

"I'll take the next step and keep on walking. I know I'm ready for something new."

Marci Beck, RScP

ECLECTIC AKA HODGEPODGE

by June Gumz

Eclectic is a word that describes possessions in my home. Today a futon couch will be transported from my daughter's garage to my family room downstairs. The room also contains a bed which was used by my thirty-year-old grandson, when he was in grade school in Vermont. A circular kitchen table and three chairs also made the trip from

Vermont downstairs to be used for hobbies. A shelf, with figurines from my mother's apartment, decorate one end of the room. A washer and dryer line the other. Along the north wall is a fancy mechanical bike which no longer works but is too heavy to transfer to the garage. I will have to wait until the pandemic is over and I can talk two burly men into hefting it or spend a day undoing it piece by piece.



On the shelves are books my father received for his eighth birthday and books I read decades ago. On those same shelves, is a long wooden plank with the words, I will lift up mine eyes unto the hills, in fancy golden calligraphy. An ironing board, with a long, striped towel adds a colorful touch to the room. Another attraction is a picture frame with about 25 family pictures displayed. Let's not forget three black panels with mother-of-pearl scenes from China or the woven Indian basket with a lid.

When our children lived here and my husband was alive, this large room was furnished in comfortable contemporary furniture, a TV and wall decorations which could have come from any mainline department store. It has become a repository for overflow with a style no decorator could name, but I don't mind.

Each of the articles of furniture represent a decade or family member. In this time of pandemic and national discord, reminders are important. Keeping things symmetrical, color coordinated and practical doesn't seem as important anymore. The hodgepodge that is my family room amuses me rather than torments me. Progress?

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Rev. Larry King

WHERE DID EVERYBODY GO? ...AND WHY DO I FEEL ISOLATED?

BY LARRY KING

The American Psychological Association is concerned that the current pandemic is increasing our risk of social isolation. Such isolation, they say, is particularly hard on older adults. In a recent article, Julianne Holt-Lunstand, PhD, says:

“There is robust evidence that social isolation and loneliness significantly increase risk for premature mortality, and the magnitude of the risk exceeds that of many leading health indicators. Being connected to others socially is widely considered a fundamental human need—crucial to both well-being and survival.”

Yikes! I thought “social distancing” was supposed to be a good thing?

Well, it is, of course. I’m doing my part to contain the spread of COVID-19 by limiting my physical interactions with others, wearing a face mask and appropriate washing and sanitizing.

But there’s a difference between social distancing (or physical distancing) and social isolation. Perhaps more than ever we want to keep up our connections to family, friends and neighbors. There’s no need to isolate when it’s only the physical aspect of things that require distance.

Here are some useful ideas for stopping the spread of the coronavirus and, at the same time, maintain or expand your social connections:



Image by Pixabay



Image by Tumis pixabay.com

1. **Reach Out, Daily.** In times past, when travel was limited, people set-aside time for daily correspondence. Let’s revive that custom. Set aside an hour a day to catch up with others. You can do this the old-fashioned way, through writing, but of course we have much more modern and effective ways of reaching out using our telephones and computers. The important thing is to set aside time, daily, to check-in with our friends, family and neighbors.

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2. **Participate in Community.** It's hard to feel isolated when you have a regular time to be in the company of people. Our Spiritual Center has developed online group activities using Zoom teleconferencing. It's an easy technology to learn (all you need is an internet connection) and you get to see and interact with a group of like-minded people. The "events" page of this newsletter lists some of the Zoom-based activities and we're planning more for this fall.

3. **Join a Group.** There are so many options for phone-based and internet-based affinity groups right now. There are also a variety of outdoor and socially-distanced groups that meet in person. Have you thought of joining a hiking group or a book-study group?

4. **Take a Class or Workshop.** This fall we plan to offer classes and workshops—but also check out some of the amazing online classes that the world has to offer right now. Working with other online students is a way to make friends, socialize and learn about something new.



Image by Mohamed Hassan pixabay.com



Image by Orna Wachman pixabay.com

Recognize the difference between being physically distant and being socially isolated. We may be asked to do what's necessary to protect each other from disease, but that doesn't mean that we should isolate ourselves from the connections that make life exciting, loving and worthwhile.

All my love and blessings,

Rev. Larry

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

—Al Kauffman, RScP



Reverend Marilyn Sprague

SPIRITUAL MIND TREATMENT FOR THIS “NOW” MOMENT IN CREATION

By Reverend Marilyn Sprague

In the vast Cosmos of the Universe, there is One Mind. It is Infinite Intelligence, the Knower of past, present and future. There is One Presence. It is Love, the eternal self-givingness of Spirit. Giving of Itself to Itself in the form of Its creation. There is One Power. It is Law expressing as Creator and Sustainer of all life. This Love and Law is that which inspires, animates, restores, harmonizes all that is seen and unseen. It is unlimited in Its expression. It is Life.

This One Life expresses as me for I am an individualized expression of It. Its Perfection is my perfection. Its Peace is my peace and harmony. Its Power is my power to create a world that works for everyone. And, as this is true of me, it is true of each individual in our global community.

Right here, right now, I claim and affirm for this “now” moment in creation, that each individual chooses to use the power of words spoken, and actions taken, to reveal the Divinity that is the Truth at the core of their being. Words spoken and actions taken demonstrate harmony, unity and respect for all Life. Each individual holds steadfast to Truth—there is only One, therefore, differences are not labeled right or wrong, simply the infinite variety in which Spirit expresses.

I claim and affirm a conscious choice to turn away from the “noise” of appearances—chaos, conflict, racial injustice, inequality, gender inequity, hatred, fear, doubt, separation. I claim and affirm a conscious choice to identify with the greatness of Spirit that is forever pulsing through Life. I claim and affirm a conscious choice to say “Come Forth Holy Spirit, reveal Thyself in and through my life. Use me as Thy instrument, to express Thy Will—the Highest and Best for all.”

And, in this “now” moment in creation, there is a conscious alignment with the outpouring of Spirit—the One Power and One Presence that is inspiring, animating, restoring, harmonizing all Life in ways that create a world that works for everyone.

I am grateful for Truth—God is Love and fully present in this “now” moment in creation.

Blessed Be!

FROM THE BOARD:

by Nadine Moller



Nadine Moller

I was in the midst of writing this month's newsletter, when a call came from my Mom's retirement home stating that she had just been transferred to the hospital. As I drove to the Emergency room to meet her I was overwhelmed with concerns. What happened? I just spoke to her last night! Will I be allowed in to see her? Is this the precursor to a slow descent towards her transition? I consciously put a halt to this rollercoaster of projection and moved to what I knew to be true in the moment. The only facts I had were her advanced age and that she was taken to the ER.

As I drove to the hospital it struck me how quickly things changed from one instant to the next. Change is constant. Our bodies, minds, emotions and environment are always changing and developing; it appears those changes were happening to my Mom and me. I was allowed to stay with her in the ER. I hadn't physically seen her in months due to Covid restrictions. It's been so frustrating because all I could do was call her on the phone. Her sudden physical change required hospitalization. This was an event that could have been fraught with fear and anxiety. I found a huge blessing in it because I was finally able to see Mom and spend time with her. Currently she is resting comfortably, her condition has stabilized and she will soon be transferred home.



Image by Patricio González Pixabay

Change is in the air. The days have started to get shorter, the leaves are beginning their change from green to yellow, to red and umber before they float, fragile and crisp, to the ground. Autumn is a time of change.

Autumn encourages us to reconnect with ourselves and our tribe. Check out our website www.CSLPortland.org. There is so much there to guide and assist as we explore and deepen our Spiritual connection to All That Is; from weekly meditation and Sunday services, to the Social Justice Book club and free self-guided classes. October is our pledge month. Our BOD are diligently focused on a creative and safe approach to this year's pledge month. There will be more information to follow as we all continue to remain flexible, resilient and creative in embracing change.

Blessings, Nadine Moller

Opening Hearts

Igniting Minds

Making a Difference

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

OCT. 5—NOV. 2 MONDAY NIGHTS; 6:30—8:00 PM,
ME AND WHITE SUPREMACY

5-Weeks; Facilitated by Rev. Larry King

In this book study and journaling class we will dive deeply into the heart of unconscious bias and racism to learn how we can make a difference at this pivotal time in history. We'll be using the book, *Me and White Supremacy* by Layla Saad. The book will lead us in a reflective 28-day inward journey that will be supported by journaling.

The class is free and has no prerequisites.

Register online at: <https://cslportland.org/online-classes-programs/>

OCT. 6—NOV. 3 TUESDAY NIGHTS; 6:00—8:00 PM,
SPIRITUAL MIND TREATMENT

5-Weeks; Facilitated by Rev. Marilyn Sprague

The PCSL Science of Mind teaches there is a Power for Good in the Universe and we can use it. Spiritual Mind Treatment, a specific form of affirmative prayer, is the single, most important spiritual practice one can use for tapping into and using this Power for Good. In this class you will learn the act, art and science of Spiritual Mind Treatment.

The cost is \$150.00 and has no prerequisites.

Register online at: <https://cslportland.org/online-classes-programs/>

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.

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 October 3rd is *Braiding Sweetgrass* by Robin Wall Kimmerer. 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.