



Portland Center FOR Spiritual Living

MARCH 2016

COMMUNITY NEWS

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FAMILY RELATIONSHIPS

A Training Ground for Life BY JUNE GUMZ

Family relationships are a mish mash of responsibilities, emotions and connections. The family is our training ground for becoming competent nurturing adults.

The child – grandparent connection is one that is usually cherished by both parties. As a grandparent of three males aged 12 to 25, I believe being a grandparent is the most satisfying relationship of all. There is an honesty between the generations that is difficult to master between parents and children.

Grandparents are allowed to indulge while parents must instill. Indulging is easier.

My youngest grandson and I have had a close relationship since the day he was born. I was allowed to have him 24 hours a week (more or less). We developed special games for riding in the car, played catch inside or out depending on the weather, played board games, made up nonsense songs, played in the neighborhood park and cooked gourmet dishes such as tapioca or custard pudding. Counting money and learning to tell time happened on my watch too (pun intended). Swimming lessons, dental visits and soccer practices were all part of my time with him. Happiness and trust were an integral part of our visits.



June Gumz, editor



As a mother and grandmother, I knew that the fun and games would come to an end sometime and that visiting grandma would lose its allure. A couple of weeks ago the end of the era came. My grandson was staying overnight. I suggested several possibilities that might be fun and he rejected all of them and then uttered the devastating words, "I'm bored." Being the understanding grandma that I am, I assured him that it was perfectly normal to relate to friends more than grandparents at his age. I assured him that he was welcome anytime but that it would be up to him when he visited from now on. As the enormity of that thought hit him he started crying and said, "But I don't want to be bored, Grandma." He wanted to be more grown up and yet keep our relationship the way it always had been. As he struggled emotionally through that thought process I found myself being so grateful that he didn't have to go through the obnoxious stage of

leaving grandma by degrees. His emotions were real and honest and so were mine. We love each other. After a family gathering the other night he came home with me and I returned him to his house the next morning. We are still best friends.

As a training ground for life, families can't be beat. This applies to 'almost' relationships too. Today I received a call from a woman who lived with our family when she was a child. We have kept in touch and she mothers her children using some of the techniques we used with her. Fortunately for me, in her culture, old age is revered so she isn't shy about asking for advice and I'm not hesitant to give it.

"But I don't want to be bored, Grandma."

MESSAGE BY REV. LARRY KING

GOD'S CREATIVE POWER

Have you ever wondered what our prayers sound like to God?

"Dear God, I claim my new car now!"

"My relationship is now based in Love."

"A new job is mine!"

It's not that any of these affirmations/prayers are wrong. They're good statements of what we desire and God will certainly respond to them. But I wonder if God is secretly saying, "Oh, is that all?"

God is infinite. Based on that infinite power and presence, I've starting creating larger mental equivalents. In the Science of Mind, Ernest Holmes tells us how to demonstrate our dreams through this concept:

"...in order to make a demonstration WE MUST HAVE A MENTAL EQUIVALENT OF THE THING WE DESIRE. A demonstration, like anything else in the objective life, is born out of a mental concept. The mind is the fashioning factor and, according to its range, vision and positiveness, will be the circumstance or experience."

So, what if we expanded our mental equivalent to the full scope of God through the use of God qualities? Instead of praying for a new car, what if we had a mental equivalent of **Freedom**, itself? Instead of using affirmations to repair a relationship, what if we create an equivalent of **Love**? What if we developed an equivalent of **Abundance** or **Creativity**, instead of just "a job?"

When my partner and I first moved into our new house we were presented with a builder's yard—which was no yard at all. It was just dirt. Rather than praying for the money to hire a landscaper, we started developing a mental equivalent of an amazing yard and place to live. We clipped pictures of beautiful plants. We looked at catalogs of lovely yard furniture. We put down a discarded garden hose to show the outline of a fish pond and flower beds. Over time we built up a rich mental equivalent of **Beauty** in our home and our yard. In the beginning it existed only in our minds.

God responded! Although we had little money after paying the closing costs on our home, suddenly we were getting great deals on plants. Neighbors brought us cuttings from their yards. A new roommate brought us wonderful garden furniture for our porch! In a short period of time things were looking nice and within two years the garden was amazingly beautiful.

(continued pg 4)



Rev. Larry King



*"In the beginning
it existed only
in our minds."*

GET TO KNOW YOUR COMMUNITY:

MARCI BECK: A Retrospective BY NANCY ASHLEY, RSCP

So you think you know Marci Beck? Yes, she is a Licensed Practitioner who intones beautiful prayers on platform at PCSL and assists with the Friends Gospel Chorus, but did you know she has a second CD which is available in the Open Mind Bookstore? How did this CD come about? Inquiring minds (mine) want to know. This is what I found out.

Marci was a music major in college where she learned musical composition and arranging in preparation for teaching high school music. Some of her compositions were written back then, but it was years later before she produced her first CD in 2012. All of the songs were her original compositions.

Some of the songs came full term from Spirit, with the lyrics, music and arrangements pretty much complete. Others came in bits and pieces in the shower, during meditation or while driving down the highway "when ego is out of the way." Marci selected singers to go with each song for her most recent CD, *The Next Step*. She chose singers who are familiar to PCSL: Starr Sheppard-Decker, Linda Rossi, LaRhonda Steele, Sara Stebbins, and Melissa Magana. As a fan of this CD, I keep it in the car and sing along when I am alone or when the news is too disheartening.

To produce the songs (16 originals in all), Marci had help from the incredible Ken Brewer who has a mobile recording studio; he did all of the recording. In addition, he produced many of the instrumental sounds on his keyboard. Technically, different lines were put together from the singers, instruments and back-up singers into a master copy which was then duplicated.

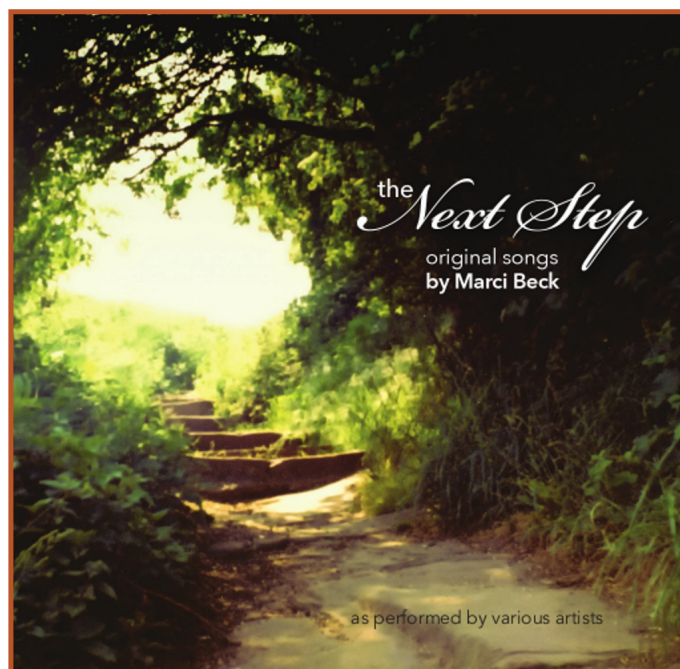
Friends from our Center who assisted in production include, Ann Holmgreen, who produced the CD's cover, Jim Buix who played nine different percussion instruments, Don Shultz on drums and Jim Solberg on bass guitar and string bass. All in all, this project is a remarkable feat for Marci and her select crew. Impressive for a retired mortgage underwriter!

Just a reminder, the Open Mind Bookstore, open every Sunday, carries Marci's collection of original songs in her CD titled, *The Next Step*. I highly recommend it.



Nancy Ashley, RSCP

"Some of the songs came full term from Spirit, with lyrics, music and arrangements."



The Next Step, second CD release of original songs from Marci Beck, recorded with collaboration of PCSL singers and musicians.



Marci Beck, RSCP;
singer/songwriter

GOD'S CREATIVE POWER BY REV. LARRY KING

(continued from pg 2) – Beauty, like Love, Joy, Peace, Harmony, Wholeness, Abundance and Life, is one of the primary aspects of God, Itself.

My belief is that when we build a rich mental equivalent of one of these qualities, God has the ability to support us on a grander scale. Pray for money? Sure. Pray for a specific healing? Of course. But why not have full Abundance? Why not experience complete Wholeness?

We may start building our mental equivalent with the "small thing," but let's not stop there. Let's continue by building an even bigger mental image of what we'd like to experience given the full scope of God's full creative power.

Happy Co-creating!



CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR END OF YEAR CORE COUNCIL REPORT: MARCH 1, 2016

We're still growing. As I reported in the last newsletter, we ended 2015 with an average of 108 people attending services each Sunday. This was an increase of 5% over the previous year. 2016 is showing even greater increases. The average attendance for both services in January and February is 120, if you exclude our "snow day" on the first Sunday in 2016.

Expansion will be one of the major topics of discussion at **our Annual Meeting** on April 3rd at 12:30 PM. Everyone is invited to attend this meeting and members will be voting on new CORE Council leadership and a new set of bylaws. We will also provide full financial results for the year 2015 and discuss the potential of expanding our physical space.

Membership classes are scheduled for May 1st and May 15th. If you haven't been participating fully in our growing community as a member, you'll want to reserve these dates on your calendar. The first class covers who we are, what we believe and the rights and responsibilities of membership. The second class provides new members with a welcome luncheon and some additional information on our Center's structure. We'll have sign-up sheets available in the sanctuary in the next few weeks.

Our finances are strong so far in 2016. January shows that we have a net income (after expenses have been paid) for the month of \$2,350.00.

We also completed a small **study of pet policies** around the Portland area. To honor our members with allergies, PCSL's policy is a simple one: "Service Dogs Welcome; no pets, please!"

*"We may start building
our mental equivalent
with the 'small thing,' but
let's not stop there."*



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

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



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

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

APRIL

ANNUAL BUSINESS MEETING

Sunday, April 3, 12:30-2:00 pm

Everyone is welcome to join us at the Center's annual business meeting. We'll be covering our 2015 end-of-year financial reports as well as plans for 2016, including potential expansion. Members will be asked to vote on a slate of CORE Council members and a set of by-law changes.

BOOK STUDY: 7000 WAYS TO LISTEN

Sat., Apr. 6 -May 28; 9:00-10:30 am

Facilitated by Rev. Lynn Johnson

Everyone is welcome to participate in this book study of Mark Nepo's book, "7,000 Ways to Listen." Love offering (suggested \$10/session)

CLASS: FOUNDATIONS

Mon., 10 wks. Apr. 11-June 20; 6:30-9:30 pm

Facilitated by Rev. Larry King

Are you ready to discover your emerging direction and purpose? Learn nine spiritual principles and practices that can change your life forever. Join Rev. Larry for 10 weeks of



self-discovery with an experiential format of lecture, discussion, sharing and process. Open to everyone, no prerequisites.

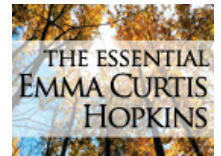
CLASS: ESSENTIAL EMMA CURTIS HOPKINS

Wed., 8 wks. Apr. 13-June 1; 6:30-9:30 pm

Facilitated by Kate Barrett, RScP

Emma Curtis Hopkins' course is designed to move the committed student from "zero to

healer" in twelve lessons. Unveiling Your Hidden Power: THE WORKBOOK and THE TEXT include a "translated" text of her 12 lessons into modern language, along with daily practices. Prerequisite: Foundations



MAY

NEW MEMBER CLASS

Sunday, May 1 & May 15, 12:30 pm-2:30 pm

If you haven't been participating fully in our growing community as a member, you'll want to reserve these dates on your calendar. The first class covers who we are, what we believe and the rights and responsibilities of membership. The second class provides new members with a welcome luncheon and some additional information on our Center's structure.

REGISTRATION CLOSES: WOMEN'S RETREAT

May 31, last day to register!

Come play with us, and explore the possibilities inside of you! Register at the Center or online.

JUNE

WOMEN'S RETREAT

Thurs, June 23 - Sun, June 26

Rev. Sharon Lee Foley, Practitioners, and Linda Rossi, with Ruth Beck, will lead you into that deeper heart space where you might choose to explore your own inspiration, passion, creativity and strength.



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

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

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.

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.