

Membership Class

Portland
Center

Welcome Home

Welcome to the new member class at the Portland Center for Spiritual Living. Whether you are new to the community or have been attending and participating in the life of this community for some time, *welcome!* We are glad you are here.

The way I look at membership is like the difference between renting and owning a home. If you rent, you primarily rely on others to take care of your surroundings. When you own, you have a vested interest in making sure that your home is well maintained for years to come. You are aware of its history, how it's organized, what amenities it has and what it takes to maintain and keep it in good condition. Membership can be viewed in a similar way. In these classes we can talk about what it means to be a member of our community and all details of that relationship. I welcome your shift from someone who attends the Center as an observer to someone who is a part of our family and a co-owner.

Membership is a choice, a journey and a commitment. In this class you will have the opportunity to:

- Learn more about the Science of Mind and spiritual principles
- Ask questions about the center and membership
- Find out the mission of our Center and how you might participate
- Be supported by others on their paths of spiritual growth
- Feel a sense of pride and ownership

Most importantly, membership is about a strengthened relationship between you and your spiritual community. The community exists to serve its members and to help create a world that works for everyone. I'm so glad you've decided to take this next step.

Blessings,
Rev. Christine Green
Interim Minister

Declaration of Principles ~ What We Believe

ERNEST HOLMES, FOUNDER 1927

- ❖ **WE BELIEVE** in God, the Living Spirit Almighty; One, Indestructible, Absolute, and Self-Existent Cause. This One manifests Itself in and through all creation, but is not absorbed by Its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.
- ❖ **WE BELIEVE** in the incarnation of the Spirit in all, and that we are all incarnations of the One Spirit.
- ❖ **WE BELIEVE** in the eternality, the immortality, and the continuity of the individual soul, forever and ever expanding.
- ❖ **WE BELIEVE** that the Kingdom of heaven is within us and that we experience this Kingdom to the degree that we become conscious of it.
- ❖ **WE BELIEVE** the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.
- ❖ **WE BELIEVE** in the unity of all life, and that the Highest God and the Innermost God is one God.
- ❖ **WE BELIEVE** that God is personal to all who feel this Indwelling Presence.
- ❖ **WE BELIEVE** in the direct revelation of Truth through our intuitive and spiritual nature, and that anyone may become a revealer of Truth who lives in close contact with the Indwelling God.
- ❖ **WE BELIEVE** that the Universal Spirit which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by the Creative Mind which receives the direct impress of our thoughts and acts upon them.
- ❖ **WE BELIEVE** in the healing of the sick through the power of the Mind.
- ❖ **WE BELIEVE** in the control of conditions through the power of the Mind.
- ❖ **WE BELIEVE** in the Eternal Goodness, the Eternal Loving Kindness, and the eternal Givingness of Life to all.
- ❖ **WE BELIEVE** in our own soul, our own spirit, and our own destiny; for we understand that the life we live is God.

Universal Spiritual Values

	Buddhism	Christianity	Confucianism	Hinduism	Judaism	Muslim
Community	A friend is a great treasure and should be cherished as a brother. One should make good men his closest friends, his brothers.	As one treats a brother, so he treats God. Brotherly love should rule the world.	Friendship and brotherhood are the cardinal virtues. One should gather about him many friends and should love them as brothers.	The good man makes no distinction between friend and foe, brother or stranger, but regards them all with impartiality.	God has made all mankind as brothers and they should live together as brothers at all times. It is good for men to act in unity as brothers.	All mankind is one family, one people. All men are brothers and should live as such.
Contemplation	Great are the rewards of contemplation. One who trains himself in the art of meditation will penetrate the heart of truth and discover great spiritual riches.	Thinking on the great things of life results in great-ness. If one would be good, he must contemplate the good. All virtues will be strengthened by meditation upon them.	One should at all times think that which is good.	One should at all times think that which is good.	Meditation understanding should contemplate God in all His greatness at all times. This brings the greatest of peace and happiness.	Meditate upon God and you will find peace.
Faith	Faith is necessary for the virtuous life. One's faith will not be unrewarded. Prosperity follows upon faith.	Faith is necessary, but it must be accompanied by work. He who asks in perfect faith shall receive. Faith is basic to full understanding.	One must hold to faith at all times. God is with mankind and they should never waver in their faith.	Faith is the pathway to wisdom. This faith will come if one yearns in his heart for it. The most prized of God is the person of faith.	God is faithful and will preserve the faithful. The man of faith can expect great results.	Mankind should have faith in God, for God will always prove faithful.
Forgiveness	In Buddhist psychology, forgiveness is	Mankind should be forgiving. God is	One should forgive.	Human forgiveness is the way to	The Lord forgives all sins. His is forgiving at	Allah is merciful and forgiving.

	understood as a way to end suffering, to bring dignity and harmony to our life.	forgiving and is ready and anxious to forgive those who seek to be forgiven.		happiness among mankind. A wise person will always be ready to forgive.	all times.	Allah forgives people and Muslims believe they should try to do this too.
The Golden Rule	Hurt not others in ways that you yourself would find hurtful.	Whatever you would want men to do to you, do even so unto them. One should love his neighbor as himself.	What one does not like to have done to himself, he should not do to others. The rule of philanthropy is to draw from one's self a parallel for the treatment of others.	One should treat all beings as he himself would be treated.	What you hate, do to no man. One should love his neighbor as himself.	As you would have people do to you, do to them; and what you dislike to be done to you, don't do to them.
Love	Loving Kindness, compassion, appreciative joy, and equanimity are the four kinds of love taught and encouraged in classic Buddhist teachings.	Love is supreme in Christianity. God's love for man, man's love for God and the love of all humanity are central themes in Christian teaching.	Love is the basis of human understanding. One should love others and, if love is not returned, he should examine himself to see what the trouble might be.	The Lord is the lover of all beings. One can best worship the Lord through love.	One should love God with all his heart. And he should love his neighbor. The stranger has a claim on one's love.	God is so loving that He recreated His attribute of love as an instinct in us. Hence true love is part of God's love, and it is our duty to love one another.

5 Key Spiritual Practices

At the Center for Spiritual Living we believe in Spiritual Practice.

It is by using the 5 Spiritual Practices taught by most world religions that we consciously expand our awareness of the Divine, entering into communion with the Oneness of Life.

Each practice brings forth new discoveries and possibilities about who we are on this journey of Spirit. We invite you to explore your true self through one or perhaps all of these practices.

Prayer. We teach a five-step affirmative form of prayer that is effective in changing conditions and calming the mind. Our prayers are based on the principle that God responds to our thoughts and emotions.

Study. We advocate studying sacred writings and offer a variety of classes and workshops to help you better understand your relationship to Spirit.

Meditation. We offer a Wednesday night meditation service for group practice and teach a variety of meditative techniques in our classes and workshops.

Gracious Giving. We model gracious giving in our relationships to the community partners that we support. Everyone is invited to participate in the flow of good.

Service. We understand that sacred service enriches both the giver and the receiver. Nearly all of our functions at the Center are performed by volunteers. All members are invited to participate in an area of their interest.



Centers for Spiritual Living

The Global Heart Vision

We Envision all people, all beings, and all life as expressions of God.

We Envision a world in which each and every person lives in alignment with his/her highest spiritual principle, emphasizing unity with God and connection with each other; a world in which individually and collectively we are called to a higher state of consciousness and action.

We Envision humanity awakening to its spiritual magnificence and discovering the creative power of thought; a world where each and every person discovers his/her own personal power and ability to create an individual life that works within a world that works for everyone.

We Envision a world in which we live and grow as One Global Family that respects and honors the interconnectedness of all life; a world where this kinship with all life prospers and connects through the guidance of spiritual wisdom and experience.

We Envision a world where personal responsibility joins with social conscience in every area of the political, corporate, academic, and social sectors, providing sustainable structures to further the emerging global consciousness.

We Envision a world where each and every person has enough food, a home and a sense of belonging; a world of peace and harmony, enfranchisement and justice.

We Envision a world in which resources are valued, cared for, and grown, and where there is generous and continuous sharing of these resources.

We Envision a worldwide culture in which forgiveness (whether for errors, injustices, or debts) is the norm.

We Envision a world which has renewed its emphasis on beauty, nature, and love through the resurgence of creativity, art, and aesthetics.

We Envision a world that works for everyone and for all of creation.

About Us

The Portland Center for Spiritual Living is an inclusive spiritual community, where you can be accepted for who you are, learn spiritual tools that can be applied in everyday life, make new friends in a supportive community and discover your life purpose in a safe, inclusive environment for spiritual growth.

At the Portland Center for Spiritual Living, we offer life enhancement workshops and certificated CSL classes, spiritual counseling, youth programs and Sunday childcare,

music and creative arts programs and events and well as volunteering and community outreach opportunities.

The Portland Center for Spiritual Living is a part of the Welcoming Congregations movement—everyone is welcome here!

Our Purpose

is to open hearts and awaken humanity to its spiritual magnificence.

Our Vision

is a world that works for everyone!

Our Mission

is to provide spiritual tools, practices and an environment for transformation.

Our Community's Guiding Values Are

- *Spirituality*
- *Education*
- *Love and Loving Relationships*

Community Structure

THE BOARD OF DIRECTORS serves a function similar to a corporate board of trustees. It is the final decision-making body for the Community. Its most important role is to take the input from the larger community and synthesize it into a clear direction and operational plan. The President of the Board and its other officers are selected from the community's voting membership. The Senior Minister is a voting member of the board.

VISIONING – The Board receives visioning and input from people throughout the Community and melds this into a unified direction and mission. Our vision for the Center then is used to create our programs and services.

RESOURCES – The Board is charged with fiscal oversight and cultivation, and is responsible for the development of budgets, both current and future. We envision a community that is abundant and dedicated to financial integrity and transparency.

MINISTRY – Our senior minister directs all of our ecclesiastical functions, including the ministry of prayer, education, youth and family ministries, community gatherings, pastoral care, our music program and other designated functions that relate to our Sunday and other services.

VOLUNTEERS – Under the direction of our Board of Directors and our Senior Minister, all of our programs are staffed by volunteers. We take pride in matching members with opportunities to serve in ways that are fun and enriching.

Community and Spiritual Growth Opportunities

In addition to Sunday the service (in person and on Facebook Live), educational classes and workshops, we offer the following opportunities to deepen your spirituality, receive spiritual support, or feel more connected to the Center and other Center members. Many of the events are “virtual.” The Center uses Zoom Teleconferencing technology for it’s virtual and hybrid events and services.

- Mid-week Meditation Service – this virtual service is held on Wednesday at 7 PM at the Center and is led by the Center’s practitioners. Zoom links posted on our website.
- Connection Circles – these circles are held virtually and in person with member hosts during the fall and winter. Days of the week and times vary along with locations.
- Divine Dining – these are fun dinners and activities held at various members’ homes in the Portland metro area in the summertime.
- Social Justice Group – A study of racism in America and how we can make a difference. This monthly book club is currently held virtually and meets the first Saturday of each month at 12:30 PM.
- Spirits Lunch Bunch – On Fridays at 11:30 AM PT, Licensed Practitioner/ Facilitator, Donna Wallace, leads a check-in and discussion group on Zoom. Often we discuss ideas from the previous Sundays’ service.
- Transcendence – A 12-step Science of Mind Group meeting for women – Saturdays 11 AM – 12:15 pm. This virtual group is for any woman attending ANY 12-step program. Contact Nancy Ashley, RScP, for more information – 503-880-0308.

Our Members...

- Participate in the life of the community—allowing their voice, input and vision to be heard.
- Take responsibility for their spiritual growth and ask for help. They are willing to experience some discomfort during the growth process.
- Support their spiritual home through gifts of time, talent and financial resources. They serve in joy, free of coercion, guilt or pressure.
- May freely ask questions and can expect transparent answers to all facets of the center, its finances and organization. They have access to the minister and board of directors.
- Act as ambassadors for our center—they answer questions and extend a hand of welcome to new people.

Our Minister...

- Makes a commitment to support members in their spiritual growth—through inspiration, education and compassion.
- Teaches spiritual principles to deepen members' connection to God and to provide practical inspiration for everyday living.
- Asks members to assist the Center in reaching its goals.
- Is available during regular office hours and by appointment. All personal information is held in complete confidentiality.
- Holds the vision and mission of the center while helping to plan and implement its many programs and activities.

Our Practitioners...

Our practitioners are active, supporting members of the congregation. Simply put, they are the healing arm of our Spiritual Community, personally living the Spiritual Principles we teach. They have had extensive training and experience in activating the power of affirmative, directed prayer to facilitate healing in individuals' lives and by seeing and knowing the Truth in any given situation.

- You can pray with them after service on Sunday.
- You are welcome to submit a prayer request online or in person at the center.
- The entire practitioner team prays for your prayer requests.
- Prayer Practitioners are available to meet with you privately for a one-on-one session by appointment.
- You may connect with them via their phone numbers or email addresses below.

PRACTITIONER TEAM

Kathryn Richer* (lead practitioner) 503-793-6368 richerwithin@gmail.com

Nancy Ashley – 503-880-0308 nashleyema45@gmail.com

Kate Barrett (RScP Emerita) 503-512-3412 kate.barrett@comcast.net

Kathy Batten – 360-931-0371 battenkathy@comcast.net

Marci Beck- 503-710-4587 marcibeck1@gmail.com

Anette Bolster – 503-826-6107 ab8.consciouslyliving@hotmail.com

Sean Larkin- 503-702-0183 seanlarkin87@gmail.com

Sandy Leybold – 503-701-9944 leybolds@comcast.net

Nadine Moller- 201-394-6420 2zygotes@gmail.com

Laura Perkins – 503-332-0099 harmoniousjlp@comcast.net

Andy Turenne- 530-218-3920 turreneandy749@gmail.com

Donna Wallace – 714-904-2429 donnawallace@me.com

Rev Marilyn Sprague - 360-989-6313 sprague.marilyn7@gmail.com

For anyone interested in becoming a licensed practitioner, we offer classes taught by our Director of Education, Rev. Marilyn Sprague.

Why Become a Member?

Membership in the Center for Spiritual Living bestows no special honors, nor does it give you a discount at the bookstore! What membership *does* offer, is the opportunity to experience the spiritual maturing that comes through commitment to a spiritual home. You will receive a deeper sense of ownership and belonging, a voice in what goes on in your spiritual community and the opportunity to deepen your spiritual growth. Membership is required for Practitioner training, service on the Board of Directors, and our Leadership Development program.

Reasons for Membership

- Belonging... being part of a spiritual community
- Creating a sense of ownership and service to the community
- Making a commitment to my spiritual evolution
- Feeling drawn to participate more fully
- Supporting my spiritual practice
- Connecting with like-minded people; sharing common goals and vision
- Affirming good by going deeper
- Being open to support and supporting others
- Being with others to enhance spiritual experiences
- Voting for board members and being part of the decision-making process

What Does it Mean to Be a Member?

THE FIRST LEVEL is personal. Membership is a commitment to living the Universal Spiritual Principles at the heart of the Science of Mind philosophy. A member is willing to learn about and apply the principles in daily life—to enrich their personal lives.

SECOND is the commitment to join with others to enrich the Center and its membership. This means deepening the level of participation with the Center community. This is done through volunteering, donation of money and expertise, and attendance at social events, classes and workshops.

THIRD is entering into the vision of this Center as a transformational place for individuals in the member community and the larger community of humankind.

Ways to Serve

"Everyone can be great, because everyone can serve."
—Martin Luther King Jr.

■ ***Clean Team***

Help our Center shine through cleaning and light maintenance three hours, once a month

■ ***Office Support***

Filing, phones, word processing, general assistance, part time and for special projects

■ ***Open Mind Bookstore***

Sunday set up and sales assistance

■ ***Hospitality Team***

Making coffee and setting up hospitality table one Sunday per month

■ ***Sound / Video Recording***

Sunday service audio and video mixing, broadcasting and recording.

■ ***Special Events Team***

Coordinate, assist at picnic, Thanksgiving, special events, etc.

■ ***Ushers/Greeters***

Greet, assist and seat congregants in the Sanctuary at Sunday services and special events.

■ ***Youth Ministries***

Teach or assist in our Sunday Youth Program.

■ ***Church Chorus***

Sing in the church chorus one Sunday per month.

■ ***Other***

I choose to serve my spiritual community through my volunteer service and experience the value of selfless service in the area(s) marked above.

Name

Date

Community Membership Agreement

Upon completion of the Membership Classes, I acknowledge intention to maintain membership in good standing in the Portland Center for Spiritual Living by embracing and practicing the following:

- ❖ **I UNDERSTAND** the Center's philosophy and basic teachings, am aligned with them, and place a high priority on my spiritual growth.
- ❖ **I AM AN ACTIVE**, involved member of this spiritual community and help to maintain its loving, accepting, and supportive atmosphere. I am a welcoming presence to all that visit my spiritual home
- ❖ **I ACTIVELY SUPPORT** the Center's vision, mission, and goals; and I include the Center in my prayers and value being part of something larger than myself.
- ❖ **I INCLUDE** the Center in my financial planning. I undertake my fair share through systematic and joyful giving as I participate in intentional giving.
- ❖ **I SERVE** my spiritual community through my fair share of volunteer service and experience the value of selfless service whenever possible.
- ❖ **I PARTICIPATE** regularly in the Center's activities, recognizing that my participation is a gift that enhances the experience for everyone.
- ❖ **I TEACH** others through my example, by demonstrating growth and change in my life, and by sharing the Science of Mind principles with others when I can.
- ❖ **TOGETHER** with fellow members, I co-create with Spirit the ongoing, dynamic life of the Center. I recognize that together we keep its doors open, expand its programs and services, and thereby bless and serve thousands of people. Through membership in the Portland Center for Spiritual Living, I honor the Spirit in me and the Spirit at work through the Center.

Name (Signature)

Date

Address:

Email:

Phone:

I would like to receive a free six-month subscription to Science of Mind Magazine (yes / no)