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*"Connection Circles give us a place to recognize Spirit working in our lives and reinforce it for others."*

## CONNECTION CIRCLES

### Spirit Working in Our Lives BY JUNE GUMZ

**For seven weeks this winter I was really excited about Thursday evenings.** It was Connection Circle time and people were coming to my house to share! Up until the Connection Circle series, the highlights of my Thursdays were *Big Bang Theory* and trash day.

A Connection Circle is a group of people who join together once a week to increase the value of PCSL's Sunday services. We take part of Sunday's message, read it and answer related questions about the reading. We discuss, we listen and we increase our understanding. A practitioner is always present to assist those who want healing.

The nuts and bolts of Connection Circles are handled by Marilyn Sprague, RScP (a licensed practitioner). She trains the facilitators, generates materials, keeps track of the statistical information and is a resource when we feel out of our depth.

Connection Circle is a perfect description of what happens at the meetings. People connect, build trust and make new friends. In this day of the internet, *iPhones*, *iPads*, etc. it is easy to find our thumbs doing the communicating and our social lives in limbo. It is amazing that one hour per week, with like-minded folks, can make a difference in our attitudes and sense of belonging.

One member of my Thursday evening group told me that she credits the Circle for giving her the courage to think differently about a family issue. Her change in attitude was reflected in the behavior of her family member and they both feel freer. She has the confidence to use the concept of "changing her mind" to make circumstances in every area of her life better, including her health.

While I have known that spiritual mind treatment works (I was a practitioner for 8 years), it is refreshing to see it manifest for others so consistently. The old fashioned concept of giving testimony works just as well today. Connection Circles give us a place to recognize Spirit working in our lives and reinforce it for others.

Earlier I mentioned Marilyn Spragues' statistics, let me impress you with her records:

*Fall 2014 – 9 week series (6 circles) 96 prayer requests*  
*Winter 2015 – 8 week series (6 circles) 91 prayer requests*  
*Spring 2015 – 6 week series (3circles) 20 prayer requests*  
*Fall 2015 – 7 week series (5 circles) 84 prayer requests*  
*Winter 2016 – 7 week series (6 circles) 93 prayer requests*  
*Spiritual Growth Contact Hours – 1,501 hours of seat time represented*



June Gumz, editor



The 1,501 hours represent time spent learning, processing, listening and connecting. Also, think of the value of the 384 prayer requests. Imagine how much more comfortable and peaceful members of the circles are because they felt safe enough to ask for help.



Rev. Larry King

*"God endows us  
with Life and Liberty  
(Freedom)"*

## MESSAGE BY REV. LARRY KING

# HAPPINESS, JUST HAPPINESS

"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."

**I'm writing this article exactly 240 years after the signing of the Declaration of Independence on July 4th, 1776.** Have you ever wondered at the enduring power of these words established by our nation's founders? Have you ever considered their metaphysical promise?

Today we may separate "church and state," but in 1776 the nation's founders acknowledged that an all-pervasive Creator granted us unalienable rights. That is to say, God endows us with Life and Liberty (Freedom). There are no qualifications here. They are ours. No one can take them away from us and the job of the government is to facilitate our use of these rights.

It took a few decades before we made sure that the "us" included members of non-white races. One could argue that we never did the right thing about the indigenous people of the Americas. One could (rightfully) point out numerous missteps where the government ignored or actively kept some people, including women, from exercising these rights—but by and large and increasingly over time, we've headed down a path of "liberty and justice for all." *(continued on page 3)*



**HAPPINESS:** BY REV. LARRY KING*(continued from page 2)*

So what about "...pursuit of Happiness?" Why not just "happiness" without the pursuit? Is it only our right to pursue happiness without actually having it?

I think God also endows us with the right to simply be happy. No pursuit required.

THE AMERICAN DREAM?

When we pursue, it implies an elusiveness or difficulty. It implies that we can't all have it and it implies that it is obtained externally. It feeds into that (outdated) idea of the American Dream: "If you work hard enough, you'll get ahead." As we know, the American Dream set many of us on a quest to obtain more of everything. It equates having more (money, leisure time, bigger house, better car, better schools, etc.) with being successful and happy.

HAPPINESS IS AN INSIDE JOB.

But happiness is an inside job. The World Happiness Report (you can find it online at <http://worldhappiness.report>) shows that there is only a tenuous linkage between wealth and happiness. Some of the happiest places on earth are economically poor. The United States, still among the wealthiest of nations, ranks only 13th in the 2016 report. Its "happiness index" is comparable with Costa Rica and Puerto Rico, two much poorer countries.

Having "more" can be pleasant, but it also brings responsibilities and costs. Sometimes "more" is just a burden.

So how do we approach happiness directly? We put aside pursuit of the external and accept the inward approach. What truly makes you happy? Is it the people in your life? Is it being with your family and friends? Is it working in your yard or spending a leisurely day at the beach? Is it engaged in a sport or a hobby? Is it interacting with coworkers, clients or colleagues? Is it reading a good book? Is it taking care of kids?

WHAT TRULY MAKES YOU HAPPY?

I ask you to take a few minutes to think about the times when you're really happy. Money may have helped to set the stage—but the happiness came from you! I would like to suggest that claiming this level of happiness can be quite easy. You just become it! You inwardly accept the peace that can be found in the moment—any moment—and claim your unalienable right of Happiness. You can choose to be happy.

Honestly, it's right there for the taking.

All my love,  
Rev. Larry




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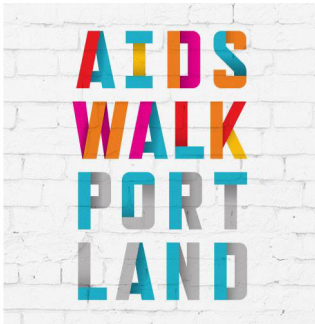
*"You inwardly accept the peace that can be found in the moment—any moment—and claim your unalienable right of Happiness."*

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## COMMUNITY EVENTS BY SARA FRANDSEN

### AIDS WALK

The AIDS walk is September 10th at The Fields Park located in the Pearl District. The event starts 11:00am-2:30pm and is put on by the Cascade AIDS project in which the funds go directly to support the HIV & AIDS programs for the people here in Portland.



PCSL will have a team of walkers this year to walk a 2.4 mile course.

PCSL's collective goal is to raise at least \$1000.00. Last year we raised around \$800.00.

If interested in being a part of the team or donating, please go to [aidswalkportland.org](http://aidswalkportland.org) and look up team **Portland Center for Spiritual Living** and select the **donate button** on the right to donate or scroll to the bottom and select **JOIN Team** to be a walker. There is

a \$10.00 registration fee and if you sign up/donate \$50.00 you will receive an AIDS walk T-shirt. If you need help with doing this there will be a registration/donation day at the center where people can receive help signing up for the team or an option to donate. The date is to be determined in August.

Please contact Sara Frandsen at [sara22pcsl@gmail.com](mailto:sara22pcsl@gmail.com) or 714-624-4363 with any questions.

### MLK DREAM RUN

The MLK Dream run is Sunday, September 25th this year. It is put on by teens and young adults who are a part of North/North East Business Association – NNEBA's young entrepreneurial internship program that helps raise monies for scholarships, programs and to gain experience in the entrepreneurial world. They learn strategies and skills for putting on an event like the run, and create connections and build relationships within the North/ North East business district.

**NNEBA**  
N/NE Business Association



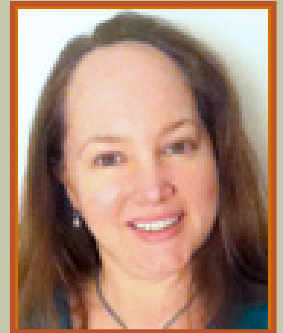
The Soul of Portland

PCSL is sponsoring a mile marker for this event and is looking to have a team of 10 walkers and/or runners. The event is 5K, 10K & 15K and is a timed event for those who are serious about it. The gates open at 6am and there is a staggered start at 7am the day of the race.

PCSL will have a booth at the event Sunday, September 18th, with other vendors. There will be a BBQ area and live entertainment taking place after the race to celebrate.

PCSL will also be volunteering at a water station to rejuvenate the walkers/runners with water and spray bottles.

If you are interested in participating or volunteering please contact Sara Frandsen at [saramlkdreamrun15@gmail.com](mailto:saramlkdreamrun15@gmail.com) or 714-624-4363. You can also refer to the website [mlkdreamrun.org](http://mlkdreamrun.org) for the latest updates.



Sara Frandsen  
Board Secretary

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*"Openng Hearts,  
Igniting Minds,  
Making a Difference."*

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## THOUGHTS: EXPLORING CHANGE BY REV. SHARON LEE FOLEY

**The iPhone weather app predicted today was a sunny day.** It's not. It's completely overcast and cool. Not what I expected. I made plans based on what I expected. So this got me thinking. How often do we make plans based upon what we expect is coming? And how do we respond when things do not go according to plan?

I'm thinking it's less about things not going as expected and more about how we respond to things not going as expected. When we trust and just go with it, making our own adjustments as we go, the more free our experience. The less time we spend in upset over a change in conditions, the more time and attention we have to devote to standing back, looking at our options (we've always got them) and then changing course. This requires, I believe, a trust, a faith in the good of God, the Universe, that is always for us and never against us. We have to know on some level that we are loved and supported. The possibilities are literally endless. So maybe we turn off the sprinklers because instead of sunny 80° we've got rain and 55°. Maybe we read a book instead of going on a hike. Or maybe we take a walk in the rain – without an umbrella. The possibilities are endless. Cheers!



Rev. Sharon Lee Foley

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*"How do we respond when things do not go according to plan?"*

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## BOARD UPDATE: BY KATHY BATTEN, PRESIDENT WHAT DOES A BOARD OF DIRECTORS DO?

**According to the PCSL By-Laws**, the Board of Directors is responsible for managing the "secular activities, business, and affairs of PCSL" and "all corporate powers shall be exercised by or under the direction of the Board of Directors." Powerful words!

According to the lengthy June action plan, we're involved in a potpourri of activities! Sara Frandsen is coordinating the MLK Run, the Aids walk and the Community Retreat. Ron Bixby-McDonald is involved in building maintenance inside and out; he weeds and mows on a regular basis, is getting a bike rack installed, installing emergency lighting in the restrooms, and cleaning and painting the east sanctuary wall. Ken Cragen is working with Diane Thomas on the picnic scheduled for July 31st. Janine Stewart and Rev. Larry are coordinating Divine Dining. Rev. Larry and Rev. Sharon are looking into mounting a TV over the activities table to communicate current "happenings" at PCSL. Rev. Sharon, as treasurer with Shana Devoreh's support, ensures our financial situation is clear and communicated to the board and the community.

Sarah Wheeler has taken on Volunteer Coordination and there's an on-going Prosperity Team headed up by Janine Stewart considering ideas for appreciation of our congregants. And our newest team, facilitated by Ann Forest Burns, is the "Center Attraction Team" proceeding with the search for the perfect building to accommodate growth at PCSL. It's an active group and **we could use your help!** Please let Sarah or I know if you are interested.



Kathy Batten  
Board President

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

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**PCSL BOARD 2016-17** – Rev. Larry King, Sr. Minister; Kathy Batten, Pres.; Ann Forest-Burns, Vice Pres.; Sara Frandsen, Sec.; Rev. Sharon Lee Foley, Treas.; Members at Large: Ken Cragen, RScP, Ron Bixby-McDonald, Janine Stewart, Shana Devoreh, Sarah Wheeler. Not pictured: Jennifer Bernett

Opening Hearts  
Igniting Minds  
Making a Difference

#### JOIN US AT THE CENTER

### PORTLAND Center for Spiritual Living

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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

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

### JULY

#### DIVINE DINING TICKETS

**Feed your body. Feed your soul.  
Feed your Center.**

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 are available after the first and second services each Sunday. You can also download a brochure listing all the parties at [www.pcsl.us/email\\_files/DDPartyBooklet2016Web.pdf](http://www.pcsl.us/email_files/DDPartyBooklet2016Web.pdf)



#### ANNUAL PICNIC & BRING-A-FRIEND SUNDAY

**Sunday, July 31, 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.

### AUGUST

#### WORKSHOP: YOUR INVISIBLE POWER

**Saturday, Aug. 13, 9:00AM-3:00PM**  
**Facilitated by Marilyn Sprague, RScP**  
Ernest Holmes said, "There is a Power for Good in the universe available to everyone and you can use it!" In this workshop you will learn how to open your heart and mind to claim this authentic power. Everyone is invited to participate in this supportive, growth-centered workshop. Fee: \$65.00 per person.

#### 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.

### COMMUNITY RETREAT

**Friday, Aug 26 – Sunday, Aug. 28**

Join us for a relaxing weekend celebrating our connection with God, nature and each other at Menucha. Workshops, community singing and opportunities to create, enjoy nature, laugh and meditate. All ages welcome. We will have separate youth activities during adult workshops. Includes food, shared lodging, activities.  
\$270 Adult; \$35 Youth, 7-12 (Under 7 free)  
\$10 additional charge for special meals.



### SEPTEMBER

#### WORKSHOP: A WAY TO PRAY

**Thurs., Sept. 1 – 22, 6:30-8:30PM**

**Facilitated by Rev. Lynn Johnson**

Explores Spiritual Mind Treatment and includes experiential practice in creating our form of affirmative prayer.

#### FALL CLASSES:

**FOUNDATIONS: Mon., Sept. 12 – Nov. 14**

**PRACTICAL MYSTICISM: Wed, Sept. 14 – Nov. 16**  
(More class info at [www.pcsl.us/education.htm](http://www.pcsl.us/education.htm))

#### AIDS WALK

**Sat, Sept. 10**

#### MLK DREAM RUN

**Sun, Sept. 25**

(For more walk/run information see page 4, or contact Sara Frandsen at [sara22pcsl@gmail.com](mailto:sara22pcsl@gmail.com) or 714-624-4363)

**BREAKFAST WITH THE MINISTER: Sat, 9:00am**

For Info, contact Dee Hartman at 360-831-8033.

**TRANSCENDENCE 12-STEP: Sat, 9:00am-noon**

**SACRED SILENCE MEDITATION: 3rd Wed, 7-8pm**

All activities 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. 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.