



Aug 2022  
vol 13: issue 4



OUR BI-MONTHLY NEWSLETTER

## STAGES

When I was a child, I had the embarrassing habit of biting my fingernails. My parents made it very clear that the habit was unladylike and negatively encouraged me to stop. It wasn't until I was to be married, at age 20, that I gained enough self-control to master the habit. As an octogenarian, the idea of chomping down on a fingernail, even when nervous, has no appeal.

My children were not nail biters, but one of them was a thumb sucker. I chose not to take my parents route and did not make a big issue of it. It was comforting to her and helped her relax to sleep. However, when she was six, the practice still continued. Something had to be done. Bribery seemed a viable tactic; a trip to Disneyland if she could refrain from the infantile habit for two weeks. Like my wedding, the reward made the change worth it.

*We shouldn't need rewards to do the 'right' thing, but it definitely speeds up the process. After all, as adults we expect to be compensated for our work. Life is a give and take proposition, right? We go through stages ranging from instant gratification to leisurely acceptance.*

Michelle Obama put it this way "For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end."



**By June Gumz,**  
newsletter editor

**MORE PICNIC  
PHOTOS ON  
PAGE 3!**



## THE LAWS YOU CAN'T BREAK



This summer we're discussing a variety of spiritual laws. A spiritual law describes how God works in the world in the same way that a physical law describes how Nature works in the world. Laws work the same for everyone, are observable, and are generally measurable. Once understood, laws can be used for our benefit.

For example, The First Law of Motion says that "An object will remain at rest or in a uniform state of motion unless that state is changed by an external force." This physical law is unchanging and is true in all circumstances. It's nice to know that a rock will stay where it belongs on the ground.

Similarly, The Law of Attraction says that "Whatever you focus your energy and attention on will be attracted into your life." This spiritual law is always in effect and works for everyone. It's also nice to know that when I focus on Love and Joy—that's what will be attracted into my life.

**We don't need to understand why these laws work, but when we understand how they work, we can begin to use them.**

A classic example of the Law of Attraction is the "Blue Cars" game. It's a fun family game to play on a road trip. Everyone scans the highway for blue cars. The person who sees a blue car first gets a point and at the end of the day the person with the most points gets a nice prize.

How does this illustrate the Law of Attraction? The following day, you will, without paying any particular attention, start noticing blue cars wherever you go. By focusing your attention and energy on them—suddenly you see them everywhere. You begin to wonder why they made so many blue cars compared to other colors.

Does this law create blue cars? Does it physically cause the drivers of blue cars to head your way? Does it trick your perception into thinking that there are more blue cars than there really are?

Good questions. I honestly don't know. Remember, I said that we can use laws without knowing exactly how they work. For what it's worth, I also can't tell you why an object at rest stays at rest. Neither can scientists.

But does it matter? Even if it's just our perception, isn't that good enough? If we can use spiritual laws to create lives that are happy, prosperous and filled with joy—does it matter?

Stay tuned for more Sundays featuring spiritual laws throughout the summer!

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



***"Go ahead.  
I dare you  
to move."***



## ANNUAL PICNIC

### *Bring-a-Friend Sunday in the Park*



We reintroduced our annual "Picnic in the Park" and enjoyed great attendance and lots of good food. Although hot, the day was perfect under the shade of the Douglas Fir trees in Peninsula Park. A slight breeze cooled us off as we enjoyed cooked food (thank you, Jason Hutchison, master griller) and a variety of side dishes (thank you, everyone). Set-up and clean-up was accomplished through a wonderful volunteer team: Helen McCann, Al Shaw, Debbie and Mark Pettijohn, Rick Smith, Erin Hurt and Nadine Moller. What a glorious way to meet new friends and catch up with old ones!



## THE PRACTITIONER PERSPECTIVE

### *Answers to Life's Questions*

By Kathryn Richer, RScP



*In this time of political extremes, a pandemic, and inflation how can we attain inner peace? Where should our emphasis be?*

This is a deeply relevant question on the minds of so many for the last few years! Inner Peace is a state of mind; a state of being. Every Sunday service at the Center we invite all to "stay open to the possibility of changing your life, simply by changing your mind." It works! And it is hard work (especially in these times), for we are taking full responsibility for our lives.

Changing our minds takes consistent spiritual practice (prayer, meditation, sacred study, etc.). We must move from fear, doubt, worry, lack and limitation associated with appearances, situations, and circumstances towards That which is beyond these things. We tap into the Infinite and Eternal Source of Love, Freedom, Harmony and Peace because we are One with It. This tapping-in provides the emphasis on Inner Peace. It is always there for us and with us!

Another key spiritual practice is awareness of our thoughts so that we can change our response to situations. I developed a practice that came to me through meditation called "Do RAD, Be Rad©" It can be used anytime a thought/feeling/situation is 'stinky.' Here are the three RAD steps:

- 1. Recognize:** *Through awareness, you have the ability to Recognize a 'stinky' thought. You can then re-think the thought/feeling/situation.*
- 2. Affirm:** *This is where you 'Flip It' by identifying the opposite of the stinky thought/feeling. Think of making pancakes. If they start to burn (i.e. get stinky), what do you do? You flip them to the opposite side. It's the same thing—identify how you want to feel/experience. If you can't quite get to the opposite, you can simply go neutral in really challenging situations. The point is to make an energetic shift in your mind/consciousness.*
- 3. Direct:** *Direct your thoughts, actions, words, and intentions in the direction of the positive opposite. Use the superpower of Out-Loud Affirmations. Words are creative power; out-loud affirmations are even more powerful. With feeling!*

I am not suggesting we do a spiritual bypass when things are hard. Rather, this is a recognition of "I see you," and then choosing if/when you desire an inner shift around the situation.

*By doing RAD, you can make a quick flip to inner peace. The more you practice this, along with your other spiritual practices, the more sustained your Inner Peace will be. NamaStar!*



## FUN WITH DIVINE DINING



### Global Connections Through Food, Friends and Family

Cheryl Collins & Bev Simpson, Co-Hosts

Saturday 9/10/2022 5:30pm PT

Location: Vancouver, WA

You are invited to experience an exceptional evening of a traditional Ukrainian feast. Please bring a family "show and tell" item to share about your heritage and customs as we share the heritage, customs and food of Ukraine.

We still have two Divine Dining Parties to tempt you. Sign-up online for the party, meet friends and contribute to the Center—all at the same time! Find out more and sign-up for a party at:

<https://www.cslportland.org/divine-dining/>

### Middle Eastern Adventure

Charlotte Parks and Nancy Ashley, Co-Hosts

Saturday, 9/17/2022, 5:00-7:00 PM PDT

Location: Aloha, OR

Enjoy an afternoon/early evening of Middle Eastern food and dance. We'll have a performance of the Potpourri Dance Troupe to delight the senses. There'll be great food and entertainment, and time to make new friends. You won't want to miss this culinary adventure and a chance to dance with the Troupe.



### Social Justice Bookclub - NEW FORMAT:


Through the end of the year, the Social Justice Bookclub will be using Recovery from the Lie of Whiteness: Be-Coming Aware, edited by Andrea Travers. Each month we'll work three steps in the book as we learn to "recover" from the lie of whiteness in this 12-Step inspired program.


Join us on September 3rd at 12:30 PM PT as we start the first step. Newcomers welcome. Contact Nancy Ashley at 503-880-0308 for more information and to receive the zoom link for the online meeting.

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

 **Make a donation online:** [cslportland.org/donate/](https://cslportland.org/donate/)

 **Become a fan on Facebook:** [facebook.com/cslportland](https://facebook.com/cslportland)

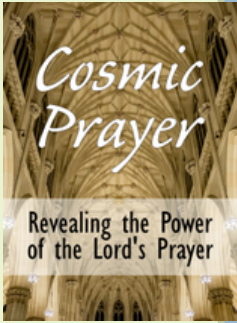
 **Follow us on Twitter:** [twitter.com/portlandcsl](https://twitter.com/portlandcsl)

 **Interact with Rev. Larry's Blog:** [cslportland.org/blog](https://cslportland.org/blog)

 **Listen to a Podcast:** [cslportland.org/podcasts/](https://cslportland.org/podcasts/)



## COMING EVENTS



### ***Cosmic Prayer***

**2 Hr Online Workshop**

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

**Saturday August 20, 1:00-3:00pm PT**

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)

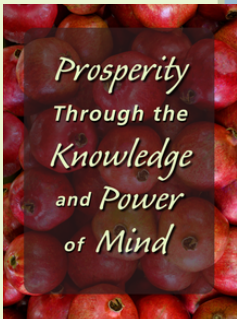


### ***Spiritual Principles and Practices***

**Co-Facilitated by Rev. Marilyn Sprague and Kate Barrett, RScP Emerita**

**5 Weeks; Mondays 10/03/2022—10/31/2022; 6:00-8:30pm PT**

This on-line class is an Essential Foundational Course based on the principles and practices of Science of Mind. Living the best possible life takes practice, practice, practice. Discover proven practices that bring spiritual principle into action allowing you to manifest a desired goal or intention. Through this course, which offers spiritual practices and their methods that you can begin using now, you will begin to see results and changes in your life.



### ***Prosperity Through Knowledge and Power of Mind***

**Rev. Marilyn Sprague and Kate Barrett, RScP Emerita, Co-Facilitators**

**2 Saturday Afternoons 10/15/2022 and 10/29/2022; 1:00-2:30pm PT**

In this online workshop, we are applying Spiritual Principles introduced in Prosperity by Annie Rix Militz. Come and discover your innate "dynamo of concentrated, creative energy" that guides you to experience true contentment. This two-part workshop supports you in recognizing your own Wisdom—God Within expressing Prosperity through you—and witnessing the Wisdom of others. Delight in developing a personal, definite spiritual practice for ascending greater heights of eternal Prosperity in all areas of life.

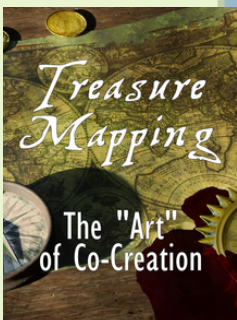


### ***Powering Your Decisions***

**Facilitated by Rev. Marilyn Sprague, Teaching Assistant Donna Wallace, RScP**

**8-Weeks; Tuesday Nights 11/01/2022 - 12/20/2022; 5:30-8:00pm PT**

You already possess greater ideas than you ever thought possible, but first you must find a pathway to their discovery. This course takes you on such a journey to help you produce better results with confidence and clarity for life. Attract new ideas into your life today while gaining greater mastery of practical spiritual tools you can apply to all your future decisions about health, happiness, creativity, and richer living. In this course, you will realize the power of letting go of thoughts that no longer serve. This course offers practical exercises and hands-on self-assessments to strengthen your spiritual understanding of how to live Spiritual Principles and deepen your relationship with Spirit, God, the Divine Nature of the Universe.



### ***Treasure Mapping: The "Art" of Co-Creation***

**Facilitated by Rev. Larry King**

**Saturday 1/2 Day In-Person Workshop; 11/12/2022; 9:00am-12noon PT**

Treasure Mapping is an easy, fun and interactive process of using the Spiritual Law of Attraction in a conscious and intentional way. Learn how to create a more abundant life through intention and visualization. We will create treasure maps (story boards) to clarify and focus our desires for a greater experience of life.