

# Portland Center FOR Spiritual Living

SEPTEMBER 2017

# **COMMUNITY NEWS**

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June's brother, Steve, with a background in theater, transformed her backyard fence into a unique piece of "art." Can you guess the theme?

## A FENCE LIKE NO OTHER!

## Making Things Interesting. BY JUNE GUMZ

As I was contemplating what to write about, I looked out into my backyard and saw my fence. My fence is like no other these days. Eight years ago, my family gave me a 70th birthday present of a new back fence. It is sturdy and backs up to a small neighborhood park. Year after year I have tried to think of a way to make it more interesting than a bunch of straight boards which provide a highway for local squirrels.



June Gumz, editor

I have a brother who worked in theater for years and is creative. He heard my concern and said he could come up with "something" to make it special. One day he came over with a tape measure and checked distances between the tree and the raspberries and the raspberries and the sun flowers. Never a word about what he had in mind. To keep up the suspense, I chose not to ask for particulars. Major trust.

A few weeks after measuring day he appeared with two assistants to help with the installation of the framed pieces of art. The framed works were hung with heavy duty screws at odd angles. Steve said there was a theme and everyone who sees the fence needs to try to discern what he had in mind. It isn't easy coming up with a connection between sunglasses, mirror, industrial mask, stop sign, door with locks, etc.

The fence decoration is definitely strange, but it makes me happy every time I look out in the back yard. Oh, and the theme is Fences and Barriers. The first framed piece is a bunch of sticks in a row and is a selfie of the fence!





Rev. Larry King











# MESSAGE BY REV. LARRY KING **BACK ON THE BUS**

It's fun to see kids waiting for the school bus on that first day back. They laugh, joke, talk about their summer vacation and are filled with anticipation. They're ready to open a new chapter in their lives with new classes, new teachers, new activities and new friends. They will take on a little more responsibility than last year and are willing to seize some new opportunities.

What if I said, "Back to School is not just for kids?"

Energetically, autumn is the auspicious time to prepare for and to try new things. It's the perfect time to take a class, make new friends or investigate career changes. Has your business updated its long-range plan, lately? Have you thought of upgrading your skills? Is it time to try a new exercise program?

Here at the Center for Spiritual Living we plan to provide you with the spiritual tools for moving forward.

Sundays in September we'll be using Jack Kornfield's book "After the Ecstasy, the Laundry" as inspiration for bringing an enlightened attitude to everyday living. In October we'll be learning spiritual tools for increasing our ability to live an abundant life. For inspiration, we'll have May McCarthy's book, "The Path to Wealth."

Connection Circles start this fall, so you'll have a chance to go deeper into the Sunday message in a nurturing small group. It's a great opportunity for spiritual growth and for connecting with other people.

We're also offering two Science of Mind classes this fall. I'll be teaching Foundations, a beginning (or refresher) class. It covers all the basic spiritual principles of the Science of Mind. You'll get a better sense of how to use spiritual tools, develop a spiritual practice and how to change your thinking about God, life and yourself.

If you've already taken Foundations, Kate Barrett, RScP, will be teaching Practical Mysticism. It's a course designed to explore the mystical side of spirituality. You'll learn about strengthening your connection to a higher power and how we're all called to a path of spiritual evolution.

We also have a variety of workshops and special events planned to keep you interested. No matter how you look at it, this fall will provide everything you need for a fresh start. You don't need a back-to-school wardrobe, fresh notebooks or Elmer's glue. What you do need is a decision to try something new and a willingness to step forward—to get on that bus!





## PCSL'S EDUCATION SERVICE:

A Spiritual Journey to Change Your Thinking and Transform Your Life BY MARILYN SPRAGUE, RSCP

During announcements each Sunday morning we hear: "We are a Science of Mind Community that teaches spiritual principles to transform your life and make the world a better place. Wherever you are on your spiritual journey, you are welcome here. All we ask is that you stay open to the possibility of changing your entire life, simply by changing your mind."

Changing our entire life, simply by changing our mind is a succinct statement, yet this spiritual journey is one that moves us from fear, to courage, to joy. This transformational process requires us to be willing to release and let go of worn out ways of thinking and behaving (fear). It requires a willingness to trust Spirit as our Divine Guide and Counselor (courage). And, it is a promise to embrace our Divine Inheritance, to accept our authentic Self (Joy). PCSL's Education Department is your spiritual support as you choose to travel this liberating journey.

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WILLINGNESS TO
TRUST SPIRIT AS
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AND COUNSELOR.

Throughout the year, the Education Department offers CSL Certificated Classes, customized workshops and the two-year Practitioner Studies Program. These education offerings are designed to assist in developing a deeper understanding of Science of Mind teachings, to enhance your Sunday experience, and to provide support on your spiritual journey. Six CSL Certificated Classes, from five categories, are required for individuals choosing to apply for the two-year Practitioner Studies Program. Education offerings are posted on PCSL's website calendar at www.PCSL.us

This Fall, PCSL is offering two CSL Certificated Classes and three customized workshops to support the Fall 2017 Connection Circles Program.

CSL Certificated Class Offerings, offered weeks of Sept. 11–Nov. 26, include:

- Foundations, (11 weeks) taught by Reverend Larry King
- Practical Mysticism (10 weeks) taught by Kate Barrett, RScP

## The Fall 2017 Connection Circles Workshop Offerings include:

- Abundance Is: Spiritual Steps Along the Path to Wealth, by Marilyn Sprague, RScP
- Treasure Mapping, taught by Reverend Larry King
- Rising Above: Eliminating Negative Self-Talk, taught by Marci Beck, RScP

Connection Circles workshop schedule, individual workshop informational flyers, and sign-up sheets are available on the Connection Circles information table.

PCSL's Education Service is here to be your partner and support as you transform your life, one step at a time on the journey from fear, to courage, to joy. We look forward to partnering with you this Fall.



Marilyn Sprague, RScP

"These education offerings are designed to assist in developing a deeper understanding of Science of Mind teachings, to enhance your Sunday experience, and to provide support on your spiritual journey."

## **PCSL'S EDUCATION SERVICE:**

Is Mysticism Practical in the 21st Century? BY KATE BARRETT, RSCP

Do you think that mysticism is mysterious, un-understandable? Do you think that it was only practiced in times gone by? Nothing could be further from the truth. Mysticism is alive and doing good work right now in this spiritual community. Science of Mind teaches that by changing our thinking, we change our lives. Every day is a new opportunity to think thoughts that lift up our ideas about God, about ourselves and about our relationship to each other.



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Ernest Holmes says that thoughts are "things" before they have become visible. In the daily practice of Science of Mind, we think thoughts of "good things and good conditions." The Law of the Word carries our faith into quick and satisfying action. When we see good, we are powerful. The simple truth of mysticism is that it teaches us to think with the Mind of God, a Mind that knows no sin, sickness or death. The Mind of God knows only Divine Truth, Radiant Health and Eternal Life. The practice of mysticism opens our eyes, our ears and our mouths so that we see, hear and speak from this perspective.

If you are interested in sharping your spiritual focus, if you want to be a spiritual channel for creating a world that works for each and for all, please join me in exploring a path of Practical Mysticism that allows you to be grounded and comfortable with being "in the world, but not of it." It takes time to cultivate your mystical consciousness. We will practice together to arrive at our own individual expression of the One Life, the One Power. We will study the words and ideas of other mystics, but this is a path of spiritual expression that is unique for each one of us. It is a path that opens our minds, our hearts and our bodies to our own individual awareness of the ONE. We will listen and hear the words that lift up and heal. Mysticism is the way to rise up from Seeking the Truth to becoming a Knower of Truth. A 10-week class will be starting on Thursday, September 21, 2017, at 6:30 pm. I look forward to practicing mysticism with you.



Kate Barrett, RScP

It takes time to cultivate your mystical consciousness.

# **BOARD UPDATE** BY JANINE STEWART, VICE PRESIDENT

**Your Board has been busy all summer** including a weekend retreat in late June. Following is a snapshot of what has been going on in the last two months.

We continue to support expansion to a new building with visioning and prayer support at each board meeting. The Expansion Team lost a bit of momentum when its leader, Ann Forest-Burns, transitioned off the board. Doreen Marchetti has stepped up to lead this important team and the newly energized team will hit the ground running in September.

As Rev. Larry shared at the last Town Hall meeting, we had been looking for a new lending institution to refinance our mortgage. Diane Thomas located Riverview Bank in Vancouver. Diane and Rev. Larry had a very favorable response to all communication with this lender. We were able to refinance the entire \$370,000 without the need for a guarantor and no prepayment penalties. And, our monthly mortgage payment was reduced in the bargain.

PCSL community building was in full swing over the summer with a very successful Community Picnic, Divine Dining, and Community Retreat. Community outreach also continues to involve many of our members.

The board voted to approve Rev. Larry's participation in an interfaith community alliance. If our community partners experience the results of hate crimes at their houses of worship, Rev. Larry, as our representative, will be notified and he will let us know how our membership can help.

We are supporting the Portland AIDs walk, the Susan G Koman Breast Cancer Walk, and MLK Jr. Run/Walk. In addition to showing up to run/walk in these events, PCSL is also a sponsor for the MLK Jr. Run/Walk in that we make a financial gift of \$1,500. This money goes to support the Young Entrepreneur program led by the NNEBA (North Northeast Business Assoc.).

We look forward to continuing to share in the life of our community.



Janine Stewart
Board Vice President

"PCSL community building was in full swing over the summer."

## **VOLUNTEER OPPORTUNITIES: GET INVOLVED!**

We are a volunteer led and managed organization and celebrate the many volunteers that help to make Portland Center for Spiritual Living thrive. We are currently seeking additional volunteer staffing in the following areas:

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—the 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 at 503-702-0183. We are looking for regular and substitute teachers. Both receive stipends to offset expenses.

**IN FULL BLOOM:** Contribute to the beauty of our sanctuary through the donation and dedication of Sunday floral arrangements. A sign-up calendar and forms are available at the back of the sanctuary.

## **COMMUNITY REWARDS PROGRAMS:**

Support PCSL with a portion of your purchases at Amazon.com (Amazon Smile) and Fred Meyer (Community Rewards). For more information, call PCSL office at 503-261-0677.

HOSPITALITY TEAM – Home is Where the Heart Is: Erin Hurt is looking for a person or two to round out our Hospitality Team on Sundays. Duties include making coffee and setting up treats for either the 9 AM or 11 AM service on one Sunday a month. For more information, contact Erin Hurt at 360-909-4971.

USHERS & GREETERS AND THE "CLEAN TEAM" – First Impressions: Anette Bolster has an opening for Ushers and Greeters at either Sunday service. Become that friendly smile that welcomes people to our spiritual home. She also has a new opening for people who help to clean our space. 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.

**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**

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## **COMING EVENTS** • GET THE LATEST UPDATES ONLINE: cs/portland.org/events-calendar

## **SEPTEMBER**

## **ANNUAL "OPEN MIND" BOOKSTORE SALE**

Sundays, September 17th and 24th We'll have several tables of greatly-reduced spiritual and other books. It's the perfect time to add to your metaphysical book collection. We're also accepting books for donation starting Sunday September 3rd.

#### **PCSL WRITER'S GROUP**

Sundays, Sept. 17th and Oct. 15th, 6:00 PM The Center has an ongoing Writer's Group which is open to new members in the fall. Come to one of our "open" meetings and see if you'd like to join us. We welcome new or existing writers of any type. For location and more information contact Kathy Marshack at wonderwoman@kmarshack.com or (360) 977-1196.

#### MONTHLY SOCIAL JUSTICE BOOK CLUB

First Saturdays Starting 9/2/2017, 12:30 – 2 PM Join us as we continue our study of racism in America and how we can make a difference. We will alternate months—a book on white privilege with one from the black perspective. Suggested first books: White Like Me by Time Wise and Tears We Cannot Stop by Michael Eric Dyson. Contact Nancy Ashley at 503-880-0308 for more information.

## **FOUNDATIONS**

Mon. Eves, Sept. 11-Nov. 20; 6:30-930 PM 11 Weeks; Instructed by Rev. Larry King Discover your emerging direction and purpose and how to make it happen. Join Rev. Larry for 11 weeks of self-discovery and revelation within an experiential format of lecture, discussion, sharing and process. Learn the nine spiritual principles that will change your life forever. \$50 non-refundable deposit registration fee \$295 paid in full by first class \$315 paid in three installments Required book: The Science of Mind, by Ernest Holmes. Open to everyone-there are no prerequisites.

## **PRACTICAL MYSTICISM**

Thurs. Eves, Sept. 21-Nov. 30, 6:30 PM-9:30 PM 10 Weeks; Instructed by Kate Barrett, RScP Practical Mysticism explores ways to connect to the truth of us as we live our daily lives. Join us as we embark upon a rich and transformational experience connecting with the Inner Mystic that dwells within all of us.

\$50 non-refundable deposit registration fee \$295 paid in full by first class \$315 paid in three installments

**Prerequisite Class:** Foundations

## **RACE FOR THE CURE**

Sun., Sept. 17, Tom McCall Waterfront Park, PDX Help the Susan B. Komen Foundation raise money to help reduce the current number of breast cancer deaths by 50% in the U.S. by 2026. For more information, contact Danah Buix at 360-232-3188.

## MLK "DREAM" WALK/RUN 5TH ANNIVERSARY

Sunday, September 24, 6:00 AM – Noon We're partnering with the North/Northeast Business Association to present the 2016 MLK Dream Walk/Run. Join our team of volunteers to help at our booth, be part of a team of walkers and runners or be part of a cheering section at our water station. Please contact Sara Johnson at 714-624-4363 for more information or visit www.mlkdreamrun.org. All proceeds of the run/ walk benefit the NNEBA Fellows Program supporting youth entrepreneurs aged 16-26.

## **OCTOBER**

#### **PARTNERS IN PROSPERITY DINNER**

Thursday, October 12th, 6:30 PM Show your support and enjoy and evening of good food and financial information about our Center. More information and a sign-up sheet will be at the back of the sanctuary in September.

#### 2-PART MOVIE SERIES: "EYES ON THE PRIZE"

Fridays, Sept. 29th & Oct. 27th, 7:00 PM A free documentary about the American Civil Rights Movement is being presented by the New Thought Social Justice Committee. Everyone is welcome to attend.

## ABUNDANCE IS! (2-PART WORKSHOP)

Saturdays, Oct. 7 & Nov. 18: 9:00 AM-Noon Presented by Marilyn Sprague, RScP This two-part workshop uses the teachings of May McCarthy to enlarge your ability to receive more of life's limitless riches. Learn to use the seven Spiritual steps to financial Abundance. \$75.00 per participant \$65.00 for Connection Circles members

## TREASURE MAPPING

Saturday, October 21st; 9:00 AM-Noon Presented by Rev. Larry King Learn how to create a more abundant life through intention and visualization. We will create treasure maps (story boards) to act as an intentional focus for harnessing the Spiritual Law of Attraction.

\$35 per participant \$25 for Connection Circles members

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

## **ON-GOING EVENTS AND PROGRAMS**

**HEART TO HEART:** Support during an illness, loss or other life transition. Contact Rev. Larry King 503-501-6599.

BREAKFAST WITH THE MINISTER: Sat. 9:00am For Info. contact Dee Hartman at 360-831-8033.

## TRANSCENDENCE 12-STEP FOR WOMEN:

Sat, 9:00am-noon

MONTHLY MEDITATION SERVICE: 3rd Wed, 7pm The PCSL Practitioners present a meditative service on the third Wednesday of every month.