EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

Love in Action

COSMIC CONNECTIONS

OCTOBER 14, 2020

EAST BAY CHURCH OF RELIGIOUS SCIENCE

ECCLESIASTIC LEADERSHIP TEAM

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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

October 18, 2020

Meditation:10:15am

Service: 10:30am

Speaker: Rev. Perry Lang

Topic: Luminous Darkness

Rev. Perry Lang

Musical Inspiration: East Bay Men's Ensemble

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

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LAYOUT/DESIGN

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Contributors: Arleen King, RScP, Christine Schoefer, RScP, and EBCRS Health andWellness Ministry.

Please submit articles and poems for our October 3 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, October 20, 2020. The October theme is Cosmic Connections.

PHOTO CREDITS & GRATITUDE

Rev. Champion Fleming, JJ Harris, Arleen King, Z'ma Wyatt, Clearly From Heaven Photography

MINISTER'S MESSAGE

CELEBRATING OUR 10TH ANNUAL PRAYER SYMPOSIUM

BY ARLEEN KING, RSCP

This year we celebrate the 10th Anniversary of the Prayer Symposium. For me, the Prayer Symposium has been one of the most inspirational and uplifting experiences I've had during my 25 plus years attending East Bay. From our humble beginnings in 2011, I knew that the founding team of Eleanor Grier, Sharon Cross, Greer Collins had a strong vision that would transform lives. Their vision has manifested and multiplied over the years. I'm grateful for the legacy they left for us to continue.

Each year hundreds of people have come together to pray, love, and connect. The Prayer Symposium weekend filled with folks from a diverse blend of faiths, cultures, and ideals. When we all got together, there was a real sense of "coming home." The life of our church campus transformed into a ball of pure joy.

I remember the opening ceremony with the beat of the drums calling us together. Folks were vibing to the rhythm of the drums. No one could sit still. Hands clapping, people were dancing in the aisles, the power of the spirit filled the room. Each year I've experienced something magical.

Guest speakers inspired us through their spoken word. We heard transformative messages from: Dr. Michael Beckwith, Dr. Edward Viljoen, Bishop Yvette Flunder, Rev. Deborah Johnson, and more. Our Music Ministry and Guest Artist opened our hearts through song. We featured our very own Music Ministry, with Vanessa Wynn, Sharon D. Henderson, Tyrone Cosey. Our souls were filled by the voice and songs from Rev. Michelle Jordan, Ricky Byars. The music raised vibration and healed hearts. Our Practitioners dressed in white held the "high watch" and demonstrated loving Selfless Sacred Service year over year. There were several other fond memories and surprises along the way. If you've ever attended a Prayer Symposium, I'm sure that you have a testimony.

The Prayer Symposium has blessed us in many ways over the years. Taking us on the journey, starting with the theme of the inaugural theme of "Prayer is the Answer" and prayer guiding us to this year's theme, "Standing in the Power of God." How reassuring it is to know that we stand in the power of God, and in the place of power, we live our best life.

I invite you to join us on October 23rd and 24th as we come together in community to Pray, Reflect, and Renew our spirit.

Blessings,

Arleen

PRACTITIONER'S CORNER

WALKING THROUGH THE FOUR GATES

BY KIMBERLY SATTERFIELD, RSCP

The season has changed. It is officially Autumn. Here is a poem for you followed by some thoughts about how we talk to each other.

WHAT THE SEASON CHANGES

Autumn releases

its cool breeze to relieve

over-heated hearts

earth surrenders her harvest

sycamores drop spent leaves

as night claims more time

space inside is gently lit

with room for silence

come sit in sorrow and joy

this is peace's soft request

I have been thinking a lot about language recently and how I deal with outrage and anger. The words of the brilliant Ruth Bader Ginsburg come to mind. "Reacting in anger or annoyance will not advance one's ability to persuade," and "You can disagree without being disagreeable." These two quotes cause me to reflect on the power of the Four Gates of Speech attributed to both Buddhist and Sufi practice: Is it true? Is it kind? Is it beneficial? Is it the right time and place? I ask myself, am I being thoughtful about what I say, how I say it and when I say it?

I realize I often need to take time to cool my over-heated heart, deepen my shallow breath and pause if only briefly. I don't know about you, but I have been having some uncomfortable conversations lately. My litmus test is the state of my heart before, during and after an interaction. Is my heart open? Can I find compassion while standing in my truth accepting that I cannot ever fully know what causes someone to behave in a way that they do?

Let us walk through the four gates.

What is True? For me the big T Truth is my ardent belief in the unchanging Goodness of God that is all-inclusive, the Oneness of which we are all a part. And in conversation, small t truth comes into play. Small t truth is relative, it depends on one's awareness and understanding and allows for evolution. I know that in my life there are concepts I once considered untrue that I now embrace. Such is the futility of blame. One I still struggle with is – I am always in choice. And what about the necessity of holding no-thing in unforgiveness? It has taken time, effort and surrender for my understandings to evolve. The process continues.

So, when I speak to someone I fundamentally disagree with, my opportunity is to remember that we are divine expressions of the Goodness of God. Therefore, I must be willing to listen and to hear their truth, and not make assumptions. I

can then share my truth and invite them to consider it. I can plant a seed. I can attend to small t truth concerns through the lens of big T Truth.

Are my words kind? I am not talking saccharine or unnaturally gushing. I am talking respect regardless of what reaction/response is returned. It is about my own integrity which means besides the words use, I must check my attitude and body language. Can I disagree and be honorable? I'm not going to lie, sometimes I miss the mark. I am trying to be better.

Are my words beneficial? This question is particularly useful when with good intention that old "fix it" habit raises its wily head. Or when I have the impulse to give advice when none has been requested. Or when in a group the same point I am passionate about has already been offered more than once, can I restrain myself from speaking? When are my words of benefit, when is silence a better option?

Is it the right time and place? This last question seems particularly important for me as a white person in this current climate of exploration. Sometimes responding in the moment is what is required, there is an urgency – to remain silent is injurious, a missed opportunity to have a person's back. These are moments that can be prepared for in advance by being clear about my values and committing to show up for those values. However, some interactions are more nuanced and may be better served by pausing to assess what is required of me to respond thoughtfully. If I am confused or feel conflicted by my reaction to a conversation or encounter I need time to sit with my sadness, anger, frustration to find my own center, that place within where clarity and guidance are alive. Sometimes this process of discovery reveals my upset has little or nothing to do with the current situation, in which case I can let it go. If I have reacted out of integrity, and yes, I do this on occasion, I make amends.

Thank you for walking through the four gates of speech with me. May they help you to know when to listen, when to speak, and if for some reason the gates are not open to honor peace's soft request to sit and be still.

Kimberly Satterfield, RScP

HEALTH AND WELLNESS MINISTRY

EAT BETTER, EAT TOGETHER MONTH

National Eat Better, Eat Together Month during October encourages families to gather for mealtimes. When families enjoy their main meals together they tend to be more balanced food choices. Also, what better way to spend time together and share each other's daily adventures? It's exactly what National Eat Better, Eat Together Month suggests from October 1 to October 31!

ONE MEAL EVERY DAY

With the busy lifestyles of today's families, it may seem impossible to eat together for every meal. Make it a goal to eat at least one meal a day as a family.

Another way to make this possible is to prepare several meals ahead of time. Make-ahead-meal menus help simplify and organize meal planning and shopping lists.

Get everyone involved in the cooking and table setting. No matter the age of the family member, no one should be left out. From forks to boiling water, there's a task for everyone. Don't forget the cleanup!

Finally, have a no-cook night. Sometimes going raw or even a no-bake night not only makes clean up easy, but it's healthier, too. Fresh fruits and vegetables, peanut butter and fruit dips, cheeses and whole grain crackers are just as filling as an entire meal and provide the necessary nutrients as a home-cooked meal. While you won't want to do this every night, an occasional evening will give everyone a no-rush relaxed night.

Another way to simplify supper is to have breakfast in the evening. Breakfast is one of the easiest meals to make. Why not have it for supper? Whether it's oatmeal, fruit and a protien, the meal provides just the right amount of nutrients to round out your family's day.

HOW TO OBSERVE

Make a point to eat healthier meals with your family and use #EatBetterEatTogetherMonth to post on social media.

How to Navigate Through Poor Air Quality

Bay Area Air Quality hasn't been Great to say the least. For more info see airnow.gov also see forecast.weather.gov.

Get alerted about emergencies by signing up for AC Alert receive phone calls and or messages on your mobile phone, home or work phone and by email. AC Alert will provide you with critical information quickly in a variety of emergencies, including fires weather, earthquakes, unexpected road closures and evacuations of buildings and neighborhoods.

AC Alert is a unified emergency notification system for Alameda County residents, businesses and visitors. An AC Alert subscription is free, and all residents and business owners are strongly encouraged to sign up.

For Community Support and Resources call 211

Try to create a space with an air purifier and keep windows closed, to avoid outside air coming in. Unfortunately smoke inhalation can increase the risk of harm from COVID. Cloth masks do not work for filtering smoke. You need an N-95 mask. There is an organization called maskoakland.org that delivers free masks to homes or organizations during wildfires.

East Bay Church of Religious Science
A Center for Spiritual Living

Arleen King
Religious Science Practitioner

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Oakland, CA. 94609
www.ebcrs.org

COMMEMORATIVE ITEMS

10TH ANNIVERSARY PRAYER SYMPOSIUM COMMEMORATIVE TOTE BAG

This tote is great for groceries, the gym or just around town. A high-end look without the high price tag!

Cost $25. Free shipping & handling

PURCHASE NOW!

10TH ANNIVERSARY PRAYER SYMPOSIUM COMMEMORATIVE FACE MASK

This soft and comfortable mask is made with three layers of 100% cotton. Finish applied containing silver and copper providing antimicrobial preservative technology for the mask. One size fits most adults.

Cost $14. Free shipping & handling

PURCHASE NOW!

HAPPY BIRTHDAY!

OCTOBER BIRTHDAYS

- Champion Fleming
  October 6
- Kathleen Marte
  October 7
- Kathryn Moore
  October 8
- Kwame Nitoto-Oliver
  October 8
- Pauline K. Meggs
  October 12
- Barbara Williams
  October 13
- JJ Omelagah
  October 14
- Sharon Renee Smith
  October 15
- James L. Robinson
  October 23
- Inya A. Creswell
  October 24
- Lynne Daniels
  October 25
- Rahshida Kayaba
  October 28

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.

THE Wright RESORT
Your Soul Safari to Success
www.TheWrightResort.com
Harriet Tubman Wright, MS, MA
Soul's Calling Activist
Activate - Illuminate - Liberate
Harriet@TheWrightResort.com
510-764-3407

VOTE!

Visit Vote.gov to register to vote. Depending on your state's voter registration rules, the site can help you:

- Register online. This is available for 39 states plus the District of Columbia.
- Download the National Mail Voter Registration Form. You can fill it out onscreen and print the completed form, or print the blank form and fill it out by hand. Remember to sign the form before mailing it to the location listed for your state.
- Find guidance for states and territories with different registration procedures. ★

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

F.A.C.E.S. of the East Bay

family, art, culture, education and spirituality

To East Bay Church of Religious Science and the Broader Community

Dr. Evelyn Wesley 510.531.7133
Brenda Byes 510.459.5192

To volunteer, make a tax deductible donation or inquire about board membership

EAST BAY CHURCH

PRESENTS

2020 PRAYER SYMPOSIUM

STANDING IN THE POWER OF GOD

OCTOBER 23-24, 2020

10 ANNIVERSARY PRAYER SYMPOSIUM

Join us for an Inspirational Prayerful, Uplifting Event

Internationally Recognized Key Note Speaker

Engaging Workshops

Fun Breakout Sessions

Soul-Stirring Music

Pet and Garden Blessings

Friday Night DJ Party & Mini Concert

Saturday Symposium

Cost: $35.00 for Both Days

Upcoming EBCRS workshop: "Pray Without Ceasing" on October 30th is included with registration

East Bay Church of Religious Science
A Center for Spiritual Living

FRIDAY OCTOBER 23 • 6PM - 8PM

DJ Stone

Blooma & The Phat Luv Band

Virtual Dance Party
Featuring DJ Stone and Blooma & The Phat Luv Band

SATURDAY OCTOBER 24 • 9AM - 3PM

don Miguel Ruiz Jr.

Luchan Baker III, RScP

Guest Speakers
don Miguel Ruiz Jr. &
Luchan Baker III

Rai Jordan

Rev. James Jeffley

Workshops featuring
Rai Jordan and
Rev. James Jeffley

NuDay

EBCRS Men's Choir

EBCRS Women's Choir

Musical Inspiration:
NuDay
EBCRS Men's Choir
EBCRS Women's Choir

East Bay Church of Religious Science
A Center for Spiritual Living

EAST BAY CHURCH OF RELIGIOUS SCIENCE

AUTUMN CLASSES 2020

For Students

Foundations of the Science of Mind

Transformational Principles for Spiritual Living

Facilitators: Rev. Anthony Jackson, Rev. Badia Cooper with Teaching Assistant Rebecca Clemmons

Tuesdays from September 29 - December 8 from 7pm - 10pm

The Power of Your Word

The Artistry of Prayer

Facilitator: Rev. FranCione, Ph.D

Mondays from October 26 - December 14 from 6:30pm - 9:30pm

Forgive for Good

Facilitator: Ona Afrae, RScP

Thursday October 15 from 6:30pm - 8:30pm

Pray Without Ceasing

Affirmative Prayer Intensive

Facilitators: Rev. Anthony Jackson, Rev. Badia Cooper, Rev. Champion Fleming and the EBCRS Practitioners

Saturday October 30 from 10am - 12:30pm

Living in Gratitude

Facilitator: KSuzaane Massey, RScP

Sundays from November 1 - November 22 from 1pm - 3pm

5 Regalos Para Una Vida Abundante!

Faciladora: Maira Sura, RScP y Raul Gonzales, RScP

El lunes 28 de septiembre a las 7pm de California, 9pm de Mexico

East Bay Church of Religious Science
A Center for Spiritual Living

East Bay Church of Religious Science Weekly Ministy Program

SUNDAY

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

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

AFTER SERVICE PRAYER
Zoom Link:
https://zoom.us/j/ 91791685888?
pwd: bW1tQ3U3ZnVNTzlLWHIQYWJWMWdxUT09
Call: 669.900.6833
Meeting ID: 977 3859 4793
Password: 030144

MONDAY

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

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

TUESDAY

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

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

WEDNESDAY

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

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

MID-WEEK HEALING CIRCLE
6:15pm Meditation
6:30pm Service
Zoom Link
https://zoom.us/j/91791685888?
PW: bW1tQ3U3ZnVNTzlLWHIQYWJW
MWdxUT09

THURSDAY

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

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

FRIDAY

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

MEDITATION IS FOR LOVERS
11:00Am to 12:00pm
Zoom Link
https://secure.qgiv.com/for/MRLARCAA4J82SRSKDN9B/event/815769

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

GIVING

ONLINE
EBCRS.ORG

PAYPAL
ebcrsonline@gmail.com

TEXT
Text EastBay to 501-55

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