



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

April 2020 Newsletter

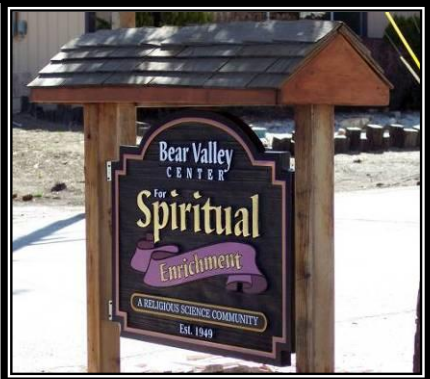
Sunday Services, 10:30 a.m.

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

April Topics and Speakers



Monthly Theme:
"INNER ENGINEERING"

Apr 5th **Nancy Walker, RScP**
"The Way Out is In"

Apr 12th **Rev. Ali Benjamin**
"The Art of Responding"

Apr 19th **Rev. Ali Benjamin**
"The Art of Joy"

Apr 23rd **Nancy Walker, RScP**
"Body, Mind & Energy"

April Calendar

Apr 1st **April Fool's Day!**

Apr 2nd **12:00 p.m. Board of Trustees
Meeting Via "Zoom"**

Apr 4th **Liz Harris' Workshop
Cancelled**

Apr 5th **10:00 - 10:20 Guided Meditation
10:30 Service begins
(Live on Facebook)**

Apr 8th **10:00 a.m. live on Facebook
Meditation in Benjamin's home**

Apr 12th **10:00-10:20 Guided Meditation
10:30 – service begins
(Live on Facebook)**

EASTER

Apr 15th **10:00 a.m. live on Facebook
Meditation in Benjamin's home**

**"In La Kesh" Sacred Circle
Michael Benjamin, Leader via ZOOM**

April Calendar (continued)

- Apr 19th** **10:00-10:20 a.m.**
Guided meditation
10:30 – service begins
Live on Facebook
- Apr 22nd** **10:00 a.m. live on Facebook**
Meditation in Benjamin's home
- Apr 26th** **10:00 – 10:20 a.m. Guided Meditation**
10:30 – Service begins
Live on Facebook
- Apr 28th** **DDC's Sacred Circle**
Delightful Deliberate Creators)
Nancy Walker, Lead
- Apr 29th** **10:00 a.m. live on Facebook**
Meditation in Benjamin's home

Easter

Easter is a sweet reminder
Of hope and faith and love...
It comes to us at springtime,
Bringing blessings from above...

Author Unknown



Board of Trustees

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

Board Article, By Gloria Meade



Take Time to Think About and Enjoy Freedom

With Spring just around the corner, and all the challenges going on in this whole wide world, please take some time to read some of the wonderful messages below and live and enjoy your life every day, as we don't ever know about tomorrow!

Things to Think About AND.. Try it, You Might Like it!

DANCE as if no one is watching
LAUGH like you have never been hurt
LOVE like heaven is on earth.
DREAM as if there are no impossibilities
LIVE life to the fullest
SING like no one is listening
CHERISH the moment.

Take Time

Take time to laugh-
It is the Music of the soul.
Take time to play-
It is the source of perpetual youth.
Take time to read-
It is the fountain of wisdom.
Take time to love and be loved-
It is the true meaning of wealth.
Take time to be kind-
It is the road to happiness.
Take time to think-
It is the origin of power.
Take time to give-
It is too short a day to be selfish.
Take time to relax-
It is the source of renewal.
Take time to dream-
It is the beginning of great things.

THEME for APRIL 2020

Inner Engineering

Our theme for April is “Inner Engineering”, and Rev. Ali and Practitioner, Nancy Walker will be speaking from the book, Inner Engineering, a Yogi’s Guide to Joy, by Sadhguru. This month, our co-spiritual leaders will explore spiritual principles and practices to assist you on your quest for a “pleasant, joyful life” as Sadhguru explains in this bestseller. By going within, and using time-tested tools that are fresh, alive, and radiantly new, we can achieve a life of joy!

April 5th

Nancy Walker, RScP

“The Way Out is In”

Nancy Walker will be speaking on, “The Way out Is In”- exploring what we, as humans, want; a state of well-being or a deep sense of pleasantness. Nancy will take us on a journey on how we can achieve this state by experiencing a paradigm shift in our lives.

“The only thing that stands between you and your well-being is a simple fact: you have allowed your thoughts and emotions to take instruction from the outside, rather than the inside. This is the fundamental shift that has to happen. Do not look for a way out of misery. Do not look for a way out of suffering. There is only one way - and that is in,” Sadhguru.

April 12th

Rev. Ali Benjamin

“The Art of Responding”

“Reactivity” is enslavement; “responsibility” is freedom. “Responsibility” means the ability to respond. When we know that we are responsible, we will have the ability to respond. If we think we are not responsible, we will not have the ability to respond. Realizing that we are responsible for all that we are and all that we are not, all that will happen to us and all that won’t happen to us - this is reality. Your physical existence is possible only because of your body’s seamless ability to respond to the entire universe. Wake up to this reality and ease personal suffering. Consciously respond to life and you will become a masterful co-creator. Rev. Ali shares three insights into responding with grace and ease.

“The whole effort of the spiritual process is to break the boundaries you have drawn for yourself and experience the immensity that you are. The aim is to unshackle yourself from the limited identity you have forged, as a result of your own ignorance, and live the way the Creator made you—utterly blissful and infinitely responsible,” Sadhguru.

April 19th

Rev. Ali Benjamin

“The Art of Joy”

“Joy” is a rare visitor in most people lives, but it doesn’t have to be. Rev. Ali will share spiritual technologies that will give us access to make it a life-long companion. Joy is the background frequency that is needed so that any aspect of our life will unfold magically and wonderfully. She will guide you to find the “still small voice” of joy within so that you will no longer be an issue in your life. Life is, can be, an endlessly unfolding celebration and discovery. We all have what it takes; let’s learn the art of joy and become free.

“But to be loving is simply this: a willingness to respond freely and openly. Right now, it may be limited to one or two people in your lives. But it is possible to extend this ability to embrace the entire world,” Sadhguru.

THEME for APRIL 2020 (continued)

April 26 – Nancy Walker, RScP – “Body, Mind and Energy”

Nancy Walker will be speaking on, “Body, Mind and Energy.” This week we will discuss a deeper exploration of the three fundamental layers of our identity.

“When you are available to grace, suddenly, you seem to function like magic. Suppose you were the only one who could ride a bicycle; you would begin to seem magical to everyone else! It is the same with grace. Others might think you are magic, but you know you are just beginning to become receptive to a new dimension of life. This possibility is available to everybody,” Sadhguru.

A Pandemic Poem

(This poem was written by Kitty O’Meara and was shared by the minister of the First Christian Church of North Hollywood, and my friend shared it with me who lives in Jackson, CA.

I see the oneness and wanted to share with you.)

Ellen

“And the people stayed home
And read books, and listened, and rested, and exercised, and made art, and played games,
And learned new ways of being, and were still.
And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.
And the people began to think differently.
And the people healed.
And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways,
The Earth began to heal.
And when the danger passed, and the people joined together again,
They grieved their losses, and made new choices, and dreamed new images,
And created new ways to live and heal the Earth fully,
As they had been healed.”

INSPIRATIONAL ARTICLE

Come Together Right Now

Liz Harris

I have been thinking about the shift in consciousness that Diane Borcyckowski spoke of on New Year's Sunday 2000 at the Bear Valley Center for Spiritual Enrichment:



- ◆ The shift in group consciousness began long before 2000, but it has taken 20 more years for thinking and acting to have an opportunity to evolve enough to hit the tipping point.
- ◆ The Universe, Creative Energy, God, the Source ...whatever you want to call "It" has had to deliver one heck of a message for enough of us to "get it" to effect the necessary change in behavior. The timing is right for change. So now what? Will we go back to business as usual? Will we continue to think in "us and them" terms? Will we pick up the old out-of-date patterns of hate, separateness, confusion, distrust and anger when this isolation is over? Or will we pick up the mantel of love, inclusion, clarity, acceptance and love one another? Will we be one? *How much clearer can the message be?*
- ◆ "Being" is an interesting word. Mother says, "Behave yourself!" The child responds, "I'm being haved!" What did the child mean by that phrase? She meant, "I am behaving!" Translated, I am being myself at the expense of all others. We all have been children behaving acting without regard to other human beings or our planet.

Let us reconsider our current definition of **"being human"**. Is it shifting? The decision is in our hands!

The Universe is asking us:

*"Can I trust you to think and act as one?
Can I trust you to love one another?
Can I trust you to be kind to each other?
Can I trust you to take care of the planet?
Can I trust you to take care of each other?"*

The Universe is not so sure! So the Universe is giving us a good long time to think about the dilemma we have put ourselves in.

I'm wondering - will a month be long enough?
Probably not! How about 2 months? 3 months?

"Take as long as you need", the Universe says. "I'll check back with you in a few weeks and see how much you have evolved."

INSPIRATIONAL ARTICLE (continued)

Come Together Right Now

The Universe continues, "*This is not the time to pat yourself on the back for being so evolved. Think about what more you can do. Many of you have done a lot. This is the time to **be human**. Time to show others what to do in a loving way **without judgment**.*"

*This is your time to meditate.
This is your time to pray.
This is your time to reflect.
This is your time to change.
This is your time to evolve.
This is your time to see things differently.
This is the time to shift energy.*

Think about what you want.

*How has division been working for you?
How has hate been working for you?
How has selfishness been working for you?
How has confusion been working for you?
How has anger been working for you?
How has distrust been working for you?*

- *This is your chance to change your attitude.
This is your chance to love one another.
This is your chance to release judgment.
This is your chance to care about the planet.
This is your chance to trust one another.
This is your chance for clarity.
This is your chance for selflessness.
This is your time to be one.*

This is your chance to “Come Together Right Now” as John Lennon asked you to do 51 years ago.

Think it through - you have the time, lots of time. Use it well.

***Liz Harris,
E.Ed.***

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



April Birthdays



April 9 th	Rev. Ali Benjamin
April 12 th	Susan Conley
April 15 th	Millicent Cook
April 17 th	Joan Cline
April 27 th	Bruce Smith
April 19 th	Sally Markey

February Attendance

	Adults	Children
2/2	11	0
2/9	15	0
2/16	15	0
2/23	16	0
February Total	57	0
February Average	14	0

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

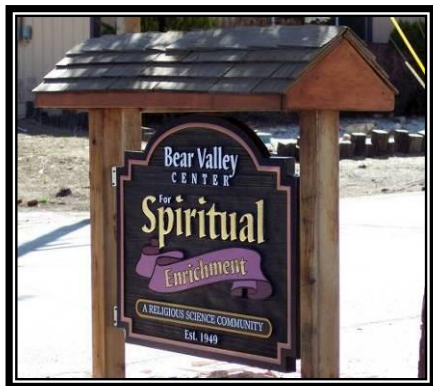
Flowers in the Forest (In Memoriam)



Jesse Medel Mendoza was born in Los Angeles on September 16, 1941 and made his transition on October 13, 2019 in Orange County due to a stroke. His wife, Falomi, says he was the love of her life, the “wind beneath her wings”, and her best friend.

Everyone who knew him knew he was a strong, quiet person who would always say, “yes” if you needed his help. Jesse had 11 siblings. His parents operated several “mom and pop” grocery stores called, “La Perla,” and where he worked from elementary school until he graduated from Compton High School in 1960. He worked forty years for Boeing Corporation, retiring from the Space Shuttle Division. For twenty years following retirement, Jesse’s passions were his UCLA studies in anthropology and doing fieldwork in archaeology through Victor Valley College.

Jesse and Falomi maintained a part time home in Big Bear for 15 years, attending both BVCSE and St. Joseph’s Catholic Church. He is survived by his wife, his 4 children, 13 grandchildren and 2 great-grandchildren.



The Hope of Spring Clarence Hawkes

When the grass grows green and
the skies grow blue,
and the earth’s surpassing fair,
Then the heart of man grows
brave and true,
and doubt’s no longer there.

For it’s spring in the soul,
and the life’s new made,
and failures are forgot;
of doubt and fear, be not afraid –

Like dead leaves, let them rot.
There’s hope in the heart,
like the hope of spring;
like the bird and the bud,
Let my being sing.

Book of the Month -

Inner Engineering A Yogi’s Guide to Joy

Author: Sadhguru

‘Inner Engineering is a fascinating read, rich with Sadhguru’s insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos’, visionary, mystic and yogi Sadhguru distills his own experiences with spirituality and yoga and introduces the transformational concept of Inner Engineering. Developed by him over several years, this powerful practice serves to align the mind and the body with energies around and within, creating a world of limitless power and possibilities. Inner Engineering is your own software for joy and well-being.

