
“As a new season commences, I will sit down and begin my personal survey.”

TAKING STOCK OF ME BY JUNE GUMZ

Taking stock of my life isn't always easy, but it is a process worth doing. It is a time to reflect on decisions that worked and those that didn't, an honest examination of my interactions with others, my ideas that culminated in success or disappointment and the results of my fiscal judgement. Some people leave taking stock for New Year's Day or a significant birthday; I find it easier to do it when the seasons change.

As a mother, making choices for my two children in their early years was a balancing act. Decisions were made with thoughts of was it safe, was it reasonable, was it fair

and life affirming? There were times when I honestly wasn't sure and hoped that I wasn't leading them astray. As they grew older, the children were given more choices and responsibilities, i.e. when they complained about no clean socks, they were taught how to use the washing machine. Problem solved.

Being a good friend can be challenging. When I am in 'taking stock' mode, it is important to be honest about my relationships. Have I been truthful, supportive and sincere with the people I care about or have I been dismissive? As someone with Asperger's, I tend to be more blunt than is comfortable for some people. Have I been successful in softening my words and ideas?

In 2009, I made a decision to start a newsletter for the Portland Center for Spiritual Living. At the time I wanted to be a participant in the Center's activities, but not as a Board member, singer or flower arranger. Since I had never edited anything more complicated than my annual Christmas letter, it was a leap of faith to begin the project. As the years pass, the newsletter continues to be a source of enjoyment as well as a challenge. I consider it one of my successes.

Fiscally, I am rather uncomplicated. The bills come in and I pay them. When projects surface which require extra funds, I do my best not to go into debt. Patience is my friend.

As a new season commences, I will sit down with some hot chocolate and begin my personal survey.



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Rev. Larry King

THE TRAINING WHEELS BY REV. LARRY KING

When I was about 7 years old, I got a bike for Christmas. My coordination wasn't the best and so after a few falls, a pair of "training wheels" was purchased to get me used to riding without so many mishaps. I loved that bike and loved to ride, but when the training wheels came off, it was back to the scrapes, falls and tears. I begged my parents to put the trainers back on!

The trouble with the wheels was that they "trained me" to need them. I needed them in place of developing my own sense of balance and coordination. I also needed them psychologically. They seemed to be my "source" of riding confidence and pleasure.

My father tried coaching me down the long sidewalk to our front door. "You can do it. Just avoid the ruts at the edge of the sidewalk. Keep it more to center. No, no, not too far to the left! Mind the rut! Watch out for..."

The rut between the sidewalk and the grass pulled at me like a magnet and I was down—thankfully on the grass. We tried again but with no better results. I'd had enough for that day.

Later that week, my mother thought she'd have a go. "You can do it. Just focus on enjoying the ride. Focus on my face and feel yourself steady and confident. The bike is part of your legs and you're gliding down to the front porch to celebrate."

And my mother's thoughts pulled me toward her like a magnet with no mishaps. After a few more supervised trips, the training wheels were off for good.

Ernest Holmes, the founder of the Science of Mind, calls this the Law of Focus. What we focus on will become enlarged, enhanced or increase.

When I focused on the rut between the sidewalk and the grass it became my whole world. When my focus was on falling, my tumbles were numerous. When I changed my focus to the successful completion of the trip down that sidewalk. I focused on the feelings of freedom and confidence. Like magic, off came the training wheels.

Although ministers try to avoid politics, I wonder if the world right now is trying to pull off its training wheels. So many local, national and global issues are troubling us right now. I wonder if our old ways of doing things (the training wheels) need to come off. We need to grow into a new world of global organization and cooperation.

Unfortunately, we're focused on all the wrong things. We're focused on an inefficient congress. We're focused on personalities and political parties. We're focused on all the things that can go (and are going) wrong. We're firmly looking at the many ruts.

It's time to change the focus to what we want to achieve. It's time to put aside dwelling on the mistakes and mis-steps and the pettiness of personalities. Instead, our focus could put the co-creative power of the Universe into what we wish to have happen.

What we focus on will increase. That much has been proven to me. Let's change our focus to one of solutions, of stability, of safety, of prosperity, of global cooperation. If we wish to see a world that works for everyone, it's time to have a clear focus on what we wish to achieve.



A NEW PRACTITIONER



Sylvia Kearns

Sylvia Kearns started life as a Baptist, followed by a thirty-year abstinence from religion. Her friendship with Kathy Batten changed all that. As a practitioner at PCSL, Kathy has a peace, confidence and tranquility she wanted to emulate. Rev. Larry and Rev. Lynn also influenced Sylvia to believe that she was capable of being whatever she set her mind to. A few months ago, she received her practitioner stole and is now enrolled in the Holmes Institute Spiritual Leadership Program for ministerial training.

Sylvia is a downhill snow skier. For twenty years she has participated in an adult race league. She enjoys hiking and other physical activities to get ready for the races. Non-fiction reading fills the spaces between training routines.

A perfect day for Sylvia would include spiritual practice, reading deep books, walking a minimum of six miles and a Starbucks coffee (at least one).

As a child, Sylvia felt called to the ministry and wanted to possess “higher knowledge”. Becoming a practitioner is part of her journey to ministerial training. “Bringing my time, tithe and talent to my spiritual community, as a practitioner, is very fulfilling.”

She wants you to know some other important facts; she is a mom and a grandma and she lives half the time in North Carolina. Portland’s Center for Spiritual Living will always be her spiritual home.



LaRhonda Steele serenades Sylvia after the practitioner stole ceremony



Mark Pettigjohn

VOLUNTEER APPRECIATION

BY NADINE MOLLER

How many of you have wondered what the man standing on a chair attaching a gizmo to the support beam in the sanctuary was doing? Well, I know the answer. He, Mark Pettigjohn, was attaching a camera which videos Rev. Larry's messages and some of our musicians. Mark is a volunteer who sees a need and fills it.

Editing Rev. Larry's podcasts and making the videos are rather specialized forms of volunteering. Mark Pettigjohn doesn't limit himself to just one area. He considers himself a gap filler (moving furniture, emptying trash, mowing the grass strip and assisting in the spring/fall clean-ups).

According to Mark, his favorite work is disseminating our message to the world on the podcasts. "Rev. Larry is a gem to work with."

"My motivation for volunteering is that I take personal ownership in the facility, as if I owned stock in it, although in this case the stock is priceless."

Do you feel inspired to do a project or service for our Center? Contact any Board member with your offer and you will be appreciated and rewarded.

Pictures as Prayer

by June Gumz

A powerful photograph is answered prayer.

Composition, harmony and truth

Become mirrors to my soul.

Just as impassioned prayer

Unites me with my Creative Source

My camera allows me to focus

On patterns of light and infinite shadings of reality.

Prayers and photographs

Demonstrate me.



Opening Hearts

Igniting Minds

Making a Difference

JOIN US AT THE CENTER

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NEWSLETTER CREDITS

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COMING EVENTS

Saturday, September 21st, 7:00 PM

BRIGHT LIGHT CABARET

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, at the same time, have oodles of fun! This will be a family-friendly evening of fun and folly. Tickets are available in the bookstore for \$10.00 in advance for adults, \$15.00 at the door. Children's tickets are \$5.00. We plan to see you there!

Sunday, September 22 at Tom McCall Waterfront Park

KOMEN "MORE THAN PINK" WALK

Join our team as we support the Komen foundation in its vision of "A World Without Breast Cancer." You can register and donate online or sign up at the back of the sanctuary. For more information, contact Danah Buix at (360) 232-3188.

Sundays, Sept. 29th and Oct. 6th, 12:30 - 2:30 PM

MEMBERSHIP CLASS

Have you wanted to become a full member in our loving community? 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).

Coming in October

FALL 2019 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 will be available this Sunday 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. The Circles start the week of October 6th. Contact Marilyn Sprague, RScP for more information 360-931-0671.

Saturday, October 26; 9:30 AM—12:30 PM

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.

\$35 per participant

\$25 for Connection Circle members

All materials are provided. This workshop is open to everyone; there are no prerequisites.

*All the power of the universe is with you. Feel it, know it,
and then act as though it were true.*

Ernest Holmes

Sunday, November 3rd, 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 plans.

Saturday, November 9th; 9:30 AM—12:30 PM

BEYOND FITTING IN: DEVELOPING KINSHIP AND TRUE BELONGING

Instructed by Marilyn Sprague, RScP via Zoom Teleconferencing

The Law of Good guarantees that we can have all the Good we can accept. In this workshop you will learn about our innate creative power and how to use it. We will focus on "true belonging" and kinship as the basis for acceptance of self and others.

\$45 per participant

\$35 for Connection Circle members

This workshop is open to everyone; there are no prerequisites.

Saturday, November 16; 9:30 AM—12:30 PM

FROM HERE YOU CAN SEE ETERNITY

Instructed by Ann Forest Burns, RScP via Zoom Teleconferencing

The theme of this half-day workshop is "death ends a life, not a relationship." Participants will explore views held regarding death, depend the understanding of the grief process and experience the power of creating a "Forever Letter."

\$45 per participant

\$35 for Connection Circle members

This workshop is open to everyone; there are no prerequisites.

Sunday, November 24th, 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 27th, 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.