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*"My SOM training  
kicked into gear and  
everything worked out  
for my highest good."*

### DELAYING YOUR GOOD?

#### Handling Life with "Amazing Grace" BY JUNE GUMZ

**For more than a decade** I have wanted to replace the grass in my front and backyards. Each year I came up with reasons why I couldn't afford it. In one of those blindingly obvious thoughts, I realized that it would never get less expensive. So I made the decision to step out financially and hire the work done. Actually I had to be satisfied with one yard this year.

The first week in March a crew came to remove the aged grass from my front yard and replace it with lovely dirt which they spread and smoothed as best they could. Tree roots from my Japanese maple made it impossible to make a surface suitable for new grass. A decision had to be made to increase the dirt area and limit the grass section. As with all major projects there are surprises. It is like getting new drapes which make the carpet look shabby which dulls the walls, etc.

Here are some of the things I learned with the new lawn project:

1. *New grass needs to be watered a LOT (unexpected expense).*
2. *Larger dirt areas require more plants and bark chips (more money expended)*
3. *Sometimes rhodies are labeled yellow/peach but turn out to be bright pink*
4. *Long wet grass dampens my short dog's tummy and requires frequent toweling*
5. *Bark chips attach themselves to dog's feet, and my shoes, which necessitates more vacuuming*
6. *Crows wash their food in my new bird bath (like Macaque monkeys and raccoons in the wild)*



As soon as I committed to replacing the grass, the garage door motor had to be replaced. Then the refrigerator died requiring another big purchase. Somehow each of these

situations was handled with 'amazing grace'. My SOM training kicked into gear and everything worked out for my highest good. The grass and new plants are beautiful, the garage door works reliably and the new refrigerator keeps my food at proper temperatures without puddles on the floor.

From this process I have learned that putting off desired projects just postpones my good. It is not frivolous to replace 48-year-old grass or broken appliances. By limiting the project to one yard I was able to handle the other costs. If you have been denying yourself something special for over a decade reread this article.



Rev. Larry King

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*"Take the time to evaluate some of the many ways that our Center can support you in opening your heart—as part of that essential path for changing your mind!"*

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## MESSAGE BY REV. LARRY KING

### HOW TO *REALLY* CHANGE YOUR MIND

**In the Science of Mind** our tag line is: "Change Your Thinking and Change Your Life." I've often wondered how we go about intentionally changing our minds. Is it finding the truth? Is it seeing the truth in action in the world? Is it reading about new ways of thinking or being? Is it finding out that the old ways of being just don't work for us anymore?

As a minister, it would be nice to think my talks on Sunday, alone, can do the trick: that as I expose people to spiritual truth and new ideas, their consciousness changes. But I'm not quite that naïve. I've read the studies. When confronted with "correcting" facts or ideas most people simply either ignore them, or they begin to distrust the source. Our beliefs (even when they are wrong or unproductive) are not so easily replaced by the truth. Research into this issue shows that when we are feeling threatened, stressed-out or closed-hearted, we tend to cling to our beliefs—even when they are harmful or false. Correspondingly, when we open our hearts, we can open our minds to new ideas.

The recipe for really changing your mind is to make sure that you are feeling safe, supported, loved and nurtured. Then your heart and your mind are open. It doesn't mean you fall for "any new idea," just that you'll be able to evaluate new ideas, facts, options and ways of being. You'll be able to change your thinking from a place of clarity.

You may have noticed that our organizational Vision Statement is: "Opening hearts, igniting minds and making a difference in the world." One of the reasons we work hard for our Center to be welcoming, fun and joyous is to provide that atmosphere of love in which your heart can open to newness.

Yes, we invite you to change your thinking. That is the key to a better life, to wild success and to improved relationships. But first we have to be a place where your heart is free to open. To that end I invite you to participate beyond the Sunday experience. We'll try our best to make Sunday filled with love, fun and joyous music—but you might want to consider the many other supportive and open-hearted activities at the Center:

- **Connection Circles** allow you to talk about the "Sunday" topic in small, supportive groups.
- The **Women of Wisdom** book study group opens hearts and minds as it covers a wide range of topics and authors.
- The annual **Women's Retreat** provides safety, security and outrageous fun for spiritual growth.
- **Classes** provide a confidential and personal space for growth with like-minded people.
- Our **annual picnic** and "**Divine Dining**" programs (later this Summer) are fun, social ways to connect to one another.

As our Spring turns into Summer, take the time to evaluate some of the many ways that our Center can support you in opening your heart—as part of that essential path for changing your mind!

All my love,  
Rev. Larry

## YOUR SPACE

### SELF-TALK HEART-WORLD TRANSFORMATION FAIRY TALE

BY PAMELA DILLON

*Inspired by Rev. Larry's series on The Art of Communicating by Thich Nhat Hanh*

**Bad self-talk is a grumbling grave-digger** standing on your heart, digging a hole for your happiness, where all love plummets never to be seen again or reciprocated. It puts you in a barren wasteland of pain with the grave-digger grumbling, "I told you that you weren't and you wouldn't and couldn't. And now there you are and they aren't and you stink. You are pitiful, ugly, stupid, and lame. You smell, and you're boring, no one knows your name. You are poor, you're unwanted, an old piece of trash. You're no good to look at, you feel like a rash. There's a grating, obnoxious sound in your voice. You'll die fully alone. And you don't have a choice."

But all you need to do is push him in his own grave, put the soil back in and plant flowers. Thich Nhat Hanh calls this recognizing, refuting, and replacing bad self-talk. Once you've said good riddance and fertilized the soil, you can invite a lovely landscaping gardener in, who'll turn your whole heart into a lush paradise and toss you a playful wink. You can build a cabin made of ponderosa pine wood with a stone fireplace and a cloud-nine bed. Your heart-world is safe, sacred, and serene with chirping towhees bouncing from branch to branch.

The memory of the grave digger is a distant hazy dream. You grow a luscious wonderland with fruit so succulent and ripe. Someday, you invite someone in and they love it. They show you their seashell-encrusted, shimmery ten-story castle on the hot sandy beach. It is grand and ornate and, most of all, different. You show them how to shake a branch on that one tree outside your cabin so all the blossoms rain down on their head. They ask you to close your eyes and listen to the crackling of the fire and the ocean waves on the beach next to the castle. You notice how the salty sea air mixes with the smoke. You dig your toes in the sand with a roasted marshmallow in your mouth, those two sensations combine for the first time in your life. You build a magical bridge with a portal between your heart-worlds. You are directly connected, in different worlds, and you each hold a key.

**BUT ONE DAY  
YOU WAKE UP,  
AND YOUR  
WHOLE HEART-  
WORLD IS  
ABLAZE.**

But one day you wake up, and your whole heart-world is ablaze. It burns and aches and heats up and hurts. You pull the lovely gardener, who is still calmly planting, by the hand out of the burning garden. You run up to the portal on the bridge. It's sealed over and just goes out into the dark wilderness. Some things disappear without a trace when you least expect it. There is nowhere to go except back to where the fire burns. Your gardener walks back with you every step of the way, never tired, angry, or sad. Your paradise is now softly aflame. You hide on the bank of the river, under the bridge, and wait, falling asleep on the bank in your gardener's arms.

*(continued on page 4)*



Pamela Dillon

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*"...recognizing, refuting,  
and replacing bad  
self-talk..."*

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## SELF-TALK FAIRY TALE *(continued from page 3)*

You might speculate as to how it all happened. You might suspect your castle companion had a freak out and maniacally torched your paradise or wonder if you left a candle burning. Then again, forest fires are a recurring thing. I don't know what happened. And neither do you. But now here you are once again in an empty place. Everything is burnt to the ground. And remembrance makes you tremble with fear. This looks like what you stood in with the grave-digger. You see the exact spot where he used to dig. You almost feel the grave-digger push you in, laughing, grumbling.

That is your imagination. He has decomposed and fed the flowers that bloomed because a dead grave-digger produces extra juicy petals on a good heart-garden. Don't worry. He has been dead for many years and zombies are not a thing in fairy tales. Yes your heart-world feels empty again. But your gardener has been standing here all while you were waiting for doom, holding your hand right now, lovely as ever. Looking over at you with soulful compassionate eyes, your gardener says, "Well, we will just have to start over. This won't take long." Your gardener gives you that playful wink. And as you look down at your feet in the scorched earth of your heart-world, a little grape hyacinth shoots up and blossoms between your last two little toes.




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*"Well, we will just  
have to start over.  
This won't take long."*

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## BEING HUMBLE

*When into your life trials and tribulations appear  
And the people you love most put you in fear  
It is time to accept love.*

*When your life seems shattered and beyond hope  
When all the news in your life makes it hard to cope  
It is time to accept love.*

*When your faith is tested beyond usual measure  
And chaos reigns instead of pleasure  
It is time to accept love.*

*Your life is important and your church family cares  
Let them assist you in singles and pairs  
It is time to accept love.*

*Being humble is not the way of the weak  
It takes strength to let others assist and speak  
It is time to accept love.*

*—June Gumz*

### **DO YOU HAVE AN IDEA OR STORY TO SHARE?**

*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](mailto:greetingsjg@comcast.net).  
— June Gumz, editor*



## 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?

## 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, Ann Forest-Burns and Sarah Wheeler 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 also looking into new signage to make our Center more visible from the street and are checking with the City of Portland for their requirements regarding a new monument sign and perhaps a sign over the door.



Rev. Sharon Lee Foley

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

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Dee Hartman, RScP  
CORE Council Chair

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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: Joan Brown-Kline, Jim Buix, Ann Forest-Burns, Shana Devoreh, Sarah Wheeler.

Opening Hearts  
Igniting Minds  
Making a Difference

#### JOIN US AT THE CENTER

PORTLAND

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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 or at [www.PCSL.us](http://www.PCSL.us)

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

### MAY

#### OPEN MIND BOOKSTORE ANNUAL SALE Sun, May 17th and 24th

Once a year we heavily discount hundreds of new and used books. We also take donations of books prior to the sale. It's a great time to stock up on your metaphysical and self-help books at great prices!

### JUNE

#### CELEBRATE SPIRIT AS WOMAN 2015 Silver Falls Conference Center Thurs. June 25th - Sun. 28th

4 SPOTS REMAINING! Join us as we come together in love, light, laughter and tears. Sometimes all at the same time! Facilitated by Rev Sharon Lee Foley & Team. Music by Linda Rossi & Ruth Beck. For more information, visit our website or call Rev. Sharon at 707-484-6307 or Nancy Ashley, RScP, at 503-880-0308.

### JULY

#### ESSENTIAL EMMA CURTIS HOPKINS CLASS Thurs, July 9, 6:30pm – 9:30pm

8 weeks, facilitated by Kate Barrett, RScP  
Through readings, discussion and experiential exercises, learn why Emma Curtis Hopkins is considered the "teacher of teachers" in the New Thought movement.

#### COMMUNITY PICNIC

#### Peninsula Park, 700 N Rosa Parks Way Sun, July 26, 12:30pm – 3:30pm

Join us for family fun at our Center's Annual Picnic. Bring a friend to grow our community. PCSL will provide the burgers, veggie-burgers and "dogs." You provide your favorite picnic side dishes to share.

#### PLANNING A MEETING OR SPECIAL EVENT?

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

### 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](http://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](mailto: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.