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*“Rev. Larry and I are  
going to miss her skills  
and patience.”*

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*Jason vs. the  
Power Lift*



# Center for Spiritual Living™ Portland

OUR BI-MONTHLY NEWSLETTER

## A New Year and a New Look for Our Newsletter

As you have probably noticed, our newsletter format is different from the one we have used for almost ten years. Cheri Smith, our graphics person from day one, has decided to retire. She wants to increase her time working with refugee families as well as play a major role in her grandchildren's lives. It has been a pleasure to send her my articles via the computer and know they would be improved with her artistic ability.



*Cheri Smith, our Art  
Director and Newsletter  
Layout Artist*

Often I sent her stories, and after rereading them, I emailed her another version. In all those years she never complained. Rev. Larry and I are going to miss her skills and patience. When we sent our articles and information to her on time, the newsletter was always ready to print by the 15th of every other month.

Future editions will be subject to change in 2019. We will be experimenting with different formats and personnel. As I write this, I have no idea how it will eventually be presented. It is exciting and a bit scary; my comfort zone is being jiggled.

Rev. Larry, the Board of Directors and I thank Cheri Smith for her years of service and for making our newsletter one of which PCSL can be proud.

June Gumz,  
Newsletter Editor

## A Spotlight on Volunteers

We're implementing a new program to highlight our many volunteers. Nearly everything at the Center is done by people who feel dedicated to our purpose of "opening hearts and awakening humanity to its spiritual magnificence." We recognize that when people see the positive impact of our teaching—being in service becomes a true pleasure.

Our first Spotlight is on Jason Hutchison. He's been helping us with building repairs and projects since he joined the Center in 2017. Jason has been instrumental in keeping our facility in working condition and is also part of the team that is looking at creating additional space on our property. He almost single-handedly painted the exterior of our building this last summer. We always appreciate Jason's amazing "we'll give it a try" attitude when we find new projects that could use his help.

*Thank you, Jason!*



*Beautiful New Paintjob!*

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*“...God operates  
through a Universal  
Mind...”*

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## “Back to Basics” with the Science of Mind



*Rev. Dr. Ernest Holmes*

In January we go back to the fundamental teachings of Ernest Holmes, our founder. We use the introduction to *The Science of Mind* to cover his primary teachings and philosophy each Sunday. Our core beliefs are based around four concepts.

### God Is All There Is

We reject the idea that God is some guy in the sky on a throne who is judging our thoughts and behaviors and planning a reward or punishment. That’s just not how we view it.

Instead we believe that God is the sum total of the manifest Universe. That includes everything, seen and unseen. It includes all the matter, energy, particles and principles that make up everything.

In the human realm, it also means you. You are an individualized part of God. Your thoughts and beliefs are part of God’s thoughts and beliefs. You are made of “God stuff” and are part of the Divine. This is true, equally, for all people.

### We Have Free Will

God endows us with the freedom of choice in all things. There’s no pre-destiny, we get to make our choices and live our lives based on free will. Sometimes we choose poorly and this is a major source of suffering (and the appearance of evil) in the world.

### Our Actions Have Consequences

God does not judge or punish us, but we recognize that there will be a response to our choices. When we cause harm to others, we expect there will be a backflow of negativity. Some religions call it Karma—we call it the spiritual law of “Cause and Effect.” What you put out will come back to you.

### Our Thoughts Become Things

Ernest Holmes said, “...God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind which receives the direct impress of our thought and acts upon it.” This means that our thoughts have creative power. If you predominately have thoughts of lack and trouble, God will act upon these thoughts to create more lack and trouble in your life. On the other hand, if you have positive thoughts and beliefs, God will act upon these to create a positive experience of life. Your thoughts create your reality. This leads to the common catch-phrase in the Science of Mind tradition: “Change Your Thinking and Change Your Life.” He illustrated this principle with his famous teaching symbol.



*Science of Mind  
Teaching Symbol*

I hope you’re enjoying our series on “Back to Basics.” If you miss one of the Sundays in January, remember that you can always catch up by listing to our popular podcasts. They’re available on our website at: <https://cslportland.org/podcasts/>.

Much Love and Many Blessings,

Rev. Larry King, Senior Minister



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*Artist and founding  
member of the  
Women of Wisdom  
Book Club.*

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*Practitioner, poet  
and member of our  
Board of Directors.*

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## In Loving Memory

### Rosalie McCormick

If you were a member of the Center when it was located on NE Shaver, you'll remember that Rosalie was our hospitality director. Nearly every week she would come into the Center early on Sunday and bake fresh goodies for us on-site. She always made sandwiches for our annual meetings and attended church every Sunday until her health no longer permitted it.



She was also an enthusiastic artist. She created the "Symbols of World Religions" that we have hanging in our sanctuary as well as a piece entitled "The Universe" in the upstairs bathroom. Many of us have a Rosalie McCormick "Still Life" oil painting in our homes. She was generous with her time and her many talents.

She was one of the founding members of the *Women of Wisdom* book club and helped to ensure that members of the Lake Oswego center as well as our own were free to participate.

This picture was taken at our annual picnic in Peninsula Park in 2009.

She made her transition at the end of December and a Memorial Reception is being held on January 19<sup>th</sup> in a local private home. For more information, contact Rev. Larry King.

### Ken Cragen, RScP

Our Practitioner and dear friend, Ken Cragen made his transition suddenly and unexpectedly on Sunday, January 5<sup>th</sup>.

Ken had been a Practitioner with us for five years and previously part of the Center for Spiritual Living in Boise, ID.

Ken trained as a Doctor of Chiropractic at Palmer College of Chiropractic in San Jose, CA. More recently he had managed a GNC store in Camas, WA.

We remember Ken for his powerful reading voice and his fondness for Howard Thurman. He was always willing to serve our community through his time—he was a member of our Board of Directors and a contributor to the Sunday Service nearly every week.

Ken had been a member of our Writer's Group and a published poet. He shared his poetry most recently with us at the fall Bright Light Talent Night show.

A Celebration of Life service is being planned to honor Ken's life and to highlight some of his poetry. More details are forthcoming.



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*Don't miss our  
Women's Retreat  
"Preview"*

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*Save the date for our  
annual business  
meeting March 10<sup>th</sup>.*

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## Coming Events and Programs

**Sunday, January 27, 12:30 PM**

### **Women's Retreat "Preview"**

*Calling all Women:* You are invited to attend a preview of our much-celebrated annual women's retreat. You will have the opportunity to experience small "snippets" of actual retreat events (Yoga, sacred dance, empowerment circle and music). Our retreat (May 23-26) fills up quickly, so you won't want to miss this opportunity to participate.

**Saturday, February 2nd, 7:00 PM**



### **Taizé Service**

*Beyond Where We Have Been* with  
**Laura Berman and Amy Steinberg**

Let's start the new year with an inspirational evening of music, chanting, prayer and meditation. Taizé is a community located in Taizé, France, founded in the 1940s. The Taizé community "wants its life to be a sign of reconciliation between Christians and separated peoples of all faiths." Our Taizé service is hosted by inspirational New

Thought musical artists Laura Berman and Amy Steinberg.

**Sunday, February 24th, 12:30 PM**

### **Potluck and Town Hall Meeting**

We're having an informal potluck and Town Hall meeting upstairs at the Center after the Celebration Service. Join us at about 12:30 to share food and to get an update on the Center's plans for expansion.

**Sunday, March 3rd**

### **Winter Connection Circles Begin**

Connection Circles are a safe place for discussion and group spiritual practice in the warmth of members' homes. You'll expand upon the Sunday message and connect with like-minded people in a variety of times and locations. We will also be hosting a "MeetUp"

Connection Circle on Sundays after the Celebration Service and a Virtual/Online Connection Circle via Zoom. Contact Marilyn Sprague, RScP for more information 360-931-0671.



**Sunday, March 10th, 12:30 PM**

### **Annual Business Meeting**

Everyone is welcome at our annual business meeting. We'll give you a full financial report for 2018 as well as reports about our various programs (including an "expansion" report to talk about expanding our existing building). Members will vote on a slate of candidates for openings on our Board of Directors.

## On-Going Programs

**1st Saturdays, 12:30 — 2:00 PM**

### **Monthly Social Justice Book Club Meeting**

Join us as we continue our study of racism in America and how we can make a difference. We explore racism in all of its forms and ethnicities. The book for discussion on February 2nd is "There, There" by Tommy Orange. It explores the themes of native peoples living in urban spaces. Contact Nancy Ashley at 503-880-0308 for more information.

**3rd Wednesdays, 7:00 PM**

### **Monthly Meditation Service**

The PCSL Practitioners present a meditative service on the third Wednesday of every month. The Wednesday service for January 16th is "There is Good for me" and is being led by Kate Barrett, RScP. The Wednesday service for February 20<sup>th</sup> is "Drop the Rock" and is being led by Kathy Batten, RScP.



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*Join us In-Person  
and On-Line!*

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**We rent our space!**  
Planning a meeting, event  
or special occasion?  
Contact Jason Hutchison for  
rental info at 503-807-1227.

## On-Going Programs (continued)

### 4th Sundays: Let PCSL Return Your Bottles & Cans

#### **BottleDrop Oregon Redemption Centers**

PCSL is part of BottleDrop's Featured Fundraiser Program. Get a special blue bag in the sanctuary and fill it with your returnable bottles and cans. Bring it back to the Center on the 4th Sunday of the month and we'll make your returns for you. The returned deposit is a fundraiser for our Center.



#### **You Don't Have to Do This Alone**

Do you or someone you love need support during an illness, loss or other transition in your life? Have you noticed that somebody you usually see on Sunday has "gone missing?" Heart to Heart can help. Contact Kathy Batten, RScP: 360-931-0371.

### Saturdays, 9:00 AM

#### **Breakfast with the Minister**

Connecting with PCSL at a Deeper Level

Enjoy breakfast and great conversation at a local restaurant and get to know Rev. Larry in a small group setting. Separate checks provided. Contact Marci Beck at 503) 710-4587 for more information and to make your reservation (required).

### Saturdays, 11:00 AM—12:15 PM

#### **Transcendence**

A 12-Step Science of Mind Group meeting for women in any 12 Step program. We are currently studying the 12 Steps in relation to the book "The Four Agreements" using meditation and personal sharing to enhance the truth of who we are.

Contact Nancy Ashley, RScP, for more information at 503-880-0308.

### Sundays, 5:30—6:30 PM

#### **Having Had a Spiritual Awakening Group**

A Mindfulness And The 12 Steps Meditation Meeting

The "Having Had" group is a 12-step meditation meeting, cultivating mindfulness in recovery. The meeting is open to members of any 12--step organization, includes a 15-minute silent meditation, a shared reading of a mindfulness talk on one of the 12 steps and an insight meditation practice.

## Volunteer Opportunities

### **Youth Church Teacher Opportunity**

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.

### **Home is Where the Heart Is**

#### **The Hospitality Team**

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.

### **First Impressions**

#### **Ushers and Greeters and the "Clean Team"**

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 an opening for people who wish to help clean our space. The "Clean Team" maintains our clean and lovely environment. For more information, contact Anette Bolster at 503-826-6107.