



Community of Infinite Spirit (CIS)
Divine Science Ministry & School
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November 2026

Dear Friends of CIS,

“Sharing Our Blessings!” by Rev. Christine Emmerling D.D.

Our Indian Summer this year brought us lots of sunny dry hot days. Now November brings with it the promise of cooler and wetter days as we move closer to winter. The harvest is over and is a time of gratitude for all the blessings mother earth has given us. Thanksgiving this year is November 26th, a holiday to share our blessings with family, friends or strangers. When we think about our blessings we may first think about the tangible things in our life, such as food, money, housing, work and good health. Then there are the intangibles, such as love, caring, kindness, patience, happiness, joy, peace and gratitude. We have a choice about the blessings we bring with us to share on Thanksgiving Day.

Medical science has this to say about practicing gratitude daily: better mental health, improved coping skills, better sleep, cardiovascular benefits, stronger social connections, and possible longevity benefits. Gratitude is good medicine.

Yes, we do have Thanksgiving Day to be grateful, but what about the rest of the year. We can start with being grateful every morning upon awakening, midday and before we go to bed? Then there is adding in all the intangibles to our daily life. Eventually we are living gratitude all day long.

Our prayer life is about being grateful for all that we do have. When gratitude becomes every day, every hour, every moment that is praying without ceasing. Truly then we are a blessing in this world.

I am grateful for my connection with God, Infinite Spirit, as my very life. I am grateful to be an open vessel for God's life, love, wisdom, creativity, joy, strength and peace. I live in a wellspring of love and gratitude. My life is good, so very good. Thank you, Infinite Presence. So, it is!

“Gratitude and Contentment” by Rev. Teresa Stuefloten, M.Div.

There is a song that says, “If you are worried and you can't sleep, try counting blessings instead of sheep, and you'll fall asleep counting your blessings.”

We live in a consumer culture that does not encourage gratitude for what we have and contentment with what we already have. The message from the media is “more, more, more, buy, buy, buy!” But does more make us happier? If you look around at many of the rich and famous who do not seem to be happy, I think the answer is “no.” More stuff does not make us happier. And if we bought the stuff with a credit card or loan, then more stuff makes more burdens to pay for.

Gratitude and contentment are important concepts on the spiritual path. Gratitude for our blessings is a positive force that draws more blessings to us. What can you be grateful for in your

life? Do you have a warm bed to sleep in? Many people are sleeping in their car or on the street. We can have gratitude for the basic things in our life, rather than just taking them for granted, knowing that there are many who do not have these basic things. Most of us live in relative safety. There are no bombs falling outside our door. That is something to be grateful for.

Contentment is being happy with what we have. When we are content with what we have right now, we can focus our energy on our meditation, prayer and spiritual life. Striving for more material things takes our focus away from our spiritual path. Remember that the only thing we take with us when we leave this physical realm is our spiritual growth.

So, this November, the month of Thanksgiving, I encourage you to fall asleep counting your blessings. You will create a happy life for yourself, filled with contentment and gratitude for all that you have. And if you have a little extra, give to those in need. As our offering blessings says, "Divine Love, flowing through me, blesses and multiplies All that I have, All that I give, and All that I receive." And so, it is!

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 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 infinitepirit@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 infinitepirit@comcast.net,
Rev. Teresa Stuefloten M.Div. cell 408-888-4637 or 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!