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*Thanksgiving is a pre-  
scribed time to be aware  
of our bounty.*

## GRATITUDE

### Increasing Awareness of Our Good. BY JUNE GUMZ

**Gratitude was the main focus** of Rev. Larry's messages for the month of October. We were encouraged to enumerate and increase awareness of our good. For many years it has been my practice to do just that. Sometimes I take a category such as people, home, beauty, health or experiences and come up with as many examples of my good as I can in that grouping. Below I will give examples of how this works for me. It is impossible to get depressed or despondent after acknowledging the many sources of comfort and joy in my life.

*PEOPLE* - Children, grandchildren, brothers, friends, mentors, teachers, neighbors

*HOME* - Warmth, safety, abundance, camaraderie, beauty, comfort

*PCSL* - Rev. Larry, LaRhonda Steele, Friends' Band, practitioners, congregants

*BEAUTY* - Art, photos, people, music, nature, architecture, fonts

*NATURE* - Trees, flora and fauna, clouds, rivers, oceans, mountains, meadows

*COMMUNICATION* ~ Voice, phone, internet (all forms), photos

This could go on forever. Each segment of the topics above could be increased endlessly, i.e. art could extend to the types of art, the materials used, the source of the ideas, the colors, etc. One time I carried it so far, I was grateful that pencils had lead. Of course, when I mentioned it in mixed company, you can imagine the remarks.

Thanksgiving is a prescribed time to be aware of our bounty, but one day is not nearly enough. We have shelter, food, water, family, friends, transportation, a spiritual home and educational opportunities.

By recognizing the beauty, humor, love, and variety in our lives, we increase our happiness and experience more that is wholesome and real.



June Gumz, editor





Rev. Larry King

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*My head hurts a little just thinking about it. Where do I start? How much of my time and effort is available?*

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## MESSAGE BY REV. LARRY KING HOLIDAY CRUNCH TIME

**At my local stores** I'm seeing Halloween, Thanksgiving, Christmas and New Year holiday materials side-by-side. I suppose it's part of a well-planned marketing effort, but for me, it's just an invitation to try and accomplish too much. It's the Holiday Crunch.

First I'm supposed to participate in a fun-filled Halloween with kids, costumes, decorations and candy. Maybe a scary movie-night? Maybe a corn maze adventure at the pumpkin patch?

Then, I'm invited to plan the Thanksgiving celebration! We're having about twelve people this year and it would be wonderful to have everyone's favorite food. Family traditions differ, but the day usually involves lots of food, football, games, walks and maybe ends with a movie. Some people also make Thanksgiving into a shopping weekend with visits to a variety of big-box and boutique stores. Remember: the weekend includes "Black Friday."

Somewhere in there, decorations for the Winter Holidays come out of the attic. Whether it's in preparation for Hanukkah, Christmas, Winter Solstice and/or New Years Eve, we have lights to put up, cookies to bake and the appropriate decorations to be arranged.

Maybe a visit to the tree farm? Christmas caroling? A concert? Office party? Homemade gifts to be created? Wrapping? Holiday cards to be sent?

My head hurts a little just thinking about it. Where do I start? How much of my time and effort is available?

With head spinning, I decided to think about what I value in these holidays. They all have their attraction, and after some thought, I realized they also have some common elements. They all celebrate connections to my faith, my family and my friends. These also happen to be some of my highest personal values.

Suddenly things seem easier. I can use these values (faith, family and friends) as a compass to help guide me through the holidays. If a holiday activity doesn't support one of these values, maybe I should try skipping or simplifying it.

Rather than decorating the house for days, maybe I should concentrate on creating family time. Rather than spending one whole day making five pies (to suit everyone), I'll make one simple but tasty dessert. Rather than going to the "Festival of Trees," I'll concentrate on something that connects me to more of my family.

Need help in navigating the holidays? Ask yourself what they mean to you. What do you value about the holidays? Rather than trying to do it all, use your values to point out where to spend your energy and time. Let's avoid the Holiday Crunch.

Happy Holidays, Everyone!

*Larry*



**Happy Hallanukkahivingsmasween!**

## MUSIC GUEST

On November 12, Eddie Watkins Jr. gave a concert at the Portland Center for Spiritual Living. We were his last stop before returning home to Florida. His favorite instrument is the bass. Before earning his own bass from paper route money, he was fluent in piano, organ and saxophone.

Eddie Watkins Jr. grew up in Detroit and was there at the beginning of Motown. As an A-list recording musician, he played with most of the greats – Streisand, Wonder, Gaye etc. The audience at PCSL's concert was captivated by his musical skill and his endearing personality. He had us on our feet more than once.



## YOUR SPACE

*Editor's note: Over the years, we on the newsletter staff have encouraged people to submit articles on various subjects. This one is courtesy of Laura Bradley, matriarch of the Portland Center for Spiritual Living. She, and some friends at her previous residence, got together and wrote essays which they read to each other. The subject for this one:*

### Where I Was at the Time of a Momentous Occasion

BY LAURA BRADLEY

Interesting that this was the topic chosen.....!

You see, this has been a life-long question in my experience. There is a great mystery – even yet unsolved – about where I was at the time of my birth. I must have been there, but I have no knowledge of where I was!

Dad liked to say I was born in the Masonic Temple. Yet, again, I have heard that I was the only child of us four born in a hospital! Perhaps it is a simple case of the chicken or the egg – a hospital turned temple? Or the other way around? I've never known for sure.

Of course, if I'd ever asked Mom, perhaps I could have found out. But, maybe not. It's very possible that she never even knew! I remember that, while I was growing up, she often asked me if I was born in a barn!

With a history such as this, how can I possibly be trusted to tell truly where I was when the Columbus Day storm hit? Or when I survived the earthquake? Or when Mount St. Helens erupted?

How would you like to hear about the three times I died? I was there at The Gate and got sent back to manufacture stories about things I could substantiate.

AND SITUATE!



Laura Bradley

## FINANCIAL FREEDOM ACADEMY BY JANINE STEWART

**Over the last two years**, members of our leadership team have attended Centers for Spiritual Living's "Financial Freedom Academy." The academy is dedicated to helping member churches manage their finances better, pay off debt and become smarter in budgeting and fundraising.

Under the direction of board member Janine Stewart, we will be implementing many of the best-practice suggestions from the Academy at the Portland Center and strengthening our stewardship plan. They will be added to our existing "Partners in Prosperity" program. Some of the changes you'll notice over the next few years:

- Program-centered budgeting (you'll clearly see where our money goes)
- Year-round reporting on our programs
- Easy congregant awareness of expenses and revenues
- Additional donor appreciation events
- Additional congregant "connecting" events
- Greater emphasis on membership and ownership

Rather than focus on once-a-year fundraising, we'll have a variety of opportunities throughout the year to find out what our goals are, how we're doing and how each of us can participate. We'll be more aware of the Center and its mission to "Create a World That Works for Everyone."

Thank you all for being our Partners in Prosperity.

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HELPING MEMBER CHURCHES MAN-  
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Janine Stewart  
Board Vice President

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## 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](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, Google Play or at [cslportland.org](http://cslportland.org)

#### VISIT OUR WEBSITE

[cslportland.org](http://cslportland.org)



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#### READ OUR BLOG

[www.pcscl.us/blog](http://www.pcscl.us/blog)

#### NEWSLETTER CREDITS

##### EDITOR

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

##### DESIGN

Cheri Smith

##### CONTRIBUTORS

Laura Bradley  
Rev. Larry King  
Janine Stewart

## COMING EVENTS • GET THE LATEST UPDATES ONLINE: [cslportland.org/events-calendar](http://cslportland.org/events-calendar)

### NOVEMBER

#### HARVEST POTLUCK AND "BRING A FRIEND" SUNDAY

**Sunday, Nov. 19th, after the 2nd Service**

Join us as we gather for a Fall potluck in celebration of the bounty of Spirit present in our Community. The Center provides turkey and ham; you bring your favorite side dishes to share for our "Thanksgiving." Let's expand our loving community by bringing a friend this Sunday!

#### GRATITUDE SERVICE

**Wednesday, November 22nd, 7:00 - 8:00 PM**

Our annual Gratitude Service celebrates the completion of our Fall Connection Circles and begins the Thanksgiving holiday. LaRhonda Steele and Ken Brewer will be providing the music and everyone will have a chance to share their gratitude for this year and beyond.

#### DECK THE HALLS

**Sunday, November 26th, 12:30 PM**

Join us after the second service as we decorate for the holidays. We'll have eggnog and mulled cider on hand to enjoy with cookies and holiday music. Together we'll create a lovely space to enjoy Solstice, Christmas and beyond! Bring an ornament in red/gold/green to put on our Christmas tree and cookies that you might share with our hospitality team.

### DECEMBER

#### SOLSTICE MEDITATION SERVICE

**Wednesday, December 20th, 7:00 PM**

The Wednesday Meditation Service is presented by the Portland Center's Practitioners the third Wednesday evening of every month. For Solstice we will be celebrating the "Return of Light" with chanting, meditation, drumming and inspirational readings.

### CHRISTMAS EVE SERVICE

**Sunday, December 24th, 9:00 and 11:00 AM**

Christmas Eve is on Sunday this year, so our regular Sunday services will feature Christmas carols, candle lighting and a return to holiday merry-making. Join us as we celebrate the birth of the "Prince of Peace."

### THE GOLDEN BOWL

**Sunday, December 31st, 9:00 and 11:00 AM**

We end the old year with a release of old ways that no longer serve us and dedicate 2018 to new intentions and new ways of being. Join us in this powerful ceremony of intentional living.

### JANUARY

#### SETTING OUR MASTS FOR SPIRITUAL GROWTH

**Sunday, January 7th, 1:00 - 3:00 PM**

**Instructed by Nancy Ashley, RScP**

Make 2018 your most successful year, by setting intentions for your highest growth and evolving spirituality. This workshop focuses on the five key spiritual practices that are the foundation of Science of Mind.

### FEBRUARY

#### THE ART OF MEDITATION SILENT RETREAT

**4 days, 3 nights, February 15th-18th**

**Still Meadows Retreat Center**

We will experience 2 full days of silence during the retreat. We'll have silent meditation (group and individual), contemplation, journaling, walking in nature and other activities to help you continue the "inward Journey."

#### 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.

All activities held at the Center unless otherwise noted.  
MORE INFO at [cslportland.org/events-calendar](http://cslportland.org/events-calendar).