



Bear Valley Center for Spiritual Enrichment

A Religious Science Community

"Open at the Top"

July 2019 Newsletter

Sunday Services, 11:30 a.m.

578 Bonanza Trail, Big Bear Lake

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

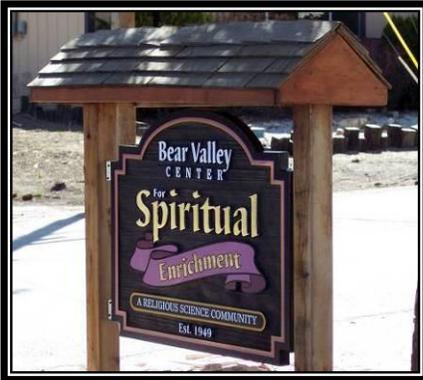
909-866-7100, Email: info@bvcse.org. Website: www.bvcse.org

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

July Topics and Speakers



Month Theme:

“SPIRITUAL LIBERATION”

- July 7th** **Nancy Walker, RScP**
 “Spiritual Liberation, Part I”
- July 14th** **Rev Ali Benjamin**
 “Spiritual Liberation, Part II”
- July 21st** **Rev Ali Benjamin**
 “Spiritual Liberation, Part III”
- July 28th** **Nancy Walker, RScP**
 “Spiritual Liberation, Part III”

July Calendar

- July 3rd** **Meditation 10:00 a.m.**
 At the *Benjamin’s home*
- July 4th** **Independence Day!**
- July 7th** **Sunday service 11:30 a.m.**
 At the Center
Zen meditation 3:30 p.m.
 at the home of *Marv Cira*
 40200 Water Hole
 909-584-5278
 (Baldwin Lake area)
- July 9th** **“Basic Principles” class**
 w Rev. Ali Benjamin
 6:30 p.m. at the Center
- July 10th** **Meditation 10:00 a.m.**
 At the *Benjamin’s home*
- July 13th** **Sacred Meditation Class &**
 Workshop 9:00 a.m.
 Workshop by *Liz Harris*
 In the Center & God’s Eye

(Continued on Page 2)

July Calendar (continued)

- July 14th** *Sunday service 11:30 a.m.*
Board Meeting following Service
- Zen meditation 3:30 p.m.*
At the home of Mike & Cindy Bode
874 Pinon
Erwin Lake
909-585-7960
- July 16th** *Basic Principles Class 6:30 p.m.*
At the Center
- July 17th** *Meditation 10:00 a.m.*
At the Benjamin's home
Drumming in the orchard of
Mike & Cindy Bode
6:00 p.m. potluck
7:00 p.m. drumming
- July 21st** *Sunday service 11:30 a.m.*
Zen Meditation 3:30 pm.
at the Center
- July 23rd** *Basic Principles Class*
6:30 p.m. at the Center
- July 24th** *Meditation 10:00 a.m.*
at the Benjamin's home
- July 28th** *Sunday service 11:30 a.m.*
Zen meditation 3:30 p.m.
at the Center
- July 29^h** *"DDCs" Sacred Circle*
(Delightful Deliberate Creators)
- July 31st** *"In La Kesh" Sacred Circle*

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 Article

Since this is my first Board Member article for the newsletter, I want to start by saying how absolutely thrilled I am to be back on the BVCSE Board, especially at this time of great growth and new and exciting things that are happening there!



With Rev. Ali and Nancy's Co-Spiritual leadership, the addition of Michael and his energy to our Practitioner team and Board, and seeing and being part of the new programs, this feels like a great time to be part of the leadership. I am excited for the new membership and the Sacred Circle programs; I anticipate seeing our membership grow and expand in the near future because of these innovations. I am also pleased and excited to be part of leading the service on those Sundays when Nancy is speaking. Mindy Mathewson and I share those duties and it has become something I really anticipate. It is not something I ever pictured myself doing, but I really enjoy leading the service.

To introduce myself to those who may not know me, here is the "Reader's Digest Condensed" story: I have resided in Big Bear for nearly 31 years, moving up here from South Orange County with my husband, Paul and two daughters, Kaylenn and Kerri, when they were 1 and 3 years old. Moving here was one of the best things we ever did! Around the time that Kaylenn and Kerri were in elementary school, we knew that there was "something" out there that we were missing with regard to spirituality although, at the time, I was not even sure what "spirituality" was.

We eventually found our way to the Bear Valley Church of Religious Science (*our Center's former name*) through mutual friends, when we were meeting in the Masonic Lodge, and it immediately felt like home; a feeling of connectedness, acceptance, and welcoming was immediate! And the philosophy and messages just made so much sense! We became members and I started singing in the choir and Paul began

Board Article (continued)

playing drums and working the sound system. We have been actively involved in the Center for the last 18 or so years, through the Center's many moves, "church in a box", and now in our own beautiful, permanent home!

In addition to my involvement and activities at the Center, I am involved with performing in our local community theater productions (as of this writing, I am in the process of rehearsing for two different shows...Crazy!) I have been an active member of the Board of Directors of DOVES (our local domestic violence awareness and prevention agency) for about 15 years due to our dear Carolyn Dawley who was very involved and asked me to join their board.

I continue to work full-time in the school district as a speech therapist, having a caseload of almost 70 students. Now after 29 years, retirement is in my near future. Since Kaylinn and Kerri are both in Colorado, along with my wonderful grandson, Huxley and, as of today, a granddaughter due in November, plus Paul's transition a year and a half ago, I am struggling with the question of moving to Colorado after retirement or staying here in Big Bear, where I feel so loved and supported! Maddi (my tiny fur-baby) and I have some thinking to do!

Meanwhile, I want to take this opportunity to say "thank you" to everyone for all the love and support you have provided my family and me since Paul's passing. We appreciate it so much and it is part of the reason that I struggle when people ask me, "Are you moving to Colorado when you retire?" As I become accustomed to my "new normal" and the good days and the not-so-good days, I know that a large part of my "good days" is because of all of you. While I work on the answer to that question, please know that I am thrilled to be of service to BVCSE as a new board member!

Love and Light,

Margo Penardi

Board of Trustees

Inspirational Article

Liberation

This month, we will be celebrating the 4th of July - Freedom of the United States of America! Rev. Ali and I will be speaking this month on "Spiritual Liberation", basing our talks on the book by Rev. Michael Beckwith. "Spiritual Liberation" is waking up to our authentic selves, shedding the layers of BS (Belief Systems), coming to know who we truly are, and coming into our true potential as spiritual beings having a human incarnation.

Personally, I woke up to the realization I was not living an authentic life the day I turned thirty-five. Just a little while ago! Since then, I have been a seeker of knowledge; someone who wants to learn every day, to grow, expand and create the most loving, joy-filled life I can. I absolutely love our philosophy, as it has totally changed my life, and I know, without reservation, that it is the truth of my being. Every day, I feel blessed to be here, to enjoy my friends and family, and this remarkable life we are living. I wish "Spiritual Liberation" for each and every one of you!

Nancy Walker
RSCP

A Poem

*From "Spirituality and Health" magazine,
shared by Sherry Noone*

Put your hand on your heart.

In you there are ideas
purely and intensely
and to be loved back.

There is the power to make people happy
and to make people laugh,
the power to change lives and futures.

Don't ever forget that power
and don't ever
give up on it.

Atticus

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

Our Billboard Contributors for June Bills

Gas	None
Water	None
Electricity	Gloria Meade
Phone/Internet	None
Mortgage	None
Grizzly	None
Snow Removal	None

We are so grateful for your help! When you contribute to the Billboard, we don't have to pay this bill out of our regular income.

May Attendance

	<i>Adults</i>	<i>Children</i>
<i>5/05</i>	<i>38</i>	<i>0</i>
<i>5/12</i>	<i>23</i>	<i>0</i>
<i>5/18</i>	<i>27</i>	<i>0</i>
<i>5/26</i>	<i>20</i>	<i>0</i>
<i>Totals</i>	<i>108</i>	<i>0</i>
<i>May Averages</i>	<i>27</i>	<i>0</i>

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

May Financials

Income	\$ 3,812
Other	551
Total Income	\$ 4,363
Expenses	\$ 3,649
Net Income	\$ 714

July Birthdays



July 4 th	Giliaan Karim
July 19 th	Beth Gardner Gloria Meade
July 20 th	Lisa Patterson

Our Prosperity

In May the Board of Trustees tithed to DOVES \$441, in memory of Carolyn Dawley.

JULY TOPICS and SPEAKERS

Theme for July – “Spiritual Liberation”

This month we have selected the book, *Spiritual Liberation, Fulfilling Your Soul’s Potential* by Rev. Michael Beckwith to use as inspiration for our talks. We will explore spiritual principles and practices that will support our aspirations toward spiritual liberation; becoming free from the narrow confines of fear, doubt, worry, and lack, and living instead from a conscious awareness of one’s Authentic Self; one’s true nature of wholeness - our inner splendor.

July 7 Nancy Walker, RscP “Spiritual Liberation, Part I”

In order to free ourselves from fear, doubt, worry and lack, we can adopt practices that will enhance our spiritual growth. Nancy will discuss seven practices that will enable us to uproot old beliefs, habits and thought forms that might be sabotaging our spiritual liberation.

“Once we become conscious of the patterns we have formed, we can revisit them and make new choices where we feel necessary, or as a practice to keep ourselves flexible, or simply to consciously exercise our power of choice,” Rev. Michael Beckwith.

July 14 Rev. Ali Benjamin- “Spiritual Liberation, Part II”

Spiritual liberation results from discovering and expressing the intrinsic qualities of enlightened consciousness that have been ours since the moment we came into existence. All that is required to live up to our highest potential is already inside us awaiting our conscious activation. Living up to our potential is about becoming more ourselves, more of who and what we are as awakened beings. This week Rev. Ali will introduce three key principles to activate awakening to our Authentic Self.

“Jesus the Christ, Gautama the Buddha, Bhagavan Krishna, and many others are examples of spiritually liberated beings. They are our way showers. Each of them provides a unique map leading to the same destination, whether it’s defined as self-realization, enlightenment, satori, nirvana, perfect sanity, samadhi, or ecstasy,” Rev. Michael Beckwith.

July 21 Rev. Ali Benjamin “Spiritual Liberation, Part III”

Spiritual evolution is occurring within us all the time with every thought we have, every decision we make, and every interaction we have with life. As we awaken as spiritual beings having a human experience, we have the opportunity to participate in the conscious evolution of our soul. This week Rev. Ali will guide us to attune ourselves to the evolutionary impulse that governs the universe, which is infinite, conscious, and seeks to articulate itself by means of us.

“...we will awaken to the realization that we are, and always have been, spiritual beings having a human incarnation. From that platform, we become a beneficial presence on the planet and individual expressions of humanity’s next level of evolution,” *Rev. Michael Beckwith.*

July Topics and Speakers (continued)

July 28 Nancy Walker, RscP “Spiritual Liberation, Part IV”

This week, we will explore what Rev. Michael Beckwith calls, “Minding Our Spiritual Manners on Planet Earth”. We are here to be a blessing to the world, and Nancy will share the six acts of being a gracious guest on planet Earth.

“That we have appeared on the stage of life with an innate longing to realize our true nature and equipped with all that is needed to do so is a reflection of Spirit’s good faith relationship with us, its impeccable etiquette.”

Something New & Different – Liz Harris



Let's try something different! How about a Sunday talk followed by a Saturday class? Good idea? I thought so too!

Please join me for this interesting new Sunday talk/Saturday classes. We'll all have an opportunity to grow spiritually and share a common experience.

Here is what is coming.

June 30th - July 6th Keep the Yeah and Kick the But

This talk is based on Jack Kornfield's book, *No Time Like the Present*, referring to the chapter, “Elegant Imperfection - 80% Perfection is Enough”. The tyranny of perfection will be developed. The class will view the YouTube story of David Roche, teacher and humorist. He was born with a huge tumor on his face. The removal and treatment of the tumor left David disfigured. His story is inspiring as it proves that 80% perfection is perfect. Discussion will follow. We'll review our manifestations, have an opportunity to practice being present in daily moments and have lunch. Our outing will be in the forest where we'll be examining the trees with 80% perfection in mind. Again, I'll encourage cameras or paper and colored pencils.

August 25th - September 7th Where Are Your TRAPS?

Look at the substance of life, not the trappings. What are the things that are keeping you from fulfilling your greatest potential? The class will feature *God's Golden Eye*, an Ian Murphy movie that takes us back in time to discover what the giant white rock meant to the Indians, why the miners blew it up, and the message for today. We will visit the God's Eye after lunch.

October 27th - November 2nd Turn Over A New Leaf

This talk will focus on changing your story and not dwelling in your negative stories. The source for the talk and the class is *Change Your Story, Change Your Life* by Carl Greer. We'll do an exercise to allow participants to rewrite a personal story they wish to change. We'll note that changing the story is a process; mine took years of work, but the journey to have an ending that I understood, and was comfortable with, was worth the journey. The goal is not a "happy" ending, but an ending you'll accept and understand. After lunch, we'll go to Crystal Mountain; another spiritual location in our valley.

***Spiritual Meditation Workshop and Silent Meditation
at the Eye of God (God's Eye) July 13th***

The Big Bear Valley is rich in sacred spiritual sites. This third in a series of sacred meditation classes will begin at the Bear Valley Center for Spiritual Enrichment and end at the Eye of God, a very sacred site to the San Manuel Band of Mission Indians.

Liz Harris, Ed.D., will begin the morning with an opportunity to practice a "Soundscape" Meditation and view Ian James Murphy's film, *God's Golden Eye*; the Native American description of the importance and desecration of this giant White Quartz monolith. You will learn the Yuhaviatam, People of the Pines, creation story that is central to the Eye of God. Their sacred site was literally blown up by miners looking for gold in the 1860's.



Join Liz for a day of rich spiritual growth, expanded knowledge of meditation techniques and a moving silent meditation walk at the Eye of God

Class is July 13th, from 9:00am to 2:00pm at 578 Bonanza Trail (The Center), and the God's Eye. Please bring a sack lunch and join me for this interesting spiritual class. Cost is \$35.00 (includes a \$10 donation to the Center) for a full day of spiritual growth.

To register for this class please call ***Liz Harris at 909 744 2213*** or leave a message at the ***Bear Valley Center for Spiritual Enrichment, 909 866 7100.***

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 August issue by July 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 Kessler
909-585-1062

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



Holly says....

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

and pass it along....



Bear Valley Center for Spiritual Enrichment
requests the pleasure of your company for
High Tea in the Garden

Saturday, August 17th, 2019

1-3 pm at The Inn at Fawnskin

\$35.00 per person

Enjoy scrumptious food and tea.

Champagne and wine available for purchase.

Fascinators will be available to purchase to complete
your tea party attire.

Call 909-866-3200 to reserve your seat
for this lovely event