



Bear Valley Center for Spiritual Enrichment

A Religious Science Community

"Open at the Top"

December 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

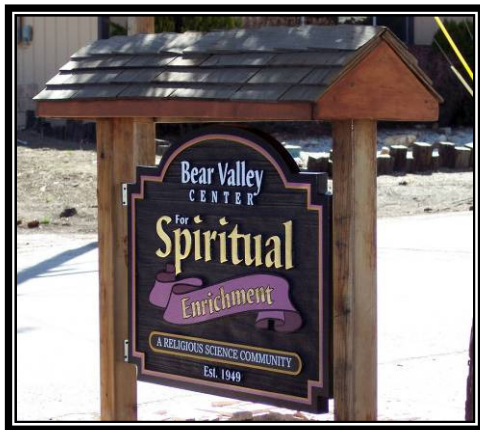
909-866-7100, Email: info@bvcse.org. Website: www.bvcse.org

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.

December Topics



December 4th

Michael McConnell
Diversity

December 11th

Rev. Dr. Linda Logan
Stay on the Train

December 18th

Rev. Dr. Linda Logan
Allowing the Life Force
To Live Fully Through You

December 24th

Rev. Dr. Linda Logan
Christmas Eve Candlelight
Service

(No service on Christmas Day)

December Board Message

Oh, to be a volunteer! This has been my passion since I was a little girl, moving to and growing up in Monterey Park, CA in 1941. I loved helping our elderly neighbors with yard work, feeding their chickens when they were away, picking fruit from our trees to give to them, plus helping them get fruit from their trees (on the low branches).



During the years, all four of our kids were growing up (in Rosemead), I was a volunteer Teacher's Aide for the EH class (Educationally Handicapped) and tutoring non-English speaking children, a Noon Duty Aide (blowing the whistle if kids were doing something wrong and I still have that whistle), a PTA parent who organized getting other parents to donate cookies for our monthly meetings, a Girl Scout Co-leader for both our daughters, a Den Mother for both our sons, helped with the Little League and the Rosemead Swim Team, and I helped organize the Blue & Gold dinners for the Boy Scouts. I also served on the Rosemead Elementary School Board.

Once all our kiddos were grown with two married, one in the Navy, and the youngest a Senior in High School, I was asked to go work for the Pasadena Tournament of Roses. I was there for

December Board Message (continued)

close to 12 years as their Office Manager and Assistant to Executive Director. WOW! What a tremendous honor to do this. I was responsible for dealing with over 800 volunteers; organizing their monthly meetings (for 29 committees). I assisted the Executive Director with correspondence, agendas, receptions, meetings, schedules, confidential matters, and contracts, and organized tours of the Wrigley Mansion for distinguished guests, (which included many presidents of universities, major TV networks, CEO's from major corporations and dignitaries ranging from Astronauts to top movie stars).

During those awesome 12 years, I was a volunteer (after work) at the Huntington Memorial Hospital in Pasadena for 12 years in the ER, plus three years in the Neonatal Unit. I got to hold tiny newborns (mostly from drug-related parents), and talk to them while rocking them in my arms.

Once I retired from the Tournament of Roses in 1990, I joined as a volunteer (a White Suiter). I still am a volunteer for the T/R and go down every year to help with the Rose Parade. There will come a time when I can't. I love it!!!

After retiring from my last job in 2000, and moving up to Big Bear full-time, I knew I wanted to give back to this wonderful Big Bear community as a volunteer. So I started volunteering at the Historical Society Museum, CATS, the Bear Valley Hospital Foundation, Old Miners Day Parade, the Chamber of Commerce as a Chamber Maid, serving on the Whispering Pines Estates Board of Trustees, and a Teacher's Aide for six years at Baldwin Elementary (via the Education Trust). As of today, I am still a volunteer for the Historical Society, CATS, Baldwin Elementary Kindergartners, on the Board of the BVCSE, help the Soroptimist with their Wine Walk (serving/checking, not drinking), help the Brewster family with their food table at the 4th of July Fireworks and the Big Bear International Film Festival.

My neighbors say, "Gloria, you're never home." I reply, "There will come a time when I have to be; so right now, I want to give back to this wonderful community!" AND the people you meet and help will benefit your life and many become great friends that you will never forget; all from being a volunteer. Don't be afraid to take that first step and volunteer to and for a group that interests you.

I love helping when and where needed and thoroughly enjoy being a volunteer ~ that comes straight from my heart! Ya never know till ya try!

Recipe for a Good Volunteer

3 cups of dedication
2 teaspoons of vim (*not* Gin. *Had to make you smile*)
½ teaspoon vigor
¾ cup of imagination
½ cup of laughter
¾ cup of sensitivity
2 teaspoons of individually flavored personality
1 cup of love, pressed down and flowing over

Sift dedication, vim, vitality, and vigor together. Cream imagination and laughter. Add cup of love and beat together until smooth. Add to first mixture alternately with sensitivity and then add the individually flavored personality. Bake in warm atmosphere for as long as you see fit.

You will then have a "well done" **Volunteer!**

Possible Places to Volunteer

1. **Moonridge Animal Park:** docent helping in the gift shop or where needed. You will not have to feed the animals. Call 584-1299 (you'd need to get an application form, fill it out and make an appointment via the above phone #).
2. **Discovery Center:** 866-3437. Ask for Helaine Cross. Lots of volunteer areas.
3. **CATS:** either helping paint sets, sewing costumes, back stage w/props. Let me know what you might like to do, and I'll get the phone number of the person in charge of the above volunteer duties.

Possible Places to Volunteer (continued)

4. **Historical Society** (for the Big Bear Museum):
We can always use docents to meet/greet our visitors. We have three original cabins that we need docents. You do not have to have any prior knowledge of the history in BB, as we have a training session to go over simple answers to any questions that may be asked. It's a great experience. If this interests you, call me: 585-6541. I'm in charge of the Docents.
5. **Chamber of Commerce: Either a Chamber Maid** (formerly called) or Ambassador. Both help with several events in BB. If you would like to find out about the Chamber Auxiliary, call Sandy Washabaugh @ 585-6638, or if you'd like to consider being an Ambassador, Call the Chamber Office and ask for Angela: 866-4607.
6. **Big Bear Group of the Sierra Club:** Contact Ellen Kesler for information.
7. **Old Miners Days Committee**
8. **Chili Cook-off**
9. **Big Bear School District – Teacher's Aides** (Education Trust)

Gloria Meade
Board Member
909-585-6541

What's the Haps?

Marty Lipp has moved to a new assisted living facility in Escondido. New address:
1255 N. Broadway, Escondido, CA 92026
Phone: 760.294.0174 (he'd love to hear from you)

Note: Celebrate **Art Harriman's Spiritual Renewal** on **Sunday mornings at 9:00 a.m.** in the **Wellness Center** on Moonridge Corridor.

You still have plenty of time to
attend the BVCSE at 11:30 a.m.

December Calendar

- | | |
|---------------------------------|---|
| December 5th | Tolerance Group |
| December 7th | Meditation , 10:00 a.m.
Carolyn Dawley's home |
| December 11th | Board of Trustees meeting
Center, following service |
| December 14th | Meditation, 10:00 a.m.
Carolyn Dawley's home |
| December 21st | Meditation, 10:00 a.m.
Carolyn Dawley's home |
| December 24th | Candlelight Service, 5:00 p.m. |
| December 25th | Christmas Day |
| December 28th | Meditation, 10:00 a.m.
Carolyn Dawley's home |
| December 31st | New Year's Eve |

December Birthdays

- | | |
|---------------------------------|--|
| December 1st | Sally Cornett
Vicki Hobbs |
| December 9th | Denise Long |
| December 17th | Ellen Kesler |
| December 21st | Elizabeth Arkin |
| December 24th | Sue Klump |
| December 26th | Barbara Nylund |
| December 29th | Helen Erickson |



December Book Review

You Can Heal Your Life

By Louise Hay

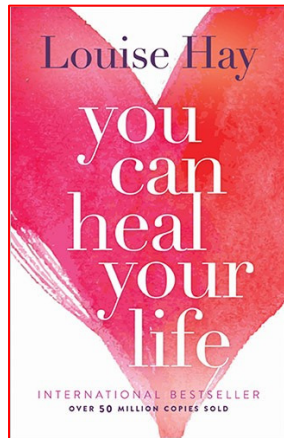
The timeless message of the book is that we are each responsible for our own reality and "dis-ease." Hay believes we make ourselves ill by having thoughts of self-hatred. She includes a directory of ailments and emotional causes for each with a corresponding affirmation to help overcome the illness. For example, the probable cause of multiple sclerosis is "mental hardness, hard-heartedness, iron will, and inflexibility." The healing "thought pattern" would be: "By choosing loving, joyous thoughts, I created a loving joyous world. I am safe and free."

An excerpt from *You Can Heal Your Life*:

***Life Is Really Very Simple.
What We Give Out, We Get Back***

What we think about ourselves becomes the truth for us. I believe that everyone, myself included, is responsible for everything in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by our thoughts and our feelings. The thoughts we think and the words we speak create our experiences.

Windy Mathewson
Bookstore Manager



December Practitioner Message

The election is over. Most of us have had at least one turkey dinner. I just put away my Halloween decorations and it is time to decorate for Christmas! This time of year can overwhelm us at times, so I offer this treatment to calm and ground whenever needed:



Be still and listen, for in a quiet moment, you will become aware of the Presence within that overcomes any unease or anxiety with a loving power that will meet every need.

We enter a consciousness of thanksgiving for all blessings. The gift of life, and every little detail in it, comes from a sea of Divine substance. It continually flows through us as direction and power. It is Intelligence that inspires. It is the activity of health and the substance that harmonizes and prospers every experience.

Completely relaxed, we hear the music in our souls and begin to allow the Infinite to reveal into our awareness all that is possible. The energy we radiate out into the Universe creates the harvest of our tomorrows.

The energy of unconditional Love is at work right now creating a peaceful season and a wonder-filled holiday ahead. The comfort of this moment goes with us as we journey through the joy of feasts and celebrations. It is with us as we give and as we receive. And it is with us as we dance and sing to the music of Life.

May you all enjoy plenty of fudge and find time for lots of naps.

Love and Light,

Carolyn Dawley
Practitioner

Rev. Dr. Linda Logan
DECEMBER 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.



December 4th – Diversity (with Michael McConnell)

Michael will lead a guided meditation on Diversity. (Rev Linda will be on vacation.)

December 11th – Stay on the Train

“Stay on the train” means to keep your focus on the outcome of the plans that you have for the positive fulfillment of your dreams. Imagine planning a train trip to New York City and instead of waiting until the train gets to Grand Central Station, you decide that the train won’t make it to your destination so you decide to get off at “Podunk”. That is what happens when you take your attention from the goal. Stay on your “train” of thought until your vision takes on solid form in your life. Never stop short of your dreams; all things are possible.

STAY ON THE TRAIN!

December 18th – Allowing the Life Force to Live Fully Through You

There is a life force within you, “the Divine Spark”, that has been there since your conception. It is what has caused you to grow physically, mentally and emotionally. It works unceasingly in your life and is in every cell and fiber of your physical body; every thought and decision that you have is filled with it. You cannot stop its action, but you can use it and direct it for whatever outcome you desire. It simply seeks the adventure of living through you, as you: it is LIFE itself. Whatever you choose, it will do, asking no questions about your choices. It knows how to attract every person, situation, place or thing to transform those thoughts into your physical world to fulfill your request. It is a very sensitive mechanism just waiting to begin its mission at a moment’s notice. Its motivations are your focus and emotions. Be wary of your thoughts and feelings. It is like the adage, “Be careful of what you ask for - you just might get it”.

Every thought is a request - what are you asking for?

December 24th – Christmas Eve Candlelight Service

There will be no service on Christmas Day.

"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 October Bills

Water – Ellen Kesler
Gas – Fred & Judy Hinton,
Electricity – Gloria Meade, Fred & Judy Hinton,
Phone/Internet – Rhonda & Bruce Smith,
 Paul & Margo Penardi
Mortgage – John & Katherine Ruth,
 Dr. Calvin Pramann
Grizzly – None
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 October Financials October 2016

Sunday Collections	\$ 4,983
Other income	\$ <u>438</u>
Total income	\$ 5,421
Expenses	(\$8,668)
Net October Income	(\$3,246)

October Attendance

	<u>Adults</u>	<u>Children</u>
10/2	39	3
10/9	36	2
10/16	27	0
10/23	32	0
10/30	43	3
Totals	183	8
Octoberr Averages	36.6	1.6

Our Prosperity

"It is in giving that we receive."

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

Gifts to the Community

ANTN = \$25

Sally Markey = \$220

November Tithing Total = \$245

***Board of Trustees did not tithe the normal tithing.
They gave the remainder amount (\$220) to Sally
Markey for painting the entire building!***

"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".



Tolerance Support Group

**Are you open minded and considerate of others'
feelings and beliefs?**

Would you like to connect and experience respectful dialogue with other individuals in a safe,
nurturing environment?

If so, please come and join us, as we promote and honor tolerance in a new group forming:
Tolerance Support Group

"Tolerance is respect, acceptance and appreciation of the rich diversity of our world's culture, our
forms of expression and ways of being human."

(UNESCO Declaration of Principles on Tolerance)

**Where: Bear Valley Center for Spiritual Enrichment
(578 Bonanza Trail, BBL)**

**When: The first Monday evening of each month
(first meeting Dec. 5)**

Time: 6:30-8:00 p.m.

Cost: free

**Purpose: to promote Tolerance and Peace within
ourselves and others**

Topics: With kindness, respect and compassion, topics
may include politics, religion, racism, LGBTQ, etc.

It is our hope that you will come and share your tolerance with others, so we can continue to
strive for Peace and Balance within ourselves, in a world that may appear to be overwhelming or
stressful at times. Supporting one another, listening, and sharing ones' beliefs, respectfully, will be
the foundation of this group.

The group will be facilitated by a licensed psychotherapist.

If you would like more information, please call (951)733-5977.

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 January issue by December 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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Each Office Independently Owned and Operated



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