



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

June 2020 Newsletter

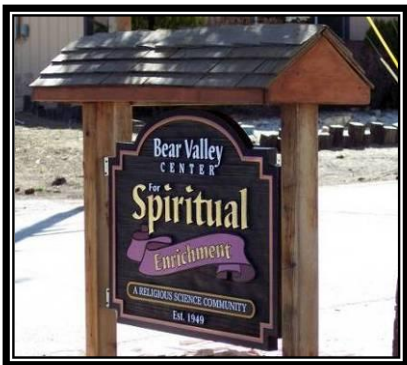
Sunday Services, 10:30 a.m.

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

June Topics and Speakers



Monthly Theme:
"A MINDFUL LIFE"

- June 7th** **Nancy Walker, RScP**
 "Mindful Empathy"
- June 14th** **Rev. Ali Benjamin**
 "Mindful Respect"
- June 20th** **Rev. Ali Benjamin**
 "Mindful Engagement"
- June 28th** **Nancy Walker, RScP**
 "Mindful Compassion"

June Calendar

- June 3rd** **10:00 a.m. live on Facebook**
 Meditation in Benjamin's home
- June 5th** **10:00 a.m. Prayer Circle**
 Rev Ali live on Facebook
- June 7th** **10:00 - 10:20 a.m.**
 Guided Meditation
 10:30 a.m. Service begins
 (Live on Facebook & Zoom)
- June 10th** **10:00 a.m. live on Facebook**
 Meditation in Benjamin's home
- June 12th** **10:00 a.m. Prayer Circle**
 Rev Ali live on Facebook
- June 14th** **FLAG DAY**
 10:00 - 10:20 Guided Meditation
 10:30 a.m. Service begins
 (Live on Facebook & Zoom)
 12:00 p.m. Board of Trustees
 Meeting (Via Zoom)

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June Calendar (continued)

- June 17th** **10:00 a.m.**
Meditation in Benjamin's home
(Live on Facebook)
"In La Kesh" Sacred Circle
Michael Benjamin, Leader via
ZOOM
- June 19th** **10:00 a.m. Prayer Circle**
Rev Ali live on Facebook
- June 20th** **First Day of Summer!**
- June 21st** **Father's Day!**
10:00 - 10:20 Guided Meditation
10:30 Service begins
(Live on Facebook & Zoom)
- June 24th** **10:00 a.m. live on Facebook**
Meditation in Benjamin's home
(Live on Facebook)
- June 26th** **10:00 a.m. Prayer Circle**
Rev Ali live on Facebook
- June 28th** **10:00 - 10:20 Guided Meditation**
10:30 Service begins
(Live on Facebook & Zoom)
- June 29th** **DDC's Sacred Circle**
(Delightful Deliberate Creators)
Nancy Walker, Leader via
ZOOM

ATTENDANCE...

Have you been attending online? You can go to
Bear Valley Center for Spiritual Enrichment
On Facebook or get the Zoom connections on
Facebook and join "in person"

Click on the videos and see the 10:00 a.m. Guided
Meditation and Service at 10:30 a.m.

Our New Board of Trustees

President:	Michael Benjamin
Vice President:	Nancy Walker
Secretary:	Margo Penardi
Treasurer:	Mindy Mathewson
Member at large:	Eloise Lepore

Board Article, *Eloise Lepore*

Welcome to our new Board Member
Welcome aboard, Eloise Lepore!



My name is Eloise Lepore. I have lived in Big Bear for 19 years and am a native of California. I grew up on an egg ranch in Glendora, Calif. I am a wife, proud mother of 3 beautiful children and 4 amazing grandchildren. I

am currently loving home-schooling my 16-year old grandson. In the summer, you will find me outside enjoying nature and gardening in the backyard with my 2 golden retrievers or tending my own little chicken ranch, (3 chickens). In the winter, I'll be by the fireplace reading or fiddling in the kitchen trying my hand at bread making or experimenting with new recipes.

I have a passion for all things living, especially our wildlife, and am a docent for the Big Bear Alpine Zoo. I have also served on the Board for the Friends of the Big Bear Alpine Zoo.

Our center has helped me acknowledge and experience my Truth and I am grateful for each of you. I look forward to serving on the Board for the Bear Valley Center for Spiritual Enrichment.



THEME for JUNE 2020 – “A Mindful Life”

Living a mindful life is a beautiful way to bring deeper connection meaning with ourselves, our loved ones, and life in general. This month, Rev. Ali and Nancy will be bringing insights from Joan Jiko Halifax, an American Zen Buddhist teacher, anthropologist, ecologist, civil rights activist, hospice caregiver, and author. Sharing mindsets and heart-sets that exemplify caring, connection, virtue, and strength that lead to peace and freedom.

“Our journey through life is one of peril and possibility—and sometimes both at once. How can we stand on the threshold between suffering and freedom and remain informed by both worlds? With our penchant for dualities, humans tend to identify either with the terrible truth of suffering or with freedom from suffering. But I believe that excluding any part of the larger landscape of our lives reduces the territory of our understanding,” Joan Halifax.

June 7th

Nancy Walker, RScP

“Mindful Empathy”

This week, Practitioner Nancy Walker explores how to mindfully use empathy to be of service to others on our path. There is a fine line between mindful empathy, and falling into distress ourselves. Nancy will explore the three forms of empathy; somatic, emotional and cognitive, and how we can learn to be empathetic without falling over the edge ourselves into distress.

“Interpersonal empathy describes the capacity that nearly all of us have to include another being into our awareness in a way that enables us to sense what they might be experiencing physically, emotionally and cognitively,” Joan Halifax.

June 14th

Rev. Ali Benjamin

“Mindful Respect”

Rev. Ali continues the journey into living a mindful life this week. Respect is a way we hold beings and things in high regard. Respect can disappear into the swamp of toxic disrespect, when we go against the grain of values and principles of civility and disparage others or ourselves. Identifying and having a clear understanding of our core values helps allows us to live a life of integrity and equanimity.

“There are three aspects to respect; respect for others, respect for principles and values, and self-respect. To have respect for another means to acknowledge their worth and value. We can respect our opponents, and hopefully, we respect our familiars. We may seriously disagree with what they say and do, and we might not fully understand who they are—but at some level, we appreciate them as people and realize that we are all born vulnerable and will probably die vulnerable,” Joan Halifax.

THEME for JUNE 2020 (continued)

June 21st

Rev. Ali Benjamin

“Mindful Engagement”

Rev. Ali explores what it means to mindfully engage with our work, relationships, service, spiritual life, and personal well-being. Mindful engagement creates more fun, freedom, creativity, and joy.

“Engagement in our work can give a sense of purpose and meaning to our lives, particularly if our work serves others. But overwork, a poisonous workplace, and the experience of the lack of efficacy can lead to burnout, which can cause physical and psychological collapse,” Joan Halifax.

June 28th

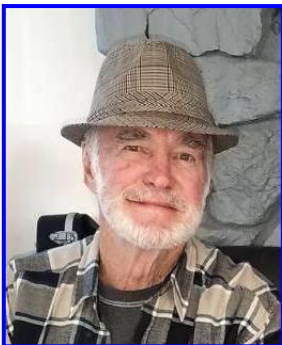
Nancy Walker, RScP

“Mindful Compassion”

Practitioner Nancy Walker will explore the three faces of compassion, allowing us to respond to distressful situations to keep us grounded so we can be of service to others, and not sink into outrage and judgment. His Holiness the Dalai Lama said, “Compassion is not religious business; it is human business. It is not a luxury, it is essential for human survival.” Nancy explores how compassion supports the survival of all species on our planet.

INSPIRATIONAL ARTICLE

We are Potential Visionaries



Having been made in the image and likeness of the Source of our Existence, we, too, can bring about what we think about!

Imagine going to the ATM for financial assistance, only this time, the ATM denotes Action That Motivates. Consider starting each day with the Act of Meditation, which is an act of motivation that brings about revelation and manifestation. Quite often people say, “I tried meditating and had no results.”

Here is an inspiring example for being patient with the Act of Meditating: remember when it was sheik (fashionable) to work at getting a suntan by basking in the sun at 11am and yet not seeing results until 4pm? As with meditation, you may not sense the impact right away, but conceive learning to relax and wait patiently for that sense of presence, peace, poise, power, and purpose to reveal itself from within as a result of Action That Motivates.

As Ernest Holmes taught, “Our only responsibility is to uncover the truth...” Surmise knowing the Truth, then, making the Truth be known!

So, from one Visionary to another...Namastè!

Works of Art Harriman

ELK'S CALL
Editorial – Ellen Kesler

As I watch the lake open and people gather along the shoreline (don't get me started about the lack of safe distance and masks), it brought back memories of the days my husband and I would go out in the early mornings in our boat to fish. I just enjoyed the boat ride, watching the ducks and birds and the smell of the lake itself. We had this "thing" between us – if he put a line in the water, I wouldn't catch a fish. It just kept happening like that. So sometimes he would reel in so I could catch. The biggest fish I hauled out this lake, bigger than anything he'd ever caught, was at the dock while he was docking the boat! This poem just brought it all back on what fishing is REALLY all about. I welcome summer!

Ellen Kesler



The Catch
Ernest Jack Sharpe

You asked me if I caught anything?
Well, now, I didn't catch fish.
But still I made as grand a catch
As anyone could wish.

I caught a glimpse of the work of God
With another day begun.
I caught a sight for which artists strive,
The glory of a rising sun.

I caught gentle breezes on my brow,
The morning mist in my hair.
I caught cloud-filtered rays of sun
And nature's perfumed air.

I caught the sound of singing birds;
The sight of a squirrel at play.
I caught the wonder of the world,
The awe of a breaking day.

No, my friend, no. I didn't catch fish,
But that doesn't matter, you see,
When I catch all the glories that nature
Unfolds and puts on display for me.

A New Way to Give

Keeping up with technology, your Center is offering a new way to give your weekly tithe! Just text **“GIVE”** to (619) 345-5647. This is especially useful if you want to support your Spiritual home when you cannot attend Sunday service. You can set up recurring giving or donate whenever you wish.

You can also donate on our website: www.bvcse.org and click on the Donate tab at the top of the website, which takes you to PayPal.

And you can always send a check by mail to our mailing address: Bear Valley Center for Spiritual Enrichment, P.O. Box 4184, Big Bear Lake, 92315.

At this time during the pandemic, the Board is holding off opening the Center until they feel it is safe for our congregation to meet. Please remember utilities and mortgages still have to be paid.

And grateful appreciation goes to our regular monthly credit card contributors:

Julie Grandi, Bob & Marla Henrich,
Sherry Noone



June Birthdays



June 3rd
June 5th
June 18th
June 28th

Rhonda Smith
Bill Hazewinkel
Marla Henrich
Kiki Williams

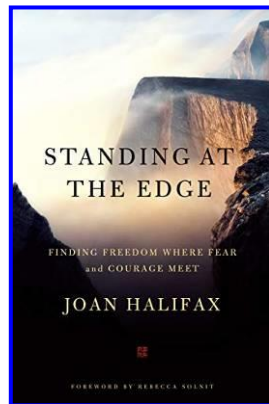


Book of the Month

Standing at the Edge

Author: Joan Halifax

"Joan Halifax is a clearheaded and fearless traveler and, in this book,...she offers us a map of how to travel courageously and fruitfully, for our own benefit and the benefit of all beings."



From the foreword by Rebecca Solnit

Standing at the Edge is an evocative examination of how we can respond to suffering, live our fullest lives, and remain open to the full spectrum of our human experience.

Joan Halifax has enriched thousands of lives around the world through her work as a humanitarian, a social activist, an anthropologist, and as a Buddhist teacher. Over many decades, she has also collaborated with neuroscientists, clinicians, and psychologists to understand how contemplative practice can be a vehicle for social transformation. Through her unusual background, she developed an understanding of how our greatest challenges can become the most valuable source of our wisdom—and how we can transform our experience of suffering into the power of compassion for the benefit of others.

Halifax has identified five psychological territories she calls Edge States—altruism, empathy, integrity, respect, and engagement—that epitomize strength of character. Yet each of these states can also be the cause of personal and social suffering. In this way, these five psychological experiences form edges, and it is only when we stand at these edges that we become open to the full range of our human experience and discover who we really are.

Recounting the experiences of caregivers, activists, humanitarians, politicians, parents, and teachers, incorporating the wisdom of Zen traditions and mindfulness practices, and rooted in Halifax's groundbreaking research on compassion, *Standing at the Edge* is destined to become a contemporary classic. A powerful guide on how to find the freedom we seek for others and ourselves, it is a book that will serve us all.