Nobody is free until everybody is free.
JOIN OUR SUNDAY CELEBRATION

July 12, 2020,
Meditation: 10:15am
Service: 10:30am
Speaker: Dereca Blackmon
Topic: The Legacy of Spiritual Allies
Musical Inspiration:
East Bay Women’s Ensemble
Facebook Live eastbaychurch
Youtube: Type East Bay Church into the search bar

I have the honor of Facilitating the 5 Gifts to an Abundant Life Class, and I’m blessed to have ten amazing beings on this journey. The setting is different than our traditional classroom setting because we meet via Zoom. Amazingly, we are connecting at a level higher than I expected.

In the past two weeks, the discussions have centered around the Intention setting and manifestation. During our last class, each person presented their intentions by sharing their Heart-Mind Map. I was blown away by how clearly they described their intentions and their affirmations of truth for the future and better world. The experience was so powerful that you would never know that we’re living through a pandemic and heated chaos and disparity of racial tension.

I asked what keeps them going, and the response was having Faith. Many of us are familiar with this verse from the Bible. “Now faith is the assurance of things hoped for, the conviction of things not seen” (Hebrews 11:1). This verse dominated the conversation most of the evening. The different points of view and demonstrations of faith gave everyone hope for a better equitable world.

For me, these times have heightened my awareness of my faith. My faith is my freedom. Participating in the movement, protesting, rallying the allies, speaking up, and speaking out, driving the change, and staying with it is my freedom. Choosing not to be attached to “how” the change will happen, but having the faith that change will come is my freedom.

To my East Bay Family, how is your faith guiding your freedom?

Blessings,

Arleen
This, the theme for the July 2020 issue of Science of Mind Magazine, is the “roadmap” to the “construction site” of the world that works for everyone! A place where all people see each other through the lens of Oneness. Where all are involved in laying the foundational bricks of love, peace, caring, compassion, equity, and inclusivity.

You may be thinking; alright, this sounds hopeful, but what exactly is unchained Spirituality? How can it inform my life, especially in these unprecedented times that require Herculean faith and steadfastness? How can it take me to the “construction site” of the world that works for everyone?

First, let us take this phraseology apart and define it. Dictionary.com states the meaning of unchained as being set free. Ernest Holmes states in the Science of Mind textbook: “Spirituality may be defined as the atmosphere of good, the realization of God.” (p. 446) He further delineates: “Spirituality is natural goodness...Spirituality is not a thing, it is the atmosphere of God’s Presence, goodness, truth and beauty.” (p.308).

Unchained Spirituality is what I like to call “off the chain” Spirituality. It is the awareness of God’s Presence, its goodness, its truth and its beauty, set loose, for all to experience. The Oneness of God is embraced far beyond the 400 congregations within Centers for Spiritual Living, all membership within The Affiliated New Thought Network and The International New Thought Alliance. It is simply the magnificence of God in all beings, recognized and understood the world over!

Imagine: the realization of God, the atmosphere of God’s Presence, goodness, truth and beauty set free, set loose, into a world where many are shackled to the enticing grip of fear. This understanding of God, its truth, which is wholeness, expels the fear of dis-ease, and illness into the nothingness from whence it came. In this knowingness there is no lack, only abundance and prosperity; an all needs met reality. Nestled in this truth of God, people throughout our global community are entrancingly drawn to the “construction site” of creating the world that works for everyone. It is the place where the expansiveness of revolutionary change is birthed, through love.

See you at the “construction site”,
KSuzanne Massey, RScP

The role of the licensed spiritual practitioners is to help individuals make changes in their lives by making changes in their consciousness. The fundamental tool of the practitioner is a form of affirmative prayer called spiritual mind treatment. Practitioners are specifically trained to shift consciousness on behalf of and for the individual through the use of this tool.

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/92862226160?pwd=eXJ2TmUrNDIMZDI3eEpZYzhwdDlodz09

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 ebcrsmembership@gmail.com to find out more, or to let them know if you would like to attend the class.

Out beyond ideas of right-doing and wrong-doing, there is a field. I’ll meet you there.
Rumi

INVITATION TO NEW MEMBER CLASS
You can come as you are and be welcomed with open arms and where you can get tools for living an abundant life.

JJ is passionate about nature. He comes alive when he's in a pure state of flow when creating. He is in touch with God when he's doing something that feels right—that feels beneficial to the world.

In the power of media and its ability to spread the word about East Bay

JJ would love to see our species increasingly shift away from valuing things and status and shift more toward valuing each other. He wants more human evolution.

JJ appreciates the East Bay community. He has a lot of love for everybody—for each face he sees, live and virtual.

Brett Richards grew up in New Thought along with Rev. E's grandchildren, initially attending First Church of Religious Science (now Oakland Center for Spiritual Living) where Rev. E was his teacher. He helped with A/V there. In 1993 he started attending East Bay and was part of the teen group. He served as coordinator of the Step Into the Future teen program that guided teens in handling issues and releasing anger. The program ended in 1997.

Brett attended Bethune-Cookman University in Daytona Beach, Florida and majored in Computer Science. After graduating, in 2009 he returned to the Bay Area and returned to East Bay. Rev. E knew of Brett's A/V experience and immediately tapped him for our A/V Ministry where he has diligently served for more than a decade.

Brett lives the motto of Bethune-Cookman University, “Enter to learn, depart to serve.” He understands how service keeps him grounded in abundance. It brings him joy to help others who may be hurting in some way. He’s happy to serve in the A/V Ministry and give back. Brett is known for being big hearted in helping others—his heart outweighs his height!

Brett plans to earn his Bachelor of Science in Psychology degree in 2021. He is enjoying life, being with loved ones and allowing Spirit to lead him. He also loves water! Being in or around water is his go to spot. It’s his way of relaxing and meditating. Brett is also an unapologetic geek, a nerd. He loves computers and technology.

For the world, Brett would love for everyone to simply accept everyone for who they are. He’d like us all to understand that color doesn’t tell who you are; it only identifies your ethnicity—we are the same under our skin. He invites us to refrain from judging by appearances. Brett is a gifted intelligent Black man. He says to understand a person you to get to know them.

This week we honor two members who do critical work behind the scenes as our Audio-Visual Ministry (A/V). JJ Harris and Brett Richards:

John Harris or JJ has attended East Bay for about three years. After feeling fed up with traditional conservative religion, he left church behind for a while. As he encountered work and financial struggles and was beginning his own media business, something stirred within JJ to start his spiritual journey. He visited East Bay after reading a Yelp review about the church; Rev. E’s message that day struck home with him enough that he kept coming.

For JJ, East Bay means truth and community. It’s a place where you can come as you are and be welcomed with open arms and where you can get tools for living an abundant life.

Our A/V Ministry has been lifted up by JJ for two years. His technical skill with media and desire to serve are a win/win for our center. JJ has lent his photography and video talents to several East Bay events and programs over the years. At this critical time of the COVID-19 pandemic, with our dependence on live streaming and virtual services, JJ’s expertise helps bring stellar A/V services to our community. JJ has a strong belief in the power of media and its ability to spread the word about East Bay.
In 1945, I was born and raised in Tulsa, Oklahoma, which is still one of the most racially segregated cities in the US. Tulsa is the home of the infamous Black Wall Street race massacre. In 1921, a White mob killed and destroyed the inhabitants, homes, and businesses of that affluent Black community over a racially charged incident involving a White girl and a Black boy. Many Black Wall street descendants to this day, are still reeling from the economic and societal injustice for what happened almost 100 years ago.

In school, many of us were never taught about the horrific massacre. Several of my Black classmates and I were bused to an all White Jr. HS and High school. In 1963, I went to nursing school in Tulsa where there were only two of us Black nursing students in the school. I became a Registered Nurse in 1966. I moved to Oakland, CA in 1973 where I subsequently obtained my Bachelor's and Master's in nursing with a Nurse Practitioner certificate. For many years, I didn't always feel beautiful and proud that my family was born with our dark African hue. Recently, many White folks have had to have a crash course in what it is like for me and others like me to live 24/7 in our Beautiful Blackness. A Blackness for which we have been brutalized, demonized, dehumanized, demoralized, disenfranchised, “genocized,” marginalized, minimized, ostracized, penalized, politicized, and trivialized.

Most of my Black brothers and sisters already know about “The Talk.” I have prayed and cried for the safety of my 41 year old son for many years and I will continue to do so. When he was growing up, I told him not to stand on the corner, (day or night), with more than 1-2 friends. I cautioned him not to cruise around town in a car, but to have a destination. I told him about speeding, especially when he was with his peers. We discussed the harmful use of alcohol and illegal drugs. Neither I, nor his father, taught him to fear the police. In fact, there was only one incident when he was a typical unruly teen, that he got into a physical and verbal altercation with his dad. I called the police, and a “peace officer” came to our home and spoke calmly to him about obeying his parents. Years ago, I was stopped by a White police officer while leaving work late one night. I have no doubt that the only reason it was a short encounter and that I was not unduly harassed, was because he noticed I was wearing a stethoscope and he let me go.

How am I to live my remaining years knowing that my Black brothers and sisters domestically and globally are being systematically annihilated because of the color of our skin? The deep and intrinsic racism we encounter daily by police, religious, political, educational, and healthcare organizations, employers, co-workers, neighbors, “perfect” strangers and institutional systems is as evil now as it was in the past.

I am struggling and grappling with the reality of Covid 19 and the many lives lost during the pandemic. In addition, I refuse to do a “spiritual bypass,” by glossing over or denying my anger, sorrow and general distrust of many White folks, police paranoia, concerns for my family’s health and safety and other issues.

Our Science of Mind philosophy has taught me that one cannot resolve a problem at the level of the problem. In order to discover the gift within our current twin pandemics of racism and Covid 19, I have been forced to be still and KNOW. I know that my heart remains open to Love, Peace, and Harmony. I am enjoying retirement, consistent self-care which rocks my spirit.

I know that BLACK LIVES MATTER TOO. I know, without a doubt, that my Soul is intact and inspired by the enthusiasm and energy of our youth of all colors to make this world a more just and equitable world that works for everyone.

In Love and Light,
Zee Lewis
Health and Wellness Committee

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 oneness & willingness to allow the peace & presence of God to flow. I am in the embrace of a warm, loving presence forever seeking an outlet through me.

~ Ernest Holmes
HEALTH AND WELLNESS MINISTRY

These are unprecedented times that are affecting each of us in unique ways. The Health & Wellness Ministry wants to support our community through this time. Please take a moment to complete the Ministry’s Health & Wellness Survey by following this link:

Take Our Health & Wellness Survey

This information will give us a clear picture of what you need as we plan for and implement a safe and secure environment before reconnecting in-person. It also gives you an opportunity to let us know your areas of interest for physical, mental, spiritual well-being.

WELLNESS TIP OF THE WEEK

Decide to stop for one to three minutes every hour, to become aware of your breathing and bodily sensations, allowing the mind to settle in as a time to regroup and recoup. You can use the timer on your phone, or everyday cues in your environment as reminders to “center” yourself, such as every time you open a door, or wash your hands.

“I Am Here” exercise is another useful tool to come home to yourself. Sit or stand comfortably in a quiet space, allowing your eyes to close. As you breathe in, silently say to yourself, “I am.” As you exhale, say to yourself, “Here.” Repeat this several times with the breath, “I am... here. I am... here.” Notice how this simple declaration can change your experience, as you affirm your place in the world.

This exercise is adapted from The CBT Deck by Seth Gillihan.

YOU’RE INVITED!

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

+1 669 900 6833 US (San Jose)

Hello East Bay! I am Tai, one of the summer interns, and I want to share with you my spiritual practices as a college student during everything that is going on in the world!

I believe that it is extremely important to connect with yourself spiritually. I have always been someone who did not really connect with more “mainstream” versions of religion. I definitely feel that I was influenced by growing up at East Bay and just watching the power that spiritual living can have. A major part of my spiritual practices include affirmations. Our words, beliefs, and mindsets can have such a big impact on our lives and for me affirmations are a way of making that impact positive. A lot of people my age are starting to realize how powerful our minds are and through that realization, affirmations have become way more prominent in the lives of college students. Which I think also leads to us taking more control over our minds/lives in general. Things like mental health, activism, and educating ourselves are all a part of that. The next big part of my spiritual practices is meditation, yoga and journaling. Being one with my thoughts and body is extremely important to me. Staying in touch with my emotions and how they are affecting me physically has been super beneficial during everything that is going on right now. I also think it is such an important part of spirituality and just a way to stay grounded and intune with yourself.

These are just a few of the ways that I express myself spiritually while in college. Having a spiritual outlet is so important and I am so happy I got to share mine with you all!
HAPPY BIRTHDAY!

YOU SHOP. AMAZON GIVES. EBCRS GROWS

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.
LET US HELP YOU GO SOLAR

&

East Bay Church will Receive $1,000

IT'S THE RIGHT TIME TO GO SOLAR

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

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


The Benefits Are Bright

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

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