

EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

Love in Action

GRATITUDE

NOVEMBER 11, 2020

Thank
You

to our Veterans



**EAST BAY CHURCH
OF RELIGIOUS SCIENCE
ECCLESIASTIC LEADERSHIP TEAM**

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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

November 15, 2020

Meditation: 10:15am

Service: 10:30am

Speaker: Rev. Kamal Hassan

Topic: Right Thought and Right Action

Musical Inspiration: East Bay Men's Choir

[Facebook Live@eastbaychurch](#)

Youtube: [Type East Bay Church into the search bar](#)



Rev. Kamal Hassan

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

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Arleen King, RScP and Precious Green

LAYOUT/DESIGN

Constance Rose

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Please submit articles and poems for our November 25 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, November 17, 2020. The November theme is Gratitude.

PHOTO CREDITS & GRATITUDE

Margaret Patterson



ABOVE THE BOARD

AND WE CONTINUE

BYARLEEN KING, RSCP

Wow! A lot has happened over the past week. We have many things to celebrate and many things to reflect on.

Last week, we were all eyewitnesses to history. This year's Presidential Election created a whirlpool of emotions for everyone. Reactions have run the gamut from those filled with great hope to those overcome with great fear. Some feel fully alive while some feel utterly numb.

Election Night was a whirlwind. I didn't go to bed until 2:00 am Wednesday morning. When I woke up 4 hours later, I felt as if the world has changed. But during my walk at the San Leandro Marina, I saw the waves of the ocean, a beautiful sunrise, birds gathering, and people getting their walk or run in, doing what they always do. I realized that not much had changed and life continued to flow as it always does.

My hope is that, no matter how we voted, no matter where we stand or where we rest on the results, WE, as a community,

STAND UNITED. That we continue to honor and appreciate one another and that we celebrate and respect one another's voice, opinions, and thoughts.

I continue to hold to what I know about EBCRS. We are a community with a great spirit of hospitality and inclusion, always growing, always moving ahead,



ever becoming the people we were called to be. We live. We love. We connect. Spirit guides us. We give thanks.

One way we do that is to continue. For example, we continue to connect through our Virtual Sunday Service. We continue with our End of Year Town Hall meeting on Sunday, November 15th, at 1:30 pm. We continue to gather for our daily Morning Prayer, Midday Meditation, and Wednesday Night Power Hour. Most importantly, we continue to pray for the healing of our country and the world.

No matter how we feel about the election, no matter who we voted for, no matter where we are on the political spectrum, we are East Bay Church. We stand united in love.

Let us continue to stand for Social Justice, Love and Kindness. And let us continue humbly walking in grace. ❤️

Blessings,

Arleen

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PRACTITIONER'S CORNER

GROUNDING OURSELVES IN TUMULTUOUS TIMES

BY CHRISTINE SCHOEFER, RSCP

The Buddhist monk and teacher Thich Nhat Hanh wrote I think that our society is a difficult place to live. If we are not careful, we can become uprooted, and once uprooted, we cannot help change society to make it more liveable.

The opposite of uprooted is rooted; grounded. It is the realization here I am. Right in the center of the One Life. Not separate but woven into it.

Groundedness is awareness of the present moment. So simple to say and so challenging to practice. Distractions – the happy ones and the bitter ones – capture my attention easily. And yet, is my deep desire to dwell in the present moment. So I practice coming back to it whenever I remember, again and again. Here are some simple practices that work for me.

In the middle of doing, I pause.

I steer my awareness to my physical being: where am I in place and space? What

sensations am I feeling? There's always the temptation to leap into judgment and criticism – I should clean that shelf, vacuum that carpet. Oh, I should have that tweak in my back checked out; I'm so jittery – I shouldn't have had so much coffee. That's the mind talking, the human mind that is hooked into old patterns and habits. I notice my self talk the way I observe



a bird soaring high in the sky – with interest and detachment. I practice returning my awareness to the sensations that are true, right now.

And then I focus on the thing we do all the time, from our first moment to the last, quite mindlessly: breathing. With keen awareness, I breathe. My mind continues racing and urging me to get back to my doing, but I keep my attention on my breathing. In the light of my awareness, my breathing is a hallelujah rhythm. In the light of my awareness, every breath is a discovery: my breath is your breath is the One breath. Gratitude floods through me. I am connected. I am rooted.

Sometimes, I anchor my grounding practice with an

affirmation. Ernest Holmes, the founder of our philosophy, offers many. I like this one:

I am aware of the Divine within me.

Peace, quiet and confidence flow through my thought.

I know that inspiration and guidance are mine.

I permit myself to be moved by Divine Intelligence.

I feel the kindness of these words and I breathe in their calm and comforting assurance: I am one with life, not floating, but flowing. Flowing from the rooted place.

Sometimes I mark the close of my time out – which is really a time in – with a bow. Refreshed and centered, I return to my work, my task, my to do list. How long did the pause take? Two minutes, maybe four? It doesn't matter because when we are present, our human measure of time expands to touch the infinite.

When I am grounded, I can stay calm in the midst of apparent turmoil and divisiveness. From the firm point of presence, I can be kind and grateful. Rooted in the always ongoing moment, I am the calm eye of the storm, a healing presence.

I know what is mine to do to make our society a less difficult place to live. ♥

Christine Schoefer, RSCP



HEALTH AND WELLNESS MINISTRY

HOW TO TALK TO YOUR CHILDREN ABOUT CORONAVIRUS

BY STACEY VANN

- First, share age-appropriate facts and correct misinformation. Keep it simple. You may want to use this example “You know what it’s like to have a cold or the flu – how sometimes you get a cough or have a fever? This is kind of like that. Most people who catch this sickness stay home, rest and get all better. If people do get sick we have wonderful doctors and nurses who can help people when they need it.”
- Second, reassure them that they are safe, which is the most important message children can hear from you. Children tend to take emotional cues from parents tone. You may want to tell them “They don’t have to worry because a lot of amazing adults are working hard to keep people healthy.”
- Third, emphasize simple things your family can do to be “germ busters” – for all

types of germs that are out there! Show your children how to become germ busters by showing them the hygiene routines that slow the spread of the COVID-19 are the same habits that help keep them healthy all year round.

SOME GERM BUSTERS HABITS YOU CAN TEACH YOUR CHILDREN

• “Wash Your Hands”

Make it a family routine before every meal and snack to wash hands. If you do it together,



you can model for them how to use soap, rub their hands together and rinse. For a timer, try slowly singing the ABCs together while you scrub.

• “Catch that Cough”

When kids cough or sneeze, they tend to do it right into their hands – and then they use those hands to touch everything in sight! Instead, we can cough and sneeze into

our elbow. Make it a game with kids. Can they catch the cough in their elbow? In the beginning, cheer when they do: “You caught it! That’s what germ busters do!” If they accidentally “catch it in their hands,” they can simply wash their hands with soap and water and start the game again.

• “Rest is Best”

“Let your children know when they’re sick, rest is best!” Tell them: When they are sick, they

can stay home and rest their bodies; and how resting their bodies helps in the spread of germs by not going to school sick.

• Practice Healthy Habits

Remind your children that sleep, exercise and eating healthy foods are good, everyday ways to strengthen their bodies. ♥

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Did you miss our 2020 Prayer Symposium or want to relive the experience? No problem, now you can join us as much as you like!

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COMMUNITY OUTREACH

A COMMUNITY OF LOVE

BY ONA AFRAE, RSCP

Many years ago, I was a young single parent on welfare. I was the mother of 3 children and rented an old apartment in Oakland. My rent was \$675 yet unfortunately, my combined income from AFDC and working was only \$1300 a month. With that amount, I covered my rent, transportation, food and laundry. There wasn't much after that.

One year I received a letter from the local Social Service Agency. It asked me if I needed extra "help" for the holidays. I said "yes" believing they would possibly give me a gift card. But what happened instead is something I'll never forget.

The Social Service Agency shared my information with a



church in Berkeley. The people from this church contacted me and told me they had a gift for

me and my family. As a church (about 8 of them) they loaded up their cars with toys, food, clothing and love!

When they arrived, we were overwhelmed with the idea that someone we didn't know could care so much about us!

Since then, I have continued this tradition for over 20 years as a collaborative effort with my friends and job sites. Collectively we have supported over 50 families. Since connecting with East Bay Church, that number has grown to over 300 families!

This year will be East Bay's 11th year adopting families from the greater East Bay community. This is a time when we reach out to families experiencing challenges providing for their children. It is a time when various families from the surrounding communities submit a wish list of what their child/children want for Christmas. These lists often include toys that the parents can't afford. They also provide the families an opportunity to ask for items that are desperately needed, like: coats, backpacks, learning tools, clothes, shoes, and food.

If you would like to be a part of this East Bay tradition please contact me, Ona Afae at 510.472.6932. If you would like more information about East Bay Church's Community Outreach Program, please visit our ministry page at www.ebcrcs.org.



ONENESS CIRCLE

ONENESS CHAPTER TWO

BY DEBORA ADAMS-TRUSO, RSCP

Several East Bay practitioners recently came together to read Oneness. In February 1998, rasha began a profound dialogue with the universal Presence, Oneness – the Divinity we all share. Word for word, she transcribed the principles for a new understanding of the mystery we call "life." Each month, practitioners will share their perspectives on the teachings in each chapter. We invite you to read along with us. This month, Debora Truso-Adams shares her thoughts on the second chapter of the book.

According to rasha, we are in the process of ascension – integrating our fragmented selves into an expanded self. This is the integration of the physical self to a higher intuitive state. It incorporates all we are and have been, into our multi-dimensional self. This will result in viewing the world as it truly is, and as it increasingly comes to be. Our understandings expand, as each level is integrated.

She speaks to our identity and world perception, who we know ourselves and the world to be, and how we are witnessing the

world as we know it, crumbling before our eyes.

In the process, "One can anticipate being able to experience multiple levels of reality, not by relinquishing one for another, but by encompassing each level and becoming each expanded state of being."

rasha explains that ascension transcends the limitations of previous focus, remaining in harmony with previous existence, while, opening to embrace the fullness of the expansion. We are encouraged to be in a state of complete receptivity, surrendering the need to control the process. We

are encouraged to stay with the "in" breath and the "out" breath, for it leads to the heart space. "Through the vehicle of breath one is able to embody the higher state of beingness, while retaining physical form. One comes to embody each successive level, as each is embraced and embodied."

rasha asks: Are you willing to relinquish all that you know-the entire belief system that defines and limits your reality-for the chance that you may experience the expanded self? Are you willing to consider the possibility that all you may value, could, in fact, be worthless in the higher sense? Are you willing to accept that you are in fact, ready for this journey? ❤️

**November 11
Wednesday Night
Power Hour**

Join us each
Wednesday
Meditation:
6:15pm
Service:
6:30pm

Via Zoom
<https://zoom.us/j/94699061149>
Meeting ID:
94699061149#
Dial by your location
Phone: 669.900.6833

Facilitators:
Rev. Badia Cooper,
Rev. Anthony Jackson and
Rev. Gil Olmstead

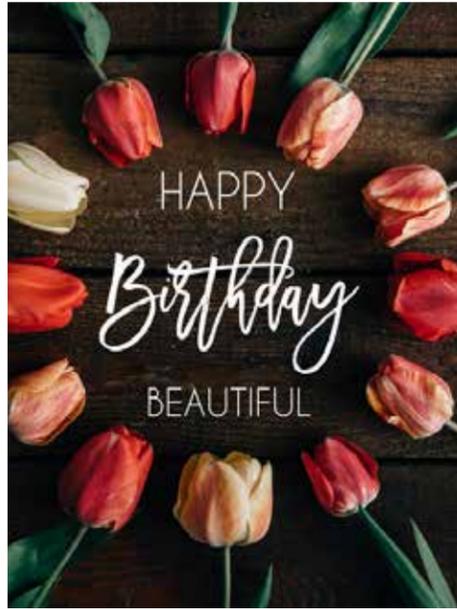
Topic:
Ten Concepts of the
Science of Mind

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NOVEMBER BIRTHDAYS

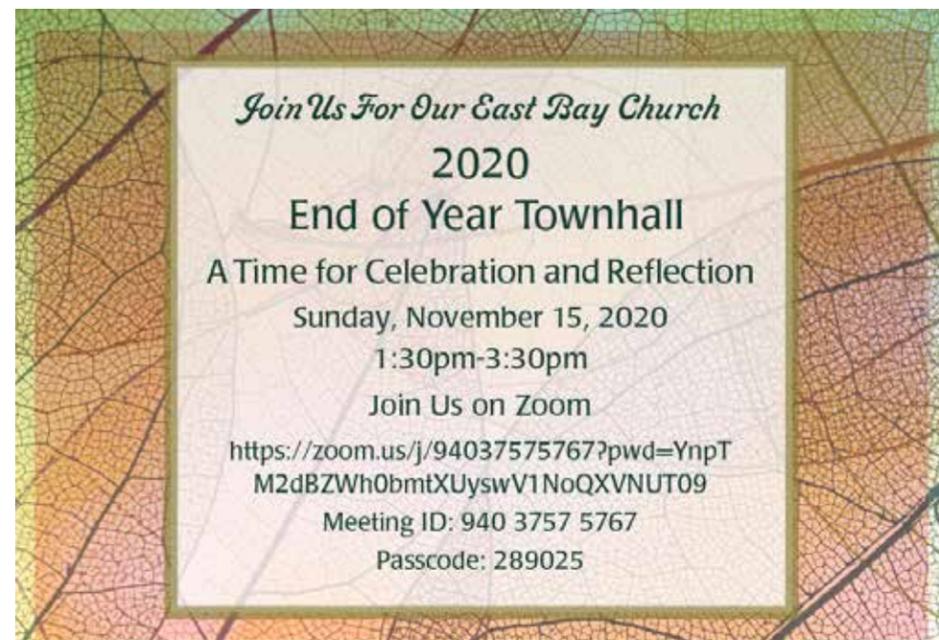
- ❖ Tailah Afrae November 1
- ❖ D. Jacquelyn Edwards November 1
- ❖ Maria C. Casey November 2
- ❖ Ann (Ayanna) Johnson November 2
- ❖ Diane Green November 5
- ❖ Sheila Travis November 6
- ❖ Theresa Guy Moran November 7
- ❖ Brenda King-Randle November 9
- ❖ Kuwaza Imara November 10
- ❖ Peggy Moore November 10

- ❖ Harriet E. Johnson November 13
- ❖ Sheri A. Freeman-Matterson November 14
- ❖ Maura Ghizzoni November 14
- ❖ Dawn Murrel November 16
- ❖ Evelyn Wesley November 16
- ❖ Bryan Thomas November 17
- ❖ Lisa O'Bryant November 19
- ❖ Lola Pratt November 19
- ❖ Jennifer Ware November 23
- ❖ Kimberly L. Mayfield Lynch November 28
- ❖ Paulette Sims November 29
- ❖ Shawana Booker November 30
- ❖ Saundra Gale Henry November 30
- ❖ Ramona Mann November 30
- ❖ Joan Peterson November 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 EBCR activities, [click here](#). ♡



Youth Spirit Artworks
An East Bay Community Partner



November 28 - 29 and December 5 - 6
2:30pm to 6:30pm each day

Please go to our web page, link below for full information.
www.ebcrs.org/ysa-resident-move-in/

East Bay has partnered with Youth Spirit Artworks to support Young Adults in the East Bay. We're excited to announce that their Youth Tiny House Village will be opening in late November.

The Youth Tiny House village will be operated as Transitional Aged Youth (TAY) emergency shelter following guidance provided by the City of Oakland's emergency shelter ordinance.

We'd like our community to support their transition into their new homes. If you are interested in supporting this program please email info@ebcrs.org or call 510.420-1003. If you would like to make a donation online go to www.ebcrs.org.



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INTENTIONAL
GIVING PLEDGE

IT IS A TIME FOR
THE EBCRS
COMMUNITY TO
INDICATE HOW MEMBERS
AND FRIENDS WILL
FINANCIALLY CONTRIBUTE
IN 2021. EAST BAY'S
OPERATIONAL SPENDING
PLAN IS BASED ON WHAT IS
SUPPORTED AND
COLLECTED. BY MAKING
YOUR PLEDGE, EAST BAY
HAS AN INDICATION OF THE
FUNDING AVAILABLE FOR
2021. GO TO THE LINK
BELOW TO LEARN MORE.

CREATE YOUR PLEDGE



**East Bay Church
of Religious Science**
A Center for Spiritual Living

East Bay Church of Religious Science Weekly Ministry Program

SUNDAY MONDAY TUESDAY

SUNDAY SERVICE
Meditation: 10:15am
Service: 10:30am
Facebook Live@eastbaychuroh
YouTube: Type East Bay Church
into the search bar

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

AFTER SERVICE PRAYER
Zoom Link:
[https://zoom.us/j/91791685888?](https://zoom.us/j/91791685888?pwd:bW1tQ3U3ZnVNTzRLWHlQYWJWZWdxUT09)
pwd: bW1tQ3U3ZnVNTzRLWHlQYWJWZWdxUT09
Call: 888.900.6833
Meeting ID: 977 3859 4793
Password: 030144

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8am to 8:30am
Facebook Live
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MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live
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MORNING PRAYER
8am to 8:30am
Facebook Live
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MID-DAY MEDITATION
12:30pm to 1:00pm
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WEDNESDAY THURSDAY FRIDAY

MORNING PRAYER
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MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live
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MID-WEEK HEALING CIRCLE
6:15pm Meditation
6:30pm Service
Zoom Link
[https://zoom.us/j/91791685888?](https://zoom.us/j/91791685888?PW:bW1tQ3U3ZnVNTzRLWHlQYWJWZWdxUT09)
PW: bW1tQ3U3ZnVNTzRLWHlQYWJWZWdxUT09

MORNING PRAYER
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Facebook Live
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MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live
Live@eastbaychuroh

MORNING PRAYER
8am to 8:30am
Facebook Live
Live@eastbaychuroh

MEDITATION IS FOR LOVERS
11:00Am to 12:00pm
Zoom Link
<https://secure.ggiv.com/for/MRLARCA44J82SRSKDN9B/event/815769>

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

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