



Bear Valley Center for Spiritual Enrichment

A Religious Science Community

"Open at the Top"

January 2020

Newsletter

Sunday Services, 10:30 a.m.

578 Bonanza Trail, Big Bear Lake

P. O. Box 4184, Big Bear Lake, CA 92315

909-866-7100, Email: info@bvcse.org. Website: www.bvcse.org

501C3 tax ID #95-3685187

Our purpose is to inspire and nurture spiritual growth by accepting a loving, all inclusive community through teaching, healing, and serving, for the highest good of all.

We are the Mind of God knowing, the Heart of God loving, and the Hands of God serving.

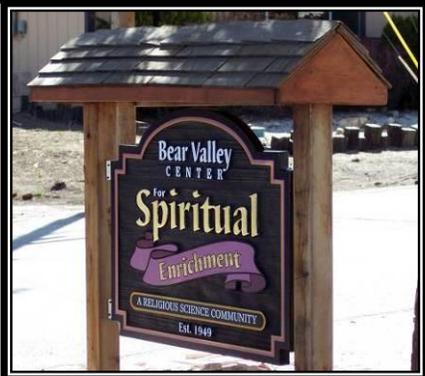
Newsletter staff: Editor, Ellen Kesler – Layout Manager, Julie Grandi

Newsies – Mac & Hamish Kesler

Important Announcement

Starting in January, our Sunday Services will begin at 10:00-10:20am with Guided Meditation, Then at 10:30 a.m., the Service will begin.

January Topics and Speakers



Monthly Theme:

"THE SCIENCE OF MIND AND SPIRIT"

- Jan 5th** **Nancy Walker, RScP**
"Taking the Next Step into a New Decade: Spiritual Maturity"
- Jan 12th** **Rev. Ali Benjamin**
"Adventures into the Wild"
- Jan 19th** **Rev. Ali Benjamin**
"A Beautiful World our Hearts Know is Possible"
- Jan 26th** **Nancy Walker, RScP**
"The Spiritual Path to Positive Change"

January Calendar

- Jan 1st** **New Year's Day**
- Jan 5th** **NEW SERVICE TIMES**
10:00 – 10:20 Guided Meditation
10:30 – Service begins
3:30 p.m. Zen Meditation
Pamela Perry's home:
42141 Brownie Lane
Big Bear Lake
909-419-0065
- Jan 6th** **Drumming Circle**
Marv Cira's home
40200 Water Hole
Baldwin Lake area
909-584-5278
- 6:00 potluck**
7:00 drumming
- Jan 7th** **"Inner Quest" Class**
6:30 pm at the Center
Rev. Ali
- Jan 8th** **Meditation at the Benjamin home**
10:00 a.m.
816 Mountain Lane, BBC
- Jan 11th** **"Savor the Mindful Moments"**
9:30 a.m.- 12:00 noon
Deep meditation workshop,
Liz Harris at the Center

January Calendar (continued)

- Jan 11th Volunteer Recognition Dinner
Inn at Fawnskin
By invitation only*
- Jan 12th Sunday service
10:00 – 10:20 Guided Meditation
10:30 – Service begins
Welcome tea for visitors*
Following service
3:30 Zen Meditation
At the Center*
- Jan 13th High Spirits Choir Rehearsal
6:30 p.m.
Inn at Fawnskin*
- Jan 14th “Inner Quest” Class
6:30 p.m.
Rev Ali Benjamin
At the Center*
- Jan 15th Meditation 10:00 a.m.
At the Benjamin’s home*
- Jan 15th “In La Kesh” Sacred Circle
Michael Benjamin, Leader*
- Jan 18th Discover Class* at the Center
10:00 a.m. – 12:00 p.m.*
- Jan 19th Meditation 10:00 a.m.
At the Benjamin’s home*
- Jan 20th MARTIN LUTHER KING’s Holiday*
- Jan 22nd Meditation 10:00 a.m.
At the Benjamin’s home*
- Jan 26 Zen meditation at the Center*
- Jan 29 Meditation 10:00 a.m.
At the Benjamin’s home*

**Welcome Tea: All are welcome to attend. We want to discover you, what you are seeking and just plain get to know you!*

**Discover Class: Who am I? What is my God? What is the value of Spiritual Community? This is a wonderful, insightful opportunity to discover yourself.*

Sacred Circles*

If you are interested in joining a *Sacred Circle*, please see *Rev. Ali, Nancy Walker, or Michael Benjamin*. You will complete an application and be placed into a Circle. These are intimate groups of our community, small in numbers, who meet once a month. The Circle will also be sharing the responsibilities of our Center’s needs on a rotating basis.

Board of Trustees

- President: Sherry Noone*
Vice President: Nancy Walker
Secretary: Michael Benjamin
Treasurer: Mindy Mathewson
Members at large: Ellen Kesler
Gloria Meade
Margo Penardi

Winter Solstice Candlelight Service

December 18th found us experiencing a beautiful welcome of the Winter Solstice. Our Candlelight Service was very meaningful with wonderful, inspirational music by the High Spirits choir, joined by Elena Peavy, Brad Riesau, and directed by Nancy Walker. Everyone participated by lighting a candle that held a personal, private meaning for them. It was a deep, joyful experience for all who attended.



THEME for JANUARY 2020

"The Science of Mind & Spirit"

Book of the Month: *The More Beautiful World Our Hearts Know is Possible..* by Charles Eisenstein

Happy New Decade! Happy New Year! Happy New You! Crossing over the threshold into 2020, it's the perfect time to reflect on the past year and bring forward all the thoughts, beliefs, ideas, and skills that will support you on your journey through another 12 months. It's the perfect time to cast a vision for the New Year. Rev. Ali and Nancy will combine the Science of Mind and Spirit teachings of Dr. Ernest Holmes with the evolutionary ideas of Charles Eisenstein (economist, philosopher, humanitarian) from his book, offering an exposition of our society's transition in its deep stories and moving beyond. Let's explore what our hearts know is possible!

January 5 **Nancy Walker, RScP** **"Taking the Next Step into a
New Decade: Spiritual Maturity"**

As we embark upon a New Year and a new decade, we have the choice to look back with spiritual maturity on the last year, and the last decade, and decide the vision we want to create for our future. Nancy will speak this week sharing spiritual principles from Dr. Ernest Holmes, and a new perspective of Charles Eisenstein, with ideas from his book. She will explore what our culture offers as answers to life's most basic questions, the Story of the People, and the mythology of our culture.

January 12 **Rev. Ali Benjamin** **"Adventures into the Wild"**

In a time of social and ecological crisis, what can we, as individuals, do to make the world a better place? When we take a close look at what's working and what's not working in our lives, we have the opportunity to face our current paradigm. Rev. Ali suggests, "A paradigm is the sum total of our beliefs, attitudes, knowledge, energy, actions, and relationships that we experience as our life and the world around us." It is the story we have created and then projected onto the world, whether this story is a happy one or a not-so-happy one, we are faced with the understanding that we are the authors, directors and actors in the story of our life. Rev. Ali will share how being responsible for our thinking and the stories we tell ourselves and the world can shift our paradigm to a more favorable one as we venture into the wild!

"The state of interbeing is a vulnerable state. It is the vulnerability of the naïve altruist, of the trusting lover, of the unguarded sharer. To enter it, one must leave behind the seeming shelter of a control-based life, protected by walls of cynicism, judgment and blame". *Charles Eisenstein*

January 19 **Rev. Ali Benjamin** **"A Beautiful World our Hearts Know is
Possible"**

As we implement the Science of Mind and Spirits teaching and embrace practicing the principles of interconnectedness, we become more effective agents of change and have a stronger positive influence on the world. This week, Rev Ali will share insights from these two great minds, Ernest Holmes and Charles Eisenstein, that will help set us free to set sail into the new Year with 20/20 vision.

"We are all here to contribute our gifts forward something greater than ourselves, and will never be content unless we are." CE

THEME for JANUARY (continued)

January 26 Nancy Walker RScP “The Spiritual Path to Positive Change”

Nancy will again explore the ideas of Ernest Holmes and Charles Eisenstein in regards to Sacred Activism. The spiritual path has long been considered escapism from the world we live in. Both Holmes and Eisenstein show us that there is intelligence in the Universe and that understanding this “new” paradigm will be the salvation of the planet as we see that spirit and matter are reuniting.

“The hostility of science to anything smacking of inherent order and intelligence in matter is now changing. All around the edges of science, new paradigms are growing that are letting the properties once relegated to spirit back into matter. Another way to see it is that the spirit and matter are reuniting.” Eisenstein.

Board Article



This month’s Board article is about change, how one’s point of view changes (sometimes very suddenly), and how awesome such a change can be.

When I first encountered any appreciable amount of snow, I was 19 years old. Yes, I had seen a dab when I was a child living on the north coast of California, but that was such a little amount that I didn’t really *grok* it. All I know was that snow was yucky and chilly.

At age 39, my friend Angie went on her first ski trip and returned very enthusiastic about the whole experience. She said, “But Sherry, you just have to go skiing!” My response was, “Snow is cold. Why would I want to go skiing?”

Well, she kept after me, so I grudgingly agreed. I signed up with her for a 6-day ski package somewhere in Northern California, and figured I could get through anything. I definitely had a point of view about winter in the chilly outdoors.

My first day and a half, in ski lessons the whole time, I just couldn’t get the hang of it. I had trouble getting going and once I did, I couldn’t figure out how to stop without crashing into something (or someone). My borrowed skis had apparently lived in a garage for years without the benefit of a good waxing. I didn’t know about wax. I was too busy trying to survive in the cold.

Someone suggested to me to take my skis to the shop to get them “tuned”. So I did and the trouble I had starting down the bunny hill magically went away. Then I returned to my ski lesson in the afternoon and suddenly found the muscles I needed to use to be able to stop in a wedge. And, my point of view suddenly shifted; “cold” became “exhilarating”, “can’t get moving” became “let’s go”, and stopping became something that had to be endured only when the ski lifts closed for the day.

We all have our point of view on more subjects than we can easily count. We occasionally take one out, dust it off, take a deep look, and might even change it. That is what originally drew me to Religious Science. I got to dust off all my old beliefs and suppositions about religion and really see what caused me to turn away in skepticism. I got to look at that spiritual “snow-covered hill” with new eyes and pursue a new belief deeper than “snow is cold”. I got to expand as a spiritual person the same way I did as a skier. I used openness to a new way of thinking, feeling, believing and doing....and stopping is not longer an option.

Happy New Year! A new, exhilarating experience is just about to happen!

Namaste,

Sherry Noone

INSPIRATIONAL ARTICLE

Won't You Be My Neighbor?



How many of you have seen the new movie about Mr. Rogers, “Won’t You Be My Neighbor”? I saw it in December and was very moved by this film. Fred Rogers studied in the seminary before spending over twenty years with his television show. The film does a remarkable job of showing his gentle nature and the healing way he had about him. It was quite different than I expected; very slow-paced and thoughtful. The acting is superb – not just Tom Hank’s portrayal of Fred Rogers, but his co-star also did a remarkable job. Every emotion he was feeling played out on his face, to the point that I was feeling his pain, too.

The film depicts not only the life of Fred Rogers, his wife, and the routine of his television show, but also showed the deep relationships he developed with everyone he met. I’ve never seen anyone who was so totally present in the moment. It seems that time stood still as he devoted his complete attention to someone and what they were going through.

One day on the set, a little boy and his parents were talking to Fred, much to the chagrin of the production crew who had to stop filming while Fred spoke with them. The little boy was overactive and swinging a light saber around, hitting his parents who were a bit agitated, not knowing what to do. Fred knelt down in front of the boy, looked at him directly, and patiently asked him simple questions about how he was feeling. The boy quietly answered him, calmed down, handed his toy to his parents and walked over to hug Mr. Rogers. He had finally been *heard*, and probably felt so cared for in that moment. That’s all any of us want, isn’t it?

When a journalist from Esquire magazine came to interview him, Fred noticed a gash on the man’s face and asked about it. The interview turned out not to be about Fred Rogers, but about how the journalist, Lloyd, came to be in a fight with his father, and about how he felt about it and his whole life.

Almost the entire movie revolves around their developing friendship and Lloyd’s healing. I don’t want to give away too much of the story, but their relationship deepened and included all their family members by the end of the film.

Fred Rogers found ways to live from his inner guidance system, his heart light, and in the process, he touched the lives of countless people. Of course, he had his frustrations, disappointments and challenges, but he *practiced* ways of dealing with them, intentionally. He swam laps, he played piano, and pounded the keys when he needed to, in order to get his frustrations out. He also prayed every day for every person he met.

The movie was poignant, moving, and a very touching portrayal of a very special man. It made me want to slow down, to take time with people, to be more totally present in the moment, to turn on my heart light even more!

What a blessing this film is! I encourage you to see it and hope it touches you the way it did me.

Blessings,

Nancy Walker, RScP

Savor the Mindful Moments



I am excited to announce the 2020 Meditation Series called “*Savor the Mindful Moments*.”

Starting *January 11th* I’ll be offering bi-monthly Deep Meditation sessions.

Jon Kabot-Zinn notes that mindfulness is not meant to improve yourself as you are already whole and complete. IT is “simply paying attention in your life as if it really mattered – because it does...” There are also science-based reasons to meditate. Some are:

1. Reduces stress
2. Helps control anxiety
3. Promotes emotional health
4. Enhances self awareness
5. Can generate kindness
6. Improves sleep
7. Helps control pain*

Why do I like to meditate? I feel great when I meditate!

Join me as we have a meaningful, calming, clearing and centering experience. You will acquire tools to use in your own meditation practice. There will be guided and silent meditations. Of course, there will be a yummy, healthy snack for you to enjoy mid-morning prio to our second meditation. You may bring a yoga mat to use if desired.

Where: Bear Valley Center for Spiritual Enrichment

578 Bonanza Trail
Big Bear Lake, CA 92315

Date: January 11, 2020

Time: 9:30 a.m. to 12:00 pm

Cost: \$20.00

Liz Harris, Ed.D

*Healthline – Matthew Thorpe, MD. PhD.
Please contact me right away. You may call me at 909-744-2213, or respond to this email:

pokeyandliz@gmail.com.

Welcome to the Center

On December 8th, following our Sunday Service, a New Member Ceremony was held with Rev. Ali Benjamin officiating. We welcomed into our membership *Eloise Lepore, Linda Theriault, Kailani MacDaniel, and Michael Barrett* (who was unable to attend the ceremony.)

Be sure to say, “hello”, and give them our warm BVCSE welcome the next time you see them.

January Birthdays



January 14	Michael Benjamin
January 18	Diane Richards
January 19	Dan Brown
January 22	Art Harriman
January 25	Deonna Robinson
January 26	Liz Harris

November Financials

Income	\$ 2,902
Expenses	<u>10,497</u>

Net Income **\$7,595***

***This included taxes in November**

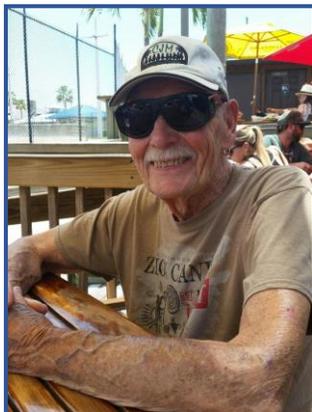
Our Prosperity

November Tithing:

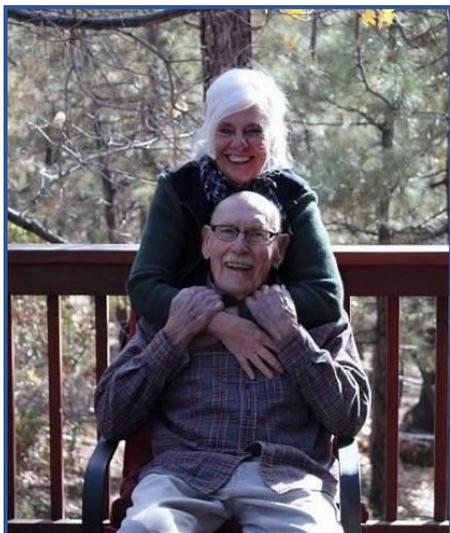
The Board of Trustees is tithing 75% (\$157) to the Emerson Theological Institute. Also, a charitable tithe of 25%, (\$52), to the Food Pantry at Believer’s Chapel

A Great Spirit Arose (In Memoriam)

The Earthly presence of our beautiful John Ruth made his transition suddenly on December 21st. His warmth, sincere smile, wonderful sense of humor, genuine spiritual honesty, will be missed within our community.



John revered the spirituality of the Native Americans and often related deep insights in our discussions, always expressing the “bottom line” truths of topics, weeding through the human “bloated nothingness”, and in few words, expressing the true essence of reality. He



would quickly and quietly, in his mind, “peel away the onion’s layers” and say it succinctly -- “So what?”

John will always be spiritual presence in our Center, accompanying his wife, Katherine, but especially in our Waking Crew Circle. Such a loving, caring, gentle presence will be visually missed, but always felt by those who knew him. He was preceded in his transition by his faithful dog, Willie, who had bonded closely with him, just 3 weeks prior. They are together again.

We wrap our arms around Katherine to give her strength, love, and support.

In John’s Honor

In John’s honor, I would like to share a special Native American prayer interpreted by Chief Yellow Lark...

Oh, Great Spirit,
Whose voice I hear in the winds
And whose breath gives life to all the world,
hear me.
I am small and weak.
I need your strength and wisdom.

Let me walk in beauty and make my eyes
ever behold the red and purple sunset.
Make my hands respect the things you have made
and my ears sharp to hear your voice.
Make me wise so that I may understand
the things you have taught my people.
Let me learn the lessons you have hidden
in every leaf and rock.

Ellen Kesler

November Attendance

	<u>Adults</u>	<u>Children</u>
11/ 3	25	0
11/10	23	0
11/17	23	0
11/24	29	0
November Total	100	0
<i>November Average</i>	25	0

In Grateful Appreciation

Regular monthly credit card contributions:

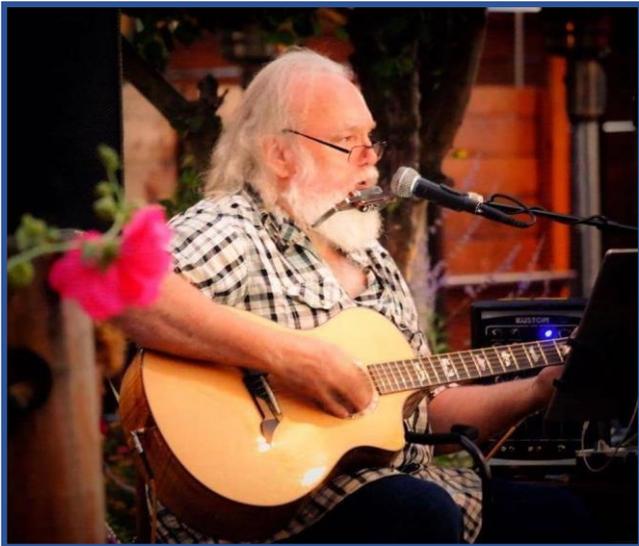
Julie Grandi

Bob & Marla Henrich, Sherry Noone

Did you know... you can arrange to have your donation made to the Center using a credit card which will be charged monthly with the amount you designate? That way you don’t have to remember to bring money on Sundays. And of course helps our Center pay the bills! ☺ Call Mindy Mathewson to give her details of your charge account at (909) 659-1367.

In Grateful Appreciation To Brad Riesau

All of us at the Center would like to express our appreciation for having had Brad be our Music Director for the past couple of years. Some of us have enjoyed following his local gigs at The Other Room, Tiffany Lounge, Oakside, Barnstorm and Black Diamond to name a few. His wide repertoire serves him well in his gigs, but also brought us a fresh look at the “positive” music he graced us with. With over 37 years in the music business, Brad has worked for some of the biggest and most talented names in jazz and world music, Brad has experience in nearly every facet of the industry. His experience as publicist, bandleader, songwriter, recording artist, concert booking and promotion, music journalist, editor, record production, event coordinator, and so much more makes him qualified to tackle or consult on any music. We look forward to having Brad join us again when he can!



A New Way to Give!

Keeping up with technology, your Center is offering a new way to give your weekly tithe!

Just text “GIVE” to:
(619) 345-5647.

ADVERTISE!

Let your spiritual community know about the services and products you provide. *We want to support you!* You are invited to advertise your business in our monthly newsletter, which reaches over 300 people. Please provide camera-ready art and a check for \$25 to the church office (or any Board member) for the February issue by January 15th. Questions? Call 909-866-7100.



Holly says....

***Attitude is everything
SO....
Pick a good one!***

and pass it along....