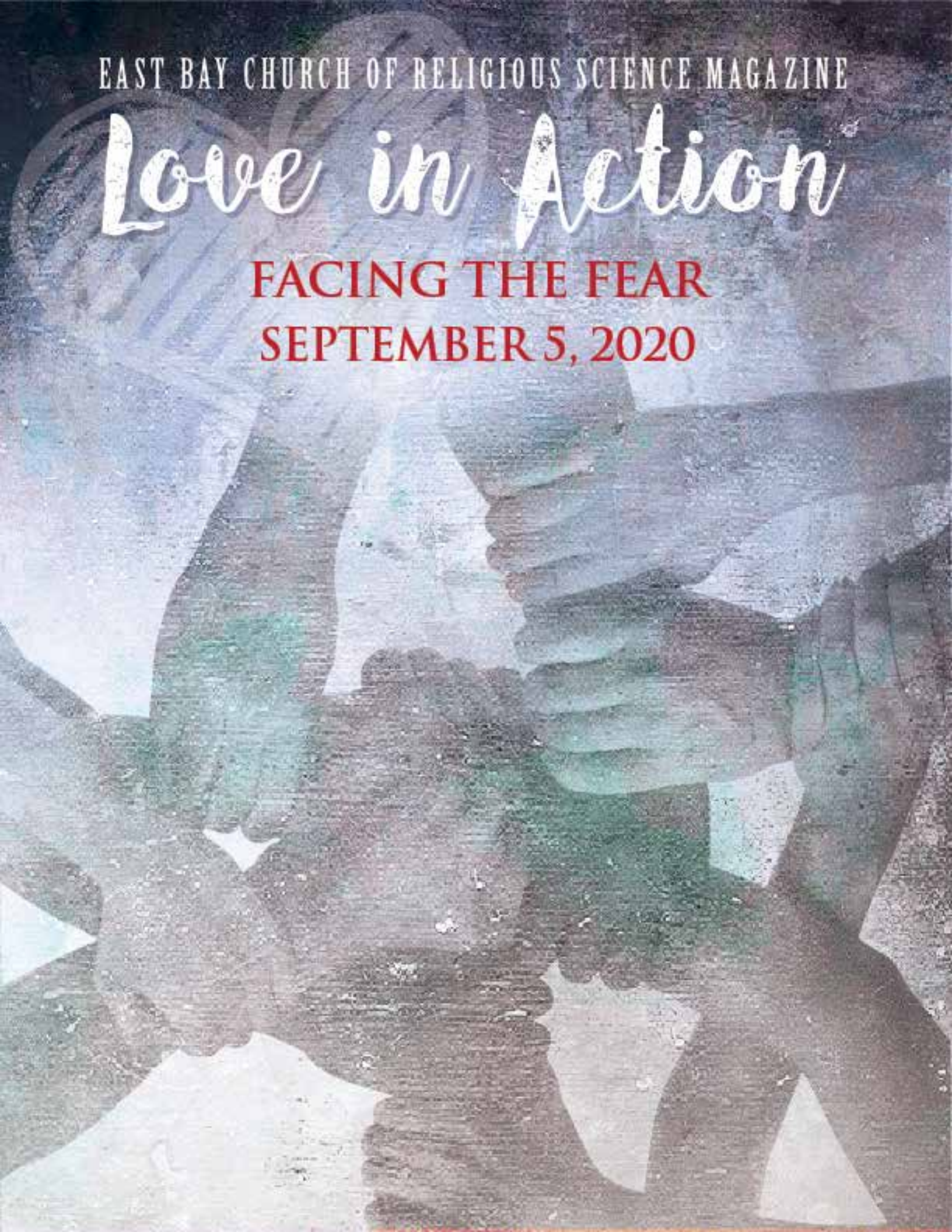
EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

Love in Action

FACING THE FEAR

SEPTEMBER 5, 2020



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

September 6, 2020,

Meditation:10:15am

Service: 10:30am

Speaker: Rev. Dereca Blackmon

Topic: Wakanda Forever!

Rev. Dereca Blackmon

Musical Inspiration: The East Bay Women's Ensemble

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

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 August 29 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, September 15, 2020. The August theme is Inclusion in Action.

PHOTO CREDITS & GRATITUDE

Arleen King, Precious Green

ABOVE THE BOARD

BY ARLEEN KING

Greetings,

If you're like me, you've probably been inundated recently with tons of campaign and election mail. You may have some fear about the future and how the elections will impact you, your family, your community, and our nation.

The enormous amount of mail may be disconcerting because you're not sure how to respond. Or, you may simply be overwhelmed. You may just not know what to do. You may even want to toss it in the trash and call it a day. You may tell yourself, "I'll get to it later." Or, you may dislike politics and believe that your vote won't make a difference. You may just not be interested. Some or all of this may be true for you; but, trust me when I say that none of these options can be your choice in 2020.

I'd like to offer up some ideas to help you face your fears and get clarity on what is yours to do:

- If you aren't registered, Register to Vote. If you've moved or haven't voted in a while, check your registration status.
- Educate Yourself on the issues and look to Spirit for direction.
- Pray for divine guidance and wisdom as you prepare to vote.
- Vote on Election Day and trust God for the outcome.

The East Bay Sacred Activism Ministry, or SAM, is launching a variety of civic engagement efforts, designed to support the community and help ensure that our values are reflected at the polls and beyond. I invite you to attend SAM's Civics 101 workshop on Saturday, September 12th at 10:00 am. This will be an opportunity to educate yourself and share what you learn with others. This will also help you understand how changes in our local, state, and federal governments impact our lives and the lives of the families in our community.

I also invite you to get involved with our Voter Education Campaign. Please join our information session on Tuesday, September 8th at 6pm. We hope to see you there. Here's the Zoom link: Voter Education Campaign Session

Blessings,

Arleen

"One, alone, in consciousness with the Infinite, constitutes a complete majority. Knowing this in your thought, work in perfect peace and calm. Always expect the good."

~ Ernest Holmes

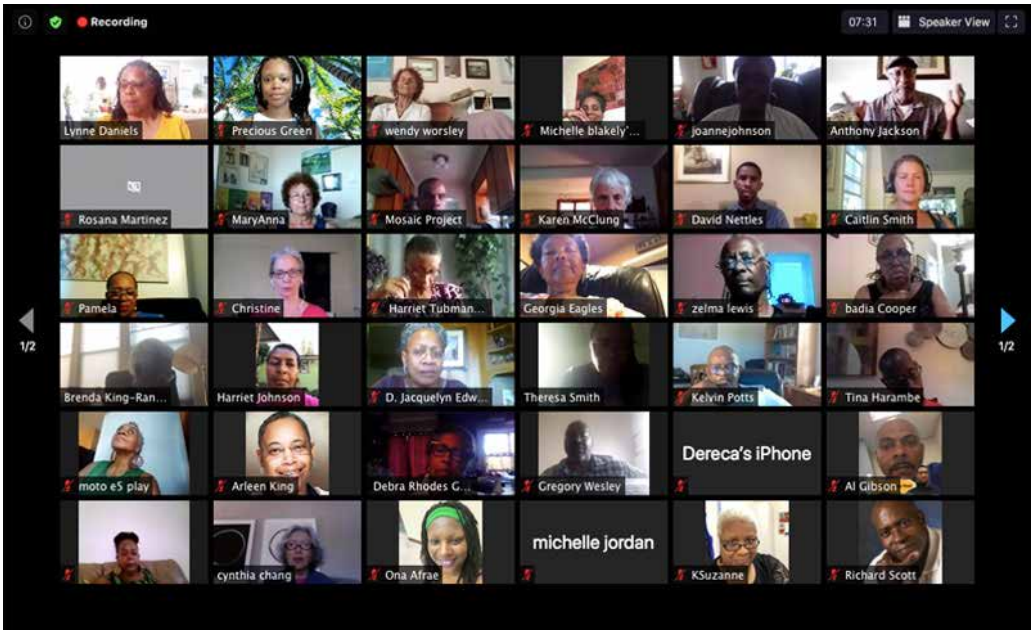
PRACTITIONER'S CORNER

LOVE IN "SQUARES"

BY KSUZAANE MASSEY, RSCP

In these unprecedented times, as a life-threatening virus has quarantined us from our loved ones, our places of employment, our daily routines; it is now more than ever, we need to feel and sense that all-encompassing power of love, in our lives. To know, and feel, that the love of the Indwelling, Self-Dwelling God is always there; in every moment, in every interchange of our lives.

As "living in gratitude" is one of my Spiritual practices; I consciously work to keep worry, doubt and fear off the block! At times, it is a Herculean activity. I along with others have moments when all of the changes and restrictions in this time of a pandemic; seem too much to bear in the present moment. Moments when the isolation from my adorable 5-year-old seems unbearable. Moments when I can she her face, her smile and hear her talking to my heart. I give thanks for the time we spend together as I call her and read a bedtime story at night, and she says "Tutu, this virus has to go". I just smile inside as the river of tears fall down and I concur with her and say: "Yes, Tutu's love, this virus has to go". It is in these moments I hold even tighter to my faith, my beliefs, the Spiritual principles and the ancestors that hold me tightly as I matriculate through this thing called life.



In those moments of reflection, I remember the hugs, smiles, and nods of sweet recognition I receive when I have had the blessed opportunity to attend church. I feel the joy and anticipation when I exit my car and walk towards the entrance. I know that I will see a face I recognize and a heart I am eager to touch. I know that when I walk into the sanctuary either Richard Scott or Mamacita (Sharon Porter) will be there to embrace me and give me a hug that my soul has been longing to receive. It has been months between those smiles, recognitions, hugs; and I sorely miss them all. At this point, I won't complain even if I have to park five blocks away. I miss the physical embrace of my Spiritual community.

In the adjustment in this time of change and forward movement; I am most grateful for the technology that exists in this present reality. It allows me to work remotely and most importantly it brings my Spiritual community into my sheltering place, my home. Whether it be a class, a workshop, Wednesday Healing and Revealing Service, a Practitioner meeting, or monthly community conversations; I find great comfort, connection and Spiritual camaraderie in these opportunities to come together.

I have come to rely on those moments of gathering together through the platform of Zoom. Moments to find love, smiles, heart hugs and virtual happiness as I see "love in those squares". Whether a dear community member has turned on their video or not; I feel the love, and the connection, the touching and agreeing of hearts and souls bonded in shared community. That grid of beautiful faces is just the power source my heart requires to continue to find the strength to move on through the moments of seeming challenge, and isolation. That grid of love buoys me and I light up. I stand in the Spiritual lightening rod of faith that has brought me thus far. When I am feeling low on energy or caught between those moments of seeming challenge; it is to that grid I go. I go to be charged with the electric love of community, that transforms me into the Spiritual superhero these times require.

"Love in those squares", is healing, and transformative. I invite you to join into an EBCRS online offering; a class, workshop, Wednesday Healing and Revealing Service, and more…Trust me, it will lift your Spirits higher and higher and you will light up with the electric love of the EBCRS community.

See you on the Grid,

KSuzanne Massey RScP

UPCOMING EVENTS

CIVICS 101:TIME FOR SOME GOOD TROUBLE

BY REV. D. JACQUELYN EDWARDS

Civics 101 Is In Session on Saturday, September 12th

We are going to get ourselves into some "Good and Necessary Trouble!" Inspired by the legacy of civil rights icon, Rep. John Lewis, on Saturday, September 12th, EBCRS' Sacred Activism Ministry (SAM) is kicking off a series of voter engagement activities that are designed to educate, stimulate conversations and encourage conscious participation in the 2020 election cycle. We honor the work of Congressman Lewis and carry it forward by educating ourselves and our community about all that is at stake. Our intention is not to focus on parties or personalities but to empower you to make values-centered decisions about the issues, candidates, measures, and initiatives that will determine the quality of our lives for years to come. Join us at 10am on September 12th.

JOIN THE VOTER EDUCATION CAMPAIGN TEAM!

We invite you to get involved with our Voter Education Campaign. SAM will host an information session on Tuesday, September 8th at 6:00 pm. We will discuss the intentions for our Civic Engagement 101 sessions with East Bay members who want to help and support our efforts to engage in voter registration and voter education. This is the time and we are the ones!!!

We hope to see you there. Here's the Zoom link: Voter Education Campaign Session

MINISTRY SPOTLIGHT

A LIGHT IN DARKNESS
THE BEACON OF LIGHT PRISON MINISTRY

BY HARRIET E. JOHNSON

East Bay's Beacon of Light Prison Ministry is dedicated to supporting and empowering individuals impacted by incarceration. Our goal is to serve as a safe and non-judgmental space to support positive new beginnings with dignity, respect, and love.

Like so many things this year, we have been impacted by the COVID-19 pandemic. Prison visits and phone calls have been suspended since March. Nevertheless, our prison ministry continues to work, handling correspondence to and on behalf of inmates and their families.

AN INSPIRED BEGINNING

Beacon of Light began as a thought. In 2014, Rev. Elouise Oliver asked Rev. Anthony Jackson to create a referral service for congregants facing incarceration-related issues. Members needed support for themselves and their loved ones.

Rev. Anthony was naturally drawn to this effort. He majored in Criminology and recalled a class trip to San Quentin where he saw himself among those imprisoned. That connection led to his releasing his preconceived notions of incarcerated people. He released judgment.

Soon after, Rev. Anthony surveyed the congregation and learned that 40-50 were impacted by incarceration. He worked with then-FACES Director, Rev. Mutima Imani, and soon, the Beacon of Light Prison Ministry was launched.

A MINISTRY OF SERVICE

Our prison ministry serves as a beacon of light, providing important information to current and formerly incarcerated people and their families. The ministry offers a range of resources, including health services, homeless assistance, banking, legal assistance, substance abuse services, employment services, and GED/college access.

Rev. Anthony leads this dedicated team of 8 conscious, caring people. They have visited inmates at several facilities, including, Santa Rita, San Quentin, Salinas Valley, Mill Creek, Vacaville, San Bruno, and Napa State Hospital.

Beacon of Light has touched many lives. Until the pandemic lockdown, we had worked with almost 200 current and formerly incarcerated males. Members correspond regularly with inmates, writing letters of support for consideration for parole and/or pardon.

In addition, we have developed alliances with a variety of community organizations. This extends the ministry's ability to support those who are imprisoned or transitioning back into society.

PLANS FOR THE FUTURE

We want to expand this beacon of light to include more prisons and jails and more team members. Our vision is that Beacon of Light will be known as "The Place" for prison chaplains to direct the incarcerated and their families to for resource information.

The ministry also plans to increase its visibility by engaging with incarcerated women and their families.

HOW CAN YOU BE INVOLVED?

This is vital work and the need is huge. With each contact, ministry members bring East Bay's spirituality and heart as they give support. They share the Science of Mind philosophy and principles with those impacted by incarceration both inside and outside of our church community. Here are some ways you can support and participate:

- Join the Beacon of Light team
- Provide administrative support – tracking outreach, compiling data, etc.
- Financial support
- Pray for the ministry, those incarcerated, those transitioning out, and those facing incarceration

Feel free to reach out to Rev. Anthony with your prison ministry questions and ideas. Contact him at 510-381-4343 or jacko2@aol.com.

BEACON OF LIGHT MINISTRY

Ona Afrae, RScP

Rebecca Clemons, RScP

Al Gibson, RScP

Ayanna Johnson, RScP

Joanne Johnson

Pamela Nash

Rev. Yolanda Simmons

Teresa Smith

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 9 - December 8 from 7pm - 10pm

The Power of Your Word

The Artistry of Prayer

Facilitator: Reverend FranCione, Ph.D

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

Forgive for Good

Facilitator: Ona Afrae

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

East Bay Church of Religious Science
A Center for Spiritual Living

EAST BAY CHURCH OF RELIGIOUS SCIENCE

AUTUMN CLASSES 2020

For Practitioners and Ministers

Lay it All on the Altar

Practices for Healing and Resiliency

SUNDAY NOVEMBER 8

This class will take the place of our regular monthly practitioner meeting

Facilitators Rosana Martinez, RScP, Debora Truso, RScP and Rev. Champion Fleming

This workshop is for EBCRS practitioners and ministers. It is an opportunity for us to come together and receive emotional, spiritual, physical, mental support and inspiration. We will engage in practices for radical holistic healing and ongoing selfcare.

Best Practices for Teaching Transformation Online

A 4-PART WORKSHOP

On Thursdays for 90 minutes.

Mid-September, early October, late October, and mid-November

Facilitators Lynne Daniels, RScP, Kimberly Satterfield, RScP, Robert Quintana Hopkins, RScP, and Rev. Champion Fleming

This series is for EBCRS practitioners and ministers who are interested in growing facilitation skills, technical skills, Zoom tips and techniques, converting curriculum to interactive online experiences.

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.

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 MINISTRY

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?

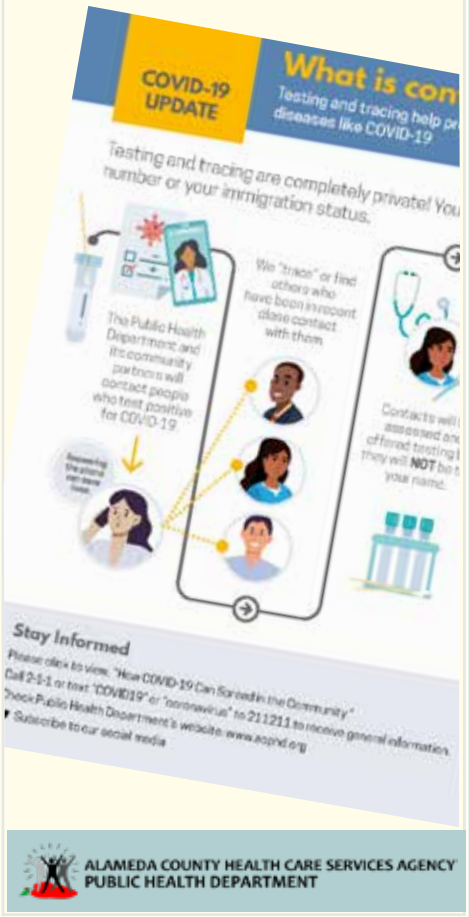
We look forward to the time when we can once again open our doors to our community members. We miss being together and look forward to seeing each other again. During the current time of sheltering in place, we have adjusted our staff and Sacred Seva resources to online offerings for Sunday services 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.

GET COVID-19 UPDATES PDF ON OUR WEBSITE

For Alameda County updates, click here or on the logo at the bottom of this panel.



HAPPY BIRTHDAY!

AUGUST BIRTHDAYS

- Elizabeth August
  September 1
- Carolyn Holloway
  September 1
- Erika Minkowsky
  September 1
- Joanne Johnson
  September 2
- Gloria Lockett
  September 4
- KSuzaane Massey
  September 6
- Latoya Lopez
  September 8
- Sydney Paige
  September 9
- William Sousae
  September 9
- Jamal Bey
  September 11
- Kuji Chahal
  September 11
- Yehmanja Janice Houff
  September 11
- Quinette Ozen
  September 13
- Felicia Jeffley
  September 14
- Rebecca Kaplan
  September 17
- Stephanie Green
  September 19
- Ishmael Tetteh
  September 19
- Betty Clack
  September 20
- JoJo Barker
  September 23
- Zoey Bloom
  September 23
- Luretha Senyo-Mensah
  September 23
- Mary Allen
  September 26
- Miguel Molina Trantas
  September 27
- Randy Faye Curran
  September 28
- Joyce Hooks
  September 29

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.

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

REGISTER TO 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.

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

MAIL
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Oakland, CA 94609

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