Love in Action
INCLUSION IN ACTION
AUGUST 22, 2020

We are each unique and beautiful. Together we are a masterpiece.
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.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 - FRIDAY AT 8:00 AM
FACEBOOK LIVE

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

EBCRS PURPOSE STATEMENT

We, the East Bay Church of Religious Science, are dedicated to the spiritual transformation of the entire planet. We are committed to being a point of empowerment allowing Spirit to direct every thought, word, deed, and action for personal transformation. Our purpose is to serve as a spiritual development center by making available the knowledge and practice of the Science of Mind to all people by fostering their spiritual, cultural and general well being, and to provide facilities for public worship, education and fellowship.

JOIN OUR SUNDAY CELEBRATION

August 23, 2020,

Meditation: 10:15am
Service: 10:30am

Speaker: Rev. Z Egloff and Rev. Melissa Phillipe

Topic: Who You Gonna Call?

Musical Inspiration: Rev. Z Egloff and Rev. Melissa Phillipe

Facebook Live@eastbaychurch

Youtube: Type East Bay Church into the search bar

LOVE IN ACTION NEWSLETTER CONTRIBUTORS

EDITORS
Arleen King, RScP and Precious Green

LAYOUT/DESIGN
Constance Rose

Contributors: Arleen King, RScP, Dina Lisha, Julia Flynn, Kimberley Satterfield, Precious Green, East Bay Practitioner Corps.

Please submit articles and poems for our August 29 issue of Love in Action to ebcrsorg@gmail.com Next deadline: is 2pm, August 25, 2020. The August theme is Inclusion in Action.

PHOTO CREDITS & GRATITUDE
Arleen King, Erik Brolin
Greetings, East Bay Family!

Wow! What a week we’ve had. The heatwave and thunderstorms. The history-making nomination of Kamala Harris, the first woman of color nominated for Vice President by a major political party. The raging of fires in our state. It all gives us a reason to pause and look at what’s important in our lives. And it reminds us that each moment of the day is a gift not to be taken for granted.

It is in that spirit that I come to you today and share some updates about East Bay and our neighborhood, Temescal.

Telegraph Avenue has changed dramatically. The traffic flow is slow. The streets are freshly painted and repaved. There are new dedicated bike lanes and that has meant that parking is at a premium like never before. It is genuinely a different street.

We’re making minor changes to our church campus as well. If you can, I encourage you to drive by and see our new beautiful front door. You’ll notice that many of the overgrown trees have been trimmed back and flowers are blooming in our amazing garden. I believe that you will be delighted.

We have also been busy transforming our interiors in order to support the community. The Food Angels now use the Fellowship Hall to prep bags of groceries and supplies for those in need. Our Bookstore is an area of love where we prepare blessing bags to distribute to our unhoused communities throughout the Bay Area. And thanks to the FACES organization, we have a freshly painted Kitchen that looks brand new!

Our Youth and Family Area will soon undergo renovations to create a welcoming and peaceful space for our youth and children. Our Sanctuary continues to be the center of hope, peace, and love. The Beautification Ministry is developing plans to beautify the space and raise its physical vibration.

Although we are not going back into the building in the foreseeable future, I wanted to give you a sense of the life and energy of our physical space. Rest assured, the spirit of the East Bay community is alive and thriving. We will continue to keep you informed about our progress.

For me, what I miss most are the hugs. It’s very odd being in church and not be able to hug the person behind the mask. I look forward to the Sunday when we will see one another in person and I promise not to take a single hug for granted, but as a gift to give and receive. 💕

Arleen
Greetings Beloveds. It is my joy to share with you two of my favorite practices, meditation and writing poetry. For the past few months, I have had the joy of being part of the team that brings our community, Meditation for Lovers. This class is designed for those who already love meditation and want to explore new methods, those who want to begin a practice and those who are curious — everyone. Please join us!

In one session I shared the following guided visualization. I wrote it as a means to connect body, mind, and heart, and to relieve the trauma we all hold in our bodies. I invite you to take a few full breaths, sit for a few minutes and partake of these meditative words that are intended to quiet the mind, open the heart and heal the body. With love, Kimberly

My body is Holy
in it I have built
a sanctuary —
Its door is open and God is always present.
No one else may enter unless I invite them,
no one can defile its walls,
no one can pillage the wealth within.
This sanctuary is my refuge and my resource,
it is my safe haven. In its rooms, I am ever free.
On the altar a candle of pure light is burning,
incense and fresh flowers perfume the atmosphere
the wind of my breath cleanses the air.
On the altar are two trays,
one for my burdens that disintegrate when I lay them down.
On the other are golden promises, mine to God, God’s to me.
Sometimes I dance to joyful music,
sometimes I sit with closed eyes and rest in the silence,
sometimes I invite my mind to join my heart in this place of peace.
In this sanctuary, my body is renewed,
to each of my trillion cells vibrancy returns,
all of my senses are attuned,
every system and function revitalized.
I know I am perfect, whole, and complete.
I never have to leave here.

Even, as I turn my attention to the world, I remember the promises on the altar knowing God’s promise is to help me bring them forth.
In this moment and always I know my inner sanctuary provides me with everything I need, that the truth of love prevails, and all is well.

Photo by Erik Brolin on Unsplash
I moved to Oakland in 2005 and went church shopping for a spiritual community, and, to my good fortune, discovered EBCRS. My first Sunday service when I heard Rev. E speak, I knew without a shadow of a doubt that she was the real deal — it was “love at first sight.” I was struck by her natural gift for storytelling and her ability to speak personally and directly to each individual congregant. I was wowed by her rich life experience and great sense of humor.

When I first learned about the Women’s Loving Heart Empowerment Ministry (WLHEM), I was struggling in my life with an undiagnosed mood disorder that affected every area of my life. At the time, I had few friends (since I kept to myself) and no community to call my own. I was badly in need of support, guidance, and connection to others. To my delight I found all that and more at the WLHEM!

WLHEM, led by Sherri Grier and Pam Nash, meets on the first Saturday of the month from 11 am to 1 pm. The attendance is usually about 10 to 30 women. The structure and agenda of the group change regularly, always evolving and transforming according to the needs of the women attending, as well as the current times (political, socio-economic and health, such as COVID-19 and Black Lives Matter).

The agenda can include guided meditation, diverse super cool speakers, art, and prayer.

Because of Sherri and Pam’s loving and kind facilitation, women are able to freely speak their truth and share their struggles. We also celebrate our successes and happiness. Sometimes tears are shed and other times we laugh heartily. One endearing quality of this group is its “gift of gab.” Everyone has a lot to say and the women are not shy.

An example of how we support one another is when one of our Circle Sisters needed a ride to her dentist and was having a hard time finding someone who would take her. She shared this stressful experience with us and within minutes at least ten people offered to help. That is the spirit and essence of WLHEM!

I am honored to be in this group and to have formed friendships with truly awesome, bad-ass women. I am forever grateful to each and every one of them.

The Women’s Loving Heart Empowerment Ministry holds sacred space for all women to uplift, inspire and support one another through this thing called Life. The group meets on the 1st Saturday of each month at 11:00am PDT. For more information, please contact Sherri L. Grier at 510.610.9507 or Pamela L. Nash at 510.703.8756.
Cultivating connection is a primary foundation of Self-Care, that builds health, wholeness, and healing. In his book, My Grandmother’s Hands, Resmaa Menaken quotes Susan Raffo:

“Self-care is the constant practice of not letting more pain accumulate. It is about remembering that our lives are of value. It is the active process of settling our nervous systems so that we can have more access to the present moment.”

Connection to ourselves and others is a human need. It is essential that we maintain contact and communication during these times of uncertainty. With the depth of presence in our lives, we can reclaim the health of mind, body, and spirit, and open into more of our personal as well as collective freedom.

Connect to your self by creating Breathing Room. In his book, How To Relax, Tich Nhat Hanh writes “Do you have a space in your home dedicated to relaxing? It is not necessary that it be a big space. It can be a small corner (not your bed!) or anywhere in a room that is just for breathing and relaxing. This is not a space for folding laundry, or eating, or doing homework, or office work. This space is as essential as a place to eat, sleep, and go to the bathroom. We need a small space where we can take care of our nervous system and restore our peace and tranquility.”

Sometimes, we want to relax so we will not have to think and we all need non-thinking time. But, we can also use rest as a time to connect with ourselves by listening to our bodies and our emotions. True communication with others can’t happen unless we stop, relax, and listen to ourselves.

Connect to the joy in your Daily Life. What are simple activities that bring you pleasure? Gardening, music, dance, reading, writing, singing, walks in nature, games, comedy? As part of your daily routine, schedule at least 30 minutes of an activity that brings you out of the “to do” list and into the beauty of precious Life.

Connect to others by Giving and Receiving Support During this time of COVID, with sheltering in place and physical distancing, be proactive in connecting with others, especially if you are feeling isolated and alone. Isolation can lead to depression which impacts physical as well as mental health. This is an opportunity to reach out for the support of prayer partners, family members, and friends. Create a circle of support in which you can be yourself, and have a safe space to share your concerns, feelings, fears, grief, sorrow, and vulnerabilities. Let yourself be held in a space of listening and love, in addition to offering it to others.

Honor your inner knowing, connect to the truth of your value, reclaim your wholeness and well-being.

With love and blessings,

Health and Wellness Ministry

ABOUT JULIA FLYNN

Julia Flynn, CMT is a wellness life coach, specializing in transforming the unconscious beliefs that hold us back from opening more fully to a healthy, whole Life. She is grateful to be a part of the Health and Wellness Ministry, serving our community with practical tools for increased physical, emotional and mental well-being.
The Center for World Networking
Presents
A Conversation with Black Women of Faith
August 24, 7:30 - 9 pm PDT  Zoom event

Featured Panelists

Rev. Elouise Oliver  Lynne Daniels  Arleen King

Bhavananda Lodkey  Zelma Lewis  MaDar

Opening a pathway for understanding and growth between us, while knowing we are one

Moderator ~ MaryAnna Alderete
please enter via the link on our home page: cfwn.org
We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.

Maya Angelou

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Save the Date

October 23rd and 24th, 2020

10th Annual Prayer Symposium

Standing in the Power of God
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**GIVING**

- **ONLINE**
  - EBCRS.ORG
  - ebrsonline@gmail.com

- **PAYPAL**
  - ebrsonline@gmail.com

- **TEXT**
  - Text EastBay to 501-55

- **MAIL**
  - EBCRS
  - 4130 Telegraph Ave.
  - Oakland, CA 94609

**EAST BAY CHURCH OF RELIGIOUS SCIENCE**

- 4130 TELEGRAPH AVENUE
- OAKLAND, CA 94609
- 510.420.1003
- EBCRS.ORG

**FOLLOW US!**

- YouTube
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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 cambiara 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 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 MINISTRY

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 510.703.8756 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 es 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 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. 💕

GET COVID-19 UPDATES PDF ON OUR WEBSITE

For Alameda County updates, click here or on the logo at the bottom of this panel.
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 Nayojahi
  - 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.
Register to Vote!

Visit Vote.gov to register to vote. Depending on your state’s voter registration rules, the site can help you:

- Register online. This is available for 39 states plus the District of Columbia.
- Download the National Mail Voter Registration Form. You can fill it out onscreen and print the completed form, or print the blank form and fill it out by hand. Remember to sign the form before mailing it to the location listed for your state.
- Find guidance for states and territories with different registration procedures.
HEARTS DESIRE
WEDDING OFFICIANT SERVICES

As Your Wedding Officiant.....
I conduct traditional, contemporary, or multicultural ceremonies, and I work with you to design your wedding ceremony to be as individual and personal as you wish, with a focus on simplicity and meaning. I've been doing this since 2008.

I am a non-denominational ordained minister, and I am sensitive to tradition, and willing to include ceremonies, which are important to you. I also encourage you to include thoughts, readings, and statements that reflect your own philosophy and beliefs, with an emphasis on mutual support, equality, and personal commitment. Once you tell me more about yourselves, and your wishes, I will make suggestions and start helping you to plan the format and style that will be most pleasing to you.

I PROVIDE THE FOLLOWING SERVICES:
- Legal Marriage
- Renewal (Reconfirmation) of Wedding Vows
- Non-legal Ceremonies
- Free Consultation
- Monthly Planning Meetings
- Pre-Marital Counseling
- Wedding Ceremony Script Design
- Attendance at Rehearsal Dinner

MICHELLE NICHOLAS, LCSW
Psychotherapist

LEARN MORE ABOUT MY PRACTICE
Michellentherapy@gmail.com

My approach to growth oriented therapy is grounded in mindfulness, acceptance, and acting on what matters most in your life.

Office in Oakland
- Individual
- Couples
- Pre-marital
- Group Counseling
- Specializations: LGBTQ+, Anxiety, Depression, Bipolar Disorder