



April 2022  
vol 13: issue 2



OUR BI-MONTHLY NEWSLETTER

## Things We Repeat



By June Gumz,  
newsletter editor

Most of us have had the experience of moving and changing schools at some time during our school years. It can be a challenging process. My father managed J.J. Newberry stores all his adult life, with transfers to different store locations, affecting the whole family. My response to the news of a move requiring starting over at a new jr. high was to sit in the tub for three hours and cry. I knew what was ahead of me. New teachers, new rules and most of all acquiring new friends.



Often advertisers use pictures of children sitting alone at a lunch table to represent loneliness/isolation. It is a relatable scene to which we can identify. Over the years I learned some strategies which would speed up the 'getting to know you' phase. Smiles were the best way to initiate connections with kids I didn't know. Asking questions about protocols at the new school opened dialogs. Enthusiasm also increased my chances of becoming a new member of a group.

Once the school years are behind us, situations continue to confront us, especially in the job place. New neighborhoods are another area requiring good communication skills. One I had never considered, until it happened to me, was moving to a retirement facility. I thought my fitting in days were over, but I was wrong.

At 83, I was confronted with the same experiences as a new student, employee or neighbor. The lessons I learned in my youth have helped me. Smiling, asking questions and being enthusiastic have assisted me to become part of the community. I have joined some of the groups and participate in exercise programs. The first two days in the dining room brought back feelings from the school moves. Where should I sit? Is that person nice? What if I don't like the food? It never ends so we might as well make the best of it.

Change is inevitable.

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## Thinking Yourself Healthy



Did you know that the entire New Thought movement in America came about as a means for physical healing? It started with Phineas Parkhurst Quimby who healed people through prayer (even mail-order prayers) in the late 1800s.

*This tradition of healing is why we have “Practitioners” and give “Treatments” (affirmative prayers) in the Science of Mind community today.*

But how does New Thought healing work? The “new thought” of the New Thought movement is that our thinking produces physical results in the world. In essence we can think ourselves well again.

Modern science is finally catching up. Modern researchers estimate that 75% to 90% of human diseases are stress related. We literally think ourselves into sicknesses. On a more positive note, studies continue to show that “positive” people, people with spiritual connections and people who receive prayer have better medical outcomes and heal more quickly.

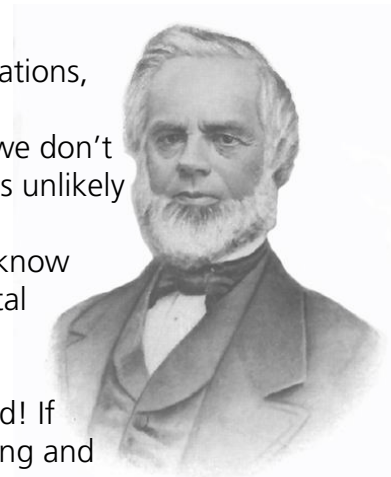
So how can we put this 120-year-old spiritual tradition to work in the modern world?

*It’s back to the basics of Science of Mind. What we think, what we believe and what we can accept will out-picture in our lives and in our bodies.*

If we can think of ourselves as well, as whole and as vigorous—the stresses and other sources of disease will respond. Our natural healing capabilities will be engaged and we will get better.

This “thinking of ourselves as well” requires some considerations, though:

1. We have to believe that we can and will be healthy. If we don’t think that our condition can improve or that a healing is unlikely the healing process will be difficult.
2. We have to be able to accept the healing. We have to know that we’re worthy of a complete healing and that mental healing will work for us.
3. We have to take actions to support our health. If we’re recovering from a lung disease, smoking is not indicated! If we’re trying to be healthy, we should have healthy eating and exercise habits.



The question often arises: Is mental healing compatible with medical treatment, medications and other healing modalities? Absolutely. There’s no reason not to take advantage of all avenues to achieve the good health that you deserve. Affirmative prayer and other forms of mental healing work with other modalities to create a complete container of healing.

**Here’s to your good health!**  
**Rev. Larry**

## Board Report

Happy Spring! This is such a joy filled time of year as we all marvel and watch the re-emergence of life. There is a sense of optimistic expectation in the air. Can you feel it? An enlivening of action, a forward movement of optimism towards a greater expression of Life. This wonderful feeling of growth and expansion is also present at PCSL.

After two-plus years of being in lockdown or partially opened, PCSL has fully reopened our doors to the public. There is a palpable sense of joy in the air as members and new guests connect and reconnect during our Sunday service. We no longer require masks, and we are keeping them available for those who feel more comfortable wearing one.

The education team has created an excellent slate of new classes for those who want to learn more about Science of Mind or want to dig deeper. The classes are posted on our website: <https://www.cslportland.org>.

The Board of Directors approved purchasing needed equipment for our music ministry. We have reorganized the Open Mind Bookstore into a hospitality/all-purpose room. It looks amazing! I invite you to step inside, grab a cup of coffee or tea and either chat around the tables or browse for some great gift ideas.

Our signs, outside the center, have been refinished and shine with the love and patience that it took to make them. A big thank you to our maintenance volunteer, Jason Hutchinson for his fine work! We have installed a new welcome flag banner outside our doors for Sunday services, creating a visual welcome for all our congregants. The Board of Directors and volunteers did a top-to-bottom cleaning of all the nooks and crannies in PCSL, creating space for new and vibrant activities and opportunities.

Our future plans include reinstating Divine Dining this summer, possibly opening the youth ministry in September, and holding fund-raisers and fun-raisers this year. We have simplified the process for usher greeters and the hospitality team, making those volunteer opportunities a wonderful way to dip your fingers into sacred service. If service is your motto, please speak to me or Vice President Sarah Stebbins.

**Many hands make for light work, and it is our volunteers who are the backbone of our spiritual center. Our Good is transpiring right now!**

*With Deep Gratitude to All,  
Much Love and Many  
Blessings,*

**Nadine Moller, RScP  
President**



***Serenity is loving  
and knowing that  
Love is appropriate.  
~ June Gumz***

## Spring Events

**Sunday, April 24, 12:30pm**

### **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 both in person and using Zoom teleconferencing.

Join Zoom Meeting Meeting ID: 817 6279 8754 — Passcode: 560216

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



### **Change Your Thinking, Change Your Life**

Rev. Marilyn Sprague, Facilitator; Donna Wallace, RScP, TA  
5 Weeks; Thursday Evenings

**4/7/2022 - 5/5/2022; 5:30 - 8:30pm PDT**

Participants learn how to apply Science of Mind principles, practices, and methods to enhance three areas of life: relationships, prosperity, and health.

*This class is held online in our virtual class room. Details, including your Zoom link, will be sent upon registration.*

### **From Fear to Faith - 3 opportunities:**

Science of Mind teaches that faith is a belief in an invisible principle and law which directly and specifically responds to us. What you see comes from what you don't see. In this workshop, you are guided through an intuitive process to take charge of your thinking—to convert fear, doubt, and worry to faith in your personal power to create new and greater experiences. You will also experience a releasing prayer to dispel fear and energize your faith.

Rev. Marilyn Sprague, Facilitator

### **2-Hour Saturday Workshop**

**4/9/2022; 1:00 - 3:00pm PDT**

*This workshop is held online in our virtual class room.*

*Details, including your Zoom link, will be sent upon registration.*

Kate Barrett, RScP Emerita, Facilitator

### **2-Hour Tuesday Workshop**

**5/3/2022; 10:00am - 12:00noon PDT**

*This workshop is held online in our virtual class room.*

*Details, including your Zoom link, will be sent upon registration.*



Rev. Larry King, Facilitator

### **2-Hour Sunday (In-Person) Workshop**

**5/29/2022; 12:30 - 2:30pm PDT**

*This workshop is held in person, upstairs at the Center, following the Sunday service. Details will be sent upon registration.*



## Events - con't

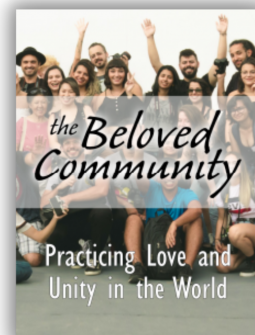
### **The Beloved Community: Practicing Love and Unity in the World**

Co-Facilitators: Kate Barrett, RScP Emerita, Nancy Ashley, RScP  
1/2 Day Saturday Workshop

**4/30/2022; 1:00 - 4:00pm PDT**

In this workshop we will draw on the concepts of Peace and Non-Violence to establish and continue a daily practice of honoring the rights of all beings. We will explore and experience methods that deepen our commitment to Love and Unity. This is how we create and maintain what Congressman John Lewis called, "The Beloved Community - a nation and a world society at peace with itself."

*This workshop is held online in our virtual class room. Details, including your Zoom link, will be sent upon registration.*



### **Spiritual Self-Confidence Practicing Love and Unity in the World**

Rev. Marilyn Sprague, Facilitator; Kathy Batten, RScP, TA  
1/2 Day Saturday Workshop

**5/21/2022; 1:00 - 4:00pm PDT**

It's been said that if you want better answers you need to ask better questions. No matter how bad a situation seems to be, the answer you are seeking is already within you. In this workshop, you'll learn how to access your inner wellspring of Wisdom and increase your spiritual self-confidence to express your innate brilliance. You're invited to treat yourself to inner treasures and know that spiritual fulfillment and happiness are not reserved for a chosen few.

*This workshop is held online in our virtual class room. Details, including your Zoom link, will be sent upon registration.*



### **Visioning: A Way of Life**

Kate Barrett, RScP Emerita; Kathy Batten, RScP, TA  
6 Weeks; Tuesday Evenings

**5/24/2022 - 6/28/2022; 6:00 - 9:00pm PDT**

This class is an invitation to open up to limitless possibilities in your life. Join us to learn the visioning process. You'll create a personal Life Vision statement and bring forth ideas from your inner life into manifestation in your outer world.

*This class is held online in our virtual class room. Details, including your Zoom link, will be sent upon registration.*



**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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