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"The first thing I noticed as I entered, was the noise which masqueraded as music; it was at movie preview level."

OBSERVATIONS AT THE MALL

Part of Our Abundance. BY JUNE GUMZ

Recently, I had a frustrating morning at home and decided a change of venue would be helpful. Since I hadn't been to the mall in months, I decided to drive three miles to the Clackamas Town Center. On the way, I thought about sitting in one of the comfortable chairs provided for the foot weary and watching the parade of parents and children getting ready for the new school year. That should take my mind off the events of the morning.

The first thing I noticed as I entered, was the noise which masqueraded as music; it was at movie preview level. There was no escaping the sounds which rarely had a recognizable melody. A few minutes in Nordstrom's gave some respite from the faux music in the corridors.

Instead of sitting in one of the free chairs, I chose to try a mechanical one which was supposed to relax me. I put in a dollar for three minutes and was attacked by metal balls (thinly covered in leather) running up and down my spinal cord. It was painful and my first reaction was to leap, but as that thought came, my ankles were clamped by more leather covered metal and I was trapped. After an unrelaxing three minutes I was released and free to go. Thank goodness I hadn't put in a five-dollar bill for fifteen minutes.

After the chair debacle, walking seemed the better idea. Since my last visit several stores had changed locations, new stores replaced old ones and the main stays (Nordstrom's, Penny's, Barnes and Noble, Sears and Macy's) were still in their designated places. The stores didn't seem as crowded as I remembered from school shopping with my children decades ago. Either people are more organized and shop earlier or buying online has changed the fall season chaos.



June Gumz, editor

As I walked down the corridors I was struck by the number of signs advertising sales of 50, 60, or 75% off on merchandise. I remember when 25% off was about as high as a retailer would go and it was enough to attract

a buyer's attention. Another surprise was Macy's Housewares Store now sells clothes. I went in for a kitchen utensil and came out with a coat that was 80% off on a ninety-degree day.

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Rev. Larry King

*"Remember your first
day back to school?"*

*Were you nervous about
meeting new people?
Don't Be!"*

MESSAGE BY REV. LARRY KING LET'S MAKE FRIENDS

Part of the reason we belong to a Spiritual Center is to make friends. I look forward to meeting you (if I haven't already done so) and I want to offer some suggestions for meeting other people.

It's "back to school" season and **classes** are a wonderful way to meet new people. Our education ministry has planned two certified classes and a variety of shorter enrichment classes (see schedule on the "Events" page of this Newsletter).

Our **Connection Circles** will be starting the week of October 1st. Connection Circles provide an opportunity to "go deeper" into the Sunday message with like-minded people in a small-group format held in people's homes. You get to be part of the discussion and there's prayer support by on-site Practitioners. The circles are held throughout the week and in different locations throughout the greater Portland/Vancouver metro area. This program is available to everyone at no charge.

We also host a number of **social events** where it's easy to meet people and make friends.

We've planned several for this fall, including:

- 9/8 – 11:00 AM AIDS Walk (group walk to benefit Cascade AIDS Project)
- 9/29 – 7:00 PM Bright Light Talent Night (benefits our Music Ministry)
- 11/4 – 12:15 PM Town Hall (and Potluck)
- 11/18 – 12:15 PM Harvest Potluck
- 11/21 – 7:00 PM Gratitude Service

Regular **groups** meet at our Center including: a Social Justice Book Club, a monthly Meditation Service, a Spiritual Cinema Circle, a Writers' Group, 12-Step Groups and others. Check out our Events Calendar to learn more.

Yet another way of meeting people is in **service** at the Center. We always welcome new people to help out in Hospitality, Ushers and Greeters and in the Youth Ministry. We'll train you to be that friendly (and connected) person that you'd like to be.

Remember your first day back to school? Were you nervous about meeting new people? Don't Be! The Portland Center for Spiritual Living is a great place to make and nurture friends, to explore your spirituality and to develop lasting connections in the community.

Welcome Home!

Larry



PCSL WRITERS' GROUP

Another Successful Year BY KATHY MARSHACK

Each year in the Fall the PCSL Writer's Group welcomes new and experienced writers to join us for a year of discovering our talents and getting past our writer's block. Those of you who have an idea rattling around in your heads, or have a half finished novel tucked away in a file cabinet, or are a seasoned author, please consider joining us for the 2018-2019 year starting October 7th with our new member meeting. No matter your level of writing skill, this group will help you develop your "voice."

Over the last three years our authors have truly been inspired. Progress was slow and frustrating for our authors before the group started. Honestly, one member reported having an unfinished manuscript hanging around for 20 years. I know I was stuck for two years going in circles with my book. However, in just a short time, three of our authors have published non-fiction and fiction books, and more are on the way. How else can this be explained except through the power of our foundation in Science of Mind? Thoughts do become things!

The genres our authors have explored include fantasy, memoir, poetry, short stories, non-fiction, and science fiction. Whether your goal is to be published or to write a memoir as a legacy to your family, this group will help you polish your skills. There's nothing like a deadline to keep you writing but you will also get feedback from the group on how to flesh out your ideas and make them more appealing to readers. Plus we discuss how to find editors and publishers, the steps to get self-published, how to submit your manuscripts to contests, finding an illustrator, and even the best software to use.

It has been a delight to host this group at my home at McGuire Point Marina. I can hardly believe that three years has gone by since Rev. Larry and I decided to get this going. There is something magical about having a loving and supportive community of writers who inspire you to express your creativity. And I have to say I never thought I would learn about vampires, and Oregon trail history, and coming of age in the 1950s, and the aliens who live among us, and the psychology of psychopaths, – yes my consciousness has been expanded. Writers are like that. We are comfortable stepping outside the ordinary.

We welcome you to join us for two introductory meetings to help you decide if you want to make the commitment to the group for this next year (Sundays October 7 and 28 at 6:00 pm). After that the group is closed so that we can concentrate on our writing and helping everyone in the group to succeed. We meet every three weeks on Sundays at 6:00 for a couple of hours.

If you have questions feel free to ask me. You can reach me at wonderwoman@kmarshack.com, or tap me on the shoulder at church.



Kathy J. Marshack Ph.D.

"There is something magical about having a loving and supportive community of writers who inspire you to express your creativity."



Current Writers' Group members:
Larry King, Damen Gates, June Gumz, Kathy Marshack, and Janine Stewart.

GET TO KNOW YOUR COMMUNITY

Bright Light Talent Night BY JUNE GUMZ

Do you have a song to sing, a dance to dance, a skit to perform, an act to act? Share your talent with your community and—at the same time—have oodles of fun! It promises to be a family-friendly evening of fun and folly.

(see event calendar page 6)



(Continued from front page)

OBSERVATIONS AT THE MALL BY JUNE GUMZ

"With the national negativity prevalent today, it is reassuring to visit a mall and see folks shopping, eating, chatting, mingling and being part of the abundance that is ours."

With my new coat on my arm, I headed back to the parking lot experiencing my usual sneezing spells as I passed the candle and soap shops. Fortunately, I had missed the perfume and make-up counters on this trip so I didn't have to hold my breath as I hurried through those departments.

By the time I reached home, the morning frustrations were forgotten, which was the object after all. I saw people of all ages and ethnicities, heard music aimed at the young, had choices of thousands of products to purchase just three miles from my quiet tree lined street. With the national negativity prevalent today, it is reassuring to visit a mall and see folks shopping, eating, chatting, mingling and being part of the abundance that is ours. On-line shopping is less chaotic but the activity, smells, noise and touchability are missing.

Volunteer & Employment Opportunities

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:

BOOKKEEPER: We're looking for a part-time, paid bookkeeper with the following duties: Accounts Payable, Payroll, Bank Deposit and Reconciliation, Report Preparation and other miscellaneous duties. Please Contact our Treasurer, Diane Thomas, for more information: 971-570-1670.

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.

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 503-826-6107.

Supporting Our Center

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.

USED SCIENCE OF MIND MAGAZINES NEEDED:

Please bring old copies to the office. We would like to "recycle" them in our visitor packets.

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.

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

2nd Fridays, 7:00 PM

SPIRITUAL CINEMA CIRCLE

A night at the movies with films endorsed and produced by some of our spiritual leaders. There will be popcorn and a Practitioner-led discussion after the film. This is a free event, however there will be an opportunity to contribute to the Sisters of the Road. For more information, contact Kathy Marshack, wonderwoman@kmarshack.com.

3rd Wednesdays, 7:00 PM

MONTHLY MEDITATION SERVICE

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

Saturdays 11:00 AM to Noon

TRANSCENDENCE – 12-STEP MINISTRY FOR WOMEN

A Science of Mind Group for women in any 12-Step program.

We are currently studying the 12 Steps in relation to the book "Powerful or Powerless" 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

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.

You don't have to do this alone

HEART TO HEART

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 Rev. Larry King 503-501-6599.

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).

Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

PORTLAND Center for Spiritual Living

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CONNECT ON LINE



AVAILABLE WHEN YOU ARE

You can now listen to the Sunday message at home and on your portable devices. Subscribe in iTunes, Google Play or at cslportland.org

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www.pcs.us/blog

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

SEPTEMBER

Saturday, September 29th, 7:00 PM BRIGHT LIGHT TALENT NIGHT Your chance to shine!

Do you have a song to sing, a dance to dance, a skit to perform, an act to act? Share your talent with your community and have oodles of fun! It promises to be a family-friendly evening of fun and folly. Tickets are available in the bookstore. Hope to see you there!

OCTOBER

Saturday, October 6th, 10:30 AM PLANNED GIVING BRUNCH

Have you named the Portland Center for Spiritual Living in your will or living trust? Please allow our leadership team to honor you! Rev. Larry will be hosting a brunch in your honor at his home in Southeast Portland. Please sign-up in the sanctuary to receive more information or call 503-261-0677 to reserve your space.

Sundays, October 7th and 28th, 6:00 PM PCSL WRITER'S GROUP

The Center has an ongoing Writer's Group which is open to new members in the fall. Come to one of our "open" meetings and see if you'd like to join us. We welcome new or existing writers of any type. For location and more information contact Kathy Marshack at wonderwoman@kmarshack.com.

Saturday October 13th, 9:00 AM FALL CLEAN UP/SPRUCE UP

Come join others in the community as we clean and spruce-up our beloved Center, inside and outside. Coffee and snacks will be provided.

Sundays, October 14th and 21st OPEN MIND BOOKSTORE-BOOK SALE

Get set for your winter reading! Also: drop off your used books to be sold as a donation.

Starting the week of October 1st FALL 2018 CONNECTION CIRCLES



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. Sign-up sheets are at the back of the sanctuary.

We will also be hosting a "MeetUp" Connection Circle on Sundays after the Celebration Service and a Virtual/Online Connection Circle via Zoom for our out-of-town members and podcast listeners. Contact Marilyn Sprague, RScP for more information 360-931-0671.

2 Saturdays, Oct 27 and Nov 17; 9:00 AM-Noon RADIANT PROSPERITY!

Instructed by Marilyn Sprague, RScP

Mystics have taught the secret to wealth for centuries: Earthly abundance is obtained when we realize that God is our Source and the consciousness of God is our supply. Learn to balance your spiritual life and earthly living-creating what the mystics have called "Heaven on Earth."

Saturday, October 20; 9:00 AM-Noon TREASURE MAPPING

Instructed by Rev. Larry King

Treasure Mapping is an easy, fun and interactive way of using the Divine Creative Process in a conscious way to co-create whatever you desire. We will create treasure maps (story boards) to act as an intentional focus for harnessing the Spiritual Law of Attraction.

NOVEMBER

Saturday, November 10; 9:00 AM-Noon FLEXING YOUR SPIRITUAL MUSCLES

Instructed by Marci Beck, RScP

Realizing that happiness comes from within is the first step in making our lives truly joyful. In this workshop, participants learn to open themselves up to a joyful life by opening themselves up to being flexible-seeing more options for themselves, so that their lives become limitless. Using the tools in this workshop, participants will expand their thinking by flexing their spiritual muscles.

Sunday, November 4th, 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, and our search for a larger spiritual home. Everyone is invited!

Sunday, November 18th, after the 2nd Service
HARVEST POTLUCK – "Bring a Friend" Sunday
Join us as we gather for a Fall potluck in celebration of the bounty of Spirit present in our Community. The Center provides turkey and ham; you bring your favorite side dishes to share for our "Thanksgiving." Let's expand our loving community by bringing a friend this Sunday!



Wednesday, November 21st, 7:00 – 8:00 PM GRATITUDE SERVICE

Our annual Gratitude Service celebrates the completion of our Fall Connection Circles and begins the Thanksgiving holiday. LaRhonda Steele and Ken Brewer will be providing the music and everyone will have a chance to share their gratitude for this year and beyond.

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