Love in Action
GRATITUDE AND JOY!
WINTER 2019 - 2020
POISED TO RISE IN LOVE

This Season, the final winter of the decade is vibrant and beaming with more Life emerging! You — as a vital aspect of this Life — are lit by Joy. The beautiful, bountiful, rich green hills polished by the rain give us a hint of what new wonders await us.

A similar activity is happening in the invisible realm. We wait with calm expectancy for a new birth. At this time, as the long nights bring us ample opportunity to be warmed by our inner Light, we are awakening to our True Christ nature. As we advance on this journey of the soul’s unfoldment, we are aware of the abundant gifts of the Creator’s abundant giving.

In 2019, we were planted in Love, unlimited by Grace. We have embraced co-creation, goodness, integrity, all, care, compassion, empowerment, freedom, creativity, respect, stewardship, the human family, gratitude and at last, oneness through our Christhood.

As we anticipate our own arrival as fully realized expressions of God as modeled by Jesus — the master of oneness — we are becoming more enlightened. As we grasp what it means for the Light within us to be on and what is emerging in us, we are excited! To really be attuned to the sanctity of the Temple is to honor and tune into the still, small Voice that is beckoning us to be All That We Are.

Allowing the Eternal Light to show us how to order our steps, we don’t assimilate to the hustle and bustle of to-do’s, but we tune into the Guidance in a way that is focused. Listening for the slightest sound of a pin drop, we tune out the confusion, chaos and tweets and embrace the most humble way to reveal Love.

Donkeys and angels notwithstanding, we find our way from Wisdom to Love. We honor that which is being birthed in us. And while we prepare ourselves to commit to the principles of unity, self-determination, collective work, responsibility, cooperation, economics, purpose, creativity and faith, the eternal dimension of our being continues to expand. But also allow you to share your unique gifts, be it through a poem, personal testimonies, upcoming events, services needed or offered.

Most importantly, we want to share the love connection with our East Bay Community. Everyone is invited to participate. If you are interested in getting involved with LIA, please email us at info@ebcrs.org.

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.

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS
C. McCraw

LAYOUT/DESIGN
Constance Rose


Please submit articles, poems, February/March issue Love in Action to ebcrsorg@gmail.com Next deadline: January 24, 2020. The Theme is Love.

BOARD OF TRUSTEES

President: Arleene King, RScP
Vice President: Harriet Johnson
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Pat Baxter
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PHOTO CREDITS & GRATITUDE

Front Cover: Arleene King
Other photos: JJ Harris, Jim Dennis, Margaret Patterson & Love in Action Staff except where noted

WE WANT TO HEAR FROM YOU!

We are in the process of planning for 2020 and to support our plan forward, we want to hear from you. Please complete a short survey, your input is important.

East Bay Community Members Input.

Thank you for your support.

CHURCH OFFICE
4130 TELEGRAPH AVENUE
OAKLAND, CA 94609

OFFICE HOURS
TUESDAY THURSDAY 10AM—2PM

TELEPHONE: 510-420-1003
FAX: 510-420-1274
EMAIL: INFO@EBCRS.ORG
WWW.EBCRS.ORG

SUNDAY SERVICES
MEDITATION 10AM—10:30AM
WORSHIP SERVICE 10:30AM
YOUTH CHURCH AT 10:30AM
WEDNESDAY
HEALING & REVEALING
MEDITATION 6:30 PM
SERVICE 6:30 PM—7:30 PM

MID-DAY MEDITATION
12:30 PM—1 PM
TUESDAY—FRIDAY
GRATITUDE AS A SPIRITUAL PRACTICE

By Rev. Badia Cooper

Gratitude is a feeling state of acceptance and thankfulness for who you are, and what you have accomplished in your life. Spiritually this lifts your consciousness to a state of peace. You are accepting your life as being fulfilled at the present moment. You are living your life according to your desires and beliefs. Gratitude assists you on the path toward spiritual growth.

Gratitude is an active practice of acceptance, appreciation, thankfulness of who you are and what you have is enough, and all your needs are met.

Life is a reflection of what you are thinking and believing to be true at the present moment. By cultivating gratitude you are allowing your self-awareness to expand so that more of your heart’s desires have room to manifest. You become what you think about. You are feeling thankful for how you are living and expressing life at this given moment this is gratitude. It is a sense of ease, yes all is well. It allows you to move through life with a heightened awareness and love for everyone who crosses your path.

Gratitude is a recognition of the power of God within you always working on your behalf. No matter how things are appearing. We are a three dimensional being who is seeing the magnification of our own thoughts reflecting back to us. What we believe to be true for ourselves. Gratitude opens the pathway to a deep understanding. You begin to live from the inside out, not the outside in. When you are letting go of the past and not being concerned about the future. You can set goals for the future, but you allow them to unfold by trusting and being thankful and accepting for the present. Gratitude releases fear, worry, and uncertainty. You have a sense of knowing your life is divinely guided.

Your interpretation of the present moment is positive, which allows you to move through your life observing your thoughts and your actions. This gives you a sense of inner calmness and appreciation for your life.

You are in the flow of life because you are allowing life force energy to move through you. This leads you to attract the highest divine trajectory in your life. You are trusting in God.

“For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer”

- 1 Timothy 4:4-5

“Gratitude is one of the chief graces of human existence and is crowned in heaven with a consciousness of unity”

- Ernest Holmes
HAPPY BIRTHDAY!

NOVEMBER BIRTHDAYS
- Maria C. Casey November 2
- Ann (Ayanna) Johnson November 2
- Diane Green November 5
- Sheila Travis November 6
- Theresa Guy Moran November 7
- Kuwaza Imara November 10
- Harriet E. Johnson November 13
- Maura Ghizzoni November 14
- Dawn Murrell November 16
- Evelyn Wesley November 16
- Lisa O’Bryant November 19
- Lola Pratt November 19
- Jennifer Ware November 23
- Kimberly L. Mayfield Lynch, November 28
- Paulette Sims November 29
- Shawana Booker November 30
- Saundra Henry November 30
- Joan Peterson November 30
- Charles Mance December 5
- Cheryl Dunn December 7
- Pamela Morris December 11
- Robin Bramwell Woodstock, December 18
- L. Takai Tyler December 20
- Alta Adams December 22
- Greg West December 23
- Renee Laverne James-Williams, December 29
- Linda L. Vance January 3
- Divine Glori Wrotten January 3
- Elena Margarita Williams January 11
- Sharon Nichols January 16
- Hope Anderson January 17
- Laine Demetri January 21
- Georgia Eagles January 24
- Cedric Long January 26
- 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 three options below.
1. Send us an email to info@ebcrs.org
2. Fill out a database form and leave at the membership table
3. Update your information online through our membership portal at: www.ebcrs.org/member-portal

STEWARDSHIP OF LOVE, GRATITUDE, AND JOY!

I had the opportunity to spend some time with our stewardship team today. This Stewardship team ensures that your donations are recorded, deposited, and handled with prayer. We discussed our love, gratitude, and joy of being a part of the East Bay community. Each person has a unique experience of growth and openly shared how being a part of the East Bay community has transformed their lives.

Sharon Nichols says that “when I first came to East Bay I attended a class wherein the minister Dr. Elouise Oliver told me that the class would change my life and I could get my money back if my life didn’t change. I never asked for my money back because it did change my life.” Sharon loves serving the community, and what she loves about serving is it gives her the opportunity to get to know fellow congregates so that she has more intimate relationship with them. “It’s my community, and it’s my church, so I do all that I can to help build it and keep it going.”

Gwen McDonald shared her experience in regards to how this philosophy inspires her to continue to be in service “I love the church and its philosophy, it’s really benefited me in my life over this past more than 20 years, and I’m just happy to be a part of it and happy to support in any way.”

I am grateful for over 100 years of combined Sacred Seva provided by these powerful women. As we move into the new decade, we all walk in Love, Gratitude, and Joy!

Blessings,
Arleen King, RScP
President, Board of Trustees
WINTER CLASSES 2020

Practitioner II
Facilitator: Reverend Celeste A. Frazier
Tuesdays beginning January 7, 2020 from 6:30pm - 9:30pm

Treatment and Meditation
Facilitator: Arleen King, RScP
Thursdays beginning January 16, 2020 from 6:30pm - 9:30pm

4T Prosperity Program©
Facilitator: Reverend Celeste A. Frazier
Thursdays beginning January 9, 2020 from 7:00pm - 9:00pm

The Heart-Centered Workshop Series
Facilitators: Alesa Hazzard, Maisha Hazzard & Vionela Vaughn-Austin
Saturdays beginning January 11, 2020 from 11:00am - 4:00pm

Egyptian Roots of Science of Mind & Spirit (online)
Facilitators: Maisha Hazzard & Vionela Vaughn-Austin
Tuesdays beginning January 14, 2020 from 7:00pm - 9:00pm

Destination Manifestation Workshop
Facilitators: Al Gibson and Rosana Martinez
Saturday, January 18, 2019 from 10:00am - 2:00pm

Mas Alla De Los Limites
Facilitadora: Maira Sura
Lunes a partir del 27 de enero a 23 de marzo de 2020 desde 6:30pm - 9:30pm

Join us for our January First Friday Art Exhibit at East Bay—an open gallery exhibit for our in-house artists. Currently the work on view is that of Bay Area Artist Wren Michelle Robb

Wren Michelle Robb is an artist born and raised in Oakland, California. Her art has been shown here in her hometown as well as New Orleans and all the way to Brazil. Some of her recent shows include “Art of Healing” at YOGALove (in West Oakland), “Rebirth” a collaborative show honoring the ocean. Her work was also featured at the collaborative Black History/Future Celebration at OBC, and Communion with the Community. Inspired by spirituality and meditation, divine feminine, music from around the world, and the people who rise in the face of challenge and move with love and speak out for social change. Please join us as we celebrate her artistry Friday, January 3rd at 7 pm.

Join us for light refreshments, engaging art and phenominal conversations Friday, January 3rd from 7pm to 9pm
For more information call 510.420.1063 or visit ebcrs.org
Dearest Friends,

I was so blown away by the kindness, vulnerability, and courage of each and every single one of you at the Saturday Women’s Loving Empowerment meeting. I love that we can share deeply about serious issues and at the same time, have fun and laugh together! A special thanks to Pam and Sherri for creating a safe and supportive space in which we can be our true selves, knowing that we are loved and accepted unconditionally. I so appreciate your thoughtfulness and generosity; lastly, thank you for all the time and energy you expend into making this amazing group happen.

With love and gratitude for one all, Dina

The Women’s Empowerment Circle meets on the first Saturday of every month. The next gathering is on Saturday, January 4, 2020, from 11am-1pm. Harriet Wright will be the Facilitator.

Harriet Tubman Wright, MS, MA is Founding Director of The Wright Resort, Your Soul Safari to Success, www.thewrightresort.com. She has masterfully led mature women to fulfill their Soul’s Purpose, thereby freeing them to transform themselves, their businesses, workplaces and communities. Recognized as a gifted Change Agent, Speaker/Storyteller and Metaphysician, she has traveled worldwide, most recently in Egypt. Harriet enjoys altar-making, creative writing, quality time at resorts, spas and in nature. Her popular book, Releasing Stress, Creating Serenity, A BodyMindSpirit Self-Care Primer for Busy Women, is available for purchase.

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OFFICE SPACES FOR RENT

4126 TELEGRAPH AVENUE

Unfurnished office in Oakland’s Temescal District. Walking distance to BART, restaurants and stores. This is a private office with 24-7 access.

Available Now.

AMENITIES:

- 1 Shared Conference Room
- Reception Sitting Area
- Shared Kitchen
- Restrooms
- Free Parking (Monday-Friday)

UTILITIES/SERVICES INCLUDED:

- Telephone; Internet (Wi-Fi and Wired)
- Janitorial Service
- Electricity, Water, Gas

2 Offices available: Total Rental Space 800 Square Feet

Contact: rentals@ebrs.org or call 510-420-1003 for more information.


- DEEPAK CHOPRA

JOY AND GRATITUDE

Painting by January’s featured artist, Wren Michelle Robb

BETWEEN THE LINES BOOKSTORE

OUR MISSION

Between the Lines Bookstore is a ministry dedicated to providing the community with a consistent source of current and classic spiritual reading material. To the best of the abilities of those serving on staff, the bookstore is here to educate, serve, and support the teachings of the Science of Mind.

Our Book of the Month for January is The Science of Mind By Ernest S. Holmes.

STAY CONNECTED WITH EAST BAY

Members and friends, please let us know if you have moved. Please use our New Member Portal to update your contact information. In addition to updating your contact information, you can sign up for events, give us your birthdate, see your private giving history and set up online giving all from your private online profile.

DON’T HOLD ON TO A PROBLEM, SPEAK WITH A LICENSED PRACTITIONER

A licensed Religious Science Practitioner has been trained to assist individuals by using the art and skill of spiritual mind treatment. Spiritual Mind Treatment, often known as “affirmative prayer,” is a practical tool we use to make conscious and constructive life changes. A prayer treatment is a declarative statement of faith and conviction, an absolute knowledge of the Truth, which calls forth a specific desire into manifestation.

A Practitioner practices, demonstrates and lives Spiritual Truth, and has the training to assist in helping you transcend any challenges you may be facing. East Bay Church of Religious Science Licensed Practitioners are easily recognizable by their purple stoles. A complete list of our Licensed Practitioners can be found here on our website.
“WON’T YOU BE MY NEIGHBOR?”
by Zee Lewis

This is the title of a current documentary about the life and times of Fred Rogers, the quintessential neighbor. During this holiday period, would that we all exemplified the qualities of generosity, kindness, compassion and the awareness for our neighbors/family/friends who are stressed regarding job uncertainties; our neighbors who are single mothers or fathers with several children to feed; our neighbors who are young or old and are sick and shut in; our neighbors who lost their jobs and their homes; and our neighbors whose mental health issues become so overwhelming that they contemplate doing harm to themselves or others.

The end of the year is a wonderful opportunity to start being a good neighbor to oneself by getting adequate exercise and restful sleep, eating healthily and monitoring one’s alcohol and smoking habits (of any kind).

A small, but significant and growing neighborly act would be to commit to a fragrance free environment (for example: no colognes, perfumes, fragrant soaps, deodorants, lotions, cigarettes, cannabis, because of increasing health issues and sensitivity regarding asthma, COPD, migraine headaches, shortness of breath and nausea of which you may not be aware and which may be affecting your neighbor when you are in a public area.

Discover your “tribe,” people you trust, feel safe with, and whom you can play with and lean on for moral and spiritual support during stressful And joyous times. This is a wonderful time especially, to “pay it forward” to someone whose situation is less than adequate.

This is also a good time to review one’s goals, visions, and set in motion the path to success and how you define it.

East Bay Church of Religious Science strives and is committed to being a good neighbor to any and all. Happy Holidays Neighbor!!

SAVORY PUMPKIN HUMMUS
FOR THE HOLIDAYS

INGREDIENTS
1 can (400 grams -14 ounces) chickpeas, drained and rinsed
2/3 cup (150 grams) pumpkin puree (not pie filling)
2 cloves garlic
2 tablespoons tahini
1 lemon juiced (2 tablespoons)
1 1/2 tablespoon extra virgin olive oil
1/2 teaspoon cumin
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 teaspoon paprika
water if needed

To garnish (optional): chopped parsley, sesame seeds, paprika, extra virgin olive oil

INSTRUCTIONS
Place all the ingredients into a food processor and blend until smooth and creamy, scraping down the sides as needed.
Add more olive oil or water if it’s too thick.
Taste and adjust seasonings.
Place the savory pumpkin hummus in a shallow bowl, drizzle with extra virgin olive oil, garnish with sesame seeds, chopped parsley and paprika.
Serve immediately or cover and refrigerate for up to 4 days.
Enjoy!
Makes 2 cups

East Bay Welcomes three new Sacred Seva Ministries. This addition brings our total number of Ministries to thirty-three. Thank you for your loving service.

ANNOUNCEMENT MINISTRY
Precious Green
Marlon Eagles
Constance Slider Pierre
Cedric Long

CLEANING MINISTRY
Arjuna Pecot
Monica Pecot
Paris Page
Ona Afrae

RECYCLING MINISTRY
Karen McClung
Zee Lewis
Tonie Flores
Annie Rockwell

We have several opportunities to be in Sacred Seva at East Bay, please visit our website at Sacred Service Ministries

THANK YOU!

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RETIREMENT, ESTATE AND ASSET PROTECTION PLANNING
Pat Baxter, Registered Financial & Investment Advisor
Office Locations:
Oakland and Walnut Creek
510.409.0086
Pat@REAPLegacy.com

Investment advisory services offered through Brookstone Capital Management, LLC (BCM), a registered investment advisor. BCM and REAP Legacy, Inc. are independent of each other. Insurance products and services are not offered through BCM but are offered and sold through individually licensed and appointed agents.

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Thank you!
LET US HELP YOU GO SOLAR

East Bay Church will Receive $1,000

IT'S THE RIGHT TIME TO GO SOLAR

With the rise in utility costs and the upcoming rate hikes, more people than ever are choosing solar. I can install our solar panels regardless your credit history! I would like to share information on the benefits of solar energy and how you can use federal tax credits and incentives that reduce your overall costs.

Contact me today with your questions about installing Solar Panels.

I am proud to serve members of East Bay Church, family, friends and the surrounding community.

- Booker T Dikes Jr. SunStor Energy Consultant

The Benefits Are Bright

- 25 yr Warranty on Solar, Parts
- Lease or Purchase
- 30% Tax Refund/Credit
- Lower Electrical Monthly Bills
- Green Renewable Energy

Bokker T. Dikes Jr.
SunStor Energy Consultant
Phone: 510.325.6373
E-Mail: bookertthecoach@yahoo.com