



Portland Center FOR Spiritual Living

NOVEMBER 2014

COMMUNITY NEWS

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*People are meeting
together all over
the Metro area,
being heard and
...spiritually fed.*

FRIENDS

Connections that Count BY JUNE GUMZ

This has been a particularly busy season for me. One of the ways I know this is that I am frequently saying good-bye to my little dog; he sits in the window waiting for me to come home. Salty is a trooper who never leaves his perch on top of the couch until I return. How many of us have friends who are so dependable? I try to be that kind of friend, but Salty sets the bar pretty high.

A friend of mine is considering moving to a retirement center. It is a big decision. She must take into consideration: cost, amenities, closeness to family and friends, food service and transportation. As I visit some of the potential residences with her, it occurs to me that I, too, may be making the same decisions in a few years. As I rate the considerations, friendship is near the top. While a retirement facility is full of potential new friends, the ones I have acquired over the years are vital to my happiness. Like my dependable little dog, my friends matter.

My world is abundant with acquaintances, like the checker at the market who never fails to ask me how my day has been or the coach of my grandson's soccer team. They are folks I recognize but know very little about. It is the people who know my strengths and weaknesses, and like me anyway, who make my successive decades worthwhile. Imagine how dull life would be without friends and relatives who can share mutual stories and experiences from the past, happy or sad.



As a participant in a new **Connection Circle**, I would like to honor **Marilyn Sprague, RScP** for her ability to set up a program that works for the congregation and the Center. Her energy, enthusiasm and attention to detail are making the program successful. People are meeting together all over the Metro area, being heard and getting spiritually fed. With an emphasis on gratitude, members of the groups are recognizing that their lives are more harmonious than they realized and that they are supported by practitioners when a real concern does arise. It is a win-win for members and the Center. For those of you who are not part of the program, you will have another chance to participate after the first of the year. Connect and make new friends.



Salty is a trooper who never leaves his perch on top of the couch until I return.



Rev. Larry King

*"Even as I am grateful
for my accomplishments
for the year, I begin to
plan new goals."*

MESSAGE BY REV. LARRY KING

EVENTFUL AUTUMN

After playing on the beach with our new dog through an extended summer, I find that fall rains have now captured my attention. Trees in the neighborhood have started turning vibrant colors and I've been working on soup recipes and thinking about end-of-year holidays.

That's part of the annual seasonality of life. The vibrant outward growth of spring and fruitful summer give way to something more contemplative. If I am to be growth-filled next year, I must take stock of my achievements and decide what I want to make of my future. Even as I am grateful for my accomplishments for the year, I begin to plan new goals. As I think about how sweet 2014 was, I also think about what I would like to experience in 2015.

It is this circulation of Gratitude and Intention that keeps life moving forward in positive ways. I accept my life with gratitude, warts and all, and I hold my intentions high for the future.

At the Center, we support you in your "Inward Journey." We have several events to help you experience acceptance and gratitude for life:

- **Harvest Potluck**, Sunday Nov. 23, after the 2nd service
- **Gratitude Service**, Wednesday Nov. 26, 7:00 PM
- **"Deck The Halls" Holiday Decorating Party**, Sunday Dec. 7, after the 2nd service

Other events and classes to help you begin your plans for the new year:

- **Golden Bowl Ceremony**, Sunday Dec. 28th, (during both services)
- **"Back To Basics,"** Sundays in January (both services)
- **MASTS workshop** to set intentions and review spiritual practices, Sunday, Jan. 11th 12:30 -2:30 PM
- **Self Mastery** class, Wednesdays starting Jan 21st, 6:30 PM
- **Essential Emma Curtis Hopkins** class, Thursdays starting Jan 22nd, 6:30 PM
- **Applied Hermetics** class, Mondays starting February 2nd, 6:30 PM

And two special services just to celebrate the holidays!

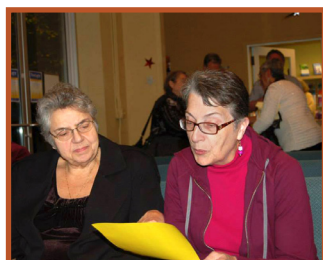
- **Winter Solstice**, Sunday Dec. 21st, (during both services)
- **Christmas Eve**, Wednesday Dec. 24th, 7:00 PM

I hope to see you at many of these late fall and winter activities, classes and programs. Let's share some of our successes from 2014 and begin to plan for a productive and loving new year in community.

Best Regards for the Holidays and beyond,
Rev. Larry

GET TO KNOW YOUR COMMUNITY

STARLIGHT 2014: Our Community Has Talent! PHOTOS BY SARAH STEBBINS



THOUGHTS: RHYTHM OF LIFE BY REV. SHARON LEE FOLEY

I am not sure why, but the rhythm of life seems illuminated in the fall. The air becomes crisp, the leaves turn various shades of yellow to gold to red and then start drifting to earth. I find it to be a perfect time to reflect on seasons, passages – life's rhythm. My awareness of life itself seems heightened. I intentionally step in, knowing there is a place just for me. As surely as there is only one life, that life is God, that life is my life right now, the rhythm of life includes me and in the fall I feel it as it seems everything around me is moving and changing because that's the dance.

Maya Angelou said, "Surviving is important. Thriving is elegant." Even as autumn brings these bursts of life, of color, only to have those bursts of life and color fall to the ground and back to the earth, this very process provides the soil and the nutrients from which new life then begins. Fall is the story of survival, thriving, dying to the new and then it starts all over again. Nothing ever really goes away. It just transforms into something else so that life is a series of beginnings, bursting through, busting out, thriving, changing and coming back as something else. There is elegance in that.



Rev. Sharon Lee Foley

"Fall is the story of survival, thriving, dying to the new and then it starts all over again."

CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR

Now that the annual Intentional Giving Campaign has come to close, the CORE Council's Budget Committee has begun the process of putting together the 2015 Budget. Everything is looking really good and should be completed by the end of November.

Over the past few months we have been in the process of a GREEN PROJECT lighting retrofit plant and have qualified for the Energy Trust of Oregon's incentive program. We are replacing all the light bulbs throughout the Portland Center for Spiritual Living with the most energy efficient long life bulbs. The estimated annual energy savings is 25,903 KWh with a cost savings of \$2,735 per year, and the Energy Trust of Oregon incentive is \$2,009. Total estimated cost for PCSL is \$974. We have the bulbs and the replacement installation will begin immediately. This project was coordinated by CORE Council Member, **Jim Buix**.



Kathy Batten,
Volunteer
Coordinator

Kathy Batten is our Center's new Volunteer Coordinator. She has some wonderful ideas for coordinating our volunteers. Please check to see what is new for our volunteers in the Sunday programs, or contact Kathy directly* if you have ideas or suggestions, or, if you want to volunteer to serve our Center.

*Email Kathy at battenkathy@comcast.net or call 360-931-0371.

As the Holiday Season unfolds with special services and events, please come and celebrate with us.

Wishing you Blessed and Joy-filled holidays.



Dee Hartman, RScP
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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CONNECT ON LINE



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NEWSLETTER CREDITS

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

NOVEMBER

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, gratitude for all of your many gifts this year, as well as set your intentions for future gratitude in 2015.

DECEMBER

"DECK THE HALLS" HOLIDAY DECORATING PARTY

Sunday Dec. 7, after the 2nd service

WINTER SOLSTICE SERVICE

Sunday Dec. 21st, (during both services)

CHRISTMAS EVE

Wednesday Dec. 24th, 7:00 PM

GOLDEN BOWL CEREMONY

Sunday Dec. 28th, (during both services)

All events held at the Center unless otherwise noted. Get more info at www.pcsl.us/calendar.

PLANNING A MEETING OR SPECIAL EVENT?

Consider having your event at the Center. Contact Pamela Jeanne at 503-720-8999 for pricing and information.

JANUARY

BACK TO BASICS SERIES

Sundays in January (both services)

MASTS WORKSHOP

Sunday, Jan. 11th 12:30 -2:30 PM

Set intentions and review spiritual practices

SELF MASTERY CLASS,

Wednesdays starting Jan 21st, 6:30 PM

ESSENTIAL EMMA CURTIS HOPKINS CLASS

Thursdays starting Jan 22nd, 6:30 PM

APPLIED HERMETICS CLASS

Mondays starting February 2nd, 6:30 PM

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.

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. – 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.