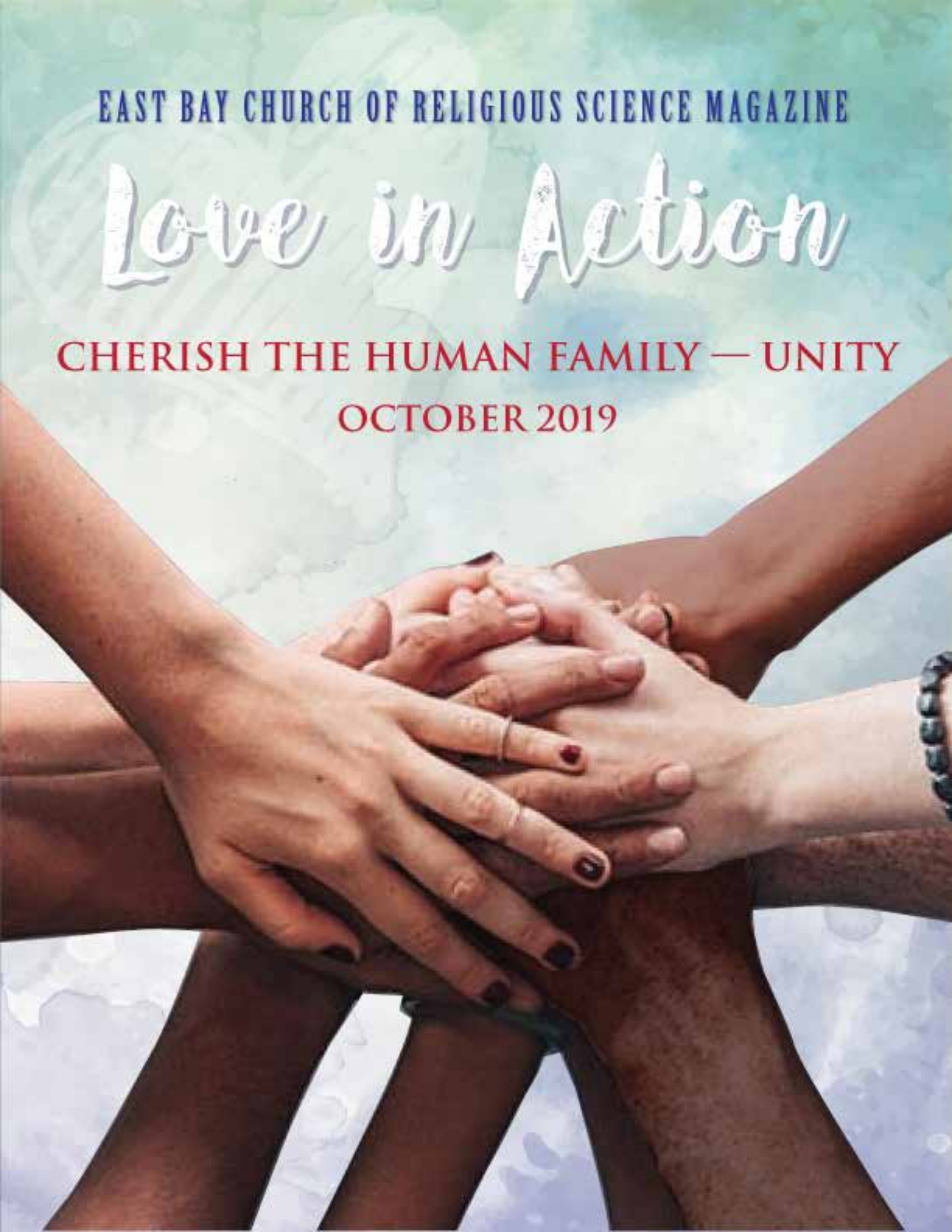
EAST BAY CHURCH OF RELIGIOUS SCIENCE MAGAZINE

Love in Action

CHERISH THE HUMAN FAMILY — UNITY

OCTOBER 2019



EAST BAY CHURCH OF RELIGIOUS SCIENCE

REV. CELESTE FRAZIER
SENIOR MINISTER

REV. ANTHONY JACKSON
ASSISTANT MINISTER

CHURCH OFFICE

4130 TELEGRAPH AVENUE

OAKLAND, CA 94609

OFFICE HOURS

TUESDAY THURSDAY 10AM–2PM

TELEPHONE: 510-420-1003

FAX: 510-420-1274

EMAIL: INFO@EBCRS.ORG

WWW.EBCRS.ORG

SUNDAY SERVICES

MEDITATION 10AM–10:30AM

WORSHIP SERVICE 10:30AM

YOUTH CHURCH AT 10:30AM

WEDNESDAY

HEALING &REVEALING

MEDITATION 6:30 PM

SERVICE 6:30 PM–7:30 PM

MID-DAY MEDITATION

12:30 PM–1 PM

TUESDAY–FRIDAY

WELCOME BACK LOVE IN ACTION!

We are very excited to bring back the Love in Action Newsletter (LIA) A lot has changed since our last issue. We are moving away from paper newsletters and excited to provide LIA in digital format. Of course, you are welcome to print from your home computer.

The intention of Love In Action is to provide our community not only with information about what's happening in our community but also allow you to share your special gifts, be through a poem, personal testimonies, upcoming events, services needed or offered.

Most importantly, we want to share the love connection with our East Bay Community. Everyone is invited to participate. If you are interested in getting involved with LIA, please email us at info@ebcrs.org.

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.

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS
Harriet Johnson & Lynne Daniels

LAYOUT/DESIGN
Constance Rose

Contributors: Rev. Celeste Frazier, Rev. Anthony Jackson, Rev. Gil Olmstead, Ona Afrae, RScP, Tonie Flores, Sherri Grier, RScP, Kuwaza Imara, RScP, Pamela Nash, Bliss Kenboya, RScP, Sydney Matterson, East Bay Practitioners, Maira Sura, RScP

Please submit articles, poems, or art work on the theme of "Gratitude" for the November Love in Action to ebcrsorg@gmail.com Next deadline: October 24, 2019

BOARD OF TRUSTEES

Rev. Celeste Frazier
Pat Baxter
Bathsheba Harambe, RScP
Kuwaza Imara, RScP
Robert Quintana Hopkins, RScP

President: Arleen King, RScP
Vice President: Harriet Johnson
Secretary: Precious Green

PHOTO CREDITS & GRATITUDE

Front Cover: Arleen King
Other photos: JJ Harris, Jim Dennis, Margaret Patterson & Love in Action Staff except where noted

CHERISH THE FAMILY

This month's theme is "Cherish the Human Family" and we are celebrating unity. What is a family anyway? It's people who share a commonality and seek to love each other without requiring us to be anything other than our authentic self. We have biological families, church families, chosen families and even work families. We choose to gather together with people who we like to be around and to enjoy the familiarity or the discovery of learning something new about each other. Unity is usually talked about within a certain group. The sentiment might be "we've got to stick together" or the occasion of a certain principle being celebrated during Kwanzaa makes us think about the oneness. But what about everyday unity?

Oneness, the book of the month for October 2019 is asking us to emerge in an awareness as the wholeness of Life. Since we each have the Essence within us, we are related. She asks us to explore this premise in many ways, but she starts with our true nature. We are here to reveal more of our essence.

This month, as we continue with the Nonviolent Communication class: *From Conflict to Connection* with Kiran Patel on Saturday mornings from 10am to 1pm, we get an opportunity to share what our needs are and find ways of communicating that meet these needs. Sometimes, we have to observe each other to see what and how we are showing up. Often, we have to be present with our feelings. And that gives us a way to recognize reactions and shift to an open heart. We have many opportunities to make requests and recognize when our hearts are blocked and be willing to open them.

But it can't just be those who are familiar to us that we are open to, because we don't grow without being willing to say yes to something new. Our energy field needs us to break the patterns so that we minimize unwanted outcomes. What if someone is promoting a different political party or religion? Can we be open to listening to what they have to say, or have we made up our minds before they utter a word? God, in Its Omniscience, has gifted us with multitudinous expressions of Life. And while we are now more awake to the other organisms around us like the trees, the ocean, animals, insects and the stars, we have life energies right in front of us every day that give us an opportunity to see ourselves and our life choices in new and fascinating ways!

Soon we will have the **Climate Reality Project FREE** Community Event on Saturday, October 12th so that we can get clear about the impacts on our planet and how to be better stewards of the earth and its inhabitants. While we find opportunities in green jobs, renewables and solar, we will also get an opportunity to consider our future generations and the impact that our current day choices have on one another.

It's all about emerging into greater loving. And even this Sunday when we move into exploring the quickening, we get to recognize the multi-dimensions that we are living, moving and having our beingness in as we navigate our journey of the soul. We have a charge greater than grasping the intellectual concepts, we have the capacity to develop the courage emerging and see ourselves from the level of the soul where Spirit is our focus, and everything that comes forth is able to be recognized as our greater good.

We get to move past distresses of health or wealth and move into an awareness of how God is revealing Itself through our own very voices. Grammy-winner Darlene Koldenhoven takes us on an adventure in healing through singing on Sunday, October 13th with her **Wellness Sound and Voice Workshop**! What a wonderful way to reveal

cont'd on page 4

Cherish the Family, cont'd from page 3

wholeness and your voice! She teaches you about improving your voice while eliminating stress. It's amazing with singing bowls, a crystal tuning fork and energy balancing! It's another way to pick up tools on healing Altzheimers, depression and dyslexia. There are so many adventures to be had as we come together!

The following weekend, on October 19th, from 11 am to 4 pm, we are to be blessed by Dr. Maisha Hazzard and Rev. Vionela Vaughn-Austin with the **Heart Centered Living** workshop that Saturday! Learning to live from heart intuitive intelligence is an exploration into intuition, that **IS** the Heart of Spirit. This is what we yearn for as spiritual beings! So this is sure to be an exciting day. Sign up now for it here: ebcrs.org/heart-centered-living/

And the following weekend, on October 25th and 26th is our **9th Annual Prayer Symposium**! What a blessing it is to be in the Season of Change. Transformation is our mission and it's happening right now! It is our nature to transform. You have to really work hard at staying the same, but no matter how hard you try to stay the same, it still doesn't work. You are going to change! It's part of the divine design! Join us as we welcome Rev. Dereca Blackmon and James Weeks as they guide and support us through various feelings of connection and renewal.

We continue to find ways to open up to becoming our greatest yet to be. How blessed we are to have such a loving community to do it, where we are safe, supported and successful! Enjoy this journey of oneness and cherishing one another. It is going on in the Oneness! 💙

Love and blessings,

Rev. Celeste

ABOVE THE BOARD

Arleen King, RScP President, Board of Trustees

Greetings East Bay Family:

On behalf of the Board of Trustees, I invite all active church members and community members to our Town Hall and Business meeting on **Sunday, November 3, 2019**. It will begin immediately following service with a luncheon provided by the Board of Trustees, and a plan to finish by 3:30 p.m. We hope you will be able to join us for a discussion of priorities for our ministry that will help determine the future of our congregation.

As we wind down another year, we have much to celebrate. As part of the Town Hall portion of the meeting, we will provide updates and results of decisions from our Summer Town Hall, we will take time to reflect on what it means to be the East Bay Church of Religious Science. What do we do well? What can we improve? What are the best uses of our time, our resources, and our finances?

As part of this conversation, we will present our strategic plan for growth and request your input and participation. Your feedback will help direct the work of the church and the Board to move forward together.

The Finance Trustees will also present a 2020 operating budget for review and discussion. Having a balanced and transparent budget is key to our fiscal planning and decision making.

We need you to participate in these important conversation and decisions, and we ask that you please plan to attend. 💙

In Gratitude,

Arleen

Arleen King, President, Board of Trustees

9TH ANNUAL PRAYER SYMPOSIUM FRIDAY - OCTOBER 25

PRAYER SYMPOSIUM CONCERT FEATURING REVEREND MICHELLE JORDAN

About Reverend Michelle Jordan

"The great books say, "in the beginning was the word". The word was significant because it was a sound that set a vibration in motion and brought forth creation. You create that kind of vibration in a room full of people and for only five minutes souls are united and there is a sense of Amen in the room."

~ Lamitsoi Jordan

Michelle Jordan is an extraordinary singer, musician, actress, storyteller and muse. She is also known for being a spiritual counselor, teacher, facilitator, and role model. She is known as Queen Michelle by those who have been touched by her strength, beauty, and depth of spirit.

Ms. Jordan has performed in theaters around the Bay Area including Theatreworks, A.C.T. and the Lorraine Hansberry Theater. She is a member of the performance ensemble WINGIT! and was a star in the hit musical Crowns, produced by Theatreworks in San Francisco.

Ms. Jordan's theatrical appearances include the Oakland Ensemble Theater Company's production of *Ain't Misbehavin*, the San Francisco production of *Cole*, TheatreWorks productions of *Hi Hat Hattie*, *Go Down Garvey* and *Dreamgirls*, for which she won a Critic's Circle Award for her portrayal of the character Effie.

Ms. Jordan takes the love for theater to the community of CSLSJ as the Minister of Music. Since 2013 she has lead the music ministry and the Global Heart Choir. The music ministry aligns with the leadership to impact the lives of those that come to worship. We welcome desire to serve. Encouraging them to make their contribution. This impact whether great or small is the foundation of the relationship of ONENESS. Within the individual, the community we do commit to self-introspection to examine our individual thoughts utilize the power of sound to shift our response and it's out-picturing in the world.

9TH ANNUAL PRAYER SYMPOSIUM SATURDAY - OCTOBER 26

ALL-DAY EVENT FEATURING GUEST SPEAKERS REV. DERECA BLACKMON AND JAMES WEEKS AND MUSICAL INSPIRATION FEATURING VANESSA WYNN, MUSICAL DIRECTOR

About Reverend Dereca Blackmon

Rev. Dereca Blackmon is a spiritual activist with over 25 years experience supporting communities in radical healing. She has a distinguished history of leadership and service in local and national organizing efforts on subjects as diverse as ethnic studies and police accountability. She currently serves as the Assistant Vice Provost and Executive Director of the Diversity

cont'd on page 6

CIRCLES OF CHANGE
A CHANGE MANAGEMENT CONSULTANCY

ROBERT QUINTANA HOPKINS
ORGANIZATIONAL DEVELOPMENT CONSULTANT
T. (510) 207-6658
F. (510) 373-6443
E. ROBERT@CIRCLESOFCHANGE.US.COM

9th Annual Prayer Symposium, cont'd from page 5

and First Generation Office at Stanford University where she has introduced groundbreaking work on authentic engagement, intergroup dialogue, and first-generation and low-income student support services to over 15,000 students, staff, faculty and alumni.

Rev. Blackmon co-led the effort to organize the Bay Area community response to the murder of Oscar Grant III. After mobilizing thousands of protestors and holding countless meetings and rallies she began to question the strategy of organizing "against" rather than "for." She entered ministerial school and has never looked back, becoming one of the nation's leading speakers on spiritual activism to packed audiences nationwide.

She served as a nonprofit leader for 20 years, and has raised over $5 million dollars for urban youth. As a member of the Braintrust of Susan L. Taylor's A New Way Forward Initiative she helped design their healing and mentoring work in Oakland, Chicago and Detroit. Her awards and recognitions include commendations from Congresswoman Barbara Lee (D-CA), The County of Alameda Distinguished Citizen's Award as well as *Essence Magazine*.

She is the CEO and co-founder of Inclusion Design Group, which employs experiential training models that cut through "diversity fatigue" and allow participants to engage in deep, authentic and meaningful dialogues. For over 25 years, she has consulted with a wide variety of corporate, educational, nonprofit and community-based groups to facilitate "uncommon conversations" on issues of race, gender, class and social justice. Recent clients include Harvard University's Kennedy School of Public Policy, Chevron, Bain, SAP and LinkedIn, among many others.

James Weeks

James Weeks is an Oakland-based, Caribbean-raised writer, healer, and priest in the Yoruba tradition known as Ifa. In the early 2000s, a family crisis brought this father of three to his knees and to a babalawo (Ifa priest) then visiting the Bay Area. What James learned took him and his son on a journey to the sacred city of Ile-Ife in Nigeria, where he was initiated into the priesthood.

So deep was James's immersion into the healing Yoruba traditions, that he also began developing a script for a documentary film about Ifa's affect on his family, as well as its global influence, called Across the King's River. Then came his daily Facebook blog.

James's insights, inspirations, updates, and occasional trailers resonated with readers and soon, audiences from around the world began to write back in record numbers. One reply at a time, James cultivated friendships, clients, and a fanbase among readers right here in Olympia and across the United States and Canada, South America and the Caribbean, and East, West and South Africa, too. Fans in the United Kingdom, Europe, India, New Zealand, and Qatar sought him out as well.

Now in book form for the first time, – using wit, insight, warmth, and humor – James Weeks's book, *Meditations Across the King's River*, offers the hope and wisdom needed to sustain readers on their life's path.

About Vanessa Wynn

Vanessa Wynn began her musical training as a classical pianist in St.Louis, Missouri. She attended Harris Stowe State College, where she was the pianist for the concert choir and an active member of the music department.

During her five years of active duty in the US ARMY, Vanessa toured as a vocalist and pianist for the USO Gospel Ensemble in Europe. This ensemble was honored to be the opening act for Bebe and Cece Winans as well as other European artists.

After moving to California in 1992, Vanessa served as Musical Director in several churches in the Bay Area. She has been a member of the Music Ministry at East Bay Church of Religious Science since 1995. Vanessa currently serves as the Musical Director at East Bay. She is a highly sought after vocalist and she performs at special events and weddings around the Bay Area.

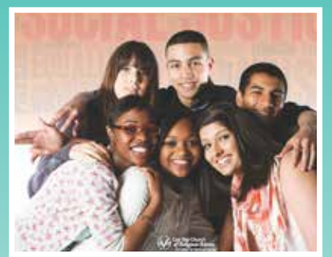
Vanessa believes that music is not only entertaining but it is transforming, healing, and simply magical. 💙

DON'T HOLD ON TO A PROBLEM, SPEAK WITH A LICENSED PRACTITIONER

A licensed Religious Science Practitioner has been trained to assist individuals by using the art and skill of spiritual mind treatment. Spiritual Mind Treatment, often known as "affirmative prayer," is a practical tool we use to make conscious and constructive life changes. A prayer treatment is a declarative statement of faith and conviction, an absolute knowledge of the Truth, which calls forth a specific desire into manifestation.

A Practitioner practices, demonstrates and lives Spiritual Truth, and has the training to assist in helping you transcend any challenges you may be facing. East Bay Church of Religious Science Licensed Practitioners are easily recognizable by their purple stoles. A complete list of our Licensed Practitioners can be found here on our website. 💙

JOIN US AT EAST BAY'S YOUNG ADULTS MEET UP!



As a group, the Young Adult Ministry has been holding space and building community for almost a year now. We have forged new friendships, created shared memories, and supported each other through periods of growth and transformation. Our goal is to continue to grow and support the young adult community here at East Bay Church of Religious Science.

Join us every 2nd Sunday from 1-3pm in the Youth Lounge behind the sanctuary; light refreshments will be served.

If you have any questions, feel free to reach out to Sydney Matterson at SydneyPaigeCreates@gmail.com.

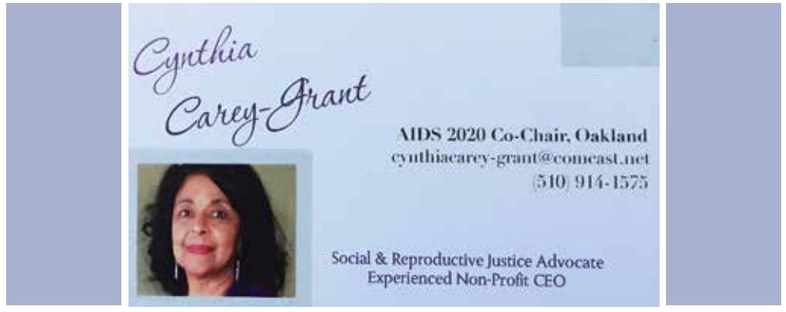
MEMBER SPOTLIGHT

The newest member of the EBCRS practitioner corps, Maira Sura, was licensed at the annual CSL Latin America retreat in Chapala, Mexico in August 2019. Maira started her Spanish language CSL certificated courses here at EBCRS with Foundations – Spanish, taught by Alfredo Rivera. She continued her prerequisite studies online with Miguel Zulueta before embarking on professional practitioner studies with Rev. Rebeka Pena, all the while attending EBCRS.

A native of El Salvador, Maira immigrated to California during the Salvadoran civil war in the 1980s. She first lived with her sister, who had preceded her to the US by a couple of years. Their parents remain in El Salvador. Maira studied business and cosmetology before launching a series of business – jewelry sales, nutritional supplements, cosmetology, and janitorial services. Most recently Maira has dedicated herself to the study of Science of Mind. Maira has one adult daughter.

Maira has always felt welcomed here at EBCRS. She never felt like an outsider because she is Latina. "Science of Mind changed my way of thinking," says Maira. "It fed something that I was hungry for. It opened my life to infinite possibilities to change my life."

As a licensed practitioner here at EBCRS, Maira looks forward to working with the Latinx community by teaching the basics of Science of Mind through classes and workshops. Right now Maira feels that she can go deeper in her native language. "It feels warm and cozy," she says. Maira intends to be a resource for infinite possibilities to our greater community. Like our teaching, she is open at the top.



COMMUNITY OUTREACH

Ona Afrae, RScP

A CALL TO ACTION

A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!"

The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, "Well, I made a difference to that one!"

~ Adapted from *The Star Thrower* by Loren C. Eiseley

Sisters and Brothers we are currently in a storm. It may not look like the natural disasters we've experienced around the country in the recent years: fires, floods, and hurricanes; but the people in our cities are struggling just the same.

Homelessness in Northern California is at an all-time high. Not only are the numbers of tents and sheds growing, but so are the numbers of fatalities on our own neighborhood streets. Over the last two years there has been a 47% increase of homelessness in Oakland alone. As of January 2019, the city of Oakland hosts 4071 homeless souls, with only 861 being in shelters.

So far, in 2019, over 60 people have died in homeless encampments or on our Bay Area streets. For me, this is unacceptable. I am disturbed and outraged that in an area which overflows with prosperity and abundance, we appear to have such disregard for the people who are "living out loud" on the streets right in front of us.

Our Beloved Emerita Minister, Rev Elouise Oliver would always say "If you can see the problem, it is yours to do". I don't know how to solve the challenge of homelessness, but I do know that people are in need. What I do know is that people in heat need water and things to shade them – like tarps. People in the rain need things to keep them dry – like ponchos and heavy-duty bags. People who are hungry need food. And when it is cold outside, people need blankets.

Currently, The Community Outreach Program provides bags of snacks, toiletries and tent supplies. We provide water when it's hot and blankets when it's cold. We will continue to do this as long as there is a need. Please see the portion of this posting entitled "Upcoming Events" to see how you can be a part of the love we are pouring out into the East Bay Community.

Just like the little girl throwing starfish back into the ocean, we will continue to outreach our arms out into the East Bay Community until the world around us changes, one person at a time!

In response to the growing number of homeless souls in Oakland, we are excited to announce that we will be co-hosting an "Unhoused Persons Support Group". This group will provide resources, counseling and direct referrals to programs which will focus on stable housing, medical assistance, and rehabilitation and mental health services for those who need it.

This winter, in December we will host a "Village of Love" in our church parking lot. In partnership with Temescal Telegraph Business Improvement District, Lava Mae and a few other nonprofit organizations, we will take a day to provide needed services to the unhoused population in our community.

cont'd on page 10

Community Outreach, cont'd from page 9

In addition to our homeless outreach, we will continue providing the fall services we have been committed to over the past 10 years.

UPCOMING EVENTS:

10/13 -11/15:
HOLIDAY FOOD CARD DRIVE
(Laney Care/EOPS Students)

11/15 - 12/15:
HOLIDAY ADOPTION
(Laney, CASA, Shelters)

11/17, 1-3pm
"FEED THE HOMELESS" EVENT
(Oakland, Emeryville)

11/28, 10-1pm:
THANKSGIVING BRUNCH
(EBCRS Church)

12/15 - 2/15:
BLANKET & SUPPLY DRIVE
(Encampments & Shelters)

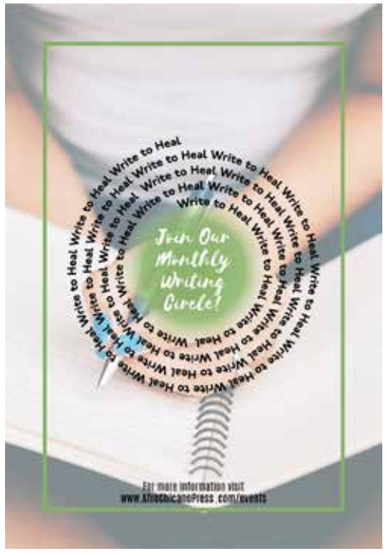
If you would like to support these efforts, please donate to Community Outreach or donate your time. **For more information contact Ona Afrae, RScP by phone or text at 510.472.6932**.

May Peace Be With You!

COMMUNITY PARTNERS

TEMESCAL TELEGRAPH
BUSINESS IMPROVEMENT DISTRICT

LANEY COLLEGE



HEALTH AND WELLNESS MINISTRY

"embrace your health"

Kuwaza Imara, RScP
Health and Wellness Ministry

For this month, October, there are many health observations to alert all persons to the importance of health – emotional and mental as well as physical.

This month is **National Dental Hygiene Month**. So this is a reminder to have those regular dental check-ups as part of the over-all health maintenance program.

This month is also **Eye Injury Prevention Month** and **Home Eye Safety Month**. With students back in school and more activities around the home, it is important to be aware of potential accidents that can cause injury to one's eyes.

October is also **Breast Cancer Awareness Month**, reminding us of the ongoing need for prevention of breast and ovarian cancer.

October is also **National Bullying Prevention Month**. With students returning to school and with the national discourse of politics affecting how people are socially interacting, it is more important that incidents of bullying, whether based on ethnic origin, perceived sexual orientation or identity, skin color or religion be identified, discouraged and that those who may feel bullied have some sort of support and information on how to best handle the bullying situation.

October also has **Mental Health Awareness Week** (October 6-12) and **World Mental Health Day** (October 10). Mental Illness Awareness Week (MIAW) doesn't just help educate the public about the truths and myths surrounding mental illness… or what the warning signs of suicide are… or how the cruel sting of stigma keeps many from getting the treatment that can be life-changing; MIAW also promotes resources for those who are struggling with mental illness or love someone with a disorder.

October is also **Domestic Violence Awareness Month**. This month is a time in which there is focus on the prevalence of domestic violence both domestically as well as internationally. Domestically, 1 in 4 women and 1 in 7 men will experience domestic violence by an intimate partner in their life. Intimate partner violence accounts for 15% of all violent crime in the United States. Chances that a girl of high school age in the United States experiences violence in a dating relationship is one in three.

Domestic violence happens in all socio-economic groups, among all ethnicities, and in nearly all social settings, from very liberal to ultra-conservative and religious.

As an open and caring center, we have a duty to address this, "saying something when we see something." We can be verbal when we see another person being assaulted. We can give support to a person who was assaulted, to report the incidence. We can also report to the authorities in our organizations if we observe or suspect sexual abuse in our organizations.

We encourage you to engage in the awareness activities during the month of October.

Thank you,

The Health and Wellness Ministry

YOUTH AND FAMILY

Parents and volunteers have been creating spaces for spiritual growth and community for children and youth at EBCRS for many years. Practitioners, ministers, leaders, and volunteers have flowed in and out of the program bringing unique gifts and vision for this vital ministry. Children have grown into youth, then young adults, then adults, and even parents supported by a foundation laid in the Youth and Family Ministry at EBCRS.

At this moment, we can be grateful for all the love and energy that has been poured into this ministry. And while we hold and honor the vision that has brought us here, we have the opportunity to witness Spirit's vision continue to expand and unfold as we look forward.

Sherri and Rev Gil are here to help facilitate teamwork, support parents and volunteers, and celebrate growth in our children and each other!

It takes all of us! As Spiritual Community, we are all Family. We are honored to join with you as "family" as we serve children, youth, and each other in this vibrant ministry.

ABOUT REV GIL

Rev. Gil William Olmstead has been working with kids and parents for many years. He has been serving in the spiritual community for most of his life. Growing up United Methodist, he attended "Sunday School," was a leader in youth group, attended and led camps, participated in church leadership on local and regional levels, and served in multiple ministry positions. About 20 years ago he came to New Thought, becoming a Practitioner in 2004 and graduating from ministerial school in 2008. He volunteered in the Youth and Family Ministry at Agape, developed and facilitated parenting programs, and has served in ministry at Oakland Center for Spiritual Living, through his own ministry, Live Inspired, and currently serves as a leader with BANTER (Bay Area New Thought Evolving and Rising.)

Gil and his wife, Robyn Rice Olmstead RScP, ALSP, enjoy facilitating workshops and retreats and creating together. They have three adult children and will soon be grandparents. They live with their God-Sister and Godsons, along with one cat and one dog in Oakland.

ABOUT SHERRI

Sherri L. Grier is a Licensed Professional Practitioner with over 20 years of experience in the Youth and Family Ministry, facilitating successful youth groups here at the East Bay Church of Religious Science.

During part of these years, she served as Youth and Family Ministry Director. Sherri also Facilitates the Women's Loving Heart Empowerment Circle and has taught several Science of Mind Classes.

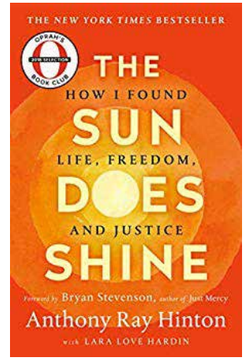
Sherri currently works as a Director of an After-School Program for girls in San Francisco. She recruits and successfully enrolls participants. She builds trusting relationships with the families and communities.

Sherri is very knowledgeable in teaching, building and managing structured programs. Sherri has facilitated several girl groups in the San Francisco Unified School District. Sherri is an amazing spiritual coach, a powerful speaker, an inspirational writer, and an asset to any community.

Sherri's motto is "Live Life like it's Golden. Love like you've never been hurt... and Forgive, Forgive, Forgive!"

BEACON OF LIGHT MINISTRY

The Beacon of light prison ministry continues to meet on the second and fourth Wednesday of each month. We meet at 4pm. For additional information, please do not hesitate to contact Rev. Anthony Jackson, 510.381.4343.



It should be noted that during the month of September, we had the privilege of attending a lecture at the Science of Mind Church in Santa Rosa, by Anthony Ray Hinton. Mr. Hinton is an individual who served 35 years incarcerated for a crime that he did not commit for which he was finally adjudicated. He is also the author of the book, *The Sun Does Shine* which was part of **Oprah's Book Club** selections. I suggest that this book be purchased and read. It is full of telling information about the criminal justice system.

The Beacon of Light prison ministry is also reviewing the YouTube film, entitled *When They See Us*. All are welcome.

Blessings, Rev. Anthony

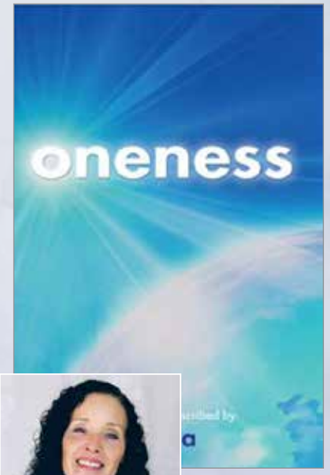
Ananda "Bliss" Kenboya is a certified professional coach, a licensed practitioner with God At P.L.A.Y, and part of the extended family of East Bay Church. Bliss began her conscious journey of wellness after being told she was destined to live a life of illness and hypertension, diabetes, and obesity was certain and hereditary. Instead of buying into the story of the disease she decided to take matters into her own hands and challenge that belief and live a better healthier life. Recognizing true healing is an inside job Bliss uses her practitioner skill, sound healing, and healthy eating and moving as some of the primary tools on her journey of conscious living. Along the path of wellness, Bliss has become an author, sought after sound healer, nutrition advocate, health educator/ coach, private chef, and vegan. Bliss will be one of our featured contributors focusing on healthy eating and living healthy. There will be opportunities to ask questions and receive responses the following month.

BETWEEN THE LINES BOOKSTORE

OUR MISSION

Between the Lines Bookstore is a ministry dedicated to providing the community with a consistent source of current and classic spiritual reading material. To the best of the abilities of those serving on staff, the bookstore is here to educate, serve, and support the teachings of the Science of Mind.

Our Book of the Month for October is *Oneness* By Rasha.



Rasha

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

WOMEN'S LOVING HEART EMPOWERMENT CIRCLE

As we continue to provide a space for women from all walks of life to gather, support each other and heal we know that healing begins with forgiveness of self before others. We remind ourselves that healing comes in many ways and sometimes it feels like a warm garment embracing us.

As we practice forgiveness, (of the self and others) we are reminded it is like weaving a beautiful healing clothe. The straight lines indicate a belief that all is forgiven with absolute conviction. The actual preparation embraces prayer and absolute assuredness. We must be certain that all weave patterns are aligned with a willing mindset and all the colors of past understanding are replaced with warm and vivid healing colors. The garment is made of compassion, peace, joy, and a willingness to move beyond the past. The present garment releases a Divine experience, and we recognize all is well with the Soul.

Our Motto: In Oneness, we support and empower all women in life. We know, their empowerment is our empowerment and when women support each other, incredible things happen.

We welcome all women.

In Love and Peace,

Sherri L. Grier RScP and Pamela Nash

STAY CONNECTED WITH EAST BAY

Members and friends, please let us know if you have moved. Please use our New Member Portal to update your contact information. In addition to updating your contact information, you can sign up for events, give us your birthdate, see your private giving history and set up online giving all from your private online profile.

HEALING REVEALING WEDNESDAYS

OCTOBER 9, 2019

FEATURING TRACY BROWN

About Tracy Brown: Your Voice and Guide for Inclusion

Tracy Brown is a nationally recognized expert and author whose clients rely on her advice about leadership development, diversity strategy and employee engagement. Her company, intentional inclusion inc, has provided training to more than 400,000 people and she has been recognized twice for Innovation in Diversity by the Celebrate Diversity Awards sponsored by Ernst & Young.

Tracy is an accomplished speaker and author of 12 books who is known for her ability to engage people in sensitive conversations. Her interactive presentation style is engaging and encourages participants to take personal responsibility for making change in their lives and in their organizations. She has produced or hosted six different internet radio programs since 2006 and has been featured in *Texas Business Monthly, Dallas CEO, HR Magazine, Money Magazine* and many other publications.

In addition to her business experience, Tracy has served as a board or advisory council member for more than a dozen professional associations or nonprofit organizations. She co-founded Dallas Dinner Table (Healing Race Relations One Dinner at a Time) and co-designed The Certificate in Nonprofit Leadership curriculum sponsored by Southern Methodist University and The Center for Nonprofit Management. Tracy currently serves as the Chair of the governing body for Centers for Spiritual Living worldwide.

BACK TO SCHOOL – SUCCESS IN SCHOOL

Prepared by Linda Jolivet, Librarian, Literacy Tutor and Early Literacy Specialist

Reading with children is one way to help them succeed in school. Reading is the foundation for many subjects. Reading also helps children increase their vocabulary, improve writing skills, analytical skills, spoken language, and improve comprehension.

Get books at the library, or book stores. Suggest that friends and relative give books for birthday and holiday presents.

Here are some suggestions for the following grade levels:

PRE-SCHOOL TO KINDERGARTEN

Share books focused on the alphabet and colorful photos and illustrations. Select books with few words and mostly pictures. Children can enjoy the pictures and "talk" through the book. Repeat the words or letters several times. Have your child imitate you. It's best to limit the number of words. You can also read the same book again and focus on letter sounds. Have your child practice beginning letter sounds. Rhyming books are great at this age. Some books can be above their level – that you read to them. Ask them questions about the pictures.

Select stories for bedtime reading. Try to find stories with diverse characters. It's important for children of Color to see characters that resemble them. (Read the book first. Some books still have stereotypes and negative messages – even if you get them from the library). Include non-fiction books as well. Look for books about animals, equipment and machines, nature, plants, etc. These are for girls and boys! Before reading, show the front and back of the book. State the title and what it is about.

Aside from educational benefits, reading with children allows time for closeness. Make this a special activity that tells the child they are important! This is the one time they can get your undivided attention, and they are the important person in the activity!

Here are some Common Core Standards for Kindergarten Literacy corestandards.org
These standards represent what children should be taught and what they should master at specific grade levels.

ELA-LITERACY/RL/K/

Key Ideas and Details:

CCSS.ELA-Literacy.RL.K.1
With prompting and support, ask and answer questions about key details in a text.

CCSS.ELA-Literacy.RL.K.2
With prompting and support, retell familiar stories, including key details.

CCSS.ELA-Literacy.RL.K.3
With prompting and support, identify characters, settings, and major events in a story.

Craft and Structure:

CCSS.ELA-Literacy.RL.K.4
Ask and answer questions about unknown words in a text.

CCSS.ELA-Literacy.RL.K.5
Recognize common types of texts (e.g., storybooks, poems).

CCSS.ELA-Literacy.RL.K.6
With prompting and support, name the author and illustrator of a story and define the role of each in telling the story.

Integration of Knowledge and Ideas:

CCSS.ELA-Literacy.RL.K.7
With prompting and support, describe the relationship between illustrations and the story in which they appear (e.g., what moment in a story an illustration depicts)

FIRST –THIRD GRADES

Beginning with first grade, students begin to understand the structure of stories. They learn that there are characters, settings, themes, and solutions to problems. The structure of the story, and different types of stories, such as fables, fairy tales, legends, and myths, is important. Riddles and jokes can be introduced at these levels. Biographies can be introduced at these grade levels. Letter-sound association and oral reading with fluency is the goal by third grade. Predicting outcomes, and asking and answering question about the plot are activities to engage in with your child.

READ ABOUT THE COMMON CORE STANDARDS FOR FIRST – THIRD GRADE.

corestandards.org
These standards represent what children should be taught and what they should master at specific grade levels.

Additional Helpful Websites

First5California.com
This site includes free downloadable ebooks

Leapfrog.com
›Learning Path › Articles

GreatSchools.org
› Home › Articles

Seeds-Learning.com

The National Research Council asserts that "academic success, as defined by high school graduation, can be predicted with reasonable accuracy by knowing someone's reading skill at the end of third grade. A person who is not at least a modestly skilled reader by that time is unlikely to graduate from high school."

Read and download a copy of the report: *Early Warning! Why Reading By the End of Third Grade Matters*.

FALL BEAUTIFICATION DAY AT EAST BAY

Help keep our East Bay campus looking lovely! Sacred Seva Teams needed for inside and outside cleaning and beautification. Come prepared with work clothes, aprons and gloves. Supplies will be provided. **Join us between 9am and 2pm, Saturday, November 2nd 2019.**

Al Gore's* Climate Reality Project® Community Event

presentation by

Grammy Winner

Darlene Koldenhoven

Speaker & Performer

Free
All Invited
Lite-Snacks

Saturday
October 12
7:00 - 8:30pm

Hosted by East Bay Church of Religious Science

Join us for an informative and entertaining climate presentation with Grammy Winner Darlene Koldenhoven, personally trained & certified by former Vice President Al Gore as a Climate Reality Leader. First, we will open our senses to appreciate the beauty of our Earth through moving music videos, personal stories, and a short performance by Darlene from her multi-award-winning album for peace and planet, "Color Me Home," followed by her official Climate Reality Project slide-show presentation and closing with Q & A. You will see the latest amazing images and learn about: how the climate crisis is impacting our planet locally & around the world, how we can be good stewards of the earth & its inhabitants, what solutions we now have, and finding opportunities in green jobs, renewables, solar. For the sake of yourself, your family & future generations, we urge you to take part in this special event for Earth and everyone! First-come seating. Doors open at 6:30pm for viewing of Darlene's award-winning music videos featuring our planet home. After the presentation, connect with your local Climate Reality Leaders, enjoy social time and snacks. The action you take today could save tomorrow! See you there!

Darlene has a GRAMMY & 3 Nominations, 4 #1 albums and is the first inductee into the Indie Music Hall of Fame. She is known worldwide as the featured soprano soloist in "Yanni, Live at the Acropolis" and as the tambourine-waving choir nun, music director and production vocal coach in both "Sister Act" films with Whoopi Goldberg. More at DarleneKoldenhoven.com. Also, on Sunday, same location, is Darlene's Wellness with Music Workshop at 1pm $25 & singing at the 10:30am service.

*The former Vice President will not be in attendance.

LOCATION: MAIN ROOM AT
4130 TELEGRAPH AVE.
OAKLAND, CA 94609

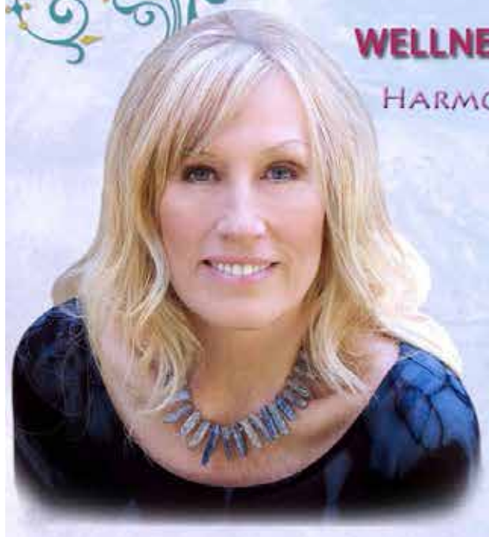
East Bay Church
of Religious Science
A Center for Spiritual Living

Grammy Winner
DARLENE
KOLDENHOVEN

The Voice of Angels
–Russ Davis, Sirius Radio

WELLNESS With SOUND & VOICE WORKSHOP

HARMONIZE YOUR MIND, BODY, SPIRIT & LIFE



Improve your health and your voice, eliminate stress and stay well by activating the healing power of music in Darlene's inspiring, educational and fun "adventure" with sonic energy. Learn how to use the four basic elements for healing with music – sonic vibration, frequency, resonance and intention, for your own self-healing and helping others. Experience sound healing methods from ancients to modern medicine. Emerge with a stronger ear-voice-body connection; enhanced breathing; a freer, more confident voice; restored, enriched, balanced life energy and enjoyable wellness habits for a healthly lifestyle using the many benefits of music.

What to Expect . . .

- 40 Minute Focus on the Voice: Improving Vocal Quality, Deep Breathing, & the Many Benefits of Singing
- Feel the Healing Vibration of a 2ft. Quartz Crystal Tuning Fork & Singing Bowls
- Experience Toning, Rhythmic Entrainment, Energy Balancing
- Tips & Info on in-home Sonic Therapy Program for Altzheimers, Depression, Dyslexia, ADD, PTSD . . .
- Music for Energizing, Relaxing and Enhancing Your Everyday Life
- Discovery of Your Own Representational Systems and How to Use Them to Improve Your Life

Sunday • October 13 • 1-3:30pm • $25

East Bay Church
of Religious Science
A Center for Spiritual Living
4130 Telegraph Ave, Oakland, CA 94609

MINI BIO: Darlene has a Grammy award & 3 nominations, a Masters Degree in Voice and Bachelors in Music Education. She is a Vocalist, Credentialed Sonic Therapist, Composer, Songwriter, Speaker, Credentialed Educator, & Author of *Tune Your Voice: Singing and Your Mind's Musical Ear* (Book w/7CDs) endorsed by Juilliard, Berklee, NYU & more. Darlene has presented workshops worldwide on the voice and vibrational healing, has been asked to be an "expert in the field" speaker at many conferences, as well as writing magazine articles on the subject . She recently went 3 times to India to perform in concerts, videos & workshops with UN Ambassador for Peace, Grammy Winner Ricky Kej. She is the featured soloist in *Yanni, Live at the Acropolis* seen by over 1.5 Billion viewers worldwide, and production vocal coach/music director and tambourine-waving choir nun in both Sister Act films with Whoopi Goldberg. More info at Darlene's websites: WellnessVoiceWorkshop.com, ListeningMatrix.com and:

DarleneKoldenhoven.com • EBCRS.org

HAPPY BIRTHDAY!

- Champion Fleming, October 06
- Rev. Celeste Frazier, October 07
- Kathleen Marte, October 07
- Kathryn Moore, October 08
- Kwame Nitoto-Oliver, October 08
- 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

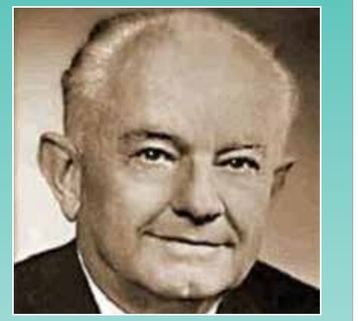
If you don't see your birthday listed, please let us know by using one of the three options below.

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 EBCRS activities, click here or go to:

www.ebcrs.org/calendar

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

GUIDELINES FOR LOVE IN ACTION SUBMISSIONS

We are glad for the interest in contributing to the *Love In Action* (LIA) newsletter and appreciate the response. Publishing the LIA monthly is a big undertaking and we're grateful for the team behind the scenes helping to pull everything together. To promote clarity and consistency throughout the newsletter, we ask that you follow the simple guidelines below.

SUBMITTING ARTICLES

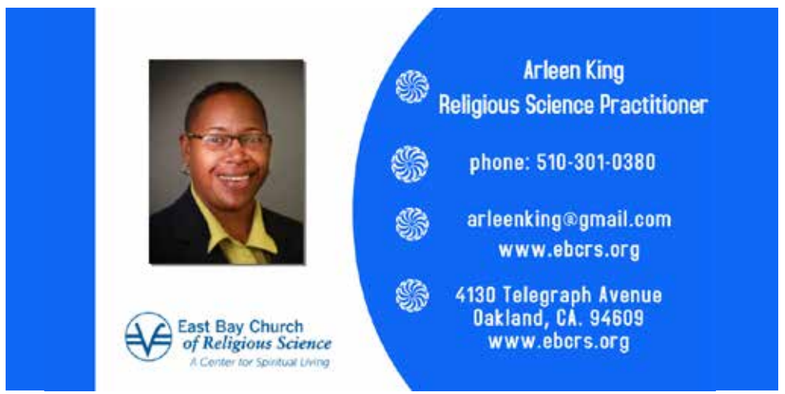
It is preferred that articles for Love In Action be submitted to the Church team by email to ebcrsorg@gmail.com. If submitted by email, your text can either be attached as a Microsoft Word document (the preferred method) or set out in the body of the email.

To minimize reformatting in the desktop publishing program used to produce *Love in Action:*

- Single-space your article, single-space between paragraphs, no tab indent
- Use only one space after periods before the next sentence
- Spell check and grammar check
- Use Times New Roman or Times Roman Font

DEADLINE

Articles are due by the third Monday of Each Month.



ARTICLE LENGTH

Articles should be as short as possible consistent with conveying the necessary information.

A general guideline is that articles should be no longer than 75 to 200 words (use the word count feature in Microsoft Word to determine how long your article is).

The minister's and president's columns are exceptions to this guideline, those articles may be up to 650 words.

EDITING PERMISSION

When you submit an article, you agree to allow editing for clarity and conformity with these guidelines, as well as shortening if necessary to fit the space available.

PHOTOGRAPHS AND GRAPHICS

Photographs and graphics to accompany your article must be submitted in electronic format and must be at least 1mb. Photos can be sent via email to ebcrsorg@gmail.com. Space constraints may prevent the use of submitted photographs and graphics.

Following these guidelines will ensure that the LIA newsletter is delivered on time and shares information that is relevant to our community.

Thank you,

The Love in Action Team

WORKOUT SPOT

OCTOBER CLASSES!

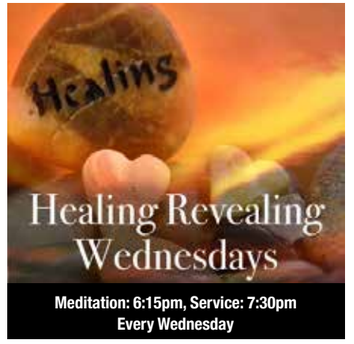
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:30pm Pilates n' Stretch	7am (every other week) Twerk Tabata	6:30pm Happy Hour Yoga	12pm Barre Fit
	12pm Sweat n' Tone		

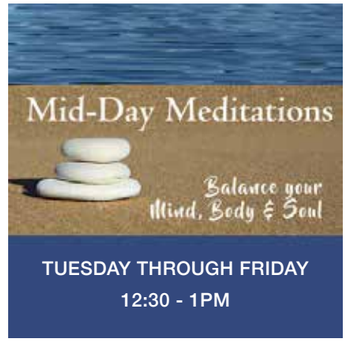
All Classes are one hour long

Sign up in studio:
4124 Telegraph Avenue
Oakland, CA 94609
or at
workoutspotoakland.com

Prices:
$25 Drop-in, $100 for 5,
$150 for 10, $120 month unlimited
New Student Special:
$40 for 3 classes!
Call/text Tamar for
Personal Training Inquiries
510.912.4152

ONGOING PROGRAMS





JOIN OUR COMMUNITY TOWNHALL

Light refreshments will be served

THE BOARD OF TRUSTEES INVITE YOU TO OUR FALL TOWNHALL

Date: November 3, 2019

Time: 1:00PM - 2:30PM

Where: East Bay Sanctuary

During the TownHall

- You will ***receive*** an update on the current business affairs of the church.
- We ***request*** your active participation in our 2020 planning.
- Together we will ***reaffirm*** our greatness as a community.

– EVERYONE WELCOME TO ATTEND –

East Bay Church
of Religious Science
A Center for Spiritual Living

CONTACT CHURCH OFFICE FOR MORE INFO
TEL: 510.420.1003 | E: ebcrsorg@gmail.com
4130 Telegraph Ave. Oakland, CA 94609 | www.ebcrs.org