



June 2022  
vol 13: issue 3



OUR BI-MONTHLY NEWSLETTER

## TUG OF WAR GAMES

Last month I joined a writers' group. About time, you say. The format is as follows: the leader of the group gives us a new 'prompt' to write about each week. Last week tug-of-war was the subject. It is interesting how many different takes there are on those three words.

My first image is of sturdy kilted Scots pulling on a thick rope. The goal is to up-end the other team and enjoy the prestige of superior athletic prowess.

My second thought was of sixth grade field day at the end of the school year. All sorts of activities take place that day but the most exciting is the tug of war. Often it is the boys against the girls. The boys always win but some feel that eleven-year-old girls are already smart enough to let them.



By June Gumz,  
newsletter editor



As adults we can experience situations in life that feel as if someone or something is trying to pull us over an imaginary line for their benefit and our loss. Organizations, schools, churches and families are breeding grounds for push and pull situations. Jealousy, ambition and injustice account for many tug-of-war experiences.

Solutions come from listening, affirming, releasing judgment and playing fair. I trust that countries, religions, governments and families can exchange ideas without being so caught up in their view of life that they can't appreciate the values of others. Let tug-of-war remain an athletic endeavor.

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## WORLD HAPPINESS REPORT

In June we're studying happiness on Sundays. Coincidentally, the 2022 "World Happiness Report" recently was published to cover 2021. The report has been going on for 10 years and provides a standardized way for researchers to understand and measure happiness levels in over 150 participating countries. The full report can be found here: <https://worldhappiness.report>

You might think that happiness levels would have plummeted during the pandemic. You'd be wrong. Although happiness in the US has dipped a bit in the last two years, the level of happiness remained stable for most countries.

The Report focuses on 6 key areas of happiness. After much research these are the areas that most closely relate to people feeling content with their lives:

- Financial Stability (having enough money to support all basic needs)
- Healthy Life Expectancy
- Absence of Corruption
- Social Support (strong social services and ties)
- Social Freedom (being able to be "yourself" without constraints)
- Generosity (having strong patterns of institutional and personal giving)

Although the pandemic caused perceived levels of Healthy Life Expectancy to go down, up-trends in Generosity and Social Support were elevated in most countries allowing their relative level of happiness to remain stable.

You may have noticed that most of these areas of happiness are subjective. That is, our happiness is not based on an absolute measure of financial stability or corruption, but rather how we feel about them. Happiness is much more than the facts of our environment -- it relies on what we think and feel about ourselves and the world around us.

***Happiness is an inside job. Not only do we personally experience the world based on how we think and feel about the world, it turns out that groups of people do also.***

How will 2022 turn out? Will the United States regain some of the happiness that it lost last year? Will we move up or down from our ranking as number 16 among the 150 nations?

*Maybe a more important question is: Are you happy? Make sure to follow along with us this June as we learn to be "Happy for No Reason" using Marci Shimoff's book of the same name. You'll learn how to maximize your internal happiness so that you are less dependent on what's going on and more able to see the happiness available to you in everyday life.*

If you miss a Sunday, no worry. You can listen to the recordings via podcast or watch us on YouTube.

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



***"It is only as we allow  
the Divine current to  
flow through us...that  
we really express life."  
~ Ernest Holmes***

## BOARD REPORT



**By Nadine Moller,  
Board President**

The definition of the word connection from the Oxford dictionary is; “something that joins or connects two or more things; 2: the act of connecting two or more things or the state of being connected.”

This month your Board of Directors met for the “Board Retreat”, which is a two day meeting beyond our monthly meeting. It is used to plan the direction of PCSL over the coming year(s).

The verb CONNECTION defined the meeting. We recognize that folks need and want more connection with each other, and they want to feel a deep and abiding connection with their place of worship. Our goal was to make that real by defining sacred containers where we can joyfully make loving connections that open hearts and awaken folks to their spiritual magnificence.

The Board has voted to support and move forward with tangible ways to connect and re-connect thru Divine Dining, scheduled throughout the months of June, July and August, and we are reviving the PCSL Picnic scheduled for Sunday July 31 in Peninsula Park, picnic area B.

We will continue with our online ways of connecting thru classes, weekly meditation and lunch with Larry. As our congregant numbers increase we will be adding more events through the year.

*This is just a start. If you have a wonderful idea for fun ways to connect please bring it to us!*

PCSL’s purpose is to open hearts and awaken humanity to its Spiritual magnificence. Our vision is a world that works for everyone and our mission is to provide spiritual tools, practices and an environment for positive transformation.

*We are thrilled to see more young people attending Sunday services. It is a call to start up our Youth Ministry sooner, rather than later. Our yearly budget is lean. Donations have not yet reached pre-pandemic levels. I ask that you please consider tithing above and beyond your normal donation to help finance the youth ministry. Your donations are a priceless legacy, blessing our youth with the Spiritual tools, practices and consciousness to successfully move forward with their lives.*

Thank you for being in our lives and I look forward to connecting with you on Sunday!

Love and Blessings, Nadine

***We are born to be happy, to be abundantly supplied with every good thing, to have fun in living, to consciously unite with the Divine Power that is around us and within us, and to grow and expand forever.***

*~E. Holmes*

## SOCIAL JUSTICE BOOK CLUB



By  
Nancy Ashley RScP

This Book Club was introduced in 2017 after a special 4 week class/workshop was presented at the Center regarding Racism – personal and national. Being an avid reader myself, I knew I was still quite ignorant about so many aspects of racism in America, as a white girl growing up in rural white New England, and so we began the Book Club.

We read about and discussed issues of social justice in the US. We began by reading about the current African-American experience in America, with great discussions and amazing learning. We expanded to include books about Hispanics, Native Americans, and Asians.

We meet by Zoom (link on our website [cslportland.org](http://cslportland.org)) on the first Saturday of each month, and even if you have not read the current book, you are most welcome to share in the discussion. We learn from each other's own experiences. Please join us, and/or review this list of some of the many books we have read and shared. Namaste.

- 1. *White Like Me*, by Tim Wise (White experience re: racism)**
- 2. *Tears We Cannot Hide*, by Michael Eric Dyson (Black experience)**
- 3. *The Book of Unknown Americans*, Christina Henríquez (Hispanic)**
- 4. *Bury My Heart at Wounded Knee*, by Dee Brown (Native American)**
- 5. *The Myth of the Model Minority*, by Rosalind S. Chou and Joe R. Feagin (Asian Americans)**
- 6. *Braiding Sweetgrass*, Robin Wall Kimmerer (Contemporary Native American)**
- 7. *Caste*, by Isabel Wilkerson (American System of Hierarchy)**
- 8. *The Warmth of Other Suns, The Epic Story of America's Great Migration*, by Isabel Wilkerson (Blacks from the South to an also prejudiced North)**
- 9. *We Do This Until We Free Us*, by Mariame Kabe (Transformative Justice)**
- 10. *Brothers in the Beloved Community, The Friendship of Martin Luther King and Thich Nhat Hanh*, by Marc Andrus (Building a more peaceful world)**

**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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## A "MOVING" CELEBRATION FOR REV. MARILYN



On May 29th PCSL had its first potluck since the lock-down for the pandemic. The purpose? To honor Rev. Marilyn Sprague and to throw her a "moving" party.

*No, she's not leaving us—just relocating to Fargo, North Dakota. Rev. Marilyn will remain our Staff Minister in charge of Education and Virtual Outreach.*

When asked, she laughed, "What better way to develop an outreach ministry for PCSL than to be doing it in the field." She is looking forward to a new adventure and to be closer to her sister.

You'll still see Rev. Marilyn on Zoom as she teaches classes, organizes meetings and coordinates the development of a virtual membership program.

This is a significant step in the fulfillment of our strategic plan. It will ensure that we maintain a lively internet presence and help to define what it means to be an "online member" of the Center.

She'll also be leading the Fall Connection Circles. "Learning how to make the most of online connection opportunities was one real blessing of the pandemic," she explains.

*What a blessing to have Rev. Marilyn on our staff! You can still reach her via email: [sprague.marilyn7@gmail.com](mailto:sprague.marilyn7@gmail.com)*

### Giving Made Easier and More Modern:

Our new church management system provides more options for giving. Some of us still like writing checks, but now there are a variety of additional options:

- *Texting your contribution amount during the service -- or anytime, to 616-303-7808. The first time you text, you'll be walked through setting it up.*
- **Setting up one-time or regular donations via debit or credit cards**
- *Making a one-time donation or regular donations directly from your bank account (ACH transfers)*
- **Scanning the QR code in the Sunday program with your smart phone**
- *Using PayPal*

You can read about all these ways to give on our website at: <https://www.cslportland.org/donate/>

*Your generosity makes a difference and helps change lives. Together we are creating a world that works for everyone. We are a 501(c)(3) organization and your donations may be tax deductible.*

## COMING EVENTS



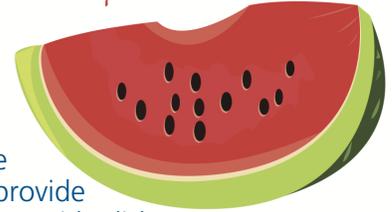
### ***Divine Dining (Tickets On Sale Soon!)***

We're bringing back our wonderful friend-and-fund-raiser. Would you like to go to a fun party and help support your spiritual center at the same time? We're lining up a variety of dining and event parties to delight you this summer. They're a great way to make connections, meet new friends and support PCSL.

Fellowship • Friends • Food • Fun

### ***Annual Picnic & Bring-a-Friend Sunday*** **Sunday, July 31, 12:30-2:00pm PDT**

Peninsula Park, 700 N Rosa Parks Way, Area B  
Bring a friend to the 11:00 AM service and meet everyone afterwards at Peninsula Park for our Annual Picnic. We'll provide the burgers, veggie-burgers and "dogs" and you can bring a side dish. Volunteers are needed for set-up and take-down.  
Contact Helen McCann (503-420-6216) or Nadine Moller (201-394-6420) for more information and to help out.



### ***Town Hall Meeting***

#### **Sunday, August 7, 12:30pm (Online and In-Person)**

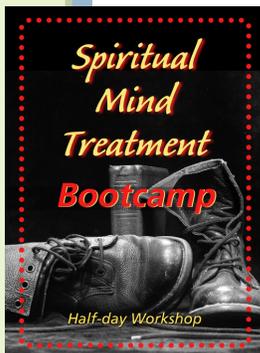
Everyone is welcome to join our quarterly Town Hall Meeting. We'll present program and financial reports to cover the first half of 2022. Consider joining us upstairs (in person) or on the Zoom call after the Facebook Live Sunday message.

Join [Zoom Meeting](#): Meeting ID: 838 3241 8711 - Passcode: 161324

If you're new to zoom, [read more about it](#) to get set up before the meeting.



Meeting  
Reminder!



### ***Spiritual Mind Treatment Bootcamp***

#### **1/2 Day Online Workshop**

**Sean AB Larkin RScP, Nadine Moller, RScP, Co-Facilitators**

#### **Saturday July 9, 1:00-4:00pm PDT**

Spiritual Mind Treatment is the essential prayer practice of Science of Mind. In this Zoom-presented workshop we will learn its structure, process, and application to spiritual principles. We will survey the common pitfalls of this spiritual practice and how affirmations and denials can support our Faith practice. Register online at: [cslportland.org/?p=16235](https://cslportland.org/?p=16235)

### ***Cosmic Prayer***

#### **2 Hr Online Workshop**

**Rev. Larry King, Nancy Ashley, RScP, Co-Facilitators**

#### **Saturday August 20, 1:00-3:00pm PDT**

For two thousand years, the "Lord's Prayer" has been a prayer of healing and abundance used successfully by countless people throughout the world. In this Zoom-presented workshop we will examine and feel the deeper meanings of the teachings of Jesus, translated from the original Aramaic. You will learn why this prayer has such power and how to construct your own "Cosmic Prayer" of power. Register online at: [cslportland.org/?p=16180](https://cslportland.org/?p=16180)

