Love in Action

ENSURE STEWARDSHIP OF OUR PLANET
SEPTEMBER 2019
WELCOME BACK LOVE IN ACTION!

We are very excited to bring back the Love in Action Newsletter (LIA) A lot has changed since our last issue. We are moving away from paper newsletters and excited to provide LIA in digital format. Of course, you are welcome to print from your home computer.

The intention of Love In Action is to provide our community not only with information about what’s happening in our community but also allow you to share your special gifts, be 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.

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS
Harriet Johnson & Lynn Daniels

LAYOUT/DESIGN
Constance Rose

Contributors: Rev. Celeste Frazier, Karen McClung, Sydney Matterson, Harriet Johnson, East Bay Practitioners, Wendy Worsley, Robert Quintana Hopkins, Ona Rivers

Please submit articles, poems, or art work on the theme of “Cherish the Human Family - Unity” for the October Love in Action to ebcrsorg@gmail.com Next deadline: September 20, 2019

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

GREETINGS BELOVEDS!

It’s September so that means we’re back to school! And we’ve got some great classes at east bay starting this week! We’ve never really left school as this is our journey here on Earth. But we have let the commitment to learning fall by the wayside. Life will continue to teach us but will we pay attention to the signs? When heavy winds wipe out cities, towns and seriously impair countries, we must realize that gone are the days when we can afford to ignore these signs. The children are caged. We have been on this planet long enough to notice the substantial shifts. Our disregard for the very air we breathe, the water we drink and the land upon which we stand are under our care. Within the year, many of us wore masks in order to breathe. Since tap water is not drinkable, we have purchased so many plastic water bottles to drink from that we have clogged our oceans and burdened other countries with our plastic waste. We know the demise of nature is at hand. But we now are sobering up to see that humans have the capacity to make ourselves extinct, not only through weapons of mass destruction, but through our neglect.

The good news is that we have with us the key to our own salvation. As Rickie Byars sings, you are the light of the world. We are here to reveal God. Indeed, the presence is our only way to stay. What this means is we are the trusted emissaries of this planet because our creator depends on us to keep life — as we know it — alive! Life will go on — it is eternal. Humans? Not necessarily. Because we prioritized our goals that had little to nothing to do with nature, life as we know it is collapsing. So, get to the good news already, right?

The right hemisphere of our brain — our intuitive mind is still here. Despite the conquering, competitive, technological part of the mind that has produced the coal-driven industrial revolution, there is still a part of the mind that produces the co-existence of separateness out pictured by Einstein lead our evolution and we now embrace the collective well-being of humanity. Religion alone or science alone were not able to bring us into an expanded understanding of what is ours to do. It is our spirituality and quantum technology that we now use. It is our mystical identity that will lead us out of suffering and into our creative potentiality, fully expressed! We embrace mindfulness. This is the time. We are the ones. We are at last ready to see the connection between humans and mother earth. We are now willing to be at one with Earth — not as dust but as light. The source within is awakening us to love. This is the true power the power of love. Earth responds to love. This is the time. We are the ones. We are at last ready to see the connection between humans and mother earth. We are now willing to be at one with our Earth — not as dust but as light. This worth within is awakening us to our true power the power of love. Earth responds to love. Let us love her.
GIVE YOUR SERVICE – JOIN OUR BOARD OF TRUSTEES

East Bay is currently recruiting qualified community members to serve on our Board of Trustees. The next several years promise to be exciting ones for East Bay. The organization will continue to have a positive impact on the communities we serve. The Board of Trustees will play a central role in this important work. Bring your experience and willingness to be involved in our community and the great possibilities of East Bay. As you consider this opportunity, we ask you to review the Board Trustee position located on the Board of Trustees bulletin board. As you will see, we are expecting the Board to be an active one.

The Board of Trustees serves an essential function by developing and implementing policies and procedures that guide and support the business affairs of EBCRS. Within this function, and all that pertains to it, the Board further supports the ecclesiastical vision of our Senior Minister, Celeste Frazier in her guidance of this spiritual community’s mission.

If you are interested in learning more about the Board of Trustees, please contact Arleen King at 510.301.0380. Or visit our website at www.ebcrs.org.

BOARD NOTES

One of the key responsibilities of the Board of Trustees is Financial Development. The Board is responsible for developing and maintaining the annual Church budget. The Board is responsible for ensuring that the Church is adequately financed to fulfill its objectives. During 2019, we have experienced some financial challenges, and we are grateful for your continued financial support.

During our Town Hall in July, we agreed to focus our attention on renting spaces in the Rev. Elouise Oliver, Spirit, Mind, Body Center. We are pleased to inform you that we have rented 50% of the available space. There is plenty of space to expand our rental opportunities, and we intend to have 100% of the spaces rented by mid-October. The additional income helps support our vision and mission.

Thank you for your loving support of our East Bay Home.

GIVE YOUR SERVICE – JOIN OUR BOARD OF TRUSTEES

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.

ABOVE THE BOARD

SEPTMBER 22 - COMMUNITY APPRECIATION DAY

Sometimes it’s just not enough to say, “I appreciate you” or “We’re grateful for all you do”. Sometimes, you just have to show your appreciation and that is what we want to do on Sunday, September 22nd. The Board invites everyone to celebrate the last day of summer and each other with a dancing and dessert party right after service! We’ll bring the sweets and you bring the beats, the shuffles, the slides, the dougies, the cartoons, the moonwalks, the pop and locks!

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.
JOIN US AT EAST BAY’S YOUNG ADULTS MEET UP!

As a group, the Young Adult Ministry has been holding space and building community for almost a year now. We have forged new friendships, created shared memories, and supported each other through periods of growth and transformation. Our goal is to continue to grow and support the young adult community here at East Bay Church of Religious Science.

Join us every 2nd Sunday from 1-3pm in the Youth Lounge behind the sanctuary. Light refreshments will be served.

If you have any questions, feel free to reach out to Sydney Matterson at SydneyPaigeCreates@gmail.com.

HOW ARE YOU GIVING SERVICE?

Here at East Bay, Sacred Seva or selfless service is a pillar of our church. Your service to our community helps our operations, programs, and events run smoothly and be as stellar as we desire.

Presently, our church has 33 Sacred Seva Ministries. We have a place for you to engage your passions and interests — singing, making announcements, food preparation, sharing support and encouragement, marketing and promotions, administration, cleaning, beautification, recycling, event planning, teaching, technology—and more!

At this time, these ministries would particularly love your involvement:

- **Calling Angels**
  - Wendy Worsley
  - 510-604-1639 • weewendy39@yahoo.com

- **Clean Up Ministry**
  - Arjuna Peacot
  - 510-485-3658 • hpecot@gmail.com

- **Community Outreach**
  - Ona Afrae, RScP
  - 510-472-6932 • ona_afrae@yahoo.com

- **Youth and Family Ministry**
  - Stacey Saadiq, RScP
  - 510-435-6295 • freedomnow925@gmail.com

Give a ministry leader a call to learn more and find out how you can share your time and talents in a way that works for your schedule. Also, contact me with questions about any ministry or with ideas for a new ministry.

Serving in a ministry is one of the best ways to connect with people, make new friends, AND do some good. You’ll feel great as you add works to your faith. Many East Bay congregants serve in several of our ministries.

Reflecting on the past quarter, kudos to ALL who gave Seva in these excellent events:
- EBCRS’ Great Treasure Trove flea market
- Health and Wellness Ministry’s-Advanced Care Directive Workshop
- EBCRS 46th Anniversary Gala
- Marianne Williamson’s Townhall at EBCRS

As Sherri Grier, RScP said to me a few years ago, “We serve God by serving people. Ase’.

Harriet Johnson

THE RECYCLING TEAM

Karen McClung

The Recycling Team has been emphasizing the need to put refuse in the proper containers so Oakland Waste Management won’t fine the Church if, for example, they find a plastic bottle in the garbage container or organics container instead of the recycling container. No joke: inspectors come out periodically with clipboards and go through the trash; every transgression costs the Church $300, which has added up to a bill we cannot afford to pay; hence, our service has been discontinued and several heroic Church members are taking our garbage and recycling home with them. To ensure that these people will not be fined where they live, the Trash Angel of All Trash Angels, Zee Lewis, has been going through the containers to make sure the items are properly sorted before the bags leave the premises. This situation makes no sense at all:

- A) Because we could be spending that money to further the mission of the Church, rather than handing it over to Waste Management.
- B) Because we could use the time and talents of our members for a higher purpose than trash sorting/hauling.
- C) Because we CAN (cans go in “recycling”) do this!

Admittedly, it is difficult to figure out which item goes in which container, and different cities have different rules; so if you don’t live in Oakland, you may be accustomed to sorting things other than the way Oakland requires. So, to make it easier to sort, we have put signs on (or near) the various containers showing/telling you what goes in each container. Please put your items in the proper containers; and if you see someone committing a recycling foul, please gently guide them to the proper container* (We are open to suggestions about how to make the process clearer and easier).

In the workbook for Foundations of the Science of Mind: Basic Principles for Spiritual Living, there is a statement from the Centers for Spiritual Living (the core organization under which most Science of Mind centers, including ours, fall) that describes their “global vision.” Here is an excerpt:

“...we envision a world where personal responsibility joins with social conscience... providing sustainable structures to further the emerging global consciousness... a world in which resources are valued (and) cared for...”

Ergo, putting items in the correct recycling/garbage container not only saves the Church money and is environmentally sound, it is an act of spirituality! And isn’t that what we’re all about?

With gratitude for your CDP (Conscious Disposal Practice)

The Recycling Team
EXCITING THINGS ARE TAKING PLACE IN YOUTH & FAMILY MINISTRY!

Our Youth & Family Ministry team is expanding and growing and lots of wonderful things are unfolding.

We have a wonderful team of facilitators, assistants, snack angels and administrative support for our youth ministry. The Youth and Family Ministry is staffed with Stacey Saadiq, Fabiana Crenshaw, Sharon Nichols, Cindy Long and Sherri Grier with the younger kids and Toussaint Stewart with the teens. We also have vigil holders and snack angels like Luverne Taylor and other support by Jaliza Eagles. And we’re expecting more who are on the way.

We encourage parents to bring your children to Sunday morning services. The programs are designed for our young people. In our youth program your child(ren) will enjoy a program specially designed to fit his or her age and needs. Our children’s program is available 10:30am every Sunday.

We look forward to having your families as part of the Youth and Family Ministry.

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 September is Spiritual Ecology By Llewellyn Vaughan-Lee.

Spiritual Ecology
THE CRY OF THE EARTH

Llewellyn Vaughan-Lee

Body Transformations
Made Easy

(510) 629-6532

Photos by Jim Dennis and JJ Harris
“I’LL KEEP ON SINGING GOD’S PRAISE.”

I met Wendy Worsley in 1994. She showed up as an angel with the most beautiful voice. I remember hearing her voice so sweetly singing, “I’ll keep on singing God’s Praise.” One key line in the song says, “changes come just to keep me strong, but I’ll keep on singing”. At a time in my life, these words were mighty and transformative. Wendy holds a special place in our hearts with her wit and humor and the joy she brings to everyone she meets.

Wendy has been a member of East Bay since 1980, and she is one of our longest members. She sings in the choir and currently serves on the Calling Angels Ministry. Wendy is also a Louise Hay Teacher Counselor.

Wendy moved from Scotland to Vancouver, Canada where she lived for 11 years. Wendy and her family settled in the United States in 1976. She loves to travel and spend time with family. She loves to sing and play the piano. She was an avid swimmer and loved being in the water. She enjoys reading and gardening.

Wendy’s favorite quote is “All Things are Working Together for Good,” she believes in this even when things don’t appear “at the moment”. Wendy believes in the power of the mind and uses it for her good.

The East Bay Community has supported Wendy over the years and she appreciates the love and joy of the shown by everyone she meets.

And So It Is.

WRITING YOUR GOOD LIFE

As part of the summer workshop series, East Bay Church Practitioners Robert Quintana Hopkins and Christine Schoefer offered “Writing Your Good Life.” This experiential writing workshop utilizes writing prompts to support participants in developing a loving relationship with their past, allowing them to live in peace and gratitude today. Christine and Robert believe that every experience in our lives contains valuable lessons.

Writing allows us to identify the gifts in our experiences and this helps us reframe the stories we tell about ourselves. Stay tuned for future writing workshops from Christine and Robert!
Al Gore's Climate Reality Project Community Event

presentation by

Grammy Winner
Darlene Koldenhoven
Speaker & Performer

Free All Invited Lite-Snacks

Saturday
October 12
7:00 - 8:30pm

Hosted by East Bay Church of Religious Science

Join us for an informative and entertaining climate presentation with Grammy Winner Darlene Koldenhoven, personally trained & certified by former Vice President Al Gore as a Climate Reality Leader. First, we will open our senses to appreciate the beauty of our Earth through moving music videos, personal stories, and a short performance by Darlene from her multi-award-winning album for peace and planet, “Color Me Home,” followed by her official Climate Reality Project slide-show presentation and closing with Q & A. You will see the latest amazing images and learn about how the climate crisis is impacting our planet locally & around the world, how we can be good stewards of the earth & its inhabitants, what solutions we now have, and finding opportunities in green jobs, renewables, solar. For the sake of yourself, your family & future generations, we urge you to take part in this special event for Earth and everyone! First-come seating. Doors open at 6:30pm for viewing of Darlene’s award-winning music videos featuring our planet home. After the presentation, connect with your local Climate Reality Leaders, enjoy social time and snacks. The action you take today could save tomorrow! See you there!

What to Expect...

• 10 Minute Focus on the Voice: Improving Vocal Quality, Deep Breathing, & the Many Benefits of Singing
• Feel the Healing Vibration of a 2ft. Quartz Crystal Tuning Fork & Singing Bowls
• Experience Toning, Rhythmic Entrainment, Energy Balancing
• Tips & Info on in-home Sonic Therapy Program for Alzheimers, Depression, Dysthania, ADD, PTSD ...
• Music for Energizing, Relaxing and Enhancing Your Everyday Life
• Discovery of Your Own Representational Systems and How to Use Them to Improve Your Life

Sunday • October 13 • 1-3:30pm • $25

East Bay Church of Religious Science
A Center for Spiritual Living
4130 Telegraph Ave, Oakland, CA 94609

Mini Bio: Darlene has a Grammy award & 5 nominations, a Masters Degree in Voice and Bachelors in Music Education. She is a Vocalist, Certified Sonic Therapist, Composer, Songwriter, Speaker, Certified Educator, & Author of Time Your Voice: Singing and Your Mind’s Musical Ear (book w/CD’s) endorsed by Julliard, Berklee, NVU & more. Darlene has presented workshops worldwide on the voice and vibrational healing, has been asked to be an “expert in the field” speaker at many conferences, as well as writing magazine articles on the subject. She recently went 3 times to India to perform in concerts, videos & workshops with UN Ambassador for Peace, Grammy Winner Ricky Kej. She is the featured soloist in Yanni, Live at the Acropolis seen by over 13 Billion viewers worldwide; and production vocal coach/music director/and tambourine-waving choir run in both Sister Act films with Whoopi Goldberg. More info at Darlene’s websites: WellnessVoiceWorkshop.com, ListeningMatrix.com and DarleneKoldenhoven.com • EBCRS.org
HAPPY BIRTHDAY!

Elizabeth August, September 01
Gloria Lockett, September 04
William Sousae, September 09
Yehmanja Janice Houff, September 11
Quinette Ozen, September 13
Rebecca Kaplan, September 17

Stephanie Green, September 19
Betty Clack, September 20
Jojo Barker, September 23
Zoe Bloom, September 23
Luretha Senyo-Mensah, September 23
Miguel Molina Trantas, September 27
Randy Faye Curran, September 28
Joyce Hooks September 29

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

To find out about all EBCRS activities, click here or go to: www.ebcrs.org/calendar

GRACIOUS GIVING

As I give thanks for the good now flowing into my life, I gladly share that good with others. The more I give, the more I receive. I experience a deeper consciousness of peace and security, for I know that I am in the embrace of a warm, loving presence forever seeking an outlet through me.

― Ernest Holmes

The Heart-Centered Workshop Series

There will be three interchangeable facilitators for this workshop:
Dr. Maisha Hazzard, Reverend Vionela Vaughn-Austin and Dr. Alexina Hazzard.

From Khepra Institute of Applied Metaphysics comes the Heart-Centered Living Series — a life-changing introduction to the magnificent power of your heart. Discover ways you can uncover and activate this amazing hidden power, unlimited intelligence, and holographic awareness that is in you. Our team has put together practical tools and useful knowledge from Ancient Wisdom and Modern Science to help you use the power of your heart. Take the Introduction and discover what you will get when you attend the four full sessions:

1. Living from Heart Intuitive Intelligence
2. Living with Heart-Centered Health and Healing
3. Living in Heart-Centered Relationships, and
4. Living in Heart Abundance

Schedule and Costs
(You can attend one or all. Those who finish all sessions get certified)

Introduction: $40.00
September 7, 12pm to 4pm
(Fellowship Hall) bring your lunch
Series 1: Living from Heart Intuitive Intelligence - $90.00
October 19, 10am to 4pm
(Fellowship Hall) bring your lunch
Series 2: Living with Heart-Centered Health and Healing - $90.00
January 18, 10am to 4pm
(Community Room) bring your lunch
Series 3: Living in Heart-Centered Relationships - $90.00
February 15, 10am to 4pm
(Community Room) bring your lunch
Series 4: Living in Heart Abundance - $90.00
March 21, 10am to 4pm
(Community Room) bring your lunch
ONGOING PROGRAMS

Latino Ministry
Meets on Third Sundays
1pm - 3pm

Healing Revealing Wednesdays
Meditation: 6:15pm, Service: 7:30pm
Every Wednesday

Mid-Day Meditations
Balance your Mind, Body & Soul
TUESDAY THROUGH FRIDAY
12:30 - 1PM

Support EBCRS with a Smile
amazon smile
You shop. Amazon gives.
Ebcrs Grows!

Ebcrs Grows!

CultivarOakland
Garden consultation, installation & maintenance
Specializing in low water, edible designs, and rare plants
cultivar.oakland@gmail.com
510.585.3330

ONGOING PROGRAMS
(TUESDAY THROUGH FRIDAY)

Meditation: 6:15pm, Service: 7:30pm
Every Wednesday

EVERY FOURTH SUNDAY
MEETS EVERY FIRST SUNDAY
1PM - 3PM

Women's
Loving Heart Empowerment Circle
Saturday, May 5, 2018
11AM-1PM
EVERY FOURTH SUNDAY

MEETS EVERY FIRST SUNDAY
1PM - 3PM
MONTHLY COMMUNITY VISIONING

Ebcrs Grows!
When I think about being a good steward of this planet, I think about how my body — how all of our bodies — are made of this Earth. We are all intimately connected in that way — my body becomes yours becomes that plant becomes a mountain... It's all the same! To me, taking care of the Earth and taking care of our bodies — of all of our bodies — are part of the same loving stewardship. Learning to feed myself well, to exercise and rest, to listen to my body and what it needs, is a piece of listening to the body of the Earth. And to listen to the Earth, to consider what she needs in all of her forms — water, air, animal, plant, microbes, soil, etc. — is taking care of this body as well, in micro — and macro — form.

Now, we are building a new world together from the composting pieces of the world as it has been. To move with the loving knowledge that we are all each other in a different experience — that we are the trees, the oceans, and their life forms, the cows, pigs and chickens being raised in factory farms, the poorly paid workers who harvest our fruits, the fruits themselves — to acknowledge that we are all of this underpins a monumental shift in understanding and in how we move. It's not about morality — it's about love and moving from a loving place, from a place of truth.

I want to share one of the most beautiful culinary experiences I ever had. I was preparing a living butter lettuce to make a salad for myself and a friend, and I knew that when I cut the leaves from the rootball, I would be killing the plant. I knew the plant and I were one life together, that we were both eternal and incarnated in time. I connected internally with the lettuce, and I felt its life connected to my own as I “killed” it in its current incarnation. I have to say that on a spiritual level we felt such joy together, me and the lettuce! There was such joy and love, on both of our ends, for the gift of life that it was giving to me, that I was receiving. It made my eyes tear up to feel that joyful giving and grateful receiving.

I do not always take the time to connect with the lives that are being given for my own — in fact, I rarely do! I try to avoid buying plastic packaging along with my food — and I still do it anyway! I know that I am the cow who has been repeatedly impregnated and whose babies have been taken away, but sometimes I still eat dairy and create more of that in the world. It is okay to be imperfect in our efforts — it is part of the reality of shifting our consciousness and our society. Practicing gentleness with ourselves and each other in this process of planetary transition is part of the love we are shifting to allow. We cannot do it perfectly, but we can beautifully strive to make decisions with love for our planet and all of its life, including ourselves.

KISS THE EARTH

Walk and touch peace every moment.  
Walk and touch happiness every moment.  
Each step brings a fresh breeze.  
Each step makes a flower bloom.  
Kiss the Earth with your feet.  
Bring the Earth your love and happiness.  
The Earth will be safe  
when we feel safe in ourselves.  
~ Thich Nhat Hanh
2019 Prayer Symposium
Transformation: A Season of Change

Join Us For a Weekend of Renewal and Rejuvenation Through Spiritual Practices: Meditation, Prayer, Music, Spoken Word

Friday, October 25
Time: 7pm
Prayer Symposium Concert
Featuring Reverend Michelle Jordan

Saturday, October 26
Guest Speakers:
Reverend Dereca Blackmon
James Weeks

Saturday, October 26
Musical Inspiration
Featuring:
Vanessa Wynn, Musical Director
NuDay
The Prayer Symposium Choir
East Bay Band
Trevelyn Lee
Deb Santa Maria, Guest Pianist
Shazam, Guest Musician
Iris Drumming Circle

2019 PRAYER SYMPOSIUM

General Registration
Time: 10:00 am – 5:00 pm
(registration begins at 9:30am)
Register online at ebcrs.org

Early Bird Prices
Friday Concert: $35.00
Saturday Only: $50.00
Both Days: $70.00

General Admission & at the Door
Friday Concert: $40.00
Saturday Only: $55.00
Both Days: $80.00

www.ebcrs.org/education-events/9th-annual-prayer-symposium