



Portland Center FOR Spiritual Living

MAY 2017

COMMUNITY NEWS

INSIDE

Minister's Message	2
Community News.....	4
Board Update.....	5
Calendar	6

BEAUTY REVEALED

Spring On My Street. BY JUNE GUMZ

Driving down my street in April and May is a real pleasure. The spring green of the lawns, the blooming trees and the tulips and other bulb plants work together for a scene worthy of an old-fashioned painting or greeting card. When the sun peeks through it can be breath-taking.

Beauty, whether it is natural or man-made, enriches us. On Easter Sunday at PCSL we were serenaded by combined choirs directed by LaRhonda Steele. As a visual person, I close my eyes when listening to music so that I am not distracted by clothes, haircuts or colors. By shut-



June Gumz, editor

ting out the distractions I can concentrate of the beauty of the sounds. Believe me, LaRhonda's enthusiasm and the choral blending, created artwork in my mind worthy of a master.

Words can be beautiful and inspirational too. Every Sunday one of our practitioners does a spiritual mind treatment from the pulpit. The five steps they follow lead us spiritually to the Truth about us. Ernest Holmes, our founder, set the tone for the treatments in his book *The Science of Mind*. It has many lovely examples of prayers that lift us up.

Magazines, movies and TV set high standards for physical beauty which most of us won't attain.

However, we don't need to stress about being too short or too tall, too chubby or too thin, etc. We have talents, skills and friendships which counter balance our lack of the perfect nose or silky hair. A good sense of humor, honesty and a positive attitude can make us darned attractive.

Well, I guess beauty is the theme of this article. It is everywhere; nature, books, photos, friendships, treatments and music. We can see it, hear it, smell it, touch it and even taste it.

And so It is.



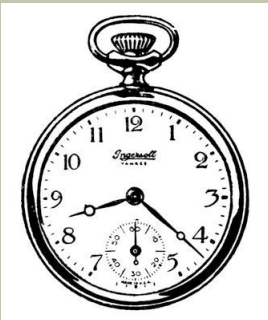
"Beauty, whether it is natural or man-made, enriches us."



Combined choirs directed by LaRhonda Steele.



Rev. Larry King



Much of our modern "stress" is felt when we try to accomplish goals according to the clock (how much time we have) instead of feeling for how long something should really take or when something should really happen.

MESSAGE BY REV. LARRY KING

ALL IN GOOD TIME

Does it feel like there's never enough time to get everything done? Do you ever think that with more time you'd be able to get a handle on your life? Does time seem to slow down when you're doing something mundane, but goes too quickly when you're with family and friends?

If you answer, "Yes," you're feeling the contrast of the two different measures of time.

In the ancient world, there were two names for time, *Chronos* and *Kairos*.

Chronos measured clock-time. It was a uniform way of counting minutes, hours and days. We're used to this kind of time. It's what we use to make sure that we're not late to work or know how long to hard-boil an egg.

But the ancients also measured time using *Kairos*. This other measure of time tells you when something is timed right according to its nature. You may think of it as "auspicious-time" or "ripe-time."

Grandmother and Grandfather understood this. Grandfather would plant his garden after "the last chance of frost had passed." Not based on a calendar date, but based on the ambient temperatures outside and the weather patterns so far during the spring. Grandmother's recipes would say things like "bake until done," because she knew that because of humidity and the temperature of her kitchen the bread might take longer or shorter to bake.

In an age of timers, clocks, alarms and other devices, you might ask "why is the idea of Kairos still important?"

It's because much of our modern "stress" is felt when we try to accomplish goals according to the clock (how much time we have) instead of feeling for how long something should really take or when something should really happen.

- We think that the trip should take ninety minutes, because it's only ninety miles by car. Then we're stressed-out when unplanned traffic causes the trip to take longer.
- We're frustrated when a project at home takes longer than the weekend we have allotted to do it.
- We get angry when a trades person can't tell us exactly when they will come to the house, even though we know there are six other customers to be seen that day.

SOMETIMES THE WORD **KAIROS** IS TRANSLATED COLLOQUIALLY AS "GOD'S TIME," "SACRED TIME," "FAVORABLE TIME," OR "OPPORTUNE TIME."

THE WORD **CHRONOS** IS SOMETIMES TRANSLATED AS "CLOCK TIME," "MAN'S TIME," "LINEAR TIME," OR "MEASURED TIME" IN ORDER TO EMPHASIZE THE DIFFERENCE IN MEANING BETWEEN **KAIROS** AND **CHRONOS**.

ALL IN GOOD TIME BY REV. LARRY KING

(CONTINUED FROM PG 2)

These are just some of the many ways that (especially American) people stress out, trying to make Chronos serve all of our needs. Some things just take their time. You don't want to eat an avocado that isn't ripe yet or one that has turned overripe. An avocado, bought green at the store, will just ripen when it will. Being frustrated with it is not helpful to anyone. Maybe it will be ripe on Tuesday—maybe not. You should eat it at the peak of its ripeness!

So, when you're feeling time-related stress, what can you do about it?

1. Relax.

See if you are being unrealistic about what can be done "according to the clock." Maybe you just need to relax and think it will be done when appropriate.

2. Renegotiate Deadlines.

Most people will respond to facts about how long something will take. They'd rather renegotiate a deadline than just have it missed or forgotten.

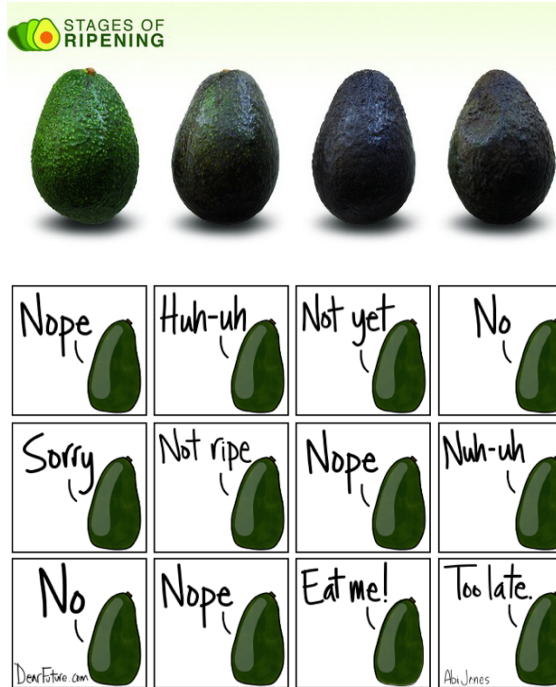
3. Re-Think The Timing.

Is it more important that something is done on a certain date/time, or is it more important that something is done at a proper stage of development? When is something "ripe" to be accomplished?

4. Auspicious Dates and Times.

Could there be an auspicious date or time involved? Would something be better if it occurred on your birthday? Would the business trip not be good if it's scheduled on Valentine's Day? Do you want to avoid driving on three-day weekends? Is a picnic best planned for the summer or when weather is likely to be dry? Should you wait to wash the windows until after you've power-washed the deck?

It may not always be possible to meet the time constraints of modern life. However, it may be possible to feel differently about them. It's always useful to recognize when you're attempting to fit a kairos-type project into chronos time. When things don't come out on time, just relax! **Maybe they weren't meant to!**



Some things just take their time. You don't want to eat an avocado that isn't ripe yet or one that has turned overripe.

Larry

GET TO KNOW YOUR COMMUNITY BY JUNE GUMZ

Recently Portland Center for Spiritual Living welcomed two new practitioners. One of them was Kathryn Richer. She came to the center in 2012 and knew she was home. As a spiritual person by nature, the principles taught here resonated with her so she took the classes required for practitioner training. "I felt passionate about the deliberate expansion of my own consciousness, and that of others, to reveal and realize our heart's truest desires."

Kathryn is a musician – everything from classical piano to being a member of the Oregon Renaissance Band where she plays a variety of instruments: peasant's bagpipe, krummhorn, recorder, percussion and spinettino. She was always involved in music in schools from junior high through college where she studied piano performance. You could see her playing guitar around campfires, accompanying choirs and soloists or playing keyboard for a country rock band. In Portland Kathryn joined and underground band called Napoleon's Mistress. "As an artist, I know the power music has to convey what words often cannot, tell stories, heal, unite and open hearts." Traveling, writing poetry and music come naturally to Kathryn.

When asked who has influenced her most, she replied poets, philosophers, scientists, teachers, musicians, friends, family and lovers. The cosmos, silence and beauty have played an equally important role in shaping her from the inside out and outside in.

Kathryn actually met Neil DeGrasse Tyson last year and it was life changing. "He is a shining example of the positive impact we can have on others when we truly live our deepest desires with passion." His ability to be scientifically and spiritually based, profoundly impacted Kathryn in what she calls her Cosmic Spirituality. "It acknowledges our place in the universe and the forces available to us to BE the stars we are."

Service is a theme of Kathryn's practitioner practice. She wants to assist people in discovering their inherent brilliance, support them to become more confident, uncover what keeps them from experiencing their good, discovering infinite possibilities and helping them to realize their heart's desires. Not a small challenge, but an important one.



Kathryn Richer, RScP

"My personal goal is to continuously grow in consciousness and radiance so much that one day I will simply explode, like a supernova!"



DIVINE DINING BY JANINE STEWART

Summer is waiting in the wings and that means that Divine Dining season is also just around the corner. For those new to PCSL, this is a much anticipated annual summer fundraiser that pairs a meal with a fun activity. Members of our spiritual community volunteer to host a dinner at their home, or another venue of their choice, for approximately 6-12 people. There is usually a theme to the dinner and an accompanying activity. For example, Sara Frandsen and Suzi Farmer hosted a Spaghetti Western last year where they served a scrumptious spaghetti dinner and treated their guests to an old fashioned spaghetti western movie.

This is a fund raiser, so we do sell tickets to all of the dinners. We are looking for 10-12 hosts for this year's event. Forms will be available at the Center beginning Sunday, May 14. Hosts will need to complete a form describing the idea for their dinner (theme, brief description of menu, and activity) and turn it in to Janine Stewart by Sunday, June 11. Rev. Larry and Janine will schedule the dinners to be held between mid-July and mid-September. Tickets will go on sale beginning Sunday, June 18. Cost of the separate events range from \$15.00 - \$35.00 depending on the type of meal/activity being offered.

This year we are also holding a raffle. We are looking for people who would be willing to put a themed basket together, e.g. "Wine Lovers" with wine and some accessories. If you feel hosting a dinner is more than you want to be involved with, perhaps coming up with a basket would be more to your liking. Raffle tickets will be \$5.00 each and will be sold at the same time as the regular Divine Dining tickets.

Please consider being a host this year. If you have any questions, contact Janine Stewart (541-359-7552 or jmstewart0613@gmail.com).



BOARD UPDATE BY SARA FRANDSEN, PRESIDENT

PCSL had its annual meeting on April 9, 2017. There were 35 attendees, 32 of which were members.

We learned that our Center is in robust good health financially. More people pledged and tithes are up from last year. Jeff Hart, CPA from Verity Accounting, reviewed the financial statement and found no issues of concern.

The Center's mortgage balloon payment is due this month and two lenders are in the reviewing process and will be selected by the better offer.

The new slate of candidates for Board of Directors were:
New – Diane Thomas, Doreen Machetti, Jason Hutchison
Second term – Sarah Wheeler, Sara Frandsen

They were accepted unanimously by the members present.

Kathy Batten and Ann Forest Burns are leaving the Board of Directors. Many thanks for their time and efforts for the Portland Center for Spiritual Living. They will be missed.



*Sara Frandsen
Board President*



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

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, Google Play or at cslportland.org

VISIT OUR WEBSITE

cslportland.org

JOIN US ON FACEBOOK
facebook.com/PortlandCSL

FOLLOW US ON TWITTER
twitter.com/PortlandCSL

READ OUR BLOG
www.pcsl.us/blog

NEWSLETTER CREDITS

EDITOR

June Gumz
greetingsJG@comcast.net

DESIGN

Cheri Smith

CONTRIBUTORS

Rev. Larry King
Sara Frandsen
Janine Stewart

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

JUNE

TOWN HALL MEETING: COMMUNITY INVOLVEMENT

Sunday, June 4th, 12:30 PM

In the summer, we participate in a number of community involvement activities as well as making plans for the future. Join us after the 2nd service for a discussion of this summer's events with the larger community and a list of our current projects and beneficiaries. Everyone is invited and participation is encouraged.

DIVINE DINING: HOSTS WANTED!

Party proposals due Sunday, June 11th.

Divine Dining Tickets go on Sale June 18th!

We're organizing our "Divine Dining" program for the summer and we'd love to have you sign up to be a host. You can pick any level of dining experience and number of guests. It's a chance for you to get to know people better and support your community in a fun, social way. We'll sell tickets to your party and the proceeds will benefit the center. It's a fund-raiser and a friend-raiser! For more information you can contact Janine Stewart at 541-359-7552 or download a party proposal here: www.cslportland.org/email_files/DDPartyProposal_2017.pdf



WORKSHOP: GET OFF YOUR CUSHION!

Saturday, June 17th, 12:00-3:00 PM

Have you tried meditation and thought it didn't work for you? This workshop will walk you through what meditation is and isn't and explore options for people who haven't been able to meditate in the past. Get a better understanding of how meditation can work for you and reap the many benefits. Facilitated by Marci Beck, RScP. Cost \$75; \$65 for members.

ON-GOING EVENTS AND PROGRAMS

Visit our website for info on on-going events and programs: cslportland.org/ongoing-programs

All activities held at the Center unless otherwise noted. MORE INFO at cslportland.org/events-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 503-228-3515.

HOSPITALITY TEAM: One Sunday/month, 9 or 11am service. Contact Erin Hurt at 360-909-4971.

USED SCIENCE OF MIND MAGAZINES NEEDED: Please bring old copies to the office. We would like to "recycle" them in our visitor packets.

CENTER CLEAN-UP/SPRUCE UP

Sunday, June 18th, 12:30 PM

You're invited to wear your casual work clothes and stay after the second service to help beautify your spiritual home. There will be outside yard work and inside cleaning and miscellaneous "fix it" jobs. We'll provide a light lunch for the helpers to get started. Help make our surroundings lovely and ready for Summer!

JULY

ANNUAL PICNIC & BRING-A-FRIEND SUNDAY

**Sunday, July 16th, after the 11:00 AM Service
Peninsula Park; 700 N Rosa Parks Way**

Bring a friend to our 11:00 AM service and meet everyone afterwards at Peninsula Park for our Annual Picnic. We'll provide the burgers, veggie-burgers and "dogs," you bring a side dish. Diane Thomas would also like to have a few volunteers to help with the event. Contact her at (971) 570-1670.

Fellowship • Friends • Food • Fun



MEMBERSHIP CLASS

Sundays, July 30th & Aug. 6th, 12:30 - 2:30 PM

Have you wanted to become a full member in our loving community? Join Rev. Larry for two afternoons exploring the basics of what we believe, what we offer and how we serve. Everyone is invited to explore becoming a member—there is no cost. The second class will start with a welcome luncheon. Registration is required (sign-up in the sanctuary).

COMMUNITY RETREAT

Friday, Aug. 25th through Sunday, Aug. 27th

Join us for a relaxing weekend celebrating our connection with God, nature and each other at Menucha. There will be workshops, community singing and opportunities to create, to enjoy nature, to laugh and to meditate. All ages are welcome and we will have separate youth activities during adult workshops.

