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This edition of the newsletter includes two new features to keep the congregation better informed. Mike Watters is writing a CORE Council article and Rev. Sharon Lee Foley is giving us some of her wisdom. They will be regular contributors so check them out.

JUNE

ACTIVITIES ABOUND BY JUNE GUMZ

Last month, the one that bears my name (or vice versa), was a particularly busy one for me. Not all of it involved PSCL activities for a change. Three things on my calendar were Center focused, however. One was a little excursion to the Esplanade to take pictures with the newly formed photo group.

Those of us who were hardy enough to take pictures of the city, bridges and the actual Esplanade on a cold, windy damp day were rewarded with some very nice pictures. One of my favorites is one that Al Kauffman took of Rev. Larry sitting next to the bronze statue of Mayor Vera Katz. They looked genuinely interested in each other.

The second activity was a get together at a photographer's home to get some feed-back on the Esplanade pictures. We were encouraged to take more pictures that weren't automatically focused, to consider backgrounds more carefully and to "crop" judiciously. The photographer has offered to edit the pictures we want to show at PCSL later in the fall.

The animal blessing at Shana Devoreh's home was a good thing. Animal food for needy dogs and cats was collected, animals were blessed and like-minded folks and pets had fun together. The most unusual pet, as far as I was concerned, was a Griffin Chihuahua. It has whiskers that stick out much further than any large dog I've ever seen and a natural Mohawk between his ears. It had none of the usual Chihuahua skittishness and was quite comfortable with much larger dogs, even the St. Bernard/retriever mix.



Photo group excursion to the Esplanade.



Animal blessing



Rev. Larry King

*"You can always count
on good food and
great fun!"*

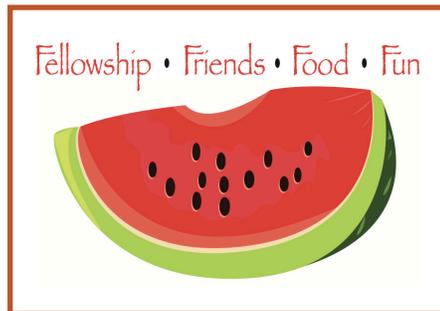
SPIRITUAL LEADER'S MESSAGE

DISHING UP THE DIVINE BY REV. LARRY KING

One of my favorite programs at the Center for Spiritual Living is "Divine Dining." Once a year we ask volunteer hosts to create a series of dining events and parties. Because the hosts all have various interests, you can always count on good food and great fun!

This year's no exception. The team tells me that we have **over a dozen parties planned**, with something for everyone. We've got a Murder Mystery, a Full Moon Viewing, a Fondue Party and a BBQ featuring the Friends Band, just to name a few of the dining events. Purchase tickets early to one or more of these parties – they tend to sell out. All proceeds benefit the Center.

My partner, Daniel, and I are working on our own party: **"Merengue or Meringue?"** Yes, it's a bad play on words – but they come together in the Dominican Republic. If you come to our party you'll feast on traditional fare from the island republic. After dinner, choose delectable desserts featuring merengue and enjoy a dance lesson (you guessed it, Merengue). For hearty food and easy dancing you can't beat Dominican Republic fare—and we'll serve it up with good company and many options.



Did I mention the Annual PCSL Picnic on July 15th? We've teamed it up with "Bring a Friend Sunday," so you can bring your guest(s) not only to Sunday Service, but also to one of our must-attend social gatherings. The picnic starts about 1:00 pm at nearby Peninsula Park. The Center will be grilling-up burgers, vege-burgers and "dogs." Please bring your favorite picnic dish to share.

The Center will also be serving the Divine on Sundays. Starting July 22nd, I'll be starting a six-week series on Faith. I'm basing it on an Ernest Holmes book, long out of print, called "Think Your Troubles Away." As I re-read it, I'm reminded of what powerful beings we are. We can turn fear into faith through the power of our own minds. We'll learn how to re-build our lives through effective thinking and following our hearts.

Our summer is off to a great start. I hope you're enjoying it as much as I am!

Much Love and Many Blessings,

Larry



Divine Dining
at the Portland Center for Spiritual Living

**FEED YOUR BODY.
FEED YOUR SOUL.
FEED YOUR CENTER.**

Get your tickets now!

**Parties scheduled
July–September**

GET TO KNOW YOUR COMMUNITY

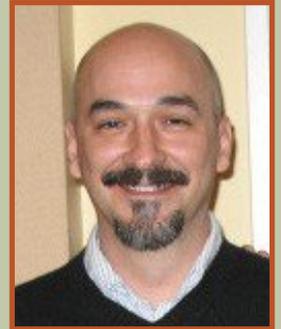
MATTHEW LASHUA: CORE Council BY JUNE GUMZ

Matthew Lashua is a newer member of our CORE Council who hopes to continue to steward efforts of previous council members and ensure that our community has the tools it needs to assist people on their spiritual journeys. He doesn't believe that our mission and message stop at the walls of our building.

Years ago a friend gave Matthew Louise Hay's book. He considered it "frothy and a little too Pollyanna." The message wasn't mysterious or complicated enough for him at the time. It seemed too easy and clashed with his Catholic upbringing where suffering equaled spirituality. Later, when he was seeking words of wisdom, he picked up the dusty book and couldn't put it down. He was ready for the message and it led him to embrace SOM. "Prayer works and my level of joy in being more spiritual is the greatest gift; I am so grateful to be involved with the Portland Center for Spiritual Living."

When asked what would be a perfect day for him, Matthew responded that experiences which revolve around water, whether it be the ocean, lakes or rivers and streams. He loves to hear the sounds of the surf and feel sand under his feet. Following the course of a stream in the woods or sitting by the edge of a lake and contemplating the lapping of water against a rock is comforting and increases his sense of spiritual Oneness.

In Matthew's day-to-day life, SOM gives him a sense of perspective. It keeps him from getting emotionally wrapped up in an event or issue. Prayer work gives him a holistic feeling which helps in his interactions with others.



Matthew Lashua,
Chief of Staff,
Multnomah County
Commissioner Shiprack

"Prayer works and my level of joy in being more spiritual is the greatest gift; I am so grateful to be involved with the Portland Center for Spiritual Living."



Matthew in one of his environs, Portland city skyline.

Matthew Lashua is a behind the scenes kind of guy at PSCL, as well as one of its snappiest dressers. His vibration of order gives me a sense that all is well. Get to know him.



Beautiful day at York beach, Maine – contemplating the lapping of water against a rock is comforting and increases Matthew's sense of spiritual Oneness.

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. So, if you have something to share send it to greetingsjg@comcast.net. I am excited by the prospect of exposing some of our writers to the Community News audience.
– June Gumz, editor

THOUGHTS

WHO'S IN CHARGE? BY REV. SHARON LEE FOLEY

I was thinking about thought the other day. I was noticing how sometimes it seems as if my thoughts are thinking me rather than me thinking my thoughts. Everything is about thought, but who's thinking whom? Who's in charge? Thoughts become things because we believe them. We even think our thoughts are us. But is that true? No. Thoughts are things we just make up and only become us when we believe them. Then, those thoughts are in charge.

Rather than our thoughts choosing us, we can choose them. Instead of simply responding to stuff going on in our heads, we can create thoughts that impassion us, that lift us up, thoughts that are life-affirming. Thoughts based in truth.

Just a thought.

CORE REPORT

BEYOND OUR FOUR WALLS BY MIKE WATTERS, CORE COUNCIL CHAIR

For the past year, your CORE Council and other leaders at PCSL been visioning and planning for the growth of our Center – both the physical growth of our community and the nonphysical expansion of our message into the world.

The timing for this expansion couldn't be more perfect. Our parent organization, United Centers for Spiritual Living, has merged with International Centers for Spiritual Living to create a new organization: Centers for Spiritual Living.

What's the No. 1 goal of this new organization? To touch 100 million lives with our message of love and personal transformation.

Our CORE Council really likes this "100 million lives" idea. Although we can't physically fit 100 million people inside our sanctuary (where would they all park?), we have been working to reach those folks in other ways – through our PCSL podcast,¹ Rev. Larry's blog² "Igniting Minds," and our Facebook³ page. These days, more people receive our message of personal transformation online than they do at our Sunday services.

Lately, I've become one of those people. About two months ago, I moved down to Salem for a great new job. Although I drive to Portland regularly for CORE meetings, I'm around less often on Sundays. Instead, I check in with my PCSL friends by phone and FaceTime, and I listen to the podcasts and read Rev. Larry's blog.

What I've learned is our connections to one another as a spiritual community extend beyond the four walls of our Center. For me, it has become much less about where we are physically as a Center, and much more about what we believe – Ernest Holmes' message of the love, peace, and joy of life itself.

1. <http://pcsl.us/blog/>

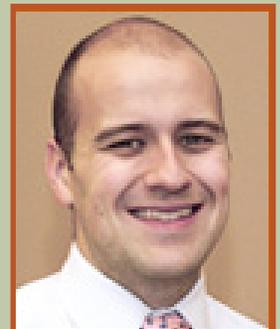
2. <https://www.facebook.com/portlandcsl>

3. <http://itunes.apple.com/us/podcast/portland-center-for-spiritual/id389016231>



Rev. Sharon Lee Foley

"Thoughts become things because we believe them."



Mike Watters

"...our connections to one another as a spiritual community extend beyond the four walls of our Center"

*Opening Hearts
Igniting Minds
Making a Difference*

JOIN US AT THE CENTER

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

JULY

ANNUAL PICNIC
Sun, July 15, 12:30pm – 3:30pm
Peninsula Park, 700 N. Rosa Parks Way
Join us for family fun at our Center's annual picnic. Bring a friend to grow our community. PCSL will provide the burgers, vege-burgers and "dogs." You provide your favorite picnic potluck side dishes to share.

AUGUST

WORKSHOP: HIGHER GROUND
August 25th, 9:30 AM - 4:30 PM
Evolving and Expanding Spiritual Awareness
Higher Ground is a day-long workshop exploring advanced metaphysics through the eyes of Joel Goldsmith, Emma Curtis Hopkins, Eckhart Tolle, Craig Hamilton, Andrew Cohen and Ken Wilbur.

Facilitated by Rev. Lynn Johnson
\$60 general / \$50 PCSL members
Pre-registration required

SEPTEMBER

RETREAT: EMBRACING THE WONDER
September 14th-16th
Our Annual Community Retreat at Menucha
Join us for the fun, the food and the spiritual magic that is Menucha. Our annual retreat to the beautiful Columbia Gorge features workshops for both adults and children. There's something for everyone as we explore our spirituality and the wonder of life!

\$225 early-bird adult price (pd by Aug. 1)
\$250 regular adult
\$27 children 7-12 (under 7, free)

SEPTEMBER (continued)

CLASS: FOUNDATIONS
Tue, Sept 18 - Nov 20, 6:30pm – 9:30pm
Discover your emerging direction and purpose and how to make it happen. Join Rev. Larry for 10 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.

CLASS: FIVE GIFTS FOR AN ABUNDANT LIFE
Wed, Sept 19 - Nov 7, 6:30pm – 9:30pm
Through teaching, sharing, experiential exercises and prayer these classes ignite the individual's realization that God is the Infinite Source of the life we are created to live – link your card to eScrip one of abundance of health, wealth, creative self-expression and fulfilling relationships. Through the active practice of giving the GIFTS of Gratitude, Intentions, Forgiveness, Tithing and Surrender in our everyday lives, our goal is to fully realize that we are the Abundant Love of God.

ON-GOING ACTIVITIES

- BREAKFAST WITH THE MINISTER:** Sat, 9:00am
To make your reservation or for Info, contact Dee Hartman at 360-831-8033.
- DRUMMING CIRCLE:** On hiatus until September
- PHOTOGRAPHY GROUP:** For information, contact June Gumz at 503-653-7132.
- TRANSCENDENCE 12-STEP:** For information, contact Nancy Ashley at 503-880-0308.
- W.O.W. WOMEN'S BOOK STUDY:** Thur, 10:30am

All events held at the Center unless otherwise noted.

GET INVOLVED

PAID POSITIONS AVAILABLE

YOUTH CHURCH TEACHERS – *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 ages 0-6 and the older group from*



7-12. We are looking for regular and substitute teachers. If you have a desire to work with either group please contact Angelica Jackson 530-228-3515.

Angelica Jackson
Youth Director

SHOP FOR PCSL

SAFEMART CARD eSCRIP: *Link your card to eScrip and a small portion of each purchase will support PCSL. Sign up at the back table or call the office at 503-261-0677 for more info.*

SERVICE OPPORTUNITIES

- HOSPITALITY TEAM:** *One Sunday a month, 9 am 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.*