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"opening opportunities for others..."

STAYING GROUNDED

Nurturing Optimism BY JUNE GUMZ

Am I the only one who felt a bit of ambivalence on the 4th of July? By nature I am optimistic about the state of things in the United States. But my optimism is being challenged by Supreme Court decisions and the way children are being challenged by angry protesters at our borders. A need to control, plus a sense of fear, motivate those in high places and low (not that I truly believe in levels).

As a counter point to the above, I hosted a very nice 4th of July celebration in my backyard. We ate patriotic foods, chatted and went through \$70.00 worth of fireworks. The weather was perfect and bugs found other places to be. The little park behind my house is the place where several families try to outdo each other in lighting illegal fireworks for the neighborhood. It is as grand as the professional performances without having to fight traffic. My little dog, Salty, hid in a



cubby hole under my desk. Next year I will give him a calm down pill.

At the time of this writing, the center's picnic hasn't happened, but I am sure it 'was' terrific. Have you started going to the Divine Dining gatherings? I am giving one and attending three others and look forward to getting to know some of the newer folks in the congregation. I'll give a little plug for mine. We will



My grandsons, Pierson and Jeff, celebrating July 4th.

be using clay to vent, express and create monsters or things of beauty. An artist will be there to answer any questions you might have about technique.



The Center for Spiritual Living in Portland is a place to stay grounded and know, that no matter how unsettled I feel, there are people and principles I can depend on to keep me tracking in Truth. My social life is enriched by the variety of experiences available and the people who share them. The 4th of July is a reminder that I can come and go as I please and have the ability/responsibility to work for opening opportunities for others rather than limiting them with ultimatums or hate speech. I can do that.



Rev. Larry King

"The natural beauty of life is in full swing."

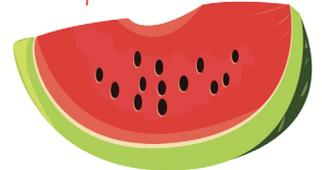


MESSAGE BY REV. LARRY KING

GLORIOUS SUMMER

After only two weeks of summer, it's easy to remember why we live in Oregon. All those rainy days of spring have paid off in a lush, green fantasy of summer. Whether I'm hiking in the gorge, enjoying the Oregon coast, or just hanging around my own yard, I see that the natural beauty of life is in full swing.

Fellowship • Friends • Food • Fun



At the Center for Spiritual Living we've likewise planned a number of events, workshops and parties to help you to enjoy the season.

Our annual picnic in Peninsula Park is just over a week away. Join us after the 2nd service on July 13th as we celebrate fellowship, friends, food and fun. Bring a newcomer to service that day and we'll all carpool to the park! The Center will provide the burgers, veggie-burgers and "dogs," you provide the side dishes for a wonderful picnic!

A trio of workshops will also help you to enjoy summer. They are designed to provide insight in our lives, promote healing and to enjoy life more fully:

- *Heal Your Life—for Men* Saturday, July 12th, 12:00 noon - 5:00 pm
- *Let Spirit Sing!* Sunday, July 20th, 1:00 - 4:00 pm
- *Polishing The Mirror* Saturday, August 16th, 9:30 am - 4:30 pm

To find out more or to sign up for any of these workshops, there's more information in the Center's sanctuary.

And the summer wouldn't be complete without **Divine Dining!** Our annual salute to gracious dining, easy living and fun parties starts in mid-July. This year we have 11 planned parties. From simple to elaborate, from small to extravagant—there's something for everyone. Want to attend a murder mystery dinner set in Mesopotamia? Want to try Brazilian food and learn to dance the Samba? Want to experience an entire "chocolate themed" night? Our wonderful hosts are providing that—and so much more. We've published a party booklet to help you decide which of the parties are calling to you. Tickets can be purchased any Sunday at the Center.

Even the Sunday themes are summer inspired: in July we'll be learning about our Divine Power as we use Ernest Holmes' *This Thing Called You* for inspiration. In August we'll explore the topic of Joy using Thich Nhat Hanh's book *How To Find Joy*, and we'll also bring back our AfterWords program so that we can share our joy after the service in this popular discussion group.



There's nothing like summer in Oregon. Enjoy it — and our many events and programs at your Center for Spiritual Living!

Much Love and Many Blessings,
Rev. Larry

GET TO KNOW YOUR COMMUNITY

JIM MCMARTIN: Adventurer BY JIM MCMARTIN

Editor's Note: Jim McMartin is not a minister, practitioner, CORE Council member or part of the Friends' Chorus but he is important to Portland's Center for Spiritual Living. A tall, bearded guy, Jim manages to energize any space he is in. He is hard to ignore because of his height, happy attitude and genuinely terrific hugs. He is our masculine version of Laura Bradley in that respect. I gave Jim some questions to answer for this article and he chose one and proceeded to write whatever he pleased for the rest. Here is his reply.

I was adopted at birth by the doctor who delivered me in Grass Valley, California; he died when I was seven. Mom, my sister and I moved to San Francisco when I was eight. College fun ended with a BA in history. I joined a band and went on the road, got a "temporary" job in electronics, married, had two sons, took programming classes, worked as a test engineer in the semiconductor industry, divorced in 2000 and retired in 2007. Now I would like to tell you about one particularly surreal adventure.

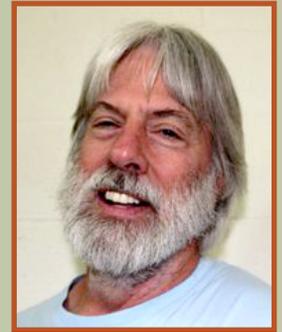
The band started in Santa Cruz, California and in December of '74 we went on the road. Our bus broke down in Winnemucca, Nevada and we ended up in Hailey, Idaho sleeping on living room floors until we found the Hotel Hiawatha. The hotel was shuttered, and not open for regular customers, but the basement rooms were rented out to ex-soldier alcoholics from WWII, Korea and Vietnam. The owners were a syndicate from Las Vegas. The onsite manager was a man named Dick Lust (real name) who always carried two 45s, one under each shoulder. We agreed to clean and rebuild sections of the hotel while we stayed on the second floor in luxury rooms. Well, they were luxury rooms in 1885, but at the time they only held dusty memories of greatness.

The band quickly learned some country tunes and played on Friday and Saturday nights in the hotel bar. A world champion axe thrower threw an axe 30 feet across the hotel lobby to strike dead center in a support beam. Hailey was small so in May of '75 we left to continue our "tour" until September of '76. I call them adventures now, but back then it was, "What the hell are we gonna do for food and gas today?"

That brings me to why I chose the Portland Center for Spiritual Living. Right now, the real adventure in life is within, and it's most fun and fruitful when shared with others who feel the same. I checked out other churches, but PCSL feels like home. Half of the reason is Rev. Larry. He so skillfully shares the teachings of Ernest Holmes and truths from other spiritual paths. The second half is the wonderful musicians we are blessed with on Sunday. The third half (and you thought there were only two halves) is that I love all the hugs. And the fourth half? We are accepted just the way we are.

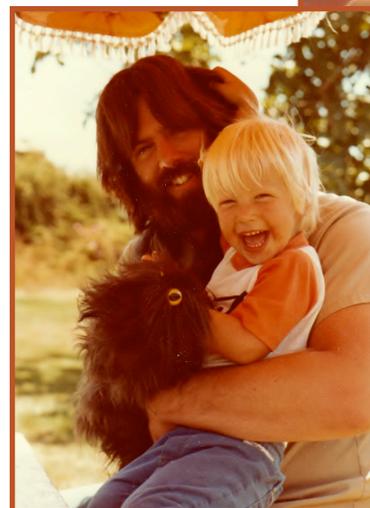
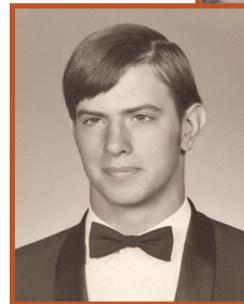
Gratitude and Namasté.

A few pictures from different points in my past. Top to bottom: age 2, 17, 22, and 33.



Jim McMartin

"The real adventure in life is within."



THOUGHTS: CELEBRATION BY REV. SHARON LEE FOLEY

Twenty-six of us returned a week ago from the tenth anniversary of our annual Celebrating Spirit as Woman (CSAW) retreat. The theme was CELEBRATION. We did. We sang together, we definitely ate together, we talked, we listened, we laughed and, yes, sometimes we cried. We celebrated our lives – ourselves. We honored those who came before us, those whose lives provided the light, the way, for us to live our own lives. We celebrated everything and everyone who had anything to do – directly or indirectly – with getting us to where we are today in heart and mind. Most of all we honored ourselves as women even as we asked ourselves what that meant to us. We celebrated where we've been and where we are going. We honored where we are now. We spent three days celebrating basically everything.

We have lots of official celebrations. We just had July 4th. We've got Labor Day, Veterans Day, Thanksgiving, Christmas. Those are just the ones I remember that remain for the year. What if we celebrated every day? What if every day we wake up is cause for celebration? How might the world be different if we awoke each and every morning, grinned and announced, "Yay! It's today!" What if we didn't just live, but we thrived?

Every moment is another moment to flourish, to blossom in gratitude – to CELEBRATE!

CORE COUNCIL UPDATE: BY DEE HARTMAN, CHAIR

Summer time, with the Annual Picnic and Divine Dining, has wonderful opportunities to meet and get to know many of our awesome members and friends in a more casual setting. There are Divine Dining gatherings set up in July, August and September. Please note: the tickets* are going fast. They can be purchased after each Sunday service until all the events are sold out. This is a very special way to treat yourself to a fun evening out, make some new friends and support our Center.



At our next Council meeting we will be looking at the possibility of making a bike rack available in the parking lot area. We will also be moving forward with some new ideas for connecting with our PCSL family during the winter holidays.

Many of the special events are coordinated by one, or more, of the CORE Council members. We all have the CORE Council name badges to identify ourselves. Please say hello, or ask any of us for more information about our Center. We are happy to help.

Enjoy Portland's beautiful, sunny summer weather.

With Love and Blessings,
Dee Hartman

*Sign up at the back of the sanctuary or go online to view or download the Divine Dining booklet to choose your event(s). http://www.pcsl.us/email_files/DDPartyBooklet2014.pdf



Rev. Sharon Lee Foley

"Every day we wake up is cause for celebration!"



Dee Hartman, RScP
CORE Council Chair

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

POETRY PAGE

COMMUNITY CONTRIBUTIONS

THE POETIC PROCESS

BY JUNE GUMZ

Take three deep breaths
 Relax
 Begin
 Release the subconscious
 Let the rhyming words in.
 Stream of consciousness
 What a charade
 Instead of ideas, I get a parade.
 Oh, oh
 A flashback to junior high years
 Why are my shoulders supporting my ears?
 Now I remember what we all knew then
 All the great poems have been written.
 Put down the pen.

PEOPLE

BY JUNE GUMZ

People are –
 Channels of truth and love
 Streams of ideas flowing from soul to soul.
 People are –
 Reservoirs of emotions
 Acting and reacting; suppressing and releasing.
 People are –
 Quiet pools of serenity
 And turbulent whirlpools of indecision and change.
 People are simply reflections of the universal drama – CREATION.

TREASURES

BY MARTHA TRACY (FORMER PCSL MEMBER)

Open the treasures that have been saved.
 What good is given by closing them in dark boxes?
 Stop hoarding.
 Spread the wealth that has been willed to you.
 Open, let in the light.
 Only joy can come from sharing
 Those held and cherished treasures.
 Sweep away the mold,
 The dark that has hidden all of our good.
 You are appointed, you are the one.
 Begin and begin today.
 Discover, rejoice and polish your inner treasures.
 These are the goodness that we all are,
 And the fire will spread unhindered.

DO YOU HAVE AN IDEA, POEM 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*

Opening Hearts
Igniting Minds
Making a Difference

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PORTLAND
Center for
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6211 NE M L King, Jr. Blvd.
Portland, Oregon 97211

PHONE 503.261.0677
E-MAIL info@PCSL.us

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NEWSLETTER CREDITS

EDITOR
June Gumz
GreetingsJG@comcast.net

DESIGN
Cheri Smith

CONTRIBUTORS
Rev. Larry King
Rev. Sharon Lee Foley
Dee Hartman
Martha Tracy

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

SUMMER WORKSHOPS

HEAL YOUR LIFE--FOR MEN
Saturday, July 12th, 12:00 noon - 5:00 pm
Featuring the philosophy and life work
of Louise Hay. Join facilitator Dr. Pamela
Jeanne and Bill Lawson, RScP and learn how
to improve relationships, self-acceptance
and self-approval to experience life better.
\$129 Regular Price

LET SPIRIT SING!
Sunday, July 20th, 1:00 - 4:00 pm
Have you been looking for a way to use
your own inner voice in your spiritual
practice? In a matter of a few hours, Marci
Beck and Starr Sheppard-Decker, RScP, will
show you how simple and empowering the
creation of your own chant and mantra can
be. If you have ever been drawn to these
tools but aren't sure how to use them, this
workshop is for you.

\$35 Members
\$40 Non-Members

POLISHING THE MIRROR
Saturday, August 16th, 9:30 am - 4:30 pm
Facilitated by Rev. Lynn Johnson
As our outer life reflects our inner life, this
workshop is designed to align your spiritual
heart with your outer experiences. Learn
how to release judgments and embrace
oneness as you expand your expectancy
of Good.

\$ 60 (+Bring a lunch item to share)

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 Sean Larkin
530-228-3515. We are looking for regular
and substitute teachers. Both receive stipends
to offset expenses.

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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

JULY / AUGUST

Ticket Sales Now Underway
DIVINE DINING
Feed your body. Feed your soul.
Feed your Center.
Bring your social calendar and be ready to
buy tickets for your favorite parties. Sup-
port your Center and have a great time with
fun, friends and food. Enjoy your summer
with Divine Dining! You can also peruse the
schedule of parties on line.

SEPTEMBER

COMMUNITY RETREAT
Friday Sept. 12th through
Sunday Sept. 14th
Join us for a relaxing
weekend celebrating our
connection with God, natu-
and each other at Menucha. There will be
workshops, community singing and oppor-
tunities to create, 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.

\$250 Regular Adult price
\$ 32 Youth, 7-12 (Younger children free)
\$ 10 additional charge for special meals



SIGN-UP SUNDAYS



Did you know that both Fred Meyer and
Safeway will contribute a portion of your
purchases to our Center? Bring your Fred
Meyer Rewards Card or Safeway Club Card
with you on Sunday, July 6th or July 20th
and we'll do the paperwork for you after
the 2nd service.

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.