



# Portland Center for Spiritual Living

MAY 2016

## COMMUNITY NEWS

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*Time to reflect  
on the past year –  
fiscal stuff, attendance,  
leadership changes –  
a positive uplifting  
glance at what 2015  
wrought for PCSL.*

### GROWTH

#### WE ARE IN GREAT SHAPE BY JUNE GUMZ

Last month Portland's Center for Spiritual Living held its annual meeting. It was time to reflect on the past year – fiscal stuff, attendance, leadership changes, etc. It was a positive uplifting glance at what 2015 wrought for PCSL.

We learned that we are financially solvent, our attendance at Sunday services is increasing and we need a larger space to accommodate newcomers, especially children. The Board of Directors (aka CORE Council) presented a slate of new members to the Board which was unanimously approved by the membership.



June Gumz, editor

Rev. Larry says that there is no rush to get a new space. He promises that we won't be meeting in a tent like the last time we moved. I sort of like the revival feel. We are currently located in a prime area of Portland, so it is probable we will fare very well when the time comes to sell. A committee will do the research for this important project.

The Board of Directors should be commended for the sensible way they have managed our tithes. When it was necessary to cut back, they did; when programs could be reinstated, they were. With the Board concentrating on the business portion of PCSL and the ministers and practitioners handling the spiritual aspects, it all works together for Good.

Who knows where we will be hosting our next annual meeting, but I'm excited to contemplate the possibilities: church, school, castle, ship, office building... Perhaps it will be 6211 NE MLK Blvd., Portland, Oregon.



**Board of Directors, 2016-17:** (L-R) Kathy Batten, Shana Devoreh, Ron Bixby-McDonald, Ann Forest-Burns, Sara Frandsen, Rev. Larry King, Rev. Sharon Lee Foley, Sarah Wheeler, Janine Stewart, Ken Cragen, RScP. (Not pictured Jennifer Bennett)



Rev. Larry King

*When a group of people has a clear mission and vision and can see that progress is being made, the support flows more easily!*



*A view from the back of the sanctuary at "Mile Hi."*

## MESSAGE BY REV. LARRY KING

### FINANCIAL FREEDOM ACADEMY

**Thank you for sending me to Centers for Spiritual Living's first "Financial Freedom Academy."** The Academy is dedicated to providing local Centers with the tools and information necessary to grow a congregation from a financial perspective. The material was largely presented by Dr. Clif Christopher, author of "Rich Church/Poor Church" and consultant for church growth and expansion.

This 3-day seminar provides a set of resources that we can use to both manage and increase our Center's prosperity and sustainability. From a more detailed perspective, we learned about budgets, fund raising, capital campaigns and how to clearly show that your Center is providing value to its congregants and community.

It was this last part that I found most compelling.

When a group of people has a clear mission and vision and can see that progress is being made, the support flows more easily! To this end, we will make some changes at Portland Center for Spiritual Living. We will provide a mission-based budget for this coming year that will include the numbers but will highlight how we're changing lives. A full set of financials will be available to those who wish to see it.



Just practicing at Mile Hi Church in Denver.

As a reminder, here's our Purpose, Vision and Mission:

- **Our Purpose** is to open hearts and awaken humanity to its spiritual magnificence.
- **Our Vision** is a world that works for everyone!
- **Our Mission** is to provide spiritual tools, practices and an environment for transformation.

The Academy was held in Lakewood, Colorado. Part of the inspiration of the workshop was seeing the financial stability of nearby Mile Hi CSL Church. It was fun to see how they have grown over the years and upgraded their facility using the financial principles that we were learning. What a "mental equivalent" for growth and success!

We'll put some of these new ideas into place as we begin the process of expanding our own ministry here in Portland. As those of you who attended the annual meeting know, we're starting the process of looking for a bigger facility to house our many programs and growing Sunday attendance.

Stay tuned for more information about our plans for expansion!

In loving Service,  
Rev. Larry

## GET TO KNOW YOUR COMMUNITY:

### KEN CRAGEN: RScP and Board Member BY JUNE GUMZ

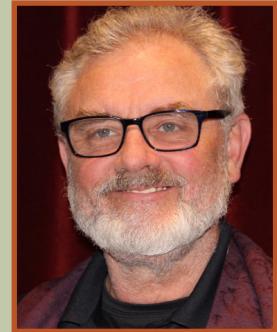
**Ken Cragen has been a licensed practitioner at PCSL for a year and a half** and is now serving as a member of our Board of Directors. It is time we get to know more about him. He grew up as a preacher's kid in a very fundamentalist branch of the Church of Christ. Following the divorce of his parents, he rebelled by becoming a Presbyterian. Wow, he showed them. His first contact with religious science was visiting Agape International Spiritual Center in 1993 on a date. "She had her relationship priorities in place; she was crazy about Rev. Michael Beckwith and I was crazy about her." After experiencing Rev. Michael, Ken was inspired to follow the pathway of New Thought, Ancient Wisdom and became a licensed practitioner in 1998. When he moved to the Portland area he reactivated his practitioner license with Rev. Larry.

Back in his Presbyterian days, Ken had the opportunity to spend four days in Northern Mexico with a group of 110 fellow congregants. On that short trip, the group built four houses to support fatherless households. "By our standards, they were certainly not the most comfortable, but in their neighborhood, they seemed like castles." Ken was the chief cook for the group. It was a revelation to him of the value of working toward a "well cast vision and experiencing the power that arises from a well focused team." That experience may prove helpful when our Board of Directors works on the vision for the Portland Center for Spiritual Living's new home.

Music is important to Ken. A perfect day starts with music. "There are no challenges that I cannot face in love, joy, peace and empowerment so long as music is present to start my day." He enjoys New Thought music which, for him, can be a meditation and prayer. Service is his greatest gift whether serving the PCSL community as a practitioner, participating in a board meeting or helping his customers/clients at work. "No perfect day would be complete without prayer. I love to pray with power and great expectation."

Toastmasters International was a nice outlet for Ken. He found it exciting to have the opportunity to speak in front of a group and felt honored by their attention. Ken admires the way Rev. Larry reaches everyone in the room and feels that Toastmasters may be a means to a greater end for himself in the future. Recently he met with Rev. Larry to outline a new Peace Council for the center.

The Peace Council of the Portland Center for Spiritual Living holds the vision of a peaceful world that works for everyone. Our mission is to support individuals in the practice of peace, teaching pathways to peace to communities and advocating for peace throughout the world. Ken looks forward to visiting with congregants who feel a calling to participate in this new ministry. Please contact him through [peace@pcsl.us](mailto:peace@pcsl.us).



Ken Cragen, RScP

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*"There are no challenges that I cannot face in love, joy, peace and empowerment so long as music is present to start my day."*

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## THOUGHTS: EXPLORING CHANGE BY REV. SHARON LEE FOLEY

**Change happens.** I wonder how often we really choose that. Mostly change seems to choose us. Just when we think we've got this, we know where everything is and what's up next, and our lives are going according to plan, all is familiar, people show up, people leave, relationships end, the job changes, the kids move out, the kids move back home....Sometimes things just don't seem to go according to plan. Are we okay with that?

I am not sure it even matters if we choose change or it chooses us. . I have come to believe it is not the change itself that is important, but how we respond to it that makes all the difference. Do we respond with excitement and/or curiosity? Or is it more like NOOOO!! Even when we choose change it can be uncomfortable because, well, it's change.

PCSL is exploring change. We are not in a hurry. We don't have to go anywhere. We would like a larger space with classrooms, a lobby, a social hall, parking, more office space. It is our choice and our timeframe. We are looking at moving. We are looking at change.

Our founder, Ernest Holmes said "an attitude of gratitude is most salutary" (that's how they talked back then). We can be grateful for what was, be present for what is and trust that which is yet to come. This requires faith in the good that is God and belief that good is for us. I trust that.

## BOARD OF DIRECTORS UPDATE: BY KATHY BATTEN, CHAIR A NEW BOARD OF DIRECTORS: MAY 1, 2016

The new Board of Directors held their annual retreat last weekend. Ken Cragen, one of our new members, proposed it be called the "annual advance," which did seem more appropriate! In addition to Ken, Jennifer Bennett and Janine Stewart joined us as new members; Ron Bixby-McDonald was unable to attend. Returning members in attendance were Rev. Larry, Rev. Sharon, Shana Devoreh, Sara Frandsen, Sarah Wheeler, Ann Forest Burns and myself.

Friday night Rev Larry provided a gourmet assortment of homemade Mexican food. After we had filled ourselves to the max we played a Lego game which woke us up for a movie: a 2016 talk by Dr. Ken Gordon on teamwork. Each team member built a Lego character depicting the assets they brought to the Board and added their creations to the foundation, representing PCSL today. As you see in the finished product, the team portrays productive action by a diverse leadership team acting as a cohesive unit! Plus a sense of fun!

Saturday was a day well spent reviewing the legalities and responsibilities of being a board member. Then we started the planning process for expansion of PCSL into a new facility! A small committee is looking for a commercial realtor that meets our needs and another subcommittee is developing a list for the realtor of wants and must haves based on the visioning of the last year. We are on our way to supporting the growth of this community!



Rev. Sharon Lee Foley

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*We can be grateful for what was, be present for what is and trust that which is yet to come.*

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Kathy Batten  
Board Chair

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

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Each team member built a Lego character depicting the assets they brought to the Board and added their creations to the foundation, representing PCSL today.

*Opening Hearts  
Igniting Minds  
Making a Difference*

**JOIN US AT THE CENTER****PORLAND  
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 [www.PCSL.us](http://www.PCSL.us)

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

**WOMEN'S RETREAT** *Thurs, June 23 - Sun, June 26*  
Rev. Sharon Lee Foley, Practitioners, and Linda Rossi, with Ruth Beck, will lead you into that deeper heart space where you might choose to explore your own inspiration, passion, creativity and strength.

**DIVINE DINING PLANS****June through September**

Divine Dining is our annual "friend-raising" event. We'll be selecting Party Hosts in early June with parties being scheduled throughout July, August and early September. Consider throwing a party for your PCSL community. It can be any size, any theme and any kind of food. Stay tuned for more information.

**JULY****CLASS: EXPLORING ROOTS**

*Wed. 10 wks, July 6 – Sept 7, 6:30-9:30pm  
Facilitated by Kate Barrett, RScP*

The roots of Science of Mind run deep and wide through the religions, philosophies, literature and science of human-kind. This course provides the student with an understanding of the historical roots in America of Ernest Holmes' philosophy. Specific emphasis will be given to the works of Thomas Troward, Emma Curtis Hopkins, and Ralph Waldo Emerson.

**AUGUST****COMMUNITY RETREAT**

*Friday, August 26th – Sunday, August 28th*  
Join us for a relaxing weekend celebrating our connection with God, nature and each other at Menucha. There will be workshops, community singing and opportunities to create, to enjoy nature, to laugh and to meditate. All ages are welcome and we will have separate youth activities during adult workshops. Price includes food, shared lodging and all activities.



\$240 Adult Early Bird Special, thru June 30th.  
\$270 Regular Adult price after June 30th.  
\$35 Youth, 7-12 (Younger children free)  
\$10 additional charge for special meals.

**ON-GOING EVENTS AND PROGRAMS**

**HEART TO HEART:** Support during an illness, loss or other life transition. Rev. Sharon Lee Foley 503-668-9806 or Lexy Dillon 503-663-5817.

**RIDEShare PROGRAM:** Contact Kathleen at [kathleen.ohiggins.new.email@gmail.com](mailto:kathleen.ohiggins.new.email@gmail.com)

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

**LUNCH BUNCH!** 2nd Sun, 12:30 pm  
Las Primas Peruvian Kitchen, 3971 N Williams

**TRANSCENDENCE 12-STEP:** Sat, 9:00am-noon

**SACRED SILENCE MEDITATION:** 3rd Wed, 7-8pm

**WOMEN OF WISDOM BOOK STUDY:** 2nd and 4th Wed. 10 AM to 11:30 AM

*All activities held at the Center unless otherwise noted. GET MORE INFO at [www.pcs.us/calendar](http://www.pcs.us/calendar).*

**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.

**USED SCIENCE OF MIND MAGAZINES NEEDED:**  
Please bring old copies to the office. We would like to "recycle" them in our visitor packets.

**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.

**COMMUNITY REWARDS PROGRAMS:**

A free way to support PCSL. A portion of your purchases at Amazon.com (Amazon Smile) and Fred Meyer (Community Rewards) can be credited to your Spiritual Center. For more information, call PCSL office at 503-261-0677.