



Bear Valley Center for Spiritual Enrichment

A Religious Science Community

"Open at the Top"

September 2016 Newsletter

Sunday Services, 11:30 a.m.

578 Bonanza Trail, Big Bear Lake

(Across the street from the Little Greenhouse florist)

(Next door to Mama Bear's Vitamins)

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.*

September Topics

September Board Message



Tim Brigham says...

What's Cooking?

I enjoy cooking, and love to bake. But cooking in Big Bear can be a bit of a challenge. At any elevation above sea level there is atmospheric change that becomes more noticeable the higher one ventures. It's particularly apparent how high up you are when you try to bake for the first time at altitude.

Over about 3,000 feet adjustments are necessary for most recipes. Most people already know that water boils at lower temperatures the higher the altitudes. This means that it takes longer to cook most foods at high elevations. Also, air becomes drier and liquids evaporate more quickly. This combined with having to cook the food longer may create dishes that are dried out and unappetizing.

Cooking savory dishes usually requires smaller adjustments. Be aware of the moisture content and cooking time, especially when cooking meats, which will tend to dry out quicker at high elevations. Oven-roasted meats are generally cooked at the same temperature and time as at sea level, but using a meat thermometer is a good idea. Moist cooking methods may take a little longer, but do help to maintain the tenderness of the meat.

Anything boiled in water may need extra time to cook and be sure to keep your eye on the water level. It will evaporate away faster than you think causing the food to burn to the bottom of the pot. Stews and beans

September 4th ***Rev. Dr. Linda Logan***
Go With the Flow?

September 11th ***Rev. Dr. Linda Logan***
Self Loyalty

September 18th ***Rev. Dr. Linda Logan***
Expressing Empathy

September 25th ***Rev. Dr. Linda Logan***
The Simple Things of Life

September Board Message (cont'd)

will need extra time to cook as well as anything using the double-boiler method. Custards will also take longer to set.

Cooking time and moisture level are just two of the issues you will face when cooking at higher altitudes. Another big problem is with the leavening ingredients used in baking: the gases produced by baking powder, baking soda and yeast expand faster due to the lower atmospheric pressure, and then fall flat before cooking is complete. So, cakes and breads will rise quickly and then collapse into an unappealing crater.

But cookies need very little adjustment. Increasing the oven temperature by 20 degrees and shortening the cooking time a minute or two can help improve results. Avoid using insulated or double layer cookie sheets, as they will not allow enough heat to properly brown the cookie bottoms. Single-layer sheets are best to get your cookies nice and hot.

Cakes and bread will need more care to yield the best possible results. Baking powder and baking soda amounts will need to be decreased. If egg whites are used for leavening, be sure to beat them only to a soft peak. Overbeating will cause them to deflate too quickly in the oven. Sugar may also need to be decreased by a tablespoon or more per cup.

Flour tends to be drier at high elevations, so increasing liquid ingredients is suggested to maintain sufficient moisture content. Sometimes just adding an egg, some sour cream or buttermilk, can do the trick. Also, consider decreasing the amount of flour a bit for yeast bread and increasing it for quick breads and cakes.

There may be science involved with baking, especially at a high altitude, but it isn't quantum physics. Anyone with a little knowledge and some time to practice can bake dishes that are just as yummy as they would be at sea level. So, now that you know the tricks the highlanders use to bake like pros, you can take on that cake recipe with confidence and don't forget to have some fun with it.

**Jim
Brigham**

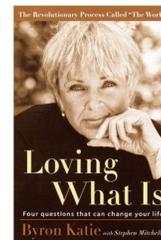
**Board
Member**



September Book Review

Loving What Is: Four Questions That Can Change Your Life

Contributors: Katie, Byron (author),
Mitchell, Stephen
(with)
Publisher: Harmony
\$15.95
Pub Date: December 23, 2003



Out of nowhere like a breeze in a marketplace crowded with advice, comes Byron Katie and “The Work.” In the midst of a normal life, Katie became increasingly depressed, and over a ten-year period sank further into rage, despair, and thoughts of suicide. Then one morning, he woke up in a state of absolute joy, filled with the realization of how his own suffering had ended. The freedom of that realization has never left him, and now in ***Loving What Is*** you can discover the same freedom through “The Work.”

“The Work” is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. As Katie says, “It’s not the problem that causes our suffering; it’s our thinking about the problem.” Contrary to popular belief, trying to let go of a painful thought never works; instead, once we have done “The Work”, the thought lets go of us. At that point, we can truly love what is, just as it is.

Loving What Is will show you step-by-step, through clear and vivid examples exactly how to use this revolutionary process for yourself. If you continue to do “The Work”, you may discover that the questioning flows into every aspect of your life, effortlessly undoing the stressful thoughts that keep you from experiencing peace. ***Loving What Is*** offers everything you need to learn and live this remarkable process and to find happiness as what Katie calls, “a lover of reality.”

Rev. Dr. Linda Logan
SEPTEMBER Topics Preview

Remember – You can “Take Linda Home with You” by purchasing the Sunday service on a CD for only \$5.00 in our Imagine bookstore.



September 4th – Go with the Flow

Sometimes when I am going through a very happy period of my life, I wish that I could make time stand still and keep everything the same. However, that does not seem to be the way life works. Since stopping the flow of life is an impossibility, we have to learn how to maintain our emotional balance when life takes us in a new direction. Be assured that you have the inner power to make the necessary adjustments. Find contentment no matter how your circumstances may be altered.

September 11th – Self Loyalty

One of the first lessons in life should be self-loyalty. This means that you stay true to your goals, aspirations, and dreams. This is important because when you don't do that, you are withholding your gift to humanity; your piece of the puzzle. Each of us has an innate responsibility as a part of the “One” - to live authentically as ourselves.

September 18th – Expressing Empathy

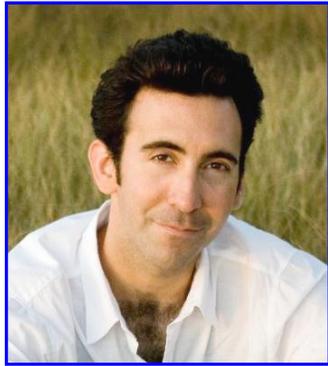
The definition of empathy is; the feeling that you understand and share another person's experiences and emotions: the ability to share someone else's feelings. Today's society can often overlook another's circumstances simply because they have never personally had the exact situation in their lives. I recommend that you, as the saying goes, “Walk a mile in someone else's moccasins”. You know how you feel when you are hurt; it is the same feeling that others have when they have been emotionally or physically injured. Stop before you judge another's life in a negative way. Take a moment to feel what they might be going through and think how you would like to be treated if it was you. Let's take empathy and caring for each other into our everyday lives with everyone and everything which we encounter.

September 25th – The Simple Things of Life

Sometimes, I am surprised at how little it takes to make me happy. As we enter the autumn of the year, just the sight of leaves turning colors, can stop me in my tracks in awe of the beauty, or the first snowfall. What makes you happy? Is it your friendships or your favorite meal? Think about it, and I think that you will be happily surprised and grateful for the simple things of life.

September Practitioner Message

Life really is very simple. All that I need comes to me in the perfect time space sequence. All is whole, perfect, and complete. All is well in my world today. I have everything that I need. I trust in the good that has brought me forth thus far, to care and nurture my every need. I am blessed, therefore, I am a blessing. I am loved, therefore, I am loving. I am at peace, therefore, I extend peace to others.



Today, and every day, I know what is mine to do. I trust that life guides me in simplicity to go with the flow of purity and personal truth. Today, I trust that I can handle and answer all that is brought to me in faith and love. Love is alive and flowing through every aspect of my life. Today I trust, that the gift that I have been given, is mine to freely give. For as I am part of the oneness of all things, it is my great pleasure to give and receive. Life is good all the time.

May this month of September bring me great joy. The seasons of nature continue to unfold, just like me. I am an ever-evolving expression of Divinity and love. I know what is mine to do. And so, I relax in the energy that daily reminds me that life really is very simple. Good things are happening now.

Namasté.

Michael McConnell

September Calendar

- September 3rd** **Kim Boda Workshop**
Center
- September 5th** **Labor Day**
- September 7th** **Meditation 10:00 a.m.**
Carolyn Dawley's house
- September 10th** **Kim Boda Workshop**
- September 11th** **Board meeting**
Following service
- September 14th** **Meditation 10:00 a.m.**
Carolyn Dawley's house
- September 21st** **Meditation 10:00 a.m.**
Carolyn Dawley's house
- September 22nd** **Drumming Circle**
Marv Cirra's home
(40020 Water Hole Lane
Baldwin Lake area)
Potluck 6:00
Drumming 7:00
- September 28th** **Meditation, 10:00 a.m.**
Carolyn Dawley's house

New Membership Class
October 8, 2016
10:-00 a.m. – 2:00 p.m.
At the Center

September Birthdays

- September 3 Lorraine Taylor
- September 4 Noreen Caswell
- September 9 Debbie Cannon
- September 10 Lisa Movius
- September 16 Jesse Mendoza



"Bill" Board for BVCSE

Here is a great opportunity to participate in supporting your Center:

We are putting into motion one of the suggestions from our Visionary session. There is a poster board in the Hospitality room for you to sign up to help pay the bills to support the Center. Here's all you do:

- 1st Pick the utility you want to help pay.
- 2nd Pick the amount you want to pay: if the amount is too high, you can cross it out and put what you can contribute.
- 3rd Put your name under that amount.
- 4th Make your check out to the Center (BVCSE) and drop it in the Sunday basket or take it to Sandy in the office during the week. This way it will be a tax deduction for you. In the memo part of your check, just write the utility to which you wish to contribute.

5th **Remember No Amount is too Small**
We are so grateful for your help!

In Grateful Appreciation to Our Bill Board contributors for July bills

Water – Ellen Kesler

Gas –Fred & Judy Hinton,

Electricity – Liz Harris, Fred & Judy Hinton,
Gloria Meade

Phone/Internet –Rhonda & Bruce Smith, Sherry
Noone, Diane Richenberg

Mortgage – Imagine

Grizzly – Diane Richenberg

Minister's Education Fund – None

Snow Removal – None

Website Marketing – None

We are so grateful for your help

If you have any questions,

Contact Judy Hinton at 760-715-8036

We would like to gratefully acknowledge the members who continually support our Center with monthly automatic withdrawals as continual offerings. Their support is vital to keep us going:

Julie Grandi
Marla & Bob Henrich
Margo & Paul Penardi

Church Business July Financials July 2016

Sunday Collections	\$ 5,581
Other income	\$ 4,387
Total income	\$ 9,968

Expenses	(\$ 7,690)
Net regular July income	\$ 2,278

Tapas Income	\$28,538
Tapas Expenses	(\$16,010)
Net Tapas Income	\$12,528

July Attendance

	<u>Adults</u>	<u>Children</u>
7/3	54	2
7/10	25	2
7/17	39	0
7/24	36	2
7/31	45	2
Totals	199	8
July Averages	40	2

Our Prosperity

"It is in giving that we receive."

***Notes from your Board about our
July Tithing***

Gifts to the Community

ANTN = \$25

BV Hospital Foundation = \$50

DOVES = \$70

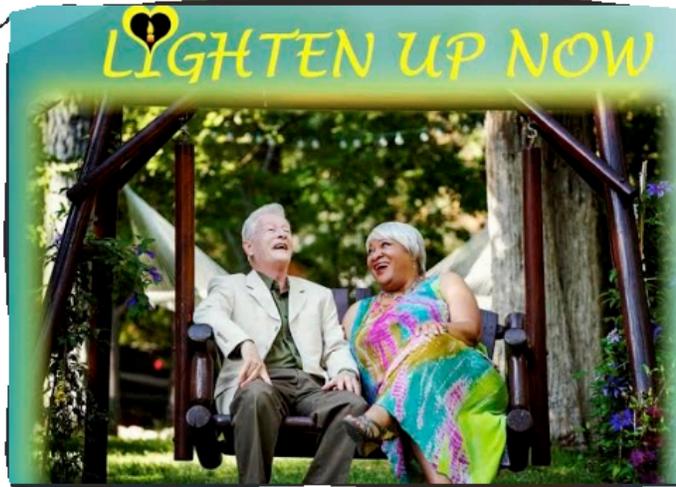
Food Pantry = \$100

July Tithing Total = \$245

"We would like to remind everyone, to consider remembering our spiritual center, when you are doing your ***estate planning and Wills***. Bear Valley Center for Spiritual Enlightenment is a non-profit 501(3) c corporation and all your gifts are tax deductible.
Namaste".

ANNOUNCEMENT

Warren Burdick and Rev. Linda Logan are excited about beginning this new and unique concept and invite you to be a part of it. Tickets are available and information follows:



LINDA LOGAN & WARREN BURDICK
323-686-1836

Lighten Up Now

SATURDAY, SEPTEMBER 24 FROM 11:00 AM TO 1:00 PM

THE CAP STUDIOS
13752 VENTURA BLVD.
SHERMAN OAKS, CA 91423

You've heard of **TEDX** – You've watched **SUPER SOUL SUNDAY...**
Be part of the experience... **"LIGHTEN UP NOW"**

This is your wake up call! "Lighten Up Now" is a live, motivational event that will
EMPOWER * ENLIGHTEN * INSPIRE * INFORM

Get your tickets! VIP tickets (\$35) will also include reserved seating and private reception following the event in Sherman Oaks, California at the **CAP Studios**

September 24, 11:00 – 1:00,
13752 Ventura Blvd, Sherman Oaks, CA
Call 323-686-1836 for tickets

What's the Haps?

- ◆ **Marty Lipp** is now in an assisted living facility in Woodland Hills. If you would like more information, you may call BVCSE office or Ellen Kesler.
- ◆ **Margo Penardi's** father made his transition on August 27th.
- ◆ And a word this week from **Art Harriman** –
"The person was so busy judging other people that he left his closet open and all his skeletons fell out!"

This Virus is Spreading

Watching the Olympic Opening Ceremonies this year was heartwarming and encouraging. Brazil is a nation like ours; filled with diversity of ethnic origins and the emphasis was on World Oneness. Did you know the colors of the Olympic Rings represent the colors found in all world country flags? And this year, the Olympic federation formed the Refugee Team where qualifying athletes, having no country affiliation, competed under the Olympic flag.



These are the “Modern Olympics”, started up after World War II, but it’s only been recently, from a Canadian athlete’s suggestion, that the change was made in the Parade of Athletes to have them all mingle together on the field; no separation of countries.

It is hard to hear the words from the Olympic Hymn, but here are stanzas that have been sung for years that “ring out” –

“As now we come across the world
To share these Games of old
Let all the flags of every land
In brotherhood unfold.

And let fraternity and fellowship
Surround the soul of every nation.”

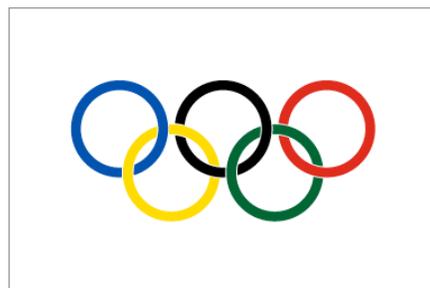
As the competition proceeded throughout the weeks, I noticed more inter-country congratulatory pats, handshakes, hugs, etc. The prime example came when the American woman runner helped the New Zealand runner up after she had fallen and said to her, “Get up. We have to finish this” and helped her finish.

Closing Ceremonies were changed this year, too – the athletes filed into the stadium TOGETHER. The competitions were over – they were One group of athletes, medals or no, ending in unity. As the tears trickled down my face (as usual) when they doused the Olympic flame, it saddens me that we have to wait years again to see countries drop their differences and display this Oneness...this true Olympic Spirit. Yet, I felt the flashback as I sat there remembering this year’s New Year’s Eve in Times Square when thousands of people suddenly were singing John Lennon’s “Imagine”.

Then just last week at the Little League World Series when the New York team beat the South Korean team to win the World Series (it’s been 5 years since an American team has won), the boys insisted the losing team join them on the field for the accolades. Another first – another “Oneness” triumph.

The “Oneness Bug” that delivers this virus IS spreading. There is joy in knowing it’s out there.

Ellen Kesler



MANY, MANY, THANKS!

Between our “Tapas, Jazz, and Chocolate” and the Yard Sale events, there have been many volunteers to make our fundraisers successful. It’s time to recognize these hard-working, dedicated individuals who give of their time and talents. We are so grateful!!!

“Tapas” under the direction of Nancy Walker

Assistant Director – Mindy Mathewson*

*Mindy also did the Live Auction, table set-up, brochures, table setting, made all the tags for the baskets, sold tickets, organized table assignments, coordinated table servers, made chocolate, and was sous-chef in the kitchen!)

Queen of Chocolate – Liz Harris!

Yard Sale under the direction of Liz Harris

Dian Bartash
Kendra Culbertson
Roger Culbertson
Carolyn Dawley
Judy Farry

Fran Fish
Julie Grandi
Sally Markey
Mindy Mathewson

Servers

Jennifer Castagner
Liz Harris
KC Huffman
Ellen Kesler
Michael McConnell
Sally Markey
Gloria Meade
Elena Peavy
Troy (unknown last name)

Bartenders

Bob Collins
Nick Peckenpaw
Kerri Penardi
Margo Penardi
Paul Penardi

Set-up

Roger Culbertson
Mindy Mathewson
Gloria Meade

Kitchen

Sally Markey

Check-in Desk and Finances

Julie Grandi
Sue Klump
Sherry Noone

Silent Auction

Kendra Culbertson
Katherine Ruth

Auctioneer

Tim Haldemann

***And this year’s Tapas brought in \$12,528 !!
Thanks again, Tapas Team***

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 October issue by September 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.

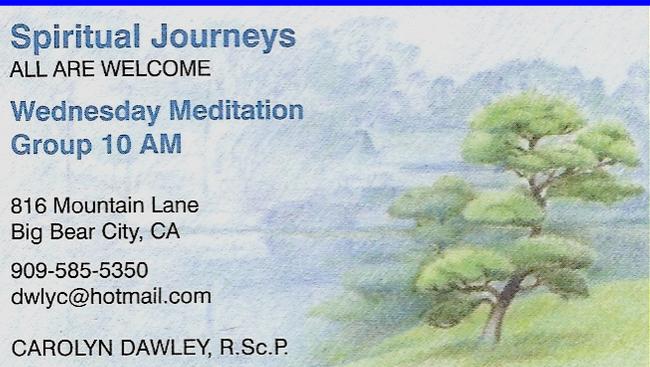
For further information
Please call Mary Andresen
909-585-7958
or Ellen Kesler
909-585-1062

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....



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BRE Lic#'s 00880325 / 00815396
Each Office Independently Owned and Operated



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BRENDA CHANEY
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