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*“There is hope, thanks to our young people, farmers and scientists.”*

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## CARING FOR OUR PLANET BY JUNE GUMZ

As I put the trash out each Thursday morning, I feel a sense of relief. Unlike people in very rural areas, I can release trash, recyclables, glass and yard debris every week. It doesn't have to pile up or be burned when the Fire Marshall says it is safe. The sense of continuity, as one huge truck after another, stops at the end of my driveway is comforting.

However, my consciousness has been raised recently by the youth of this planet and a friend who resides in my home. It seems that I use more plastic containers than necessary, more paper towels and more entrée cartons which are not always recyclable. While I own bags which are not plastic, I usually forget to take them with me to the store which means that another batch of plastic bags gets relegated to the garage.

Yesterday I bought four artichokes in a handy plastic container. The artichokes were small and 'cute' and fit perfectly in the clear box. At the time, I didn't consider the pictures of the birds, sea life and turtles killed by unfor-giving plastic. I was interested in my convenience and not the addition of another unrecyclable object to clutter our world.

Water is another resource we must not waste. My water bill in August was seasonably very high because I tried to keep the front and back lawns green this summer. Keeping up with the neighbors with sprinkler systems and very green lawns is not a good use of water. I am contemplating doing something out of Arizona maga-zine with rocks and hardy plants. Perhaps I will start a trend on my street.

According to articles on my computer, hemp will alleviate some of our plastic and paper problems. Not only does it use less water to grow, it is very versatile. Many products can be made less expensively and provide solutions for our environment. There is hope, thanks to our young people, farmers and scientists.



*Image by Dennis at Pixabay*

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Rev. Larry King

## THE OPEN HEART BY REV. LARRY KING

We just finished “Prosperity Month” at the Center for Spiritual Living. Its purpose is to present the spiritual principles of financial freedom so that our members might live more abundant lives.

This year we used Marc Allen’s book “The Greatest Secret of All” for our inspiration and spiritual guidance. His method for fostering abundance is a simple one:

- **Imagine your life the way you’d like it to be.**
- **Document that desired vision of your life in writing, collage or other media.**
- **Develop individual goals and affirmations that support the vision and activate the Law of Manifestation.**
- **Make decisions and take steps in the direction of your vision.**
- **Keep your heart open to “accept” all the good that will come your way.**

This last piece of guidance is so important! Often, we let the grit and tension in our lives close up our hearts. We shut down new ideas and opportunities as we fixate on the trouble and grief of the world—not realizing that it has an impact on our ability to love and live abundant lives.

We can have big dreams and try to implement them and still live an impoverished life if we lock down our hearts and minds. In order to accept an abundance of love, life, health and happiness we must be open to it. We must be ready for newness and open our hearts to the world of possibilities.

Yes, this can be a risky position. We’ve all been hurt before and we’ve all had to create safety in our lives by separating ourselves from others. When this separation creates a permanent wall, however, we’ve not only locked out potential harm, we’ve also locked out potential love and abundance. The closed heart shuts out all manner of possibility.

This final step of “acceptance,” may require some effort. You may need to forgive some of the people and situations that have caused your heart to close. You may need to beef-up your service to other people—so that you’re ready to be served yourself. You may need to focus on your gratitude for what’s going right—rather than on all the trouble. You may need to let go of being right in order to be happy.

Gradually, your heart will begin to open. Your vistas will expand. Your change in attitude will pay off. It will be worth your effort. You’ll find yourself accepting a life filled with love and plenty!



Image by John Hain at Pixabay



Laura Chase

## MEET LAURA CHASE

Laura Chase is our first Center for Spiritual Living Passport Deputy, having completed six items in the PCSL Passport. Our Passport Program is designed to introduce new people to the many ways of connecting with other people at the Center. If you haven't seen the passports, they're available at the back of the sanctuary.

Laura was born here in Portland but spent most of her life living in other places. She returned to Portland in June of this year and began attending PCSL almost immediately. She became a member in the New Members Class that we just finished. Laura is in the church chorus, beginning to help out in the bookstore and planning to learn how to volunteer in the sound booth. In addition, Laura also audits two classes at Portland State University and volunteers with two other non-profit organizations. Laura says she likes to stay busy and contributing.

Laura is a writer and has published two memoirs. She is currently working on four more books—novels this time—and one is ready to publish. She believes she is God's creative expression in this world.

Congratulations, Deputy Laura. We're glad you're here.



Mary Grace McGovern

## VOLUNTEER APPRECIATION

BY NADINE MOLLER

Mary Grace McGovern felt at home as soon as she stepped inside Portland's Center for Spiritual Living a year ago. Her Spirit was awakened, she developed new friends and was having fun. Right away she decided to give back to the community that enriched her by helping the hospitality committee. The Open Mind Book Store was her next area of service. Mary Grace has left herself open and receptive to the spiritual journey of others and honors them by stocking materials that will enhance their growth and spiritual practice.

Mary Grace has found joy in volunteering and fosters a sense of inclusion and happiness within the PCSL community.



## BOARD PRESIDENT'S MESSAGE:

BY JANINE STEWART



*Image by Gerd Altmann from Pixabay*

Last Spring Rev. Larry shared with the Board that he had been wanting to pursue long term planning for a few years. He wants to insure there is a seamless succession plan in place for whenever he decides to retire, as well as programs, processes, people and prosperity to keep the Center going and thriving for years to come.

I had the opportunity to participate in the Vision 2019 conference presented by the Centers for Spiritual Living in March. Many of the sessions and webinars were recorded so those of us not in physical attendance could view them at a later time. One of the sessions was on how to create a strategic

long term plan for your local center. The presenter, Rev. Sonia Byrne, has spent her career helping businesses, and CSLs, understand and embrace the benefits of a strategic plan.

After viewing the webinar together, and discussing pros and cons, the Board voted to create a Strategic Planning Team. This is the first time PCSL has taken up the task of visualizing the future of the Center in a dedicated way. The team, comprised of Sarah Stebbins (chair), Nadine Moller, Anjelica Jackson, Matthew Lashua, Sean Larkin, Shanae Simmons, Marilyn Sprague (initial brain storming session), Rev. Larry, and myself, has been meeting over the last three months. Our charge was to identify goals and initiatives to be completed over the next 2-3 years.

The team has identified five goal areas with multiple initiatives in each area. At a very high level, the goals are to: Develop an Online Membership Platform; Perform a Comprehensive Internal Review; Grow the Congregation; Increase Revenue; and Increase Visibility. The team will be presenting the plan and our recommendations to the full Board in December. It is then up to the Board to complete the plan by assigning team leaders and members, as well as to identify any necessary financial resources, for completion of the goals. The Board will be responsible for managing the plan going forward, reviewing the timelines, checking off completion of steps, re-evaluating as necessary, problem solving when barriers arise, etc.

Once the Board has accepted the plan, you will be fully apprised and will be kept up to date as the goals are achieved. In fact, there will be multiple opportunities for you to be involved in the various committees that will be working on the different goals—opportunities to make a difference in the life of the Center and to nurture your community into being the best version of itself.

During the month of October, Rev. Larry's talks focused on how to set five-year goals for ourselves. The Strategic Planning Team and the Board are using the same strategies to set long term goals for the Center. Stay tuned.

In service, Janine Stewart, PCSL Board President

*Opening Hearts  
Igniting Minds  
Making a Difference*

JOIN US AT THE CENTER

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**COMING EVENTS**

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, deepen 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  
AND “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  
**GRATITUDE SERVICE**

Our annual Gratitude Service celebrates the completion of our Fall Connection Circles and begins the Thanksgiving holiday. “Our annual Gratitude Service celebrates the completion of our Fall Connection Circles and begins the Thanksgiving holiday. Everyone will have a chance to share their gratitude for the year and create intentions for “future gratitude” as well.”



Tuesday, December 24th, 7:00 PM  
**TUESDAY, DECEMBER 24TH, 7:00 PM**

An evening of music, Christmas carols, sacred readings and a celebration of the Light and Love that is in everyone

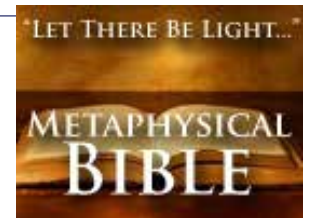
Sunday, December 29th, 9 AM and 11 AM  
**THE GOLDEN BOWL**

We end the old year with a release of old ways that no longer serve us and dedicate 2020 to new intentions and new ways of being. Join us in the powerful ceremony of intentional living.

Mondays, January 6th—February 24th 6:00 PM—9:00 PM  
**THE METAPHYSICAL BIBLE**  
facilitated by Marilyn Sprague, RScP via Zoom Video Teleconferencing

This 8-week class will help you to gain a greater familiarity with both the Jewish Bible (Old Testament) and the New Testament of Jesus. Through readings, discussion and in-class exercises you will learn how to interpret the symbolism and parables found in scripture and find metaphysical meaning and personal wisdom.

\$225 Early-Bird special (if paid by 12/24/2019)  
\$245 Regular price paid by start of class  
\$265 if paid in three installments  
Required texts: The Bible and Learn to Live by Ervin Seale



Thursdays, January 9th—March 12th 6:00 PM—9:00 PM  
**PRACTICAL MYSTICISM**  
facilitated by Kate Barrett, RScP

This 10-week class explores ways to connect to the mystical truth of our everyday lives. Join us as we embark upon a rich and expansive transformational experience connecting with the inner mystic that dwells within. Students will have the opportunity to do specific soul work to embrace the totality of themselves, releasing blockages and embodying the spiritual truth of their being.

\$50 Non-refundable registration fee to hold your space  
\$275 Early-Bird special (if paid by 12/24/2019)  
\$295 Regular price paid by start of class  
\$315 if paid in three installments  
Required texts: The Foundations of Mysticism, Joel Goldsmith; Entering the Castle, Caroline Myss.

