EAST BAY CHURCH
OF RELIGIOUS SCIENCE
ECCLESIASTIC LEADERSHIP TEAM
REV. FRANCIONE, PH.D
REV. ANTHONY JACKSON
REV. BADIA COOPER
REV. GIL OLMSTEAD
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.18BCRS.ORG

VIRTUAL 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 8:30 AM
FACEBOOK LIVE

WEDNESDAYS
HEALING AND REVEALING SERVICE
MEDITATION 6:15PM
HEALING SERVICE 6:30PM

ZOOM LINK

JOIN OUR SUNDAY CELEBRATION
August 9, 2020,
Meditation: 10:15am
Service: 10:30am
Speaker: Rev. Dereca Blackmon
Topic: A Vision for Justice
Musical Inspiration:
Michelle Jordan with Vanessa Wynn
Facebook: Live@eastbaychurch
Youtube: Type East Bay Church into the search bar

HOLDING THE CONSCIOUSNESS
BY REV. FRANCIONE, PH.D

SUprise!! You cannot imagine how surprised I was when Robert Quintana Hopkins invited me to consider being East Bay Church's Interim Minister. You cannot imagine how amazed I am... LIFE is calling me to be an energy of healing and supportive love to you, whom I've enjoyed and cherished for such a long time.

Many of you don't know that I've had quite a long and circuitous relationship with East Bay Church of Religious Science's community. Right now, I am sharing some of the story of my journey with East Bay. I believe my story may be an inspiring example of how Spirit nudges us along our spiritual path... guides us to expand and grow when we're willing to say, YES!!!

Here's my story and my commitment to YOU! Beloved Community!

I started my journey with Science of Mind (SOM) philosophy during the late 1960s. Oh, I enjoyed being inspired by the Science of Mind magazine for ten years... then, one day, I set out to find people who thought like the ideas I read in the magazine. Yes! One Saturday morning, I found the First Church of Religious Science (now Oakland Center) – the only SOM church in Oakland (at the time). In hindsight, I must admit I felt inspired by Rev. Lillian Hopper's vibrant spiritual talks.

Yet, I didn't feel at home. I missed Amens! Gospel singing and shouting! Sermon's with the fervor and soulful cadence! Bible stories illuminating what we must do to work with others to stand against oppressive and unjust experiences – like my Mother described when she had to train her own supervisor at Oakland's Naval Supply Center! No wonder Mom was so dynamic – walking and talking. Paul Lawrence Dunbar's An Antebellum Sermon, a dramatic reading reminding all of us, God said, "Go down Moses – Tell Ole Pharaoh, Let my people go!" Yes, I was inspired by the SOM teaching, but, I missed Amens! Gospel singing and shouting! Sermon's with missed Amens! Gospel singing and shouting!

Yet, I didn't feel at home. I missed Amens! Gospel singing and shouting! Sermon's with missed Amens! Gospel singing and shouting! Yet, I didn't feel at home. So, I began to feel squeezed. I soon realized that I didn't know how to manage my personal affairs and I needed help!!!

I took my first SOM class at the Masonic Temple with East Bay's Rev. Dr. Ernie Forks. Years later, I sang in East Bay's choir, guided by the musical genius of Tyrone Cosey! While I attended ministerial school, East Bay Church was led by Rev. Amon, who asked me to serve as First Church's Assistant Minister over Youth and Family. During this time, I launched the annual Multicultural Unity Month Celebration. Then, I joined Dr. Lloyd Tupper as Curriculum Coordinator for Ernest Holmes College in Sausalito, California. Soon, I decided to start my own spiritual center; and, to my amazement, within a few
Continued from Page 2

months, I became minister of East Bay. And, with the help of Eleanor Grier, Helen Anderson, and Wendy Worsely, I enjoyed growing East Bay from 12 to 35 members and moving into Bjornson Hall.

My personal life got in the way of my ministry and I felt compelled to help my sons enter college. Immediately, I returned to continue my 25 years as a National External Educational Change Agent — guiding teachers in 18 school districts to infuse culturally diverse activities into reading, writing and language arts activities for children and parents.

I was so thankful Rev. E. said Yes! She awakened East Bay Church. With her wisdom, insight and spiritual strength, Rev. E grew East Bay’s membership to thousands. Several years later, I was called back into ministerial service at the San Francisco Church of Religious Science. There, I had the joy of serving as minister to members of the LGBTQ, Latinx and Hunters Point Communities. To my surprise, while visiting many in hospice care, my passion to use artistic activities for children and parents.

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MEMBER SPOTLIGHT
BY DARRYL BOZMAN
WHAT IS MISSING IN AMERICA? FEMALE LEADERSHIP OPPORTUNITY! GENDER EQUALITY!
I recently witnessed the Power of Female Leadership at East Bay when I joined the FACE.S visioning-planning session. We came together to call forth a new future for the organization and I was the only man in attendance. Carol Johnson and Evelyn Wesley masterfully facilitated the session without ego, race, or gender bias. Our meeting was simply structured with solid content and inspired coaching and empowerment. We produced a large body of work with ease. We completed the session inside the consciousness of possibility and creating a pro-East Bay environment!

I recall the all-male leadership model of my corporate years. It utilized force and the power of the “carrot and stick” and was driven by ego, politics and cronyism. Work was conducted in a culture of leveraged intimidation and fear with fixed deadlines and timetables!

Female Leadership is not new in America and it’s not new to me!

As a child growing up in the Jim Crow South, I closely watched adults interacting with one another. I wanted to learn who was in charge and what they could teach me. I noticed and studied my (4’10”) grandmother, “Mama B.”. Though she was tiny at 4’10”, she directed larger and louder people without raising her voice. People followed her precise direction in completing work as they cooperated with harvesting crops.

A few years later in California, I noticed my mother duplicating “Mama B’s” leadership style, shepherding my stepfather around the house chores and encouraging her Jewish clothing company owner to redesign dress patterns and reduce dress prices for working women.

Converging my familial and life-lessons, I have become aware of how natural it is for women to be as capable, if not more, capable than men, even when women cloak their abilities as a strategy of power. That is especially true for Southern women who quietly teach other women skills of adaptability, tenacity, strength, grit, discernment and encouragement.

As more and more women build their power circles and unify their leadership skills, they are taking the opportunity to exercise those talents, skills and abilities through the consciousness “filter” of problems and challenges, transforming problems into leadership opportunities!

Again, consider and view problems as your possibility of leadership and power!

Finally consider ignoring bad advice and bad people. Even though many seem to view our world as one saddled with too many problems and challenges to handle, this is a time of opportunity!

In closing, the November Presidential election maybe the most important election in our country’s history. Please consider owning your Voting Power through your family, friends and others to get out the vote!

Support may look like letter-writing or a birthday celebration for family members, but it always includes prayer. Our support has adjusted to the COVID-19 age. Though we have had to limit our contact with those who have been released recently, we continue to be available to assist any way we can. And of course, we continue to pray. We have focused our attention on individuals who are being considered for possible release and continue to support our partner organizations.

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“One need a beacon, a guiding light cross in life’s stormy seas. Be that light for someone.”
- Unknown

East Bay’s Prison Ministry serves as a beacon of light to those who are reentering their communities after being incarcerated. We share resources and information on employment, housing, medical, food pantries, counseling and other services.

We call ourselves the Beacon of Light Prison Ministry and we originally came together to support all in the East Bay community who were affected by incarceration, those who are imprisoned, their families and friends. Over the years, our ministry has grown and we now partner with like-minded organizations committed to being a light in the lives of those impacted by incarceration.

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I invite you to become a beacon of light by joining our ministry. We meet twice a month via Zoom. Please call me at 510.381.4343 or email me at jacko2@aol.com with any questions you might have.
COVID-19 has compelled us to reset. It has dramatically reduced our commutes from several miles to a few feet as we live, work, eat, entertain and rest at home. Here are a few tips to make the most of your stay at home.

Greet the Day: Take the first 15 minutes in the morning to think of things you are grateful for.

Breathing for Stress Relief: Use the 4-7-8 technique, breathe in for a count of 4, hold for a count of 7 and breathe out for a count of 8.

Moving and Stretching, Indoors and Out: Try 10 minutes of stretches and yoga poses to bring awareness to your body. Get outside for at least 15 minutes each day for fresh air, sunshine helps the body make vitamin D.

Eat Well: Eat meals rich in plant-based foods such as leafy vegetables and fruit. Don’t eat your feelings. Cook homemade foods and drink plenty of water.

Home Office: Bring in something from outdoors for your home office area (Rocks, branches, flowers or take a picture depicting a beautiful, calming scene of nature). Also don’t forget the power of music. Listening to music that inspires you can help keep you focused and improve your mood.

Staying Focused While Working: Consume social media conservatively. If aromatherapy agrees with you use a little eucalyptus or jasmine which can make your home office more conducive to calm productivity. essential oils are great to uplift your mood.

Practice Mindfulness: Keep in touch with family and friends, especially the ones who uplift you and remember to give people the benefit of doubt during this challenging time. Have an attitude of gratitude in your daily life.

* Source: John Hopkins Medicine

EAST BAY SUMMER SCHOOL

EDUCATION MINISTRY

Education is one of our foundational Spiritual Principles. Our Education Ministry is excited to offer ongoing classes and special workshops to aid you on your spiritual journey. Be sure to look out for these thought-provoking opportunities.

WRITE A NEW STORY!

Next Saturday, August 8th, East Bay's Ecclesiastical Leadership Team will come together to explore how spiritual principles and new stories can help us live the greatest versions of ourselves.

We each have a story we tell ourselves about our lives. Those stories are often based on incorrect and outdated information. We repeat them to ourselves and the result is lives that fall far short of our goals. So, if we want to change our experience, we must first write a new story based on the truth of our lives.

Join Revs. Anthony, Badia and Gil for "Expanding our Spiritual Consciousness by Practicing Spiritual Principles" where they will share their unique perspectives, experience and personalities as guides to charting a new principle-based path.

Go to the Education Page for more information and to register.

Workshop: Expanding Our Spiritual Consciousness by Practicing Spiritual Principles

When: Saturday August 8, 10am - 12pm
Where: Online
Fee: Love Offering

MEDITATION IS FOR LOVERS

Join East Bay’s beloved Practitioners for a weekly drop-in class where we share insights for creating and maintaining a fulfilling meditation practice. Each week, a practitioner will offer meditation techniques and support, field questions and guide students as they sit together in a collective consciousness of love and possibility. Come experience the many benefits of meditation for yourself.

Class: Meditation Is for Lovers
When: Fridays, July 24 - Aug 28, 11am - 12pm
Where: Online
Fee: Love Offering
HAPPY BIRTHDAY!

AUGUST BIRTHDAYS

- Mitchell G. Lucio, August 1
- Kelvin Potts, August 2
- Laura I. Fullwood-Cleghorn, August 6
- Armin Wulf, August 7
- Vincent Dunn, August 8
- Karen Anderson, August 9
- Val Ramirez, August 11
- Mona Williams, August 12
- Robert Collins, August 13
- Sha Simon, August 13
- Cynthia M. Black, August 14
- Joanie Mitchell, August 14
- Tina Bathsheba Harambe, August 15
- Kelley Naylo Jahi, August 15
- Tamar Briley, August 15
- Linda Johnson, August 16
- Tina Bancherao, August 18
- Jim Dennis, August 18
- Risa Hernandez, August 18
- Rodney Street, August 18
- Yesufu Shangoshola, August 19
- Patricia Webb Moore, August 20
- Jei Watkins, August 21
- Christine Schoefer, August 22
- Jackie Stewart, August 22
- Clifford Gatewood, August 23
- JJ Harris, August 25
- Christine Bell, August 27
- Janice Olivia King, August 27
- Richard Edward Scott, August 27
- Elizabeth Carter, August 29
- Darryl Thompson, August 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

To find out about all EBCRS activities, click here.

Gracious Giving

4 WAYS TO GIVE

- Online: EBCRS.Org
- Text: Text EastBay to 501-55
- PayPal: ebcronline@gmail.com
- Mail: EBCRS, 4130 Telegraph Ave, Oakland, CA 94609

East Bay Church of Religious Science
A Center for Spiritual Living

East Bay Church of Religious Science
Weekly Ministry Program
July 25, 2020 Update

SUNDAY

SUNDAY SERVICE
Meditation: 10:15am
Service: 10:30am

YOUTH & FAMILY
12:00pm to 1:00pm
Please contact Stacy Saadiq at ebcrsyouthandfamily@gmail.com

MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live

AFTER SERVICE PRAYER
Call: 669.900.8833
Meeting ID: 977.3859.4793
Password: 030144

WEDNESDAY

MORNING PRAYER
8am to 8:30am
Facebook Live

MID-DAY MEDITATION
12:30pm to 1:00pm
Facebook Live

MID-WEEK HEALING CIRCLE
8:15pm Meditation
6:30pm Service
Zoom Link
https://zoom.us/j/94699061149

GRACIOUS GIVING

ONLINE: EBCRS.ORG
TEXT: Text EastBay to 501-55
PAYPAL: ebcronline@gmail.com
MAIL: EBCRS
4130 Telegraph Ave, Oakland, CA 94609

10
11
LATINO MINISTRY
East Bay's Latino Ministry meets every Wednesday at 7:15pm and Saturday at 11:00am.
El Ministerio Latino de East Bay se reúne todos los miércoles a las 7:15pm y los sábados a las 11:00am. 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!
Join us on Zoom.

HEALTH AND WELLNESS MINISTRY
The Health and Wellness Ministry meets Tuesday evenings via Zoom at 6:30pm. 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 at 7:00pm – 8:30pm. To learn more about VisionMasters, contact Practitioner Kuwaza Imara at 510.909.1814 or oakwestma@aol.com.

COMMUNITY VISIONING
Everyone is invited to join our monthly community visioning as we sit in a field of unconditional love to envision our church. Your presence makes a difference. Join us every 1st Sunday at 1:00pm via Zoom.

F.A.C.E.S. FOOD ANGELS
Food Angels provide curbside grocery pick-up on the 1st and 3rd Wednesday of the month between 3:30pm and 5:00pm. Please stay in your car when picking up groceries. Our volunteers will come and assist you.

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 11:00am. 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 510.703.8776 or via email to pln1949@sbcglobal.net.

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 10:30am. Call Rev. Anthony Jackson at 510.381.4343 with any questions or for more information.

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

LATINO SUNDAY SERVICE
Latino 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 está cada 3er domingo a las 12:30pm 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 cambiara tu vida!

Join us via Zoom.

BOARD OF TRUSTEES
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 at this link.

COMMUNITY CONVERSATIONS GATHERINGS
East Bay’s Community Conversations is a new series of monthly get-togethers where 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 12:30pm. Join us online for Community Conversations.

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 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.

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

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

Impartidos en linea por la plataforma Zoom
Los miércoles a las 7:35pm 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 funciona para todos y vivir intencionalmente.
In These Times, Prayer is the Way Forward

The Practitioners of East Bay are honored to hold all of our community in the “sacred space” of prayer. It is the only way forward. Prayer is the love, compassion, care and support offered to our EBCRS community.

Join the Practitioners and center in Daily Affirmative Prayer Monday - Friday at 8:00am on Facebook Live. Each day will affirm a unique God quality:

Monday: Forgiveness
Tuesday: Love
Wednesday: Oneness
Thursday: Peace
Friday: Prosperity

Please note that this is a new time and location for Daily Prayer. We will meet at 8:00am. Join us on Facebook, Live@EastBayChurch for Daily Prayer. Visit us on our website for more information.