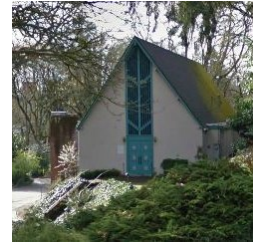


Woodland Chapel's



Joyful News



August 2013 - Volume XIV, No. 8

First Church of Religious Science
Rev. Maur Horton, Executive Officer

We sometimes refer to August as the "dog days of summer." Despite its origin in ancient times, to me it has always connoted long, hot days where not even the dogs move much. It is interesting to note that this is also the time when so many of the projects we started earlier in the year come to fruition. Our plantings in the spring garden begin to bear fruit. My wife and I have already enjoyed our first red, ripe tomato from the three plants we have this year. In nearby farms, the harvest begins in earnest. The blueberries are especially rich this year.



August is also the time of year when city folk take their vacations. Trips to the beach and the mountains remain perennial favorites. We experience a change of venue. Playing near the cold waters of the Pacific or hiking the alpine trails of the Cascades, new vistas spread out before us. We enjoy the change that vacation time brings us. Perhaps most importantly we spend time with beloved friends and family.

Vacations are a state of mind. A vacation allows us to let go of the daily routine and focus on what is important to us. In fact, the essence of vacations is to my mind the opportunity to refocus our attention. Thus we often find ourselves sitting around a campfire or a kitchen table recalling earlier adventures.

I recall the scuba diving trips I have taken. There is a certain serenity in slowing descending below the waves and becoming part of the life of the ocean. In scuba diving we always take a buddy along with us. This is for safety. It also serves to increase our enjoyment as you or your

buddy point out lobsters hiding in a crevice, a moray eel guarding its hole or the passage of sea turtles as they stroke their way to their next lush meal.

Scuba diving is like meditation. In meditation we descend below the surface waves of our minds. We descend into that place within where we can see our thoughts and feelings float by, rather like the striped sergeant fish, the angel fish and the occasional barracuda we see when diving. When scuba diving we are safe with our constant supply of air, comfortable in our gear, confident in our ability to stay still or move forward as we desire, always accompanied by our buddy. Likewise in meditation, our minds are focused, safe and secure, comfortable with the inner witness, our authentic self, suspended like a diver in the ocean of our consciousness. In meditation our inner witness is always connected to the Infinite Mind of God, the best diving buddy ever.

Practicing mindful awareness can lead you to a new freedom in your daily life. You are more in touch with your thoughts, better able to calmly focus on the day to day activities of living. Another benefit of meditation based living is a certain softness of heart and gentleness of mind. These open the possibility of greeting everyone you meet with kindness and compassion.

In these "dog days of summer" take time to rest your mind in the infinite goodness of God through frequent meditation. It is like taking a vacation and brings a rich harvest to your soul. ~ Rev Maur 🌍

Woodland Chapel Celebrates
Joy! In One Spirit, One Life, One World!

Woodland Chapel
The Church of Joy!

Ministry of Prayer

To contact any of the following people, leave a message at Woodland Chapel (503) 362-4139

Reverend Don Kerr
Rev. George Powell, Emeritus
Reverend Maur Horton
Practitioner Connie Walker
Practitioner Kathy Prather

Applause

We have so much to be grateful for!

Thanks to all the great guest speakers we've had recently; **Rev. Trisha Mackey, Amalie Hill, Bobby Lee, RScP,** and **Rev. Mark Spencer.**

Thanks to **George and Dona Copa** for hauling away truckloads of vegetative matter. Thanks to **Kathy Prather,** and her son **Glen Prather, Rev. Don** and **Phyllis Kerr,** and **Rev. Maur** for all their work in the garden this month.

Thanks to **Pat Spece** and **Dick Walker** for keeping our finances and bookkeeping in good order.

Thanks to **Dick Walker** for being our sound man as well as our maintenance man.

Thanks to **Charlie Prade** for facilitating the book group.

Thanks to **Charlie Prade** and **Cathy Daniels** for their interest in learning to use the sound board in the loft.

Thanks to **Rev. Don and Phyllis Kerr** for obtaining supplies for our Kitchen and Prep teams ... and

Connie Walker for organizing the Kitchen and Prep team volunteers.



Sunday Meditation Schedule

Every Sunday morning at 10:30, Woodland Chapel presents a Meditation Service. Each facilitator will guide you into stillness of spiritual connection with their own unique method. We look forward to you joining us.

August 4

Dick Walker

August 11

Connie Walker, RScP

August 18

Rev. Don Kerr and
Rev. Maur Horton

August 25

Kathy Prather, RScP



MUSIC



August 4

Matt Sazima and
Kathleen Walter

August 11

Doc Fleetwood and
Kathleen Walter

August 18

Jeff Icovino Trio (*Outdoor
Service in Meditation Garden*)

August 25

Karen Hansson and
Kathleen Walter

HAPPY BIRTHDAY!

Carmen Bacho ..	August 8
Phyllis Kerr ..	August 10
Deana Szabo ..	August 25
Claire Fuller ..	August 28
Julia Midkiff ..	August 28



Woodland Chapel sends birthday cards to our community members. If you would like to be remembered in this way, fill out the form on the Community Matters table.

SUNDAY SERMONS

August 4

Rev. Lynn Johnson
Postcards from God

August 11

Jerry Braza
Present Moment, Wonderful Moment

August 18

Rev Don Kerr and
Rev Maur Horton
Celebration

August 25

Aggie Cross
A Wise and Understanding Heart



PRACTICING THE PRESENCE

By Kathy Prather



This is the second half of an article which I began last month in the July, 2013 Newsletter. The subject matter is based on an article in the Wall Street Journal dated Apr. 13-14, 2013. It is entitled For a Sick Friend: First, Do No Harm. Then it lists "10 Commandments for Conversing with a Sick Friend." I went over the first five commandments in the July Newsletter; now I will address the last five commandments. I must say that the subject of article seems prescient since in the last month I have experienced the loss of our good friend, Bob Mundt. Losing Bob was my first experience with hospice care. I did keep some of these tips in my mind as I went to visit him. However, he was as kindly in sickness as he was in health.

6. Help your sick friend feel useful. Zero in on one of their skills and lead to it. In most cases, your request won't be seen as an imposition but a vote of confidence in your friend's talent and worth.

7. Don't infantilize the patient. Never speak to a grown-up the way you'd talk to a child. Objectionable sentences include, "How are we today, dearie?" "That's a good boy." "I'll bet you could swallow this teeny-tiny pill if you really tried." Protect your friend's dignity at all costs.

8. Think twice before giving advice. Don't forward medical alerts, newspaper clippings or your Aunt Sadie's cure for gout. Your idea of a health bulletin that's useful or revelatory may mislead, upset, confuse or agitate your friend. Sick people have doctors to tell them what to do. Your job is to simply be their friend.

9. Let patients who are terminally ill set the conversational agenda. If they are unaware that they're dying, don't be the one to tell them. If they know they're at the end of life and want to talk about it, don't contradict or interrupt them; let them vent or weep or curse the Fates. Hand them a tissue and cry with them. If they want to confide their last wish, or trust you with a long-kept secret, thank them for the honor and listen hard. Someday you'll want to remember every word they say.

10. Don't pressure them to practice "positive thinking." (Of course, this is a tough one for New Thought students to accept. We believe that miracles can happen at any time. We do teach that our belief consciousness expresses in our physical experience.) But, the author of the article does have a valid point I believe. The implication is that the patient caused their illness in the first place by negative thinking. This kind of tough "Truth" has no place in a healing consciousness. We have no way of judging anything that goes on within another person. We can simply know for them that they are "whole, complete, and perfect."

If someone asks specifically for a spiritual Healing Treatment the process is somewhat different. The practitioner can work to know the belief which may have allowed this dis-ease to unbalance the body's health. We can know that the spirit can be healed without necessarily curing the body.

The author goes on to say that telling a terminal patient to keep up the fight isn't just futile, it's cruel. It may deny them the truth of what they know and the chance to tie up life's loose ends while there's still time. This is another idea of truth. We do know our own truth of our body and we need to follow its lead.

Sometimes we have a hard time finding the right thing to say because English offers a sparse vocabulary for the expression of embarrassment, fear, anxiety, grief, or sorrow. These 10 commandments should help you to relate to your sick friends with greater empathy, warmth, and grace.

- This article was adapted from a book entitled "How to be a Friend to a Friend Who's Sick", by Letty Cottin Pogrebin. ☹



Speaking of Speakers For August



August 4

Rev. Lynn Johnson was for seven years the lead minister at the Portland Center for Spiritual Living and was mentor to the new Leader, Rev. Larry King who spoke at our Chapel on June 30. Currently Rev. Lynn is teaching basic spiritual principles to Spanish speaking women in La Paz. Her topic is "Postcards from Heaven," also the title of her first book in progress.

August 11

Jerry Braza, Ph.D. is a dharma teacher in the lineage of Thich Nat Hanh and Professor Emeritus of Health education at Western Oregon University. Jerry leads River Sangha every Wednesday evening at Woodland Chapel and spoke with us in the spring. His topic is "Present Moment, Wonderful Moment."

August 18

Rev. Don Kerr first got into metaphysical thinking as a Theosophist. He completed the training to become a Religious Science Minister with Rev. Mary Midkiff at Woodland Chapel, serving as an Assistant Minister for the past several years.

Rev. Maur Horton started in metaphysics in 1976 and completed his training to become a Religious Science Minister with Rev. Tony Bonaccorso at Woodland Chapel. He has served as an Assistant Minister since 1991.

These two will present on "Celebration" at our outdoor service.

August 25

Aggie Cross has been a member of Woodland Chapel since the early 1970's. She enjoyed four years of classes with Rev. Al Cameron and Rev. Tony Bonaccorso. A number of years ago she spoke several times at Woodland Chapel on such topics as "The Drama Of Job" and "Love Is The Secret To Healing." She has worked as a nurse and assisted her husband, Al, in his golf business and golf schools. She is currently working on a book on symbolism stories and tales that enhance ones understanding of spiritual progress. Her message is "A Wise and Understanding Heart." 🌍





From Here To Infinity

Hypnotism

By Robert TenEyck

You are getting sleepy

When I snap my fingers you will Sounds like a Hypnotist entertaining a crowd. Beyond the theatrics Hypnotism is used to kick harmful addictive habits such as smoking, drinking, and drugs. Also permanently overcome fear of flying and stage fright, safely control back pain, and transform child birth into a painless positive experience. Increase your ability to concentrate and help with setting personal goals. The list goes on and on.

Have you ever wondered if Hypnotism could take the place of a regular "anesthesiologist" in a serious operation? On Feb. 3, 1976, Reuben Pecarve successfully hypnotized a 48 year old French Canadian house wife who had her gall bladder and appendix removed while listening to Beethoven's Moonlight Sonata. No pain killing medication was administered, and in her hypnotized state she felt zero pain and required no tubes in her throat for post operation breathing and her 'ECG' did not fluctuate. This patient had deep seated anxieties, irrational fear of doctors, and monophobia fear of being alone.

Growing up, her father had a store in Quebec and was the town Coroner. A man pulled up in a sled to talk to her father. There was a blanket covering a 'hump' on the sled. Being inquisitive she pulled back the blanket to view the distorted view of a lady who committed suicide and had the noose around her neck. Another time when 4 years old she witnessed a dog attacking a sales man, creating a bloody mess of his face. Normal pain killers would probably not have sufficiently calmed her for a successful operation.

Let's experience a session addressing a patient who is obese and bites her finger nails. This will be an abbreviated version. She walks in a grey room, with grey carpets and drapes. Relaxing music is playing. The hypnotist speaks in a calm low-pitched voice... take a deep breath, close your eyes, your eye lids feel very very heavy, you hear my voice as you relax, (he now gently touches her head, stroking downward over the brow)... your arms through the tips of your fingers feel very very heavy (please note: the hypnotist has to be careful about using the word HEAVY, because even being 'under' some overweight women take offense to using that word). Now the healing message... Your desire to over eat, to eat at the wrong time, to eat the wrong kinds of food will diminish. You are going to find yourself more and more in control. Your compulsion to over eat will cease. You will eat two-thirds less than usual, and feel just as full and satisfied. Your compulsion for nail biting will also cease, with every breath of air you take... When I count to five you will immediately awaken fully alert fully relaxed.

No complete satisfactory explanation has ever been developed, but British and American Medical Associations have described it as "A temporary condition of altered attention in the subject, that may be induced by another person." The power of suggestion is so powerful that one favorite theatrical trick is to tell the subject to stiffen **all** her body muscles and be suspended between two chairs with her head on one chair and her heels on another chair allowing the hypnotist to sit or stand on her mid riff – still suspended! Hypnotists prefer women to men for this trick, and I leave you to figure out why.

You are getting **very tired** ... and when you wake up you will have a Good Day. ☺



From the Science of Mind, by Ernest Holmes, p. 478.



Love (John 13:34,35)

Love is the central flame of the universe, nay, the very fire itself. It is written that God is Love, and that we are His expressed likeness, the image of the Eternal Being. Love is self-givingness through creation, the impartation of the Divine through the human.

Love is an essence, an atmosphere, which defies analysis, as does Life Itself. It is that which IS and cannot be explained: it is common to all people, to all animal life, and evident in the response of plants to those who love them. Love reigns supreme over all.

The essence of love, while elusive, pervades everything, fires the heart, stimulates the emotions, renews the soul and proclaims the Spirit. Only love knows love, and love knows only love. Words cannot express its depths or meaning. A universal sense alone bears witness to the divine fact: God is Love and Love is God. ☸

Book Study/Discussion Group

Wednesdays 2:30 to 4:00 pm



Cathy Daniels is leading the discussion on Michael Bernard Beckwith's book **Spiritual Liberation**. We meet in the library at the Chapel. We intend to study this book sequentially by chapter over six weeks. All are welcome, feel free to join us. Our group facilitator is Charlie Prade. Contact him or Cathy with any questions. ☸

Volunteers Needed!

Volunteer positions open on the **Sunday Prep Team** (1 hour a month) and on the **Kitchen Crew** (before and after church a few times a month). Contact Phyllis Kerr (503 363-8295).

We also need someone to help **water the indoor plants** in the sanctuary. Talk to Kathy Prather (503 363-3805). ☸



Mother Nature's Helpers

~ Gardening ~

Our next meeting will be Saturday, August 17. Anyone is invited to join us from 10-12 or work on their own as they have time. We really need some help! Thank you. ☸



Our Vision

Woodland Chapel Celebrates
Joy! In One Spirit, One Life, One World!



Our Mission

Woodland Chapel promotes Spirit-centered living by teaching principles that heal the mind and body, expand prosperity, and nurture relationships in an inclusive, joyous community.

Schedule of Services

Sunday

10:30am Meditation – led by a Practitioner – Sanctuary
11:00am Worship Service – Sanctuary
11:00am Junior Church – Classrooms

Junior Church

All children are always welcome in our Junior Church! For the month of August, the theme will continue to be "Peace Around the World" with a number of fun games and projects to do around that topic that will introduce elements of geography, world religions, and cultures in a fun way. Robbie Porter and Heather Terhune, welcome you!



WOODLAND CHAPEL

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Rev. Maur Horton Executive Officer
Rev. Don Kerr Assistant Minister

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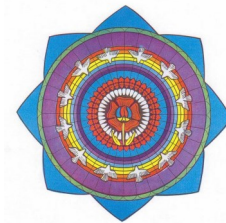
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Vicki Tournay Office Manager
Kathy Prather Library
Pat Spece Treasurer
Dick Walker Maintenance

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Lisa Guillén Associate Editor
successfuldesigns@gmail.com



OFFICE HOURS

Wednesdays – 10:00-2:00
Thursdays – 10:00-2:00
Closed Monday, Tuesday,
Friday, and Saturday

All article and event submissions for next month's issue are due the third Sunday of this month. Articles should be typed and double spaced. Leave your article in the Newsletter Editor's mail slot to the right of the church office door or email your article to:

successfuldesigns@gmail.com

Wills and Bequests

Deciding where you want your property to go after your transition is simply a prudent course of action. Among the choices you can make is the choice to help the church by making sure that some portion of your property goes to Woodland Chapel.

Through their wills and estate plans, friends and members of Woodland Chapel have given the church bequests of money, land, and other property. Some of the gifts have been small, some large, and all were appreciated and helpful to the church. It is relatively easy to help Woodland Chapel in this way. The simplest way is to name Woodland Chapel as a beneficiary in a will. If you prefer, you can make a gift right now as part of your estate planning. You will want to consult an attorney to plan these gifts.

Spiritual Mind Treatment

For

August 2013

I am One with Spirit

Spirit is One. It is Love, Joy, Power, and Peace. I am one with Spirit. I choose to act from my Spirit center, letting all I do and say be for the highest good for myself and every being I meet. All is well with my soul, with my mind and with my body. For this I give thanks. I let go and experience the peace that passes understanding. ☸



Let all that you do be done with love.
1 Corinthians 16:14



Thank you.

If you wish to be removed from the mailing list, please check the box below and put just the half sheet in an envelope and mail it back to us.

We don't want to be your junk mail.

503-362-4139
Office Hours
(Minister in Office)
Wednesdays: 10:00-2:00 pm
Thursdays: 10:00-2:00 pm

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