
"We have a need to commemorate the good times as well as the sad."

MILESTONES BY JUNE GUMZ

Greeting card companies make their money from our personal milestones. Without our birthdays, anniversaries, graduations or deaths, artists, photographers, balloon makers and poets would have fewer places to ply their wares. Our experiences are commercial as well as personal.

Certain birthdays have been made more important than others by card companies i.e. 1, 16, 21, 30, 40, 50, 60, not 70, and 80. Cards run the gamut from cartoonish humor to renderings of flora and fauna. Sympathy cards tend to have a reserved beauty about them commensurate with the sentiments.

Everyone has milestones. Last month I became 80 years old which makes me the oldest person in my family in the last two generations. Also, if my husband were still alive, we would have celebrated our 60th wedding anniversary on the 25th of April. Actuarial tables are not too encouraging that I will have many more celebrations, but I am not concerned. My life has been abundant with milestones.

Churches, spiritual living centers, businesses, schools, book clubs, etc. have a need to commemorate the good times as well as the sad. Let's share our significant events with others; it is a healthy way to live.



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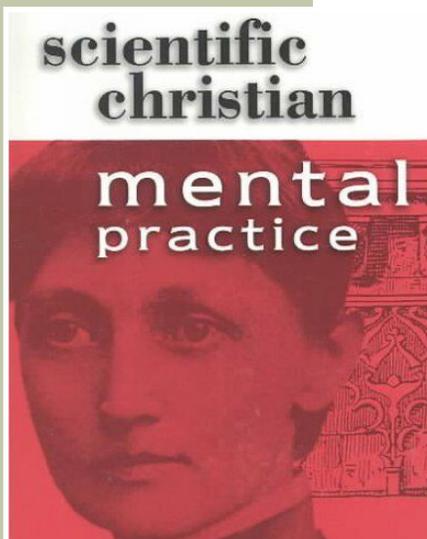
THERE IS A FOUNTAIN OF YOUTH; IT IS YOUR MIND, YOUR TALENTS, THE CREATIVITY YOU BRING TO YOUR LIFE AND THE LIVES OF THE PEOPLE YOU LOVE. WHEN YOU WILL LEARN TO TAP THIS SOURCE, YOU WILL HAVE TRULY DEFEATED AGE.

Sophia Loren

quoted in Winning Words by Allen Klein

MESSAGE BY REV. LARRY KING

THERE IS GOOD FOR ME



*There is Good for you and
you ought to have it!*



Rev. Larry King

In the first chapter of Emma Curtis Hopkins' book *Scientific Christian Mental Practice*, she writes about the inalienable right for people to have their heart's desire. She says that first we have to name our desire: "The first lesson finds out what your mind is seeking and names it. Can you name now just exactly what your mind is seeking? You would soon be set on the right track for finding what you are seeking if you could name what you want."

So often we dwell on what we don't want:

- *I hate this job. I wish I had a different one.*
- *This marriage has become so difficult.*
- *The political scene has turned ugly. We should get rid of everyone in Washington and start over.*
- *I'm always short on cash. It keeps getting harder to pay for the necessities.*
- *My joints hurt worse every year. I guess I just have to live with the pain.*

But is there a clarity about what we do want? Can we actually name our heart's desire?

She goes on to affirm a basic principle of life: "There is Good for me and I ought to have it." This is the principle that keeps us moving forward in life. This is the principle that invites us to set goals, to have vision and to make progress in our affairs. This is the inner awareness that life can be fuller, more peaceful, more loving.

When we claim our "Good," our true desires, we must do so with conviction and acceptance. There is no reason that your good should not be present. You ought to have it.

An affirmation of what is true and good for us is powerful. Hopkins goes on to explain why:

"The principal point of truth is that satisfaction comes through Mind. Mind speaking truth through the lips, or thinking Truth consciously, can bring all the satisfaction to the world which the world is seeking. No material process can bring health. By a metaphysical process health will quicken and thrill mankind. Nothing material can strengthen people, but the Omnipotent Truth can strengthen them with all the power of Truth."

This teaching is the basis for the affirmation we create in the Science of Mind. When we clearly speak about what we wish to experience and can accept that "good," the Universe will respond. These mini-prayers are all that are needed to activate your co-creative power with God.

Instead of dwelling on what we don't want, let's affirm, with clear acceptance, the good that we desire:

- *My job is a perfect fit. It compensates me well and is a pleasant place to work.*
- *My marriage is a delightful sharing of Love, respect and Harmony.*
- *Our government is honest, hardworking and productive. Our representatives and leaders guide us with compassion and good stewardship.*
- *I always have plenty of money to pay the bills, with money left over to invest and to share.*
- *My body is healthy and flexible. I move with ease and grace in every age of my life.*

It's time to focus on your "good." Make sure that you can name it clearly and positively. Spend some time during the week making your claim with heartfelt acceptance.

There is Good for you and you ought to have it!

A handwritten signature in blue ink that reads "Larry".



Sean Larkin

*Youth are our teachers,
if we are humble enough
to listen.*

GET TO KNOW YOUR COMMUNITY

SEAN LARKIN BY JUNE GUMZ

Some of you may not recognize Sean Larkin because he spends his Sunday mornings at PCSL with the children upstairs. Having observed him in action, I can attest to his ability to engage, teach and meditate with them. He appreciates their intelligence and encourages them to use it. Spiritually and educationally our children are blessed to know him.

Sean Larkin was invited to attend Portland's Center for Spiritual Living by a friend who thought the spiritual principles taught here might appeal to him. She was right. After attending sporadically for a year, he answered a request to help in the Youth Program. Five years later he is still at it. Sean wants "to orient them to their experiences, both inner and outer, and promote harmonious practices that facilitate thriving."

Humor and spirituality are themes that run through Sean's life. "Whenever I engage in one it leads to the other." It keeps him humble and amused. His idea of a perfect day is an open house where friends and family can come and go freely, cook, discuss ideas about spirituality, philosophy, psychology, science, life, the universe and everything else.

The Trail Blazers have a devoted fan in Sean. He likes to play the game and watch the pros. Martial Arts, in his teenage years, provided a deep connection to the discipline of Self Mastery which continues to influence his life today.

Two books which have made a difference in Sean's life are Lord of Light by Roger Zelazny and Integral Spirituality by Ken Wilber. The first is a fiction book which allowed him to identify with the author, characters and the story intellectually. It gave him a sense of peace. The other book, Integral Spirituality by Ken Wilber "is a shining beacon of synthesis between science and spirituality. A thoughtful balancing of academic rigor and mystical insight." He said it was like someone knew all the ideas swirling around his 19 year old mind and wrote a whole book exploring and integrating them just so he could have peace.

He believes that youth are our teachers, if we are humble enough to listen.



VOLUNTEER APPRECIATION

BY KATHY BATTEN

On March 23rd, the Service Leaders put on a luncheon to honor the volunteers who support our spiritual home. Most of the activities at Portland Center for Spiritual Living are made possible by an enthusiastic team of volunteers. Our focus was Spirituality of Service. Each team of volunteers discussed the spiritual principles and metaphysical meaning of their group and then went through the process of setting the 2019 vision for their area. The thirty-five volunteers who were honored this year can expect a celebration next year that is focused on having fun!

VOLUNTEER FOCUS

Supporting Our Center

One of the areas where volunteers make PCSL a special place to be on Sunday is flowers. All of our flowers are provided by volunteers. Kat Jacobs has made available the beauty of her artistic arrangements more than anyone else since coming to PCSL two years ago. She loves flowers and maintains a bountiful yard. If her garden doesn't provide what she needs, Kat often goes to Gresham Saturday Market or Trader Joes to fill out the bouquet.

Thank you, Kat, for supporting our Vision for Flowers: the beauty and joy of flowers are for everyone.



*In you is all of Heaven.
Every leaf that falls is given life in you.
Each bird that ever sang
will sing again in you.
And every flower that ever bloomed
has saved its perfume and its loveliness
for you.*

*Opening Hearts
Igniting Minds
Making a Difference*

JOIN US AT THE CENTER

PORTLAND
**Center for
Spiritual Living**

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Portland, Oregon 97211

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E-MAIL info@PCSL.us

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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NEWSLETTER CREDITS

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COMING EVENTS

MAY

May 23rd—26th, 2019
THE CREATRIX!
At Still Meadow Retreat Center,
Damascus, OR

Join us for our 15th annual women's retreat. Enjoy the company of like-minded women for this transformative weekend. More information and registration materials available in the back of the sanctuary.



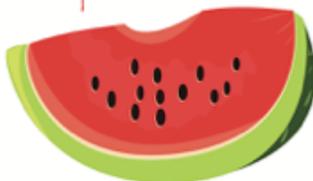
JUNE

Sunday, June 2, 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 plans and programs.

JULY

Sunday, July 14, after the 11:00 AM Service
**ANNUAL PICNIC
& BRING-A-FRIEND SUNDAY**
Peninsula Park; 700 N Rosa Parks Way

Fellowship • Friends • Food • Fun



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. Diane Thomas would also like to have a few volunteers to help with the event. Contact her at (971) 570-1670.

SUMMER CLASSES

Thursday Nights
July 11—August 29; 6:00 PM—9:00 PM

THE POWER OF YOUR WORD
8 Weeks; Facilitated by Kate Barrett, RScP

Learn to use the principles of gratitude, Intention, forgiveness, tithing and surrender to create the life you were born to live.

\$225 Paid by June 15 (Early Bird Special)
\$245 Regular price paid in full by the start of the first class
\$265 Paid in three installments
\$50 Non-refundable deposit registration fee

Prerequisite Class: Foundations

Monday Nights
July 8—August 26, 5:30 PM—8:30 PM

SPIRITUAL ECONOMICS (ONLINE)
via Zoom Video Conferencing

8 Weeks; Facilitated by Marilyn Sprague, RScP

Through readings, discussion and fun exercises, participants of this online class will learn how to use spiritual principles to enhance their financial well-being and true sense of abundance.

\$225 paid by June 15 (Early Bird Special)
\$245 Regular price paid in full by the start of the first class
\$265 Paid in three installments
\$50 Non-refundable deposit registration fee

Prerequisite Class: Foundations
You can now register online for our classes at PCSL:
<https://cslportland.org/certified-classes/>



DIVINE DINING: HOSTS WANTED!

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. Party proposals are available at the back of the sanctuary.