



SURVEY OF ME

BY JUNE GUMZ

For over a decade, every Monday, I fill out a survey about me. OHSU, in Portland, Oregon, has a department on aging which does research on old folks who still live at home. The object of the surveys is to discover precursors to dementia. The presumption seems to be that we are ‘normal’ when we enter the program.

I am quizzed about my health i.e. new medications, falls, hospitalizations. My mental health is of interest, too. Have I felt sad or anxious this week for more than three days? Those answers are given on a scale of misery. Even my furniture arrangements must be accounted for because motion detectors are in every room (they aren’t the visual kind you see in action movies). Computers register information from the detectors recording how much I walk, sit, sleep and climb stairs. Also, how quickly or slowly I ambulate.

Periodically, my memory and balance are checked. It seems as if OHSU has thought of everything, but have they? Their surveys don’t take into account a year like 2020. If the hundreds of us who participate are not scrupulously honest about sadness and anxiousness, the results could be skewed. I’m sure a good share of us are ‘pull ourselves up by our boot straps’ types who would be reluctant to admit to the University how influenced we are by Covid-19 statistics and all the election hoopla.

No hugging, visiting, Sunday services, eating out, travelling, etc. takes a toll which is difficult to quantify on a weekly survey. Sad, of course I’m sad. Am I concerned enough about our country to the degree that I would report it to the medical professionals? I’m not certain.

One habit I developed in 2020 was a compulsive use of my TV mute button to block negative political ads and Covid-19 statistics. Fortunately, mute button usage doesn’t interest OHSU. Neither does voting, hand washing, mask wearing or social distancing. I still have a few secrets left.

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Rev. Larry King

NINETY-NINE PERCENT GOOD BY LARRY KING

My life is going so well. If I figured it out, I bet the good things in my life would be close to 100%. I have good health, a wonderful primary relationship, a great home, sweet pets, and an enviable job and passion for my “work.”

So why is it easy to dwell on the things that aren’t going well? Why does the fact that our Spiritual Center is “closed” for in-person services seem so annoying? Why does arthritic pain in one of my knees seem so personal and unfair?

Science offers a clue: it’s called “negativity bias.” Believe it or not, our brains naturally seek out the negative. Researchers John Caraccio and Gary Berntson postulate that this is an evolutionary trait. Thousands of years ago, our ancestors needed to look for and respond to a variety of life-or-death situations—predators for example. Because of the relatively hostile environment, people that paid more attention to negative situations were more likely to be successful.

But is the focus on the negative still valuable? Is it good that we worry about potential threats today?

Psychologist Catherine Moore tells us that “Negativity biases have been linked to numerous psychological disorders, such as depression and anxiety.” In the modern era, the negativity bias is more apt to be a curse than a positive trait.

What can we do about this?



Focus on the positive. If the bulk of our lives is going well—why not use gratitude to emphasize the ninety-nine percent of our lives that is so blessed. We’ll be using Diana Butler Bass’ book *Grateful* on Sundays in November to do just that.

Here are some ways that you can use gratitude to help you focus on what’s going well:

1. Keep a gratitude journal. Just make a few entries every day about what you’re grateful for.
2. Make daily gratitude affirmations. This year at the Center we have a 21-Day Gratitude Challenge to organize this for you at <https://cslportland.org/21-day-gratitude-challenge/>
3. Say “Grace.” Being grateful at meal times is a wonderful way to acknowledge the grace of God and your own bounty.
4. Let people know how much you appreciate them. This form of gratitude is a blessing for both the giver and the receiver.

There are probably a million ways you can show and celebrate gratitude for the ninety-nine percent of things that are going well for you. Let’s start reducing our negativity bias and show our gratitude for them.



Nadine Moller

NAVIGATING WITH GRATITUDE

NADINE MOLLER

Change can bring uncertainty. It seems as though the rate of change has accelerated exponentially over the past year. Together we have journeyed through months of constant change—change in our health, change in the way we go about our lives, change in how we shop, connect, do business and worship. Our resiliency and determination continue to move us forward through these changing times. It highlights our exquisite adaptive nature. Change is a constant in the human experience yet the laws of nature continue to rule despite outward appearances; which moves me towards gratitude. The gratitude I feel towards my Spiritual community for the harvest of love and deep connection that brings food for the soul. Gratitude for my health and family. Gratitude for the many creative ways we have learned to navigate these rough waters with ease and grace.

As we move into the traditional holiday months, our celebrations may look different than they have in the past. Rather than mourn what was, I feel a sense of adventure

and curiosity over what will be. That non-resistance has opened the door for greater creative expression in advancing our message of “creating a world that works for everyone.” This year, our planned holiday celebrations will be different, yet the intentions of love, unity and joy remain the same.

Our doors may be closed but our hearts remain open. If you need help with groceries, shopping or a lift to the doctor, please know that our Congregant Care team is available for assistance. Call Kathy Batten, RScP @ 360-931-0371. If you have a challenge that requires Spiritual clarity, our Licensed Practitioners are available for telephone or Zoom sessions.



You can look up our Practitioners online at: <https://www.cslportland.org/practitioners>

If you would like to listen to Rev. Larry’s podcast, watch earlier Sunday services, take a free online course, sign up for a course offered by our ministerial team, learn more about Portland Center for Spiritual Living or make a pledge or donation, go to www.cslportland.org.

Thank You!



NOVEMBER 5—NOVEMBER 25

21-DAY GRATITUDE CHALLENGE (ONLINE ACTIVITIES)

Hosted by Rev. Marilyn Sprague

This free program will challenge you to use daily affirmations of gratitude to expand your ability to receive good. You'll receive daily affirmations and may participate in three Tuesday Night "Gratitude Happy Hours." Read more about it and register online and feel your heart open!

SATURDAY, NOVEMBER 14, 2:00 PM (HELD ONLINE)

Bill Lawson—Celebration of Life

The Center hosted a Celebration of Life for Bill Lawson on 11/14/2020 using Zoom teleconferencing. A recording of the service was created and is available for viewing at the bottom of his tribute page on our website at <https://www.cslportland.org/remembering-bill-lawson/>



WEDNESDAY, NOVEMBER 25TH, 7:00 PM—8:00 PM
(HELD ONLINE)

Gratitude Service

Our annual Gratitude Service celebrates the completion of the 21-day Gratitude Challenge and begins the Thanksgiving holiday. Everyone will have a chance to share their gratitude for this year and beyond. We'll be on Zoom teleconferencing. If you're familiar with "Zoom," here's the link to the service: <https://zoom.us/j/502642724?pwd=bENabVNuTjZZQ3AzNlpQN0N1dDU0dz09>
Meeting ID: 502 642 724 — Passcode: 823969
If you're new to zoom, read more about it to get set up before the meditation.

THURSDAY, DECEMBER 24TH 7:00 PM (HELD ONLINE)

Christmas Eve Service

An evening celebration of music, Christmas carols, and a celebration of the Light and Love that is in everyone. Let's "Hang the Lights Up High" and make a Merry Christmas together on Facebook Live.

SUNDAY, DECEMBER 27TH 9:00 11:00 AM (HELD ONLINE)

Golden Bowl Service/Ceremony

Go beyond the typical "New Year's Resolution" and learn to create lasting changes in your life. Participate in our "Golden Bowl" ceremony and have your desires for newness clarified and witnessed in our supportive community. This year our Golden Bowl activities will be presented on Facebook Live.

Opening Hearts

Igniting Minds

Making a Difference

JOIN US AT THE CENTER

PORTLAND

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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

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

ONGOING EVENTS AND SERVICES:

Wednesdays, 7:00 PM

Weekly Meditation Service (now online)

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 meditation.

FRIDAYS, 11:30 AM

Lunch with Rev. Larry (online)

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 (now online)

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. 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 — Passcode: 199761

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

SATURDAYS, 11:00 AM—12:15 PM

Transcendence (now online)

A 12-Step Science of Mind Group meeting for women in any 12-Step program. We are using the book "Drop The Rock... The Ripple Effect" to jumpstart our sobriety. Contact Nancy Ashley, RScP, for more information at 503-880-0308.

Join Zoom Meeting: x Meeting ID: 909 515 107 — Passcode: 493191

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

SUNDAY CELEBRATION SERVICE (NOW ONLINE)

We invite you to join us for live inspirational talks and music on Facebook. The Sunday Service will later be available on YouTube and our audio podcast. Tune-in a little early for prelude music by the "Friends" Band.