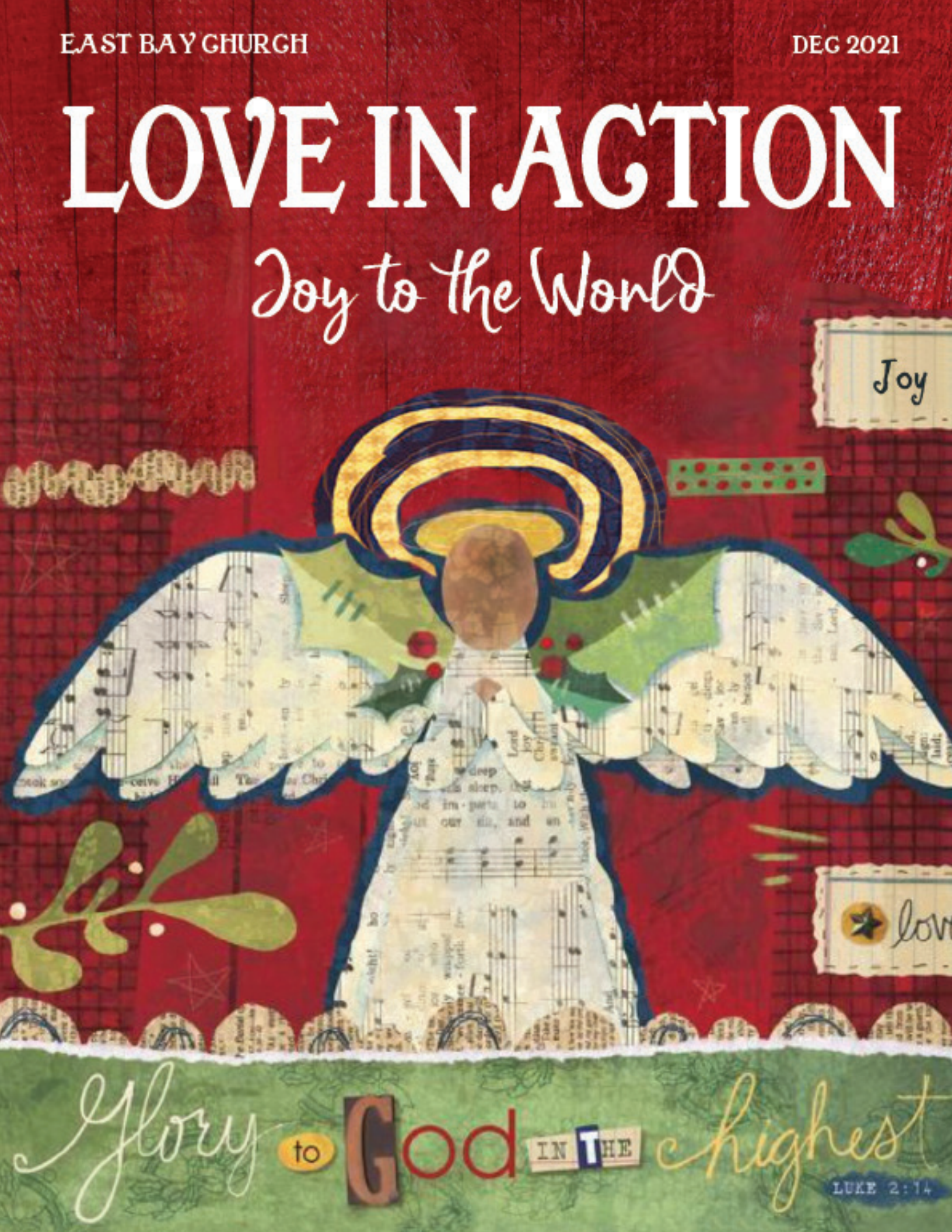
EAST BAY CHURCH DEC 2021

LOVE IN ACTION

Joy to the World



EAST BAY CHURCH OF RELIGIOUS SCIENCE

ECCLESIASTIC LEADERSHIP TEAM

REV. FRANCIONE, PH.D.
REV. ANTHONY JACKSON
REV. GIL OLMSTEAD
REV. D. JACQUELYN EDWARDS

CHURCH OFFICE

4130 TELEGRAPH AVENUE
OAKLAND, CA 94609

OFFICE HOURS

DURING SHELTER IN PLACE
CALL FIRST PHONE: 510-420-1003
EMAIL: EBCRS@EBCRS.ORG
WWW.EBCRS.ORG

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 8AM
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

December 26, 2021

Meditation:10:15am

Service: 10:30am

Speaker: Arleen King

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS	LAYOUT/DESIGN
Arleen King, RScP & Michelle Fitzhugh-Craig	Constance Rose

Contributors: Arleen King. RScP, Pat Baxter, Precious Green, Harriet E. Johnson, Kimberly Satterfield, RScP, Jordan Benn, Harriet Tubman Wright, Christine Schoefer.

Photo Credits: Harriet Johnson, Arleen King, RScP, Harriet Tubman Wright

SUBMISSIONS

Next month's theme is "Reaching Higher Ground". Please submit articles and poems for our January 2022 issue of *Love in Action* by Saturday January 15. Send submissions to ebcrs@ebcrs.org. Thank You!

ABOVE THE BOARD

2021 ANNUAL GIVING CAMPAIGN

By Pat Baxter and Precious Green

Greetings loving, gracious and willing East Bay Community!

Every moment of our lives presents an opportunity to give. Just as there "Is never a spot where God is not", there is never a moment where there is not an opportunity to give.

As 2021 comes to an end, please join our East Bay Community as we "Reach Higher Grounds – Together" in gratitude for all that has been given and all that is on its way.

The 2021-22 Annual Giving Campaign – "Reaching Higher Grounds" has begun and provides an opportunity for you to give, renew/begin your annual pledges and simply express gratitude. *Click Here to Give*. All donations are tax deductible.

This past year was one of application and honor, allowing us to take the challenges presented from the pandemic and many social justice events during the previous year and apply them into our lives as blessings and lessons. The East Bay Community did tremendously well with this exercise of application. Every challenge proved to be an opportunity for personal and community growth. We expanded our community beyond the walls of East Bay into the hearts and minds of so many around the world. We were good financial stewards and diligently worked and prayed to refinance our property. We provided thousands of pounds of food to those in need. We assisted the unhoused by providing needed supplies, a caring space and nutritious meals. We developed a community partnership with Youth Spirit Artworks. We honored our health and wellness with our first annual walkathon. We reopened our bookstore – Between the Lines. We managed to maintain and increase the leasing of our rented spaces. We had an opportunity to experience so many of our ministers and practitioners delivering powerful and uplifting messages during Sunday and Wednesday services. Our audio-visual team took us into your homes and throughout the world. We were blessed to have Rev. FranCione step in as interim Senior Minister, bringing her wise counsel and steady support. We trusted Divine Guidance, our divinely appointed Nominating Committee and patience to present the right Senior Minister for us at the right time. Yes! East Bay – You applied the lessons and – blessings from many challenges and continue to be blessed beyond measure.

Come with us as we continue this journey while REACHING Higher GROUNDS – Together!

We truly appreciate your willingness to give. Wishing you and your family a loving, safe, and joyous holiday season.

From the Heart,

Pat Baxter & Precious Green

Board Presidents

WELCOME NEW BOARD MEMBERS

by Arleen King

On Sunday, December 12, East Bay installed four new Board Members who filled critical vacancies at the church.

While the members in attendance accepted the new Board Members, there will be an official community vote during our Annual Meeting in 2022.

In the meantime, I would like to take this opportunity to thank our new Board and send this letter of congratulations for agreeing to serve the East Bay Community. Each person brings unique gifts, and we are grateful to have them on our team.

What a joy and privilege it is to serve in this area of leadership here at the church; I trust you will feel welcome right from the beginning as we continue to forge ahead into the future. I'm excited about all the things the Spirit has been doing in our midst, and I know that you are too!

One of my favorite quotes by Martin Luther King, Jr. reads, *"Everybody can be great… because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart of grace. A soul generated by love."*

All have demonstrated a heart of grace and love for the East Bay Community. Again, I welcome our new Board of Trustees into service.

To learn more about your Board of Trustees, please visit meetyourboardoftrustees.

Happy Holidays to you and your family!

Pat Baxter
Co-President

Precious Green
Co-President

Talia Taylor
Secretary

Noadiah Eckman
Treasurer

Rev. FranCione
Interim Minister

Arleen King
Chief Operating Officer.

Michelle Blakely
Trustee

Rev. Sherri Grier
Trustee

Charita Avent Hill
Trustee

Robert Quintana Hopkins
Trustee

Constance Slider Pierre
Trustee

Caitlin Smith
Trustee

SACRED SEVA SPOTLIGHT

THE LEGACY PROJECT

By Harriet E. Johnson

Over the past decades, our Audio/Visual Team has aurally and visually captured the rich journey of our church on media. As technology transitioned, we have shifted from VHS tape to DVD to live stream recordings of our services and programs. Hundreds of our old VHS recordings languished in dusty boxes until The Legacy Project was created.

In 2016, Luverne Taylor proposed that we establish an archive of East Bay recordings. I valued her idea big time and joined the effort. From the '90s through the 2000s, our recordings were stored on VHS tape. These recordings capture the potent sermons of our amazing, beloved Rev. Elouise Oliver at her zenith, our powerful mass choir, and the era of East Bay's rise to more than 1,000 members when we had three Sunday services. It's also when "Hey, East Bay" became a greeting heard all across the Bay Area as our members ran into each other.

Because tapes can deteriorate, it's important to transfer these treasured VHS recordings to digital media.

Before the COVID-19 pandemic, The Legacy Project Team was quietly locating and logging the VHS tapes, determining what software and hardware are required to digitally convert them, and determining how to best create a secure, accessible archive for our community. Luverne Taylor, JJ Harris, Margie Ford and I have devoted countless hours to this work. Progress came to a standstill when our church building closed during the pandemic.

Now that we've reopened, The Legacy Team is back at it!

Digitizing each VHS tape is a two-hour process with our present conversion equipment. The full video plays as it is digitized, and it can be viewed. It's a joy to look at these old services and see people in our community in their younger years. The Legacy Project Team will need help converting them all with hundreds of tapes.

Starting in January, look for Legacy Project VHS Tape

cont'd on page 6

cont'd from page 5

Conversion tasks in the "2 in 30 Program" site on the Sacred Seva webpage. To sign up and help with this project:

www.ebcrs.org/sacred-service

Working together, we'll quickly preserve our church legacy in visual form. Our archive will show generations to come East Bay's incredible love, light, and spirit that birthed a phenomenal number of ministers, licensed practitioners, and members in New Thought. Our church's success greatly expanded New Thought in the Black community; it also increased diversity and reached Centers for Spiritual Living (CSL).

Please email Luverne Taylor at church.email@aol.com with any questions. ■

SPECIAL FEATURE

FREEDOM FOR ME, YOU, US

By Harriet Tubman Wright

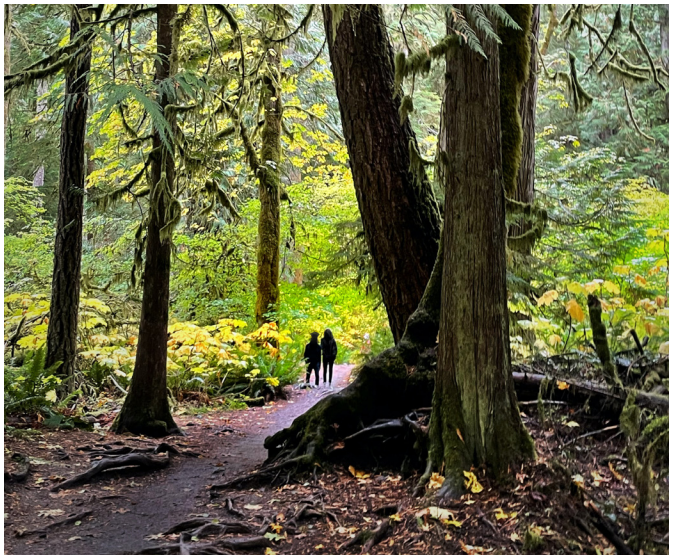
FREE FROM FRUSTRATION, FREE TO FLOURISH

2021 – How can we sum it up? It feels like a year of extremes: intense weather events, political upheavals, commodity shortages, an increase in gun violence upon a landscape of fear, rage, death, loss, mourning, grief. And I ask, "Where is the Love?"

It feels unbearable to many people. Yet, if you're reading this, it means you're still here! Therefore, who are you to be and become? How can you be free from frustration and free to flourish?

For me, it has been most helpful to:

1. Maintain daily spiritual practices: prayer, meditation, affirmations, reading the *Daily Word*, *SOM Magazine*, pulling TAROT cards in the morning and writing gratitudes at the end of the day, regular visioning, plus weekly check-ins with my Prayer Partner.
2. Refrain from reading, watching, or listening to mainstream news. If its that important, someone will inform me, or I'll receive an emergency alert!
3. Spend quality time in nature at the beach or in the forest, along trails in the hills or near the estuary or Bay.
4. Stay active on Facebook, consistently posting and sharing positive, uplifting messages.
5. Listen to KCSM 91.1 Jazz at home and in my car: commercial and news-free, 24/7.
6. Play in the dirt: weeding, planting, culling in the garden, which are all very therapeutic!
7. Engage in aerobic exercise as well as Hatha yoga at gym and home.
8. Maintain monthly Mastermind Meetings,



Evolutionary Consciousness Connections, plus weekly Elder Circle meetings that are nourishing and nurturing.

9. Express creativity; dancing, singing, writing: painting, poetry, altar-making.

10. As a lifelong learner, I take online classes via *The Shift Network*, *Joint Venture Insider Circle*, *Institute for Sacred Activism*, webinars via *How Women Lead*, and ongoing studies primarily with Will Coleman, Ph.D. and Yeye Luisah Teish.

You may also have regular practices that help keep you focused, centered, balanced able to move through your day or evening with ease and joy. Please share!

NOT NEXT YEAR! NOW!

You need not be daunted by the list of activities with which I'm engaged! However, if you're feeling overwhelmed, angry or saddened by what's going on around you, or frustrated by what's NOT going on, seek counsel through prayer with your Minister, Practitioner or Spiritual Guide now! Also consider enrolling in a class for the knowledge and community or volunteering your time and talent! You are sure to be enriched through service and free to flourish. ■

Happy Healthy Holidays to You!

Harriet Tubman Wright, MS, MA has been a member of EBCRS for 30 years, served two terms on the Board of Directors, Health and Wellness Ministry, participated in Toastmasters, organized major events, installed altars and was recognized as Sacred Service Champion in 2010. She is Director of The Wright Resort, Your Soul Safari to Success, *dedicated to Conscious Feminine Leadership.* thewrightresort.com

Pat Baxter, Tom Dao, and Rev. Elouise Oliver

JOY IN GIVING

We are pleased to announce our continued partnership with Tom Dao and the Gantry group.

On Sunday, December 19, the Gantry Group donated $9533.00 to the Rev. Elouise Oliver Scholarship Fund, which we established in 2015. We will share the joy of giving with high education students in the East Bay Community.

"The greatest joy in all of living is the joy that comes from freely giving".

~ Anonymous

EAST BAY POETS

IN SERVICE, RISE

By Kimberly Satterfield, RScP

Season's greetings beloveds. For many years, I have written a poem to share during the holiday season. Some years the poem is about this time of year on the West Coast of California, but sometimes not. Always, the poem reflects what is on my heart in the moment as the year is drawing towards its end.

This year, so many of us have accepted the necessary imperative to learn and expand. So, this year's poem speaks to the ache of stretching ourselves, of opening to a greater way of being, of expanding how we see ourselves and each other. Even my breath is more expansive these days. How about yours?

This year I am also more curious about the natural word. I am no longer satisfied with being a passive observer. I want to know more about how quartz is used in watches, clocks, and electronics and about how the gold veins on irises are runways of pollen for bees. I am in awe that quartz and irises proceed humans on this planet by millenniums. There is so much more I want to learn about and from the living world of which we are all a part.

Please enjoy my poem. Keep on growing. Cultivating your own sense of wonder for this planet. Complete what you can, and you release what you can during the remainder of 2021. Greet 2022 with joyous expectancy. AND please accept my gratitude for my East Bay Church of Religious Science family.

With love,

Kimberly

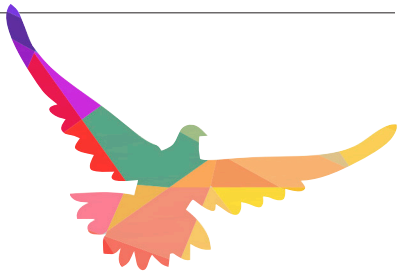
IN SERVICE, RISE

The ache of opening
is a sweet pain.

Somewhere deep
inside ourselves

we know such discomfort
is not endless –

Like miners we excavate,
sift through rubble,



in cracks un-trap crystals
the precise vibration of inner joy.

And when we journey further
into unfathomed forests, we
witness

vibrant standards, gold-veined
falls
of irises climbing wildly through
moist earth

their triumphant beauty–
soft stars unfurling.

Quartz and flower our
progenitors
on this fertile land

in service to time and bees.
Where will we wander, now?

What will we follow?
Irises survived the great meteor.

Quartz–abundant element
in the earth's crust is everywhere.

While we give our attention, and
we must
give attention to the ground
beneath our feet

remember in the sky
in every moment light. ■

SPECIAL FEATURE

REFLECTIONS ON BEYOND LIMITS

By Jordan Benn

It seems like it was just yesterday when I moved to Oakland. I relocated across the country from Georgia without knowing any family or friends in the Bay Area. However, I prayed and affirmed that I would connect with a spiritual community that would support my well-being.

Just a few days after being here, I was running around Lake Merritt when I stopped to compliment an older man who was sitting on a park bench. I felt like I had to let him know how cool his outfit was. His shirt was so colorful.

Before I knew it, we were immersed in a conversation that was just as vibrant. We talked about music, food, and most notably, spirituality. He told me about an amazing church on Telegraph and encouraged me to check it out.

I started attending East Bay that Sunday and fell in love with the people, the art on the walls, and the poetic language that was used to illustrate the Oneness we all hold with the Creator. After just a few weeks of attending Sunday services, I felt more deeply affirmed in the Love that I Am. So, when Reverend FranCione shared information with me about the *Beyond Limits* course, I didn't hesitate to enroll.

"SINCE ENROLLING IN BEYOND LIMITS I'VE BECOME MORE AWARE OF MY CREATIVE POWER, MORE CONFIDENT IN MY CAPABILITY AS A WRITER, AND MY THOUGHTS HAVE BECOME KINDER."

During the past 10 weeks, I've gained a clearer view of the Self. Some of the topics and assignments that were most transformative for me related to forgiveness, affirmative prayer, and faith.

Since enrolling in Beyond Limits, I've become more aware of my creative power, more confident in my capability as a writer, and my thoughts have become kinder. The adoration and compassion I have for me and all those who take up space in my life, has greatly expanded.

I believe the poem I wrote for my final project encapsulates my experience in the course:

anytime I pick up my pen,
i rise above any notion of sin.
i've ascended into the Now,
the Christ has been revealed.

i introduce the Self to the self
by looking straight into the mirror.
in spite of the fear i once felt,
my reflection of God is now clear.

i climbed up the ladder of consciousness
and radically accepted my Divine heritage,
the Word is my magic
I Am an alchemist

free from all inner critique,
i see the Self clearly
beyond the limits of insecurity,
i see Jordan's divinity.

I'm deeply grateful for the Education ministry and am looking forward to continuing my spiritual education through East Bay. ■

PRACTITIONER'S CORNER

JOY IN THE WORLD

By Christine Schoefer

I remember learning the Christmas hymn "Joy to the World" in middle school in Minnesota. Newly arrived in the United States from Germany, I had never heard this song before. Its jubilant opening opened my heart. I didn't know much English yet, but I understood those first four words: *Joy to the world.*

Around me, the other 13 year olds were smiling like I was. Standing up behind our desks, we belted out the lyrics with abandon. Even the tough kids, the ones who sassed the teachers and were sent to the principal, joined the exuberant singing. In the classroom, the space seemed to expand and the light brightened. A feeling of happiness warmed the air and it had bubbled up from inside each one of us. The music teacher beamed and his waving hands signaled encouragement: *Yes, stay with it, this is the Spirit of Christmas.*

After school, I trudged home through deep snow with my sister. She had also learned the song and we tried singing it together, making up the words we didn't know, creating a mash-up of German and English. Again, a well inside of me overflowed with good will and I felt jubilant in every cell of my body. The feeling was so strong that I started running, with my sister by my side, until we both dropped into a snow bank, out of breath and laughing, waving to the strangers who passed us. "Merry Christmas," we shouted, not caring that even those two words revealed our German accent.

The feeling of joy made us feel whole and good. It wiped out doubt and trouble by connecting us to the powerful sparkling that is life.

Looking back on that moment today, I know something that I didn't understand back then: My joy was my connection to the divine spirit that flows through all worldly affairs and through every human experience. Singing "Joy to the World" had transported me into the bliss of union. I had felt the joy IN the world.

Like love or abundance or creativity, joy is an ever-flowing stream. We don't bring it to the world, it is always there and available to us. When we step into its flow, our feelings, our thoughts and our actions are

transformed. We begin to radiate this quality in all of our affairs and all of our relationships and thereby increase the awareness of joy.

Can we cultivate joy in our life? Yes, we can. Gratitude awakens joy. Kindness seeds it. Presence reveals it.

Wherever I am, I pause. With full awareness, I take a breath. And another. Ahh – the miracle of breathing! I notice my sensations. I focus on what is: right now, I see the sky, the play of light and shadow on the sidewalk, the cat in my neighbor's yard. Whatever I see, I accept it and declare it good. Everything belongs. I belong. I am one with this one life. Small sparks of joy alight deep inside of me. My mindful quiet breath coaxes these sparks into flames of full-out joy.

I am grateful to be a joyful presence in the world. All is well. And So It Is!

It's good to remember that joy is a celebration of life. It is a healing power and a lifeline to God. Joy in the world is always and forever. ■

DECEMBER BIRTHDAYS

Gail Richie
December 3

Foad Satterfield
December 7

Precious Green
December 8

Lisa Baylis
December 9

Elihu Kittell
December 11

Phyllis White-Ayanruoh
December 13

Jackie King
December 13

Noelle Cafagna Owens
December 14

Tonie Flores
December 18

Dr. Jacqueline Hairston
December 18

Alta Adams
December 19

LuVerne Gardner
December 19

Takai Tyler
December 20

Robert Wallace
December 21

Carol Wild
December 24

Debora Adams Truso
December 26

Renee Lavern James-Williams
December 29

Rebeca Hanif
December 31

If you don't see your birthday listed, please let us know by sending an email to ebcrs@ebcrs.org

To find out about all EBCRS activities and more click here. ■

WINTER CLASSES 2022

East Bay Church of Religious Science
A Center for Spiritual Living

EAST BAY CHURCH OF RELIGIOUS SCIENCE

Ignite Your Life with Bible Wisdom

(Includes Jesus Workshop Saturday March 5, 2022 from11am – 4 pm)

Facilitator: Rev. FranCione, Ph.D

Ten weeks on Thursdays
beginning January 27, 2022 from 11am -2pm

Self Mastery

Facilitator: Christine Schoefer, RScP

Eight weeks on Tuesdays
beginning January 11, 2022 from 6:30pm - 9pm

Change Your Thinking, Change Your Life

Facilitators: Rev Gil William Olmstead and Rev Anthony Jackson

Five weeks on Thursdays
beginning January 27, 2022 from 7pm - 9:30pm

Financial Freedom Workshop

Facilitator: Rev. D. Jacquelyn Edwards

Saturday, February 5, 2022 from 10am - 2pm
Tuesday, February 8, 2022 from 9am - 1pm