LOVE IN ACTION

EAST BAY CHURCH
MARCH 2022

Honoring WOMEN

EAST BAY CHURCH OF RELIGIOUS SCIENCE

ECCLESIASTIC LEADERSHIP TEAM

REV. FRANCIONE, PH.D.
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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

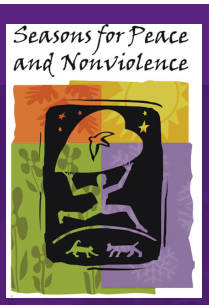
MONDAY - FRIDAY AT 8AM
FACEBOOK LIVE

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.



2022 SEASON FOR NONVIOLENCE

JANUARY 30 THROUGH APRIL 4

DAY 38 — KINDNESS

"It is difficult to give away kindness.
It keeps coming back to you"

~ Cort Flint

Affirmation: There is no place and no person for whom a little extra kindness would not be welcome. Today I practice random acts of kindness and delight in the boomerang effect.

Practice: Do something kind for someone for no reason other than to be kind. Bring beauty to a place where it may be needed without letting anyone know that you were the one who did it. Write about how it felt and then share this story with someone.

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS

Arleen King, RScP & Michelle Fitzhugh-Craig

LAYOUT/DESIGN

Constance Rose

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Photo Credits: Dr. Joan Steinau Lester, and from Unsplash.com: Chandri Anggara, Jordan Whitt, Miguel Bruna, Olivia Bauso

SUBMISSIONS

Next month's theme is "Living Everyday Wonder – Creativity". Please submit articles and poems for our April 2022 issue of *Love in Action* by Saturday April 16. Send submissions to ebcrs@ebcrs.org. Thank You!

SPECIAL FEATURE

A CELEBRATION OF WOMEN'S HISTORY

By Arleen King, RScP

Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.

Did You Know? Women's History Month started as Women's History Week.

Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians– led by the National Women's History Project (now the National Women's History Alliance) – successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980, as National Women's History Week.

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamation designating the month of March as "Women's History Month."

This Women's History Month, as we reflect on the achievements of women and girls across the centuries and pay tribute to the pioneers who paved the way, let us recommit to the fight and help realize the deeply American vision of a more equal society where every person has a shot at pursuing the American dream. In doing so, we will advance economic growth, our health and safety, and the security of our Nation and the world.

The National Women's History Alliance selects and publishes the yearly theme. The 2022 Women's History theme, "Providing Healing, Promoting Hope," is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history.

On March 12, 2022, East Bay will host our first Women's History Celebration with an evening of Music, Spoken Word, Singing, Dancing and Love. We will honor the women in our community who make history, promote healing, and hope every day.

We look forward to having you join us in person or virtually. ■

Blessings,

Arleen King, RSCP

Arleen King, RScP

SPECIAL FEATURE

LOVE BALM: A BIG AND TINY LOVE CONNECTION

By Zelma Lewis

The popular term "Love bombing," not to be confused with "love Balm" (my phrase) was an unfamiliar term to me. Per Jessica Yaffa, LLC and relationship coach, the phrase is considered dysfunctional, because " it is used to describe someone who showers another with love, compliments, (gifts) and flattery In reading about love bombing, It was recommended that using one's intuition may help to determine whether the love bomber is sincere or not.

As a pre-teen, teenager and young adult, I was painfully shy and self-conscious with little self-esteem, self confidence, or self worth. I tended to be more of a listener and a follower, believing that I had no voice or anything worth saying. My saving grace was that I was strong academically and I loved and participated in high school sports. In addition, I attended a segregated church and lived in a small segregated community in Tulsa. I felt like an "ugly duckling," invisible, unlovable, and socially awkward. My friends were outsiders and underdogs, like me, people who didn't fit a certain mold, and who were not popular.

In other words, I would have been over the moon had I been approached with consistent compliments, flattery, attention and affection. At that time,in my longing to feel loved, I would not have dared to stop and judge whether the words or actions of another were genuine or not.

Fast Forward, I am living my life like its golden. March is my birthday month and I am now an Elegant Elder. Long gone are the days of feeling like I am a nobody. I can't tell you the exact day or event when my inner spiritual, emotional and psychological journey and transformation began taking shape. However, I can tell you that I am in love with the outcome! Now, I am more likely to please myself than others and I am comfortable in my beautiful Black skin. I seek ways to inspire and show myself love bombing and balm or comfort and solace with meditation, gratitude, prayer, nature, music, quiet, stillness, cultivating deep family and friend connections, massages, travel, staycations, and so forth.

If nothing else during this past 2 years, the pandemic has taught me to reach out and be a source of comfort to someone in need, and to allow others to comfort me.I have a familiar quote on my wall which I look at frequently, "Live every moment; laugh every day; love beyond words." This is my mantra and inspirational words which enable me to keep powering forward daily. ■

SPECIAL FEATURE

TINY LOVE — MORNING TIMES

By Dr. Joan Steinau Lester

The New York Times challenged readers to write Tiny Love Stories in 100 words or less. On the day I had this interaction with my friend Zee, I wrote this.

TINY LOVE STORY

"You're a Karen!" my friend said after I got a second booster.

Stunned, I asked, "Why did you call me that?"

"Folks in Haiti can't get one shot, you've had four!"

I listened.

"This morning a white woman cut me off in her car. Like I was invisible." Pause. "White people take whatever they want."

I listened.

Finally she locked eyes with me. "I know you're high risk and I'm glad now you can leave your house."

"Thank you."

We kept staring at each other, quiet, until she opened her arms wide. "Can we hug? I love you."

Love wins. ■

Dr. Joan Steinau Lester is a former longtime EBCRS member and a social justice writer. Her most recent book is the memoir Loving Before Loving: A Marriage in Black and White.

PRACTITIONERS CORNER

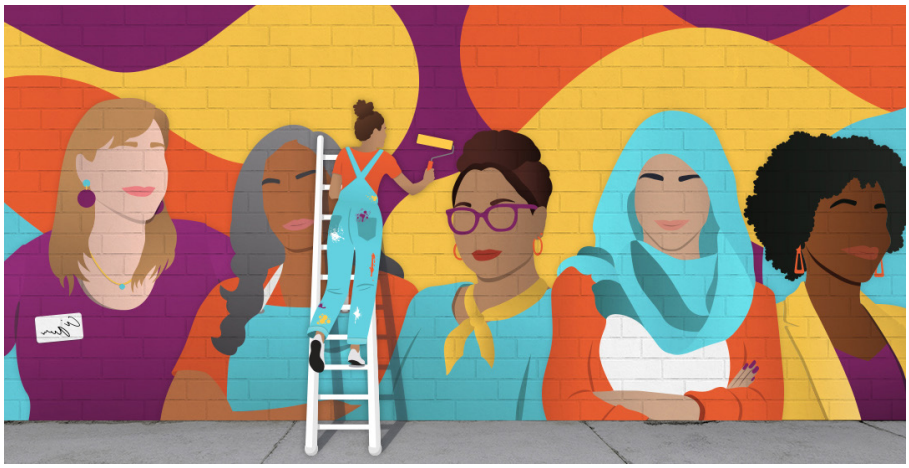
QUIET IMPACT

By Kimberly Satterfield, RScP

As the calendar turns to March and we honor women, I think about two women, now deceased, whose impact on the world and my life never made headlines. Their contributions were born from their commitment to be of service. My mother was one of those women.

She left the stage as a big band singer to raise a family. She was an active member of her church and spent significant time campaigning for progressive candidates in Berkeley kids in tow. The first campaign I remember was going house to house in support of Bishop Roy Nichols for Berkeley City Council.

After living in Sultanate of Oman for several years (my dad worked for the United Nations) in the 1970s and meeting and working with both Israelis and Palestinians my mother felt strongly that US policy did not reflect the complexities of the situation and that most people in the United States were ill informed. When she returned, she was impelled as a Christian woman to quietly share her reflections and discoveries in presentations to church communities through Church Women United.



In the 1980s she worked in Washington DC for the Urban League and began a successful program to provide services to and get housing for homeless seniors and she ran a bi-weekly support group for adults with mental health issues.

Until shortly before she made her transition in 2010, she maintained what my mother's minister coined, her "ministry of remembrance." She had an elaborate calendar of her friends and acquaintances' significant life events – births, deaths, anniversaries, surgeries, birthdays, graduations etc. Some months she sent forty cards with handwritten notes. Two weeks before she passed she apologized for not having the strength to send her cards.

The second woman I will refer to as Miss AC. I had the great good fortune to serve as her Social Worker for 17 years. Diagnosed at 58 and 79, she was a proud two-time breast cancer survivor. She told me she just wasn't having it. After she moved out of her own home at 103 into a care center, and she was no longer eligible for the program I worked for, I kept in touch with her until after her 107th birthday.

Miss AC, having lived through two world wars, was the queen of her small apartment complex. The other residents, the maintenance personnel, and the owner as well as her adopted family served her well. She always had a twinkle in her eye when she talked about supporting women through their experience with breast cancer, growing peanuts in Richmond, baking pies, and crocheting afghans to comfort folks going through hard times.

She lit up when talking about her great love – taking care of dozens of children. This love was reciprocal. Although she had no children of her own, one of her previous charges helped her negotiate the tasks of daily living and served as her advocate. Dozens of other adults she helped to raise visited her regularly.

Miss AC and my mother are two of the people my book *Voices from the Field* is dedicated to.

I close with a poem I wrote for Miss AC that appears in my book.

THEY CALL HER GRANDMA

Alone to California from an
Alabama farm,
she grew peanuts in Richmond

because someone said she
couldn't.
As a girl they told her "No"

more times than she
remembers.
The color of her skin, dark

as the upright piano in her living
room.
At 99 she took the train to
Auburn,

met a young man she called
slow,
helped him from Emeryville to
Sacramento.

Never had kids, never married.
For sixty years she cared for
children.

Now they take care of her –
everything she needs.

She laughs when she recalls
young ones helping
blow out 102 candles on this
year's cake. ■

SPECIAL FEATURE

FRONTLINE WORK: MOTHERING

By Christine Schoefer, RScP

When I think of frontline workers, I picture nurses and teachers; cashiers and cleaning crews. I also picture mothers.

All those who make room in their bodies, for the babies.

Those who lay their bodies on the line, for the children.

Those who give up sleep, self-determination, the idea of knowing what to do.

Those who give nourishment, give answers, give the stories of the ancestors.

Mothering is front line work: dayshift, night shift, weekend shift. No vacation. Low visibility, not much support. Oh right, no pay check, either.

When my children were young, I thought of the work as relentless, messy, and ordinary.

Today I know mothering is all that. And it's also spiritual work. Even when they don't realize it, mothers are always engaging with spiritual principles. Here are a few that come to mind; I hope you add more.

Transformation: We turn soiled laundry into clean clothes, grocery items into meals, tears into smiles, mishaps into learning opportunities. Mothering is constant creative activity and just when we think we can't solve a problem, inspiration rises up and points the way.

In fact, mothering is a Divine collaboration with invisible forces (that may appear in human form). We could not do it alone: Not the baby-growing or the nursing; not the reviving, again and again, from deep fatigue; not the ten thousand deeds of daily life. Mothers know about the infinite stream of energy. They don't step in gingerly, they jump in, submerge and come out miraculously renewed. Renewed, for example, by the beauty of their children's faces. Again and again, mothers experience the

truth that "the strength of God is mine to use."

Mothering, we learn about Impermanence. Time moves us along – from the deep latching gazes of newborns, to the questioning looks of toddlers, to the piercing – or disinterested – stares of teenagers. We learn that this is all the same person, expressing in different ways. Growth is change and change is growth. At some point we look at old photos and recognize the grown son or daughter in the face of the infant. The essential self, we come to understand, is there from the very beginning; it is true and powerful and it seeks to express in innumerable ways.

Then there's the ongoing practice of reconciling contradictions – mothers have to hold on and also let go; offer closeness and encourage freedom. How can both of these things happen? By activating the spiritual principle of balance in the One Life, forever unfolding.

Empathy, patience, caring, dreaming … looking at the concepts offered by the Season for Peace and Nonviolence, I know that every one of them applies to the spiritual path we call mothering.

Love, of course, infinitely expanding, igniting our hearts, fueling our actions – the daily hallelujah. And not just ordinary love (though I wonder if love is ever ordinary). Mothering takes us into the thrilling domain of unconditional love that flows steady and strong beneath the waves that rock the boat.

This love is an expression of abundance, similar to breastmilk – the more a baby nurses, the more milk is produced.

Giving is receiving: There are the blissful moments of being in the flow, basking in feelings of connection and belonging, singing hallelujah. We know these ripple out into the world, weaving the connections of humanity. Mothers pass the torch of life, from one generation to the next. The motherline reaches into the past and extends towards the future; it is braided of hope and grace and hard work.

If I'd had a spiritual perspective when my children were small, daily life would have had more ease. I forgive myself. Self-forgiveness is one of the things I learned, as a mother. ■

SPECIAL FEATURE

ACTIVATING CONSCIOUSNESS

By Ona Afrae, RScP

THE SUPER-POWERS OF WOMEN

As Rickie Byers so eloquently expressed in her song,

"A radiant faith is my friend today and I see my life in a different way,

I'm not excited,

and I'm not crawling in despair,

but I'm better than I have been.

At the center of my soul and mind.

I am sure.

I am calm.

All is well."

Ernest Holmes talks about us all having a power within. He states,

"We have within us a power… that can overcome every obstacle in our experience and set us safe, satisfied and at peace, healed and prosperous in a new light and a new life."

What I know, is that This Power can overcome every obstacle in our experience.

This is the power we want to access when the appearance of life looks grim or challenging.

Months ago, I received a call that my brother had been admitted into the Intensive Care Unit at the hospital. This was not his first illness, nor was it his first visit, yet still, my family had become extremely concerned. Our family, being spread out across the country, identified me as the point of contact. Which was challenging, but I managed.

Being the point of contact gave me the POWER to guide the tone of the narrative.

I could either jump into the panic pool with the rest of my family, wade in the shallow pool of "death looming" with his doctors, or I could embrace the free-flowing motion of the bay water.

I chose to ride the free-flowing motion.

As I know now in my new life consciousness as an awakened being, the power that Ernest Holmes is alluding to is that power of thinking. It is the power of standing in constant truths and choosing to see the best in all things. As we see the best, any perceived obstacles that come our way shrinks and evolves into something easy and effortless.

In her song, Rickie Byers describes this as the exalting of valleys, the laying down of mountains and flowers blooming in the desert.

In other words, the infection subsides, the money appears, and the support shows up.

All the worries dissipate, and all your needs are met.

Can you remember a time when you chose to see the best in a challenging situation?

Or more importantly, do you remember what it was like to be in an atmosphere when the people around you did not see God's Greatness, but instead chose to dwell in the contagion of despair.

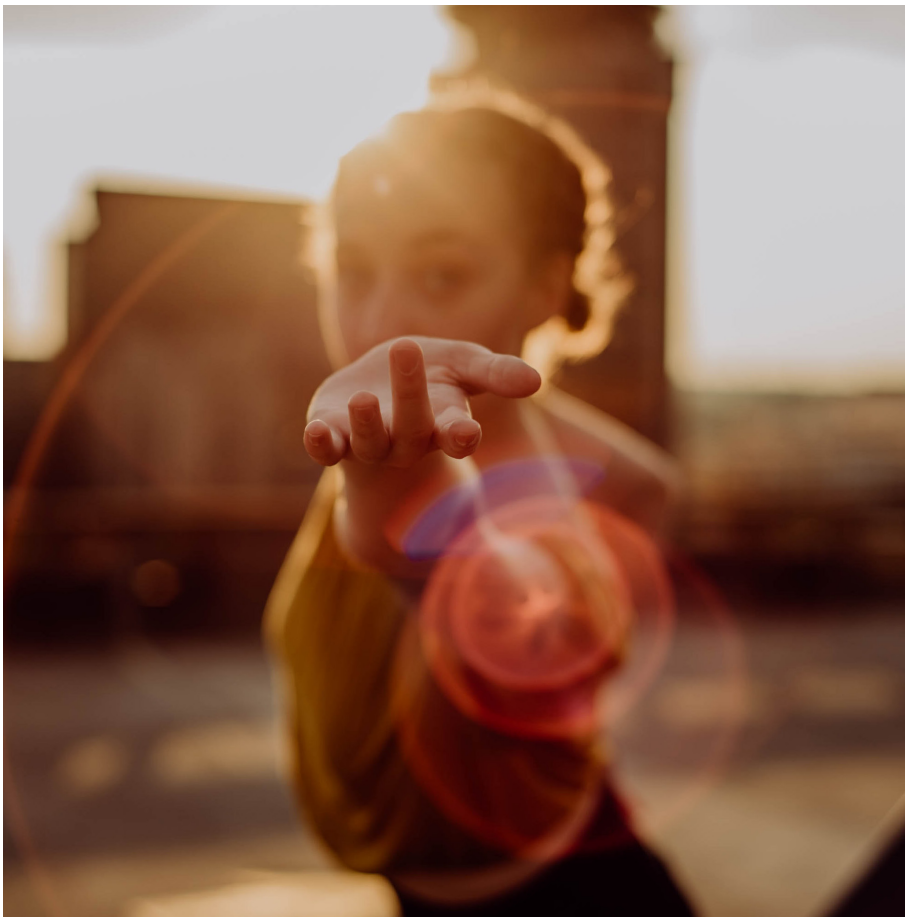
Our charge when confronted with any challenging experience is total awareness:

- Awareness of your thoughts
- Awareness of your physical reactions
- Awareness of your fears

When we are bombarded with our own mental chatter, it is difficult to hear that small still voice within us. That voice is God, speaking to our Spirit. This voice guides us in these challenging times and gifts us with the knowledge of discernment.

Awareness of our physical reactions also shows us what we are really feeling and believing. A racing heartbeat, shortness of breath, a sudden headache or even an uncontrollable twitch or itch can be a signal to us – telling us that we may be in panic or in a state of anxiety.

It is important to understand when the body goes into panic. Panic shuts down the brain and paralyzes the body. Receiving these signals gives us an opportunity to re-align ourselves with Spirit. This is a time to meditate, to pray, and to breathe.



In this period of re-action we may also be overcome with fear.

False Evidence Appearing Real.

The thing is, our body cannot distinguish between false and real. The body just responds to stimulus. It responds to our thought and acts upon it.

Therefore, it is so important to allow our minds to enter into a place of active consciousness. In this active state of mind, we can enter the spiritual realm of mental clarity. And in this realm, we re-connect our beingness with God and allow the peace and knowingness of God to re-emerge.

Going through this process enables us to a create a state of safety, a state satisfaction, and a state of peace.

Today, I choose to ride the free-flowing motion of Spirit. I see the best because I believe the best is possible.

And So It Is

Rev. Dr. Ona Afrae

OnaAfrae.com

ONENESS CIRCLE

ONENESS CHAPTER TEN

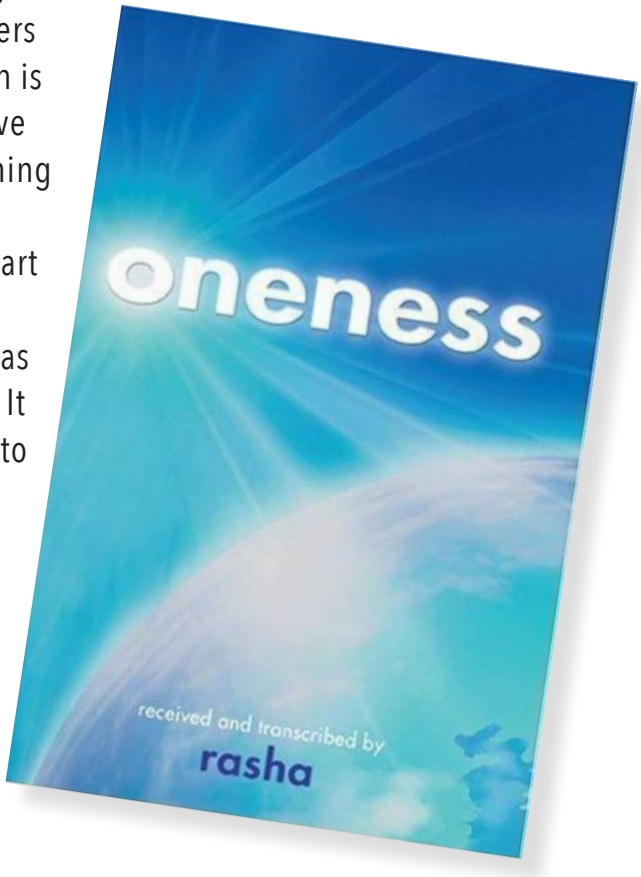
By Brenda King-Randle, RScP

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, Brenda King-Randle, RScP shares her thoughts on the tenth chapter of the book.

Chapter Ten – The clarity you have attained thus far on your journey has served to bring you to this moment; a crossroad in time and space – TODAY. The moments of clarity intensify, as you reach to hold onto it, it slips to the past leaving you wondering if you are awake or still wandering. In actuality you are in both states at the same time. Spiritual growth is not focused on a destination, but the journey. And in the moments when that blessed state has slipped know that you have not lost it, but rather have another opportunity to find it, within yourself.

When you cease looking for the sense of connectedness and cease seeking answers outside of your own inner Self, the interim periods of separation, become fewer and father between. The truth you seek is within you. You have the answers before the question is completed. You have manifested everything needed to have everything your heart desires. Everything that is to happen has already happened. It Is – and continues to Be – ETERNALLY.

As you transcend the circumstances of your drama and come to embody the energy of Unity, your attunement to the higher frequencies guides you in guiding others who may be floundering by your side. There is no need to whitewash your process, no need to apologize for who you are. No one emerges from the journey of transformation without having weathered a storm or two and without being washed up on the shore, gasping for breath, now and then. Have no doubt, fear or regret. The destination is pre-determined. And the course is set. You will arrive at that destination right on schedule. ■



EAST BAY POETS

WE CHOOSE TO RISE

By Pamela Nash

It is our way to rise above whatever faces us.

It is our way to lift as many souls as we can.

It is our way to heed the words of those who came before us and solidify any seeming sinking sand.

We will move with grace and ease always remembering to heed that small whispering voice that gives us choice.

We choose to rise. ■

"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."

- MAYA ANGELOU

MARCH BIRTHDAYS

Arleen King
March 1

MaryAnna Alderete
March 6

Adjoa Wynn
March 7

Barbara Abrams
March 9

Cynthia Chang
March 10

Brett Richards
March 13

Rev. Dereca Blackmon
March 15

Al Gibson
March 15

Rev. Anthony Jackson
March 16

Julie Ida Baker
March 20

Jaliza Eagles
March 20

Delores Spann Carter
March 20

Victor Mayo
March 21

Fabiana Crenshaw
March 22

Lynne Mendoza Williams
March 22

Margaret Patterson
March 23

Gabriel Ramos
March 24

Zelma (Zee) Lewiss
March 25

Helen Anderson
March 26

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. ■

A Celebration of Women's History

Honoring Women Who Provide Healing and Hope

March 12, 2022 at 5pm

An Evening of Music, Spoken Word, Dancing, and Love

This theme is "both a tribute to the ceaseless work of caregivers and frontlineworkers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."

Our Celebration will include inspirational music, healing words, and dance of gratitude in a community of love.

HTTPS://SECURE.QGIV.COM/FOR/MRIARCAA4J82SRSKDN9B/EVENT/846062

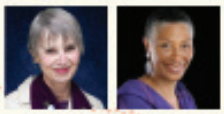
Love Offering: $40.00 in-person • Virtual $20.00

Honored Guests:

Rev. Elouise Oliver
Rev. FranCione
Rev. Dereca Blackmon
Presentations From Our Young Voices

Rituals:

Rosana Martinez, RScP
Dr. Cynthia Chang, RScP



Spoken Word:

Kimberly Satterfield, RScP
Harriet Tubman Wright
Imani West

Featured Guest Artists Include:

Dr. Jacqueline Hairston
Rev. Michelle Jordan
Sharon D. Henderson,
Dr. Jamylle Carter
NuDay and Sounds of Joy

Our Women's Band will include:

Debra Santa Maria
Trevelyn Lee
Pat Wilder

For Full Details Go To: www.ebcrs.org/celebrate-womens-history-month/

East Bay Church of Religious Science
A Center for Spiritual Living

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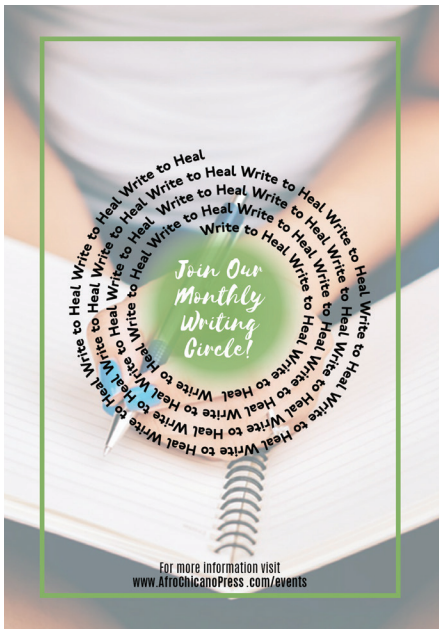

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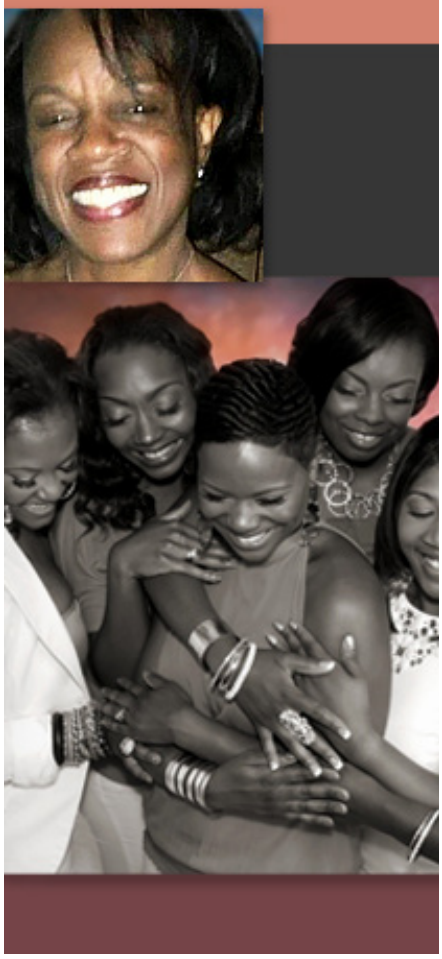

ANNUAL MEETING
EAST BAY CHURCH OF RELIGIOUS SCIENCE ANNUAL GENERAL MEETING (AGM)
CELEBRATE OUR SUCCESS TOWARD THE FUTURE
THE EAST BAY BOARD OF TRUSTEES INVITES YOU TO ATTEND OUR ANNUAL GENERAL MEETING TO CELEBRATE GOD'S FAITHFULNESS THIS PAST YEAR AND TO MAKE KEY DECISIONS FOR THE NEXT SEASON OF MINISTRY. ATTEND IN PERSON AT EAST BAY CHURCH OR ONLINE ON ZOOM.
SUNDAY
IN-PERSON
OR ONLINE
ON ZOOM
MARCH 27
AT 1:00PM
LIVE
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