



# Portland Center FOR Spiritual Living

SEPTEMBER 2014

## COMMUNITY NEWS

### THE MAGIC KINGDOM

Happiness For All Encouraged BY JUNE GUMZ

**"Look at those women, grandma; we can only see their eyes."**

It was a hot day in Disneyland and my grandson had never seen women in burkas before. He was hot in his T-shirt, shorts and baseball cap and couldn't imagine how women could manage in their heavy layered black clothes. Some of the languages we recognized were Mexican, Chinese, Japanese, Arabic, French, German and Icelandic. The happy voices were everywhere. It doesn't matter what the ethnicity, or the language people speak, Disneyland is a place where happiness is encouraged.

My daughter and I took my grandson for a two-day stay in Anaheim, California, in a hotel across the street from Disneyland. Being the orderly boy he is, Pierson made a list of every ride he wanted to try. He did them all and several of them more than once. I resisted the scarier rides and watched while my daughter and grandson enjoyed them. One would think that a Ferris wheel would be one of the more benign rides suitable for senior citizens. However, the one at California Adventure (next to Disneyland) is deceptive. I happily entered the cage, sat down on the seat and noticed some strange white bags located on a little shelf. Turns out the bags are barf bags (grandson lingo). After a few minutes, yours truly used two of them for the purpose intended! Sigh.



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*June and Pierson  
after the Ferris  
wheel "incident."*

*Julie and Pierson  
taking off on the  
roller coaster.*



As I relegated myself to people watching after the 'incident' on the Ferris wheel, it became very clear to me that people from all over the planet visit the acres reserved for Disneyland and California Adventure. A relatively small bit of earth, with no special natural features to attract attention, has become a place where people of all faiths and nationalities are tolerant and patient with each other. It was amazing to watch the burka ladies, the turbaned Indians, Asians of all types, Mexicans, South Americans, Europeans and Australians happily sharing space without the need to harass or negatively judge one another.

It was amusing to see rather staid looking adults wearing Mickey and Minnie Mouse ears and little children smiling in their princess outfits or funny costumes, often with wands or swords. The Magic Kingdom has earned its name. Groups who won't acknowledge each other outside of Disneyland co-mingle with ease.

**"IT'S A SMALL WORLD AFTER ALL!"**



Rev. Larry King

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*"...a time of contentment  
and gathering together"*

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## MESSAGE BY REV. LARRY KING

### AUTUMN RICHNESS

**It's no secret that autumn is my favorite season.** Warm days and cool nights are perfect for exploring nature outdoors and taking up additional indoor activities with friends and family. Vibrant colors of the fall add to the richness of harvest and delight my senses. Autumn also has a kind of "back to school" energy that encourages an investment in myself.

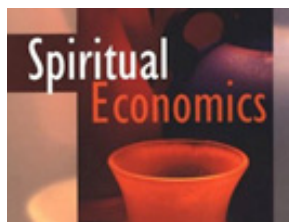
Have you made an investment in yourself lately? Have you taken the time to think about your spiritual direction and the impact you have on friends, family and the world at large? Have you taken a class to learn something new or to move beyond your existing comfort zones?

Here at the Portland Center for Spiritual Living, we have some options for you.

First of all, several of our members are opening their homes for **"Connection Circles."** The circles are safe places for discussion, group spiritual practice, prayer requests and sharing. It's PCSL's way of providing a during-the-week spiritual connection for everyone. Six circles are available at various times and locations throughout the Portland/Vancouver metropolitan areas. The circles start the week of September 21st and run for 8 weeks. I get to be a "drop in" guest at all of the circles—I'm really looking forward to it! Sign up the next time you're at the Center, or call Marilyn Sprague for more information at (360) 931-0671.



Of course, I will always recommend taking a class at the Center for Spiritual Living. Rev. Sharon Lee Foley and Kate Barrett are teaching **Foundations**. It's an overview of the teachings, beliefs and practices within the Science of Mind. If you really want to "change your thinking and change your life," this is the place to start. Make a self-investment in this 10-week class and enjoy a lifetime of intentional living. The class is also great for people new to the Center. In addition to learning about the Science of Mind, you will create connections and friendships during the class that will assist you in finding true "community."



If you've already had Foundations, consider taking my class in **Spiritual Economics**. We'll use Eric Butterworth's book to create an understanding of how to use spiritual principles to live a richer, fuller life of financial freedom.

I hope you plan to enjoy this autumn. Seasonally, it's a time of contentment and "gathering together." It invites us to enjoy the remainder of the warm weather as well as making a commitment to intentional living as summer's season of growth winds down.

Much Love and Many Blessings,  
Rev. Larry

## GET TO KNOW YOUR COMMUNITY

### JIM BUIX: Music Pro and CORE Council Member BY JUNE GUMZ

**Jim Buix came to Portland's Center for Spiritual Living** as a fill-in drummer for Donny, of our fabulous house band. Rev. Larry's message appealed to Jim and he felt an accepting attitude from the congregation. His spiritual nature was fed without the 'guilt and shame' of some other denominations. Jim felt a personal connection with Rev. Larry's message and went home and suggested that Danah attend with him the following Sunday. They have been coming ever since. Jim is now on the CORE Council and he and Danah sing in the Friends' Gospel Chorus.

For 49 years, Jim has been a professional musician. In high school he played French horn in the symphonic band and drums in jazz band. On the weekends he played in rock and roll bands and a country western band instead of picking beans and berries like his friends. For seven years after high school he traveled the western United States playing professionally. To this day he continues to play in several different types of bands and substitutes for Donny when he is out of town playing with his band. Occasionally Jim plays conga drums with our PCSL musicians.

Jim met his wife, Danah, when he worked as a salesman for North Coast Electric and she was the assistant credit manager. Being forced to go to the credit manager's office is akin to being summoned to the principal's office in school. Something is wrong. For Jim it didn't work out that way. He was "overwhelmed by her energy, her incredible life force and that glorious beaming smile of hers." It was love at first sight.

When asked where his favorite place on the planet is, he responded, "Home." Anywhere Danah, the kids and grand kids are is where he wants to be.

When Jim became a member of the CORE Council, I was asked to take his picture for the website. The following week I had to do it again, because of our height difference, it was like a munchkin taking a picture of a giant. He's not 'that' tall and I'm not 'that' short but to make us equal we had to adjust to get a head-on shot. Tippy toes helped.



Jim Buix

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*"[my] spiritual nature  
was fed without...  
'guilt and shame'"*

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Jim and Danah Buix regularly sing with the PCSL "Friends Gospel Chorus."



Jim Buix on congas accompanies featured musician, Jim Solberg.



## THOUGHTS: EMOTIONAL HEALTH BY REV. SHARON LEE FOLEY

**This fall we're looking at emotional health and abundance.** On the surface seemingly unrelated topics and yet.....in Science of Mind we teach that thoughts are things that create our lives. Our thoughts are rooted in what we believe and, conversely, what we believe is rooted in what we think and all of this is driven by our emotions.

Emotions are our state of mind, our attitude toward life and the world in which we live. Clearly we need to know what these emotions are. They drive us. We tend to believe them. We form our view of the world, of ourselves, we think within this environment of our own state of mind. Emotional health is simply our awareness of our own state of mind overall – and at any given moment – and the recognition that literally we are in control of our thoughts and our emotions, they are not in control of us. This can be an astonishing concept. Yet it is a core Science of Mind concept as well as a concept in the fields of both science and psychology. Once we know this, we get to choose.

Which brings us to abundance. As we believe ourselves to be a part of the full abundance of the universe, to the degree our state of mind is rooted in that truth, we experience abundance. And there you have it.

## CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR

**Labor Day and Back to School signal that end-of-summer is near.**

Divine Dining was very successful, and a lot of fun for all who participated. Thank you to all of the hosts/hostesses who created the parties and opened their homes to us. Thank you to all who participated by attending these special and unique gatherings. As a fund-raiser for PCSL, Divine Dining was also a great success.

In the Pacific Northwest we just don't let the rain stop us from enjoying our Summer plans, The Annual Picnic in July brought members and friends together at Peninsula Park to share great food, family and friends and to have our first Raffle drawing. The light rain sprinkled down on us but did not ruin the fun and enthusiasm of the day. Thank you to all who helped organize this event, cooked burgers and hot dogs and for everyone who brought all the yummy side dishes to share.

The CORE Council members are now planning the Fall events, such as the Harvest Potluck, and connecting our community together during the holidays. Check the Sunday Programs during the weeks ahead for more details on these events.



Rev. Sharon Lee Foley

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*"Emotional health is simply our awareness of our own state of mind overall"*

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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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### Divine Dining Events

**L:** Express Yourself in Clay, DIY art followed by dinner hosted by June Gumz and Laura Bradley.

**R:** Blame it on Rio, Brazilian cuisine hosted by Rev. Larry King and Daniel Hutchison.

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)

#### VISIT OUR WEBSITE

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READ OUR BLOG  
[www.pcsl.us/blog](http://www.pcsl.us/blog)

#### NEWSLETTER CREDITS

##### EDITOR

June Gumz  
[GreetingsJG@comcast.net](mailto:GreetingsJG@comcast.net)

##### DESIGN

Cheri Smith

##### CONTRIBUTORS

Rev. Larry King  
Rev. Sharon Lee Foley  
Dee Hartman

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

### SEPTEMBER

#### FALL CONNECTION CIRCLES

##### 8-Week Circles starting September 21st

Several members are opening their homes for Connection Circles. The circles are safe places for discussion, group spiritual practice, prayer requests and sharing. Six circles are available at various times and locations throughout the Portland/Vancouver metropolitan areas. Sign up the next time you're at the Center, or call Marilyn Sprague for more information at (360) 931-0671.

#### INTERNATIONAL DAY OF PEACE

##### Sun, September 21, 1pm – 3pm

Join the PCSL Practitioners for a presentation and celebration of World Peace.

### OCTOBER

#### PLEDGE DINNER

##### Wed, October 1, 6:30pm – 8:30pm

The Partners in Prosperity Team and Rev. Larry King wish to honor and thank you for your financial support of the Portland Center for Spiritual Living. We invite your continued leadership as we kick off our 2014-2015 Stewardship Campaign by joining us for appetizers and dinner. RSVP to 503-261-0677 or e-mail to [info@pcsl.us](mailto:info@pcsl.us)

### NOVEMBER

#### STARLIGHT TALENT SHOW

##### Sat, November 8, 6:30pm – 8:30pm

Our annual PCSL Music Program Fundraiser. Another spectacular evening of fun, food, music and comedy from the Stars Among Us!

### HARVEST POTLUCK

##### Sun, November 23, 12:30pm – 3:30pm

Join us here at the Center for our annual sharing of food and thanksgiving following the Second (Celebration) Service. Bring a side dish or holiday favorite to share with others.

### GRATITUDE SERVICE

##### Wed, November 26, 7pm – 8pm

Be a part of this annual service where, through music and sharing, we celebrate life and its many blessings. Offer gratitude for all of your many gifts this year, as well as set your intentions for future gratitude in 2015.

### ON-GOING ACTIVITIES

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

To make your reservation or for Info, contact Dee Hartman at 360-831-8033.

**PHOTOGRAPHY GROUP:** If you enjoy taking pictures and would like to share your experience with others, sign up on the interest sheet in the sanctuary. For more information call June Gumz 503-653-7132.

**TRANSCENDENCE 12-STEP:** For information, contact Nancy Ashley at 503-880-0308.

**WOMEN OF WISDOM BOOK STUDY:** Thur, 10:30am. For more information, contact Sandra Clark at 971-275-7111.

**eSCRIP:** Link your Safeway card 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 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 Kathy Batten 360-931-0371.

**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.