



Bear Valley Center for Spiritual Enrichment
A Religious Science Community
"Open at the Top"
May 2020
Newsletter

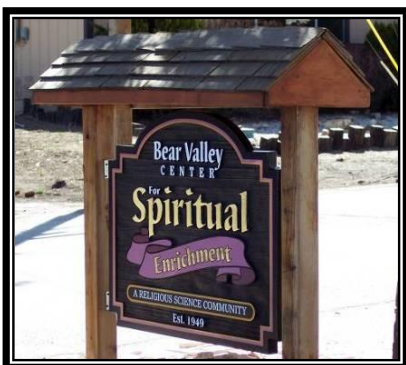
Sunday Services, 10:30 a.m.

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

May Topics and Speakers



Monthly Theme:
"ART of CIRCULATION"

- May 3rd** **Nancy Walker, RScP**
 "Rule 1- Be One with Life"
- May 10th** **Rev. Ali Benjamin**
 "Consciousness, Focus & Flow"
- May 17th** **Rev. Ali Benjamin**
 "Be Passionate, Be a Blessing"
- May 24th** **Michael Benjamin, RScP**
 "Do It Courageously"
- May 31st** **Nancy Walker, RScP**
 "Rule 10- Be a Catalyst for Good"

May Calendar

- May 1st** **May Day!**
- May 3rd** **10:00 - 10:20 Guided Meditation**
 10:30 Service begins
 (Live on Facebook)
 12:00 p.m. Board of Trustees
 Meeting Via "Zoom"
- May 6th** **10:00 a.m. live on Facebook**
 Meditation in Benjamin's home
- May 8th** **10:00 a.m. Prayer Circle**
 Rev Ali live on Facebook
- May 10th** **Mother's Day**
 10:00 - 10:20 Guided Meditation
 10:30 Service begins
 (Live on Facebook)
- May 13th** **10:00 a.m. live on Facebook**
 Meditation in Benjamin's home
- May 15th** **10:00 a.m. Prayer Circle**
 Rev Ali live on Facebook

May Calendar (continued)

- May 17th*** ***10:00 - 10:20 Guided Meditation***
10:30 Service begins
(Live on Facebook)
12:00 Annual Meeting
(Live on Zoom)
- May 20th*** ***10:00 a.m.***
Meditation in Benjamin's home
(Live on Facebook)
"In La Kesh" Sacred Circle
Michael Benjamin, Leader via
ZOOM
- May 22nd*** ***10:00 a.m. Prayer Circle***
Rev Ali live on Facebook
- May 24th*** ***10:00 - 10:20 Guided Meditation***
10:30 Service begins
(Live on Facebook)
- May 25th*** ***DDC's Sacred Circle***
(Delightful Deliberate Creators)
Nancy Walker, Lead
- May 27th*** ***10:00 a.m. live on Facebook***
Meditation in Benjamin's home
(Live on Facebook)
- May 29th*** ***10:00 a.m. Prayer Circle***
Rev Ali live on Facebook

ATTENDANCE...

Have you been attending online? You can go to
Bear Valley Center for Spiritual Enrichment
On Facebook

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

Board of Trustees

<i>President:</i>	<i>Sherry Noone</i>
<i>Vice President:</i>	<i>Nancy Walker</i>
<i>Secretary:</i>	<i>Michael Benjamin</i>
<i>Treasurer:</i>	<i>Mindy Mathewson</i>
<i>Members at large:</i>	<i>Ellen Kesler</i>
	<i>Margo Penardi</i>
	<i>Gloria Meade</i>

Board Article, ***By Sherry Noone***

Hello, fellow travelers on this long, strange trip! The last three years have been such, punctuated by the last three months' events. When I agreed to take the job of President of the Board of Trustees, I did so knowing that there would be much that needed to be done. As I leave this job, there is still much that needs to be done, albeit, different things.

Three years ago, the song that ran through my head was, "What I Did for Love" from "A Chorus Line". I had been in retirement from a leadership role for about 20 years and wasn't in a big hurry to return. My love and commitment to the Center and its philosophy were enough to change my mind.

The function of the Board of Trustees has changed in the past year; it has become a working Board and various tasks have been taken on by Board members. The Center is on a strong spiritual footing with Rev. Ali and Practitioner Nancy.

We continue to have challenges, the most recent of which has been the public health crisis. As we stay at home, Facebook Live, YouTube and Zoom are in active use. Rev. Ali and Nancy Walker provide us with "Sunday Service" via Facebook and YouTube. Our Wednesday morning meditation and our Friday Prayer Circle are similarly offered online. Our two Sacred Circles meet monthly via Zoom and our practitioner team (Rev. Ali, Practitioners Nancy and Michael, and me as Practitioner Intern) is in touch with our members and attendees. After all, a virus touches the body. The Center touches the spirit, and all of us here are "the mind of God knowing, the heart of God loving, and the hands of God serving". We continue to look for ways to keep our physical doors open, when the stay-at-home is lifted. Although none of the available governmental loans and grants are available to us, we continue to look for grant funds for which we are qualified.



Board Article (continued)

Going forth, we will have new challenges and opportunities. A strong, loving, committed Board will be in place and I know the Center will be in capable hands.

Sherry Noone



THEME for MAY 2020

This month's theme is ***“The Art of Circulation”***, and Rev. Ali and Practitioner, Nancy Walker will be drawing wisdom from the book, The Art of Abundance, by Dennis Merritt Jones.

“Because the heart is intuitive, it knows only the spontaneous, expansive joy, wholeness, and freedom that comes with the awareness that abundance is already ours by virtue of the fact you have been given the gift of life – and inherent within the gift is an abundance of whatever is needed to sustain you, to prosper you in every way,” DM Jones.

May 3rd

Nancy Walker, RScP

“Rule 1 – Be One With Life”

Nancy will be speaking on Rule 1, connecting with the source of our abundance, discussing the beliefs we have held that prevent us from understanding that there is more than enough of everything for us to survive and thrive in this world and live a life worth living!

“As the awareness of your oneness with the Universe deepens, you will begin to see through new eyes; everywhere you look you will find the principle of abundance operating”.

May 10th

Rev. Ali Benjamin

“Consciousness, Focus & Flow”

Our consciousness is everything! It determines how we experience our current reality and how we will shape our future. Depending on our consciousness, we will create an abundance of more than enough or an abundance of not enough. Rev. Ali will reveal the importance of the role of intention, attention, and focus and how this awareness keeps us aligned with the life we want; a life of allowing the natural flow of abundance into all areas of our lives.

“Consciousness is the fundamental thing in existence. It is the energy, the motion, the movement of consciousness that creates the Universe and all that is in it. The microcosm and the macrocosm are nothing but consciousness arranging itself,”

Sri Aurobindo.

THEME for MAY 2020 (continued)

May 17th

Rev. Ali Benjamin

“Be Passionate, Be a Blessing”

Doing what we are passionate about, what holds deep meaning for us, opens our hearts and in turn, an energetic, silent powerful communication with the universe. When we are doing what we love, we are lifted up into a stream of abundance, elevated in mind, heart, and soul. Available to new ideas and insights and with the universe as our partner, we actualize our co-creative powers and heightened awareness. Our passion is an avenue for us to be a great blessing to ourselves and the world.

“I am larger, better than I thought; I did not know I held so much goodness. All seems beautiful to me. Whoever denies me, it shall not trouble me; whoever accepts me, he or she shall be blessed, and shall bless me,” Walt Whitman.

May 24th

– Michael Benjamin, RScP -

“Do It Courageously”

You will be inspired and will expand your faith in the ever-expanding good, and your faith in this will expand the principle of Abundance in your life, as your life. Michael says, “We are blessed beyond measure. Being on the leading edge of expansion, at times we are required to take a leap of faith if we are to realize our greater good – that which is yet to be.”

May 31st

– Nancy Walker, RScP -

Rule 10 – “Be a Catalyst for Good”

This Sunday, Nancy will discuss how we can use the principle of abundance to leave the world a better place than we found it.

“As our individual abundance consciousness rises, it affirmatively affects the whole of humankind. When we are conscious of our oneness with an abundance Universe and with each other, we are compelled to become change agents for good,” **DM Jones.**

DID YOU KNOW?

That you can watch the Sunday Service every Sunday on Facebook?

The Guided Meditation is on at 10:00 a.m., and then the service begins at 10:30. Just go to Facebook, call up Bear Valley Center for Spiritual Enrichment and if the video doesn't appear there, click on “videos” and it should be there.

Starting May 10th we will also have the service on Zoom! We shall Zoom the meditation and then have a short period of time for conversation before the Service starts. A link will be available in the e-blast sent out each week.

Enjoy the service in your jammies or....

In Memory of Sally Cornett

Our beloved Sally Cornett made her transition early April. We're unable at this time to get information per the precise date. The Board of Trustees will be planning a celebration of her life in the future via Zoom so watch for the "e-blast".

Sally was a vital member of our BVCSE community, not just sharing her spirituality as a Practitioner, but her presence was always a positive influence. When she became too ill to attend, there was definite absence felt by all who knew and loved her.

(Editor's note – In perusing past newsletters, I came across this Practitioner's Message Sally wrote in 2014 and I thought it is appropriate to share at this time when we're experiencing "solitude". I hear her speaking to us in her every word :)

Our gratitude deepens when we began to be thankful for being alive during this time and living the life we are now living.

Often when we practice being thankful, we count our blessings – our health, our homes, our friends and family, and things that makeup our reality. It is fine to be grateful for our good fortune, yet true thankfulness comes from a powerful comprehension of simply being alive and when we feel it, we feel it regardless of our circumstances. In this deep state of gratitude, we recognize the purity of the experience of being – we are one with this great mystery of life.

Sure, it can be difficult for many of us to access this deep level of consciousness being caught up in the every day ups and downs in our individual world. The one thing we need to remember is that the ebbs and flows, the expands and contracts, give and takes, is somewhat unreliable. When we only feel grateful when it serves our desires, this is not true thankfulness.

Truly, not one of us is exempt from the twist and turns of fate which at anytime can take possessions, situation, and people we love away from us. Yet sometimes these losses awaken us to thankfulness that goes deeper than just being grateful when life goes our way. Illness and a near-miss accident can also serve as a wake-up call to the realization of just how lucky we are to be alive.

Regardless of our circumstances, we need not wait to be shaken to our core to experience this state of being truly grateful for everything in our lives. Just take a moment or two each day to be fully present and connect with source of unconditional generosity that flows through us regardless of our current situation.



“Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos into order, confusion into clarity. It can turn a meal into a feast, a house into a home and a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

-Melody Beatte

Gratitude is the thread we weave into the fabric of our daily lives giving thanks and asking for the gift of one more thing... a grateful heart.

Namastè, Sally Cornett, RScP

INSPIRATIONAL ARTICLE

Creating a Safe Haven for Ourselves

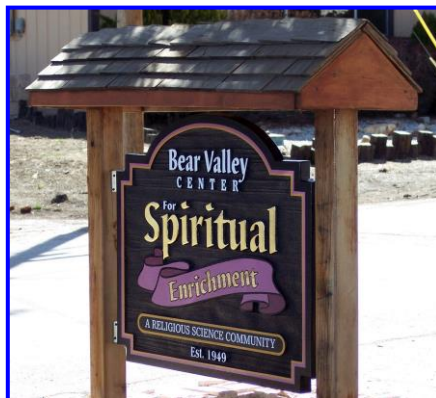
“It was the most *interesting* of times...” I imagine this is how I will one day describe the current atmosphere we are now living in, during the “COVID-19 Pandemic”. Never in our lifetimes has there been a circumstance that has brought the entire world to a complete standstill. It has been very strange looking at the photographs people have posted on the internet, depicting streets in major cities all over the globe, with absolutely no activity, no people, no vehicles. Neither has there ever been a time in our history, when we have had the technology that we have today, that brings the current events of the world right into our lives with such speed and visual, full color depiction. Everyone’s opinions, complaints, factual or not, are broadcast in the most blaring way, from the rooftops, into our lives, whether we want to hear it or not.



During times like these, we need to create a safe place for ourselves and our loved ones; a place we can go to feel nurtured, cared for, and at peace. Our very own Bear Valley Center for Spiritual Enrichment has done just that for us. We have created meditations, weekly prayers, and services to support our congregation, and anyone else “out there” who needs to hear words of inspiration and spiritual truth to keep them grounded.

In addition, we have the opportunity to create our own spiritual practice to create a safe haven. We need a practice of self-care, especially during times like these. Find a small area in your home, where you can create a quiet, comfortable space that is yours alone to meditate, read, or just be still in the moment. You can bring candles, little mementos you love and feel connected to, soft fabrics, quiet music, muted lighting, a comfortable chair, pillows, throws, whatever makes you feel comforted, into your special space. We have been given a gift of quiet in this time of social distancing. A gift of time for ourselves to reflect, go within, and realize our own essence and divinity. A time to realize who we are, life itself; a unique expression of the Divine! Without all the external stimulation and noise, this is truly a gift to ourselves. I truly hope you are coming into alignment with your true nature, and enJOYing this most interesting journey!

*With love and gratitude,
Nancy Walker, RScP*



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



May Birthdays



May 1st
May 5th
May 11th
May 17th

Eloise Lepore
Mindy Mathewson
John Miller
Dr. Cal Pramann

What's the Haps

- **Sally Cornett** made her transition in early April – still seeking info
- Update on the **Huffmans** – **Larry's** still in terrible pain – his ankle had to be opened and drained, little blood circulation happening – stem cell treatment and grafting has helped – has additional pain and bruising in upper thigh. On top of that, **Caregiver KC** contracted a tooth abscess with inflamed lower gums and had an emergency root canal.

"Other than that, Mrs. Lincoln, how was the play?"

- **Liz Harris** will be serving on the committee to re-open our valley.



**Ms. Kesler
& her
student,
Oli**



Book of the Month

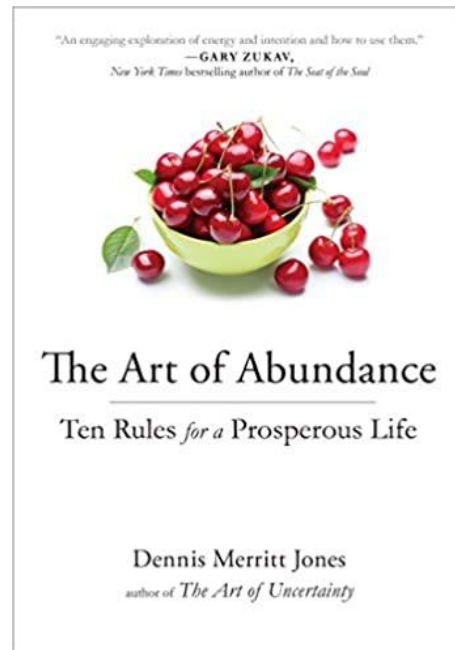
The Art of Abundance: Ten Rules for a Prosperous Life

Author: Dennis Merritt Jones

A life of wholeness and purpose are well within our reach - *The Art of Abundance* outlines ten rules, or practices, that lay the foundation for a life worth living.

Whether we're striving for a new job, a higher salary, or a stronger relationship, Dennis Merritt Jones explains in *The Art of Abundance* that we all essentially want the same things: freedom, inner peace, and a life filled with purpose and meaning. He argues that a life of wholeness and peaceful satisfaction is readily available to us--we just need the eyes to see it and the faith to claim it. The problem is that most people don't know where to look for such a life. This book will help readers open their eyes to the limitless abundance that lies waiting just beyond their current belief system.

In *The Art of Abundance*, Jones identifies ten rules, or practices that, when followed faithfully, lay the foundation for a life worth living. In order to make each rule as easy to apply as possible, Jones lays out the **premise**, the **problem**, the **principle**, the **practice**, and the **payoff** of each. These practices assist readers in creating a greater flow of goodness into their lives--in ways they may have never considered.



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 June issue by May 15th.

Questions? Call 909-866-7100

Someday, Sometime

Agnes Davenport Bond

Someday, sometime, I like to think I shall go back

To all the places I have loved
To sleep again on sweet pine boughs,
To hear throughout the peaceful night
To travel on the sea again,
The music of a stream close by,
To bathe again in flying surf,
Or of a distant waterfall.
And lie again on warm beach sands
On some far island shore.

Someday, sometime, I shall go back is left behind in places I have loved,

Because a little part of me
To climb the mountain sides,
To camp far back in virgin woods,

And so I like to think I shall go back...
And sit around a blazing fire at night,
Someday, sometime.
With moonlight hanging in the pines.