EAST BAY CHURCH APRIL 2021

LOVE IN ACTION

Stepping Into the Unknown

EAST BAY CHURCH OF RELIGIOUS SCIENCE

ECCLESIASTIC LEADERSHIP TEAM

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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

May 2, 2021

Meditation:10:15am

Service: 10:30am

Speaker: Rev.Dereca Blackmon

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 May 2021 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, May 14, 2021. The May theme is "Wholly Holy Uprising."

PHOTO CREDITS & GRATITUDE

Photo on page 4 by Svyatoslav Romanov at www.unsplash.com.

ABOVE THE BOARD

SPIRIT IS OUR PEACE GIVER

By Arleen King, RScP

"Without inner peace, outer peace is impossible."
~ Geshe Kelsang Gyatso

Life can be challenging, but Spirit is always good!

I often hear family and friends say they would like a little "peace and quiet." I think we can all co-sign these words with a resounding "amen," especially with all that is taking place in our world right now. I wanted to take a few moments to encourage you today on this thought of "peace."

At times, we have wrongly concluded that peace is simply the absence of conflict of any kind, and we forget that we are born into a world filled with political and moral turmoil. Yet, we know that we can bring peace into any situation.

The peace that the world gives is temporary and governed by the events surrounding us. However, the peace that Spirit gives comes from our innermost being because of its indwelling presence. Consider this a gentle reminder to remember the power of the Spirit within and use it.

Here is a beautiful story that illustrates the kind of peace Spirit gives:

Two painters were asked to paint a picture illustrating peace. The first painted a beautiful evening scene in the foreground of a lake, its surface calm and unruffled. Trees surrounded it. Meadows stretched away to the distant cattle gently browsing. A little cottage, the setting sun – all spoke of perfect rest.

The second painter drew a wild, stormy scene. Heavy black clouds hung overhead. In the center of the picture, an immense waterfall poured forth vast volumes of water covered with foam. One could almost hear its unceasing roar, yet perhaps the first thing to strike the eye was a small bird, perched in a cleft of a huge rock, absolutely sheltered from all danger, pouring forth its sweet notes of joy.

It is the second painter who could describe the peace that passes all understanding, which is the Spirit and wisdom within the heart of the knower. One can only have peace within through their connection with Spirit.

Remember that the circumstances around you should not dictate your peace. Spirit is our peace giver. ■

Blessings,

Arleen

President, Board of Trustees

INTENTIONAL GIVING PLEDGE

CREATE YOUR PLEDGE

PRACTITIONER'S CORNER

A CARAVAN OF LOVE

Kimberly Satterfield, RScP

Maybe it is because Spring and Easter are often in April, I consider it the month of rising. The sun rises earlier. So, we have longer days which means more light. In April, my husband and I naturally get up earlier too as do our aging pups, more willing to rise toward the day than in the colder winter months.

Seeds that have been germinating crack through outer shells and push green shoots topped with a full palette of colorful blooms through the earth. On a recent morning walk, I watched a flock of cedar waxings with their yellow breasts, masked faces, red-tipped wings and rosy crests rise rowdy into a California pepper tree for berries.

During this month, one of my meditation practices is to imagine a sun in my belly slowly rising into my heart space, its rays extending beyond the boundaries of my physical body. In this quiet time, I ask myself this question – what is it that wants to rise in me today? The answer comes sometimes as a feeling, a contemplation, an action to take, a collaboration to form. And sometimes, the answer is this simple message, be still.

As Rev. Dereca reminded us on Easter Sunday, it is important that we rise both individually and collectively like the Isley Brother's Caravan of Love, the 2021 version. With our intention and attention focused on the highest – we rise for a world that works for everyone, instead of rising against a world that does not. Because our pain is clean, our hearts are open, our vision is clear, and our action is inspired, the Law is set in motion to bring desired change and transformation here and now.

Here is a poem inspired by our East Bay Church Easter service.

May clean tears
clear muddy waters–

We stand on the bank
of Peace River
carrying flags,

an army without
weapons
is rising

no marches
only dancing

no commands
only songs,

the demands
of love

proclaiming
good news. ■

BREATHING PRACTICE

By Christine Schoefer, RScP

Sitting in meditation, I want to focus on my breath: breathing in and breathing out. I've been breathing all my life, so this is my deepest and most familiar practice. I took my initial inhale when I was born, I will take my final exhale when I depart this earth plane.

My breathing has its own vibration, its rhythm is so familiar that I hardly notice it. Every in-breath and out-breath activates a cascade of gentle movements as it touches my organs, my muscles, my cells. Breathing, I am sustained. Breathing, I am connected. Breathing, I experience abundance – I dip into the life energy that flows, eternally.

Sitting in meditation, it is challenging to keep my focus on my breath. Thoughts start flitting in my mind like colorful fish in the sea. They entice me and before I know it, I'm tracking them. A thought starts a "to do" list in my head. A memory triggers anxiety. Images of violence and suffering make my heart tighten like a fist.

And then I remember: oh yes! These are thoughts. I can choose what I do with them. Do I follow them or do I let them go by, like those fish in the sea? I choose to release the thought and return to my breathing.

More thoughts come into my mind. I imagine walking on the beach, the breeze warm on my skin. I recall the way my mother smiled when something made her happy. I remember the leftover pasta in the fridge and can't wait to eat it when the timer goes off and meditation is over. These are pleasant thoughts. But even pleasant thoughts interfere with my practice.

In meditation, feelings are a form of thought. It doesn't matter if they make me feel bad or good, it matters that the feelings take me away from my focus on the breath. Attraction and repulsion; desire and aversion seem to be opposites. But actually, they are two sides of the same coin: both are expressions of my ego that is clamoring for attention.

In meditation, I want to reach beyond the ego to reach a clear space. I want to turn away from thought, gently, and follow the inhale, the exhale, the gentle flow that leads me to to the dimension where peace abides.

Breathing is our foundational and most ordinary activity. On the meditation cushion, we practice awareness of our breath. We take this awareness with us wherever we go. In any situation, breathing can be our spiritual practice. ■

HEALTH AND WELLNESS MINISTRY

BUILDING SAFE AND HEALTHY SPACES

By Julia Flynn

During this season of new hope, as vaccines become available, how do we care for ourselves and others during this pivotal time? Sometimes reading news about vaccines, variants and other complications can feel overwhelming. I was inspired by Rev. Francione's view of news reports as calls to prayer and affirmation – an opportunity to bless and transform our relationship to current conditions with Presence and Love.

Our Board of Trustees and Health and Wellness Ministry are working together to develop a plan creating a safe physical space in our sanctuary that can nurture our bodies, minds and spirits.

During a recent People's Health Briefing[1], the CEO of East Oakland's Roots Community Health Center, Dr. Noha Aboelata, recommended taking a take a multi-layered approach to health inside their buildings during COVID. It boils down to a three-step approach:

VENTILATE

FILTRATE

SANITIZE

VENTILATE – It's all about Flow! The safest indoor space is one that constantly has lots of outside air replacing the stale air inside. In any room, the more people inside, the faster the air should be replaced. Keeping as many windows open as possible allows fresh air into the building. As well as doors, East Bay Church has skylights that are kept open to create ventilation.

- Carbon Dioxide monitors are good tools for reading the quality of air exchange inside a building, and are also being used at the church.
- Creating Open Space also known as Social Distancing, at least 6 ft apart from one another, helps prevent the inhalation of airborne particles that contain the coronavirus.

FILTRATE

- Masks should be worn to cover mouth and nose. Even if you've been vaccinated it is important to wear a mask to protect others who have not yet been vaccinated. Church re-entry will require masks and will be provided.
- Air Purifiers (Portable Air Cleaners) Only Portable Air Cleaners (PACs) with HEPA filters should be used to reduce COVID-19 transmission risks. Our church uses is using a number of PACs with HEPA filters. More information about air purifiers can be found at forhealth.org

SANITIZE – Be sure to wash your hands frequently for at least 20 seconds. Clean high and low touch areas daily. East Bay will provide multiple

1. The People's Health Briefing 030221 - Week 9 - Healthy Homes & Buildings in COVID and Vaccine Updates https://www.facebook.com/rootsempowers/videos/284869429728120

hand sanitizer stations and will frequently clean and sanitize our commonly touched areas.

We have not set a re-entry date for our church. Until then you can Ventilate, Filtrate and Sanitize to create and maintain healthier environments. Remember that keeping each of us safe keeps all of us safe. Breathe in Love and release fear into the goodness of Life that supports us all in every moment.

ADDITIONAL RESOURCES

Dr. Aboelata, from Roots Community Health Clinic provides weekly health tips every Tuesday morning on Facebook: www.facebook.com/rootsempowers

Resources Page on East Bay Church website provides a link to COVID updates. www.ebcrs.org/covid-updates

forhealth.org. To determine the size of air purifier needed for a room. ■

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!

SPOTLIGHT

A GROWTH JOLT!

KSuzanne Massey, RScP

At 3:00 am on October 31, 2020, I was awakened by a sudden jolt that momentarily reminded me of that fateful October day in 1989 when the Loma Preita earthquake struck. I immediately jumped out of bed to investigate. Well, a car drove into the bedroom closest to me in my home. A home I'd lived in for over a decade. And yes, a car!

The house was on the corner and on two separate occasions a car had driven into the backyard. Do you think Spirit was trying to tell me something? I know, absolutely, without a shadow of any doubt! Spirit was telling me that I had gotten too comfortable. Living life in the afterglow of this pandemic year, I believe that Spirit is jolting us, pushing us toward growth, change and forward movement.

As travelers on this Spiritual journey, we often become comfortable and cozy at various rest stops. We may even find comfortable shelter and decide we want to stay awhile, take a breath and stop moving along down the highway of soul growth and spiritual development. We may even get tired as Dr. Howard Thurman states:

"…little by little, there crept into my life the dust and grit of the journey. Details, lower-level demands, all kinds of crosscurrents-nothing momentous, nothing overwhelming, nothing flagrant-just wear and tear."

~ Meditations of the Heart, p. 210

We must remember we are always human beings having a spiritual experience!

Encyclopedia Britannica defines Life as: "…living matter and, as such, matter that shows certain attributes that include responsiveness, growth, metabolism, energy transformation, and reproduction. Although a noun, as with other defined entities, the word life might be better cast as a verb to reflect its essential status as a process."

On the highway of spiritual growth, Life is an action word. Life is constantly moving. It is not stagnant, ever. We are ever-evolving. Metaphorically, the jolt I experienced last year afforded the blessed opportunity to stop

from the busyness of my day-to day journey and be still. To be present and embrace everything – the challenges, the gratitude, the unknown, and yes, even the joy to come.

The one constant for me moving through this jolting experience? I knew beyond any shadow of a doubt, that everything I was feeling, experiencing, that was pulling me forward, all of it was GOOD! All of it was my opportunity to deepen, to grow and to expand into my greatest yet-to-be! Joy does come in the morning!! ■

ONENESS CIRCLE

ONENESS CHAPTER SEVEN

By Georgia Eagles, RScP

Several East Bay practitioners have come 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, Georgia Eagles shares her thoughts on the seventh chapter of the book.

rasha writes:

"right now is all there is and all there will ever be…"

now is what we have come into this physical form to experience."

What is called for at this time of great change is a corresponding shift in our conscious awareness. A radical shift of perspective away from the blame game or the shoulda woulda coulda's. We must begin a systematic shift of letting go. Letting go of obsolete patterns of responses intended to maintain a particular stance, to satisfy a need to be right or to triumph over others. Letting go of self-protection and the need to control certain outcomes and moving towards unification in Oneness.

She believes this is the energetic perception for peace on a global scale. Each of us, regardless of how inconsequential our involvement on the global scale, adds to the energetic equation. With every word, gesture, choice or underlying belief we hold, we add a measure to the energy of the whole. The truth is we are all responsible energetically for co-creating global conflict or world peace.

Don't be confused that the world is "out of control." On the contrary, it is very much under control. Under the control of the collective mindset. The adverse conditions we grapple with are not random or victim-oriented. All is energy-based. And that means that all can be shifted instantly by redirecting our perspective to Love and Peace.

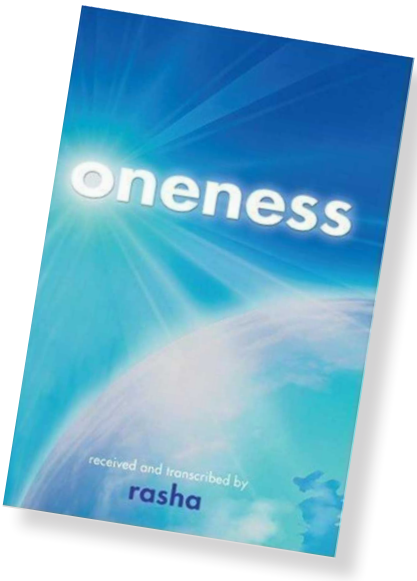
The movement toward the unification in Oneness of all creations is underway.

The power of Love is unstoppable. It exercises its vibrational essence in every expression of life.

What is optional now is our resolve and commitment to aligning with the "Divine Intent" to make a difference.

Life is moving forward, dancing in the wind. Life is the dance of creation, inviting us to use our power of intention to say yes!!!

And So It is. ■



APRIL BIRTHDAYS

Reverend Elouise D. Oliver
April 1

Bobby Eddins
April 2

Pharmicia Mosely
April 2

Sandra Adams
April 6

Harriet Wright
April 6

Bayon Simmons
April 7

Cathryn Speelman
April 8

Carol A. Reid
April 9

Kimberly Satterfield
April 13

Shanna Y Smith
April 13

Marika Chop
April 14

Karen McClung
April 16

Hope Wood Moore
April 17

Michael Melnick
April 18

Annie Rockwell
April 19

Corey Stowe
April 20

Kari Dietzler
April 23

Sandy Williamson
April 23

Maria Betts
April 26

Miriam Lloyd
April 26

Stacey Saadiq
April 28

James Glenn
April 30

MAY BIRTHDAYS

Annette Lane
May 3

Gwen Valentine
May 4

Jeff Sanders
May 5

William C. Randle
May 6

Kristin Patton
May 7

Paris-Michael Page
May 10

Valerie Adinolfi
May 12

Patricia L. Baxter
May 13

Angelo A. Allen
May 18

Tina Maria Scott
May 18

Booker Dikes, Jr.
May 22

Leroy Appleby, Jr.
May 23

Mary Corrigan
May 25

David Pinkard
May 25

Rosalyn Hill
May 27

Jan Macdougall
May 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. ■

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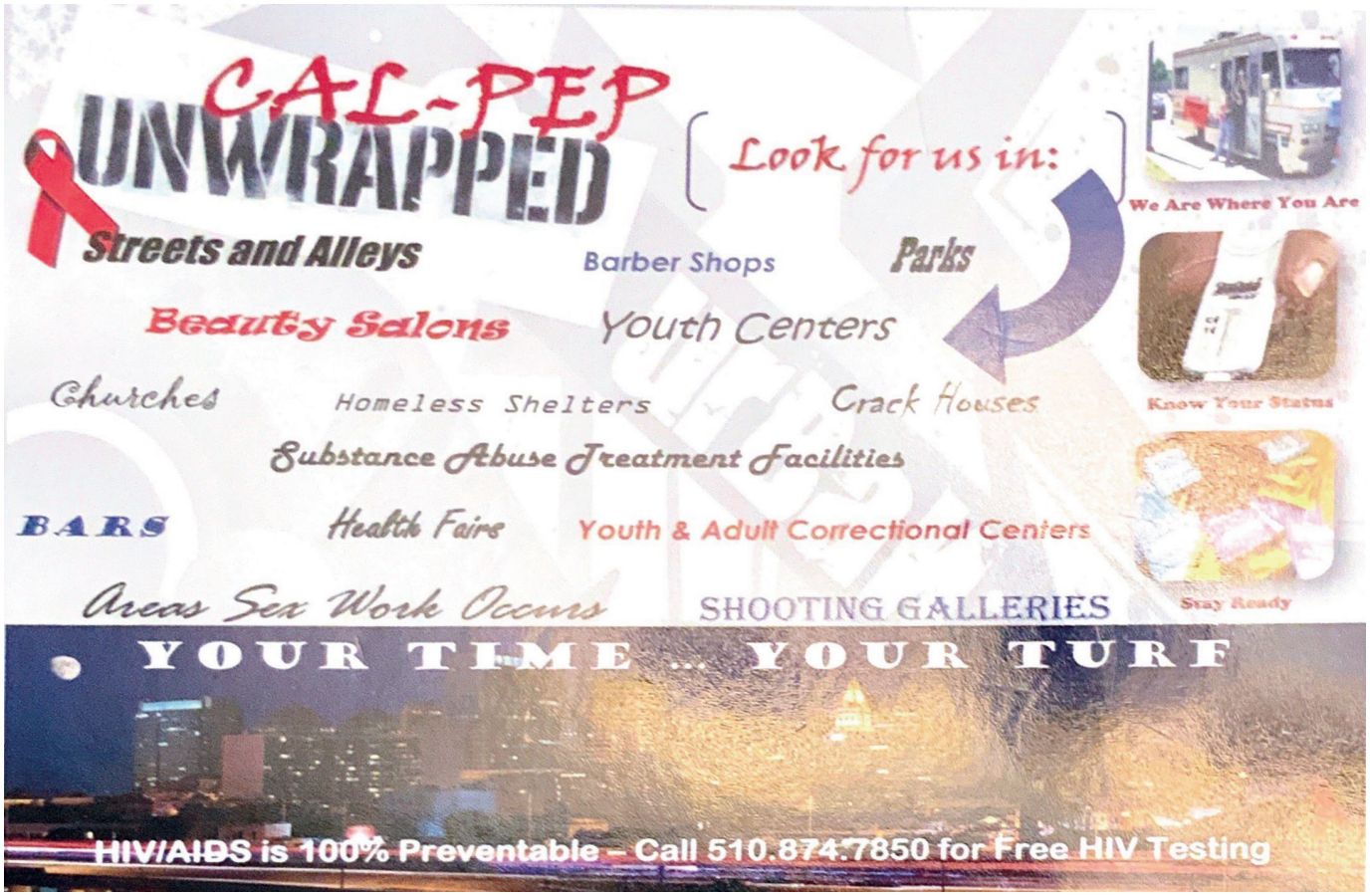
CAL-PEP
UNWRAPPED
Look for us in:
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Parks
Beauty Salons
Youth Centers
Churches
Homeless Shelters
Crack Houses
Substance Abuse Treatment Facilities
BARS
Health Fairs
Youth & Adult Correctional Centers
Areas Sex Work Occurs
SHOOTING GALLERIES
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Stay Ready
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HIV/AIDS is 100% Preventable – Call 510.874.7850 for Free HIV Testing

East Bay Church *of Religious Science*
A Center for Spiritual Living

East Bay Church of Religious Science
Weekly Ministy Program
May, 2021 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
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MID-DAY MEDITATION
12:30pm to 1:00pm
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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
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MID-DAY MEDITATION
12:30pm to 1:00pm
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FRIDAY

MORNING PRAYER
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MID-DAY MEDITATION
12:30pm to 1:00pm
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