



# Portland Center FOR Spiritual Living

SEPTEMBER 2015

## COMMUNITY NEWS

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*"When parts of conversations, sermons or programs are missed because we are simply too busy or vain to remedy the situation, we limit our good."*

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### NO LIMITS

**"Eh, What's That You Say?"** BY JUNE GUMZ

**"I'm sorry, would you repeat that please?"**

**"What did you say?"**

**"Would you turn the volume up a bit? Thanks."**

For several years I have been asking these questions in social situations. My hearing has been slowly diminishing and like many people I have resisted getting help because I didn't want to become one of those old people with squeaky hearing aids who call attention to themselves making hasty adjustments to their expensive hearing apparatus.

After having my hearing tested several times, it became obvious that my desire for a perfect hearing miracle was not going to happen and hearing aids were in my immediate future. People I know with hearing problems have worked in noisy environments, been to too many concerts, used noisy hair dryers for decades, have poor heredity or a combination of these. I am a quiet type who has only been to two rather sedate concerts, doesn't use a hair dryer and deafness is not in my family's DNA.

Reluctantly I was tested again and fitted with the latest hearing appliances. Hearing aids of today don't make the ear splitting noise of an out of adjustment microphone. They can be charged nightly just like all electronic gadgets people have now and are almost invisible. But the best part is that they permit me to hear with clarity. What a thrill it is to know the washing machine cycle is complete because I can hear the buzzer. I had forgotten that my shoes make noise when I walk (not a particularly interesting fact, but to me it was a revelation).



*"Eh, what's that you say?"*



Written communication is important, but spoken language is more personal. When parts of conversations, sermons or programs are missed because we are simply too busy or vain to remedy the situation, we limit our good. It is difficult to be effective if we are asking people to repeat themselves or spending precious brain power trying to figure out what they actually said without letting on that we missed it.

As uncomfortable as I was initially going into the soundproof booth for testing, I am grateful for a product that allows me to understand others without annoying repetitions. While this isn't a certified miracle, it is close and I am very grateful.



Rev. Larry King

*"...the change of seasons  
... welcomes us back  
indoors to make invest-  
ments in our family,  
our education and  
ourselves"*

#### MLK Dream Run '15



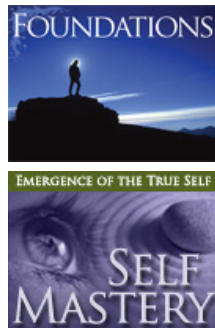
Paul Knauls, the  
official MLK Dream  
Run Honorary Chair  
(and "mayor" of  
N/NE Portland).

## MESSAGE BY REV. LARRY KING

### BACK TO SCHOOL... BACK TO OURSELVES

**Have you noticed that back-to-school energy comes every autumn?** It's not just for kids, either. There's something about the change of seasons that welcomes us back indoors to make investments in our family, our education and ourselves.

At the Center this fall, we have a variety of classes, workshops and "happenings" to satisfy your educational and spiritual journey.



On Monday nights beginning September 21, I will teach **Foundations of the Science of Mind**. It's a great place to start learning the teachings of Ernest Holmes (the founder of the Science of Mind) and a basic set of spiritual principles and practices.

If you've had **Foundations**, Rev. Sharon Lee Foley and Kate Barrett, RScP will teach **Self-Mastery** on Wednesday nights starting September 23. It's an inward exploration of ego, oneness, relationships and the process of change while discovering new ways to deepen human love, trust, forgiveness and gratitude.

Several of our members are opening their homes for **Connection Circles** this fall. 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. Five circles are available at various times and locations throughout the Portland/Vancouver metropolitan areas. The circles start the week of October 4th and run for 7 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.



As part of our Connection Circles, we've added **two workshops** designed to reveal and promote prosperity in your lives. "Prosper NOW!" is a three-part workshop designed and facilitated by Marilyn Sprague, RScP to increase your ability to receive more of life's riches. I'm also facilitating a "Treasure Mapping" workshop to show you how you can create a more abundant life using visualization and story boarding. The workshops are on designated Saturday mornings in October and November.

More information about the classes and workshops can be found in the sanctuary or on-line at [www.pcsl.us/education.htm](http://www.pcsl.us/education.htm)

**One of our key goals** was to "reach out" to our community in 2015 and I'm glad to say we're doing just that. Over the summer we joined the N/NE Business Association and helped to sponsor the MLK "Dream" run through our neighborhood. We had a wonderful booth at the finish line (thanks to Sara Frandsen) and personally spoke with many of our neighbors and others who attended the run and its festivities.

We also have a team participating in the AIDS Walk on Saturday, September 12th. It's not too late to join us for the walk. It's family-friendly and we'd love to have you walking with us. Sign up or donate at <http://aidswalkportland.org/teampage.asp?fundid=4832>.

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## LEARNING ABOUT OUR DIFFERENCES

Join Us at the Cultural Café BY JOAN BROWN-KLINE

**Learning about our differences can be amazing.** I remember being a little girl and asking my mother about people who looked different, "Why are they different?" She would respond, "They are unique because everyone is. Everyone comes to this universe with their own set of special qualities and skills and we should value and appreciate them."

I discovered later what my own unique talents and skills were. I am a mature, well-seasoned black woman with lots of likes and dislikes and a desire to learn about the world and the people in it. I have a special love for older adults and the wisdom they impart when they share. I have learned about our differences by being courageous and learning how to ask questions without being intrusive. I have learned that you must get to know people a little before you can really know them. Asking a person to lunch, making a brief telephone call just to chat, or going to a movie together will add that special time to really learn what a person is all about.

Getting to know people who are different from you eliminates fear and suspicion. It removes the ignorance that leads to labeling and stereotyping. It answers the question "why" and clears up the question "why-not." It puts you on the path to discovering life beyond yourself and gives you that in-depth knowledge about others. I have always been interested in our differences. I guess it is because my mother was different. My mom was a woman with great wisdom, deep insight and an infectious laugh. She also had no legs, little sight and three fingers. She was very wonderful and brought a healthy inquisitive nature to my soul and heart. She was my "shero."



This is why we bring you the "Cultural Café." We want you to experience a safe setting to talk about sensitive and sometimes emotionally charged subjects such as race and cultural issues. We want you to ask questions and share your opinions. We want you to be as comfortable as possible as you share, probe and discover that we can have these conversations and benefit from them.

PCSL's first Cultural Café will be held at 1:00 PM on Sunday, September 27th in the sanctuary. We've invited some of our North and Northeast neighbors to join us – so this is part of our outreach program as well as something for our congregation. **Everyone is welcome!**

(continued from pg 2)

**Back To School... Back To Ourselves** BY REV. LARRY KING

**Another part of community involvement** is through our Diversity Team. The team is putting on a Cultural Café on Sunday, September 27th at 1:00 PM. The "café" is designed to allow small groups of individuals to discuss important diversity and cultural issues facing our community (and the nation). We'll provide light snacks and coffee service (after all, it is a café-style discussion); you provide your open heart and creative mind. Members are encouraged to attend and meet some of our N/NE neighbors!

I hope you're as excited about our line-up of early fall activities as I am! I'm looking forward to seeing you at one or more of our many events or classes.

All my love, Rev. Larry



Joan Brown-Kline  
CORE Council Member,  
Diversity Committee Chair

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*"Getting to know people  
who are different from  
you eliminates fear  
and suspicion."*

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## GET TO KNOW YOUR COMMUNITY

### SARA FRANDSEN: Motivated to Serve and Learn BY JUNE GUMZ

**Sara Frandsen is motivated to serve and learn!** In addition to being a practitioner student at PCSL, she is a CORE Council vice-president, member of the Friends Chorus and volunteers in the book store (inventory and design). She organized our portion of the MLK Dream Run recently and hosted one of the Connection Circles in her apartment. Next year's Community Retreat will be her project. Except for the ministry, there aren't many other ways for her to serve PCSL.

Sara's father was a strong influence in her spiritual life and exposed her to Religious Science at the age of four. She usually sat with the congregation rather than in Sunday school and loved the Peace song at the end of the service. Sara's life bounced back and forth between California and Oregon. It was a reunion between Sara and her childhood friend, Starr Sheppard-Decker, which brought her into the Portland Center for Spiritual Living and her beloved Peace Song. Sara credits Facebook for bringing Starr back into her life and discovering that they lived just two miles from each other in Milwaukie.

After college, with a degree in Human Development from Cal State Long Beach, and travelling to South Africa Sara felt something was missing from her life. It was the spiritual component. A relationship needed to end and she was out of a job. It was a dark time. In August of 2009 she made the decision to move to Portland. "It was meant to be even though it was hard to climb out of from my own darkness and really allow myself to organically discover who I am."

In response to my question about what would be a perfect day for her, Sara got carried away. It involves warm ocean beaches or natural rivers or waterfalls, food, group meditation, and a boat ride with a 360 degree view of the night sky where the Milky Way glows brightly. This wonderful day/evening could include friends, family and even strangers.

Sara feels that she learned so much about herself when she participated in the MLK Dream Run this year. She said that she got to see a dream come together with people and communities supporting one another with PCSL's help. Sara believes that by holding thoughts of Highest Good for the MLK Dream Run, she helped it become a successful event.

With Sara's experience with the MLK Dream Run, the coming Aids run and the Connection Circles, PCSL's Community Retreat for 2016 will have a savvy and spiritual leader.

**PCSL Booth at MLK Dream Run**  
L-R: Danah Buix, Consuelo Vazquez, and Ann Forest Burns.



Sara Frandsen  
Vice President,  
CORE Council

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*"After all these years of  
my dad trying to give me  
the key to life (meditation)  
I can say I get it."*

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**MLK Dream Run '15**  
**August 2, 2015**  
PCSL participants, L-R:  
Kathryn Richer, Sara  
Frandsen, Danah Buix,  
Ann Forest Burns, Kelly  
Plummer, Kate Barrett  
and Shaelynn Fuller.



## THOUGHTS: GENIUS BARS BY REV. SHARON LEE FOLEY

**Last Tuesday I took three of my Apple products into The Genius Bar.** I was having some trouble that I couldn't figure out how to fix but the folks at The Genius Bar are, well, geniuses. They fiddled (technical term) with my computers and iPad for a bit then sent me home with a bit of homework, which I completed successfully. Now all my devices work great. I've been having problems for months and now none!

I was thinking wouldn't it be cool if life itself provided a Genius Bar. You know, when things seem to be above one's pay grade, when our lives seem jumbled, we could go to The Genius Bar. You know where I'm going with this – I know you do! **WE DO HAVE A GENIUS BAR!** It's us. And when we forget that, we have ministers and practitioners that can remind us. More Genius Bars. We can take classes and participate in workshops. Yup, more Genius Bars. Apple's Genius Bars are staffed by folks trained in how all things Apple work. The Genius Bars I'm talking about here are kind of like that but maybe we don't have to drive from Sandy to Bridgeport Village. Maybe we spend some time in meditation, prayer, practitioner sessions, classes, workshops, Connection Circles.... Because everything we need to know – it's in there. Sometimes we just need some help remembering that. Cheers!



Rev. Sharon Lee Foley

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*"...wouldn't it be cool if life itself provided a Genius Bar?"*

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## CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR

**Have you noticed the increased attendance?** The CORE Council is looking at ways to better handle the greater number of people on Sundays and to help with scheduling the many events and activities here at PCSL. Look for a community meeting later this fall to address "expansion" at our Center!

We've also begun planning many of our fall events: Partners In Prosperity intentional giving campaign (the kick-off dinner, Thursday, October 1st), our Harvest Potluck (Nov. 22nd) and a New Member Class (two Sundays, Oct. 25th and Nov. 1st).

Financially, we remain solid for 2015. Our anticipated income (tithes) for the year are about 6% off, but we know that tithing generally increases in the fall and winter. We've done a good job of limiting our expenses despite taking on some new programs for the year, such as sponsorship of the M. L. King Jr. Dream Run. We've also maintained our six-month cash reserves—something that few non-profits are able to do.

Just a reminder: anyone is welcome to attend a CORE Council meeting or to look at our financial reports. Just let us know if you have any questions.



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



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

### SEPTEMBER

#### FALL CLASS: FOUNDATIONS

**Mon., 10 Wks, Sept. 21-Nov. 23, 6:30-9:30 PM**

**Instructed by Rev. Larry King**

Ready to discover your emerging direction and purpose? Learn spiritual principles and practices that can change your life forever. Self-discovery with an experiential format of lecture, discussion, sharing and process. No prerequisites.

#### FALL CLASS: SELF MASTERY

**Wed., 8 Wks, Sept. 23-Nov. 11, 6:30-9:30 PM**

**Instructed by Rev. Sharon Lee Foley and Kate Barrett, RScP**

An inward exploration of ego, oneness, relationships and the process of change while discovering new ways to deepen human love, trust, forgiveness and gratitude. Foundations is a prerequisite for this class.

#### CULTURAL CAFÉ

**Sunday, September 27th, 1:00 PM**

Our Center is pleased to invite congregants and NINE neighbors to our first Cultural Café.



Small groups will discuss important diversity and cultural issues facing our community (and the nation). We'll provide light snacks and coffee, you provide your open heart and creative mind. Together we can illuminate the issues that separate us and begin a lasting healing process. For more info, contact the office at 503-261-0677.

### ON-GOING EVENTS AND PROGRAMS

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

Meet at Las Primas Peruvian Kitchen, 3971 N Williams Ave. Fellowship, great food and stimulating conversation.

**HEART TO HEART:** Do you or someone you love need support during an illness, loss or other life transition? Has someone you usually see on Sunday "gone missing?" H2H can help. Contact Rev. Sharon Lee Foley 503-668-9806 or Lexy Dillon 503-663-5817.

**RIDESHARE PROGRAM:** Give-a-ride; Get-a-ride. Facilitating rides to 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)

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

### OCTOBER

#### PARTNERS IN PROSPERITY DINNER

**Thursday, October 1st, 6:30-8:30 PM**

Everyone is invited to kick off our annual intentional giving campaign. Allow the leadership of our Center to thank you for your past financial support. We'll give you a update on how we're doing for 2015 and receive your intentions for supporting us in 2016! Please R.S.V.P. to 503-261-0677 or sign-up at the back of the sanctuary on Sundays.

#### FALL CONNECTION CIRCLES

**7-Week Circles starting the week of October 4th**

Members are opening their homes for Connection Circles this Fall – safe places for discussion, group spiritual practice, prayer requests and sharing. Five circles are available at various times and locations. Sign up at the Center. Connection Circles program is also sponsoring two workshops to support it's members (see below).

#### WORKSHOP: PROSPER NOW!

**Sat, October 3, 10 and Nov. 21; 9:00 AM-Noon**

**Presented by Marilyn Sprague, RScP**

Get the tools and experience needed to demonstrate more abundance in your life. Learn how to enlarge your capacity to receive.

#### WORKSHOP: TREASURE MAPPING

**Saturday, October 31, 9:00 AM-Noon**

**Presented by Rev. Larry King**

Create a more abundant life through intention and visualization. Treasure maps will act as an intentional focus for harnessing the Spiritual Law of Attraction.

#### 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 Law of Circulation as it demonstrates through the members of our Center. For info contact Suki McDonough at 360-624-5615.

#### WOMEN OF WISDOM BOOK STUDY: 2nd and 4th

**Wed. 10 AM to 11:30 AM** For more info, contact Jan Peters at 503-781-0672.

## 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.

#### 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:

Please bring old copies to the office. We would like to "recycle" them in our visitor packets.