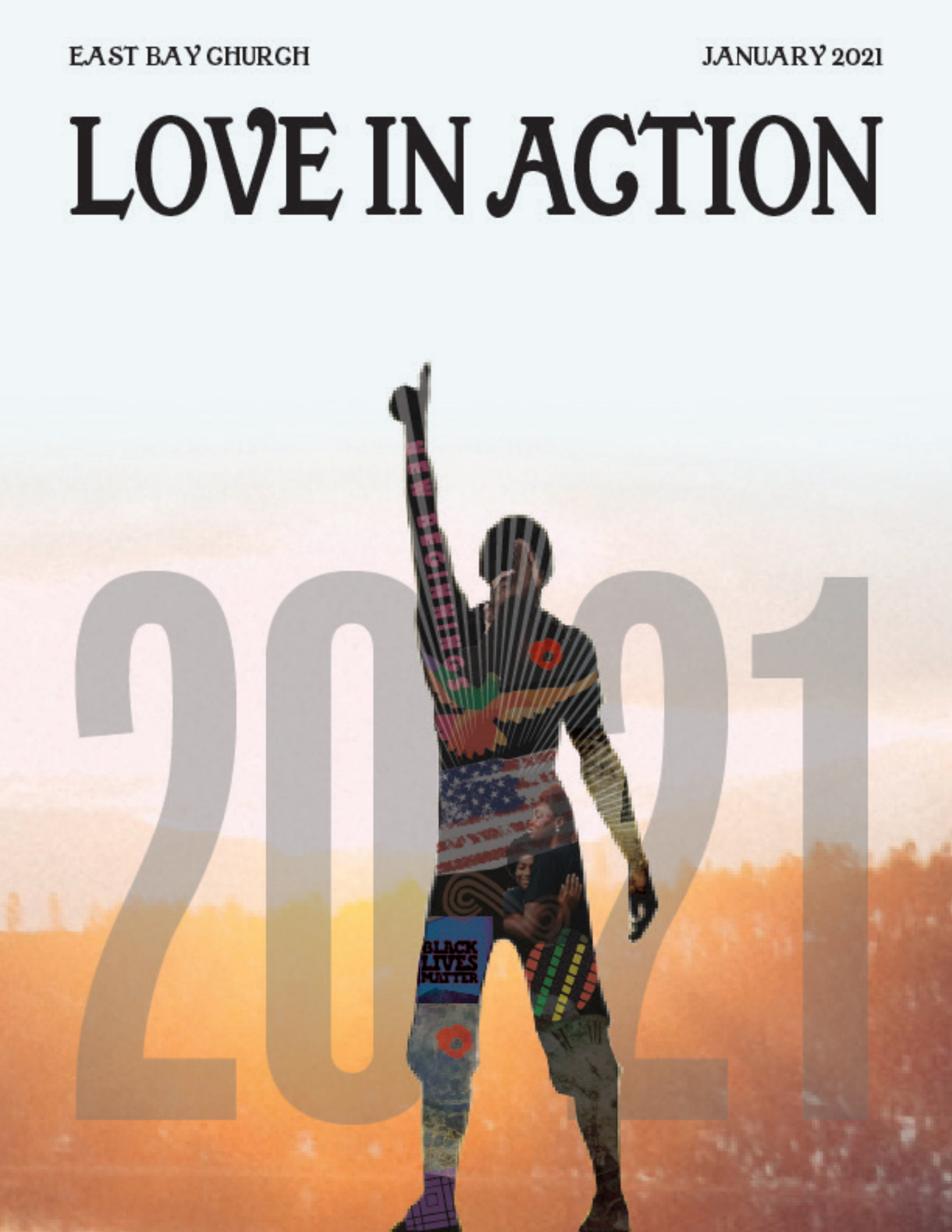
EAST BAY CHURCH JANUARY 2021

LOVE IN ACTION



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 12:30PM TO 1PM
JOIN US ON FACEBOOK LIVE

DAILY PRAYER CALL

MONDAY - FRIDAY AT 8:00 AM
FACEBOOK LIVE

WEDNESDAYS

MIDWEEK POWER HOUR
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

January 31, 2021

Meditation:10:15am

Service: 10:30am

Speaker: Rev. Dereca Blackmon

Topic: The Future is Now

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS	LAYOUT/DESIGN
Arleen King, RScP and Precious Green	Constance Rose

Contributors: Arleen King, RScP, Helen Anderson, RScP, , Zee Lewis, Christine Schoefer, RScP and the Season for Peace & Nonviolence (SPAN) Team.

Please submit articles and poems for our February 2021 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, February 12 2021. The February theme is One Journey, Many Paths.

PHOTO CREDITS & GRATITUDE

JJ Harris, Greg Rakozy on Unsplash.com

ABOVE THE BOARD

THIS IS THE DAY

By Arleen King, RScP

New Year Greetings!

There's a beautiful scripture I would like to share with you that no doubt you have read or sung at one point in your spiritual journey. Psalm 118:24 says, "This is the day the LORD has made; We will rejoice and be glad in it."

While I have little doubt that most of us are happy to see the year 2020 in the "rear-view mirror," so to speak, we know that the simple changing of a calendar will not fix the challenges in our world. We must remain steadfast in our spiritual practices. The key for me is to stay within my 4 P's: Prayer, Purpose, Positivity, and Possibilities. In the silence, prayers call forth purpose, purpose met with positivity, reveals unlimited possibilities. I don't know about you, but it gives me a lot of peace when I become still and listen to the voice of God.

Psalm 118:24 helps us to look over the horizon of this new year with the clear perspective that we live this life "one day at a time." When it comes to our future, remember that God leads the way. There is absolutely nothing that will come up in the days, weeks, and months ahead that will sway the power of God! There is a shift in the atmosphere and I'm excited to experience the miracles to be revealed ahead. Let us continue to pray for our nation and our world.

I encourage you to look at this upcoming year with anticipation for the beautiful things God wants to do through you and our East Bay Community! Some people will be looking for hope, and we have that hope as we believe. As Ernest Holmes teaches, "Believe as though you are, and you will be." Be ready to share the Good News in your life!

While many have shared (and even sung) the words "one day at a time," its message must not be lost with familiarity. The news is that we can live today and not worry or fret about tomorrow. While we can certainly make plans, we should always keep in mind those plans should always be ready to be guided by the voice of God.

Let's make this a year of miracles. One day at a time! Are You Ready? ■

Blessings,

Arleen

President, Board of Trustees

PRACTITIONER'S CORNER

THE BRILLIANCE OF DARKNESS

Christine Schoefer

It is January and the light is returning, each day gains a few minutes in the morning, a few minutes in the evening. Here in the countryside of northern Germany, the sun rarely shows itself in the winter. Skies are mostly overcast until March or even April. The landscape seems to be obscured by sheer pale curtains. Its colors disappear in a monochrome wash of gray. Daylight begins diminishing in the early afternoon; by 5 pm, the sky is black like India ink.

I welcome the night. Often, stars twinkle and the moon glows. But when clouds hide the celestial lights, the winter darkness is especially profound. It feels uncompromising and radical.

I like to be immersed in this darkness, so I go outside to walk the county lane that has no streetlights. At first, I can't see a thing. But then my eyes adapt and my other senses kick in. I begin moving, gently and mindfully. My steps are small and that's okay. When it's this dark, I'm not walking to get somewhere. When I can barely see the road in front of me, I'm walking to practice awareness.

Moving in the night's darkness is the opposite of standing in the limelight. I am alone.

Sometimes a rustle startles me and fear rises in my body. It dissolves when I remember that I'm sharing the moment with night creatures that stay invisible to me. I'm not alone at all. One filament in an infinite web. I belong to something greater.

This winter darkness germinates seeds and activates thoughts. I release my regrets and my omissions, my aspirations and affirmations. My prayers, of course. The vast night accepts everything; it is the wide-open field that always says yes.

In Japan, "forest bathing" is cultivated as a form of relaxation. Known as shinrin yoku, it is the practice of absorbing the healing energy of trees by being calm and quiet amongst them and breathing deeply.

I bathe in darkness. Enveloped by the black velvet of night, I open my arms wide to the grand mystery. I breathe deeply. In the darkness, I swear I can hear the cosmic conversation. ■

HEALTH & WELLNESS MINISTRY

By Zee Lewis

HAPPY NEW YEAR!

Here it is January 2021 and a deadly pandemic continues to ravage the world.

Dr. Anthony Fauci, director of the National Institute for Allergy and Infectious Diseases (NIAID), and others have consistently warned that a horrific COVID-19 surge would occur during the cold winter months. He has been consistently encouraging masking, hand sanitizing, 6 feet distancing, only household gatherings and no holiday traveling.

In California, we now have more than 2.5 million confirmed COVID-19 cases. More than 27,000 people have died. In Alameda County, the number of COVID-19 hospitalizations, ICU admissions and deaths has surged. Healthcare workers are burnt out and stressed to the breaking point.[1]

Last January, Chinese researchers posted the genetic code for the novel coronavirus. Immediately, researchers turned their attention to the emergent pathogen that we now know as COVID-19. The U.S. government's vaccine program, "Operation Warp Speed" was implemented to combat the pandemic. Pfizer/BioNTECH and Moderna were subsidized for the purpose of developing, producing, and distributing COVID-19 vaccines. These two pharmaceutical companies were given Emergency Use Authorization (EUA) to distribute vaccines in the United States which are at least 94% effective.[2]

Dr. Anthony Fauci

Recently, I spoke with LaToya Lopez, a social worker, and member of EBCRS. She told me she received the Moderna vaccine and so far, her only side effect has been short-lived fatigue. LaToya reported she doesn't usually receive vaccines. She decided to receive the COVID-19 vaccine because she wants to resume traveling and going to movies.

I am a retired nurse practitioner and I have been educating myself regarding the current vaccines. I read that the vaccines are not made from a live virus and therefore one cannot contract COVID-19. The general transient side effects may range

References

1. COVID-19, CA.gov-1/5/21.

2. Willingham, Emily. "COVID-19 Vaccines: Preparing for patient Questions." (https://www.medscape.com/viewarticle/942483_print

from soreness at the site of injection, chills, fever, muscle aches, fatigue, headaches and dizziness lasting 12-48 hours.

Nurse Sandra Linsey receives first US Pfizer COVID-19 vaccination

I also learned that the CDC's independent Advisory Committee on Immunization Practices (ACIP) to recommended that hospital workers, staff, and residents in nursing homes be given first priority (Phase 1a). Phase 1b will include persons over 75 years and first responders (i.e. firefighters, police, teachers, etc). Adults ages 16-64 with pre-existing conditions, grocery and agriculture workers are in Phase 1c.[3]

I am very much aware that African-Americans and people of color have been disproportionally impacted by this deadly pandemic. We tend to deeply distrust the healthcare system. Sandra Lindsey, an African-American ICU nurse, was the first person in the U.S. to receive the Pfizer COVID-19 vaccine. She was videotaped while the vaccine was being administered. Ms. Lindsey told CNN:

"I have no fear. I trust the science. What I don't trust is COVID-19, because I don't know how it will affect me and the people around me that I could potentially transfer the virus to."

During a December 13, 2020 interview with ABC News, Dr. Fauci mentioned that Dr. Kizzmekia Corbett, an African-American scientist, was key in developing the Moderna vaccine.

As I continue to read, do my own personal research and listen to friends and colleagues who have received the vaccine, my vaccination apprehension is gradually subsiding. I have been very encouraged to learn that several ethnic groups participated in the clinical trials and are receiving COVID-19 vaccines. What I understand for sure is that the majority of the people will have to take the vaccine in order to achieve "herd immunity" which would create enough protection within the population so that we can once again freely go about our daily lives.4

I have no doubt that I will eventually (sooner rather than later) get the vaccine, because I love to travel too. Sheltering in place doesn't do it for me anymore! I do trust the process.

Stay tuned. I'll send you a postcard. ■

References

3. Facts about COVID-19 Vaccines. CDC.gov/coronavirus/2019.

4. Coronavirus Disease (COVID-19): Herd Immunity, Lockdowns and COVID-19-WHO 12/31/20.

ONENESS CIRCLE

ONENESS CHAPTER FOUR

By Helen Anderson, RScP, Emerita

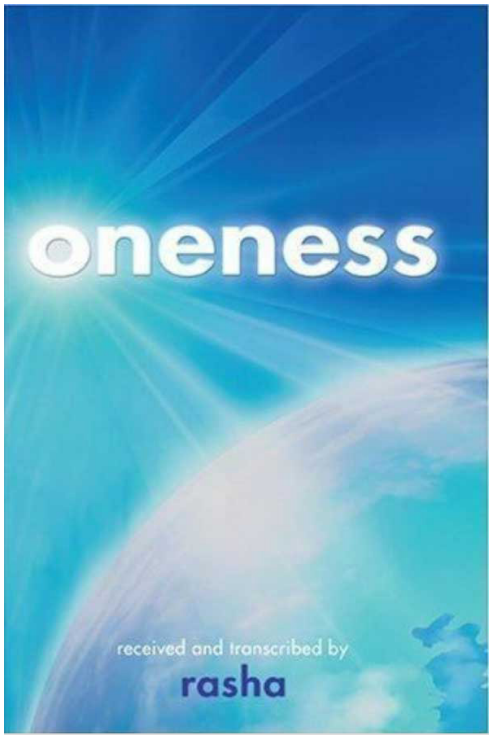
Several East Bay practitioners recently came together to read Oneness. In February 1998, rasha began a profound dialogue with the universal Presence, Oneness – the Divinity we all share. Word for word, she transcribed the principles for a new understanding of the mystery we call "life." Each month, practitioners will share their perspectives on the teachings in each chapter. We invite you to read along with us. This month, Helen Anderson shares her thoughts on the second chapter of the book.

Now is the time to bring the recurring dreams and themes of this lifetime to a completion. The lessons we have been working on are coming to a close. "Separation was considered to be a necessary survival mechanism in times where violent confrontations were the order of the day."

We can prepare ourselves for the change by:

- Being present – by observing our situation, our whereabouts, our companions, our focus, and events that have brought us to this moment.
- Trust the process by being patient and loving with ourselves, allowing meditation and focus energy in our heart center. The real work comes from a place of peace and harmony.

Once we are at peace with all we have done in our lifetime, we are ready to let go of it. We transcend separation and begin to move forward into our birthright. What remains to be cleared is a remnant learned response that would have us stumble out of habit. Let us consider whether it is possible to sidestep the situation entirely and decline the invitation of conflict by exercising the power of choice.



The choices we encounter represent opportunities to translate discord into harmony. These times are about shifting energy into the optimum outcome by presenting our own perspective without attachment to the outcome. As Don Miguel Ruiz says, "Don't take it personally". By stating our point of view without the need to force It into fruition, it serves our own interests and those we are engaged in.

When we can stop and drop the need to control, we are able to move to feeling and knowing that all is well despite appearances. We can create a reality with love that includes all, everything, and everybody. ■

MONTH OF FEBRUARY

SUNDAY SPEAKERS

YOUTUBE LINK

FEBRUARY 7

Speaker: Dr. Cathy Hern

Musical Inspiration: East Bay Women's Ensemble

FEBRUARY 14

Speaker: Rev. Dereca Blackmon

Musical Inspiration: East Bay Women's Ensemble

FEBRUARY 21

Speaker: Rev. Perry Lang

Musical Inspiration: East Bay Men's Chorus

FEBRUARY 28

Speaker: Rev. D. Jacquelyn Edwards

Musical Inspiration: NuDay

WEDNESDAY SPEAKERS

ZOOM LINK

FEBRUARY 3

Speaker: Kuwaza Imara, RScP

Topic: A Clean Slate

FEBRUARY 10

Rev. Elouise Oliver

Topic: The Infinite Invisible

FEBRUARY 17

Speaker: Dr. Cynthia Chang, RScP

Topic: Love and Joy in My Heart

FEBRUARY 24

Speaker: Tonie Flores, RScP

Topic: Tonie's Path – The Journey of a New Practitioner

JOIN THE EAST BAY FAMILY IN OUR JOURNEY IN THE CO-CREATION PROCESS FOR OUR NEW SPIRITUAL LEADER

WE WILL GATHER ON SATURDAY, JANUARY 30TH FROM 9:30AM TO 12:30PM.

WE WILL GATHER IN THE COMMUNITY FOR A TIME OF:

- Learning - This is your opportunity to listen and ask questions
- Healing - to shine the light of spiritual Truth within so what is false falls away
- Revealing (co-creating newness) - work together in agreement about the experience everyone wants to have of our new Spirtual Leader. ■

JOIN US VIA ZOOM

ANNUAL EVENTS

SEASONS FOR PEACE AND NON-VIOLENCE

Seasons for Peace and Nonviolence (SPAN) was created by the Association for Global New Thought (AGNT). It celebrates four themes: Nonviolence, the Earth, Humane Service and Interfaith-Intercultural relationships. This was originally celebrated as A Season for Nonviolence. The name has changed but the practices and intentions remain the same. We use educational, media and grassroots campaigns to demonstrate that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. Nonviolence is also how we create Peace. SPAN takes place over a 64 day period from January 30th to April 4th. The dates commemorate the assassinations of Mahatma Gandhi and Martin Luther King, Jr. respectively. SPAN honors their vision for an empowered, peaceful, nonviolent world.

East Bay Church for Religious Science invites you to learn how to live the principles of Peace and Nonviolence. Through a variety of gatherings and

performances, we will engage in various Spiritual Practices intended to nurture our ability to create and sustain peaceful relationships and communities. We will honor great teachers and leaders of many world religions, traditions and philosophies. Together we will gain a clear understanding of the Global Heart Vision of a world free of homelessness, war, hunger, separation and disenfranchisement.

Our SPAN celebration kicks off with a special gathering at 5:00 pm on Friday, January 29th. Queen Rev. Mutima Imani, community activist and nonviolent communication facilitator is our special guest. Join us. ■

PRE-ORDER OUR 2021 CALENDAR!

The Practitioner fundraiser calendar is on sale now and you can order yours today. The cost of the calendar is $18.00 and it is beautiful. The link to purchase the calendar is below. You may also share the link with others.

PRE-ORDER NOW!

JANUARY BIRTHDAYS

Linda L. Vance
January 3

Divine Glori Wroten
January 3

Elena Margarita Williams
January 11

Carol Johnson Williams, RScP
January 13

Sharon Nichols
January 16

Hope Anderson
January 17

Laine Demetria
January 21

Georgia Eagles
January 24

Sandra Smith
January 25

Cedric Long
January 26

Rev. Aikya Param
January 26

Rev. Yolanda Simmons
January 27

Stacy Vann
January 28

Kaeleen Costa
January 30

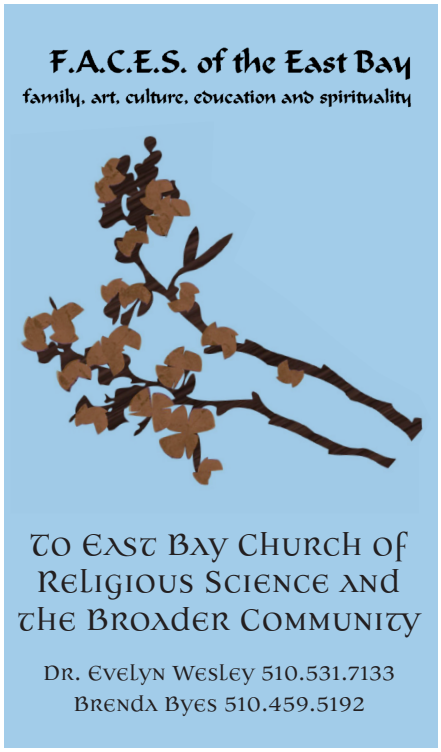
Vanessa Wynn
January 30

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

Send us an email to info@ebcrs.org

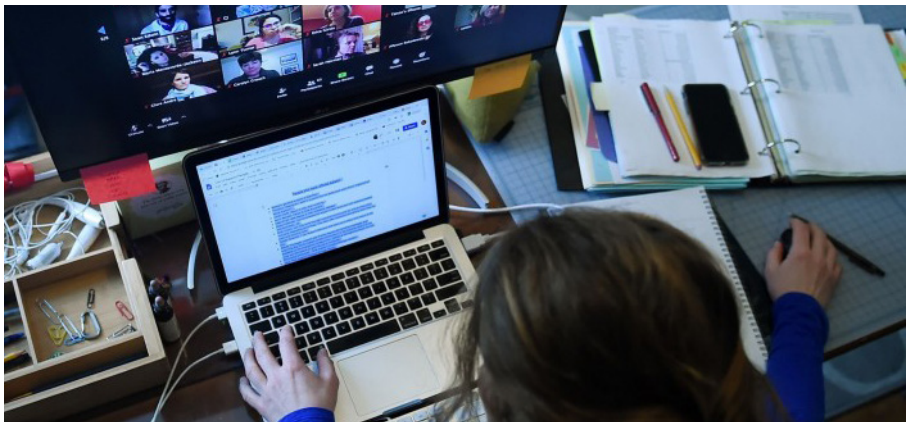
Update your information online through our Membership Portal Here.

To find out about all EBCRS activities, click here. ■



WINTER CLASSES ARE HERE

IT'S NOT TOO LATE TO REGISTER, BUTTONS ON THE RIGHT



MENTAL EQUIVALETN ONLINE

With Practitioner Debora Adams-Truso, RScP Emerita

Five weeks on Tuesdays from 6:30pm – 9:00pm beginning January 26, 2021

Align your inner beliefs to achieve your desires

Are you ready to:

Create a spiritual practice that supports you in manifesting more of what you would like to experience in your life?

Learn about the powerful law of Mental Equivalents.

FINANCIAL FREEDOM ONLINE

With Reverend D. Jacqelyn Edwards

Ten weeks on Thursdays from 6:30pm to 9pm beginning January 28, 2021

The Principles of Financial Freedom is a recently updated course of metaphysical instruction that utilizes money as a tool for engaging in a program of deep inner healing. ■

WINTER CLASS REGISTRATION

SAVE YOUR SEAT IN OUR CLASSES BY REGISTERING NOW!

JUST CLICK ON THE BUTTONS BELOW

MENTAL EQUIVALENT

FINANCIAL FREEDOM

East Bay Church of Religious Science
A Center for Spiritual Living

East Bay Church of Religious Science
Weekly Ministy Program
July 25, 2020 Update

SUNDAY

SUNDAY SERVICE
Meditation: 10:15am
Service: 10:30am

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

AFTER SERVICE PRAYER
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

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

MID-WEEK POWER HOUR
6:15pm Meditation
6:30pm Service
Zoom Link
https://zoom.us/j/91791685888?
PW: bW1tQ3U3ZnVNTzlLWHlQYWJW
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

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

GIVING

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