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PASS THE DESSERT

Family, friends, food and faith. BY JUNE GUMZ

A handful of unshelled peanuts thrown out in my backyard attracts squirrels, crows and scrub jays from the neighborhood. I know from nature programs and thoughtful articles that it is not good practice to feed wild creatures regularly. It stifles their hunter gatherer instincts. I like to think that I am offering them dessert after a hard scrabble day of finding suitable food (insects, unshelled walnuts, worms, etc.).

The concept of dessert has been around for centuries. I think it is an acknowledgement that most people work hard and deserve something pleasurable at the end of the day. When I was growing up, we always asked Mom about dessert, not the main course or side dishes. We looked forward to the pudding, cake, ice cream or sliced fruits. One of our favorites was Mandarin oranges covered with tapioca pudding served in a fluted glass. To a child it was elegant.

Netflix has provided me opportunities to watch the British baking shows. The English don't wait for the end of the day to enjoy their baked goods. Tea time in late afternoon requires a variety of cookies, biscuits, cakes or sandwiches (with the crusts cut off) to enjoy with their favorite tea. It is a time for conversation or contemplation. Americans rarely take the time for such luxury because we are too busy.

Thanksgiving is one day of the year when we give some active thought to the good that is ours. Family, friends, food and faith (my favorite F words) come to the forefront of our thoughts. Family rituals come into play; some have potluck meals, others meet at grandma's house and many have reservations at their favorite restaurant. The fourth Thursday of November is a day which has been set aside to recognize and indulge in our Good.

Whether we are wild creatures enjoying a hand-out, an Englishman drinking tea and eating sweets or an American hurriedly gulping down a taco, it is good practice to be grateful. I'm not sure how a squirrel or bird demonstrates thanks but the rest of us have no excuse. Our days are more fulfilling when we acknowledge the bounty that is ours. Let's emulate the British and take a few minutes every day to stop the busyness, sip a beverage, eat a sweet snack and relax.

Happy Thanksgiving.



June Gumz, editor

Photo by Pranay Pareek on Unsplash



Photo by Alex Loup on Unsplash



Our days are more fulfilling when we acknowledge the bounty that is ours.



Rev. Larry King

The Sunday talks are educational, informative and uplifting. Thank you so much for your service to & in this ministry!!

Our listeners have become an important part of our outreach to the world.

MESSAGE BY REV. LARRY KING

WORLD OUTREACH

We recently celebrated the 300,000th downloaded podcast by our many Internet listeners since we started recording our downloads in 2011. We've become a highly popular source for the New Thought message in the US and in over 120 countries worldwide. By spreading the good news of Science of Mind we help to create a "world that works for everyone."

Almost every week we get a thank-you message or two and I thought I would share some that have come in during the last week:

From listener Joanne in Davison, Michigan:

"I am so blessed by the podcasts and would love to visit and meet Larry and everyone. You have no idea how touched I am by the talks. You are all blessed to be members and visitors. I am in the Midwest and sadly may never be able to go there, but my love is always there and I thank you for such a refreshing way of looking at the divine."

From listener Vinny in Fort Worth, Texas:

"Love the podcast, I look forward to it all the time :)"

From listener Diana in Placerville, California:

"I've written to you before today, and want to reiterate how much I love the PCSL podcasts. The Sunday talks are educational, informative and uplifting. Thank you so much for your service to & in this ministry!! And Marilyn Sprague!! I get a twinge of extra excitement whenever I see that she is the speaker."

Our listeners have become an important part of our outreach to the world. To provide even more service to them, we've recently upgraded our website. For people who cannot attend our classes, but would like to study Science of Mind principles on their own, we've created self-study guides.

From the "Education" menu on our home page at www.cslportland.org you can select "Self-Study." Here you will find a variety of topics that might interest you. Currently we have 10 topics for self-study:

- Abundance and Prosperity
- Bible Wisdom
- Intentional Living
- Love & Relationships
- Managing Change
- Peace & Peace of Mind
- Power
- Science of Mind Basics
- Wholeness & Health
- Miscellaneous Subjects

After you've selected a self-study topic, you'll be guided to select a book (fulfilled through our partnership with Amazon.com), listen to corresponding podcasts and even be given a set of study/discussion questions to go with them.

We hope to provide an easy "long distance" way for people to learn about Science of Mind and begin the journey of self-discovery, healing and intentional living.

PORTLAND CENTER FOR SPIRITUAL LIVING
A New Thought / Religious Science Community

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COMING UP NEXT...
WED, NOVEMBER 21, 2018
Gratitude Service

Gratitude

We invite you to join us this Wednesday Night at the Center for Spiritual Living
7:00 pm - Gratitude Service

Education Menu:
 Certified Classes
 Practitioner Studies
 Other Classes & Workshops
 Self Study (topics) ▸
 Abundance & Prosperity
 Bible Wisdom
 Intentional Living
 Love & Relationships
 Managing Change
 Peace & Peace of Mind
 Power
 Science of Mind Basics

From the "Education" menu on our home page at www.cslportland.org you can select "Self-Study."

Although the guides are designed for people who do not have access to our physical Center, the materials are available to everyone—check them out for yourself.

I'm also happy to report that although our podcasts, blogs and self-study guides are free, their content is so rich that we have several long-distance people who routinely tithe to us. We receive about \$1000 a month in tithes from our Internet users.

I hope you've enjoyed hearing about some of the work we're doing as part of "reaching out" with the inspiring and healing message of the Science of Mind.

Much Love and Many Blessings,

Rev. Larry

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INTENTIONAL LIVING

In order to progress, spiritually, we must become more self-aware and live life more purposefully. It's no longer appropriate to feel a victim of our circumstances, but rather, rise above them and live from a place of intention and awareness.

This series of books and lectures can help you to see beyond the outward appearance of your life and begin to pay attention to your inner world.

After the Ecstasy, the Laundry by Jack Kornfield

Podcasts from 2017 by Rev. Larry King:
 Preparation for Ecstasy
 Through the Gates
 Now, the Laundry
 Awakening in Place

Drawing on the experiences and insights of leaders and practitioners within the Buddhist, Christian, Jewish, Hindu, and Sufi traditions, this book offers a uniquely intimate and honest understanding of how the modern spiritual journey unfolds—and how we can prepare our hearts for awakening.

Daring Greatly by Brené Brown

Podcasts from 2017 by Rev. Larry King and Marilyn Sprague, RScP:
 Daring Greatly (study guide)
 Scarce Thinking (study guide)
 Shame on Me? (study guide)
 Cultivating Change (study guide)

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Brené Brown PhD, LMSW, dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage.

The Art of Possibility by Rosamund Stone Zander and Benjamin Zander

Podcasts from 2016 by Rev. Larry King:

BOARD UPDATE

We're winding-up reporting for 2018 and starting the budget process for 2019.

As 2018 comes to a close, we're happy to report that tithing is up for the year – almost six thousand more than last year and only slightly less than we had budgeted. Overall attendance and expenses have remained relatively flat and we hope to end the year at a break-even point. We continue to have strong cash reserves (over \$100,000) and no debt (except for our mortgage).

Our "New Building" project hasn't turned up a viable larger space for us after much searching. Although we will continue to be open to a move, in January we'll start exploring possible options for expanding our space on-site.

Rev. Larry reported building a "Self-Study" area on our website to allow people who are remote to a Center for Spiritual Living to expand their consciousness through listening to podcasts and studying privately. You can check out this facility on our website: www.cslportland.org/education/self-study/

Jason Hutchison is planning some interior maintenance and upgrades for 2019. Some of our interior spaces haven't been painted in over 10 years and need a touch up.

A team has been created to develop a Volunteer Recognition Program to honor the many people who give so freely of their time around the Center.

The entire PCSL board wishes you Happy Holidays. We're all looking forward to serving you in 2019!

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 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 "re-cycle" 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.

*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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READ OUR BLOG
www.pcsl.us/blog

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

NOVEMBER

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

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

DECEMBER

Sunday, December 2nd, 12:30 PM DECK THE HALLS

Join us after the second service as we decorate for the holidays. Together we'll create a lovely space to enjoy Solstice, Christmas and beyond! Bring an ornament in red/gold/green to put on our Christmas tree and cookies that you might share with our hospitality team (if you wish).

Sunday, December 9th, 12:30 PM AL KAUFFMAN'S 20TH ANNIVERSARY

Join us after the second service as we honor Al Kauffman's 20th year as a Practitioner. We'll have light refreshments to celebrate his reaching Emeritus status—one of CSL's proud "Practitioners for Life."

Wednesday, December 19th, 7:00 PM-8:00 PM WINTER SOLSTICE SERVICE

The PCSL Practitioners present a meditative service on the third Wednesday of every month. The Wednesday meditation service for December 19th is "Winter Solstice: Return of the Light" at 7 PM, led by Rev. Larry King, Marci Beck, RScP and Kate Barrett, RScP.

Sundays, Dec 30th & Jan 6th, 12:30-2:30 PM MEMBERSHIP CLASS

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).

JANUARY

4 days, 3 nights, January 10th-13th THE ART OF MEDITATION SILENT RETREAT Silver Falls Conference Center

We experience 2 full days of silence during the retreat – silent meditation (group and individual), contemplation, journaling, walking in nature and listening to pre-recorded spiritual material. Come prepared for the inner journey. Flexible pricing arrangements and registration materials are available in the sanctuary.

On-Going Programs

1st Saturdays, 12:30 - 2:00 PM 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.

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 – 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**
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).

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