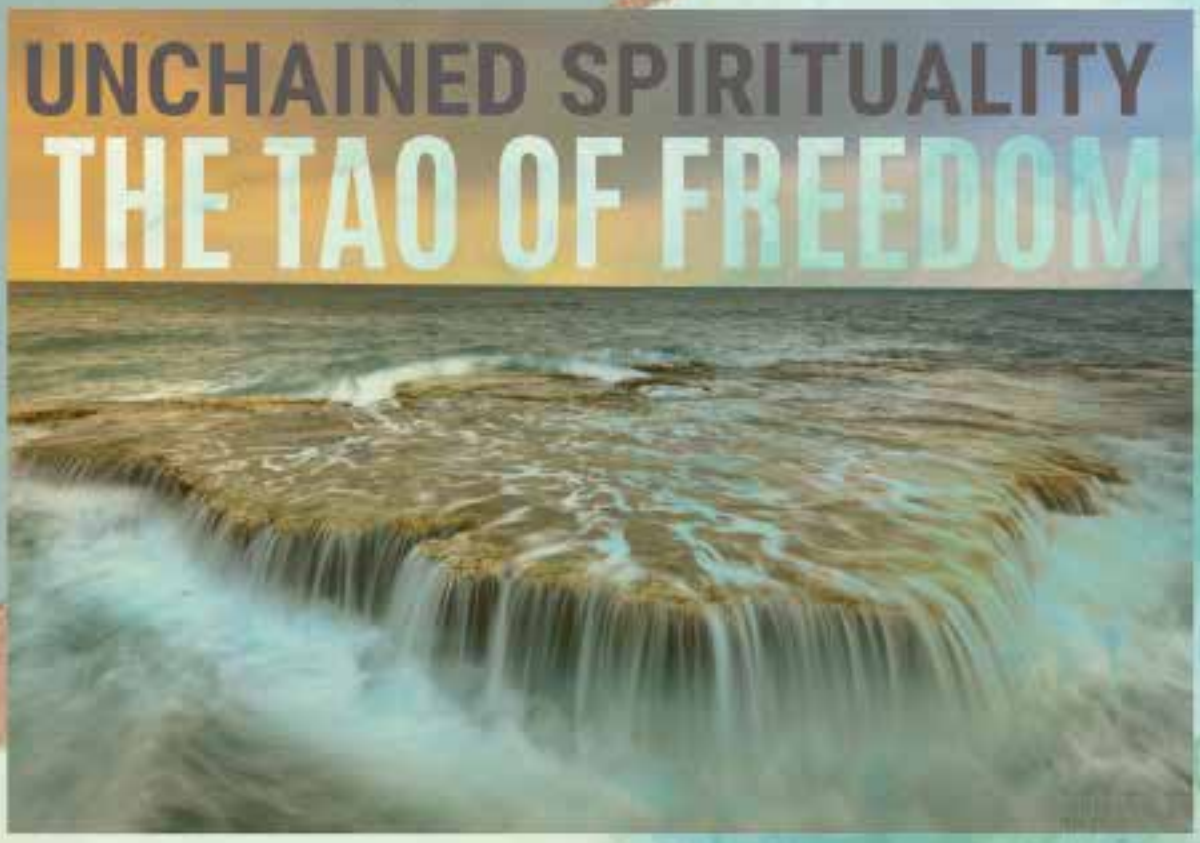
EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

# Love in Action

## UNCHAINED SPIRITUALITY

JULY 24, 2020




To live your life without expectation
– without the need for specific results –
that is freedom.

NEALE DONALD WALSH

## EAST BAY CHURCH OF RELIGIOUS SCIENCE

### ECCLESIASTIC LEADERSHIP TEAM

REV. ANTHONY JACKSON

REV. BADIA COOPER

REV. GIL OLMSTEAD

### CHURCH OFFICE

4130 TELEGRAPH AVENUE

OAKLAND, CA 94609

### OFFICE HOURS

DURING SHELTER IN PLACE

CALL FIRST PHONE: 510-420-1003

EMAIL: INFO@EBCRS.ORG

WWW.EBCRS.ORG

### 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

JOIN US ON 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

July 26, 2020,

Meditation:10:15am

Service: 10:30am

Speaker: Rev. Elouise Oliver, Emeritus

Topic: Unchained Spirituality

Musical Inspiration:

NuDay

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

Rev. Elouise Oliver, Emeritus

NuDay

## LOVE IN ACTION NEWSLETTER CONTRIBUTORS

**EDITORS**

Arleen King, RScP and Precious Green

**LAYOUT/DESIGN**

Constance Rose

**Contributors:** Arleen King, RScP, Rev. Badia Cooper, Harriet Johnson, Health & Wellness Ministry, Kimberly Satterfield, KSuzanne Massey, Latino Ministry and Precious Green.

*Please submit articles, poems for our August 1 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, July 29, 2020. The August theme is Inclusion in Action.*

## PHOTO CREDITS & GRATITUDE

Margaret Patterson.

## ABOVE THE BOARD

BY ARLEEN KING

*"If the only prayer you said in your whole life was, 'Thank you,' that would suffice."*

- Meister Eckhart

As a child, I was taught that the highest prayer I could pray was one of thanksgiving, and that greatest gift that I could give to another person was to say, thank you.

East Bay has many people who are doing fantastic work throughout our community. Today, I want to take a moment to reflect on all that your Board of Trustees does in service of East Bay Church. I want to let each Trustee know that I appreciate their dedication to this critical role in the body of our church.

The Board has helped to make sure that our church fulfills its mission and vision. Trustees have spent time in meetings evaluating our resources and ensuring that we are responsible stewards of the gifts we've received. They have taken steps to address and resolve issues in a way that keeps God at the center of it all.

I know that our congregation isn't always aware of what goes on behind the scenes and that they don't get to see all of the different hats worn throughout the year. But, I do. And I recognize your loving service on the church board. You have each given your time, energy, and heart to this service; and for that, I am thankful.

Serving on the Board of a church is no easy task, yet you all have accepted that responsibility and remained consistent in your service. You have served with grace and have demonstrated leadership and commitment during this time of uncertainty. Because of who you are individually and collectively, East Bay continues to thrive.

Thank you, Harriet Johnson, Precious Green, Pat Baxter, Mary Allen, Grantland Bailey, Noadiah Eckman, Sherri Grier, Kuwaza Imara, Bathsheba Harmabe, and Robert Quintana Hopkins for what you've given to this Board and the East Bay Church community. Know that I appreciate all of your hard work. 💔

With Great Gratitude,

*Arleen*

## PRACTITIONER CORNER

BY KIMBERLY SATTERFIELD, RSCP

### WHAT DO WE BELIEVE?

It was during my practitioner studies that I began to embrace The Declaration of Principles we fondly refer to as What We Believe. You can find them in their entirety at EBCRS. org or in the Science of Mind Magazine every month. For me, these principles are a powerful distillation of Science of Mind philosophy, deserving of my contemplation. In eleven potent, interconnected statements, written in first person plural, I am given a guideline on how to live a conscious life. I am invited on a directed journey of discovery that is simultaneously personal and collective.

Many of you may be familiar with the *Forty Day Prosperity Plan* by John Randolph Price in which you engage with one of ten statements everyday for forty days to grow your prosperity consciousness. My relationship with the Declaration of principles is similar. Every morning I silently repeat the eleven statements and then choose one or two to focus on throughout the day. My goal, to cultivate my relationship with God. Sometimes I change a word or two to make the statements more personally resonant. Here's how it works when I work with statements five and six.

Statement five declares:

*We believe the ultimate goal of life to be the complete freedom from all discord of every nature, and that this goal is sure to be attained by all.*

Instead of the word *freedom* I prefer the original word *Emancipation* because of the deep and textured historical meaning of emancipation, particularly here in the United States. As someone who loves language, I find it is a more robust and elegant word. Additionally, and importantly, the word emancipation when contextualized speaks to the often arduous process of becoming free, as well as, to the specific state of being when the undertaking is complete, freedom. The word freedom is less nuanced. Freedom, in my mind is a place of arrival, and bypasses all that it takes to get there. To live a conscious life in a human body, I have got to do the inner work.

When I contemplate what it means to be free from all discord I envision what that place/state looks like, feels like, tastes like, etc. I commit to being obedient to the guidance that presents itself to me in myriad ways, to use the tools I receive, and learn from the lessons given. I surrender to the process be it short or long and I accept the inevitable pain and joy, to the best of my ability, while I remain grateful for it all.

The good news is statement six gives me an important clue about how to achieve the promised goal.

*We believe in the unity of all life and that the highest God and the innermost God is one God. We believe God is personal to all who feel this indwelling presence.*

When I contemplate what the unity of all life means, notions of separation fade because for me, contemplative practice is a vehicle to cultivate a personal relationship with God. I am asked to consider how all of creation in its diverse magnificence converges as divine aspects of the ever expanding whole. I am asked to consider what seeing God in each other and myself really means. Can I regard each person as a unique expression with their own desires and needs, and understand and respect both similarity and difference, while being attentive to all of life in an attitude of love? Can I accept all of me, undivided?

I have learned daily from my practice to truly embrace the unity of all life is a lifelong venture. It requires stamina and responsibility to ask and respond – How can I be a partner with all life, a steward of nature? How do I commit to institutions, leaders, organizations, systems, communities, governments that serve everyone equitably and ethically, and work to dismantle those systems that dishonor life.

For me, to fully comprehend and live in the awareness of unity consciousness is surely to be free from all discord.

If your willing, for the next thirty days, play with the Declaration of Principles and see for yourself what comes of your practice.

### ABOUT KIMBERLY SATTERFIELD, RSCP

Bio: Kimberly Satterfield has been a Licensed Religious Science Practitioner since 2015.

She is a coordinator of Pastoral Care at EBCRS. She is part of the weekday prayer and meditation teams and is currently teaching meditation. She is a retired social worker, a poet, a mother and a proud grandmother of ten. ❤

### WE BELIEVE PRAYER CHANGES YOUR LIFE.

Licensed Practitioners are available to pray with you doing this time. Please visit our website to connect with a Practitioner.

## 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 no longer meet at 11:00 am via Zoom. Visit us on our website for more information.

## 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.

## SACRED SEVA SPOTLIGHT

BY HARRIET E. JOHNSON

MAIRA SURA, RSCP

The wheels at East Bay turn smoothly because we have dedicated members who give Seva each and every week. They serve God by giving of their time and talent to our spiritual community. We spotlight them because we want them to know how grateful we are for their selfless service *and* we want you to get to know them.

This week we honor Maira Sura, RScP who serves as the Latino Ministry Pulpit Assistant.

Eight years ago Maira was taking philosophy classes online and decided to take the Science of Mind (SOM) Foundations class. Her instructor advised her to attend an area center to be in community for a richer spiritual experience. She visited the center in Napa, then decided to visit East Bay.

Maira felt warmly welcomed at East Bay. At the service she heard the “God is the Only Power in My Life” affirmation and it aligned with her spiritual ideas. She says it felt so true. Rev. E gave a mighty message. The music was wonderful. The entire service was so uplifting that Maira was inspired to make East Bay her church home.

Earlier this year we were excited as Maira became a licensed Religious Science Practitioner. She presently serves as the Latino Ministry’s Pulpit Assistant, handling ministry coordination, planning, outreach, and prayer. Maira also gives the message when Gabriel Ramos, Ministry Lead, is unavailable.



She says that learning SOM and sharing it in Spanish is very different—it allows her to express with more feeling and more freedom. Maira is driven to share this philosophy that she’s so passionate about and grateful for with her community.

As part of the Latino Ministry Spanish-speaking programs, Maira gives Seva at:

Morning Meditation at 5am and 5:30am

Wednesday Meditation at 7:15pm

Saturday Service at 11am

Monthly Third Sunday Service at 12:30pm

Additionally, she partners with a licensed practitioner in Napa and presents a monthly workshop in Spanish. They invite practitioners from other countries to participate. The next workshop, *Joy as Nutrition for the Soul*, will be held on Saturday, July 25th.

Why does she serve? Maira has discovered that to give is to receive. When she serves she learns a lot about herself, for example how to be more patient. Often when she does something for someone else, she feels like something is calling her to do it. Maira thinks people are looking for something that will uplift their lives, but are shy to talk about it. She says when you get close to them, you can help them find what they long for. Maira receives inexpressible gifts from serving others.

Practitioners pray for people, Maira says. But when we listen compassionately to what they say, we can help them. That is her passion and she has seen the difference that sincere connection can make in a person’s life. It’s her joy to help people grow in a higher way.

Two things that keep Maira happy are singing and dancing! She also enjoys creating decorations. After migrating from El Salvador, she studied cosmetology. But her desire to have more control over her schedule led Maira to create a cleaning service company. Her work has slowed down during the COVID-19 pandemic; but, this lull has allowed Maira to examine her life and see just how far she‘s come.

Maira feels blessed and grateful to be a member of East Bay. In every way, she feels she has always been supported here.

## Joy as Food for the Soul!

SATURDAY, JULY 25TH 5:00 PM

Live on Zoom

Join East Bay’s Latino Ministry for this fun and dynamic workshop! Discover the joy of living, feed your spirit and rejoice your soul with smiles and comedy. Enjoy your favorite dish and drink from the comfort of your home.

Call Maira at 707.280.1998 or Imelda at 925.848.5761 for more information and to register.

## 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 KUWAZA IMARA

### TRAVEL WISELY

It's summertime and some of you may want to travel, even in these times. Before heading out, check out these tips and plan accordingly to ensure that you have the best possible vacation.

Be aware of advisories. You may face restrictions (like a mandatory 14-day quarantine period upon entering certain states) when traveling domestically. Other forms of travel are discouraged by the

CDC, including international travel and all cruises, including river cruises. Taking a plane? Get familiar with the new Transportation Security Administration (TSA) screening procedures before you arrive at the airport.

Plan for "plan B." These days, it's important to have a backup plan in case you can't access restrooms, restaurants or trip activities as expected. For instance, AAA recommends that road trippers plan their routes – including gas, food and rest stops – and make arrangements for activities such as national park visits in advance, if possible.

Know before you book. Many hotels have announced ramped-up sanitization procedures and other practices (like contactless check-ins) to help maintain health and safety. Rental homes or condos are another option for travelers looking to avoid contact with staff or other guests and to cook their own meals. Don't be shy about asking how your accommodations are adapting during the pandemic.

Make sure you have your documents. Be sure that you have all of the appropriate documents before hand – current state ID or drivers' license, current passport. And, be sure that you have your health plan ID card or documentation as well. If, in the unfortunate event you did need to access medical care while traveling.

Stock up. If you take prescribed medications, be sure that you have adequate supply to take with you and keep them in secure containers with you or on your person.



## INVITATION TO NEW MEMBER CLASS

Periodically, we hold new member classes for those who are interested in finding out more about East Bay Church of Religious Science and are considering church membership.

If you have been attending East Bay and you would like to learn more about our church, or if you think you might be interested in becoming a member, we invite you to consider attending our upcoming new member class on August 2, 2020 from 1:30-3:30pm. Join us via Zoom.

Participation in the class does not commit you to church membership, but it is an opportunity for you to find out more about the life and ministry of our church and to give prayerful consideration to whether you want to enter into membership.

If you would like to learn more about the membership class, you may contact them at church 510.420.1003 or via email at ebcrsmembership@gmail.com to find out more, or to let them know if you would like to attend the class.

## 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

## HAPPY BIRTHDAY!

### JULY BIRTHDAYS

- Susan Brubaker
  July 1
- Sharyn White
  July 5
- Kenji Correa
  July 6
- Mildred W. Thompson
  July 7
- Kenna Stormogougis
  July 9
- Theresa Smith
  July 11
- Sharon Porter
  July 13
- Rosana Martinez
  July 14
- Rosalind Perry
  July 15
- Rebecca Clemons
  July 16
- Kusum Crimmel
  July 16
- Marjorie Ford
  July 19
- Linda Bolden
  July 20
- Carolyn J. Mitchell
  July 21
- James Glassford
  July 23
- Liza Rankow
  July 24
- Cynthia Thomas
  July 24
- Larry J. Williams
  July 24
- Sandra Reed
  July 27
- Mark Yarbough
  July 28
- Ona Afrae
  July 29
- Carol Holt
  July 31

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.

## WORKSHOP GIVEN BY THE ECCLESIASTICAL LEADERSHIP TEAM

### EXPANDING OUR SPIRITUAL CONSCIOUSNESS BY PRACTICING SPIRITUAL PRINCIPAL

**Date:** Saturday August 8, 2020

**Time:** 10:00am - 12:00pm

We invite you to a time to explore using spiritual principals to live the greatest version of yourself. Rev. Badia, Rev. Anthony, and Rev. Gil will offer their unique perspectives, experience and personalities in this two-hour journey together.

Workshop Fee: Love Offering

### MEDITATION IS FOR LOVERS

**Date:** Friday July 24 - Aug. 28, recurring

**Time:** 11:00am - 12:00pm

Join us for a weekly drop-In class with our beloved East Bay Practitioners as they share insights for creating and maintaining a fulfilling meditation practice. Each week a practitioner will offer meditation techniques and support, field questions and guide us as we sit together in a collective consciousness of love and possibility. Come and taste for yourself the many benefits of meditation.

Facilitated by East Bay Practitioners

Drop-In Each Week or Take the Series

Workshop Fee: Love offering

Join us on Zoom

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
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FOLLOW US!

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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.

## 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 COMMUNITY CONVERSATION

SUNDAY, JULY 26TH 12:30 PM

LIVE ON ZOOM

Connection has never been more important as we continue to take care of each other by staying apart. We may not be able to hug or high five one another but can still laugh together and share our love for one another!

Let's get together and catch up at the next Community Conversation! This month, we are going to continue to talk about East Bay as we work together to create the beloved and loving spiritual community that works for everyone. Bring your energy and ideas as we focus on church ecclesiastial leadership for the future.

Join us Sunday after Celebration Service at 12:30pm via Zoom. 💔

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