



Bear Valley Center for Spiritual Enrichment
A Religious Science Community
"Open at the Top"

March 2020 Newsletter

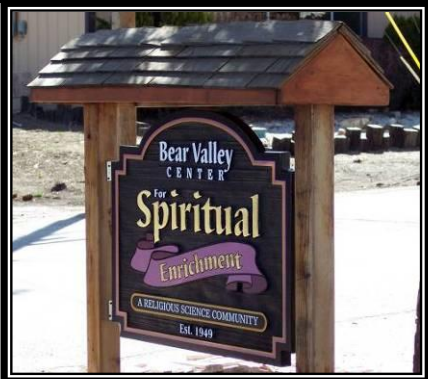
Sunday Services, 10:30 a.m.

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

March Topics and Speakers



Monthly Theme:
"WHOLEHEARTEDNESS"

- Mar 1st** **Nancy Walker, RScP**
 "The Mystery of Life is Real"
- Mar 8th** **Rev. Ali Benjamin**
 "Bring It On: Stepping In"
- Mar 15th** **Rev. Ali Benjamin**
 Bring It On: Stepping Up"
- Mar 23rd** **Nancy Walker, RScP**
 "We live in Multi-dimensions"
- Mar 29th** **Nancy Walker, RScP**
 "The Meaning of Life is Everything"

March Calendar

- Mar 1st** 10:00 – 10:20 Guided Meditation
 10:30 – Service begins
 3:30 p.m. Zen Meditation
- Mar 3rd** **"Inner Quest" Class**
 6:30 pm at the Center
 Rev. Ali
- Mar 4th** **Meditation at the Center**
 10:00 a.m.
- Drum Circle at Mary Cira's home**
 40200 Water Hole
 Baldwin Lake area
 909-584-5278
- 6:00 potluck
 7:00 drumming
- Mar 8th** 10:00 - 10:20 Guided Meditation
 10:30 Service begins
 (Board Meeting following service)
 Welcome Tea following service*
 3:30 p.m. Zen Meditation
 Pamela Perry's home
 42141 Brownie Lane, BBL
 760.419.0065

March Calendar (continued)

- Mar 10th** ***“Inner Quest” Class***
 6:30 pm at the Center
 Rev. Ali
- Mar 11th** ***Meditation at the Center***
 10:00 a.m.
- Mar 14th** ***“Savor the Mindful Moments”***
 Deep meditation workshop
 led by Liz Harris
 9:30 a.m.-2:00 p.m.
 At the Center
- Mar 15th** 10:00 – 10:20 Guided Meditation
 10:30 – Service begins
 3:30 p.m. Zen Meditation
 7:00–9:00 p.m. “Tenderly” Watch
 Party
- Mar 16th** ***“Inner Quest” Class***
 6:30 pm at the Center
 Rev. Ali
- Mar 17th** ***St. Patrick’s Day***
- Mar 18th** ***Meditation at the Center***
 10:00 a.m.
- In La Kesh – Sacred Circle***
 Michael Benjamin, Leader
- Mar 19th** ***Big Bear Group of the Sierra Club***
 General Meeting
 6:30 p.m. at the Center
- Mar 22nd** ***At the Center***
 10:00 – 10:20 Guided Meditation
 10:30 – Service begins
 3:30 p.m. Zen Meditation
 7:00 p.m. Anton Mizerak Concert
 In the Center
- Mar 23rd** ***DDC’s Sacred Circle***
 (Delightful Deliberate Creators)
 Nancy Walker, Leader

March Calendar (continued)

- Mar 25th** ***Meditation at the Center***
 10:00 a.m.
- Mar 29th** 10:00 – 10:20 Guided Meditation
 10:30 – Service begins
 3:30 p.m. Zen Meditation
- ***Welcome Tea*** – Join Rev. Ali for an informal talk about you and your spiritual path! We want to know about **YOU!**

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

THEME for MARCH 2020

Bring It On!

Rev. Ali and Nancy Walker will be speaking from Deepak Chopra's book **"The Book of Secrets; Unlocking the Hidden Dimensions of Your Life."**

March 1st

Nancy Walker, RScP

"The Mystery of Life is Real"

Nancy will share ways we can unlock the mystery of life by "living like a cell".

"No matter where I look, I sense what cosmic wisdom is trying to accomplish. It is much the same as what I myself want to accomplish – to grow, expand, and create - the main difference being that my body is cooperating with the universe better than I manage to. Cells have no problem fully participating in the mystery of life. There is a wisdom of total passion and commitment," Deepak Chopra.

March 8th

Rev. Ali Benjamin

"Bring It On: Stepping In"

Life is an inside-out journey and the spiritual path starts with self-exploration, which leads to discovery of our values and what truly matters most in life. As we step in, it is key to remain tuned in to our inner wisdom and guidance - the Spirit within, as we engage in our transformation and emerge ready to bring our inner findings out into the world. Rev. Ali shares four stages of personal transformation patterned after the butterfly's life cycle; the egg, the chrysalis, the caterpillar, and the butterfly. There is a roadmap within each of us,

"Don't follow someone else's map. You should glean teachings from all directions, keeping true to those that bring progress, yet remaining open to changes in yourself," Deepak Chopra.

March 15th

Rev. Ali Benjamin

"Bring It On: Stepping Up"

Stepping up the joy in our lives requires us to choose joy as often as possible. Joy is defined in the dictionary as, "A feeling of great pleasure and happiness". Joy is experienced through our relationships, our work, our hobbies and pastimes; we all have our preferences and find pleasure in our own unique way. Realizing our differences, as well as our similarities, allows us to deepen our understanding and respect for one another. Rev. Ali explores acceptance, allowing, and appreciation; three A's to joy.

"Joy is a return to the deep harmony of body, mind, and spirit that was yours at birth and that can be yours again. That openness to love, that capacity for wholeness with the world around you, is still within you. The healthiest response to life is joy," Deepak Chopra.

(March topics continued on Page 4)

THEME for MARCH 2020 (continued)

March 22nd

Nancy Walker, RScP

“We Live in Multi-dimensions”

Nancy will explore what these “invisible domains” are.

“Each of us lives in multi-dimensions. We can choose where to focus our attention, and wherever that focus goes, a new reality opens up. When I speak of other dimensions, I’m referring to domains of Consciousness. Consciousness is the maker of reality, but maker really means “chooser”. Through our attention, we bring these dimensions to life: We populate them, add new meaning, and paint unique pictures,” Deepak Chopra.

March 29th

Nancy Walker, RScP

“The Meaning of Life is Everything”

In his book, Deepak Chopra explores the idea of life as pure potentiality, and therefore, everything! Nancy will discuss this idea and the concept that everything is pure essence.

Chopra says: “All that is required to find the essence of life is to step outside the picture and see yourself. You won’t see a person or even a soul; just a speck of awareness - the point that is producing the most lovely, appalling, mundane, holy, astonishing, ordinary, and marvelous pictures. But even in using these words, I have fallen into the temptation of trying to describe the indescribable. Let me throw every image away and say the simplest things that are true; I exist, I am aware, I create. These are the three qualities of essence that permeate the universe.”

BOARD ARTICLE

Ch-Ch-Ch-Changes!*

(*Nod to David Bowie’s Song, “Changes”)



Over the past few years, our Bear Valley Center for Spiritual Enrichment (BVCSE) has gone through a few changes...some of them have been positive and some maybe not so, but the bottom line is “*Change is inevitable. Change is constant.*” (Benjamin Disraeli) Some of the changes we are experiencing are highlighted here, along with some quotes about change to help us see just how relevant one of the most well-known Science of Mind quotes is...

“Change your thinking, change your life.”

(Ernest Holmes)

Since January 2019, we moved from having guest speakers each week giving a message to having co-spiritual leaders, Rev. Ali Benjamin and Nancy Walker, RScP. There is now a regular schedule of who speaks each Sunday of the month, providing a sense of constancy and consistency to our Sunday services. They work together to develop a theme, come up with theme-related talk titles/subjects. These are built around the New Thought principles of a specific book or two. This also encourages members and guests to purchase the highlighted book each month, which increases our Imagine Bookstore income. We are also being offered a more consistent schedule of Practical Spirituality Classes and workshops to enhance

Board Article (continued)

and grow our knowledge of New Thought principles. There may be members or guests who really liked having guest speakers each month, but for most, this consistency is a positive change.

*“Continuity gives us roots, change gives us branches, letting us stretch and grow and reach new heights.”
(Pauline R. Kezer)*

Another change we have seen is a renewed program to build community and membership. Included in this are Welcome Teas, Discovery classes, and Sacred Circles. We recently welcomed 4 new members! This is an important change to help grow our Center.

*“If we don’t change, we don’t grow. If we don’t grow, we aren’t really living.”
(Gail Sheehy)*

A less positive change that had to be made was having to let go our music director, Brad Riesau. The board’s responsibility is to meet our financial obligations and this cut was an area that was necessary. It was a difficult change for many, however, it turned out to be freeing for Brad so he could accept Saturday night gigs and that had been difficult with a Sunday morning commitment. As a result of temporarily not having a music director, we have been able to return to hearing and singing more traditional New Thought songs from beloved musicians (i.e, Karen Drucker, Rickie Byers, and others) that we haven’t done in a long time. We miss Brad and hope to see him come back to the Center as part of the congregation for Sunday services. Our High Spirits choir is having to make some adjustments, too, as a result of this change. I am feeling confident that this will be a positive change over time.

*“Change is the law of life and those who look only to the past or present are certain to miss the future.”
(John F. Kennedy)*

BVCSE has moved into the 21st century in some ways, which can be difficult for some, and positive for others. I feel that it is a positive change that we are now online on “Facebook Live” each Sunday morning, providing members and others to view our Sunday morning services when they can’t be here in person, either live or a recorded viewing later. Another forward move is our membership in the “Tithely” program/app to make our weekly tithes to the Center. This is a change I love! It is super easy and convenient to make my gift each week to the Center, even when I am not there; no need to remember the checkbook or have cash on hand, and if I’m not there, the Center still gets my weekly offering!

*“It is not the strongest of the species to survive, nor the most intelligent,
but the one most responsive to change.”
(Charles Darwin)*

Probably the biggest, recent change for us has been the change in our hours for Sunday service, from 11:30 a.m. to 10:30 a.m, with a 20-minute dedicated, guided meditation time from 10:00 -10:20. Again, a difficult change for some and a very positive change for others. For me, while I love being finished with service earlier in the day on Sunday, I am still adjusting to getting there earlier and have yet to make it to the 10:00 meditation in its entirety! Based on surveys of our members and visioning workshops, this was a change that was asked for by many, not all, but many.

*“Vision without action is merely a dream. Action without vision just passes the time.
Vision with action can change the world.”
(Joel A. Barker)*

Board Article (continued)

In conclusion, change is hard (or it can be perceived as hard)! The changes we are experiencing at BVCSE (not all highlighted here), could be perceived challenging by some, but perceived as exciting and positive by others. I am hoping for more of the latter, but again, the bottom line is that change is inevitable. Also, it is important to understand that while change is inevitable and can be difficult, these changes were not made without a great deal of discussion and thought by the board and were not made to cause upset or alienate. We only want to do what we feel will benefit BVCSE and meet the needs of our members and guests and help our Center flourish for many more years! And finally, this...one of my favorite “change” quotes...

“Change the way you look at things and things you look at, change.” (Wayne Dyer)

Namaste,

Margo Penardi

INSPIRATIONAL ARTICLE

March Ushers in the Season of Spring

By Rev. Ali

The month of March ushers in the season of Spring; a time of planting seeds and new beginnings. The perfect time to talk about our Community Program and how we welcome newcomers, get to know them, and share the many ways we, as an organization and community, can support them on their spiritual path. Having systems and structure also supports our member volunteers and allows them to serve and to be involved in our growth.



Community Program

- Sunday Service - first time visitors are greeted by a member of the “Welcome Team”.
- During the beginning of service, the Practitioner of the day will ask if there is anyone here for the first time. The Welcome Team will pass out blessing tokens to the newcomer. The Practitioner will invite them to keep the token and take it to Imagine for a Welcome Packet and fill-in a Welcome Form.
- The newcomer is called personally by Ali or Nancy to welcome them. They will be sent an email with a link to a free e-book, “Creative Mind & Success” by Ernest Holmes, and invited to a Welcome Tea (held quarterly).
- The Welcome Tea is where we get to know the newcomers. This is more about asking them who THEY are, than telling them who WE are. They are given an invitation to the Discover Class.
- Discover Class: approximately 3 hours where they are asked, “Who am I”, “What is my God”, and the value of Spiritual Community. They are given a form for membership to fill out. After we receive the form, they will be invited to join a Sacred Circle.
- New Member Orientation - short meeting the Sunday before the New Member Ceremony.
- The New Member Ceremony is held quarterly, or as needed.

March Ushers in the Season of Spring (continued)

Sacred Circles

These are for BVCSE members. Circles are facilitated by trained leaders and no larger than ten people. Our Circles are a wonderful way to connect on a real level with the BVCSE community.

Circles gather in people's homes or at the Center, which creates a cozy setting that fosters a feeling of community and connection. They also provide a wonderful opportunity to meet new people and make lifelong friends. The people who bond together in our Circles typically grow close to one another, look after one another, and provide support and real-life insights about facing our challenges. The thought-provoking dialogue in our Circles delivers insight and guidance that can help make our paths more fun and fulfilling.

Circles meet once a month to connect in a more intimate way than when we come together for Sunday services. We take time to visit and socialize and then move into meditation and discussion on our monthly theme and close with affirmative prayer.

Vision and Mission

As members of the BVCSE, we are the ones to share our Vision and we are the ones who bring our Mission to life within our Center, in Big Bear, and out to the world. We are the ones and now is the time.

Mission Statement –

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.

BVCSE is a beacon of light at the top of the mountain. It is a place for spiritual seekers and thought leaders to gather, to awaken, to learn, to serve, to heal, to be supported, to express their creative genius, and most importantly, to belong.

If you or someone you know would like to know more about the BVCSE, becoming a member, or joining a Sacred Circle, please call Rev. Ali (801) 564-4062 or Nancy (909) 838-1394.

Abundant blessings,

Rev. Ali

Xoxo

January Financials

Income	\$ 1,483
Expenses	<u>2,790</u>
Net Income	(\$1,307)

January Tithing:

The Board of Trustees is tithing 75% to spiritual “feeding” and a charitable tithe of 25%. Due to finances, the Board has decided to tithe every 3 months, to give a more generous tithe.

Overhead & Conscious Giving

All of us at BVCSE sincerely desire that you are receiving an abundance of value here at your Spiritual home. Inspiration, resource materials, classes, Sacred Circles, music, fellowship, and a sense of Oneness and Belonging! Our overhead runs about \$5,000 per month and without your conscious giving, your tithes, your contributions, we cannot keep the lights and heat on and the driveway plowed!

Grateful Appreciation

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.

Regular monthly credit card contributions:

Julie Grandi, Bob & Marla Henrich,
Sherry Noone

Advertising

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 909-866-7100.4

March Birthdays



March 1	Falomi Mendoza
	Katherine Ruth
March 4	John Lewis
March 7	Cathy Weil
March 13	Judy Farry
March 26	Lisa Jagodzinski

January Attendance

	<u>Adults</u>	<u>Children</u>
1/5	15	0
1/12	24	0
1/19	20	0
1/26	14	0
January Total	73	0
January Average	18	0

What's the Haps?

March 19, Brad Riseau will be going in for heart surgery. Please keep him in your thoughts and prayers. He and Art Harriman will be performing at the Barnstorm Restaurant on St. Patrick's Day, March 17, if you'd like to support him.

Tom Cook has moved in with his wife, Millicent, at the Rose Garden Assisted Living Facility in Mentone, CA.

Big Bear Group of the Sierra Club

Due to the remodeling of the Discovery Center, starting March 19th, the Big Bear Group of the Sierra Club will be holding our General Meetings in the Center. These are meetings *open to everyone, free* each month on the third Thursday of the month. We have a program/speaker and provide free refreshments.

For more information, contact Ellen Kesler, Chairwoman, 909.585.1062.



Savor The Mindful Moments Workshop

Deep Meditation with Liz Harris

The 2nd Deep Meditation is March 14th. I heard from several folks who attended the 1st Deep Meditation that they didn't think they could do the deep meditation. They were thrilled that they could!

We'll begin with a body scan meditation that has health benefits. Science is proving that paying attention in meditation to our body and the miraculous work it does, and being grateful for our body aids our health.

We'll then have a 50-minute semi-silent meditation because every 10 minutes I'll bring us back to the present moment. Following a short break, we'll have the second 50-minute semi-silent meditation. Everyone is silent except for the reminders to return to our breath or to remember not to interrupt our meditation by thinking.

The intent of the Deep Meditation is to provide a quiet space to settle in and enjoy the peace and quiet as we join together in meditation.

Come Savor the Mindful Moments of Meditation.

Where: Bear Valley Center for Spiritual
Enrichment

Date: March 14, 2020

Time: 9:30 to 12:00

Cost: \$20.00

(Coming soon...)

Savor the Mindful Moments Workshop Gratitude & Pebble Plain

April 4

P.S. Hold the date for our second "Savor the Mindful Moments" Workshop, April 14, 2020.

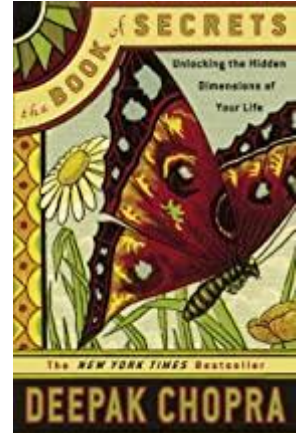
Book of the Month

The Book of Secrets

Deepak Chopra
Paperback: 262 pages
Price: \$15.00

We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. *The Book of Secrets*—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that.

Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all; who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside.



Because answers to the questions at the center of life are counter-intuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," *The Book of Secrets* is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

Come Walk With Me

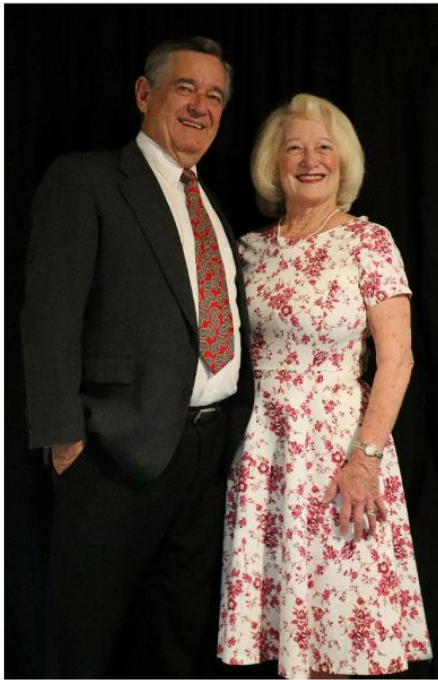
Come walk with me along the hills,
Among the trees and vines,
Upon a wooded mountain trail,
Among the firs and pines

Where hemlock dangle lacy arms
And cedars drape their shawl,
Where deer and cougar gently tread
And tiny creatures crawl.

We'll walk 'neath shady, leafy bowers
And climb some sunny peak
To find the very heart of God
Our souls with longing seek.

-Freda V. Fisher

Upcoming Events



*You're Invited
To a Watch Party!*

*To see the recording of
"Tenderly, the Rosemary Clooney Musical"
Sunday Evening March 15th, 7:00 -9:30 pm*

Popcorn, Wine, Fun!

*Bear Valley Center for Spiritual Enrichment
578 Bonanza Trail Big Bear Lake*

Cost: Love Donation

(Events continued on next page...)

Anton Mizerak and Laura Berryhill Concert

Mount Shasta keyboardist, harmonica and tabla player Anton Mizerak and singer Laura Berryhill will present an evening of Celtic songs, transformational healing music and chants from around the world, including Sanskrit bhajans.

Anton Mizerak and Laura Berryhill have toured extensively, performing to acclaim at over 450 centers throughout the Western states and hosting events at their own music venue on Mount Shasta for hundreds of spiritual pilgrims. They are music directors for the annual Asilomar Spiritual Living Retreat.

Anton has performed at events with Deepak Chopra, Gary Zukav, Jean Houston, Michael Beckwith and Neale Donald Walsh. His music has been featured on the nationally syndicated radio show, "Echoes" and the digital New Age Music formats "Soundscapes" and "Spa Channel". His highly acclaimed CD series "When Angels Dream" is a favorite with yoga teachers, healers and massage therapists. The final volume of this series will be for sale at the event.

Mount Shasta musician, Laura Berryhill, is known for her lyrical voice. She works in a variety of musical styles, from early European to Celtic, New Age and Jazz. With a background in 17th-century Italian sacred music and a Masters degree in music history, she continues to explore and compose sacred and spiritual music professionally.

When: ***Sunday, March 22 at 7PM***

Where: Bear Valley Center for Spiritual Enrichment

For more information please call 909-866-7100.

\$10 - \$20 suggested donation

anton Mizerak
laura Berryhill
a concert of
**transformational
healing music**

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more info, tour schedule
free MP3 downloads

"Their lush and vibrant sound creates a sacred space"
"Immerse yourself in a world of joy, healing, and hope"
"Playful and spontaneous...delightful!"

Bear Valley Center for Spiritual Enrichment
Sunday March 22 7 PM
578 Bonanza Trail
Big Bear Lake
909-866-7100
Suggested donation:
\$10 - \$20