



Portland Center FOR Spiritual Living

JANUARY 2014

COMMUNITY NEWS

OPTIMISM

THE GLASS HALF FULL BY JUNE GUMZ

Recently, after dinner, I was chatting with friends about subjects weighty and not so weighty. It boiled down to whether we were "glass half full" people or of the "half empty" variety. Those of us who resonated with fullness saw upward evolutionary trends while the others weren't convinced. It was an evening of thoughtful discussion and we parted friends. Wouldn't it be nice if countries followed our simple example of camaraderie? A nice meal, discussion and respectful parting. If this became a frequent occurrence, I believe people would feel heard and be less likely to experience fear and separation.



In the past I haven't been too keen (word from the past) about restricting my future with New Year's resolutions. However, I have one for 2014. When using Facebook and other forms of speech, I am going to be VERY careful about what I send or say. This month I managed to insult a friend while trying to be amusing. She is a very intelligent woman who speaks several languages fluently and believes I raised concerns about her reading ability. Her reaction to my Facebook entry has given me pause. My mantra for 2014 is, Think Before You Speak, June.

Yesterday I found myself in *Bed Bath and Beyond* buying a new bath scale. Since I am consciously choosing not to make a resolution regarding weight, I was surprised to find myself making the purchase. Do you suppose I am secretly going to work on weight reduction without committing it to paper or to a practitioner? We'll see. It's interesting how the mind works. The new scale is prettier than my old one but it showed that I had gained 21/2 pounds over the holidays. Sigh.

Since I am one of the "glass half full" people, I know the Portland Center for Spiritual Living continues to be a prosperous, evolving place where we can continue to learn more about the power of our thoughts and actions.

Happy New Year!

"Optimism" derives from the Latin "optima," meaning the best outcome or belief in the greatest good. While some people are naturally more optimistic than others, ultimately we all get to wake up every day and choose whether we are going to be a glass half-full, or a glass half-empty person.

-Margie Warrell, Forbes



INSIDE

Minister's Message	2
Get to Know Your Community.....	3
Thoughts	4
CORE Report	4
Event Calendar.....	5



Rev. Larry King

*I imagine finding
that lovely balance
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and each other.*

LOVING WHAT IS—PLANNING FOR WHAT'S NEXT

MESSAGE BY REV. LARRY KING

Life is about balance. We instinctively know this, but do our lives sometimes feel out of balance? How often do we stray to one end of an extreme before we realize it?

One of the many points of balance in life is the issue of planning for the future even as we're enjoying the present. We certainly don't want to miss out on enjoying what going on right now, but to ensure enjoyment in the future, we must make plans. Similarly, we don't want to spend all our energy planning—and neglect celebration of the moment.

Our Center's leadership actively works on this balance. We try to create opportunities to love, support, celebrate and enjoy our spiritual selves "in the moment." At the same time, we plan for the future—making sure that our building and programs are maintained and enhanced.

Quite a bit of planning has already been done for 2014. We have updated our master schedule and many of our events have been outlined. Rev. Sharon Lee Foley has created our schedule of classes and Linda Rossi has begun scheduling musical talent. I can already tell we're in for a year of great fun as well as spiritual growth.

I'm thinking of 2014 as a year to "Reflect, Renew and Rejoice." In working with our service schedule for 2014, I'm creating a balance of material to "enjoy" as well as material that will challenge us to move forward spiritually. I imagine finding that lovely balance of celebration and co-creation as we enjoy our Center and each other—even as we plan for the growth of our community and our own spiritual evolution.

It's not too early to think about where you'd like to fit in. Certainly we'll all participate in the "enjoyment." But, you may wish to help with the planning. We'll host many of the same or similar events and programs this year. Would you like to work on one of them? Have you thought about helping with the Community Retreat or Divine Dining? What about organizing one of our potlucks or joining the staff of the Pledge Program?

Feel free to contact any of our CORE Council members with ideas or places that you'd like to help. Planning our many events can be just as much fun as the event itself.

Best regards for a wonderful new year!
Rev. Larry King

Larry



GET TO KNOW YOUR COMMUNITY

YOUTH PROGRAM: God is Love. BY NANCY ARQUETTE

The main theme in Youth Church is that **God is Love**. At PCSL our lessons center around helping children learn to express love and to recognize it from others. There are five love languages that are taught here: Acts of Service, Gifts, Words of Affirmation, Quality Time and Touch.

By understanding Love, children will better understand that God is Love working through us. The first lesson about this concept was a discussion about people we love and what their love languages are and then it progressed to animals we love. Our volunteers, June Halliday and Nansea Arquette painted their faces with their favorite animals. Jim Healey made balloon animals for them celebrating that God is Fun, too.

*...Celebrating that
God is Fun, too.*



Sharing gratitude for the God qualities that animals have, like courage and peace and beauty, etc. Nansea Arquette and special volunteer congregant June Halliday painted their faces with their favorite animals.



We made Christmas Ornaments and had volunteer congregant Jim Healey to make balloon characters as a gift to the children.



THOUGHTS: BY REV. SHARON LEE FOLEY**News Year's Resolutions, Revolutions, Inspirations**

What's all this about New Year's resolutions? I am more interested in revolution or inspiration than resolution. Resolution is a decision. Revolution comes from the Latin for "a turn around." Inspiration is defined as something that makes somebody want to do something; a force or influence. Revolution and inspiration feel like something big that impels us to do or be. Resolution as it applies to New Years just seems like something "everybody" does because it's a new year and even as these are made they just don't seem to mean much.

I wonder if somewhere along the line New Year's resolutions just lost meaning. Because of course they have whatever meaning we assign to them, right? In Science of Mind we teach that there is Something that is the only power that is everything. We have access to all that it is in order that we might become all that we are. Knowing that has to inspire us to turn around, turn toward that which draws us to be more of who we truly are.

Revolt. Be inspired! HAPPY NEW YEAR!

CORE COUNCIL UPDATE: BY DIANE THOMAS, CHAIR

What a wonderful conclusion to 2013! I hope you enjoyed many of the special services and events that we promoted in November and December. The Harvest potluck, Gratitude Service, Solstice, Christmas Eve and Golden Bowl services were all well attended and brought 2013 to a joyous close.

We've passed our initial budget for 2014. Based on our pledges, flat attendance and income, we've set our budgeted expenses at \$178,000. This is about \$17,000 less than last year and better reflects the gifts and tithes we currently receive from our members.

We found ways of reducing some of our expenses (building loan interest rate reduction, for instance), but it will also mean reducing the budgets of some of our departments such as music and minister benefits. Our intention is to restore budget items as we see increased giving in 2014.

We also have some projects in mind that may help to reduce expenses further:

- water and electricity usage analysis
- switching to low-energy lighting options
- better management of heating and cooling

Projects to attract and support more members are also underway. We know that understanding our expenses is just one part of running a successful center. As we continue to create a life-changing spiritual community, membership (and ownership) of our Center grows. You can help with your ideas, by bringing friends to the Center, and by supporting the Center with your time, talent and other gifts.

Thank you for making the Portland Center for Spiritual Living a priority in your lives!



Rev. Sharon Lee Foley

*Revolution... Latin for
"a turn around."*



Diane Thomas
CORE Council Chair

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

Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

PORTLAND

Center for Spiritual Living

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COMING EVENTS • GET THE LATEST UPDATES ONLINE AT www.pcsl.us/calendar

JANUARY

POWER OF YOUR WORD

Wed, Jan. 22 - March 12, 6:30 pm - 9:30 pm

Instructed by Rev. Sharon Lee Foley

This experiential course teaches the fundamentals of affirmative prayer. You'll learn why and how life-affirming prayer is answered and how to create prayers that are both powerful and effective.

ROOTS

Thurs, Jan. 23 - March 27, 6:30-9:30 pm

Instructed by Kate Barrett, RScP

The Roots of Science of Mind run deep and wide through the religions, philosophies, literature and science of humankind. This class guides us through the writings of three people who greatly influenced Ernest Holmes, our Founder: Ralph Waldo Emerson, Thomas Troward and Emma Curtis Hopkins.

FEBRUARY

TEA AND TRANSFORMATION

Sunday, February 2, 1:00 - 3:00 pm

A prelude to our annual women's retreat

You are cordially invited for a time of food and music in the company of other women. Rev. Sharon Lee Foley and Team, with Linda Rossi, Janice Scroggins and LaRhonda Steele, lead you into a place of remembering the beauty and the power that is the truth of you. Come play with us, and explore the possibilities that are alive and well inside of you! There is no entrance fee—please be our guest.

EVERYONE'S VALENTINE POTLUCK

Sun, February 16 after the 2nd Service

Bring a valentine, a friend (or just yourself) as we gather for a potluck in celebration of love, friendship and connection. For more information or to help with this fun event, call Dee Hartman, 360-831-8033.

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 Angelica Jackson 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. – 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.