

ICE STORMS AND CONSEQUENCES

BY JUNE GUMZ



While Texas had more publicity for its terrible statewide electrical shutdown due to ice and poor management, parts of Oregon suffered almost as much at the same time. Fortunately for me, I live on a street with an underground electrical grid. Wires don't get knocked out of commission by falling frozen branches. However, most of the neighborhoods surrounding Molt St. were very susceptible.

One week last month, thousands of people in zip code 97267 had to be very creative about food preparation, body cleanliness, family congeniality and keeping warm. Bedtimes came very early. Board games, puzzles and card games became popular since TVs and games systems no longer worked.

Walking around the neighborhood today was like threading my way through a war zone. Branches and downed trees everywhere. Two of my favorite trees will have to be removed, a birch and Japanese maple. Waiting for estimates from arborists is like trying to get a vaccine appointment.

During the storm, I worried about the local animal and bird life. Whatever doubts I had about their chances for survival were removed the other day when I watched the SW corner of my back yard for about an hour. In that time, I saw piliated woodpeckers, flickers, varied thrush, juncos, sparrows, finches, crows, robins, scrub jays, one Steller jay, an opossum and two squirrels. This was after the ice melted.

One day a month, Fatima comes to clean my house. She lives in Woodburn which was hit very hard by the storm. There were six people and three large dogs living in her home which had no power for nine days. When she came to my house, they still had no power or hot water. I tried hard to think of something special to lighten her load. Then it came to me—I offered her a hot shower!

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Rev. Larry King

LET'S "SPRING FORWARD" TOGETHER!

BY LARRY KING

It's almost time to set the clocks forward again (March 14th), but this year I feel like it's more than just a harbinger of Spring. We have an amazing amount of newness going on at the Center and I'd like to tell you about it.

First of all, Centers for Spiritual Living (CSL) has released a series of new accredited classes:

- Spiritual Principles and Practices (augmenting the old Foundations class)
- Mental Equivalentents (shifting consciousness for definite results)
- Revealing Wholeness (covering the Mind/Body connection)

I just finished teaching the first of these classes and the other two are available for registration now. I'm excited about these classes because they are short (five weeks each) and they really get to the heart of the Science of Mind philosophy. We'll be teaching them using Zoom technology (for now) so that they can be available to everyone. Rev. Marilyn Sprague, our Director of Education and Outreach, also has some workshops planned for us—see the last page of this newsletter for more information.

Some of us just attended CSL's "Vista Online Conference" and we're energized with new ideas about providing services online, marketing, education and spiritual leadership. We'll be bringing some of these new concepts into programs and events in the coming months.

On March 13th, several of us will be attending CSL's "Welcome Back" online seminar with a focus on how Centers can re-open safely and securely when local health authorities say we're ready.

Meanwhile, Spring is bursting forth at my house with so many spring bulbs cheering up otherwise gray days.

Whether at a class, workshop or one of our many online programs and services, I'm looking forward to us "springing forward" together. Oh, and did you hear? This might be the last year we have to adjust those clocks back and forth!

Much Love and Many Blessings,

Rev. Larry



WHEN FORGETFULNESS COMES UPON YOU

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.

"I am the I AM. I am on an endless journey of self-discovery."

Al Kauffman, RScP



BOOK BOXES TRANSFORMED

BY ANNE HOLMGREEN

One of the many things that endeared me to Portland when I came here in 2012, was the little book cabinets I found in neighborhoods across the city. If you aren't familiar, they are little cabinets with books inside. A place for neighbors to share books and ideas. LOVELY!

As I walked to town last week, I spotted a book cabinet that had been transformed to a new use. The books were taken out and neighbors were putting food inside creating community pantries. One simple solution to the challenges we face. Neighbors helping neighbors. WOW!

I showed my girlfriend the picture I took. She loved it and remarked that she always had extra produce from her garden and she'd start leaving it there too. SWEET!

All a beautiful demonstration of how LOVE GROWS when we stay connected.



"There is only here. There is only now. There is only Spirit."

— Mari Bek, RScP

Image by Shirley Hirst from Pixabay

THE SOCIAL JUSTICE BOOK CLUB SUPPORTING THE SEASON FOR PEACE AND NONVIOLENCE (SPAN)

BY NANCY ASHLEY



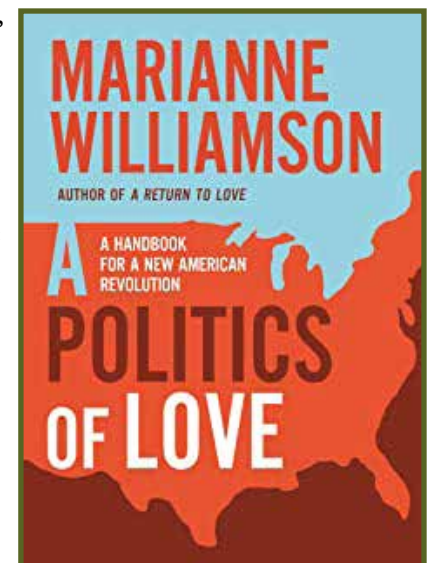
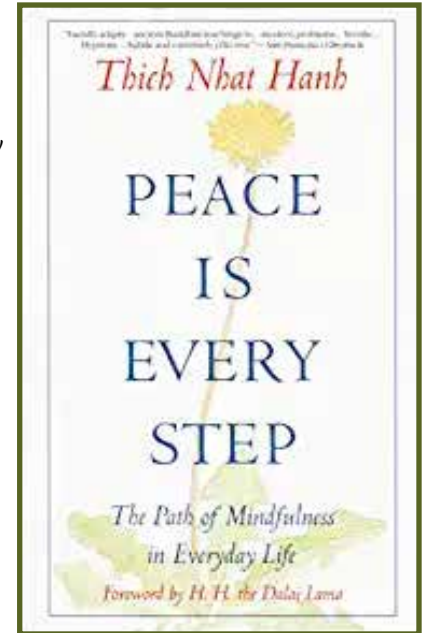
Nancy Ashley

For the months of March and April, the book club is focusing on two selections that bring us back to more personal involvement in being peaceful in ourselves. The first book is by Thich Nhat Hanh, *Peace in Every Step, The Path of Mindfulness in Everyday Life*. It includes a section on Transformation and Healing, as well as the concept of interbeing—we are all one with the earth and all beings.

For April, we are going back to one of our favorite authors, Marianne Williamson, in the recent book, *A Politics of Love*. Written in 2019, the book includes more current discourse on how much America has changed in recent years. Some of us who are old enough, remember the '60's promotion of the Great Society. Well, we got completely away from that gradually in the last forty years. Perhaps we are entering a new phase of caring for all Americans now, but Williamson brings us back to love as a way of caring for peace and nonviolence.

Please join our discussion, even if you haven't read the books—they are well worth the read. The Zoom link is on the website or in the weekly email from the Center.

Happy reading!



"I believe in a Power of Good that completely supports and satisfies my sacred purpose."

— Kate Barrett, RScP

COMING EVENTS

SUNDAY, MARCH 14TH, 11:00 AM PDT
DAYLIGHT SAVINGS TIME BEGINS

Don't forget to set your clocks ahead one hour and join us for our regular Sunday "Celebration Service" on Facebook Live.

FRIDAY, APRIL 2ND, 7:00 PM PDT
GOOD FRIDAY: RELEASING

Join Practitioners Kate Barrett and Kathy Batten as they offer a meditative service the Friday before Easter. Easter celebrates the "Power of a Fresh Start," but to achieve that we must let go of the weight of the past. This service acknowledges the Season for Peace and Nonviolence and contemplates "When I let go of what I am, I become what I might be."

SUNDAY, APRIL 4TH, 11:00 AM PDT
EASTER: THE POWER OF A FRESH START

Join us on Facebook Live for our special Easter message as we close out the Season for Peace and Nonviolence with inspiring music and ways to look at our lives from a fresh perspective.



SEASON FOR PEACE AND NONVIOLENCE EVENTS THROUGHOUT MARCH

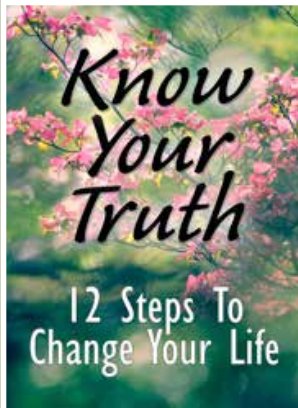
We are joining cities across the globe to host the 2021 Season for Peace and Nonviolence. The purpose of the annual 64-day campaign is to elevate awareness of the philosophy of attaining peace through nonviolent action as demonstrated by legendary leaders Mohandas K. Gandhi and Dr. Martin Luther King, Jr. Check out the many activities we have planned throughout the 64-day season.

SUNDAY, APRIL 25TH, 12:30 PM PDT
ANNUAL BUSINESS MEETING

Everyone is welcome to join us for the annual business meeting. Members will vote on a slate of Board candidates. We will also present a full financial report and a program update. We'll be conducting the meeting using Zoom teleconferencing technology. If you're familiar with "Zoom," here's the link to the meeting: <https://us02web.zoom.us/j/84605386541?pwd=UWo2OHUzNW5hYXhDMVBaM3ZENENxZz09>

Meeting ID: 846 0538 6541 — Passcode: 165892

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



SPRING CLASSES AND WORKSHOPS

KNOW YOUR TRUTH

4 SATURDAYS 3/20, 3/27, 4/10 & 4/17; 12:30—3:30 PM PDT

Facilitated by Kathy Batten, RScP

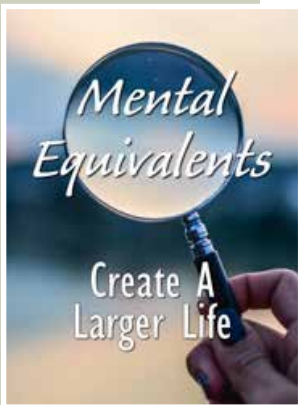
Use the Principle of Oneness to know the Truth of who you are, the 12 Steps to determine untrue beliefs you want to change and the Creative Process to reveal your Truth as Reality. There are no prerequisites for this online workshop.

\$130 Early-Bird Special (before 3/6/2021)

\$150 Regular Registration (after 3/6/2021)

All adults are welcome to participate.

Register online today: <https://cslportland.org/events/know-your-truth/>



MENTAL EQUIVALENTS

5 THURSDAYS 4/8/2021—5/6/2021; 6—9:00 PM PDT

Facilitated by Rev. Marilyn Sprague

Find your true potential by activating the Law of Mental Equivalents. For every formed thing in the Universe there is a corresponding mental image. In this online CSL class, discover how to measure and expand thinking to create a larger mental image so that one's greatest desires may be achieved.

\$150 Early-Bird Special (before 3/20/2021)

\$170 Regular Registration (after 3/20/2021)

Register online today: <https://cslportland.org/events/mental-equivalents/>



REVEALING WHOLENESS

5 THURSDAYS 5/20/2021—6/17/2021; 6—9:00 PM PDT

Facilitated by Kate Barrett, RScP and Kathy Batten, RScP

This online CSL course expands your current knowledge of Science of Mind Principles and Practices through study of the Mind/Body connection. The class is based on spiritual principles as well as current research in the scientific fields of medicine and quantum physics.

\$150 Early-Bird Special (before 3/20/2021)

\$170 Regular Registration (after 3/20/2021)

Register online today: <https://cslportland.org/events/revealing-wholeness/>



SPIRITUAL MIND TREATMENT

2 SESSIONS; SATURDAYS 5/8 AND 5/22; 1:00—3:00 PM PDT

Facilitated by Rev. Marilyn Sprague

Spiritual Mind Treatment is renowned for its transformational power to reveal greater good in seeming appearances of lack. In this two-part workshop, an easy-to-use method for moving from an undesired condition to naming and claiming greater good through Spiritual Mind Treatment is introduced.

\$75 Registration Fee

Register online today: <https://cslportland.org/events/spiritual-mind-treatment-2/>

Opening Hearts

Igniting Minds

Making a Difference

JOIN US AT THE CENTER

PORTLAND

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

ONGOING EVENTS AND PROGRAMS

EVERYDAY—IN YOUR MAILBOX

365 ERNEST HOLMES—DAILY AFFIRMATIONS

Would you like to receive an inspirational affirmation by Ernest Holmes (the 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 (or you can also find them in the Center's social media feeds).

WEDNESDAYS, 7:00 PM

WEEKLY MEDITATION SERVICE (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

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

FIRST SATURDAYS, 12:30 PM

SOCIAL JUSTICE BOOK CLUB MEETING (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. The book for discussion on March 6th is Peace is Every Step, by Thich Nhat Hanh. 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

SATURDAYS, 11:00 AM—12:15 PM

TRANSCENDENCE (ONLINE*)

A 12-STEP SCIENCE OF MIND GROUP MEETING FOR

WOMEN IN ANY 12-STEP PROGRAM. We are using the book Powerful or Powerless by Georgia Prescott 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=MldUUjhqVy9ibmFCL0svHVEU2wxUT09>

Meeting ID: 909 515 107 — Passcode: 493191

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