
*“I am one with the Infinite,
Eternal Essence of God. All
the Love, Peace and Har-
mony of Spirit are available
to me now.”*
— Nancy Ashley, RScP

THE WAY THINGS ARE

by June Gumz

As I sit at my desk pondering, I look out my office window and see nothing but beautiful trees, and blue sky. There is nothing to indicate that thousands of people are sick and dying, sincere protesters are marching, looters are taking advantage and millions of people are unemployed. Since I am retired, live in the suburbs and am relatively healthy, my reality is one of simplicity and comfort in stark contrast to the daily news.



A couple of months ago I was experiencing a fluttering heart and wore a heart monitor for two weeks. On Facebook I saw an ad for a pretty watch that checked all sorts of things including blood pressure. I ordered the watch and have been wearing it ever since. It also does what most sport watches do and records every step I take. Many people try for 10,000 steps daily while I am thrilled with 5,000. To be honest, I haven't made it yet. Close, but a sore knee has limited my enthusiasm for long walks. It will come as my knee improves every day.

I received a phone call the other day asking me if I would be interested in being on a commission for the Clackamas County Parks. I expressed interest and have filled out an application. There wasn't a space on the application for date of birth or age (probably against the law). When I get called in for an interview, it will be interesting to see if an eighty-one year old woman is what they are looking for. Who knows, I could become the RBG of Clackamas County Parks. I'll keep you posted.

A discussion group I belong to, met monthly at a member's home until the pandemic. Now we meet on Zoom. For some reason my computer didn't want to Zoom this month and it took a great deal of patience by the group members to include me. Next week my book club is going to meet on Zoom and I am a bit anxious in advance. The club has been meeting regularly for eighteen years and I don't want to be the one to spoil things. My computer skills include emails, photos, Word and Facebook. A Zoom tutorial perhaps?

As soon as I wrote the sentence about a tutorial, a financial planner called and took me through Zoom. Life is Good!

INSIDE

Minister's Message.....	2
More Musings	3
Board Message	4
Calendar	5



Rev. Larry King

THE SUMMER READING LIST BY LARRY KING

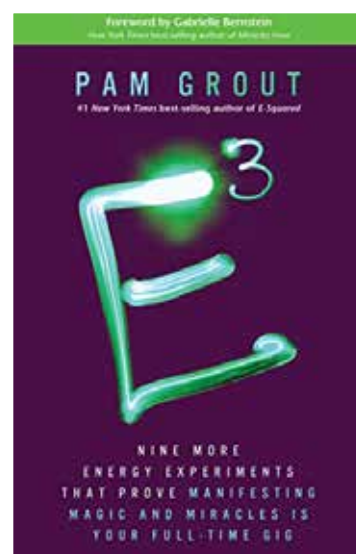
When I was a kid, I always enrolled in the library's summer reading program. In addition to time at the beach and summer sports, I always had a book or two on hand.

Would you like to join me this summer? I'm taking my reading list into the community and I invite you to follow along.

For the month of July, I'm reading *Pam Grout's book E-Cubed*. She has an interesting proposition: What if most of what you believe to be true is wrong? She says that some of our most fundamental views about life are simply fiction:

- **Life is tough—and then you die**
(She says this is total B.S.)
- **Happiness is elusive**
(She says it's natural and easy to come by)
- **God is separate and judging**
(She says that God is present everywhere and loving)
- **We're here to figure-out what is good and bad**
(She says this is the mistake that keeps the whole world in misery)

You might say that her statements are not “reality,” but she would say that reality is what you make of it! She advocates her own version of reality and I think you'll end-up agreeing with her. If you want to put a whole different spin on life, you won't miss this book or this series of Sunday talks. She actually invites us to “prove” that spiritual principles work through some easy and fun science experiments.



In August I'm reading **Gabrielle Bernstein's Judgment Detox**. This one may not be as much “fun” as *E-Cubed*, but it's a topic that's up for most of us right now. Most of us are angry and judgmental about so many things: politics and politicians, stay-at-home orders, face masks, the economy, unemployment—and much more. If you're at all like me, it's an invitation for a complete judgment-fest!

As we'll find out, judgment creates an amazing amount of negative energy and consequences for—guess who—the person who does the judging.

Bernstein not only explains the dangerous position of judging, she advocates a judgment detox. We'll learn to make positive discernments without creating the negative environment of “right or wrong.” I'm planning on a complete turnaround of my “judgment thinking” in time for the election season later this year. See how this might be useful?

continued on page 3

Our bookstore is currently closed, but I hope you'll follow along with my reading program this summer. You don't necessarily have to buy or borrow the books. Just follow along with our Sunday Facebook Live services and you'll keep up. We also discuss this material in my Lunch With Rev. Larry program. The program is offered every Friday at 11:30 AM. We have time to "check in" with everyone as well as a discussion of the material. Everyone is invited to lunch—it's an on-line BYOL. *Find out how to join the Zoom-based program on our website at <https://www.cslportland.org>.*

In the midst of all that's happening in the world right now, please initiate some self-care this summer. Maybe my reading list is just what the doctor ordered!

Blessings of love, ~~~ Rev. Larry

FROM THE BOARD:

by Nadine Moller

Yesterday, while walking the dog, I noticed a large group of people congregating up the street from my home. There were folks sitting on chairs, people sitting on the curb, someone had climbed a tree for a better view. There were children, pets, friends and lovers. Everyone was wearing a mask and all were honoring their neighbors social distance. Yet they came together. Curiosity got the best of me. As I drew closer I heard guitar music and singing. It was a beautiful original song about unity and our connection to each other. Our neighbor was having a spontaneous front porch music session! As I stood by, more and more folks came to listen. Local traffic slowed down to watch. It was a beautiful gathering and something that filled our needs. I was surprised and grateful to see, hear and feel the power for good in that exact moment. Contemplating on that experience made me realize that regardless of what is happening in the outside world, I always have a choice. A choice on how to react, a choice on how to view a situation, a choice for my highest and best good and the highest and best good of all. My world may have temporarily grown smaller due to the pandemic, yet I continue to be surrounded by beauty, love and life.



Nadine Moller



The Portland Center for Spiritual Living continues to remain closed to congregants at this time. That doesn't mean that we are closed to sharing our message of Love for a world that works for everyone. There are so many ways to access our virtual services, podcasts, classes and more. Just go to our website, [CSLPortland.org](https://www.cslportland.org), to view all the offerings. As you move through your day, look for those magnificent special moments that highlight how very loved you are!

MISCONCEPTION

By June Gumz



Photo by Andrea Piacquadio
from Pexels

Recently, I was chatting with my brother, Steve, before guests arrived for a birthday gathering. The subject of education came up and my whole life assumptions were twisted inside out.

From teenage years until that conversation, I considered myself the intellectual bumpkin of the Smith kids (June, Steve and Paul). I studied hours every night to get good grades so that I could get into college. My brothers rarely studied and had no trouble going on to higher learning. Both graduated from universities and one almost completed his PhD and taught for a while at Portland State.

Little did I know they didn't take college prep classes and therefore had very little home work. If they didn't care for a class, they did the minimum to pass. On the other hand, I did take college prep classes and cared very much what my report card reflected. My parents' approval mattered to me.

My brothers thought I was the smart one because I brought home report cards guaranteed to get parental approval. I married before finishing college and admired my brothers for completing their educations. We have each held one another in high esteem educationally based on false data.

It explains why my brother, Paul, when frustrated by a medical decision I made, shouted "but you are supposed to be the smart one." Until the conversation with Steve, I didn't understand that remark.

Assumptions need to be challenged periodically. Initially I did work harder than my brothers. As they grew older, they became the students I thought they were all along. My good grades led them to believe I was the brightest of the siblings even though they went further educationally than I did.

Is it time for you to have a special discussion with your family members? What gets mirrored back to you may change your life.

"I am willing to accept change as the pathway to all the good meant for me."

—Al Kauffman, RScP

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](https://www.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

DESIGN & LAYOUT

Anne C. Holmgreen

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

STAYING CONNECTED

SUNDAY, AUGUST 2, 12:30 PM

TOWN HALL MEETING (ON ZOOM)

Everyone is welcome to join our quarterly Town Hall Meeting. We'll present a status report of how we're doing during the closure period, a financial update and a time for Q&A. Consider joining us on the Zoom call after the Facebook live Sunday message.

Join Zoom Meeting: <https://us02web.zoom.us/j/81195060396?pwd=YUFzRURTnhISVytBS3Z5WU03OFNTdz09>

Meeting ID: 811 9506 0396 —
Password: 286046

If you're new to zoom, read more about it to get set up before the meeting.

SUNDAYS, 11:00 AM

SUNDAY CELEBRATION SERVICE (ON FACEBOOK LIVE)

The PCSL Practitioners present a meditative service each Wednesday.

Join Zoom Meeting: <https://zoom.us/j/502642724?pwd=bENabVNuTjZZQ3AzNlpQN0N1dDU0dz09> Meeting ID: 502 642 724 — Password: 823969

FIRST SATURDAYS, 12:30 PM

SOCIAL JUSTICE BOOK CLUB MEETING (ON ZOOM)

Join us as we continue our study of racism in America and how we can make a difference. We explore racism in all of its forms and ethnicities. The book for discussion on August 1st is *Me And White Supremacy* by Layla Saad. Contact Nancy Ashley at 503-880-0308 for more information.

Join Zoom Meeting: <https://us02web.zoom.us/j/151544688?pwd=enNJNUZ6aEdXVndwSlg1N09vRzYrUT09> Meeting ID: 151 544 688 — Password: 199761

If you're new to zoom, read more about it to get set up before the meeting.

WEDNESDAYS, 7:00 PM

WEEKLY MEDITATION SERVICE (ON ZOOM)

The PCSL Practitioners present a meditative service each Wednesday.

Join Zoom Meeting: <https://zoom.us/j/502642724?pwd=bENabVNuTjZZQ3AzNlpQN0N1dDU0dz09> Meeting ID: 502 642 724 — Password: 823969

If you're new to zoom, read more about it to get set up before the meeting.

FRIDAYS, 11:30 AM

LUNCH WITH REV. LARRY (ON ZOOM)

Rev. Larry would like to invite you to come and chat on Zoom. We will gather every Friday from 11:30 to 12:30 during this time of sheltering. Sunday hugs, and checking-in with you are greatly missed, so we'll give it a virtual try! Bring your lunch, or breakfast, and sign in to the Zoom Room for this informal time of socializing and Q&A.

Join Zoom Meeting: <https://zoom.us/j/94708553028?pwd=REh4TE4wN0ZHQ0VPUUtDQ2xBdEtEZz09> Meeting ID: 947 0855 3028 — Password: 030935

If you're new to zoom, read more about it to get set up before the meeting.