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Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables.



PROMOTING GOOD HEALTH

Keeping Ourselves Strong. BY JUNE GUMZ

Many Americans are having to take stock of their health. With the instability of the insurance industry it is imperative that we become good stewards of our bodies.



June Gumz, editor

Those of us who are parents want our children to eat well, get plenty of exercise and rest just like the pediatrician ordered. However, we don't always do the same for ourselves. Due to time constraints, we often take short cuts, i.e. snacks instead of meals, driving three blocks to the store instead of walking, watching TV rather than doing yard work, etc.

My daughter is a clinical dietician who works in a dialysis center. So many of the clients she works with took their bodies for granted when they were young and are paying a heavy price now. Granted some have genetic conditions which are not the result of misuse but are the result of unfortunate DNA. For those who ate too much and exercised too little over a lifetime, the cost is high in discomfort and dollars.

As a senior citizen, I am fortunate to be a part of Medicare. I have supplemental insurance which encourages me to stay healthy. Besides regular testing, my fees for exercise classes and yoga are included. Four times a week I am in classes with 40 or 50 other older folks who care about staying fit. We may not look like body builders but we are comfortable in our bodies (for the most part) and enjoy the stimulation of meeting each other regularly. We are not sitting home watching TV all day wishing we had something fun to do.

As our country struggles with how to promote good health at a reasonable price, it behooves us to do what we can to keep ourselves strong. We all know that good nutrition and exercise are important. Sleep and quiet times are just as important.

So, for the good of our organs, bones and brains let's do what we can for ourselves and trust that our government will come up with a **fair plan for all.**



Adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week AND muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).



Rev. Larry King

MESSAGE BY REV. LARRY KING
A SUMMER OF FUN

In June I gave a series of talks on Gretchen Rubin’s book, *The Happiness Project*. Each of us was invited to create a project plan for the summer to create more joy in our lives. I’d like to expand this invitation for a fun-filled summer. We have a variety of enjoyable upcoming events planned and want to make sure you know about them!



Divine Dining Continues

We’ve had our first of the Divine Dining parties already, but there are plenty of tickets still available to a variety of dinners and hosted events. Divine Dining is a fun/fund raiser that allows you to dine and connect with congregants in their homes. For more information, stop by the Divine Dining table after either of our Sunday services.



Run/Walks

For those of you enjoying the glorious outdoor weather, the Center is sponsoring three charity events this summer. The AIDS Walk, the MLK Dream Walk/Run and the Komen Run for the Cure. PCSL has three teams of runners/

walkers and you can sign up for one or all three. We’ll also be collecting money for these three sponsored charities. For those of you who prefer a supporting role, there are opportunities for being of service on the dates for the races. Directions for signing up for these charity events are in the back of the sanctuary.

Community Retreat

We’ve also got our annual family summer camp retreat to look forward to. Spending the last weekend of August at the lovely Menucha retreat center is always a family favorite. This year we have separate activities for kids and adults as well as great together time. Our theme this year is Laugh, Pray, Love and we have opportunities for all three. There’s more information and a sign up sheet in the back of the sanctuary.



Sunshine Division

Portland’s homeless population surges during summer months, so we’re doing our part to bring greater comfort to those who are affected. We’ve placed a Sunshine Division barrel in the back of the sanctuary. They collect food, clothing and toys to help with the swelling number of people who can use our help.

We also have a few of the Happiness Project tracking booklets left. If you missed-out on the material for creating your own Summer of Fun, make sure you listen to the podcasts for June on our website, www.cslportland.org/podcasts and pick up a tracking booklet in the sanctuary. The promise is a 10% increase in overall happiness. Who wouldn’t like that?

Best wishes for a glorious summer,

Larry

Each of us was invited to create a project plan for the summer to create more joy in our lives.

SURPRISE PARTY FOR REV. LARRY KING BY JUNE GUMZ

A SURPRISE celebration to honor Rev. Larry's 10 years of service to our spiritual community was held at the Center on June 22nd. Hors d'Oeuvres, beverages, desserts were served! It was a Mardi Gras theme and costumes were encouraged.



FAREWELL BY JUNE GUMZ

Shirley Lawson and her husband Bill were charter members of the San Jose Religious Science Church in 1957 or thereabouts. In Portland, she became a greeter for the church and never let a new person get by her without letting him/her know what we were all about.

Shirley died recently, just a day before their 63rd wedding anniversary. Even though she was in a wheel chair, she continued coming to the center when she felt strong enough. She was very clear about where she wanted to sit and micro-managed how to arrange her special spot.

Bill and Shirley often acted in community theater. Shirley became involved in theater because their son was in *Beauty and the Beast*. He was the Beast. An adult acting group was formed and Shirley started her acting career. Bill worked behind the scenes at first until they realized he had talent too.

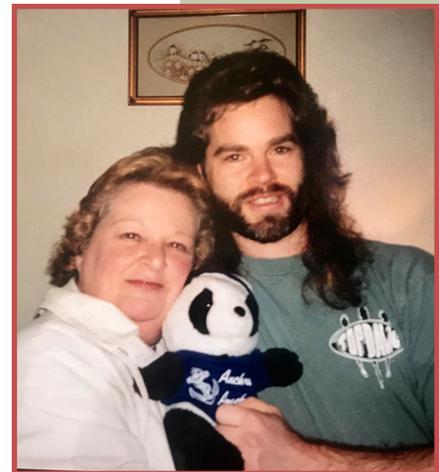
Activities which kept Shirley busy over the years were scouting, cosmetic sales, reading and being an activity director at a nursing home.

When I asked Bill about a favorite trip, he told me about one they took to the Philippines in the '70s. They went with a group to experience the famous spiritual healers there. If you want to know what was done for them by the healers, you will have to ask Bill privately. He said it wouldn't make good copy for a church newsletter.

We will miss Shirley and her sense of humor, her sense of privilege and her steadfastness during her last years.



Shirley Lawson



Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

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COMING EVENTS • GET THE LATEST UPDATES ONLINE: cslportland.org/events-calendar

JULY

MEMBERSHIP CLASS

Sundays, July 30th & Aug. 6th, 12:30 - 2:30 PM
Have you wanted to become a full member in our loving community? Join Rev. Larry for two afternoons exploring the basics of what we believe, what we offer and how we serve. Everyone is invited to explore becoming a member—there is no cost. The second class will start with a welcome luncheon. Registration is required (sign-up in the sanctuary).

AUGUST

WORKSHOP: IMAGINE THAT

Saturdays, Aug 12 & Sept. 9, 9:00 AM – Noon
Inspiring Creative Confidence
Ernest Holmes, the founder of Religious Science, says, "It is the office of the imagination to set the vision." Join us as we come together to set the vision for living the life of our dreams. *Imagine That!*

Facilitated by Marilyn Sprague, RScP, M.Ed.
Cost \$75; Required Text: *Creative Confidence* by Tom Kelley and David Kelley.

COMMUNITY RETREAT

Friday, Aug. 25 through Sunday, Aug. 27
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.

SEPTEMBER

SOCIAL JUSTICE BOOK CLUB

First Saturdays Starting 9/2/2017, 12:30 - 2 PM
Join us as we continue our study of racism in America and how we can make a difference. We will alternate months—a book on white privilege with one from the black perspective. Suggested first books: *White Like Me* by Tim Wise and *Tears We Cannot Stop* by Michael Eric Dyson. Contact Nancy Ashley at 503-880-0308 for more information.

All activities held at the Center unless otherwise noted.
MORE INFO at cslportland.org/events-calendar.

AIDS WALK PORTLAND

Sat, Sept. 9 at The Fields Park in the Pearl
Join "Team PCSL" as we support Cascade AIDS project to help Oregonians living with HIV and AIDS. Register to walk with our team, or simply contribute to the cause. For more information, contact Larry King at 503-501-6599.

CLASS: FOUNDATIONS

Monday Eve, Sept. 11-Nov. 20, 6:30-9:30 PM
11 Weeks; Instructed by Rev. Larry King
Discover your emerging direction and purpose and how to make it happen. 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. **Open to everyone.**

CLASS: PRACTICAL MYSTICISM

Thursday Eve, Sept. 14–Nov. 16, 6:30-9:30 PM
10 Weeks; Instructed by Kate Barrett, RScP
Practical Mysticism explores ways to connect to the truth of us as we live our daily lives. Join us as we embark upon a rich and transformational experience connecting with our Inner Mystic. **Prerequisite Class: Foundations**

PCSL WRITERS GROUP

Third Sundays (Starting Sept. 17) 6:00PM
Our writer's group will be open for new members to try out in September and October. No publishing experience necessary, just a committed desire to write. Group "closes" again in November. For more information contact Kathy Marshack at (360) 977-1196.

RACE FOR THE CURE

Sun, Sept. 17, Tom McCall Waterfront Park, PDX
Help the Susan B. Komen Foundation raise money to help reduce the current number of breast cancer deaths by 50% in the U.S. by 2026. For more information, contact Danah Buix at 360-232-3188.

M.L.KING "DREAM" WALK/RUN 5TH ANNIV.

Sun, Sept. 24 6:00 AM – Noon
We're partnering with the North/Northeast Business Association to present the 2017 MLK Dream Walk/Run. Join our team of volunteers to help at our booth, be part of a team of walkers and runners or be part of a cheering section at our water station. Contact Sara Frandsen at 714-624-4363 for more information or visit www.mlkdreamrun.org.

VOLUNTEER OPPORTUNITIES: GET INVOLVED!

YOUTH CHURCH TEACHER: Have fun with kids while teaching Science of Mind principles. Two groups of children – younger 0-6 and older 7-12. We are looking for regular and substitute teachers. Contact Sean Larkin 530-228-3515.

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

ON-GOING EVENTS AND PROGRAMS

Visit website cslportland.org/ongoing-programs

HOSPITALITY TEAM: One Sunday/month, 9 or 11am service. Contact Erin Hurt at 360-909-4971.

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. Contact Anette Bolster at 503-970-4116.

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.