



Bear Valley Center for Spiritual Enrichment

A Religious Science Community

"Open at the Top"

August 2018 Newsletter

Sunday Services, 11:30 a.m.

578 Bonanza Trail, Big Bear Lake

(Across the street from the Little Greenhouse florist)

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

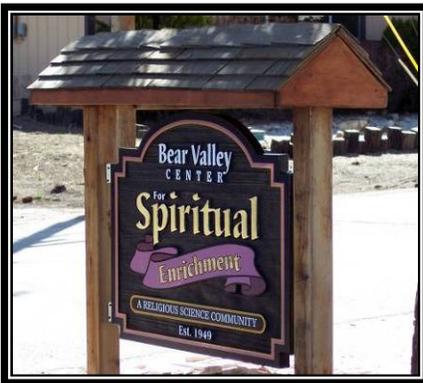
909-866-7100, Email: info@bvcse.org. Website: www.bvcse.org

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.

August Topics and Speakers



August 5

Alpha Richards

"It's Glorious"

August 12th

Travis

"Love, Now or

Eventually ..

Your Choice

August 19th

Falome Mendoza

"Shalom, Mi Amigo"

August 26

Rev Jules ones

"Spiritual Narative –

Part of the Human

Spirit Series"

August Calendar

August 1st

Meditation 10:00 a.m.

At Carolyn Dawley's house

August 2nd

Board of Trustees Meeting

11:00 a.m. at the Center

August 5th

Sunday service at 11:30 a.m.

Zen meditation at 3:30 p.m.

At the Center

August 8th

Meditation 10:00 a.m.

At Carolyn Dawley's house

August 12th

Sunday service at 11:30 a.m.

Zen meditation at 3:30 p.m.

At the Center

Buckaroo Ball at 4:00 p.m.

Inn at Fawnskin

August 15th

Meditation 10:00 a.m.

At Carolyn Dawley's house

August 19th

Sunday service at 11:30 a.m.

Zen meditation at 3:30 p.m.

At the Center

August 22nd

Meditation 10:00 a.m.

At Carolyn Dawley's house

August 26th

Sunday service at 11:30 a.m.

Zen meditation at 3:30 p.m.

At the Center

August 29th

Meditation 10:00 a.m.

At Carolyn Dawley's house

Make New Friends, but Keep the Old



Your Board of Trustees is working hard to make our Center the best that it can be. ***BUT!*** We cannot do it alone! We need help from everyone. If everyone just gave a little time, no one would be stuck holding the ball. Presently, we are looking for volunteers to help with the after-service snacks. This does not have to be elaborate or fancy or even homemade! Just think what snacks you'd like to eat and bring those. One Sunday a month is "Birthday Sunday" with the birthday cake, so that leaves only three Sundays needing snacks. The more people who volunteer means less often anyone needs to bring something. We also need one person to take on the responsibility of signing up people to avoid full tables one Sunday and nothing the following week. That could be done from home!

A Sunday kitchen crew is also needed. This would involve making coffee before the service, then clearing the snacks from the Community Room after the service, and loading the dishwasher with dirty dishes. It's a small kitchen, so it won't be a huge job to wipe down the counters and empty the trash cans. Again, the more who sign up, the less often . . . you know the rest! It can be a fun job chatting and laughing with each other as you work. It's another way to make friends.

The Board is also starting up some fun activities we've done in the past and ones we've talked about doing, but never quite got started: once a month, we are having "Movie Night" where we show a fun movie and serve popcorn (BYOB). This is an inexpensive social time to get out of the house, but not spend a small fortune. On the alternate months, we want to have a "Game Night". This, again, is informal and inexpensive fun. Bring your favorite board game and we'll get enough players together to play! Invite your friends because this isn't just for our congregation – everyone's welcome! The more the merrier. We encourage you to bring some snacks to munch on while you play. Ideas for other activities are welcome and much appreciated!

Remember, the Board is open to new ideas to help keep this a safe place to learn, grow, and have fun! We want you to look forward to your time spent at the Center. We believe in Laughter, Lightness and Love! So please, do your part and help us make it happen! See you there!

Blessings

Sherry Kral
Secretary

June 2018 Financials

Collections	\$ 3,887
-Other income	65
Total regular income	\$ 3,952
Expenses	\$ 4,961
Net June Income	(\$1,009)

Our Prosperity

(All tithes are now \$100 each.
The Board also tithes back to any church making
a donation to the Mortgage Reduction Fund.)

June Tithing:

This month we tithed to:

CSL Kuau'i
4Ocean
Guide Dogs of the Desert

June Attendance

	<u>Adults</u>	<u>Children</u>
6/3	28	0
6/10	44	0
6/17	23	1
6/24	24	0
Totals:	119	1
June Averages	29	

Billboard Donations

There were no Billboard Donations in June.

In Grateful Appreciation for June Bills

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 Sandy Morrell in our church office to give her details of your charge account (909-866-7100).

Inspirational Article



How do you ever get the truth to be more the way you want it to be? You've just got to start beating the drums of truth the way you want it to be – and when you do, you will immediately feel good. There are those who might say, “Oh, you're not facing the fact.” And we say, we would never face any fact that was taking us to a place we don't want to be.

There are those who believe that the world is getting more and more desperate. We are here to tell you that the world is getting better and better, and that every experience you have causes you to launch rockets of desires, and Source comes in response to those rockets. The best thing about your birth and death is that the resistant ones die and the allowing ones are born. With this combination of contrast that keeps you launching new and new desires, it's no wonder that the Universe is expanding in this marvelous way and that life is getting better, in every day – and in this moment – for everyone who insists on focusing there.

Our Love, Esther (Abraham and Jerry)

Contributed by Sherry Noone

Practitioner

Board of Trustees

Sherry Noone (*President*)

Nancy Walker (*VP*)

Sherrie Kral (*Secretary*)

Ellen Kesler (*Treasurer*)

Gloria Meade

Noreen Caswell

Kiki Williams

August Birthdays

<i>August 1</i>	<i>Don Meline</i>
<i>August 4</i>	<i>Fred Hinton</i>
<i>August 16</i>	<i>Sherry Noone</i>
<i>August 17</i>	<i>Roger Culbertson</i>
<i>August 20</i>	<i>Margo Penardi</i>
<i>August 21</i>	<i>Jane Hewitt</i>

★ **HAPPY** ★
BIRTHDAY!



Holly Grandi Memorial Fund

Starting in July, in memory of our dear Holly who passed a year ago, there will be a special basket passed around during the Sunday services for a special donation to the Holly Grandi Memorial Fund. The money going into this basket will go directly to the “**Wings of Rescue**” organization. This group continues to gather animals in the local shelters where disasters strike (if there are any shelters, such as Puerto Rico), and distribute them to other shelters throughout the US, starting with San Diego, and leaving the shelters in disaster areas open to people who need a place to keep their animals until they can get back into their homes.



Holly Thanks You!

If you would like to make a donation without waiting for the basket, just send to the Center and put a note inside stipulating where the money is designated.

Help Out for the Buckaroo Ball!

We are collecting nice bottles of wine to fill a wrought iron wine rack to auction off. This is a great way to contribute to the event, especially if you cannot attend, but would like to contribute.

Another way to contribute would be to donate cash to help pay for the band!

Man in the Glass

When you get what you want in your struggles
for self,
And the world makes you King for a day.
Just go to the mirror and look at your self
And see what that man has to say.

For it isn't your mother or father or wife
Whose judgment upon you must pass.
The fellow whose judgment counts most in life
Is the one staring back from the glass.

You may be Jack Horner and pull up a plum
And think you're a wonderful guy.
But the Man in the Glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please; never mind all the rest
For he's with you clear to the end.
And you pass the most difficult dangerous task
If the man in the glass is your friend.

You may follow the whole world down the
pathway of years
But your final reward will be heartaches and
tears
If you've cheated the Man in the Glass.

Author – Mr. Unknown

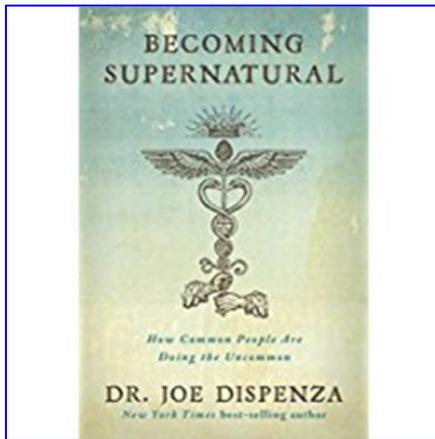
“Life is a mirror and will reflect back to the
thinker
what he thinks into it...”

Ernest. Holmes

Book Review...

Becoming Supernatural: How Common People are Doing the Uncommon

By Dr. Joe Dispenza
Print Length: 375 pages
Publisher: Hay House
Publication Date: October 31, 2017
Price \$27.99



In his newest book, Dr. Joe Dispenza explores how common people are doing the uncommon to transform themselves and their lives. *Becoming Supernatural* marries some of the most profound scientific information with ancient wisdom to show how people like you and me can experience a more mystical life.

Readers will learn that we are, quite literally supernatural by nature if given the proper knowledge and instruction, and when we learn how to apply that information through various meditations, we should experience a greater expression of our creative abilities; that we have the capacity to tune in to frequencies beyond our material world and receive more orderly coherent streams of consciousness and energy; that we can intentionally change our brain chemistry to initiate profoundly mystical transcendental experiences; and how, if we do this enough times, we can develop the skill of creating a more efficient, balanced, healthy body, a more

unlimited mind, and greater access to the realms of spiritual truth.

Topics include:

- Demystifying the body's 7 energy centers and how you can balance them to heal
- How to free yourself from the past by reconditioning your body to a new mind
- How you can create reality in the generous present moment by changing your energy
- The difference between third-dimension creation and fifth-dimension creation
- The secret science of the pineal gland and its role in accessing mystical realms of reality
- The distinction between Space-Time vs. Time-Space realities

And much more. Using tools and disciplines ranging from cutting-edge physics to practical exercises such as a walking meditation, Dr. Joe offers nothing less than a program for stepping outside our physical reality and into the quantum field of infinite possibilities.

Mindy Mathewson

Imagine Bookstore

Drumming in the Orchard

It was a beautiful evening July 18th in Erwin Lake in *the orchard of Mike and Cindy Bode*. We had a wonderful turnout of folks with different percussion instruments, guitars, flutes, noisemakers, and a didgeridoo. The music coming through the trees was an experience enjoyed by all. The night settled to a close as the sun set silhouetting the mountains in the distance. This was so refreshing from our indoor drummings that we plan to *repeat it on August 22nd – “same time, same place”*.

Come join our circle. You don't have to have an instrument; several of us have things we loan...or put some gravel in a coffee can, put on the lid, and you have a shaker!

*August 22nd, - home of Mike and Cindy Bode –
874 Pinon, 909.585.7966
6:00 p.m. Potluck (plan a dish for 10),
7:00 pm drumming*

“Be there or be square”!



Through the Looking Glass

Ellen Kesler

A friend of mine once asked me why I liked to go camping. After giving the usual answers, like “because I enjoy being outdoors, meeting people from other states and sometimes other countries, the quality time with my daughter especially around the campfire, etc”., I realized this last trip that there’s so much more I enjoyed in the camping experience.

One morning while I was enjoying a quiet cup of coffee while daughter slept, I was listening to the sounds of the campground – families talking and laughing together, kids whirring by on bicycles, squeals from the playground area, “Marco Polo” repeated from the pool, occasional dogs “greeting” each other, and kids challenging parents at miniature golf. The essence of the campground is people feeling no stress, relaxing, enjoying being a family, meeting/making new friends...**HAPPINESS**. Never experienced that in a motel.

This trip, we spent **2 ½ weeks in Humboldt County region exploring Eureka, Arcata**, and surrounding towns, some we’ve never known. Eureka has Victorian houses throughout the city with the elaborate Carson Mansion on the edge of the bay. You can’t visit it, but it certainly dominates the city’s landscape.

Ft. Humboldt stands on a hill overlooking the city – built before the War Between the States and where Lt. Ulysses S. Grant was stationed and promoted to captain while serving there. The property also has logging “Steam Donkeys” and history of the industry that built this region.

California State University. at Humboldt is located in nearby Arcata and attached to that is the Redwoods Community Forest – a many-acre redwood forest with trails meandering through the trees, large ferns, rhododendrons, streams, and of course, if you look carefully, the infamous Banana Slug. Farther up the road, as part of Prairie Creek Redwoods State Park is the Newton Drury Scenic Parkway. This is like the Avenue of the Giants that is more southern to this region and like that one, the road takes you through groves of redwoods. We found a trail where we could walk the dogs and were surprised to find the “Corkscrew” redwood tree which I had seen on a postcard. This trail was truly beautiful as we walked along a creek.

Our ‘MO’ (modus operandi) is to “take the road less traveled” and thanks to Google Maps, we found the most gorgeous trail off Highway 101 – the Azalea Trail. We were walking on a trail where Azaleas and Rhododendrons were taller than we were and wildflowers were in incredible abundance. At one point, the view of the ocean was stunning. Since not many people walk this trail, we were pushing our way through the growth and sometimes challenging for the little dogs to walk. Another time, we found a trail at the end of a road where an entire town, Falk Town, had been a logging town and now totally gone. They had signs showing where to look where you might spot things – like the railroad tracks of the logging steam donkeys as they brought the logs off the mountain now in the stream. And then there’s the “town” of Kneeland...another story!

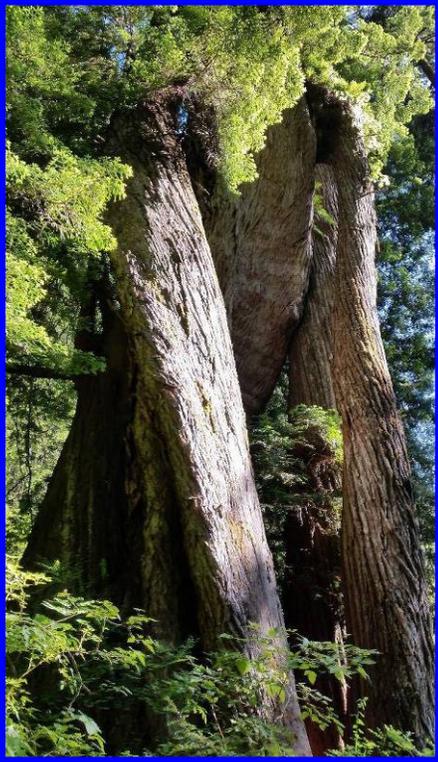
One of the highlights of this trip was mingling with the “locals” in Arcata to watch a men’s summer league baseball game; the Arcata Humboldt Crabs vs the Eureka Humboldt B52’s. Being in several bands in my youth, I was surprised to see a violinist in the local band in the stands! And the members took turns leading the band in, apparently, their favorite tunes so it was quite eclectic music! The Coast Guard helicopter did a “fly-over” in the 1st inning.

This is a beautiful, historic region of our state to visit. The rugged coast, the redwood forest-lined highway, lagoons, driftwood-lined beaches (but rough surf), meandering elk; little fishing villages, farm communities – a definite change to our dry, hot southern area. If you haven’t been this far north, GO! Make a point to spend time in the Humboldt County and learn about the region. **I know** we’ll be going back!

By our Traveler...

Ellen Kesler

Camping Trip Photos



The Bear Valley Center for Spiritual Enrichment invites you to the

Buckaroo Ball 2018!

**Put on your country duds and join us for a fun evening of
Country Music and Great Food!**



Live Country Music from “The Runnin’ Kind”

Featuring Mike Cross on piano

Live Auction~Silent Auction~Wine & Beer Bar

Opportunity Drawing for Baskets

Sunday, August 12th, 4:00 pm

in the garden at The Inn at Fawnskin

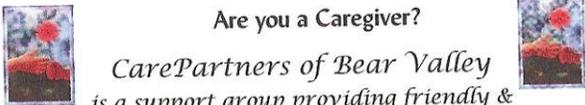
Corner of Hwy 38 & Canyon, Fawnskin

Tickets are \$65 and are limited ~Call to Reserve Yours

(909) 866-3200

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 September issue by August 15th. Questions? Call 909-866-7100.



Are you a Caregiver?

CarePartners of Bear Valley
is a support group providing friendly & insightful tips for caregivers of loved ones with Alzheimer's, dementia & other illnesses.

For further information
Please call Mary Andresen
909-585-7958
or Ellen Kesler
909-585-1062

Please join us at 1 PM
2nd & 4th Tuesdays
Senior Center
42651 Big Bear Blvd



Spiritual Journeys
ALL ARE WELCOME

**Wednesday Meditation
Group 10 AM**

816 Mountain Lane
Big Bear City, CA
909-585-5350
dwlyc@hotmail.com

CAROLYN DAWLEY, R.Sc.P.



Holly says....

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

and pass it along....