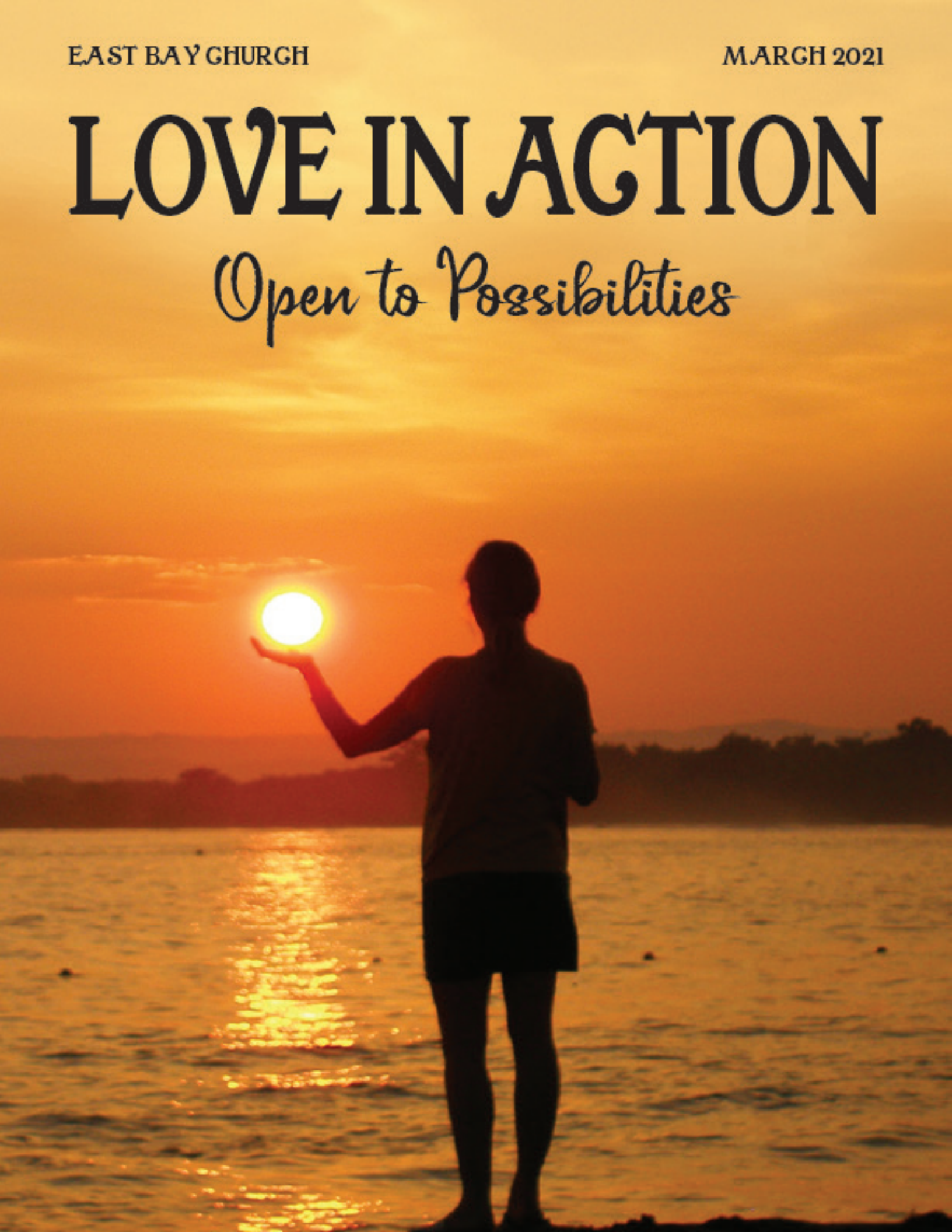
EAST BAY CHURCH

MARCH 2021

LOVE IN ACTION

Open to Possibilities



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

March 28, 2021

Meditation:10:15am

Service: 10:30am

Speaker: Rev.FranCione, Ph.D

Topic: Embracing Possibilities: Opening to Intuitive and Trailblazing Leadership

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 April 2021 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, April 12, 2021. The April theme is "Stepping into the Unknown."

PHOTO CREDITS & GRATITUDE

Photo on page 6 contributed by Tim Wagstaffe.

ABOVE THE BOARD

LEADING WITH LOVE – A JOURNEY TO UNLIMITED POSSIBILITIES

By Arleen King, RScP

Love makes ALL the difference! I know you've probably heard that many times before but I wanted to remind you that love truly does make ALL the difference, especially when it's the love of Spirit flowing through you!

Love is the guiding principle of our Sacred Covenant, it is who we are choosing to show up individually and collectively, and love is what we are calling forth in our next Sr. Leader.

"True love has the power to heal and transform any situation and bring deep meaning to our lives. Love is patient, and love is kind. It always honors, always protects, always trusts, always hopes, always perseveres. Love never fails."

~ Thich Nhat Hanh, 1 Corinthians 13

There is no doubt in my mind that our East Bay Community is a place of love, filled with passion, desire, and commitment. Love leads the way in our leaders and ministries up in the leadership of our community. Together, we love through the seemingly difficult times as well as Fabulous times. Our love has weathered the storm of the pandemic with enthusiasm and optimism for the future. Our possibilities are unlimited.

Our lives find completion as we love and are loved in return. While being loved in return may seem less frequent than we had hoped for, let's continue to reach out to this world with love. Let love continue to lead our way.

If you have yet to find a place of ministry here at East Bay, then I would encourage you to take time to join our Annual Meeting on Sunday, March 28th at 12:30pm and witness Love In Action. Learn about the state of the church and see what possibilities may be available.

Blessings,

Arleen

President, Board of Trustees

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!

PRACTITIONER'S CORNER

HELLO SPRING, HELLO CHANGE!!

KSuzanne Massey, RScP

It is this time of year that the chill and dampness of winter begin to make their most welcomed exit. The season's long nights begin to shorten and its icy temperatures and time of hibernation flow into the awakening of spring.

March, the beginning of spring, is where the transition between winter and summer begins! This so mirrors our human experience. The "dark nights of the Soul," which are opportunities of our greatest growth, may present like a chill – a time to retreat from life as we know it to be into that which is unknown. It is a time to let go of the old and that which no longer serves us so we can embrace the blossoming of the new. It is a time to allow the aliveness of spring to cover us as we step onto that new path and embrace that new relationship, even if it be a new way of relating to oneself. Whatever newness arrives, this is the time to latch onto it.

As we grip the joy of Spirit as it presents itself, we recognize that God is at the epicenter of all change. The joy of God is found in the blooming of the daffodils, the brilliant colors of the hyacinths and the vibrancy in tulips. The joy of God is found in the changes – small, big, easy and uncomfortable. It is all God, all bursting forth. It is the Spirit within. Like the blossoming of spring flowers, change we must, expanding into our greatest yet to be.

"I am no longer accepting the things I cannot change, I am changing the things I can."
~ Angela Davis

I delight in the energy of change.

Blessings of Spring! ■

INTENTIONAL GIVING PLEDGE

CREATE YOUR PLEDGE

MINISTRY SPOTLIGHT

"LET'S GROW" THE SPIRITUAL MAN MINISTRY

By Rev. Anthony Jackson

In spite of these trying times, the Spiritual Man Ministry continues to meet each month. We recently met with the City of Hayward's East Bay Men's Group. Our discussion focused on race relationships and how our spirituality can impact them.

As part of our gathering, we screened the film, *Let's Grow*, with world-renowned motivational speaker, Lisa Nichols. She portrays Mother in the film. In addition, she co-wrote the short and served as executive producer. After the screening, we had a very productive conversation with the Hayward Men's Group. We highly recommend this film. Everyone should watch it.

The Spiritual Man Ministry meets at 10:30am on the fourth Saturday of each month. All who identify as men are welcome to join our gatherings. Please contact Rev. Anthony Jackson at 510.381.4343 for more information about the ministry or the film, "Let's Grow." ■

LOVE IN ACTION GUEST FEATURE

BLACK LIVES MATTER PLAZA

By Joan Steinau Lester

After George Floyd's torment and death exploded into a great racial reckoning, I wondered how I could contribute to the healing. "Develop allies," I thought, so I offered our mostly white neighbors copies of my twenty-six-year-old "isms" primer, *The Future of White Men and Other Diversity Dilemmas*. Thirty-two people took one and several asked for follow-up talks. To create a community gathering space for those kinds of conversations, I made a Black Lives Matter banner from a sheet, placed two green plastic chairs six feet apart at the top of our driveway and waited, shivering in the summer fog.

Soon a curious white man strolled by and paused. I recognized this guy. He's short and friendly, older, with sparkling eyes. "It's Black Lives Matter Plaza, aka my driveway," I called out with a smile.

He peered at colorful chalk pictures friends had made – hearts, a unicorn – and read aloud words they'd written: "IMAGINE. LOVE. LOVE. SAY THEIR NAMES. NO JUSTICE NO PEACE."

"Thank you," I said and we began to chat. I learned he was from Yugoslavia and had been here thirty years. When he slumped off I called, "Come and talk any time."

The author sits outside by the Black Lives Banner in her driveway.

"Feel free to add something, a word or a drawing." I pointed to a bag of chalk.

"I don't draw."

"Then write a word. Or a phrase."

He hesitated before inching up to the chalk, then bent to write. Soon huge blue capital letters appeared, one word over the other, spanning half the plaza.

"SUPPORT JUSTICE"

Another day Tim, an earnest young white man who'd read *The Future of White Men*, arrived, eager to talk. "I only became aware of inequality when I went to Zambia," he said. "I knew about colonialism, but to see it firsthand, what happened…" His sentence dribbled off. "And to think about my whiteness. My wife and I have joined an anti-racist parent group." He shrugged. "But I have no idea what to do."

"You'll find opportunities," I reassured him, "if you're looking at what's happening around you. It's like anything else: when you get a new awareness, you'll see where you can act. For instance, with African Americans or other people of color…"

He interrupted, "I don't know any."

"Okay, it's time to enlarge your social circle."

"How?"

"At work, or in any kind of activity you're involved in, be bold. Talk to people. If there's chemistry, try to make a new friend. Follow up, just like you would with anybody you're interested in getting to know. It'll take time."

"I don't want to make a mistake."

"We all do." I laughed. "Make mistakes. I'm still learning after all these years. But most people will appreciate you trying to be an ally, a friend. As you interact with more people, you'll be more observant. You'll notice times where you can step in to interrupt some discrimination. Or the kind of unconscious bias we all have."

He nodded and began to return weekly, sharing stories and questions.

Nine months later such conversations continue, all over our country. The determination to end our long national nightmare has reached a boiling point. This isn't going to fade away. Justice is on the agenda.

The breadth of the Black Lives Matter movement's impact has given this old heart a mighty dose of what Senator Cory Booker calls "calloused hope." It's a battle-scarred hope, believing this moment is a tipping point with the potential to propel changes we can hardly imagine. It's a moment I've been waiting for all my life.

Dr. Joan Steinau Lester was a longtime EBCRS member and the former editor of "Love in Action." She is the author of six books, including her memoir "Loving Before Loving: A Marriage in Black and White" (forthcoming, May, 2021). ■

WORKSHOP PREVIEW

YOUR LOVE AND CONSCIOUSNESS IS VITAL TO EBCRS

By Rev. D. Jaquelyn Edwards and Rev. Gil Olmstead

On January 30th and on February 5th and 6th East Bay members and leaders participated in a co-creation process to attract our new Senior Minister. Due to schedule capacity, everyone in our community could not participate in the entire process.

We are excited to now bring the essence of the entire Co-Creation process to the whole congregation! We want to give everyone the opportunity to have a personal and sacred experience with the process and to see how it can work in their individual lives.

You are invited and encouraged to sign up for the Community Co-Creation Workshops that will be presented in the coming weeks. Registration details will be available soon. In the meantime, don't hesitate to reach out to us if you have any questions or concerns:

Rev. D. Jacquelyn Edwards:
revjacquelyn@gmail.com

Rev. Gil Olmstead:
revgo@live-inspired.us

CO-CREATION:

- is an interactive process by which the wisdom of God/Spirit finds Its expression through us, both individually and collectively.
- always involves surfacing and releasing our previously unconscious limiting beliefs in the light of our highest realization of Truth.
- acknowledges that affirmative prayer is one of the greatest tools available for individual and community evolution. When coupled with small group synergy, affirmative prayer supports the evolution of consciousness through "group initiation."
- always produces something greater than what has existed before because its end result is always "newness."
- is a cooperative process. The foundation of the "Co-Creation Process" is Faith, and its only rule is Love – for Love alone dispels the fear that allows our Faith to emerge

Co-Creation is a process that supports and augments this powerful intention that we have already set in motion. Your participation in these workshops is a gift to yourself and our community. ■

EBCRS MISSION STATEMENT

"WE ARE COMMITTED TO BEING A POINT OF EMPOWERMENT ALLOWING SPIRIT TO DIRECT EVERY THOUGHT, WORD, DEED, AND ACTION FOR PERSONAL TRANSFORMATION."

ONENESS CIRCLE

ONENESS CHAPTER SIX

By Debora Truso, RScP, Emerita

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, Debora Truso shares her thoughts on the sixth chapter of the book.

What I have gleaned from reading chapter 6 of the *Oneness* is that, as we each undergo our personal ascension journey in "[r]efining [our] understanding of the momentum known as ascension," it is important that we look at how to achieve emotional detachment.

rasha begins by stating the need to confront the negative patterns carried within our energy fields – repressed emotions, negative inclinations, habitual patterns, addictions, and victim consciousness – so we can scrutinize and ultimately release them.

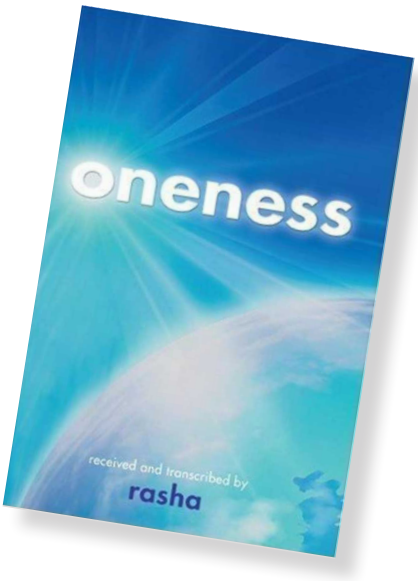
She addresses the relationships that we have which often trigger negative emotional responses and how we have orchestrated them as part of our self-discovery in the ascension process. These often volatile and triggering encounters work in partnership with one another for our equal growth and development. Paying particular attention to themes and patterns of conflicts can be quite useful in letting them go and allowing for harmony.

Recognizing these patterns and themes will liberate you from these self-limiting patterns. Or, you may find that you need to continue to repeat these patterns until you're able to detach. The hope is that by recognizing the patterns, you can transcend the emotional hooks of these experiences.

Non-attachment is not an easy task. However, once you're able to detach and replace it with an experience without the emotional charge you will be able to manifest what you would like to experience.

We can then see the challenging person as our catalyst for change and wish them well. This process requires practice and goes beyond forgiveness to seeing the other person as part of our on-going growth toward Oneness.

The gift of the exchange with others is to take responsibility for being the one who has orchestrated the exchange and to immerse the other in unconditional love. Each then has the opportunity to learn the lesson and release the need to be right and seek Oneness. ■



SPOTLIGHT ON SEASON FOR PEACE & NONVIOLENCE

RESPECT

By Christine Schoefer, RScP

The Season for Peace and Nonviolence started on January 30 and continues until April 3. The dates commemorate the assassinations of Mahatma Gandhi and Dr. Martin Luther King, Jr. The season honors their vision of a peaceful and non-violent world and their belief in empowered action towards change. At the same time, the dates emphasize the urgency of building peace and nonviolence. This is not only a social commitment but also an individual responsibility.

For 64 days, the Season gives us suggestions for practicing peace in our perceptions and thinking, in our speech and our actions. Each day, one principle is offered. Examples include: service, choice, ecology, acknowledgment, mission, simplicity, education. There is a daily quote, an affirmation and a practice recommendation and each of these offer different ways to explore the daily theme.

At East Bay Church, we've been working with the daily teachings in our morning prayers and our mid-day meditations. In a Practitioner-led circle after the Wednesday Night Service, the ideas are explored more deeply, together, in discussion and break-out rooms. I had the pleasure – and honor – of leading the circle on the topic of Respect.

I opened our meeting by opening up the meaning of the word. It is a combination of "Re" – which means "again"– and "spect" – which is a root word that means "to look." The word respect, then, contains an action; it calls on us to "look again." In a lively discussion (which I'm putting into my own words here), we agreed that our first impression of a person, a place, an event is often based on judgment and that we formed that judgment based on prior experiences. This means we are not truly present to the situation and we will respond reactively, according to our habits of seeing. What would happen if we allowed our initial judgment to pass and then "looked again?" Wouldn't we open up our vision and see something else, something outside of ourselves? And wouldn't this encourage curiosity and compassion?

In breakout rooms, we considered two questions: how do we show respect? And what makes us feel respected?

Listening, being in the moment with other people, giving props were among the suggestions offered for showing respect. We agreed that feeling acknowledged and seen, listened to and appreciated

"Peace cannot be built on exclusivism, absolutism, and intolerance. But neither can it be built on vague liberal slogans and pious programs gestated in the smoke of confabulation. There can be no peace on earth without the kind of inner change that brings man back to his "right mind."

~ Mahatma Ghandi

makes us feel respected. Words like kindness, esteem, dignity and love came up. It turned out that the concept of respect touched many spiritual principles.

Practitioner KSuzanne closed out the circle with Aretha Franklin's *Respect*, including a fantastic slide show. There's nothing like finger-snapping and chair dancing to magnify and consolidate insights!

It's not too late to delve into the Season and get inspiration for practicing the many facets of peace and nonviolence.

Thank you to everyone who is bringing the Season for Peace and Nonviolence to East Bay. ■

MARCH BIRTHDAYS

Arleen King
March 1

MaryAnna Alderete

March 6

Adjoa Wynn
March 7

Barbara Abrams
March 9

Cynthia Chang
March 10

Lenore Anderson
March 12

Brett Richards
March 13

Dereca Blackmon

March 15

Al Gibson
March 15

Anthony Jackson
March 16

Julie Ida Baker
March 20

Jaliza Eagles
March 20

Victor Mayo
March 21

Lynne Mendoza Williams
March 22

Margaret Patterson
March 23

Gabriel Ramos
March 24

Zelma (Zee) Lewis
March 25

Helen Anderson
March 26

Jamylle Carter
March 27

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. ■

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

East Bay Church of Religious Science
Weekly Ministy Program
March, 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
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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Oakland, CA 94609

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