EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

Love in Action

FACING THE FEAR

SEPTEMBER 19, 2020

EAST BAY CHURCH OF RELIGIOUS SCIENCE

ECCLESIASTIC LEADERSHIP TEAM

REV. FRANCIONE, PH.D

REV. ANTHONY JACKSON

REV. BADIA COOPER

REV. GIL OLMSTEAD

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DURING SHELTER IN PLACE

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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

September 20, 2020

Meditation:10:15am

Service: 10:30am

Speaker: Rev. Kamal Hassan

Topic: Right Thought and Right Action

Rev. Kamal Hassan

Musical Inspiration: East Bay Men's Chorus

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

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Please submit articles and poems for our October 3 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, September 28, 2020. The October theme is Cosmic Connections.

PHOTO CREDITS & GRATITUDE

Harriet Johnson

MINISTER'S MESSAGE

I AM LIGHT! REVEAL THE LIGHT!

BY REV. FRANCIONE, PH.D
INTERIM MINISTER

Listening to India Arie sing "I Am Light," I am inspired!" This song affirms a revelation I had a year ago and a vision I've been having for our collective future. My personal experience began after hearing some extremely sad news. So sad, I fell on my bed in sorrow and covered my head with blankets. I felt so overwhelmed! I fell quiet; deeply quiet for hours.

Then, I'm seeing myself – standing on my bed. Yes! Standing with radiant light flowing brilliant electrical currents sparkling inside and surrounding my body. For hours, I stand there! Amazed at the glowing light energy within and around me! In awe, I'm transfixed by this electrical state I'm in for what seemed like hours. Awake, now, without thought, I stand, walk to my purse, retrieve my checkbook – and, find myself writing a huge amount on the check.

That Thanksgiving Day, without words, I hand the check to the one I'd grieved about with a card stating: This gift comes to you from the Eternal Spirit of Light! I knew this was Spirit guiding my actions! Not my will but thine be done! So, the following New Year's weekend, I create my 2020 Vision Board, illuminating MY TRUTH: I've stepped into a new transcendent world of LIGHT ENERGY vibrating within and surrounding me! In the Spring, while teaching The Power of Your Word, I was reminded of my radiant experience as I read Ernest Holmes:

"We don't get what we want, we draw to ourselves who we are – by our thoughts, feelings and actions!"

Certainly, this has been my experience. BEING THE LIGHT is gently drawing, nudging, whispering and guiding me into new worlds– worlds I've not consciously desired nor prayed for, including saying YES! to being East Bay's Interim Minister. Being the Light is guiding me to see new possibilities for myself and for our human family now inundated with pandemics. India reminds us:

I'm not the mistakes that I have made

Or any of the things that caused me pain…

I am not my age

I am not my race…

I am a star, a piece of it all

I AM LIGHT

LIFE is calling us to BE LIGHT and COMPASSION! We're being Divinely Guided and I'm seeing the twinkling signs of hope:

CSL has declared expanded stands for us to take to ensure the world is working for all;

East Bay is promoting the SAM Ministry; and, several of my OCSL white spiritual sisters and brothers are participating

cont'd on page 4

cont'd from page 3

in book clubs inviting them to acknowledge and transcend White Privilege as well as their own unconscious roles in supporting systemic racism.

I realize that all of us may have unconscious biases that dim our radiance. I've been reading Stamped From the Beginning, Ibram X. Kendi's award-winning book on the history of racism in the United States and I know that we are being called to use it as inspiration for bringing transcendent energy into this plane of existence.

LIFE is calling us to heed W.E.B. DuBois' challenge to, "at once protest and fight passionately for justice." Join me by taking the *Power of Your Word* class right here at East Bay beginning Monday, October 26th. Over the course of 10 evenings, we will use Ernest Holmes' spiritual practices and affirmative prayer and Ibram X. Kendi's historical insights to shift our individual and collective power so we draw ourselves to and draw to us the vibrating LIGHT of Love, Unity, Justice, Equity, Creativity, Wholeness and Unity. Blessed BE!!

Blessings,

Rev. FranCione

Visit Our SacredActivism Pages On Our Website And Get Involved!

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.

PRACTITIONER'S CORNER

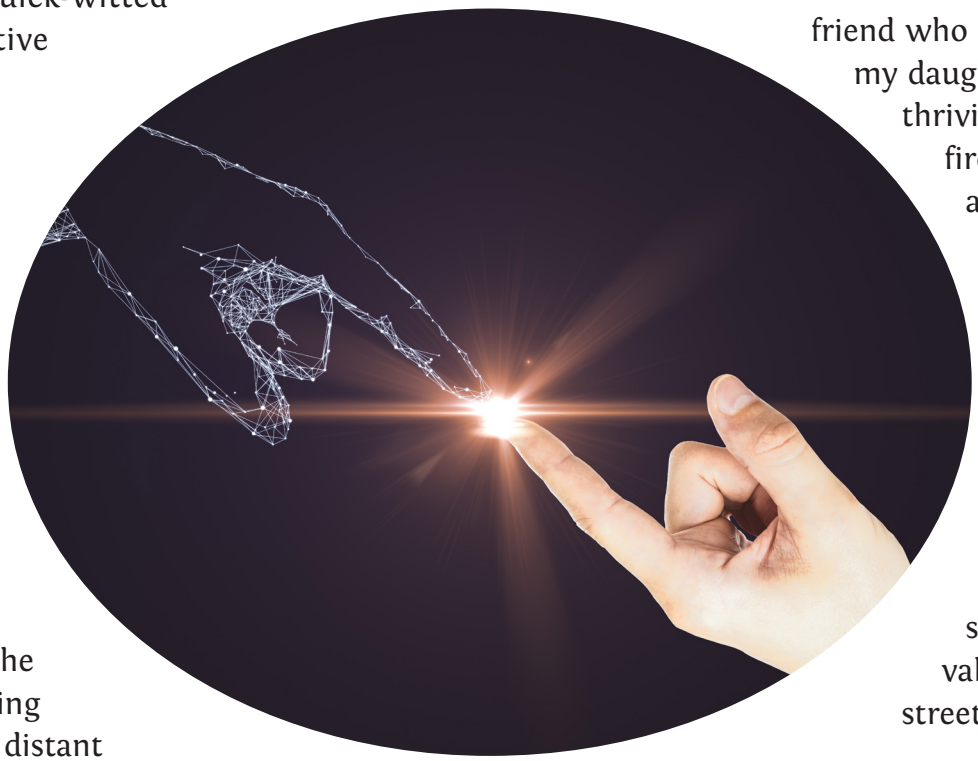
A BLESSING CHANGES THINGS

BY CHRISTINE SCHOEFER, RSCP

In my fifteen years as a self defense instructor, I've heard many stories. Descriptions of attacks have kept me up at night. Reports of quick-witted reactions and creative escapes reassured me. Sometimes, people's stories affirmed spiritual principles and practices. Like this one, told by a white-haired man named Barry.

One evening, Barry was walking with his young nephew on the Berkeley Pier, enjoying the sparkly view of distant San Francisco. In an instant, the situation changed from pleasant to threatening: two men stepped out from behind a concrete fishing shelter. The smaller one spoke: I have a gun. Give me your wallet. He was agitated, high strung. It was dark. No one else was nearby. Barry, who felt responsible for his nephew, spoke to the tall man who appeared to be calmer.

"It was too dark to see well, but my intuition told me that this man was not dangerous," Barry said. "Before I knew it, these words came out of my mouth I won't give you my wallet but I will give you a blessing. We locked eyes, while the small guy cursed under his breath. Finally, the tall man spoke: What if I told you I need twenty bucks for my family. Would you give it to me?"



"If that's how it is, I'll give you twenty bucks." Barry took a bill from his wallet and handed it over. The two strangers walked away, towards the shore. After a few paces, the tall one turned around and walked right up to Barry.

He said: "You forgot the blessing."

Everyone feels blessed by a blessing: the heart opens, the light intensifies, a feeling of ease and hopefulness spreads. What I have learned as a Practitioner is that each one of us can offer a blessing, any time. A blessing can be spoken out loud and it can be declared silently. It can be said for someone who is present and for someone who is far away. For a person we know well and for a stranger.

I bless this driver. I bless my friend who is crying and my daughter who is thriving. I bless the firefighters. I bless all the animals scurrying for safety. I bless the woman sitting at the bus stop and also her three young children. I bless the tree standing so valiantly in the street. I bless myself.

Blessing is as easy as breathing. It shifts our vision and generates gratitude. For both, the person giving and the person receiving, a blessing calls forth love.

I bless everyone who reads this and everyone who doesn't.

Christine Schoefer, RSCP

SACRED SEVA SPOTLIGHT

BY HARRIET E. JOHNSON

East Bay is blessed to have dedicated members who lovingly give Seva. 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 Caitlin Smith who leads our Garden Ministry.

Ready for an adventure in a new location, 11 years ago Caitlin decided to leave Baltimore, Maryland and make her home in Oakland, California. She packed her car with as much as it could hold and drove across the country with her mom. Once Caitlin settled into her new digs, her mom flew back East.

A few years into her California chapter, Caitlin's friend, admired musician Kev Choice, told her she would like East Bay; she checked it out, and the rest is history! Caitlin took the Foundations Class to better understand the Science of Mind philosophy and terminology and decided to become a member. East Bay is the first church that Caitlin has joined. Over the past eight years, Caitlin has learned she can come to East Bay when she needs to be healed or uplifted. The community helps her feel connected and stay balanced. East Bay is the one place where she can talk about God and spirituality.

Seeing that our grounds could look more beautiful, about five years ago Caitlin became dedicated to improving our outdoor spaces. Caring for the side garden became a big focus. So Caitlin's been busy making things lovely. That's how our Garden Ministry came to be.

Caitlin says our side garden is an easy location for gardening due to its great sun exposure and soil, but mostly because of the prayerful energy flowing from you into the atmosphere. Observing congregants sitting quietly enjoying the garden or fellowshipping amid the blossoms brings Caitlin great joy.

Our living garden has a few needs to keep it healthy and attractive:

During the dry season help with watering is key to keeping our plants alive. We are looking for people who can water 30 mins every week or every other week.

If you'd like to garden, you are welcome to prune or weed when you have the time. Guidance can be provided. One to two Friday's a month Caitlin and Teya tend the garden together and would love more company (with a mask and adhering to physical distancing).

Be sure to remove your trash and any trash you see in the garden.

Help fund the Garden Ministry with cash or gift cards from Home Depot or any plant nursery in the East Bay. Funds are used for fertilizer, plants, mulch, soil and irrigation supplies.

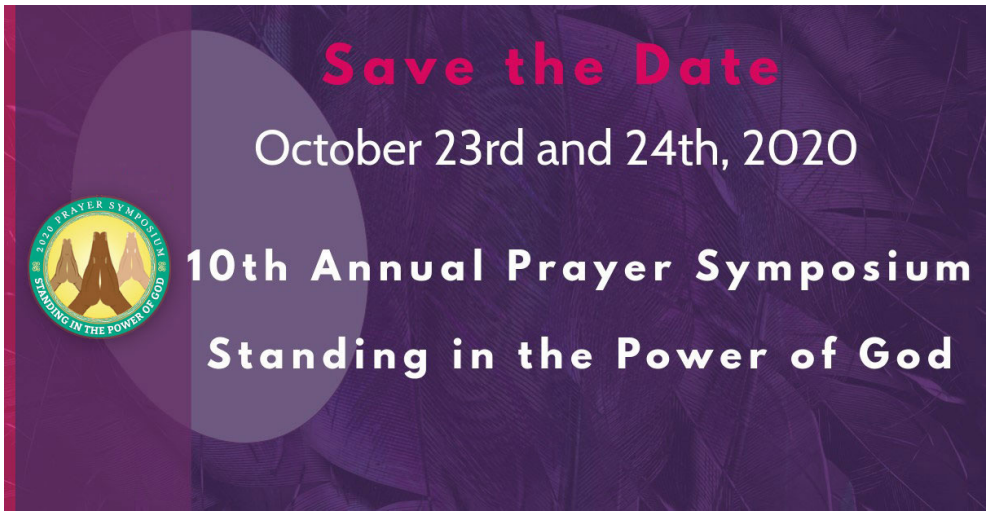
Plans are in the works to improve our flowerbeds and to plant rose bushes around the perimeter of our parking lot.

Post COVID-19 when the church is reopened, Caitlin plans to hold 1-2 garden work parties a year with food and music.

Caitlin serves at East Bay because it feels right and because she believes she cannot out-give God. Working with plants isn't work for her. It's a passion that's especially fulfilling when working with friends. In addition to our Garden Ministry, Caitlin has served on our Beautification Team where she's added her touch throughout the church. Last year she created the floral arrangements for our 46thAnniversary Gala.

In life, Caitlin is focused on getting better at living in the present and nurturing her relationship with God, family and friends. For fun she loves going to the beach with her husband Dave and dog Clementine, and cooking, especially with food from her edible garden.

Caitlin is shy, but wants to get to know more people at East Bay. Please say hello and introduce yourself!



HEALTH & WELLNESS MINISTRY

STAY READY

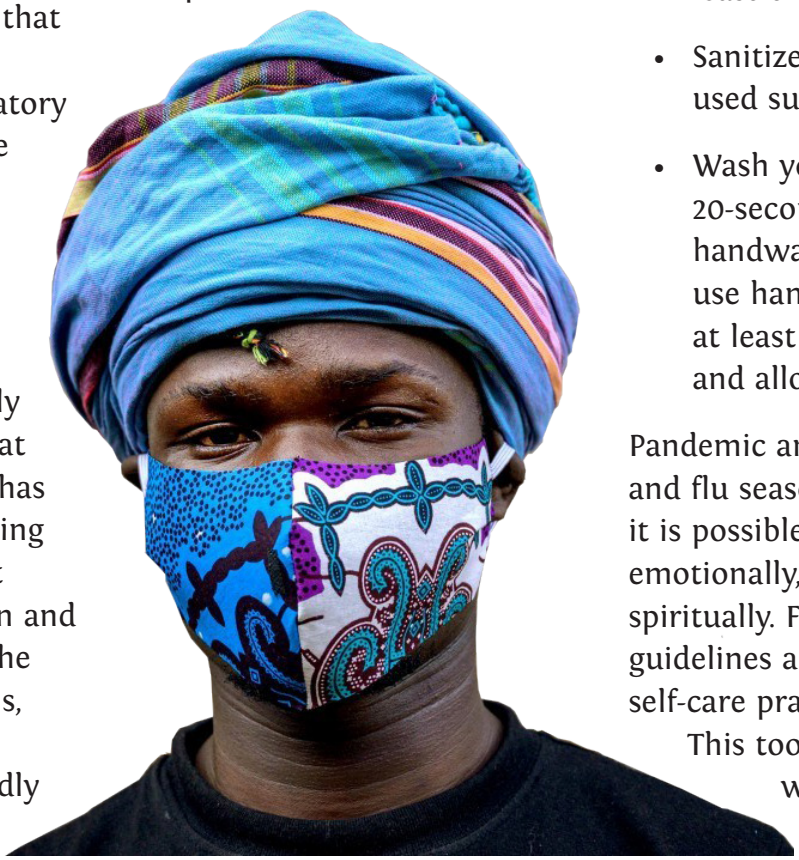
BY ZEE LEWIS

Fall is fast approaching and the world is, unfortunately, still grappling with COVID-19. Scientists are frantically racing to develop a safe effective vaccine. The USA leads the world in both confirmed cases and deaths. Alameda County and most of the Bay Area, are purple, considered to be at highest risk under the Governor's color-coded COVID-19 tracking system.

Fall's approach also means that the pandemic will soon be joined by a range of respiratory viral infections, namely, the common cold and flu, or influenza. Benjamin Singer, a pulmonary and critical care specialist, states that COVID-19 and influenza can also develop into deadly pneumonia. "The dual threat of influenza and COVID-19 has public health experts warning of a 'twindemic' effect that could sicken the population and overwhelm hospitals." Of the three respiratory conditions, the novel coronavirus or COVID-19 has far more deadly consequences, is more highly contagious and is the least understood.

Each year a new flu vaccine is developed because the flu virus constantly changes or mutates. According to the Centers for Disease Control (CDC), both flu and COVID-19 have similar symptoms: fever, cough, fatigue, body aches, headaches, and shortness of breath. The difference is one of degree. The common cold usually has relatively mild symptoms and lasts for a few days.

The CDC recommends that everyone over 6 months of age receive the flu vaccine. Exceptions are those who experience a severe flu reaction or have an egg allergy. Flu season ramps up in the fall and peaks between December and February. According to the World Health Organization (WHO), the influenza vaccine is safe, effective, widely available, and the principal treatment for preventing a flu epidemic.



We are still in the midst of the COVID-19 pandemic. This may be compounded by an imminent influenza epidemic. So, it is more important than ever that we continue to follow CDC guidelines:

- Wear a face mask or facial covering that shields your nose and mouth completely
- Avoid touching your face with unwashed hands,
- Avoid crowds whenever possible and maintain physical distancing of at least 6 ft
- Sanitize and disinfect often-used surfaces and do
- Wash your hands for at least 20-seconds frequently. If handwashing is unavailable, use hand sanitizer that has at least 60% Ethyl alcohol and allow it to air dry

Pandemic and looming cold and flu season notwithstanding, it is possible to stay healthy emotionally, physically, and spiritually. Follow these simple guidelines and continue your self-care practices. Stay positive. This too will pass and we will get through it together.

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 EBCR activities, click here.

"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

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

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?

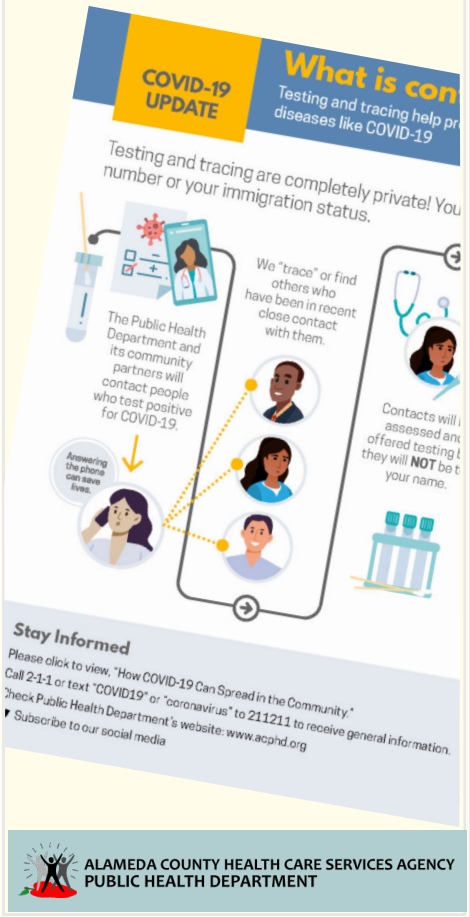
We look forward to the time when we can once again open our doors to our community members. We miss being together and look forward to seeing each other again. During the current time of sheltering in place, we have adjusted our staff and Sacred Seva resources to online offerings for Sunday services as well as meetings of weekly and monthly groups, all of which are listed above.

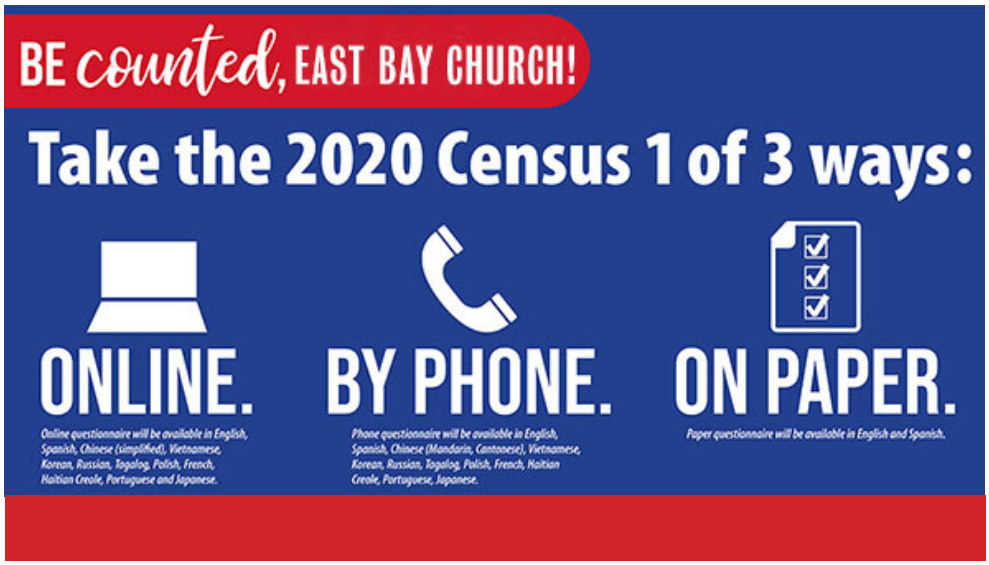
Our leadership along with the Health and Wellness Ministry are monitoring and assessing the situation regularly and will continue to update our

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.





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

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ebcrsonline@gmail.com

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