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Being open to new ideas, places and people is a sure way to get more out of life.

TRAVEL BUG

WILLINGNESS TO CONSIDER ANOTHER VIEWPOINT BY JUNE GUMZ

Is there an "I want to see the world" gene in our DNA? If so, my mother had it, and to a lesser degree, I have it. Unfortunately, my mother and I squelched our desire to travel because our spouses weren't adventurous types. They had everything they wanted right here, so why spend all that money and time in places with odd food and different languages? One of my brothers is perfectly content to stay within our borders while the other one ventured out in his younger years.

As a parent, I chose not to perpetuate the limited idea that America is the most comfortable country in the world, so why leave it. While I didn't have the finances to visit other countries for many years, I made space for others to visit our family. We had a Cambodian family live with us for a year, and later several unaccompanied minors from Thailand camps. We even had a lama and several monks visit us.

Our daughter, Julie, spent a semester in Vienna during college soaking up her grandfather's language and family heritage. Her brother, Steve, worked in Japan and Korea for three years teaching English. I like to think that their comfort in other places started with getting to know people from faraway places in our home. Because of Julie and Steve's experiences in other countries, they made it possible for me to visit Japan and Austria and Germany later in life.

My grandchildren have no reluctance to experience the wonders of the world. One speaks German and spent a year in Austria. Another has taken Japanese and Arabic and has travelled in Japan, Europe and the Caribbean. The youngest is fluent in Japanese and English and has travelled to Japan seven times in his nine years. Radiation is the only thing limiting his visits lately.



Steve Smith and Julie Martin on the left.

Being open to new ideas, places and people is a sure way to get more out of life. So many folks seem stuck in belief systems, which don't allow much leeway of thought or action. In my lifetime I have seen the results of compromise in government and I have seen stagnation. I have been privy to bold ideas in education and later the defunding of those plans. During my time in SOM I have seen separation and the rejoining. All of these changes came about because of a willingness to consider another viewpoint. While I reject stagnation, it is a choice people make. While I reject defunding of good plans, it makes sense to others. I have lived long enough to know that the pendulum will swing my way in time.

In August my brother, Steve, and daughter, Julie, decided to celebrate their birthdays by taking a balloon ride over Yamhill County. Change can come from simply looking at our world from a distance realizing how much is available to us. As they say "travel is broadening."



Rev. Larry King

Let's all channel that "back to school" energy and widen our mental vistas with more information and more tools for intentional living!

BACK TO SCHOOL ENERGY

MESSAGE BY REV. LARRY KING

As Labor Day approaches, I start to feel a back to school energy. It's time to switch gears from the busy summer activities. My emphasis moves gradually from enjoying the fun and activities of summer and shifts into planning for the shorter days ahead. It always reminds me of starting school and learning something new again, too.

Have you learned anything new lately? Fall is a great time to schedule yourself into a rewarding and uplifting class.

It might be time to take a class in **something job-related**. There's always room to expand our skills and talents in ways that will make us more valuable at work.

It might be time to take a class in something to **widen your vistas**. So often we think of ourselves in a narrow set of roles and experiences. If you expand your "mental equivalent," you can expand your life. Try a class in something entirely different. Maybe you'd like to try painting or plumbing? Writing, or a foreign language?

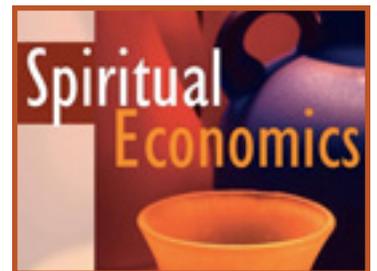
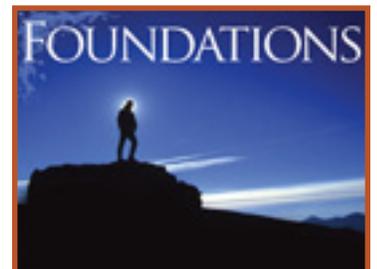
It might be time to take a class in something that will **nurture your body**. Have you considered taking a massage class with a partner or friend? Have you taken an exercise class recently, or worked with a personal trainer or nutritionist?

Of course, I will always recommend a **Fall Class at the Center** for Spiritual Living. Rev. Sharon and Kate Barrett are teaching *Foundations*. It's an overview of the teachings, beliefs and practices within the Science of Mind. If you really want to "change your thinking and change your life," this is the place to start. Make a self-investment in this 10-week class and enjoy a lifetime of intentional living. The class is also great for people new to the Center. In addition to learning about the Science of Mind, you will create connections and friendships during the class that will assist you in finding true "community."

If you've already had *Foundations*, consider taking my class in *Spiritual Economics*. We'll use Eric Butterworth's book to create an understanding of how to use spiritual principles to live a richer, fuller life of financial freedom.

I'm planning to learn a lot this fall, both here at the Center and in the larger community. Let's all channel that "back to school" energy and widen our mental vistas with more information and more tools for intentional living!

Much Love and Many Blessings,
Rev. Larry



GET TO KNOW YOUR COMMUNITY

KAREN KETTLER: Following the road less traveled. BY JUNE GUMZ

Karen Kettler feels she has had an interesting life because “I have definitely followed the road less travelled. I followed my heart and my intuition and looked for opportunities to expand and grow. This has led to a rich and rewarding variety of assignments and places to live.”

Karen’s religious life has included Catholicism, Tai Chi and macrobiotics in Spain. She discovered SOM in Santa Rosa, California and has searched out centers wherever she is. She found PCSL when it was meeting in the Convention Center and appreciates the diversity of the community and feels grateful to have found a home for her eclectic spiritual beliefs.

Travel, a love of the outdoors, and languages, have all played major parts of Karen’s life. In high school and college she took French and Spanish. Her junior year in college was spent in Barcelona, Spain. Later when she enlisted in the Army, she signed up to be a translator so she could learn Arabic. One of her favorite assignments was a six-week stint at the UN translating documents from Iraq.

When I asked Karen the most exotic place she had lived, she said it was a tie between Yemen and Saipan. Her time in Saipan came as the result of gift from her mother. The trip was to visit an exchange student who had lived with Karen’s family during high school. Two months in an area without running water, plumbing or what we would consider the comforts of home made her appreciate what we have. “What they lacked in comforts and conveniences were made up in generosity of spirit, joy and open hearts.”

The harsh landscape of Yemen and the stark difference in culture and traditions made a major contrast between the lushness and carefree times in Saipan. Karen loved the experience and tolerated the heat and dryness, lack of garbage pick-up and the gutterless streets. She was in the U.S. Army at the time working as a translator.

The outdoors, and all that entails, feeds Karen’s connection to Spirit. Hiking, kayaking, camping, gardening, trips to the coast, etc., help her to connect with nature. She adds that time spent with friends and family rounds out her good life.

Being on the CORE Council is her way of giving back to an organization that has enriched her life in so many ways. Take time to make a friend of this fascinating lady. You’ll be glad you did.

Karen in Yemen, 2002



*Karen Kettler,
CORE Council member*

“What they lacked in comforts and conveniences were made up in generosity of spirit, joy and open hearts.”

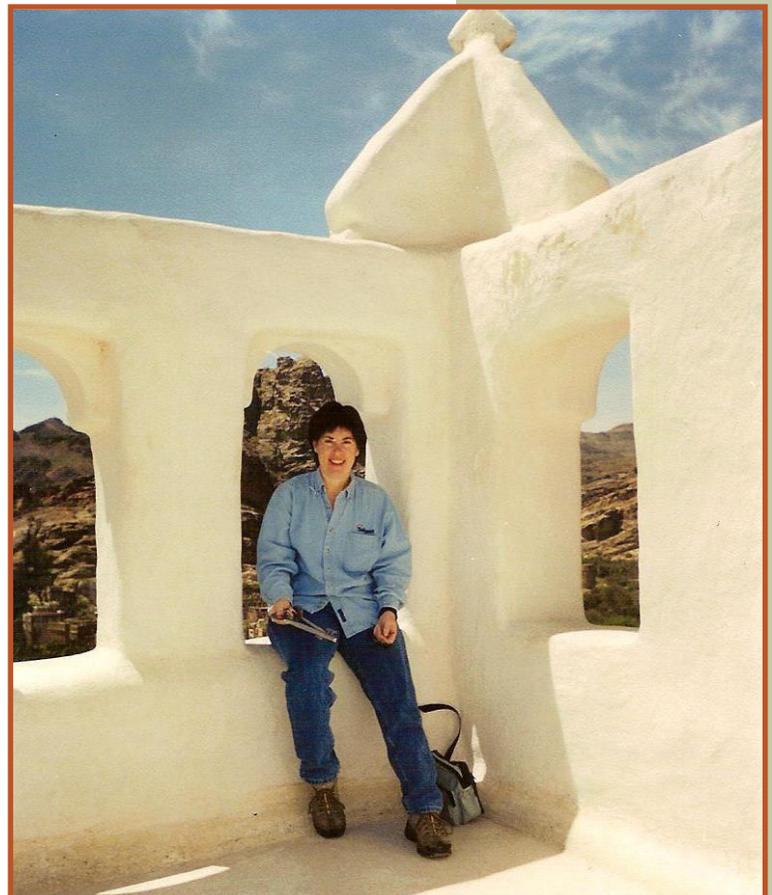


PHOTO GALLERY

PCSL SUMMER ACTIVITIES



JUNE – Happy campers at annual “Spirit As Woman” retreat at Silver Falls, Silverton.



JULY – Community picnic at Peninsula Park; entertainment by the Pickled Peppers Band.



AUGUST – Community musicians fill in while Music Director, Linda, is on vacation.

Opening Hearts
Igniting Minds
Making a Difference



AUGUST – Field trip to OMSI builds a strong sense of community in youth church membership. Discussions about the natural laws of nature and God will follow.

YOUR SPACE

BEFORE AGREEING TO ANYTHING, ALWAYS LISTEN TO SPIRIT

BY MARTHA TRACY, RICHMOND, TEXAS

Martha Tracy lives in Texas but used to attend PCSL with her sister, Marie Hayden, who died several years ago. Martha is an artist, chef and baker. Marie was a talented flower arranger who often benefited our Center with her skills.

Martha receives our newsletter and sent me a true story titled The Big Cover Up. For space considerations I have edited it to fit. Martha house sits, and this is a story of one of her jobs. The lady who hired Martha asked her if she would put together a coverlet for the master bedroom. Martha agreed since it would mean she would be paid extra for the work.

The homeowner said, "I don't want borders, just sew it up as you would a pillow case." Wow! Paid for sewing and house sitting too. Gratitude explosion!

Enter the Day of Enlightenment. I pick up the fabric and an entirely new wrinkle has been added to the mix. The fabric is silk rayon and has rows of vertically swirling sheer ribbon for the top piece. For extra wow, the side panels for the coverlet are a silky sheer blue (vertically) crinkled. Okay, fear, panic, confidence melt down, reach for prayer, affirmations, and trust. Oh, there is wool batting to be attached as well. Fear to Faith, please, now!

Measure, measure, measure, sew, rip seam, trim, re-measure, sew. This went on for three days. The base went together quite quickly but the top with the batting was another story. The fabrics kept creeping and sliding. Ah! Was it mentioned that all fabric was measured and cut either on the kitchen table or the carpet? The carpet came out unscathed. All this until a loving daughter, tired of watching the sweat and maybe tears, said, "Enough already! I'll sew three sides. You finish the rest." Thanks and gratitude and lessons poured forth.

Results: The coverlet was delivered, admired and just what the owner wanted. As for the fee, it was mutually bartered into a website for Martha. The house sitting was for pay and everyone was satisfied.

Comments and hints from the stubborn seamstress:

1. *No matter what, trust in faith*
2. *Measure on a table wide enough for the fabric or go to a quilt shop*
3. *No sofas or kitchen tables when dealing with slippery fabrics*
4. *Baste, baste, baste sheer fabrics*
5. *Stand in your truth no matter what the challenge*
6. *Before agreeing to anything, always listen to Spirit and trust your instincts. "Is this truly what I want to do?" If not, use the word, "no" ever so gently, but firmly. You'll love yourself in the morning or push on anyway.*

DO YOU HAVE AN IDEA OR STORY TO SHARE?

Our newsletter is evolving. I know that PCSL is abundant with creative folks with ideas and stories to share. Our newsletter seems to be a natural place to try them out. I am excited by the prospect of exposing more of our writers to the Community News audience. If you have something to share, please email it to: greetingsjg@comcast.net. – June Gumz, Editor



Martha Tracy

*No matter what,
trust in faith.*

*Stand in your truth
no matter what the
challenge.*

*Always listen to Spirit
and trust your instincts.*

THOUGHTS: 3,000 A DAY? BY REV. SHARON LEE FOLEY

Just a few ramblings from the suitcase of... (I travel a lot these days). I was asked last week how I was doing. My initial response was to say that I was having a hard day. I didn't say that because, before I could, I realized that it wasn't a hard day. It wasn't an easy day. It was Thursday. And really, that was made up as well. A day is a day – a gift, really. It's never a hard day. I might be having a hard time in it, but I can change that.

Then I was thinking about the phrase, "losing my mind." What does that mean? If I've lost it, where did it go? What am I using instead? And is "losing my mind" necessarily a bad thing? Maybe all this introspection is the result of something Santa Rosa's Rev Edward said Sunday about changing our minds. We in Religious Science invite folks to change their entire lives by simply changing their minds. I love that saying. But is it that simple – really?

What if we narrow that down some. At last count, we have 3,000 thoughts a day. Maybe we start by looking at which thoughts we chose to believe. Which ones seem to grab our attention? Maybe rather than changing our mind, we begin by watching which thoughts we currently choose to follow and start there. Otherwise, this can be exhausting. 3,000 thoughts a day? No wonder sometimes it feels like we're losing our minds!

CORE COUNCIL UPDATE: BY DIANE THOMAS, CHAIR

Our new heating and cooling system (downstairs) and windows (upstairs) are installed and working. We raised \$15,000 from our capital campaign and added \$10,000 from our savings to complete payment for these upgrades. We still have minor ceiling plastering to do in the sanctuary where the "old reliable" heating unit was. Everyone is enjoying the cool and quiet of the new system.

We exceeded our planned income from the "Divine Dining" program this year (we raised over \$3,000) and all of the parties were fun and successful. It continues to be a favorite series of events during the summer.

Although our Sunday services continue to be well attended, our tithes and Sunday gifts are "down" about \$10,000 from last year at this time. We are making up for this by using some of our savings. We ask all our members and friends to continue keeping their pledges and to consider making additional gifts to the Center. Bringing friends and family to the Center is another way to "grow" the center and help stabilize our finances.

We're in the midst of planning our October pledge month and a variety of other fall and early winter activities.

Contact any of our council members with comments and questions. We're always available to you.

Diane Thomas
Chair, CORE Council
Portland Center for Spiritual Living



Rev. Sharon Lee Foley

Is "losing my mind" necessarily a bad thing?



Diane Thomas
CORE Council Chair

Working to create and maintain a wonderful environment for Spiritual growth

Opening Hearts
Igniting Minds
Making a Difference

JOIN US AT THE CENTER

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COMING EVENTS • GET THE LATEST UPDATES ONLINE AT www.pcsl.us/calendar

SEPTEMBER

FOUNDATIONS

Thursdays, Sept. 19 - Nov. 21, 6:30 - 9:30 PM
Enhance your spiritual connection to a Higher Power. Learn nine spiritual principles and practices that can change your life forever. Join Rev. Sharon Lee Foley and Kate Barrett, RScP for 10 weeks of self-discovery and revelation within an experiential format of lecture, discussion, sharing and process. Required book, *The Science of Mind* by Ernest Holmes. Open to everyone--no prerequisites.

INTERNATIONAL DAY OF PEACE

Saturday, Sept. 21, 10:00 - 11:00 AM
Join the Practitioners of PCSL for an hour of Peace meditation and singing. Let's celebrate the Peace in ourselves, in our families, our communities and in our world. Peace is within us all--let us share it on this special day.

MEMBERSHIP CLASS

Two Sundays, Sept. 22 & 29, 12:30 - 2:30 pm
Have you wanted to become a full member in our loving community? Join Rev. Larry for two afternoons exploring the basics of what we believe, where we fit in and how we serve. Everyone is invited to become a member--there is no cost. The second class will start with a welcome luncheon. If you've already had "Foundations" (or are currently taking it) you can skip the first class and join us on Sept. 29th.

All events held at the Center unless otherwise noted.

OCTOBER

SPIRITUAL ECONOMICS

Tuesdays, Oct. 1 - Nov. 19, 6:30 - 9:30 PM
Instructed by Rev. Larry King
Does money seem elusive? Do you feel there will never be enough prosperity in your life to "relax?" Learn how to use spiritual principles to enhance your financial well-being and true sense of abundance. Required book, *Spiritual Economics* by Eric Butterworth. "Foundations" class is a prerequisite.

FALL CLEAN UP/SPRUCE UP

Sunday, October 6th, 12:15 PM
Come and join others in the community as we clean up and spruce up our beloved Center, both inside and outside. A light lunch will be provided.

ON-GOING ACTIVITIES

BREAKFAST WITH THE MINISTER: Sat, 9:00am
To make your reservation or for Info, contact Dee Hartman at 360-831-8033.

PHOTOGRAPHY GROUP: If you enjoy taking pictures and would like to share your experience with others, sign up on the interest sheet in the sanctuary. For more information call June Gumz 503-653-7132.

TRANSCENDENCE 12-STEP: For information, contact Nancy Ashley at 503-880-0308.

WOMEN OF WISDOM BOOK STUDY: Thur, 10:30am.
For more information, contact Sandra Clark at 971-275-7111.

 **eSCRIP:** Link your Safeway card to eScrip and a small portion of each purchase will support PCSL. Sign up at the back table or call Jessica Livesay at 940-616-4678 for info.

GET INVOLVED

YOUTH CHURCH TEACHER

This is a wonderful chance to have fun with kids while teaching Science of Mind principles. There are two groups of children -- younger group is from 0-6 and the older group from 7-12. If you have a desire to work with either group please contact Angelica Jackson 530-228-3515. We are looking for regular and substitute teachers. Both receive stipends to offset expenses.

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SERVICE OPPORTUNITIES

HOSPITALITY TEAM: One Sunday a month, 9 or 11am service. Call Kathy Batten 360-931-0371.

CLEAN TEAM: Cleaning and light maintenance for three hours, once a month. Contact Anette Bolster 503-970-4116.

FORWARD FLOW--12 MONTHS OF GIVING:
For info call Suki McDonough 360-624-5615.

HEART TO HEART: Support during an illness, loss or other transition. Contact Rev. Sharon Lee Foley 503-668-9806 or Lexy Dillon 503-663-5817.

USED SCIENCE OF MIND MAGAZINES NEEDED:
If you're finished with old copies of the SOM magazine, the Center would like to "recycle" them in our visitor packets. Please drop them off in the Center office or contact Laura Bradley for more information: 503-465-0015.