on March 15th, Rev. Sharon Lee Foley, Shana Devoreh, Sarah Wheeler and Ann Forest Burns will be joining the CORE Council. Each one brings their own special gifts, talents, experiences, insights and energy to the business and fiduciary aspects of Portland Center for Spiritual Living.

This is also the time when we say goodbye to our valued council members who have each completed their term. Diane Thomas, Treasurer and Karen Kettler, Vice Chair, thank you both for all your time and talents and for all the service and support that you have given to the CORE. We shall miss you at our monthly meetings.

We have a bicycle rack! In the very near future it will be installed outside in the front of the building to accommodate easy parking for those who ride their bicycles to the Center.

We are looking into new signage to make our Center more visible from the street. We are checking with the City of Portland for their requirements regarding a new monument sign and perhaps a sign over the door.



Dee Hartman, RScP
CORE Council Chair

Working to create and maintain a wonderful environment for spiritual growth.

Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

PORTLAND Center for Spiritual Living

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COMING EVENTS • GET THE LATEST UPDATES ONLINE AT www.pcsl.us/calendar

MARCH

ANNUAL BUSINESS MEETING

Sun, Mar 15, 12:30-2:00pm

Everyone is welcome to join us at the Center. We'll cover our 2014 end-of-year financial reports and plans for 2015. Members will be asked to vote on a slate of CORE Council members.

MEMBERSHIP CLASS

Sun, Mar 22 & 29, 12:30-2:30pm

Join Rev. Larry for 2 afternoons exploring the basics of what we believe, what we offer and how we serve.

LOVE YOURSELF—HEAL YOUR LIFE

Sat March 14 - May 9, 1:00-3:30pm

Featuring the philosophy and life work of Louise Hay. Join facilitator Dr. Pamela Jeanne for this 8-week class and learn how loving yourself more each day can change your life.

APRIL

FOUNDATIONS

Mon, April 13 - June 15, 6:30pm - 9:30pm

Would you like to enhance your spiritual connection to a Higher Power? Are you ready to discover your emerging direction and purpose and how to make it happen? Learn the nine spiritual principles and practices that will change your life for the better forever. Join Rev. Larry King for 10 weeks of self-discovery and revelation within an experiential format of lecture, discussion, sharing and process.

PLANNING A MEETING OR SPECIAL EVENT?

Consider having your event at the Center. Contact Karen Kettler at 503-214-0123 for pricing and information.

TREATMENT & MEDITATION

Wed, April 15 - June 17, 6:30pm - 9:30pm

This course focuses on developing lifetime habits of meditation and Spiritual Mind Treatment. Spiritual Mind Treatment for oneself is reviewed and strengthened, and then advance to treating for other people.

SPRING CLEAN UP

Sun, April 26, 12:30pm - 3:30pm

Come join the Community as we tidy our Spiritual home, inside and out. Wear your "grubbies" and help make things clean and fresh. A light lunch will be provided. For more information contact Kathy Batten at 360-931-0371.

ON-GOING ACTIVITIES

BREAKFAST WITH THE MINISTER: Sat, 9:00am

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

SACRED SILENCE MEDITATION: 4th Wed, 7-8pm

Connecting with the sacred silence through contemplative reading, chanting & various forms of meditation.

TRANSCENDENCE 12-STEP: For information, contact Nancy Ashley at 503-880-0308.

WOMEN OF WISDOM BOOK STUDY: Thur, 1:30pm.

For more information, contact Sandra Clark at 971-275-7111.

eSCRIP: Link your Safeway and Fred Meyer cards to eScrip and a small portion of each purchase will support PCSL. Sign up at back table or call Jessica Livesay at 940-616-4678.

All events held at the Center unless otherwise noted. Get more info at www.pcsl.us/calendar.

GET INVOLVED

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 - younger group is from 0-6 and the older group from 7-12. If you have a desire to work with either group please contact Sean Larkin 530-228-3515. We are looking for regular and substitute teachers. Both receive stipends to offset expenses.

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. I am excited by the prospect of exposing some of our writers to the Community News audience. If you have something to share send it to greetingsjg@comcast.net. - June Gumz, editor

SERVICE OPPORTUNITIES

HOSPITALITY TEAM: One Sunday a month, 9 or 11am service. Call Jaye Hill 971-225-0723.

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 call Suki McDonough 360-624-5615.

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.

USED SCIENCE OF MIND MAGAZINES NEEDED: If you're finished with old copies of the SOM magazine, the Center would like to "recycle" them in our visitor packets. Please drop them off in the Center office or contact Laura Bradley for more information: 503-465-0015.