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*No matter where we are
on the age spectrum,
spring will follow winter
and light will follow
darkness.*

CHANGE IS NOT OPTIONAL

The Rhythm of Things. BY JUNE GUMZ

This spring I am experiencing conflicting emotions. Outside I see the explosion of colors as each tree and plant renews itself from the rigors of winter. But on the inside, I am aware of friends who have died or are struggling with painful or debilitating conditions. I realize that beauty and pain often coexist, but this year it seems more poignant.

At 79, I am at the age when conversations often center around cognitive ability, health and mobility. I give myself a C+ overall. I can walk, drive, pay bills, compose a newsletter, read, binge watch Netflix, take care of my little dog and go to the gym three times a week. Some of my friends, however, have crippling arthritis, strokes, or conditions which limit them from accomplishing everyday tasks.

Independence is the birthright of most of us and to lose it can be disheartening. Studies have shown that people with a strong faith fare better than those who don't; with or without it, life can be a struggle. My friend, Mary, who recently had two severe strokes is in a rehabilitation center. We don't know how strong her faith is because the only words she can say now are, "I don't know."

The beauty of this time of year convinces me that renewal is a basic tenant of nature. It is natural like the light of day and the darkness of night. Just about the time the gloominess of winter seems too much to handle, crocuses and daffodils peek through the soil to let us know that change is on its way. The automatic rhythms of the seasons are like waves on the beaches or heartbeats in our bodies. We can count on them, one after the other.

For my friends who don't feel they measure up to a C+ or better right now, think of all the years you were A's or B's, when movement and ideas flowed easily and the seasons were enjoyed for their respective differences. Like the seasons, we change. Just as the blooms of spring signal the end of winter, our bodies and minds telegraph progress or decline. No matter where we are on the age spectrum, spring will follow winter and light will follow darkness.



June Gumz, editor



Change of Seasons, by Silveryn



Rev. Larry King

"Sometimes our negative thinking can be like a mental trap, almost an addiction."

MESSAGE BY REV. LARRY KING

THE THINKING TRAP

During the month of May, we're using Dr. Solomon Katz' book "Beauty as a State of Being," for our inspiration on Sundays. His thesis is a simple one: most of our thinking is, at best, unnecessary and a great deal of it is harmful to us.

He proposes that much of our thought processes are designed to "compare and judge." This is a good thing when we're making a major appliance purchase or faced with a runaway train. It's not such a good thing if we're trying to enjoy an evening with friends.

Comparisons, when not needed, bring us feelings of "less than." We're always able to find someone else's life that is more prosperous, more beautiful, or more successful than our own—even when ours is just fine as it is.

Judgments, when not appropriate, cause us to radiate superiority and to distance ourselves from others. Just because our minds are "good" at judging, doesn't mean it's a tool that we should use very often.

The other key drawback to the way our mind works is that it tends to take us out of the present moment.

We're ruminating (comparing and judging) about things that have already happened or worrying (comparing and judging) about the future. Either of these situations eliminates the possibility of enjoying ourselves right now.

If I'm describing you—if I'm talking about the thinking going on in your head—there's hope. Katz says that we can learn to reduce the amount of negative or unproductive thinking in several ways:

We can meditate. Even brief periods of meditation during the day will calm the restless mind throughout the day. It also lowers our blood pressure and makes it easier for us to handle stressful environments.

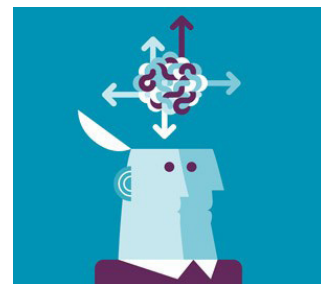
We can turn the negative to positive. When we notice that we're in a negative thinking rut, we can re-frame our thinking to the positive: What if everything turned out right? What if I did get the raise? When we dwell on the positive, we are more likely to be open to positive results and possibilities.

We can curtail unproductive thinking. When we detect that we're ruminating or worrying we can learn to stop the process. We can pull our awareness back to the present moment by focusing on what we're doing now.

Sometimes our negative thinking can be like a mental trap, almost an addiction. When you find yourself trapped in an unhealthy mode of thought, remember that you have choices. You can interrupt, curtail, reverse or at least distract your mind into something else. Being fully present in the current moment is always the best choice.

Happy Thinking!

Larry



REMEMBERING REV. LYNN JOHNSON

May 15, 1940 – April 26, 2018. BY REV. LARRY KING

In ministerial school they tell us (new ministers) not to make very many changes when we join a new church. People, we are told, do not like things to change.

When Rev. Lynn Johnson came to be our Senior Minister at the “Portland Church of Religious Science” in 2002, she changed everything.

She changed the seating in the sanctuary. She changed the social hall. She changed the music, the stage layout and various “sacred” pieces of artwork in the little church we had in Parkrose. Most ministers would have been dismissed summarily for all the changes—and there were a few people at the time who might have bought her a plane ticket back to Santa Rosa.

But only a few people. You see, Rev. Lynn made even more changes on the “inside” than she did on the “outside.”

She brought us back to the core principles of Science of Mind. She brought us the tools of Visioning and Forgiveness in ways that we had forgotten. She brought us the challenge to be our true and authentic selves and to do more than just “listen on Sunday.” She challenged us to live the principles of Science of Mind—not just to read about them.

It’s with a very heavy heart that I write about her passing. Her 78 years on this planet were filled with the many ups and downs of a life well lived. She was not unusual in that way. Where Lynn really stood out were her 23 years in ministry as a Licensed Practitioner and Minister.

Lynn was an extraordinary teacher and truth-teller. Sometimes challenging, always compassionate, she knew just how to explain God’s potential to work through all of us. She was a gifted counselor, a steadfast friend and a tireless minister to the people around her.

In 1995, when she was taking the Practitioner II class in Santa Rosa, she was instructed to write out her own memorial service. I would like to excerpt from it here:

“And so today, we celebrate two aspects of the One life—the releasing of our friend, Lynn, from her human space suit, with all of its joys, sorrows, lessons, accomplishments, dramas, quiet reflections, emotions and history, and our own embracing of life as it relates to a new awareness of being connected with Lynn for all eternity through our shared consciousness as spiritual beings.

Death is truly the ultimate illusion—for Life does not die; it simply changes form. We honor the change Lynn has made in her life process, and we acknowledge our own sorrow and feelings of sadness knowing that we shall miss her physical presence.”



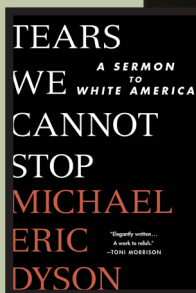
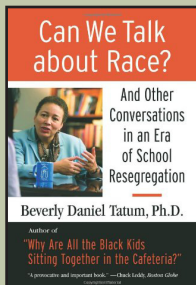
Rev. Lynn Johnson

“Death is truly the ultimate illusion—for Life does not die; it simply changes form.”



Nancy Ashley, RSCP

"Our unconscious biases are being revealed and, hopefully, being healed in all of us."



"It is the White population and its racist past and present, that are the main problems."

SOCIAL JUSTICE BOOK CLUB

Exploring Portland's Racist Past and Present BY NANCY ASHLEY, RSCP

In the spring of 2017, Rev. Larry, Kathleen Perkins and Barbara O'Hare presented a 5-week class on social justice, especially as it has applied to the African-American community in the Portland metro area. We learned how zoning, red-lining and city projects disrupted the Black community in Portland. The placement of 1-5 and the expansion of Emanuel Hospital are other examples. Today we see continuing effects of gentrification in the traditionally Black community, including around our own Center.

As an offshoot of that class, the **Social Justice Book Club** was started in September, 2017, on a monthly basis. The format is to study one book from the White perspective (White privilege), and the next month one from the Black perspective. We are now preparing for our ninth month in May, learning so much along the way.

So far, two ideas have strongly emerged. 1) It is the White population and its racist past and present, that are the main problems. 2) It is not the Blacks' responsibility to teach us (Whites) what is wrong, and how to fix it! It is ours to do and the Social Justice Book Club has provided us an opportunity to discuss, learn and begin to change some of our ideas and beliefs.

Did you know, for example, that Oregon was admitted to the Union as a Whites Only state, sidestepping the issue of slavery completely? Portland/Oregon had the most active Ku Klux Klan west of the Mississippi in the 1920s. The FHA was not allowed to back Black-owned mortgages well past the 1950s. These were policies put in place by Whites!

We are learning to integrate these concepts and false beliefs into our Science of Mind perspective of Oneness. Our unconscious biases are being revealed and, hopefully, being healed in all of us. I especially appreciate the addition of our New Thought CSL friends to this book club. **I invite you to join us** on the first Saturday of each month for a lively discussion.*

**We may take July and August off and begin again in September.*



A Ku Klux Klan parade, East Main Street in Ashland, Oregon, in the 1920s. (Oregon Historical Society)

**Join us at the Center
Friday, May 25th, 7:00 PM**

**SOCIAL JUSTICE
MOVIE NIGHT:
THE BLACK PANTHERS**
Police informants, journalists, supporters and detractors contribute to this documentary look at the history of the controversial Black Panther movement in the United States. Everyone is invited to watch this free movie, participate in a short discussion and have some of the city's best popcorn.

FROM THE BOARD BY SARA JOHNSON

I would like to welcome Nancy Ashley and Kathy Batten as the Board's newest members. **Our Board:** Rev. Larry King, Sara Johnson, President, Janine Stewart, Vice President, Doreen Marchetti, Secretary, Nancy Ashley (RSCP), Co-Secretary, Ron Bixby-McDonald, Ken Cragen (RSCP), Jason Hutchison, Sarah Wheeler, and Kathy Batten.

Our financials are looking great. Our tithes are up from what was budgeted for April. We managed to cut some of our expenses down and save some money with a new phone and wi-fi contract with Comcast and learned that the income received from retreats and classes fluctuates making the budget look off at times which is normal.

Also there is excitement in the air for a facelift for our building on the exterior. The board has decided to go ahead and paint the outside in order for preparation of selling our building and making it look pristine while we are waiting for our new home to show up. The value of keeping our existing home looking immaculate is preparing us, opening up the door to Spirit saying "yes, we are ready for our new building."



Sara Johnson
Board President

Volunteer Opportunities: GET INVOLVED!

We are volunteer led and managed and celebrate the many volunteers that help to make PCSL thrive. We are currently seeking additional volunteers in these areas:

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 – 0-6 and 7-12. If you desire to work with either age group, please contact Sean Larkin at 503-702-0183. We are looking for regular and substitute teachers. Both receive stipends to offset expenses.*

IN FULL BLOOM: *Contribute to the beauty of our sanctuary through the donation and dedication of Sunday floral arrangements. Sign-up calendar and forms are available in the sanctuary.*

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.

HOSPITALITY TEAM – Home is Where the Heart Is: *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.*

USHERS & GREETERS AND THE "CLEAN TEAM" – First Impressions: *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 a new opening for people who help to clean our space. The "Clean Team" maintains our clean and lovely environment. For more information, contact Anette Bolster at 503-970-4116.*

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

First 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 will alternate months – a book on white privilege with one from the black perspective. Contact Nancy Ashley at 503-880-0308 for more information.

HEART TO HEART – 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 360-931-0371.

Third Wednesdays, 7:00 PM

MONTHLY MEDITATION SERVICE

The PCSL Practitioners present a meditative service on the third Wednesday of every month.

Saturdays, 9:00 AM

BREAKFAST WITH THE MINISTER – Connecting 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 to Noon

TRANSCENDENCE – 12-STEP MINISTRY FOR WOMEN

We support women attending any 12-Step program as they incorporate the principles of Science of Mind into an understanding of working the 12 Steps. Contact Nancy Ashley at 503-880-0308 for more information.

Sundays, 5:30 - 6:30 PM

HAVING HAD A SPIRITUAL AWAKENING GROUP

A Mindfulness And The 12 Steps Meditation Meeting

In this meeting we focus on Step 11 and the spiritual practices of prayer and mindfulness meditation. Each month, we explore one of the Twelve Steps and how prayer and mindfulness meditation can expand our awareness and improve our life in recovery.

Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

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**Center for
Spiritual Living**

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

MAY

Sunday, May 20th, 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 about 12:30 to share food and get an update on the Center's business, spiritual direction and our education department. Everyone is invited!

Wednesday, May 16th 7:00 PM MEDITATION SERVICE: DANCING WITH GOD

The PCSL Practitioners present a meditative service on the third Wednesday of every month. The Wednesday meditation service for May 16th is "Dancing With God," led by Licensed Practitioners Kate Barrett, Marci Beck and Katherine Richer. Drumming provided by LaRhonda Steele. Join us for an evening of Science of Mind Circle Dancing—meditation in the form of movement.

Friday, May 25th, 7:00 PM SOCIAL JUSTICE MOVIE NIGHT: THE BLACK PANTHERS

Police informants, journalists, supporters and detractors contribute to this documentary look at the history of the controversial Black Panther movement in the United States. Everyone is invited to watch this free movie, participate in a short discussion and have some of the city's best popcorn.

JUNE

Friday, June 8th, 7:00 PM SPIRITUAL CINEMA CIRCLE: HOLES

Watch the Law of Cause and Effect in action through Stanley Yelnats, an unusual hero with dogged bad luck. He's unfairly sentenced to months of detention—digging holes at Camp Green Lake. Starring Shia LaBeouf and Henry Winkler, *Holes*, is as enjoyable as it is educational. Following the movie will be a discussion highlighting spiritual principles. Everyone is welcome and popcorn is provided. This is a free event, but there will be an opportunity to contribute to the Albina Head Start program.

Party proposals due by Sunday, June 10th. DIVINE DINING—HOSTS WANTED Parties Held July-September

We're organizing our "Divine Dining" program for the summer and we'd love to have you sign up to be a host. You can pick any level of dining experience and number of guests. It's a chance for you to get to know people better and support your community in a fun, social way. We'll sell tickets to your party and the proceeds will benefit the center. It's a fund-raiser and a friend-raiser! For more information you can contact Janine Stewart at 541-359-7552.

SUMMER CLASSES

Mondays, June 18—August 20, 6:30—9:30 PM THE ESSENTIAL ERNEST HOLMES Taught by Marilyn Sprague, RScP



Join us as we explore what some consider to be the best of the writings of Ernest Holmes, founder of Science of Mind. Become part of

the discussion as we consider the meaning and the relevance of some of his more provocative thoughts and how we might apply the principles in our own lives today.

\$275.00 (Early Bird) paid in full by May 27th
\$295.00 regular price (paid by first class)
\$315.00 paid in three installments
\$ 50.00 deposit to hold your space

Book required: *The Essential Ernest Holmes*, by Jesse Jennings
Prerequisite: Foundations

Thursdays, July 19—September 6, 6:30—9:30 PM SELF-MASTERY Taught by Kate Barrett, RScP



A deeper inward journey opening the door to reveal the wholeness of self and deepening the experience of Oneness in Spirit. Explore feelings, ego, relationships and

the process of change, while discovering new ways to deepen human love, trust forgiveness and gratitude.

\$225.00 (Early Bird) paid in full by June 24th
\$245.00 regular price (paid by first class)
\$365.00 paid in three installments
\$ 50.00 deposit to hold your space

Book required: *Living the Science of Mind*, by Ernest Holmes
Prerequisite: Foundations

JULY - SEPTEMBER

Sunday, July TBA, after the 11:00 AM Service ANNUAL PICNIC & BRING-A-FRIEND SUNDAY Peninsula Park, 700 N Rosa Parks Way

Bring a friend to our 11:00 AM service and meet everyone afterwards at Peninsula Park for our Annual Picnic.

We'll provide the burgers, veggie-burgers and "dogs," you bring a side dish.

fellowship • Friends • Food • Fun



July-September DIVINE DINING PARTIES

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