



# Portland Center FOR Spiritual Living

JULY 2015

## COMMUNITY NEWS

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*"We can observe, listen  
and reason with a desire  
to promote healthy life-  
affirming plans for our  
diverse country."*

## CHANGE IS POSSIBLE

Exciting Times BY JUNE GUMZ

**My heart has been so lifted** by the positive news recently it is hard for me to reconcile my pleasure with the millions made unhappy by those same decisions. The Supreme Court, our president and individual states have made monumental decisions affecting health, marriage and even which flags will fly over state buildings.

It took a terrible shooting in Charleston, South Carolina by a racist who valued the Confederate flag so completely he had it on his car license and in most of his personal photographs. His stated goal in shooting his black victims was to start a civil war. Fortunately for the people of Charleston his plan backfired. They didn't retaliate. They didn't hate and the crime inspired some states and businesses to abandon flying/selling the flag altogether.

Politics are very interesting this year. The Republicans have many candidates for the office of President of the United States. The Democrats have 75% fewer candidates. Money will play an even bigger part in this election than in any in the past. Personally, I would like my contribution for my chosen candidate to be important, but it is hard to compete with those billionaires!

With all the changes taking place as a result of the SCOTUS decisions, I choose to believe that given time, the unhappy folks will see the wisdom of letting people marry the ones they love. They will come to realize that health care for all is a good thing. Some may even begin to accept that the flag that represented southern pride had a sinister meaning to millions of others.

It is a time of change which is exciting for some and unsettling for others. Whether we are conservative or liberal, our opinions matter. I enjoy a good give and take session between ideas on the left and the right. On a few occasions I have changed my mind about an issue because I was willing to listen to another point of view and see the value in it. It isn't a daily occurrence, but it has happened.

In this exciting time in American history, with all the communication choices available to us, we can observe, listen and reason with a desire to promote healthy life-affirming plans for our diverse country. The past few weeks have shown that change is possible in a dynamic way.

And so It is.



"Love Wins"



"Amazing  
Grace"





Rev. Larry King

## MESSAGE BY REV. LARRY KING

## FREEDOM

As we celebrate the Fourth of July and freedom in general, I am reminded of the two aspects of freedom.

**"Freedom from"** implies a release from bondage. It indicates that something or some one is holding you back, limiting your success or keeping you down. Part of the Declaration of Independence talks about this when it says, "The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States." Our independence from Great Britain was, in part, "freedom from" perceived tyranny.

No doubt you have wished freedom from some person or circumstance. Perhaps you wish to be released from a difficult job or a harsh boss. Perhaps a marriage has become unworkable and you wish to be free from it. There may be people or situations that drive you crazy and you would seek freedom.

However, there's a danger in "freedom from" that we must address. When we run away or "liberate" ourselves from something, what do we replace it with? Are we defining ourselves by what we don't want? If we are, it's quite possible that we'll just find another person or situation from which we will require liberation. When we run away it's possible we might run into something even worse.

**"Freedom to"** is more expansive. Being free to live your life as you desire is true freedom. The Declaration of Independence talks about this form of freedom as well:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Thus we are free to express ourselves in any number of ways. It's not about what we're running from, but rather focuses on what we'd like to run towards.

So that's my question to you as we celebrate July as a symbol of freedom. What would you like to experience? What is your dream of self-expression and life? What form would a "freedom to" take in your life? Let's change our focus from what we don't want (that which we wish freedom from) to what our hearts desire.

The founders of our great nation have given us this right. Now I ask you:

What is your "pursuit of happiness?"

All my love,  
Rev. Larry



**"Being free to live your life as you desire is true freedom."**

*Larry*



## GET TO KNOW YOUR COMMUNITY

### RETREAT 2015: Celebrating Spirit as Woman BY REV. SHARON LEE FOLEY

**SOLD OUT!!!** Thirty-one women came together in June at Silver Falls Conference Center for 2½ days and 3 nights of connection, commitment and celebration. They got re-acquainted or got to know each for the first time. Not a single woman prepared or served a meal, but were all served by Silver Falls staff. They hiked, they swam, they napped, they played games, they performed Saturday night in Goddess Theater. There were workshops as well as time spent together in groups of 2 and 4, sometimes with 30 other women reflecting on their lives up to this point and imagining what their lives might look like from this moment on. The 11th year of CELEBRATING SPIRIT AS WOMAN. Nothing else can be said because "WHAT GOES ON AT SILVER FALLS, STAYS AT SILVER FALLS!"




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*Accepting what was,  
Loving what is,  
Trusting what's to come.*

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**SPIRIT AS WOMAN 2015**  
CONNECTION, INSPIRATION, PASSION & LOVE

## THOUGHTS: WONDERING BY REV. SHARON LEE FOLEY

**My little brother is starting to paint my house today.** I decided to take a picture before he started so I would have a "before and after." Thirty-one women returned June 28 from our 11th annual women's retreat. Before and after pics would've been great. I wish I had taken pictures of every woman as she arrived because the women who left Sunday did not look like the same women who arrived Thursday.

It's astonishing what happens to people when they spend 3 days being acknowledged, accepted, inspired, encouraged and loved. What's more amazing is that we give it to each other so naturally in events such as this retreat. Within just a couple of hours of being together in this environment folks open up. Now why is that? Why does it take different geography and specific environment to create this? I can't help but wonder what the world would be like if we related to each other like this all the time. And then I wonder why we don't.

I want to know what it would take for us to truly be ourselves in every situation, with anyone and everyone. I wonder how other people would respond in the company of acknowledgement, acceptance, inspiration, encouragement and love. What if instead of living our ordinary lives, we live like we are on retreat? Just wondering.

## CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR

**The CORE Council**, with its new members, is implementing procedural changes to be more efficient and effective with recurring tasks. We are very pleased with the ease and efficiency of some of these changes.

One of the long term projects we are implementing is to set aside money each month so that we will be able to replace the Center's roof in five years. Being proactive is preferable to taking on a large debt in the future.

The visioning for the Growth and Expansion team has been meeting for several weeks with the goal of better utilizing the space we have and to consider future possibilities.

It is my honor to serve as the CORE Council Chair. The Council is a cohesive group that collaborates and supports each other as we take care of the business of the Portland Center for Spiritual Living.



Rev. Sharon Lee Foley

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*"What if instead of living our ordinary lives, we live like we are on retreat?"*

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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 Center for Spiritual Living

6211 NE M L King, Jr. Blvd.  
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)

### JULY

#### DIVINE DINING

**Ticket Sales and Parties Now Underway July through September**

Bring your social calendar and be ready to buy tickets for your favorite parties. Support your Center and have a great time with fun, friends and food. Enjoy your summer with Divine Dining! Tickets available for sale in the sanctuary after the first and second services each Sunday. There are booklets describing each dinner/party in the sanctuary or download at [www.pcsl.us/email\\_files/DDPartyBooklet2015.pdf](http://www.pcsl.us/email_files/DDPartyBooklet2015.pdf)

#### 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.

### AUGUST

#### MLK "DREAM" RUN/EVENTS

**Sat, August 1st; Sun, August 2nd**

We're partnering with the North/Northeast Business Association to present the 2015 MLK Dream Run.

**Saturday, Aug. 1st** – Opening Celebration, Noon-10pm–Music, Food and Entertainment  
**Sunday, Aug. 2nd** – 5k (walk/run) 10k and 15K Geoff Hollister Tribute.

Join our team to help out at our table to share experiences with our community on Saturday August 1st. Be part of a team of walkers, runners or a cheering section at our mile post on Sunday August 2nd. Please contact Sara Frandsen at 714-624-4363 for more information or visit [www.mlkdreamrun.org](http://www.mlkdreamrun.org).

### SEPTEMBER

#### FALL CLASSES

**Foundations and Self Mastery**

#### ON-GOING EVENTS AND PROGRAMS

**LUNCH BUNCH!:** 4th Sun, 12:30 pm

Fellowship, great food and stimulating conversation. We meet right after the 2nd service at Las Primas Peruvian Kitchen, 3971 N Williams Ave.

**HEART TO HEART:** 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 Rev. Sharon Lee Foley 503-668-9806 or Lexy Dillon 503-663-5817.

**RIDESHARE PROGRAM:** Give-a-ride; Get-a-ride  
PCSL is facilitating rides to Connection Circles, Sunday Service or other sponsored events. If you have a spot in your car or need a ride, contact Kathleen O'Higgins at [kathleen.ohiggins.new.email@gmail.com](mailto:kathleen.ohiggins.new.email@gmail.com)

**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.

**FORWARD FLOW:** 12 months of Giving  
The Forward Flow Ministry is dedicated to proving the Law of Circulation as it demonstrates through the members of our Center. For information contact Suki McDonough at 360-624-5615.

**WOMEN OF WISDOM BOOK STUDY:** Thur, 1:30pm  
For more information, contact Sandra Clark at 971-275-7111.

*All events held at the Center unless otherwise noted. Get more info at [www.pcsl.us/calendar](http://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. 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.

**HOSPITALITY TEAM:** One Sunday a month, 9 or 11am service. Contact Erin Hurt at 360-909-4971 or Joni Gould at 360-931-8159.

**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.

**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.

#### COMMUNITY REWARDS PROGRAMS:

A free way to support PCSL through purchases at Amazon.com, Fred Meyer and Safeway. A portion of your purchases at three popular stores can be credited to your Spiritual Center. Just sign up:

- Amazon Smile
- Fred Meyer's Community Rewards
- Safeway's Escrip

For more information, call Jessica Livesay at 949-616-4678.