



MARCH 2020

COMMUNITY NEWS

This is a perfect year to avail!

CHANGE IS EVERYWHERE

by June Gumz

This is a dynamic time in our country's history. The news outlets can barely keep up with the daily changes in politics, health concerns, weather issues and the economy. It is a challenge to balance the real from the questionable and many evenings I find myself tired without having done anything other than try to make sense of the chaos.

The mental exhaustion many of us are feeling is legitimate. Candidates for President encourage us to consider their plans for the United States in contrast to the other presidential hopefuls. Millions of dollars are being spent to woo us into one brand or another. Signs, bumper stickers, hats and shirts advertise our politician of choice. I, for one, have financially supported more than one candidate as a way to hedge my bets.

Animals, like people, are having to adjust to changing climates. Birds in the air and fish in the sea are having to search for more reasonable temperatures and adequate food sources. Changes that used to take many centuries are happening in decades. Humans can grasp what is perpetuating adverse weather conditions, with the help of science, but many don't want to be bothered with facts and the personal sacrifices they would need to make to halt the decline. Young people see the need and are more willing to undo what had been done in past generations.

The latest virus to threaten almost every continent has frightened millions and infected tens of thousands of people. The suddenness of its arrival caught countries and governments unaware. Fear affected the stock market, travel, businesses, schools and places where people congregate. The Olympics in Japan may have to be cancelled or rescheduled.

As a member of the Portland Center for Spiritual Living, I learn ways to manage some of the competing problems of our time. Meditation, practitioner assistance, Sunday messages and Connection Circles give me comfort when I avail myself of them. This is a perfect year to avail!

INSIDE

Minister's Message.....	2
Volunteer Spotlight	3 -4
Board Message	5
Calendar	6



Rev. Larry King

YOU ARE THAT PERSON BY LARRY KING

As I listen to the news, it seems like the entire world is in crisis. On this particular day, North Korea is firing-off missiles, the global stock market has tumbled, American politics are in a grim deadlock and a novel Coronavirus is moving its way across the globe creating panic, disease and death.

It's tempting to be pulled into the fear, to feel helpless and to despair. Instead, I'm reminded of another time when the world was in trouble and a wise teacher gave us counsel:

“Many of us worry about the world situation. We don't know when the bombs will explode. We feel that we are on the edge of time. As individuals, we feel helpless, despairing. The situation is so dangerous, injustice is so widespread, the danger is so close. In this kind of situation, if we panic, things will only become worse. We need to remain calm, to see clearly. Meditation is to be aware, and to try to help.”



Thich Nhat Hanh

“I like to use the example of a small boat crossing the Gulf of Siam. In Vietnam, there are many people, called boat people, who leave the country in small boats. Often the boats are caught in rough seas or storms, the people may panic, and boats can sink. But if even one person aboard can remain calm, lucid, knowing what to do and what not to do, he or she can help the boat survive. His or her expression—face, voice—communicates clarity and calmness, and people have trust in that person. They will listen to what he or she says. One such person can save the lives of many.”

“Our world is something like a small boat. Compared with the cosmos, our planet is a very small boat. We are about to panic because our situation is no better than the situation of the small boat in the sea. You know that we have more than 50,000 nuclear weapons. Humankind has become a very dangerous species. We need people who can sit still and be able to smile, who can walk peacefully. We need people like that in order to save us. Mahayana Buddhism says that you are that person, that each of you is that person.”

—from Thich Nhat Hanh's Being Peace



PCSL'S FRIENDS' BAND

Portland's Center for Spiritual Living is so fortunate to have musicians the caliber of our Friends' Band. Ken Brewer, Jim Solberg and Donald Schultz have shown up Sunday after Sunday, no matter what gigs they have performed the night before. They have the skills to assist every singer or musician being spotlighted that week. Often those performers let us know the respect they have for the talent we have here.

Although Don has been a drummer since 5th grade, Jim and Ken play more than one instrument. They also join in when our music director, LaRhonda Steele, sings her beautiful, soulful songs. There is a camaraderie with the band members which is obvious to all.

Every year PCSL puts on an evening talent show and our band members rehearse and back up some of the amateurs. The annual show raises money for our music program and is a favorite Center activity.

Our musicians have been with us over a decade and we trust that they will continue to provide us with sexy jazz intros, old time spirituals and current music. They can do it all.



KEN BREWER

Ken Brewer has been a PCSL musician for sixteen years (longer than anyone else). He grew up in a musical family who played just for fun, mom on the piano and dad on guitar. Ken started playing the ukulele at age four and moved on to the trumpet for two years in school. After some formal lessons, he played the piano and guitar in school and garage bands.

As an adult, Ken played full-time on keyboard and guitar for the Walla Walla Washington band, Tukanon. He now teaches guitar, ukulele and keyboard to children and adults in their homes or at PCSL. Ken loves teaching as much playing music.

On the first Sunday of the month you can find Ken, along with Jim Solberg, at the Rae Gordon Gospel Show at the Trails End Saloon in Oregon City from 2:00 to 5:00p.m. You might also see him working or freelancing around town.

Ken is a composer too and has written twelve songs for our center. Some of you will remember his first song "God Gives Me Everything" which he created on his ukulele for our enjoyment. He likes the "message, vibe and people at PCSL" and we like him.



JIM SOLBERG

Our bass guitar and standup bassist grew up in a musical family in Richland, Washington. His mother and brother played the piano and his father played the clarinet and saxophone; little Jim played along with drums to the tunes of Lawrence Welk, a family favorite. As he grew up, his father gave him a standup bass which he played in the school orchestra. When he saw the Beatles on the Ed Sullivan Show, his passion for music took flight. He wanted to be like Paul McCartney and turned to the bass guitar. This led Jim to work with many bands which took him all over the world playing various styles of music with musicians like Lloyd Jones and the Jim Mesi Band.

In addition to Sundays with the PCSL Friends Band, Jim currently plays on Sunday evenings with the Robbie Law's Band at the Trails End Saloon in Oregon City. The rhythm and blues jam sessions start with youth musicians from 6:00 – 7:00p.m. Free jam continues with senior musicians from 7:00 – 10:00 p.m. When Jim isn't playing music, he drives a special needs bus for the Evergreen District in Vancouver.

He and his wife, Kathie, have been happily married for twenty years and are members of Portland's Center for Spiritual Living. Jim Solberg has been part of the PCSL band for 13 years and we hope he continues to share his talent with us for many more.



DON SCHULTZ

PCSL'S drummer's love of music started when he heard the Beatle's song 'I Want to Hold Your Hand' on the radio at 12 years old. When he signed up for school band in 5th grade, all the other instruments were taken, so the teacher handed him a pair of drumsticks and said "OK, you're a drummer". The rest is history. Since then Don has performed, toured and recorded with several bands, embracing a variety of musical styles. His favorite thing is making people dance. Drum building is also a passion of his and he founded Portland Drum Company in 2005.

Don has been with the PCSL band for about a decade. He was introduced by Linda Rossi. He, and his wife Miyuki, like the open mindedness and inclusiveness of PCSL. Miyuki is a bass guitarist and they met on a gig in Portland.

We are fortunate to have such a versatile musician, with all his trappings, in the NW corner of our Center every Sunday.



FROM THE BOARD:

The last two months have found the Board moving forward on two main projects for the year: The Strategic Plan and the remodel of our building.

In a historic decision last spring, the Board voted to support the formation of a Strategic Planning Team. This was the first time Portland Center for Spiritual Living has had such a team. The team made a formal presentation of their plan to the Board in January. All members of the planning team (Sarah Stebbins, Nadine Moller, Sean Larkin, Shenae Simmons, Angelica Jackson, Matthew Lashua, Rev. Larry, and Janine Stewart), enthusiastically laid out a three-year plan for growth in five specific areas of our community. The team had spent several work sessions together identifying the current strengths of our people, processes, programs and prosperity. They acknowledged that we are already doing a lot of things really well. The Strategic Plan identifies areas where there is room to grow. It is the beginning of a mental equivalent for achieving the best center we can imagine. The Board unanimously approved the plan, energized by the team's enthusiasm. They pledged their full support and accepted a commitment to manage the initiatives over the next 2-3 years. This plan provides multiple opportunities for community members to participate. Stay tuned!

The other project we have been working on this year has been furthering the remodel of the building we occupy. Jason Hutchison has been our primary liaison with the architect hired to perform a feasibility study. The feasibility study was requested by the community at last year's Annual Meeting and was paid for with funds donated by community members. In December, Jason presented the board with the results of the study by architect Nick Locke, with One to One Works. The board approved this first phase and initiated the second phase, putting the project out for bid. For now, just know things are moving along beautifully.

It has been an honor and a pleasure to have served on the board for the last four years. As I rotate off the board, I know the Center is in good hands with new members and those continuing in service.

In Light and Love,

Janine Stewart
President, Board of Directors

"Rev. Larry King and the Center's Board of Directors thank Janine for her service on the board, her leadership of the Prosperity Team and the Strategic Planning Team, and the many other gifts of service that she has provided. Enjoy your new place at the beach, Janine!"

*Opening Hearts
Igniting Minds
Making a Difference*

JOIN US AT THE CENTER

PORTLAND
**Center for
Spiritual Living**

6211 NE M L King, Jr. Blvd.
Portland, Oregon 97211

PHONE 503.261.0677
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

VISIT OUR WEBSITE
cslportland.org

JOIN US ON FACEBOOK
facebook.com/PortlandCSL

FOLLOW US ON TWITTER
twitter.com/PortlandCSL

READ OUR BLOG
www.pcsl.us/blog

NEWSLETTER CREDITS

EDITOR
June Gumz
greetingsJG@comcast.net

CONTRIBUTORS
Rev. Larry King

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

SPRING CLASSES

Monday Nights, March 30—June 8;
6:00—9:00 PM

FOUNDATIONS

11 Weeks; Facilitated by Rev. Larry King

Discover your emerging direction and purpose and how to make it happen. Join Rev. Larry for 11 weeks of self-discovery and revelation with an experiential format of lecture, discussion, sharing and process. Learn ten spiritual principles that will change your life forever.

\$275 Early Bird Special if paid by 3/15/2020
\$295 Regular Tuition paid in full by first class

Required books: *The Science of Mind by Ernest Holmes*

Open to everyone—there are no prerequisites.

Thursdays, April 2nd—May 21st
6:00—9:00 PM

THE ESSENTIAL EMMA CURTIS HOPKINS

8-Weeks; Facilitated by Kate Barrett, RScP

Through readings, discussion and experiential exercises, learn why Emma Curtis Hopkins is considered the “teacher of teachers” in the New Thought movement. Emma Curtis Hopkins’ course was designed to take the student from “zero to healer” in twelve lessons. Unveiling Your Hidden Power: The Workbook and The Text include a translation of her 12 lessons into modern language along with daily spiritual practices.

\$225 “Early Bird” paid by 3/15/16
\$245 Paid in full by first class

“Foundations” is a prerequisites for this class.

COMING EVENTS

~~Sunday, March 29th, 12:30 PM~~ **To Be Rescheduled**

ANNUAL BUSINESS MEETING

Everyone is welcome to join us for the annual business meeting. Members will sign-in for voting on a slate of Board candidates. We will also present a full financial report and a program update.

Friday, April 10th, 7:00 PM

SURRENDER INTO THE MYSTERY

Join the Portland Center’s Practitioners for a “good Friday” release of old ways, and a celebration of renewal and rebirth. Everyone is welcome to this special service.

Sunday, May 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.

June 4th—7th

THE CREATRIX!

A PCSL Women’s Retreat at Still Meadow Retreat Center

Women 18 and over are welcome to join us for our 16th annual retreat. The retreat includes 3 nights lodging, all meals, bed linens, towels, music, yoga, sauna, meditation, hiking, labyrinth, drumming and workshops. Sign up online or in the sanctuary on Sunday.