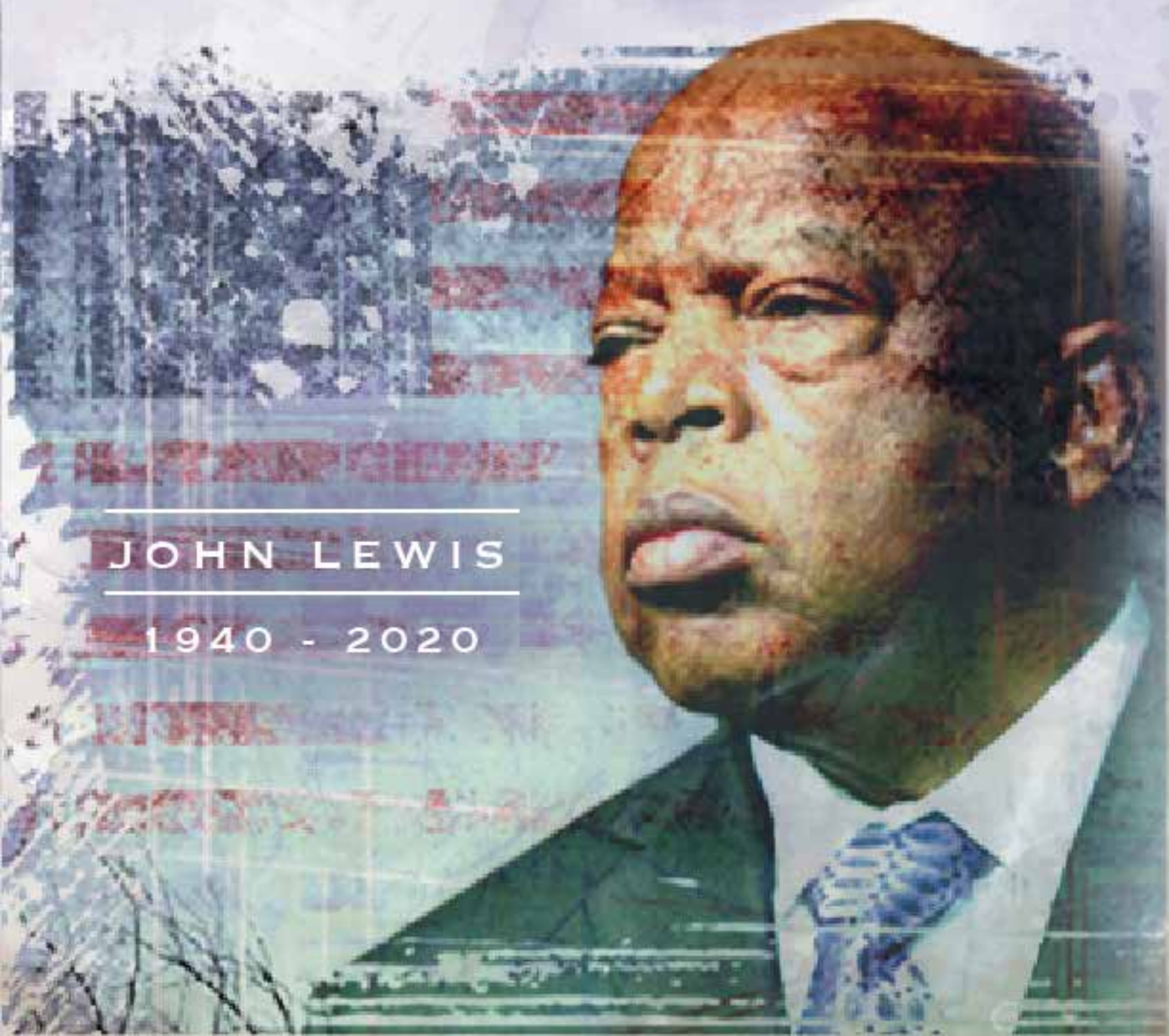
EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

Love in Action

INCLUSION IN ACTION

AUGUST 1, 2020



EAST BAY CHURCH OF RELIGIOUS SCIENCE

ECCLESIASTIC LEADERSHIP TEAM

REV. ANTHONY JACKSON
REV. BADIA COOPER
REV. GIL OLMSTEAD

CHURCH OFFICE

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INSTAGRAM
YOUTUBE

VIRTUAL SUNDAY SERVICE

JOIN US VIA YOUTUBE OR FACEBOOK LIVE
MEDITATION 10:15AM
SERVICE 10:30AM

DAILY MEDITATION

MONDAY - FRIDAY 12:30 PM TO 1PM
FACEBOOK LIVE

DAILY PRAYER CALL

MONDAY - FRIDAY AT 8:00 AM
FACEBOOK LIVE

WEDNESDAYS

HEALING AND REVEALING SERVICE
MEDITATION 6:15PM
HEALING SERVICE: 6:30PM
ZOOM LINK

EBCRS PURPOSE STATEMENT

We, the East Bay Church of Religious Science, are dedicated to the spiritual transformation of the entire planet. We are committed to being a point of empowerment allowing Spirit to direct every thought, word, deed, and action for personal transformation. Our purpose is to serve as a spiritual development center by making available the knowledge and practice of the Science of Mind to all people by fostering their spiritual, cultural and general well being, and to provide facilities for public worship, education and fellowship.

JOIN OUR SUNDAY CELEBRATION

August 2, 2020,

Meditation:10:15am

Service: 10:30am

Speaker: Rev. Dereca Blackmon

Topic: Love Your Enemies

Musical Inspiration:

East Bay Women's Ensmble

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

Rev. Dereca Blackmon

East Bay Women's Ensemble

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS
Arleen King, RScP and Precious Green

LAYOUT/DESIGN
Constance Rose

Contributors: Arleen King, RScP, John Lewis, Julia Flynn, Larry Barber, Noadiah Eckman, Precious Green, Education Ministry, Membership Ministry.

Please submit articles, poems for our August 8 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, August 4, 2020. The August theme is Inclusion in Action.

PHOTO CREDITS & GRATITUDE

Margaret Patterson

ABOVE THE BOARD

BY ARLEEN KING

On behalf of the East Bay Church of Religious Science Board of Trustees, I am both pleased and excited to announce that the Reverend Dr. FranCione will be joining East Bay as our Interim Spiritual Leader, effective August 1, 2020. We remain grateful to our Nominating Committee for their support in identifying an outstanding candidate for East Bay.

Dr. FranCione brings a wealth of knowledge, wisdom, and heart to our community. She has distinguished herself as a leader in the Diversity and Inclusion movement through Education. She infuses her classes, writing and messages with wisdom and the rich cultural experiences of African-Americans. Love and justice for all are central tenets of her ministry and she is no stranger to East Bay. We cannot think of a better person to embody Love In Action.

In the coming weeks, church leaders and staff will formulate plans to welcome Dr. FranCione. You will have opportunities to meet her and become acquainted on a more intimate level as she steps in as our Interim Spiritual Leader. Please check our *Love In Action* newsletter or website regularly for more information.

We anticipate that, once Dr. FranCione is fully engaged, the Nominating Committee and Board of Trustees will initiate the necessary foundational work to call forth East Bay's next Spiritual Leader. This process will begin with community input to assess your needs and desires for our next Spiritual Leader. We encourage you to stop by our monthly Community Conversations where we are laying the groundwork for this process.

Thank you for your prayers and ongoing support of our church community. Your Trustees and church leaders are so grateful for each of you as we embark on the next phase of East Bay's journey.

With Great Gratitude,

Arleen

WHEN WILL WE RETURN TO THE CHURCH CAMPUS?

We look forward to the time when we can once again open our doors to our community members. We miss being together and look forward to seeing each other again. During the current time of sheltering in place, we have adjusted our staff and Sacred Seva resources to online offerings for Sunday services as well as meetings of weekly and monthly groups, all of which are listed above.

Our leadership along with the Health and Wellness Ministry are monitoring and assessing the situation regularly and will continue to update our community as clarity emerges about our plans. We will continue meeting the needs of our spiritual family remotely until we can accommodate everyone in our building in a safe way. Nobody can know for certain when that time will be, but it's probably several months away. Thank you for your patience, understanding, and support.

East Bay Church Daily Prayer Online

In These Times, Prayer is the Way Forward

The Practitioners of East Bay are honored to hold all of our community in the "sacred space" of prayer. It is the only way forward. Prayer is the love, compassion, care and support offered to our EBCRS community.

Join the Practitioners and center in Daily Affirmative Prayer Monday - Friday at 8:00 am on Facebook Live. Each day will affirm a unique God quality:

Monday: Forgiveness

Tuesday: Love

Wednesday: Oneness

Thursday: Peace

Friday: Prosperity

Please note that this is a new time and location for Daily Prayer. We will meet at 11:00 am. Join us on Facebook, Live@EastBayChurch for Daily Prayer. Visit us on our website for more information.

PRACTITIONER CORNER

REV. LARRY BARBER

WHAT A PRACTITIONER PRAYS FOR

We pray to get out of our own way so that God can be God within us, so that the fullness of Spirit may be encountered by those who contact us.

We pray that light may break in upon us with such radiance that our prayers will be fully illumined and each person who calls will be filled with certainty about what to do and which direction to take.

We pray that love will announce itself with such warmth and depth within our hearts that we cannot do less than transmit that feeling of love to every individual who contacts us. When this happens we know that the person's confidence in life will be restored.

We pray that our awareness of the Living Presence of God may become more real to us than anything else.

We pray to see clearly that Spirit is Primary and that everything else flows from it.

We pray to have sufficient humility so that we may hear what God has to say to us and, what God may want to say through us to others. Thus, we pray to become fit instruments through which the goodness of God may be revealed.

We pray to be so permeated with spiritual persuasion that we may declare the word of Truth with such conviction that anyone hearing it will sense the triumph of freedom.

We pray to be so spiritually empowered that we may give people back to themselves, having disarmed the thieves of worry, doubt and fear that would rob them of their sense of self.

We pray for divine inspiration.

We pray for clear vision.

We pray for deeper measure of faith, and expanse sense of the All-ness of God.

And finally, we pray that the Truth, the Omnipresence of God's Peace, Love and Harmony is seen by us with profound clarity, illumination and healing of every soul who comes to us in need.

This is the Practitioner's prayer. 💙

FEATURED MEMBER

NOADIAH ECKMAN

ALLYSHIP IS LOVE IN ACTION

When asked to write about being an ally, my first thought was, "No God! Not that!" I'm not exactly even sure what the term ally means to me, and I was afraid. But whenever I think "No God……." I know I must do what's being asked of me.

I'm white. Some moons ago, I married a Black woman. We ended up having two children, who are also Black. Because I love and live with black people, my white friends and coworkers view me as some sort of expert on race. A frequent question they ask me is, "What do I say when someone says something racist to me? The person who said it thinks I agree because I'm white, and I say nothing. I feel terrible. I don't know what to do!"

First, I ignore my friend or colleague's response of acting dumb and helpless, a typical white malady, and tell them matter-of-factly, "Tell them your kids are black. They'll stop talking, avert their eyes, maybe apologize because they hurt you and they know better."

"I can't say that! My kids aren't black!"

"So? It makes a point clearly and without shame. Try it."

The conversation is usually a little longer, because at first, they think I'm kidding. But they came to me and asked me what I would do, and for a moment they consider it—moving away from what is comfortable.

They consider seeing as God, making the choice to be an ally.

The Course in Miracles calls that a "correction of perception," which is a miracle. The Oneness says, "They are your children." I'm asking my white friends to stretch their minds. Everyone's children are our children. Why do we care about people or feel a connection? Because we love them. And the love a parent feels for a child and the respect that invokes is what moves mountains. It is the only thing that is real.

When someone is hurting your child, you don't shame them and impress them with your knowledge. You act out of love. I'm not saying see yourself in them; I'm saying declare yourself one with everyone. Act as if they are yours, simply because they truly are.

The Course in Miracles says, "…Perceive in sickness but another call for love and offer your brother what he believes he cannot offer himself. Whatever the sickness, there is but one remedy. You will be made whole as you make whole, for to perceive in sickness the appeal for health is to recognize in hatred the call for love… Healing is the Love of Christ for His Father and for Himself." (p. 218)

Being an ally implies taking on an identity, like it's a choice. I don't think it is. I am white so I can say certain things to other white people without fear of retribution. And if I do face retribution, which usually amounts to not being liked or understood, I have plenty of reserves and energy to take it on.

I have not lived being continually terrorized, but the people I love are, so I am called to love all of God's children with the heart of God within me. Then speak and act.

And because I can, I must. 💙

ABOUT NOADIAH ECKMAN

Noadiah started attending East Bay in 2006. He has been transformed by the teaching and currently serves on the Board of Trustees. He is the proud parent of Nikko and Imani.

COVER STORY

TOGETHER, YOU CAN REDEEM THE SOUL OF OUR NATION

BY JOHN LEWIS

Mr. Lewis, the civil rights leader who died on July 17, wrote this essay shortly before his death, to be published by the New York Times upon the day of his funeral.

While my time here has now come to an end, I want you to know that in the last days and hours of my life you inspired me. You filled me with hope about the next chapter of the great American story when you used your power to make a difference in our society. Millions of people motivated simply by human compassion laid down the burdens of division. Around the country and the world you set aside race, class, age, language and nationality to demand respect for human dignity.

That is why I had to visit Black Lives Matter Plaza in Washington, though I was admitted to the hospital the following day. I just had to see and feel it for myself that, after many years of silent witness, the truth is still marching on.

Emmett Till was my George Floyd. He was my Rayshard Brooks, Sandra Bland and Breonna Taylor. He was 14 when he was killed, and I was only 15 years old at the time. I will never ever forget the moment when it became so clear that he could easily have been me. In those days, fear constrained us like an imaginary prison, and troubling thoughts of potential brutality committed for no understandable reason were the bars.

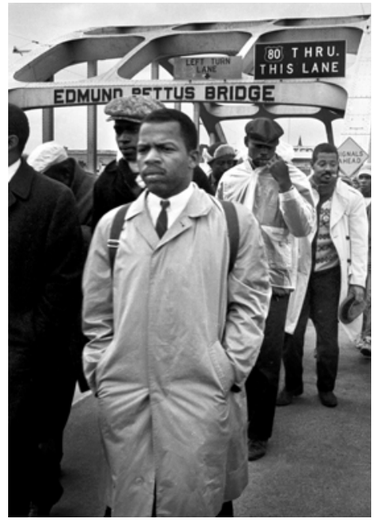
Though I was surrounded by two loving parents, plenty of brothers, sisters and cousins, their love could not protect me from the unholy oppression waiting just outside that family circle. Unchecked, unrestrained violence and government-sanctioned terror had the power to turn a simple stroll to the store for some Skittles or an innocent morning jog down a lonesome country road into a nightmare. If we are to survive as one unified nation, we must discover what so readily takes root in our hearts that could rob Mother Emanuel Church in South Carolina of her brightest and best, shoot unwitting concertgoers in Las Vegas and choke to death the hopes and dreams of a gifted violinist like Elijah McClain.

Like so many young people today, I was searching for a way out, or some might say a way in, and then I heard the voice of Dr. Martin Luther King Jr. on an old radio. He was talking about the philosophy and discipline of nonviolence. He said we are all complicit when we tolerate injustice. He said it is not enough to say it will get better by and by. He said each of us has a moral obligation to stand up, speak up and speak out. When you see something that is not right, you must say something. You must do something. Democracy is not a state. It is an act, and each generation must do its part to help build what we called the Beloved Community, a nation and world society at peace with itself.

Ordinary people with extraordinary vision can redeem the soul of America by getting in what I call good trouble, necessary trouble. Voting and participating in the democratic process are key. The vote is the most powerful nonviolent change agent you have in a democratic society. You must use it because it is not guaranteed. You can lose it.

You must also study and learn the lessons of history because humanity has been involved in this soul-wrenching, existential struggle for a very long time. People on every continent have stood in your shoes, through decades and centuries before you. The truth does not change, and that is why the answers worked out long ago can help you find solutions to the challenges of our time. Continue to build union between movements stretching across the globe because we must put away our willingness to profit from the exploitation of others.

Though I may not be here with you, I urge you to answer the highest calling of your heart and stand up for what you truly believe. In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring.



When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate at last and that peace finally triumphed over violence, aggression and war. So I say to you, walk with the wind, brothers and sisters, and let the spirit of peace and the power of everlasting love be your guide. 💙

EAST BAY NEW MEMBER CLASS

If you have been following East Bay and would like to learn more about our church, our philosophy and history, then join us tomorrow for our New Members Class. This will be an opportunity to learn more about the East Bay Church of Religious Science without obligation. The Membership Ministry will be available to answer your questions and share their insight.

What: New Members Class

When: Saturday, August 2, 2020

Time: 1:30pm - 3:30pm

Where: Online

Email our Membership Ministry at ebcrsmembership@gmail.com to find out more and register for the class.

MEET YOUR HEALTH AND WELLNESS TEAM

ZEE LEWIS

KUWAZA IMARA, RSCP

LOLA PRATT

JULIA FLYNN, CMT

SHONETTE STEIGER

STACY VANN

HEALTH AND WELLNESS TIP OF THE WEEK

BY JULIA FLYNN

SELF CARE IS HEALTH CARE

July was National BIPOC (Black, Indigenous, People of Color) Mental Health Month.

With the grieving and loss due to COVID-19, as well as the physical and emotional toll of racial trauma, this month and every month in every year, self-care is an essential ingredient for wellness.

In times of high stress and anxiety, it is easy to lose touch with one's own needs or even to know what your needs might be. Self-criticism increases with traumatic stress and with all that needs to be done, slowing down can seem counterproductive. In reality, slowing down and taking adequate breaks improves brain function, which leads to higher productivity. Self-care also activates the parasympathetic nervous system which allows the body to rest and relax and helps build a strong immune system.

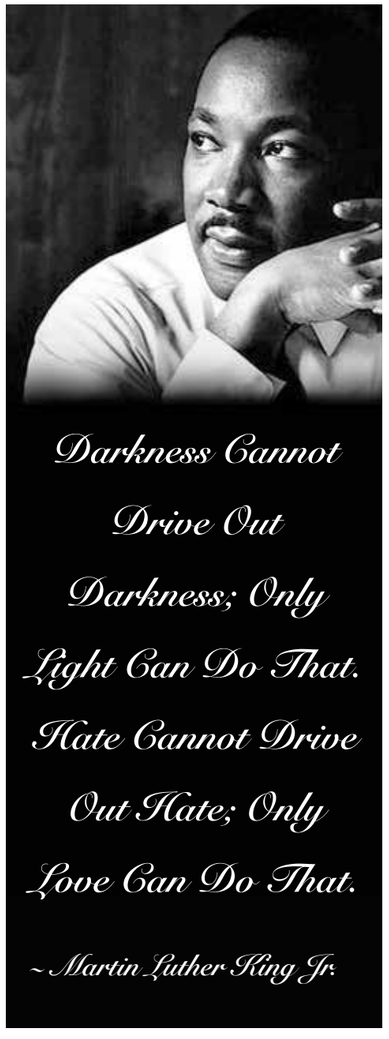
The biggest benefit of self-care is feeling better, and enjoying our true nature, our connection to Life, Love, and Joy. Here are some tools and tips to help you help yourself:

- Check-in with how you are feeling. Acknowledge injuries, wounds, feelings.
- Be self-compassionate. Are your thoughts self-critical or nourishing?
- Make rest and relaxation part of each day. Include enjoyable activities that you may have been neglecting.
- Find a way to connect with friends, family, community where there are safe spaces to share your experiences, and your feelings.
- Be honest about what support you need for emotional well-being. Feelings do not go away by minimizing or bypassing them. There are now more culturally competent and trauma-informed resources available for little or no cost.

These organizations also offer support and information on mental health and supportive self-care.

- Therapy for Black Men.
- Therapy for Black Girls.
- The Trevor Project for LGBTQ Youth.
- Trauma Skills Summit: Heal from the Effects of Trauma for Yourself, the World, and Generations to Come. August 17th - 26th.

Be Well and Be Kind to Yourself.



MONTHLY COMMUNITY VISIONING

SUNDAY, AUGUST 2, 2020

Monthly Community Visioning sessions are here.

"Visioning is a process by which we train ourselves to be able to hear, feel, see, and catch God's plan for our life or for any particular project. "…we're not here to tell God what to do or to ask God for things but to absolutely be available for what God is already doing, to open ourselves up to catch what's already happening."

- Dr. Michael Beckwith

We can vision for every area of life but our monthly visioning on the first Sunday of the month is for the highest and best for East Bay Church of Religious Science! Here, we vision for youth and family ministry, music, leadership, our buildings and properties, our bookstore, our practitioners, education and more!

Please do not confuse visioning with visualizing. While treasure mapping is valuable for getting what you desire in the material realm, there is much more for us to realize in the spirit realm. Rather than giving God a list of the things that we want, we use our spiritual muscle to hear what God wants us to be, do and then have. And by "hear", I mean truly listen to that which is for our highest and best good.

Join Zoom Meeting

Meeting ID: 916 8958 2985

Dial by your location:
669.900 6833 US (San Jose)

When: The first Sunday of each month

Time: 1:00pm to 3:00 pm

HAPPY BIRTHDAY!

JULY BIRTHDAYS

- Mitchell G. Lucio
  August 1
- Kelvin Potts
  August 2
- Laura I Fullwood-Cleghorn
  August 6
- Armin Wulf
  August 7
- Vincent Dunn
  August 8
- Karen Anderson
  August 9
- Mona Williams
  August 12
- Robert Collins
  August 13
- Cynthia M. Black
  August 14
- Linda Johnson
  August 16
- Jim Dennis
  August 18
- Risa Hernandez
  August 18
- Rodney Street
  August 18
- Christine Schoefer
  August 22
- Clifford Gatewood
  August 23
- Christine Bell
  August 27
- Janice Olivia King
  August 27
- Richard Edward Scott
  August 27
- Elizabeth Carter
  August 29
- Darryl Thompson
  August 30

If you don't see your birthday listed, please let us know by using one of the three options below.

1. Send us an email to info@ebcrs.org
2. Fill out a database form and leave at the membership table
3. Update your information online through our membership portal at: www.ebcrs.org/member-portal

To find out about all EBCRS activities, click here.

EAST BAY SUMMER SCHOOL

EDUCATION MINISTRY

Education is one of our foundational Spiritual Principles. Our Education Ministry is excited to offer ongoing classes and special workshops to aid you on your spiritual journey. Be sure to look out for these thought-provoking opportunities.

WRITE A NEW STORY!

Next Saturday, August 8th, East Bay's Ecclesiastical Leadership Team will come together to explore how spiritual principles and new stories can help us live the greatest versions of ourselves.

We each have a story we tell ourselves about our lives. Those stories are often based on incorrect and outdated information. We repeat them to ourselves and the result is lives that fall far short of our goals. So, if we want to change our experience, we must first write a new story based on the truth of our lives.

Join Revs. Anthony, Badia and Gil for "Expanding our Spiritual Consciousness by Practicing Spiritual Principles" where they will share their unique perspectives, experience and personalities as guides to charting a new principle-based path.

Go to the Education Page for more information and to register.

Workshop: Expanding Our Spiritual Consciousness by Practicing Spiritual Principles

When: Saturday August 8, 10am - 12pm

Where: Online

Fee: Love Offering

MEDITATION IS FOR LOVERS

Join East Bay's beloved Practitioners for a weekly drop-in class where we share insights for creating and maintaining a fulfilling meditation practice. Each week, a practitioner will offer meditation techniques and support, field questions and guide students as they sit

together in a collective consciousness of love and possibility. Come experience the many benefits of meditation for yourself.

Class: Meditation Is for Lovers

When: Fridays, July 24 - Aug 28, 11am - 12pm

Where: Online

Fee: Love Offering

East Bay Church of Religious Science
A Center for Spiritual Living

East Bay Church of Religious Science Virtual Ministy Program Schedule July 25, 2020 Update

SUNDAY

SUNDAY SERVICE
Meditation: 10:15am
Service: 10:30am

YOUTH & FAMILY
12:00pm to 1:00pm
Please contact
Stacy Saadiq at
ebcrsyouthandfamily@gmail.com

AFTER SERVICE PRAYER
Call: 669.900.6833
Meeting ID: 977 3859 4793
Password: 030144

MONDAY

MORNING PRAYER
8am to 8:30am
Facebook Live

MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live

TUESDAY

MORNING PRAYER
8am to 8:30am
Facebook Live

MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live

WEDNESDAY

MORNING PRAYER
8am to 8:30am
Facebook Live

MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live

MID-WEEK HEALING & REVEALING
6:15pm Meditation
6:30pm Service
Zoom Link
https://zoom.us/j/94699061149

THURSDAY

MORNING PRAYER
8am to 8:30am
Facebook Live

MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live

FRIDAY

MORNING PRAYER
8am to 8:30am
Facebook Live

MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live

GIVING

ONLINE
EBCRS.ORG

TEXT
Text EastBay to 501-55

MAIL
EBCRS
4130 Telegraph Ave.
Oakland, CA 94609

EAST BAY CHURCH OF RELIGIOUS SCIENCE
4130 TELEGRAPH AVENUE
OAKLAND, CA 94609
510.420.1003
EBCRS.ORG

FOLLOW US!

East Bay Church of Religious Science
A Center for Spiritual Living

LATINO MINISTRY

East Bay's Latino Ministry meets every Wednesday at 7:15pm and Saturday at 11:00am.

El Ministerio Latino de East Bay se reúne todos los miércoles a las 7:15pm y los sábados a las 11:00am. Somos una comunidad inclusiva para el crecimiento espiritual y la acción compasiva. Estamos co-creando un mundo que funciona para todos. Cambia tu pensamiento y cambiara tu vida!

Join us on Zoom.

HEALTH AND WELLNESS MINISTRY

The Health and Wellness Ministry meets Tuesday evenings via Zoom at 6:30pm. If you would like to learn more or be a part of the Health and Wellness Ministry, contact Practitioner Kuwaza Imara at 510.9091814 or oakwestma@aol.com.

VISIONMASTERS (TOASTMASTERS)

The VisionMasters club meets on Friday evenings via Zoom 7:00pm – 8:30pm. To learn more about Visionmasters, contact Practitioner Kuwaza Imara at 510.909.1814 or oakwestma@aol.com.

THIS MONTH AT EAST BAY

COMMUNITY VISIONING

Everyone is invited to join our monthly community visioning as we sit in a field of unconditional love to envision our church. Your presence makes a difference. Join us every 1st Sunday at 1:00pm via Zoom.

F.A.C.E.S. FOOD ANGELS

Food Angels provide curbside grocery pick-up on the 1st and 3rd Wednesday of the month between 3:30pm and 5:00pm. Please stay in your car when picking up groceries. Our volunteers will come and assist you.

WOMEN'S LOVING HEART EMPOWEMENT CIRCLE

The Loving Heart Empowerment Circle holds sacred space for all women to uplift, inspire and support one another through this thing called Life. We share our wisdom, our joy and our laughter and grow together. Join us! The group meets on the 1st Saturday of each month at 11:00am. For more information, please contact Sherri L. Grier at 510.610.9507 or via email to spiritualcoach2011@gmail.com. You can also contact Pamela L. Nash at 510.703.8756 or via email to pln1949@sbcglobal.net.

SPIRITUAL MAN

East Bay's Spiritual Man Ministry provides a compassionate and supporting environment for all men to grow spiritually. By strengthening the bonds with one another, members are able to better support the East Bay congregation and the community at large. The group meets every 2nd and 4th Saturday at 10:30am. Call Rev. Anthony Jackson at 510.381.4343 with any questions or for more information.

BEACON OF LIGHT PRISON MINISTRY

The Beacon of Light Prison Ministry meets at 4:00pm every 2nd and 4th Wednesday. For more information, please contact Rev. Anthony Jackson at 510.381.4343.

LATINO SUNDAY SERVICE

Latino Sunday Service is every 3rd Sunday at 12:30pm. We are an inclusive community for spiritual growth and compassionate action. We are co-creating a world that works for everyone. Change your thinking and change your life!

El Ministerio Latino de East Bay. El servicio dominical latino es cada 3er domingo a las 12:30pm

Somos una comunidad inclusiva para el crecimiento espiritual y la acción compasiva. Estamos co-creando un mundo que funciona para todos. Cambia tu pensamiento y cambiara tu vida!

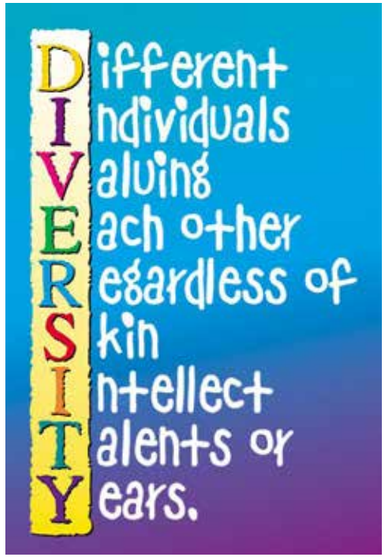
Join us via Zoom.

BOARD OF TRUSTEES

Our Board of Trustees and Extended Leadership Team meet on the 3rd Saturday of the month from 10am-12:30pm. Except for executive sessions, the meetings are open to the public. During this time of sheltering in place, the meetings are held on Zoom at this link.

COMMUNITY CONVERSATIONS GATHERINGS

East Bay's Community Conversations is a new series of monthly get-togethers where we fellowship and work together to co-create a beloved and loving spiritual community that works for everyone! Join us on the 4th Sunday of each month at 12:30pm. Join us online for Community Conversations.



Gracious Giving

"As I give thanks for the good now flowing into my life, I gladly share that good with others. The more I give, the more I receive. I experience a deeper consciousness of peace and security, for I know that I am in the embrace of a warm, loving presence forever seeking an outlet through me." ~ Ernest Holmes

LATINO MINISTRY

Los centros para la vida espiritul te invitan a sus diferentes servicios

meditativos y temas edificantes.

"Cambia tu pensamiento y cambiara tu vida"

Servicio Latino

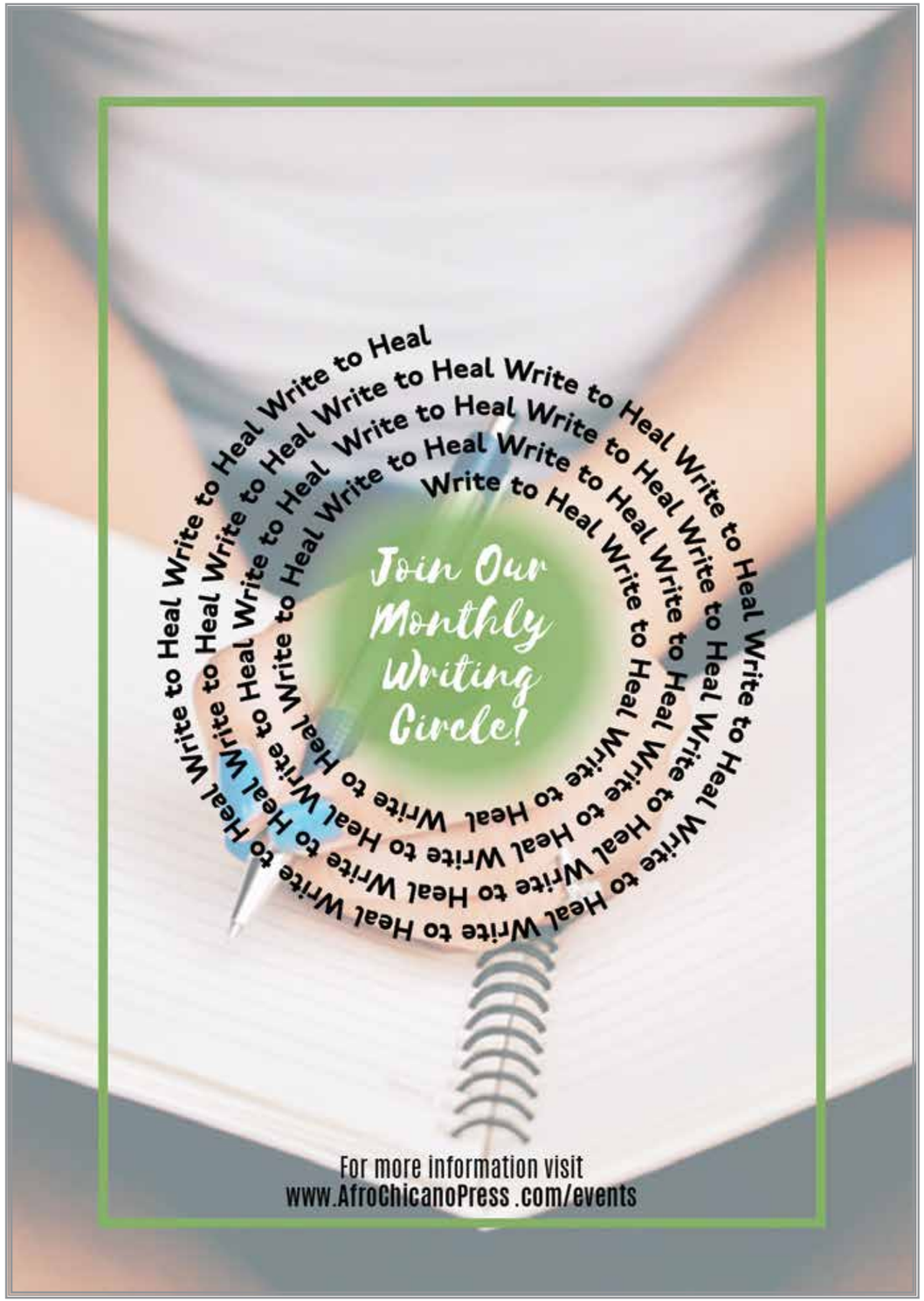
domingo 21 de junio a las 12:30pm

Impartidos en linea por la plataforma Zoom

Los miecoles a las 7:15pm a 8:00pm

Los sabados a las 11:00 a 12:pm

Somos una comunidad inclusiva para el crecimiento espiritual y la acción compasiva. Estamos co-creando un mundo que funcione para todos y vivir intencionalmente.



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Specializing in residential
and small business needs.

Environmentally friendly cleaning.

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household and estate items, yards, garages
and post-eviction properties

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James Glenn
510.331.8831
Jamesjediknight1@gmail.com

Courteous, Prompt, and Professional