



Community of Infinite Spirit (CIS)  
A Divine Science Ministry & School  
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501(c3) non-profit religious organization



May 2026

Dear Friends of CIS,

**“Bringing Heaven on Earth” by Rev. Christine Emmerling D.D.**

When people think of the month of May our first thought goes to Mother’s Day, and this year it is on May 10<sup>th</sup>. Let us honor all the mothers of the world and all people that have served in that capacity in nurturing and taking care of another life. My heartfelt gratitude to all mothers everywhere, and may your special day bring you some extra nurturing.

May also reminds me of Earth Day, but it’s not, each year Earth Day is on April 22. It’s probably because I think of our earth as a mother, we even call our planet “Mother Earth.” Why, because our earth nurtures all life. It is our home where we have all our survival needs filled; Mother Earth supplies the air we breathe, the food we eat and the water we drink. We even have shelter from the weather; people lived in caves and the miles of tunnels deep in the earth, then homes and buildings from trees, rocks, bricks and cement - all made from our Mother Earth. We are truly blessed to have such a wonderful place to call home.

God created our Mother Earth, all mothers, fathers and all life out of its love for there is truly only One Cause, One Creator and One Presence we call God. And it is all good and very good. Just think all creation is an aspect of God life. God is expressing life through all its creations; through me, you and everyone and every kind of life and form. Of all the countless stars and planets in our universe alone, we have this perfect planet as our home to grow, learn and mature. This life is about learning to love, the unconditional, compassionate and truly caring kind of love. As an outcome we also get to learn what isn’t love.

The moment we are born we are learning about love from those that care for us. Then our experience of love grows beyond family, to neighbors, school, work, and then the families we create. Another phase in our growth is to learn to care for our Mother Earth as it cares for us. As individualized expressions of God, our thoughts and emotions take form in this world, they are manifested as experiences and things; as within so without. Therefore, let our thoughts and emotions be grounded in love and At-One-Ment, then we are helping to bring heaven on Mother Earth.

**“April Showers Bring May Flowers” by Rev. Teresa Stuefloten, M.Div.**

Hooray! We got our April showers in the South Bay Area of California! We really needed those showers and the Divine supplied what we needed. In my yard the California Poppies and the Calendulas are blooming like crazy, a sea of orange and yellow blossoms. So beautiful! I have planted two cherry tomato plants and the beans that fell to the ground last fall are starting to sprout some little bean stalks. I am contemplating what vegetable seeds to try this year.

As I contemplate my outdoor garden, I am also contemplating my inner garden, my spiritual garden. I am evaluating my spiritual practices and deciding if I need to adjust something. I have noticed that some mornings I seem to be squeezed to have the time I would like for spiritual

reading, contemplation, prayer and meditation. I like to remember those who have asked for prayer each morning, lifting them up and seeing the Truth that each one is perfect, whole and complete, living, moving, and having their being in God. I don't like to feel rushed in my spiritual practice.

I am thinking that I need to make a greater effort to get to bed earlier and rise earlier so that I can have more time for my spiritual practice before the day gets busy and I need to feed and walk the dog, get to my exercise class, and on Wednesday mornings, get online for our Goldsmith book study group. I would like to feel a greater spaciousness in my mornings. I have had getting to bed earlier as a goal before, but I have slipped a bit, and I can put renewed effort into this. It's never too late to begin again.

As you evaluate your own spiritual practice, are there areas you would like to tweak a bit? Have you let your spiritual practice slide or take a back seat to other commitments? It's never too late to begin to tend your spiritual garden again. Consider what time of the day you would be willing to commit to for your daily meditation. When you have a consistent time commitment you are more likely to stick to your meditation practice.

One idea suggested by American mystic and spiritual teacher, Joel Goldsmith, is to meditate 5 minutes of each hour. It's just a turning within and acknowledging God's presence within you for a few minutes, listening in the silence for a few moments. If you are at home, or in a place where you have a little privacy, you can try setting a timer on your watch or your phone to remind you each hour.

In last month's newsletter I gave some suggestions for meditation, such as focusing on the breath, chanting a mantra such as "Divine Peace," chanting "Om" at each of the chakras and having your inner gaze lifted to the forehead to help you focus inwardly. I also find that reading something spiritual prior to meditating is helpful. Is it time to tend your spiritual garden? It's never too late to start again. Let your spiritual garden blossom with renewed effort and you will feel the blessing of the Joy of the Divine!

### **Ways to Feed Your Soul**

Call in at 1-518-418-1389 for the Sunday Service live Podcast at 11am PT, and Wednesday Chakra Meditation at 6pm PT. Go to our website, [www.CommunityofInfiniteSpirit.org](http://www.CommunityofInfiniteSpirit.org) and click on "Healing Words" to listen to the Sunday service and Wednesday meditations, or read them. Click on Facebook, Instagram and YouTube for our Podcasts, affirmations and writings. Help us grow by liking us, subscribe and share with your friends. Call in for an inspirational message at 408-286-6969. Divine Science courses are available by correspondence and online by Zoom. We have two metaphysical book study groups you can join online via Zoom. Contact Rev. Christine for more information 831-313-1696 or [infinitespirit@comcast.net](mailto:infinitespirit@comcast.net).

**Daily Affirm the Divine Science Statement of Being:** "God is all, both invisible and visible. One Presence, One Mind, One Power is all. This One that is all, is perfect life, perfect love, and perfect substance. I am an individualized expression of God, and am ever one with this perfect life, perfect love and, perfect substance."

### **Spiritual Support**

Rev. Christine Emmerling D.D. at 831-313-1696 / cell 408-293-3838 [infinitespirit@comcast.net](mailto:infinitespirit@comcast.net),  
Rev. Teresa Stuefloten M.Div. cell 408-888-4637 or [teresastuefloten@yahoo.com](mailto:teresastuefloten@yahoo.com).

**Your Donations Make a Difference:** Your donations go to support this ministry's work. To donate go to our website at <https://www.communityofinfinitepirit.org/donate>. Or send it to

Community of Infinite Spirit, 1160 Richard Rd, Hollister, CA 95023. All donations are tax deductible. Community of Infinite Spirit thanks you.

**In Service with Love and Joy,**  
President Cheryl Magill; Secretary Rev. Teresa Stuefloten, M.Div.;  
Treasurer Sheree Garrett; At-large Debbie Yardley;  
Ex-officio Rev. Christine Emmerling, D.D.

Our Vision  
We are a light unto the world,  
for individual and global peace,  
spiritual understanding and abundant life.

Our Creed is Love  
Our Path is Service  
Our Goal is God Awareness!

Our mission is to be aware of the Infinite Spirit that is All, both invisible and visible.  
To live a God inspired and fulfilling life in peace, love and joy.  
To teach Universal Principle of "Omnipresence."  
To respect all world religions, all people and all life.  
To be a supportive spiritual community for the good of all.