

2020 – A PUZZLING YEAR

BY JUNE GUMZ



If I had read the future in my little crystal ball in 2019, I would have invested in puzzles; easy puzzles, slightly difficult puzzles and puzzles with itty bitty pieces. Who would have thought that dusty boxes in variety store storage rooms and home attics would suddenly be in high demand?

For seven decades puzzles did not tempt me. I had things to do: school, jobs, kids to raise. It wasn't until I was house bound for months that puzzles attracted my attention. One day, when I complained to a friend that I was bored, she told me she found solace in puzzles. Whenever she wished to hug a family member or a friend, she concentrated on finding matching pieces until the feeling diminished. It helped.



Initially, I chose not to invest in puzzles of my own because friends loaned me several of theirs. One of the boxes had a note attached which stated that pieces were missing. I set that one aside. The number of pieces in a puzzle determines how many hours it will take me to complete it. Three hundred pieces take me between one to three hours because the pieces are almost kindergarten size. A five hundred one takes me about three or four days and the ones with a thousand or more can take a couple of weeks of sporadic attention. Hand-eye coordination, concentration and frustration level are factors in puzzle completion.

The process of connecting hundreds of pieces into a finished product is similar to the ways we handle many of life's situations. First, we have a framework (border), a step by step plan (grouping like colors) and perseverance (fitting everything into a coherent pattern). I expect to complete more puzzles in 2021, even when my life becomes more eventful. I'm hooked.

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Rev. Larry King

SCIENCE OF MIND AND THE PANDEMIC

BY LARRY KING

It feels like we're in the home stretch of a marathon. Despite soaring infection rates, we can see a finish line for the COVID-19 pandemic. Several vaccines have been approved, more are being tested, and inoculations for front-line workers and the elderly have begun.

What a relief to know that sometime later this year we'll be back together, in person, at the Center for Spiritual Living!

But, I've gotten questions:

- “If we really believe this Science of Mind stuff, do I have to worry about a virus? Do I have to wear a mask?”
- “Isn't my belief system stronger than COVID-19?”
- “Shouldn't the Center be open as a symbol of our belief and as a testament of our faith in the healing power of Spiritual Principle?”



Image by Tumisu from Pixabay

These are great questions and bring up two important principles from the Science of Mind philosophy and our practical use of them.

1. ***We believe in the Law.*** We know that what we put out comes back to us. We know that the Law of God will physically manifest the thoughts and ideas that make up our mental life. This is important because the vast bulk of humanity is thinking about, worrying about and experiencing the disease we call COVID-19. We would be foolish to think our personal faith will protect us from the systemic thinking of the entire planet. There may be a few people who have a strong Jesus-like faith that keeps them safe from the world's consciousness of disease. Are we sure we're that person?

I am the beneficiary of the unlimited good now flowing in and through all my affairs.

Rev. Marilyn Sprague

2. *We also believe in the law.* This time “law” is not capitalized and simply refers to the local, state and federal guidelines that are in place to maintain public health. As a good community member, the Center for Spiritual Living will follow safety guidelines set forth by the Oregon Health Authority. This (currently) means mask-wearing, social distancing, extra sanitary procedures and management oversight in public places. Currently our Center cannot be open to the public and, at the same time, adequately follow these regulations.

For January, we’ve gone back to the basics of the Science of Mind. We’re covering the first four chapters on Ernest Holmes’ Science of Mind textbook. In it, Holmes makes it clear how “the Law” works in the very first chapter, page 33:

“We find ourselves torn by confusion, by conflict, by affirmation and denial, by emotion congested by fear, congealed by pride. We are afraid of the Universe in which we live, suspicious of people around us, uncertain of the salvation of our own souls. All these things negatively react and cause physical disorders.

“Nature seems to await our comprehension of her and, since she is governed by immutable laws—the ignorance of which excuses no [one] from their effects—the bondage of humanity must be a result of our ignorance of the true nature of Reality. The storehouse of Nature may be filled with good, but this good is locked to the ignorant. As [our] intelligence increases, and [our] capacity to understand the subtle laws of Nature grows, [we] will gradually be set free.”

While we’re waiting for humanity to move beyond its bondage, the Center will spread the good news of the Science of Mind through online means—and I’m wearing a mask when I’m out in public!

HAPPY NEW YEAR!

REV. LARRY KING

Ernest Holmes reminds us that every single day is a potential for a fresh start. We always have the opportunity to let go of the past and accept that we can choose new and better ways now.

Consider spending some time in contemplation today. How would you like 2021 to be different than 2020? Are you willing to change yourself (your thoughts and beliefs) in order to foster newness into your life? Would you like to receive an inspirational affirmation by Ernest Holmes (founder of the Science of Mind) in your email every day?

Rev. Larry has curated a thoughtful collection of Ernest Holmes’ affirmations and offers a practical interpretation of them for your daily reflection.

Sign up to receive the daily affirmation in your email online at:

<https://www.cslportland.org/365>

You will also find them in the Center’s Facebook, Instagram and Twitter social media feeds each morning.





Nadine Moller

FORMER NEW YORKER'S VERSION OF 2020

BY NADINE MOLLER

As many of you know, I'm a born and raised New Yorker. I grew up in the shadow of NYC. It was my stomping ground, the place where we went for shows, dinner, work and education. It was fast paced, always "on" and could be exhausting. New Yorkers are known for being blunt. We will "call you out" on your shenanigans in a heartbeat. We will defend our "turf" and will always reach out a helping hand (maybe with a few sarcastic comments to cover up the fact that we really have soft hearts) That said, I am "calling out" 2020 for being a year of incredible challenge, stress, worry and hardship for our community and most Americans.

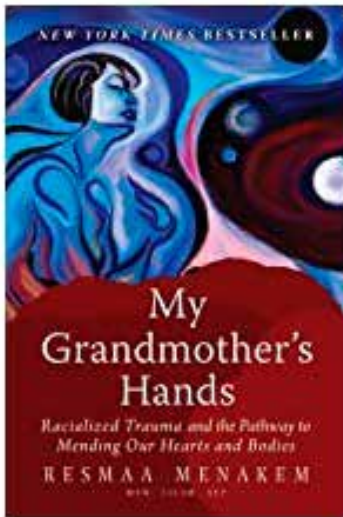
Yet with all the difficulties, 2020 put a spotlight on our resiliency, our creativity and highlighted our connection to each other. Wearing a mask became a normal part of our wardrobe. When we had to socially isolate, we found creative ways to connect virtually. Schools, businesses and religious organizations had to rethink how to function. Our own Spiritual community quickly adjusted to an online presence. I can't help but think that 2020 brought unpleasant behaviors and attitudes to light. Now exposed, those attitudes are becoming neutralized while a new more equitable society is being birthed.

I am so grateful to PCSL and the teachings of Science of Mind for guiding me through this challenging year. I turned off the news, cut back on social media and focused on the Truth, that Spirit is all there is. Science of Mind Principles allowed me the space to look beyond the effects that threatened to overwhelm me and filled my heart with deep gratitude and love towards my family, friends, neighbors and community. I wish everyone a peaceful, healthy, prosperous and happy New Year, and I encourage you to go to our website, CSLPortland.org, and sign up for the many classes we have to offer.

friends *family*
equanimity Truth
creativity RESILIENCY **neighbors**
community connection
 KINDNESS **justice** ADAPTATION
ADJUSTMENT gratitude

"I call for this Power within each and every life form to demonstrate Love, Joy and Peace in and through all."

Kate Barret



SOCIAL JUSTICE BOOK CLUB

BY KATE BARRETT

Our Social Justice Book Club has been meeting for over 3 years and it has been quite a journey of learning and discovery. I invite all our community members to check it out. You have a chance to talk to other people about the social unrest that is taking place in our country and our community. We are learning about the past in order to create solutions for today.

Although this is a book club and we do have a book that we read each month, reading the book is not required. Why? Science of Mind teaches that we have the power to create a better world for all. We need to know what is happening before we can bring about the change that is necessary. We believe we can achieve a more equitable society through deepening our understanding and then taking action.

Last month we read CASTE by Isabel Wilkerson. Isabel tells us, "Caste is insidious and therefore powerful because it is not hatred, it is not necessarily personal. It is the warm grooves of comforting routines and unthinking expectations, patterns of a social order that have been in place for so long that it looks like the natural order of things. Caste systems hold everyone in a fixed place." It seems that Caste has been a hidden form of racism in our country. We have not been taught all the ways that it has manifested. Once we know, we can change our own thinking, and then take actions to demonstrate our new understanding.

We are reading the book, "My Grandmothers Hands" by Resmaa Menakem for our February discussion. This book explores how trauma affects all life and offers strategies for healing. Get this book or any other book on combating racism and join us on Saturday February 6th. See you then.

We meet via ZOOM on the first Saturday of every month at 12:30 p.m. A link is available on our website: cslportland.org

WHEN FORGETFULNESS COMES UPON YOU BY NANCY ASHLEY

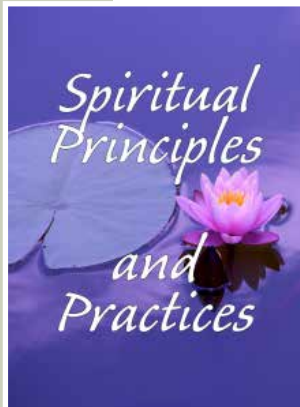
Know with me you are never alone. Any time during the day or night, when forgetfulness comes upon you, go within to that altar of the most high, and know that you are loved. And in gratitude for this certainty, I give thanks. And so it is.

We've heard Rev. Larry share this at the end of every service, while we are in a big circle and holding hands, as part of the benediction. I have missed it since we have not been together these many months.

But I can still use it myself, and the phrase 'when forgetfulness comes upon me,' has meaning in my daily life. I DO forget at times the many spiritual principles that we learn at PCSL. I DO slip back into the old false beliefs at times, even though I have a pretty good understanding of the Science of Mind, and have worked through many of the old statements that held me back.

When I am able to be mindful, I love to connect with this affirmation as a reassurance that all is well in my world. Sometimes, it is all that I need to get re-aligned with My Good. Blessed Be.

COMING EVENTS



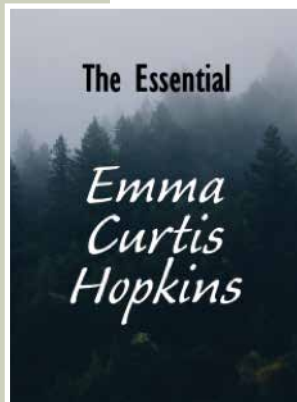
5 WEEKS; TUESDAYS, 2/2/2021—3/2/2021; 6—8:30 PM PST
SPIRITUAL PRINCIPLES AND PRACTICES

Facilitated by Rev. Larry King

In this online class you will discover proven practices that bring spiritual principle into action allowing you to manifest desired goals and intentions. Though affirmative prayer, self-awareness, meditation, visioning and gratitude you will learn to harness the power of the divine creative process and change your life forever.

\$150 Early-Bird Special (if registered on or before 1/9/2021)

\$170 Regular Registration (after 1/9/2021)



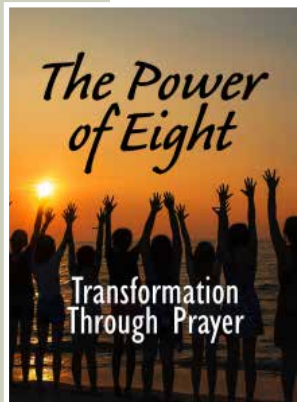
8 WEEKS; THURSDAYS, 2/4/2021—3/25/2021; 6—9 PM PST
THE ESSENTIAL EMMA CURTIS HOPKINS

Facilitated by Rev. Marilyn Sprague and Kate Barrett, RScP

Through readings, discussion and experiential exercises, this online class will show why Emma Curtis Hopkins is considered the metaphysical “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 along with daily spiritual practices.

\$175 Early-Bird Special (if registered on or before 1/9/2021)

\$200 Regular Registration (after 1/9/2021)



9 WEEKS; TUESDAYS OR SATURDAYS, STARTING IN JANUARY
THE POWER OF EIGHT

Facilitated by Center Practitioners

Are you interested in the power of group prayer? PCSL practitioners will be facilitating Power of Eight groups starting mid-January. This is a nine-week commitment to a group praying for an individual intention set by one of the participants each week. This program is free and available via Zoom teleconferencing to all interested parties. Check the registration pages for specific dates and times available.

SUNDAY, FEBRUARY 7, 12:30 PM
TOWN HALL MEETING

Everyone is invited to participate in our quarterly congregational meeting. Rev. Larry and the Board of Directors will present year-end financials and give a short program update. Join Zoom Meeting:

<https://us02web.zoom.us/j/84638398091?pwd=Ti9HSzVidUVsSU0wVnN2REQ1K1k4QT09>

Meeting ID: 846 3839 8091, Passcode: 713548

Opening Hearts

Igniting Minds

Making a Difference

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PORTLAND

**Center for
Spiritual Living**

6211 NE M L King, Jr. Blvd.

Portland, Oregon 97211

PHONE 503.261.0677

E-MAIL info@PCSL.us

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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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www.pcsl.us/blog

NEWSLETTER CREDITS

EDITOR

June Gumz

greetingsJG@comcast.net

CONTRIBUTORS

Rev. Larry King

Nadine Moler

DESIGN & LAYOUT

Anne C. Holmgreen

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

ONGOING EVENTS AND SERVICES

EVERY WEDNESDAY 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: <https://us02web.zoom.us/j/909515107?pwd=MldUUjhqVy9ibmFCL0svchHVEU2wxUT09>

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.