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OUR BI-MONTHLY NEWSLETTER

What is Important Enough to Save?



By June Gumz,
newsletter editor

On the news, we often see people racing for their cars with a few possessions trying to outrun a raging fire. I always wonder what they choose to save. A little over a year ago, fire was encroaching too close for comfort to my home in Clackamas County. Unlike those on the news, I had time to consider what to keep and what could be replaced later. I loaded my car with my dog, important papers, photos, framed pictures and some clothes. My housemate at the time did the same, so my car was full. Fortunately, the fire just came within a mile of my home and the only damage was to the air we breathed. For a time, I couldn't see my backyard fence or the house across the street, but we were safe.

Winnowing down to necessities can be a difficult process. Like many seniors, living in the family home alone, there comes a time when releasing it seems the prudent thing to do. I am there. For the past few weeks, I have been checking out independent living situations. Going from a four bedroom, two bath home to a one bedroom, one bath living space is daunting.

I wander from room to room looking at my possessions and asking myself the important question: "Does this bring me joy?" Unfortunately, the answer is usually "Yes." So the next question needs to be, "Will it fit in a small space?" and the answer is usually "No." Goodwill is making a haul, my family is being offered 'treasures', and I am left with what I can fit into one closet, a small living room and a 10' by 12' bedroom.

Deciding where to move is an interesting process. Some have lovely views, others look onto parking lots. Some offer three meals a day, some offer one. One place uses a point system for meals (600 points a month). I forgot to ask what happens if I use up my points before the 30th or 31st. The important considerations for me are whether there are activities which require cerebral stimulation. Wii bowling and bean bag toss aren't enough for me.

I know I am fortunate to be able to choose my next residence and enjoy the years to come in trimmed down comfort.

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Holding My Breath

It feels like we're waiting for something. I can think of a variety of possibilities:

- Waiting for the pandemic to be over.
- Waiting for hostilities in the Middle East to settle down.
- Waiting for racism to finally be over.
- Waiting for the answer to climate change.
- Waiting for the political scene to settle down and be productive again.
- Waiting for things to get "back to normal."



What I know about myself, is that I have two forms of waiting. There's the waiting where I keep moving forward, looking for a positive change to happen. Then there's the waiting that keeps me somewhat frozen. It's the "what's going to happen/holding my breath" kind of waiting.

I must be blue from holding my breath! What I've come to realize is that these issues may never resolve themselves. Or, they may get worse before they get better. Or they may get better, but not in the time or the way I would imagine. There's really no reason to be waiting.

It's time to exhale! It's time to start moving forward again. It's time to be part of what's changing instead of being in resistance. What I know from the Science of Mind is that God's usually the one waiting for us! All of the Love in the world; all of the Joy that exists; all of the prosperity that can be had—it's all just waiting for us to recognize and accept it.

Ernest Holmes, the founder of the Science of Mind, put it this way in the Science of Mind Magazine, "All the power and intelligence of the Universe is already within, waiting to be utilized. The Divine Spark must be fanned into a blaze of the living Fire of your own divinity."



I've been thinking about it backwards. I've been waiting for the world to improve so I could get on with things. Instead, I can move forward confident that God is waiting for me to engage Its power and creativity.

It's time to do what's currently necessary (like wear a mask) and move forward. It's the perfect time to imagine a "new normal" rather than wishing for the way things used to be. It's time to fan that Divine Spark, within, into co-creating a wonderful life.

What does this mean in practical terms? It's accepting what's going on right now, and taking up new ways of exploring, enjoying and living. It's setting good intentions and taking steps towards them every day. It's letting go of the past. It's relaxing and taking that next breath!

**Much Love and Many Blessings,
Rev. Larry**

The Season for Peace and Non-Violence



By
Nancy Ashley RScP

I love to read, and have for 70 years. Hence the Social Justice Book Club, now in its fifth year. We educated ourselves on many topics of racism and violence against many different groups in the US.

Some of it has been hard to hear.

But, we live, read, learn and grow in our adulthood, and using the Principles of Science of Mind, we also learn that we can each be a center of consciousness for Peace, Love and so much more. Hence the celebrating of the Season for Peace and Non-Violence, 64 days to contemplate our ability to be a presence in the world for the Good of All. The Portland Center is using this time to highlight our own growth in consciousness,

Our 9 weekly Meditation sessions throughout this period will focus on the theme for the day. The booklet for this Season is available on our website, cslportland.org so you can follow along every day in your daily practice.

The Social Justice Book Club, facilitated by yours truly, will also be reading and discussing relevant material, including a new favorite of mine, "Brothers in the Beloved Community: The Friendship of Thich Nhat Hanh and Martin Luther King Jr," on March 5. I loved learning of the friendship of this Peace Advocate (Hanh) and Martin Luther King Jr, even though they only met in person twice before King was assassinated.

I now consider our Center and our Community my own Beloved Community, for Peace and Non-Violence.

Join us in any of our dedicated events, times and zoom links on our website or in the weekly email.

Peace be with you.

*There are many
paths to the Truth,
but only one Truth –
Harmony. Would the
world be so
different if I were
you and you me?
~ June Gumz*

BOARD REPORT



**By Nadine Moller,
Board President**

Happy New Year! Welcome to 2022! A New Year, richly full of possibilities. My personal intention for this year is loving life and living love. My goal, as president of the Board of Directors of PCSL, is to dismantle mental barriers built up during the Covid pandemic and guide us forward into a greater expression of a loving community practicing spiritual principles.

After 2 plus years of social isolation, we are craving social and spiritual contact. Our goal is to provide that in the safest way possible. Precautions, vaccines, masks and social distancing have enabled PCSL to reopen our doors.

Our center is open for Sunday services. Anyone who enters our building must wear a mask and sign in for the purpose of contact tracing. There is nothing like being together in community; even singing while wearing a mask has its joys.



Even singing while wearing a mask has its joys!

The Board of Directors is discussing safe ways to welcome and encourage our community to join together, from opening the book store, bringing back the hospitality table, reinstating Divine Dining and more. Each addition will accommodate safe practices while keeping a close eye on Covid trends.

All of these practices are propelled by volunteers. Our volunteers are the backbone and support that bring programs and events to fruition at PCSL. Our intention to expand our current offerings are limited by the number of active volunteers. OUR COMMUNITY NEEDS MORE VOLUNTEERS TO HELP US MOVE FORWARD.

Everyone is a gift. Everyone has a gift! Do you enjoy welcoming people? Do you love to graciously offer refreshments? Have you ever wanted to run a bookstore? What is your gift? I encourage you to offer your time and talent to PCSL while helping make 2022 the year of loving life and living love.

For volunteer opportunities please call the office at 503.447.7802

We rent our space!
Planning a meeting,
event or special
occasion?
Contact Jason
Hutchison for rental
info at 503-807-1227

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