**EAST BAY CHURCH OF RELIGIOUS SCIENCE**

**ECCLESIASTIC LEADERSHIP TEAM**

REV. ANTHONY JACKSON  
REV. BADIA COOPER  
REV. GIL OLMASTEAD

**CHURCH OFFICE**

4130 TELEGRAPH AVENUE  
OAKLAND, CA 94609

**OFFICE HOURS**

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

**VIRTUAL SUNDAY SERVICE**

JOIN US VIA YOUTUBE OR FACEBOOK LIVE

MEDITATION 10:15AM  
SERVICE 10:30AM

**DAILY MEDITATION**

MONDAY - FRIDAY 12:30 PM TO 1PM  
JOIN US ON FACEBOOK LIVE

**DAILY PRAYER CALL**

MONDAY - THURSDAY AT 11:00 AM  
CALL 669.900.6883  
ID# 953 9208 7987 #494332

**HEALING AND REVEALING SERVICE**

WEDNESDAYS

MEDITATION 6:15PM  
HEALING SERVICE: 6:30PM

**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**

July 19, 2020,  
Meditation:10:15am  
Service: 10:30am  
Speaker: Rev. Perry Lang  
Topic: On the Scent of Wisdom and Discernment  
Musical Inspiration: Men’s Choir  
Facebook: Live@eastbaychurch  
Youtube: Type East Bay Church into the search bar

**LOVE IN ACTION NEWSLETTER CONTRIBUTORS**

**EDITORS**

Arleen King, RScP and Precious Green  
Constance Rose

**Contributors:** Arleen King, RScP, Christine Schoefer, Harriet Johnson, Health & Wellness Ministry, Jo Ann Simmons, Kimberly Satterfield, Kuwaza Imara, Nikko West, and Precious Green.

Please submit articles, poems for our July 19 issue of Love in Action to ekvrosa@gmail.com Next deadline is 2pm, July 21, 2020. The theme remains Unchained Spirituality.

**PHOTO CREDITS & GRATITUDE**

Margaret Patterson.

**OUR FAITH, OUR FREEDOM**

BY ARLEEN KING

I trust that you are enjoying the contributions and new cover of our weekly newsletter. Under the current situation of sheltering in place, we want to stay connected as a community. We desire to stay connected and get to know each other better.

The Love in Action contributors for the week share a variety of life experiences and spiritual transformation, providing insight into who they are and the blessings that they have received along their journey. We are grateful for their contributions and welcome their gift of sharing.

On behalf of the Board of Trustees, I want to thank you for continuing to find ways to connect and holding together as we navigate these challenging times. Seeing so many attending virtual service every week or joining through the many virtual offerings throughout the week, is reassuring that we hold ourselves accountable to the mission and vision of East Bay. Now more than ever, being a community that supports each other is vital. We all become “connection keepers” when we reach out to one another in love.

While we are all dealing with uncertainty, please know that we continue to work to sustain and build our East Bay Community, even now. We invite you to join our monthly Community Conversations, where we discuss how we support each other and how we move forward together, creating the next phase of the East Bay legacy. We want to hear from you, your voice matters, so please join the conversation. Our next virtual “Community Conversations is Sunday, July 26, from 12:30pm - 2:30pm and every 4th Sunday of the month via Zoom conference:

Call: https://zoom.us/j/96456699983?password:K0FZZE5HTG4veWF4SzNwTjJSN3RhUT09

**LATINO MINISTRY**

Los centros para la vida espiritual te invitan a sus diferentes servicios meditativos y temas edificantes.

“Cambia tu pensamiento y cambia tu vida”  
Servicio Latino  
domingo 21 de junio a las 12:30pm

Impartidos en línea por la plataforma Zoom  
Los miércoles a las 7:15pm a 8:00pm  
Los sábados a las 11:00 a 12:pm

Somos una comunidad inclusiva para el crecimiento espiritual y la acción compasiva. Estamos co-creando un mundo que funcione para todos y vivir intencionalmente.
PRACTITIONER CORNER
BY CHRISTINE SCHOEFER

KITCHEN REVELATIONS
When my kids were growing up, I knew about the benefits of meditation, the insights of contemplation, the possibilities of prayer. As soon as I find time, I promised myself. Find time? Though I seemed always to be losing it—the hours and days dissolved no matter how hard I tried to hold on to them—I never found time, like a coin or a beautiful pebble. Still, I vowed to cultivate a sacred practice. Someday. Meanwhile, I made the meals.

One day, I cut a red cabbage in half and noticed the intricate white and purple lines undulating in fanciful spirals. I wondered what the next vegetables contained. A sliced onion revealed white-in-white concentric circles. Beets showed a faint design of feathery lines and rings, red on deep red.

I’ve been paying attention ever since. Cutting lemons and oranges, I saw spokes leading outward from a hub towards an orange or yellow colored rim—every slice a perfect wheel. Halved apples revealed starburst patterns. Like a child-painted sun, pineapple slices contained rays; zucchini disks presented curled lines swirling around a center. Even white daikon and radish revealed subtle lacework patterns. I take a breath and savor a moment of wonder.

When I prepare food, I pay attention to the inner world of beauty that is hidden inside skin, shell or pulp. Connections occur to me: the rings inside an onion remind me of a tree trunk’s circular life lines, walnut halves with their ridges look like miniscule human brains, the perfect orb of yolk inside every boiled egg is a tiny golden moon.

Gazing at the whimsical designs, I wonder: why this lavish beauty? Who is playing with color and line? What power creates these harmonious patterns? How is it possible that they repeat themselves millions of times, often in perfect symmetry? There must be a spirit of creation, a life force that celebrates itself. Look here, it seems to be saying, I do all this for the sheer joy of it.

Surrounded by cutting boards, knives and vegetables, I learned that spiritual practice can happen anywhere, anytime. Chopping vegetables and slicing fruit, I glimpse the One. Seeing the Infinite here, I remember that it is everywhere.

ABOUT CHRISTINE:
Born in Berlin, I came to the United States as a teenager. Though I grew up in a secular family, I always had a sense of a loving presence energizing and connecting all things visible and invisible. Listening to Reverend Elouise Oliver’s sermons at East Bay Church, I came to understand this power as God. I became a Practitioner because I wanted to engage more intimately with this One, through meditation, study, and prayer. I cherish the East Bay Church community and welcome opportunities to lift and shift consciousness through prayer.

WE BELIEVE PRAYER CHANGES YOUR LIFE.
Licensed Practitioners are available to pray with you doing this time. Please visit our website to connect with a Practitioner.

INVITATION TO NEW MEMBER CLASS
Periodically, we hold new member classes for those who are interested in finding out more about East Bay Church of Religious Science and are considering church membership.

If you have been attending East Bay and you would like to learn more about our church, or if you think you might be interested in becoming a member, we invite you to consider attending our upcoming new member class on August 2, 2020 from 1:30-3:30pm. Join us via Zoom at: https://zoom.us/j/9286226160?pwd=eXJ2TmUrNDlMZDI3eEpZYzhwdDlodz09

Participation in the class does not commit you to church membership, but it is an opportunity for you to find out more about the life and ministry of our church and to give prayerful consideration to whether you want to enter into membership.

If you would like to learn more about the membership class, you may contact them at church 510.420.1003 or via email at ebcсмерship@gmail.com to find out more, or to let them know if you would like to attend the class.
Kimberly believes East Bay is a practitioner! She knew she had found a new spiritual teacher and East Bay; initially she came with several of our church programs. Kimberly is also inspired to work for social justice through educational talks and discussions with white people who are receptive to increasing their understanding of racial injustice and white privilege.

When Kimberly isn’t giving Seva, you may find her doing yoga, writing, appreciating art or music, or out in nature hiking to come back to herself. She is passionate about watching the world open and doing the work she’s called to do. She welcomes a higher vision of possibility, of becoming more aligned with God. At this moment in time, she sees the precipice before us as holistic—an opening for each of us to be who we came here to be.

Kimberly appreciates being a part of the East Bay community. She’s amazed by it—all it’s remarkable place. And one that she’s very committed to.

Not one who seeks the limelight, Kimberly is happy to serve without attention as she believes we’re here to serve. Service is one of the family values she grew up with. Her goal is to always be listening to how Spirit wants her to show up. She’s been guided to co-coordinate our past two Seasons for Non-violence. She also writes and has provided poetry at several of our church programs.

Establish a Soothing Pre-Sleep Routine

Light reading before bed is an excellent way to prepare yourself for sleep. Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed. Take a bath (the rise, then fall in body temperature promotes drowsiness), read a book, watch television, or practice relaxation exercises. Avoid stressful, stimulating activities—doing work, discussing emotional issues. If you tend to take your problems to bed, try writing them down—turning off the thoughts. Struggling to fall asleep leads to frustration. If you’re not asleep after 20 minutes, get out of bed, go to another room, and do something relaxing, like reading or listening to music until you are tired enough to sleep.

Establish a Soothing Pre-Sleep Routine

Avoid Caffeine, Alcohol, Nicotine, and Other Chemicals that Interfere with Sleep

Caffeinated products decrease a person’s quality of sleep. As any coffee lover knows, caffeine is a stimulant that can keep you awake. So avoid caffeine (found in coffee, tea, chocolate, cola, and some pain relievers) for four to six hours before bedtime. Similarly, smokers should refrain from using tobacco products too close to bedtime.

A quiet, dark, and relaxed environment can help promote sound sleep. Light reading before bed is an excellent way to prepare yourself for sleep. Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed. Take a bath (the rise, then fall in body temperature promotes drowsiness), read a book, watch television, or practice relaxation exercises. Avoid stressful, stimulating activities—doing work, discussing emotional issues. If you tend to take your problems to bed, try writing them down—turning off the thoughts. Struggling to fall asleep leads to frustration. If you’re not asleep after 20 minutes, get out of bed, go to another room, and do something relaxing, like reading or listening to music until you are tired enough to sleep.
You’re invited!
To Our Health & Wellness Webinar

To East Bay Church of Religious Science Health & Wellness Open House/NHDD ACP123 Webinar AC Care Partners.

Date: July 23, 2020
Time: 6:30pm

During this webinar you will learn the following:

✱ Discover the value of Advance Care Planning
✱ Learn to talk to clients about their future healthcare decisions
✱ Understand how to help clients document their healthcare decisions using Advance Directive (AD)
✱ Encourage others to eradicate healthcare disparities by making their healthcare decision known by completing an AD

We look forward to having you join us. ❤️

JOIN ZOOM MEETING
https://zoom.us/j/99254019756
Meeting ID: 992 5401 9756
Dial by your location
669.900.6833 US (San Jose)

My East Bay story starts when I was a baby. My parents Colette and Noadiah would bring me to church every Sunday. Through the years, we weren’t able to go to church as often. But, whenever we went, we would always be welcomed with open arms because at East Bay, almost anybody can come and feel welcome.

Now that I have grown up a bit, I feel like I understand Religious Science and how to apply these philosophies that I have learned to my life. I appreciate our church and I realize how our philosophy can be viewed as a source of wisdom. This wisdom has become handy as I grow up and my life is changing. I look to it for security and help and it always responds in ways that encourage and support me. And I can’t wait for what life and God have in store for me.❤️

East Bay’s Spiritual Man Ministry was established by a group of men who decided to come together to discuss issues at the intersection of manhood and spirituality. The question they asked was, “How can we as men become more effective when addressing issues that directly or indirectly affect our community and family?” This question continues to drive those who participate in the Ministry today.

The Spiritual Man Ministry is available and open to all who identify as men who seek to deepen their understanding of Spirit and their connection to community. There are unique challenges and opportunities that men face and we come together to support one another through them. When we gather, we look at current and past issues and address how we, as men, have chosen to respond.

The Ministry offers a safe space to just be. Each participant is able to express his concerns about today’s issues or any other issues that affect him personally. There is no fear, shame, or judgment. We are clear in our purpose and committed to supporting one another in order to recognize the highest and best in every person.

This clarity has resulted in some exciting conversations and noticeable healing for those who join. This space has also been an opportunity to share testimonies of good news and personal revelation.

We invite you to join us when we gather via Zoom on the second and fourth Saturdays at 10:30 am. Please contact me with any questions or for additional information. My number is 510.381.4343.❤️
FEATURED MEMBER
BY JO ANN SIMMONS
5 GIFTS FOR AN ABUNDANT LIFE JOURNEY
Jo Ann Simmons, youngest of nine, is 66 years on the planet born in the Deep South of Louisiana! The Bible was the guiding force in our lives although I've always known that there was something more than the message of fear and damnation used in the traditional church. Although that's what it did to me, created fear!

In the 1980's I attended Love Center ministries where I found out that Jesus was my friend and God actually listened to my prayers. Then I was in my 30's but still didn't understand why every church wanted 10% of the money God gives to me to pay my bills and supply my needs! I did not like the Old Testament in the Bible so when I read the Old Testament I ran through the Old Testament!

This 5 Gifts For An Abundant Life class was/is such a blessing to me (my second time taking it) Here is my Summary of The 5 Gifts...

Gratitude: I pay attention to the little things my life has to offer and I appreciate the good things as well as the things that appear to be bad! I Thank God for absolutely everything!

Intention: I go deep and set my intentions of manifesting for my life from the heart and not from my mind(EGO)

Forgiveness: Before I can set intentions for my life I forgive those that I perceive as a negative in my life. I forgive them as many times as it take. I also forgave myself for holding animosity towards anyone and for not taking care of myself, for feeling that I'm not good enough! Etc

Tithing: I affirm God as my source and only God and this also blesses the place of Spiritual Worship. I become a consistent participant in the flow of circulation and God's abundance consistently flows back to me! I am the giver and the receiver!

Surrender: Now that I have forgiven others and myself bringing down all blocks! I can “Let Go” knowing that God heard my intention and I believe that it is done! By Faith “I let go and let God”

I believe that this class is so on point that it should be a requirement for new members! After taking this class my life has changed tremendously, being a single parent and had a strong tendency to worry about my youngest son after the death of my eldest son. This class has taught me to be grateful about everything. It’s taught me that worrying and anxiety creates blocks that keep me from my blessings.

Now, if you think this is Amazing, you’re right but there is so much more that the class offers. I would like to challenge you to take this class and when it’s over “Go tell it”, shout about how it changed your life physically and mentally! That's what it did for me! Remember you only get out of any class what you put into it! Yes!

Bless yourself... take the class!
HAPPY BIRTHDAY!

JULY BIRTHDAYS
* Susan Brubaker
  July 1
* Sharyn White
  July 5
* Kenji Correa
  July 6
* Mildred W. Thompson
  July 7
* Kenna Stormogougis
  July 9
* Theresa Smith
  July 11
* Sharon Porter
  July 13
* Rosana Martinez
  July 14
* Rosalind Perry
  July 15
* Rebecca Clemons
  July 16
* Kusum Crimmel
  July 16
* Marjorie Ford
  July 19

* Linda Bolden
  July 20
* Carolyn J. Mitchell
  July 21
* James Glassford
  July 23
* Liza Rankow
  July 24
* Cynthia Thomas
  July 24
* Larry J. Williams
  July 24
* Sandra Reed
  July 27
* Mark Yarbough
  July 28
* Ona Afrae
  July 29

* Carol Holt
  July 31

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.

COMMUNITY CONVERSATIONS
BY PRECIOUS GREEN

As we continue to take care of each other by staying apart, it is critical that we find new ways to engage with one another, laugh together, and connect. That’s why East Bay introduced its Community Conversations series and we are happy to say that it has been a resounding success!

Community Conversations is a new series of monthly get-togethers where we can check-in with one another and work together to craft the highest and best vision for East Bay Church and make it our reality. Each Conversation offers space for social time, surprise, and delight as we co-create a beloved and loving spiritual community that works for everyone!

Almost forty congregants joined our first Conversation last month and it was a treat! We spent time goofing off and catching up with folks we hadn’t hugged in weeks. Some of us made new connections in randomly selected breakout rooms and discovered that Zoom wasn’t so bad after all. And everyone had plenty of opportunities to discuss and commit to the way forward for East Bay’s financial abundance, technology, and vibrant youth and young adult ministries.

This month, our Community Conversation will focus on Ecclesiastical Leadership and COVID-19 Reopening Plans. Join your fellow East Bay folks via Zoom on Sunday, July 26th at 12:30 pm. Please send any questions or suggestions to ebcrsorg@gmail.com.

Let’s move forward together!

Zoom Link
Hey East Bay!
Keep in touch with East Bay Church at www.ebcrs.org. For information on upcoming services, events, and to stay connected with East Bay, follow us!
FacebookLive@EastBayChurch
Instagram: @oaklandebcrs
You can also call us at 510.420.1003 or send an email to ebcrsorg@gmail.com.

SUNDAY SERVICE
July CSL Theme: Unchained Spirituality
Join us from your computer, tablet, smart television or smartphone for meditation at 10:15 am and service at 10:30 am. We stream live on YouTube at https://bit.ly/398XUHs or on Facebook at https://www.facebook.com/eastbaychurch.
We have lots of Sunday Celebrations available on our YouTube channel for you to peruse, enjoy and share.

THE PRAYER ROOM IS OPEN
East Bay Practitioners are available to pray for you after every Sunday service. Don’t leave without reaffirming the Truth of who you are. The Prayer Room opens at 11:30 am. Practitioners will sit with you in one-on-one virtual Zoom prayer rooms. Join at https://bit.ly/2ZRelpe or call 669.900.6833 and enter 97738594793# 030144#.

YOUTH AND FAMILY
All youth and teens are invited to hang out with our Youth and Family Ministry (YFM) Sundays at 12:00 pm. Please email YFM at ebcrsyoulandfamily@gmail.com for instructions on how to join. See you there!

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

There are several ways you can give today:

Online: https://bit.ly/2WMS35g
Text to Give: Text "EASTBAY" to 501-55
Paypal: ebcrunline@gmail.com
Mail: send to EBCRS, 4130 Telegraph Avenue Oakland, CA 94609

PRAYER SUPPORT
Prayer changes your life. It is the way forward. East Bay's Licensed Practitioners are available to support you and pray with you during the week. Simply complete an online Prayer Request Form at https://bit.ly/335QaL12.

DAILY AND WEEKLY CONNECTIONS
MID-DAY MEDITATION
Join the East Bay Practitioners for a daily mid-day meditation call Monday - Friday at 12:30 pm
Meet us on Facebook Live.

DAILY PRAYER
Our Practitioners hold all of our community in the "sacred space" of prayer Monday - Thursday at 11:00 am. All are welcome to join them during this time to hold the space of love, peace, forgiveness, and Oneness. Simply call in to join.

LATINO MINISTRY
East Bay's Latino Ministry meets every Wednesday at 7:15 pm and Saturday at 11:00 am. We are an inclusive community for spiritual growth and compassionate action. We are co-creating a world that works for everyone. Change your thinking and change your life!
Ministero Latino: El Ministero Latino de East Bay se reúne todos los miércoles a las 7:15 pm y los sábados a las 11:00 am. Somos una comunidad inclusiva para el crecimiento espiritual y la acción compasiva. Estamos co-creando un mundo que funciona para todos. Cambia tu pensamiento y cambia tu vida!

WEDNESDAY EVENING MEDITATION, “HEALING AND REVEALING SERVICE”
As New Thought practitioners, we know that there is nothing to be healed, only God to be revealed. And we also know that getting through the week can be a challenge. East Bay answers this with our Healing and Revealing Service on Wednesday evenings. We begin with meditation at 6:15 pm and the evening is filled with prayer requests, prayer-filled responses, and music. God is in this place and you are welcome. Give yourself the lift that you need to get through — every week.

HEALTH AND WELLNESS MINISTRY
The Health and Wellness Ministry meets Tuesday evenings via Zoom at 6:30 pm. If you would like to learn more or be a part of the Health and Wellness Ministry, contact Practitioner Kuwaza Imara at 510.909.1814 or oakwestma@aol.com.

VISIONMASTERS (TOASTMASTERS)
The VisionMasters club meets on Friday evenings via Zoom 7:00 pm — 8:30 pm. To learn more about VisionMasters, contact Practitioner Kuwaza Imara at 510.909.1814 or oakwestma@aol.com.

THIS MONTH AT EAST BAY

WOMEN’S LOVING HEART EMPOWERMENT CIRCLE
The Loving Heart Empowerment Circle holds sacred space for all women to uplift, inspire and support one another through this thing called Life. We share our wisdom, our joy and our laughter and grow together. Join us! The group meets on the 1st Saturday of each month at 11:00 am. For more information, please contact Sherri L. Grier at 510.610.9507 or via email to spiritualcoach2011@gmail.com. You can also contact Pamela L. Nash at 510.703.8756 or via email to plnr49@gmail.com.

SPIRITUAL MAN
East Bay’s Spiritual Man Ministry provides a compassionate and supporting environment for all men to grow spiritually. By strengthening the bonds with one another, members are able to better support the East Bay congregation and the community at large. The group meets every 2nd and 4th Saturday at 10:30 am. Call Rev. Anthony Jackson at 510.381.4343 for any questions or for more information.

BEACON OF LIGHT PRISON MINISTRY
The Beacon of Light Prison Ministry meets at 4:00 pm every 2nd and 4th Wednesday. For more information, please contact Rev. Anthony Jackson at 510.381.4343.
Latino Sunday Service

Latin Sunday Service is every 3rd Sunday at 12:30pm. We are an inclusive community for spiritual growth and compassionate action. We are co-creating a world that works for everyone. Change your thinking and change your life!

El Ministerio Latino de East Bay.
El servicio dominical latino es cada 3er domingo a las 12:30 p.m. Somos una comunidad inclusiva para el crecimiento espiritual y la acción compasiva. Estamos co-creando un mundo que funciona para todos. Cambia tu pensamiento y cambiará tu vida!

Zoom info: https://us02web.zoom.us/j/5120994750

Leadership Meetings

Our Board of Trustees and Extended Leadership Team meet on the 3rd Saturday of the month from 10am-12:30pm. Except for executive sessions, the meetings are open to the public. During this time of sheltering in place, the meetings are held on Zoom. Here is the link: https://zoom.us/j/999687363.

Community Conversations Gatherings

East Bay's Community Conversations is a new ongoing series of monthly get-togethers where we check-in with one another and work together to craft the highest and best vision for East Bay and make it our reality. We fellowship and work together to co-create a beloved and loving spiritual community that works for everyone! Join us on the 4th Sunday of each month at 12:30 pm. Join us online for Community Conversations.

The East Bay Food Angels

Bags of groceries available on the 1st and 3rd Wednesday of the month between 2:30pm and 4:00pm.

When Will We Return to the Church Campus?

We look forward to the time when we can once again open our doors to our community members. We miss being together and look forward to seeing each other again. During the current time of sheltering in place, we have adjusted our staff and Sacred Seva resources to online offerings for Sunday services as well as meetings of weekly and monthly groups, all of which are listed above.

Our leadership along with the Health and Wellness Ministry are monitoring and assessing the situation regularly and will continue to update our community as clarity emerges about our plans. We will continue meeting the needs of our spiritual family remotely until we can accommodate everyone in our building in a safe way. Nobody can know for certain when that time will be, but it’s probably several months away. Thank you for your patience, understanding, and support.

Your East Bay Leadership Team

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

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- Financial & Estate Planning

Contact Us for a “No Obligation Strategy Session”

Pat Baxter, Registered Financial & Investment Advisor

Office Locations:  Oakland    Walnut Creek:  
510.409.0086      Pat@REAPlegacy.com

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