

## Mountain Healing Arts July Events

July 9, 10, 16, 17, 23, 24, 29, 31, 4:45 PM to 6:15 PM

### **Park and Rec Yoga Classes with Claudia Eads, MD, RYT**

Park and Rec Community Room, 41220 Park Blvd

Breathe, energize and relax, stretch and strengthen, release stress and tension with this ancient practice. Wear comfortable clothing and bring a mat or towel.

Contact: Claudia Eads at 909-866-9700

E-mail: [claudiaeads368@aol.com](mailto:claudiaeads368@aol.com)

Wednesday, July 2, 6:00—9:00 pm Final Class

### **If the Buddha Married—Creating Enduring Relationships on a Spiritual Path**

The Flames of Faith Center for Conscious Living

41135 Big Bear Blvd. Suite D, in the Black Forest Lodge

*Using the book by Charlotte Kasl, Ph.D.*

Loving, lasting relationships are a process of spiritual awakening and growth.

This class offers the key precepts of Buddhism combined with cutting edge psychology. It is open to everyone with a sincere desire to learn how to become a better person and partner.

Contact Rev. Jean Sweet at (909) 838-6407.

Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)

Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Sunday, July 6, 10:30 am

Monday Evening Service, July 7, 6:30 pm

### **Answering the Call of Freedom**

Flames of Faith Center for Conscious Living

41135 Big Bear Blvd. Suite D, in the Black Forest Lodge

Our country was founded on the premise and promise of religious freedom: the right to pursue an authentic connection with our Source, free from political or social consequences. The Society of Friends played an important moral, ethical, social, and spiritual role in the formulation of our country. Hear the complete story this Sunday as we answer the call of freedom and learn the principles of faith, truth, and service.

Contact Rev. Jean Sweet at (909) 838-6407.

Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)

Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Sunday, July 6, 5:00 pm

### **The Limitless Sea of Receptivity**

As we "sail-abrate" Independence Day today, we will explore our inalienable right to life, liberty and the pursuit of happiness and how to experience these rights by "throwing ourselves with complete abandon into the Limitless Sea of Receptivity" -- Ernest Holmes, our founder and author of "The Science of Mind".

Bear Valley Center for Spiritual Enrichment

42324 North Shore Drive

Contact Sandy at the office at 584-2040  
Email: [bvcse@earthlink.net](mailto:bvcse@earthlink.net)  
Website: [www.bvcse.org](http://www.bvcse.org)

Tuesday, July 8, 11:30am

**Mountain Healing Arts Networking Luncheon**

Everyone is welcome at the Knickerbocker Mansion to have lunch, meet and network with other members and non-members. Everyone will have an opportunity to talk about their business and future plans. The cost is \$10. Steering committee meeting will start at 10:30 to help plan MHAA's future. Address is 869 Knickerbocker Road. Sponsored by Mountain Healing Arts. Contact Rita McMillan at 561-3078. Email: [mountainhealingarts@yahoo.com](mailto:mountainhealingarts@yahoo.com)

Wednesday July 9, One Night Only, Wednesday 6:30-9:00 pm,

**ABUNDANCE SCHOOL**

This month's topic: In God We Trust  
Truth, faith, integrity, and ethics as the foundation of prosperity  
The Flames of Faith Center for Conscious Living  
41135 Big Bear Blvd. Suite D, in the Black Forest Lodge  
This ongoing class is open to everyone with a sincere desire to experience financial increase in their life. No previous attendance is required.  
Investment in your future: \$15 Contact Rev. Jean Sweet at (909) 838-6407.  
Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)  
Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Saturday, July 12, 8 am until...

**BVCSE's Fabulous Garage Sale**

Since Rev. Diane will be speaking about Sail-abrating Life in her Sunday talks this month, let's also sale-abrate a fabulous garage sale! We have some great donations promised, big items as well as little stuff and we hope you will all shop until you.....stop. Certainly you are all too precious to us to have you "drop". The big day is July 12<sup>th</sup>. We will open at 8:00 AM at Sherry McDaniel's beautiful home at 42384 Heavenly Valley in the lower Moonridge area. We will go until it's over (remember, we are open at the top!). We really need your presence and also your donations. Let *us* help *you* clean up (in more ways than one!). Held at Sherry McDaniel's home at 42384 Heavenly Valley  
Contact Suzie Curtis 584-7747  
Email: [bvcse@earthlink.net](mailto:bvcse@earthlink.net)  
Website: [www.bvcse.org](http://www.bvcse.org)

Sunday, July 13, 10:30 am

Monday Evening Service July 14, 6:30 pm

**Seekers of Light—Friends of Truth**

Flames of Faith Center for Conscious Living

41135 Big Bear Blvd. Suite D, in the Black Forest Lodge  
Truth, equality, peace, simplicity, and community form the basis of Quaker society. The simple conviction, inward sincerity, and spiritual wisdom of the first spiritual activists and practicing mystics of our country are honored in this special talk, as we explore our connection to the faith and practice of the Quakers.  
Contact Rev. Jean Sweet at (909) 838-6407.  
Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)  
Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Sunday, July 13, 5:00 pm

### **Calming the Internal Sea**

What's the state of the internal sea of your mind? Does it consist of rough waters or is it smooth sailing? The truth is -- if our minds are constantly churning and rolling, we simply cannot be letting God take control and successful navigation cannot possibly occur. Today, we will explore a number of ways to hand the rudder back to God.

Bear Valley Center for Spiritual Enrichment  
42324 North Shore Drive  
Contact Sandy at the office at 584-2040  
Email: [bvcse@earthlink.net](mailto:bvcse@earthlink.net)  
Website: [www.bvcse.org](http://www.bvcse.org)

Sunday, July 20, 10:30 am

Monday Evening Service, June 21, 6:30 pm

### **July 20—Be Still and Know**

Flames of Faith Center for Conscious Living

41135 Big Bear Blvd. Suite D, in the Black Forest Lodge

We cannot create a better world unless we create a better self. The Quaker practice of spiritual insight and silent worship begins with quiet waiting, stillness, reflection, and meditation. These simple practices have stood the test of time, and allow the experience of Divine guidance, inspiration, and grace to transpire. Join us this Sunday in this simple practice of "meeting."

### **COMMUNITY POTLUCK FOLLOWS**

The Society of Friends believes that we are all children of God; all brothers and sisters of one human family, regardless of differences of experience, culture, race, age, or understanding. Friends have found that the Light illuminates and binds people together in a community of faith, conscience, and experience. Shine your light and share in the spirit of love as we break bread together.

Contact Rev. Jean Sweet at (909) 838-6407.  
Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)  
Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Sunday, July 20, 5:00 pm

### **Stay the Course of Light**

As we set sail to create lives of passion, fulfilling our dreams and our higher purpose, we can (at times) get distracted. Using the familiar Biblical story of

Samson and Delilah, today we look at what can distract us - and how to get back on course.

Bear Valley Center for Spiritual Enrichment

42324 North Shore Drive

Contact Sandy at the office at 584-2040

Email: [bvcse@earthlink.net](mailto:bvcse@earthlink.net)

Website: [www.bvcse.org](http://www.bvcse.org)

Tuesday, July 22, 29, August 5, 12, 19, 6:30 pm – 9:30 pm

**Class – “A New Earth: Awakening Your Life’s Purpose”**

Do you want peace or drama? A very simple question, but the answer may not be as simple as you think. Join us on a discovery of “inner space” to find out who you truly are and learn to break free into a life of more abundance in the midst of a Higher Order. For more information about the class and to register please call the church office.

Bear Valley Center for Spiritual Enrichment

42324 North Shore Drive

Contact Sandy at the office at 584-2040

Email: [bvcse@earthlink.net](mailto:bvcse@earthlink.net)

Website: [www.bvcse.org](http://www.bvcse.org)

Wednesday, July 23, doors open at 6:00 pm

**Movie Night--Feature Presentation: Friendly Persuasion (color, 1956)**

Flames of Faith Center for Conscious Living

41135 Big Bear Blvd. Suite D, in the Black Forest Lodge

William Wyler’s popular adaptation of Jessamyn West’s story of Quaker life is a warm, often hilarious, and gently serious portrait of a pacifist Quaker family in southern Indiana during the American Civil War. Gary Cooper plays Jess Birdwell, a less than entirely devout Quaker farmer whose pious wife Eliza (Dorothy McGuire) is a minister at their local "meeting house."

Anthony Perkins stars as the son torn between his family and what he perceives as his duty. The family's dilemmas are portrayed sympathetically and convincingly as they stand up to their faith, contrasted against the approaching armies. This is a thoroughly enjoyable and worthy movie, portraying Quaker life and principles. Friendly Persuasion was nominated for 6 Academy Awards including Best Picture, Best Director (William Wyler), Best Actor in a Supporting Role (Anthony Perkins), Best Screenplay (Adapted), and Best Sound Recording. 137 minutes.

Suggested donation: Adults \$10, children \$5.00

Healthy snacks and drinks are included.

Contact Rev. Jean Sweet at (909) 838-6407.

Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)

Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Saturday, July 26, Saturday July 26, 10:00 am – 12:00 pm (1:00 with lunch)

**Plain and Simple Yoga—A miniretreat offering the basics  
With yogini Sue Baker. Meditations provided by Rev. Jean Sweet**

Flames of Faith Center for Conscious Living  
41135 Big Bear Blvd. Suite D, in the Black Forest Lodge

If you have been wondering if you can do yoga, or what it is about, this morning practice will introduce you to the basics. If you are a practitioner, this yoga retreat will take you to a higher and more challenging level. This excellent instructional yoga experience will include a delicious vegetarian lunch: \$25

Contact Rev. Jean Sweet at (909) 838-6407.

Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)

Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Sunday, July 27, 10:30 am,

Monday Evening Service July 28, 6:30 pm

**July 27—The New Spirit & the New World**

The Flames of Faith Center for Conscious Living  
41135 Big Bear Blvd. Suite D. in the Black Forest Lodge

Members of the Society of Friends are practicing spiritual activists. For over 3 centuries they have pledged their support and energy to new vision of a new world where all are equal and live in peace. The Quakers are true and tried peacekeepers; they believe in and strive for equality, social and environmental justice, and the complete turning away from conflict and war. They are living models of faith in action, practicing persistence, patience, and unyielding faith in God. Celebrate and share the vision of a New World with us this Sunday for a remarkable talk of hope and peace.

Contact Rev. Jean Sweet at (909) 838-6407.

Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)

Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)

Sunday, July 27, 5:00 pm

**Heading Due N-O-R-T-H**

All good sailors rely on their compasses to navigate the seas. As we wrap up our month of "sail-abrating," we will turn our compass due N-O-R-T-H to keep our gaze on God.

Bear Valley Center for Spiritual Enrichment  
42324 North Shore Drive

Contact Sandy at the office at 584-2040

Email: [bvcse@earthlink.net](mailto:bvcse@earthlink.net)

Website: [www.bvcse.org](http://www.bvcse.org)

Ongoing events and member information

***StarGazers Inn / SoulJourney Retreats for Mind, Body & Spirit***

StarGazers Inn & Observatory  
717 Jeffries Road, Big Bear Lake

Personalized 3-7 day inspirational and fun vacation adventures for to heal the Mind, Body, and Spirit. **SoulJourners** primarily meet in private one-on-one sessions with the compassionate and experienced spiritual teachers, healers and creative artists of Big Bear Lake and the surrounding areas. Tapping into the magic and majesty of Big Bear Lake and the San Bernardino Mountains, **SoulJourners** will have many opportunities to explore Big Bear Lake and enjoy its year-round recreational activities. Group Seminars and Workshops offered by **SoulJourney Retreat Network of Providers** will also be offered throughout the year.

Contact: Doreen Wiggins (909) 878-4496

Email: [info@stargazersinn.com](mailto:info@stargazersinn.com)

Website: [www.stargazersinn.com](http://www.stargazersinn.com)

BVCSE Newsletter link: <http://www.bvcse.org/newsletters/July20081.pdf>

### **The Flames of Faith Center for Conscious Living**

**July, 2008**

**The Plain and Simple Truth—Spiritual Wisdom from the Front Porch**

***Contemplating the Faith & Practice of the Quakers***

Rev. Jean M. Sweet

41135 Big Bear Blvd. Suite D 838-6407

Sunday Celebration service: 10:30 am, Monday Evening service: 6:30 pm

*(Childcare is not provided at our facility. Children ages 7-17 are welcomed in service)*

Email: [torevjean@yahoo.com](mailto:torevjean@yahoo.com)

Website: [www.flamesoffaith.com](http://www.flamesoffaith.com)