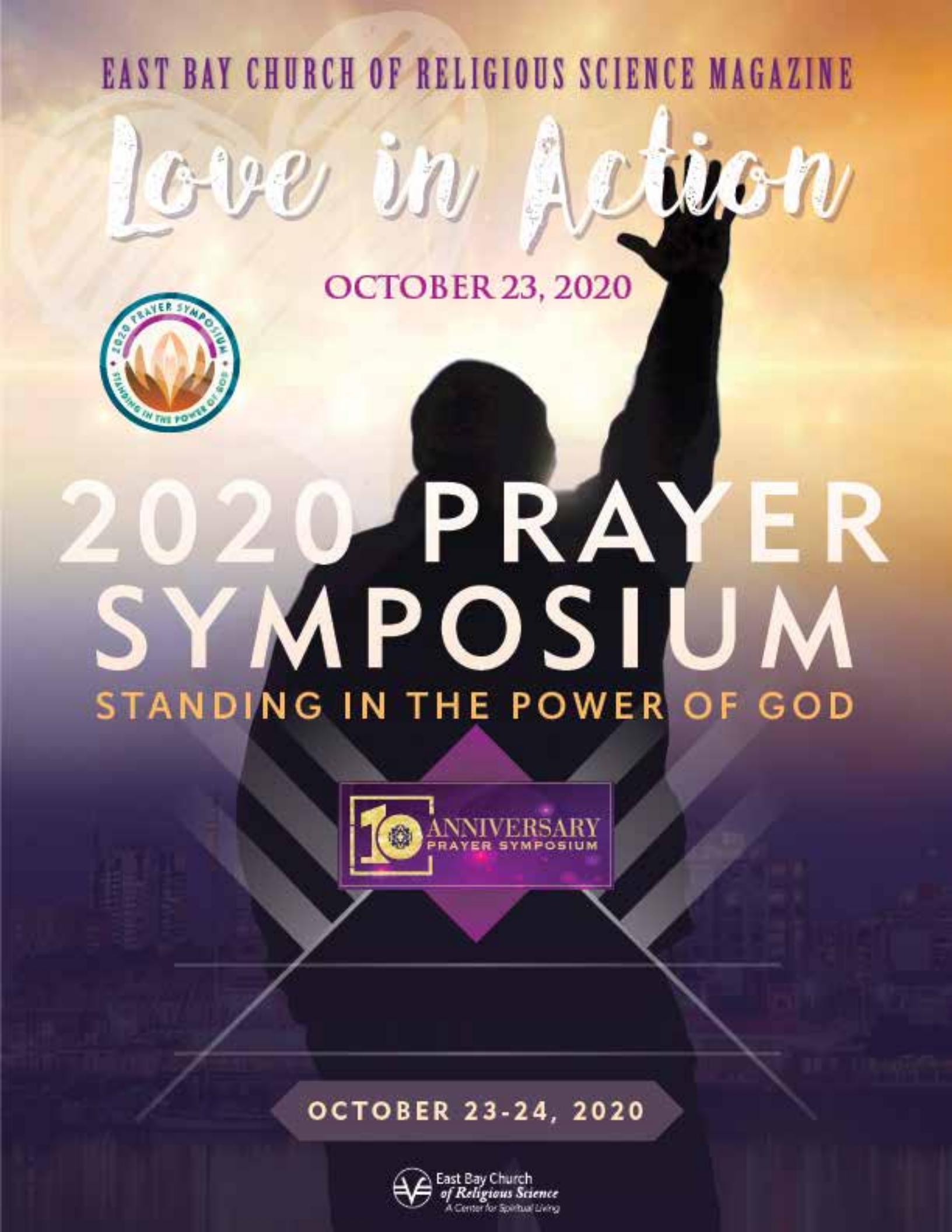
EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

Love in Action

OCTOBER 23, 2020



2020 PRAYER SYMPOSIUM

STANDING IN THE POWER OF GOD

10 ANNIVERSARY PRAYER SYMPOSIUM

OCTOBER 23-24, 2020

East Bay Church
of Religious Science
A Center for Spiritual Living

EAST BAY CHURCH OF RELIGIOUS SCIENCE

ECCLESIASTIC LEADERSHIP TEAM

REV. FRANCIONE, PH.D

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

October 25, 2020

Meditation:10:15am

Service: 10:30am

Speaker: Luchan Baker III, RScP

Topic: Everything is a Prayer

Musical Inspiration: NuDay

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

Luchan Baker III, RScP

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

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LAYOUT/DESIGN

Constance Rose

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Please submit articles and poems for our November 10 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, November 4, 2020. The November theme is Gratitude.

PHOTO CREDITS & GRATITUDE

Ashkan Forouzani (from Unsplash), page 3

MINISTER'S MESSAGE

SILENTLY COMMUNING WITH THE DIVINE

BY REV. FRANCIONE, PH.D
INTERIM MINISTER

As I think about the times we're in, I recall the Christian Bible (Matt 4: 1-12) describes Jesus' adventure by stating:

Alone in the wilderness, we find Jesus communing with his Higher Self; wrestling with his own willful nature. And, three times Jesus emphatically declares: It is written, Thou shall worship the Lord thy God!! Immediately, Angels came, ministered unto him and soon, Jesus was: Healing! Teaching! Forgiving! and calming storms!

As I think about the times we're in, I'm reminded of the Holy Quran (C: 25-33) describing the early years of the Prophet Muhammad:

Often going alone into a cave in Mt. Hiraa where for two years he prayed silently waiting, quietly adoring the Creator. Then, behold! A dazzling vision! Hearing the Angel Gabriel announcing: READ! PROCLAIM! RECITE!! Amazed, and whelmed, Muhammad hears the command. Trembling, Muhammad whispers, "I don't know how!! Again, Gabriel commands, "WRITE!!!" With awe and transfixed with wonder, the Prophet embraced his Divine Purpose. And, for years he dictates the Holy Quran!

As I think about the times we're in, I think about how our East Bay Church community members recite Jack Addington's affirmation with vigorous power and strength:

God is the only power in my life. Nothing from without can touch

the perfect life of God within me… No experience has power over me…

Then, we conclude:

Casting off the old me I discover my True Self!

Oh Beloveds, recalling these moments when the *Master Teacher,* the *Divine Prophet* and *you and I* declare the truth of our being, don't you feel empowered and strengthened – even as we live with the devastation of COVID-19? Don't you feel hopeful as we see and hear the horror of one more Black person being killed? Although the power of this quote invigorates our spirits, could it be LIFE is inviting you and me

…to be like the Master Teacher?

…to be as the Prophet Muhammad?

Could it be Life is insisting that each of us allow the Radiance within to ignite our awareness so we embrace and release our own Divine Purpose?

Could it be this time of SHELTERING IN PLACE is LIFE'S opportunity to embrace spiritual practices, insisting that we wrestle with our own willfulness as did the Master Teacher Jesus and release our feelings of inadequacy – as did the Prophet – so we are now meek or teachable… so we now embrace our WILLINGNESS to live by the guidance of the Eternal Spirit?

Could it be that this time of HONORING BLACK LIVES MATTER is LIFE inviting you and me to see all as brothers and sisters and ensure we take actions promoting scientifically based climate changes and take actions promoting justice and systemic equity?

Let us dive into the stillness Ernest Holmes describes in *How to Use the Science of Mind*:

...some of the mystics and saints, when struck by heavenly light become so blinded they can not see. They had been looking upon themselves and others as separate from the Universal Self... having received the heavenly light, their theology changed. They had to adjust their intellectual vision of separation to a spiritual realization of unity.

This is our collective charge.

Join me Beloveds, as I launch the POWER OF YOUR WORD Zoom Class, starting Monday, October 26th 6:30-9:30. Together we will explore how we draw ourselves to and draw to us the LIGHT AND ENERGY OF THE LIVING SPIRIT by using Prayer to shift our feelings, thoughts and actions, releasing unconscious biases and racism so together we co-create a world working for all.

Blessed BE!

Rev. Francione, Ph.D

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.

PRACTITIONER'S CORNER

LIFE IS FULL OF GOODNESS

BY KSUZAANE MASSEY, RSCP

"This original life is infinite. It is good. It is filled with peace. It is the essence of purity. It is the ultimate of intelligence. It is power. It is law. It is life. It is in us. It is that inner sanctuary of our own nature, hidden perhaps from objective gaze, nestles the seed, perfection."

~The Science of Mind p. 36 par. 4

Yes, this life is Good. There is always Good in every moment, every circumstance or situation in Life. 2020 has brought unprecedented circumstances for the entirety of our global community. Human beings everywhere have been tasked with finding that inner strength to move forward in challenging times; while exercising the heart muscles of love, compassion, understanding and deep caring. There have been those, in this our EBCRS community and beyond that have stepped up to the tasks at hand; they have exampled the Good in Life.

This year, has wrought devastating fires. Smoky skies in various places, quarantined us inside once again, to preserve and protect our lungs. Globally we are facing a pandemic. Systematic and structural racism has been ripped of its outer cloak and its cloak smells of an endless grave of rotten bodies covered in stinking, dried plasma. The US is in a politically

divisive confrontation like never before. The US is in the midst of an economic meltdown like nothing witnessed in the last 90 years. In the midst of this man-made devastation; there is GOOD, there is much to be grateful for. I am grateful that I know this truth, that I see GOOD all around me. We are witnesses to this Good in Life; inspiration is everywhere.

A few weeks ago, I had the blessed opportunity on my "lunch" to go swimming in the pool on the college campus where I work. The blue skies were my hat and the sun shone its brilliance and favor on me as my body moved, swam, ran and felt free in that crystal blue pool water!! While I was there, I was awed by my fellow swimmers/water walkers! An elderly Black man, water walking, who shared with us (in earshot) that he was on dialysis AND he was doing 45 laps! An elderly Black couple that were fit, and happy in the midst of everything!! A woman swimming that walked out of the pool with one leg and put a prosthesis on the other. I was awed, deeply touched. I felt as if I had been so fortunate to be in the company of the Goodness in Life. Sharing that precious time in the water, with those beautiful beings was my gift for that day. I have so much to be grateful for, and I hope with whatever life unfolds for me to learn and grow, that I have 1/4 as much courage, tenacity and faith, that I met that day in that swimming pool!!! Be encouraged, life is FULL of GOODNESS!! Inspiration is everywhere, if we just take off our shades and allow the light to "light us up!!"

In Love and Light!

KSuzaane Massey, RScP

HEALTH AND WELLNESS MINISTRY

BY STACEY VANN

October is known for many things… the first full month of the fall season, crisp cool weather, shorter days and most notably, being National Breast Cancer Awareness Month.

The pink ribbons you see this month are an important reminder that there is still much that needs to be done to improve research, advance treatments and increase awareness of breast cancer.

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point while 1 out of 833 men will be diagnosed. To date this year, 276,480 women and 2,620 men have been diagnosed with this disease in the US.

In the past, African American women were more successful in avoiding breast cancer. But today, African Americans who are diagnosed are 40% more likely to die from it. African American women need to be more adamant than ever about reducing their risks and detecting breast cancer early. Be sure to see your primary care provider to help you determine your personal risk so you can better plan your prevention.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat. If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them. If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often. Talk to your doctor about your risk for breast cancer, especially if a close family member had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection. Make a difference and spread the word about mammograms. Encourage communities, organizations, families, and individuals to get involved. A woman's best overall preventive health strategy is to reduce her known risk factors as much as possible by avoiding weight gain and obesity, engaging in regular physical activity and minimizing alcohol intake.

The Health & Wellness Ministry invites you to show your solidarity and commitment to eradicating this disease by wearing pink on Sunday, October 25th.

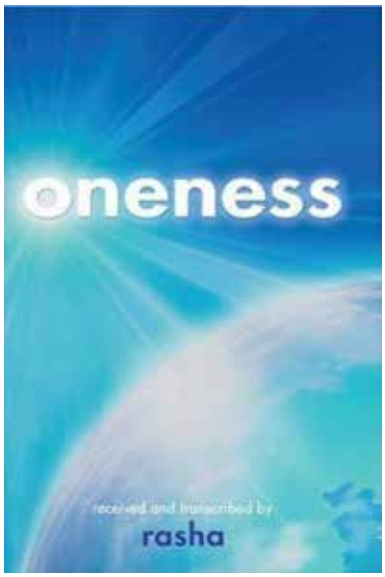
Lastly, we think you may enjoy Sharon Salzberg's *10-Day Lovingkindness Challenge* on YouTube. The full series is available and offers guided meditation practices to help you cultivate Love, Compassion, Joy and Equanimity. It is for anyone looking for ways to find solid ground and greater serenity during our turbulent times.

ONENESS CIRCLE

AN INTRODUCTION TO ONENESS

BY BRENDA KING RANDLE, 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, Brenda King-Randle shares her thoughts on the book's introduction and first chapter.



Introduction. "In 1998, I, Rasha, had my first dialogue with Oneness. I asked silently, 'What is Oneness?' 'Are you God?' And the reply from within me said, "As the drop of water is to the ocean – that is what Oneness is. The essence of the drop is every bit the essence of the totality. As you would understand God to be – yes, we are God. We are Oneness." I became lost in a world of mind-stretching spiritual concepts that I received telepathically. A foundation for a totally new level of understanding of the phenomenon we call life. I begin to see everything from the timeless perspective of energy accelerated. I came to understand the significance of the choice each of us has made to be here, in physical form, in these extraordinary times; and the level of understanding that came as a timeless sense of knowingness from within."

Chapter One. We generally think of ourselves as an entity of God, having a beginning and ending on this earth. But, we need to know that we are much more than our earthly existence. If you are reading these words, you are already vibrating at an elevated state of being. As your consciousness becomes even more heightened, you will come to know that – All is Oneness. This heightened state transcends you through every level of creation, as it frees you from limited living and thinking; which this is precisely, what you came to do in this lifetime. You are more than a human being who was born and who will die on earth. You are timelessness! You are Oneness! "And we have come to guide you home."

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.

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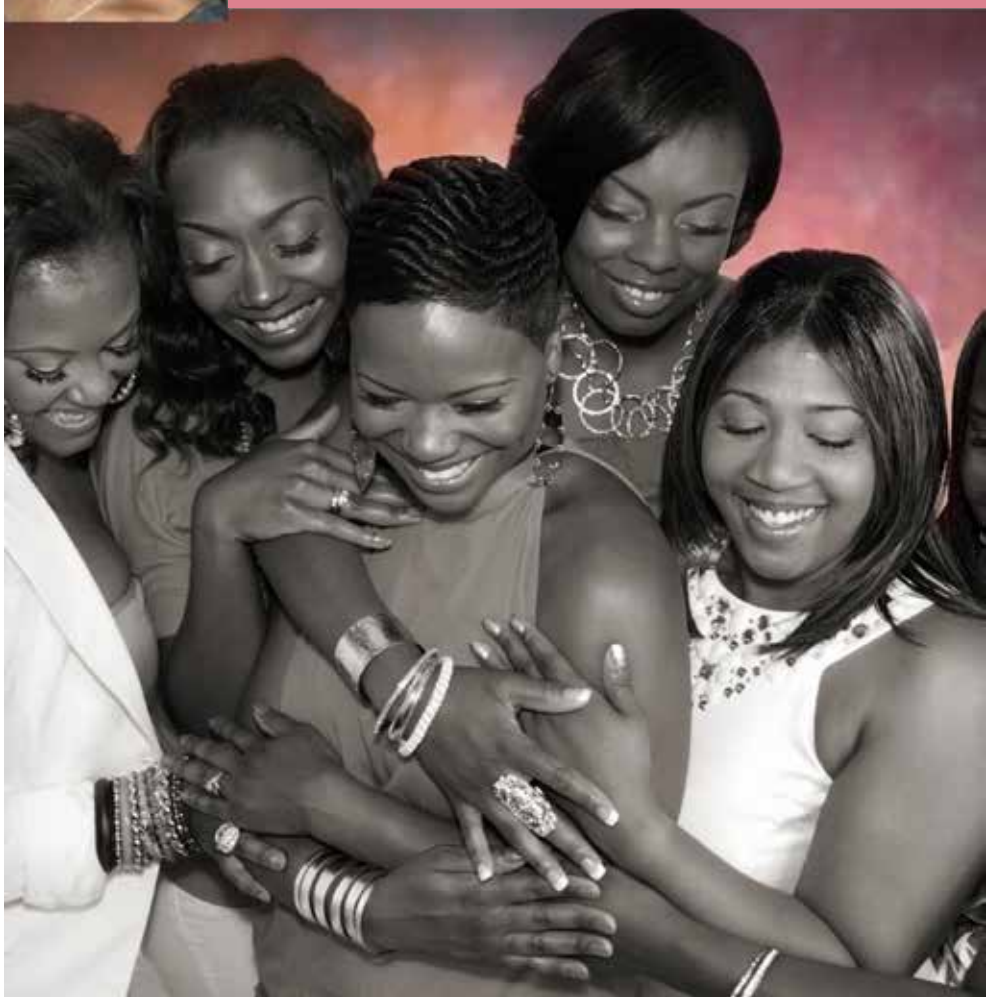


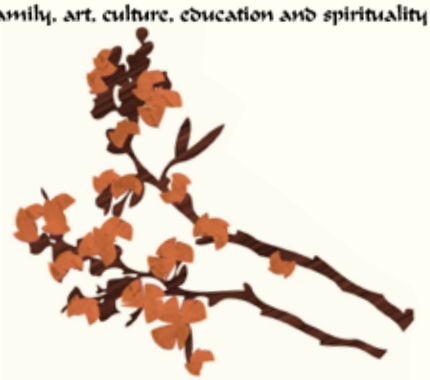
Intentional Giving Pledge

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

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
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