



Community of Infinite Spirit (CIS)
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501(c3) non-profit religious organization



August 2022

“Developing Our Summertime Muscles” Rev. Christine Emmerling D.D.

Here we are in the middle of summer enjoying the longer days, the warmth of the sun, and the outdoor life. For many it is a time to travel, go on adventures, visit family and friends, swim, fish, and have barbeques. Summer is also a good time for a spiritual adventure to explore and put to practice all that we have been learning through our spiritual studies. It's time to put our imagination to work, and see how we can expand our consciousness and build our spiritual muscles.

When each of my grandchildren were about 3 years of age, I taught them how to swim. In the beginning lessons I would have them lie on their back with my hands supporting underneath. This allowed them to get comfortable floating in the water. The next step was to have them turned over on their belly, with their head above the water, while my hands supported underneath and I walked around. We progressed to my holding their hands in front of them while they kicked. Then I taught them how to hold their breath first above and then under the water. Now they were ready to doggie paddle. One day, I just withdrew my hands for a few seconds at a time. Next thing I knew they were jumping in and swimming like fish.

Now I invite you to imagine that you are that child, and the supporting hands are the Divine Presence that is with you always. Gently supporting through those difficult times in life as having water-wings. Then there is the day we take off our water-wings and truly swim knowing that we are swimming in an ocean of God.

Whatever problem we wish to overcome or to manifest a desire, I say to take it to principle by putting it to a test. Christ Jesus taught us to pray as though we have already received. Being in gratitude for all that we do have is a reasonable expectation. This way of praying is taking it one step further. We are being told to be in gratitude for what has not been received or resolved, and we don't even need to know how it will be done. It is knowing by spiritual law it is fulfilled, and we are so ever grateful. We do this through imagining the end result as we capture the feeling of it being done. Then we hold this image and feeling of gratitude for a few minutes. Our feelings and emotions of gratitude of already having are the necessary power to bring forth our desire. Now that is exercising our faith and imagination muscles.

“Visualizing Our Road Trip” by Rev. Mark Stuefloten

My wife, Teresa, and I are going on a road trip up to Portland to visit my Aunt Dorothy, who is now in her nineties. Planning and packing for a vacation, is a big job. But while we are planning and packing, we are talking about our trip, feeling excited, and visualizing how much fun we will have staying at different places on our way up and back. Thinking of the Oregon coast I can feel the cool sea breeze blowing on my face. I can imagine being on the open road, rolling along, the two of us free to just enjoy the experience of being alive.

Having a vacation gives us a sample of what being awake is like. Being fully enlightened will set us free. Until we are fully awake, it's good to imagine how it is, to be free, to be fully aware. When I am awake my awareness will be clear, unclouded by faulty thoughts, wrong ideas, or inappropriate words or actions. Life will be fun. I will be able to help others effectively.

What will it feel like? What will you do when you are free? No matter how young you are, or how old you are, the one thing we have in this life is opportunities for new experiences. Imagine, visualize, feel the freedom, and look forward with expectancy to new positive experiences.

Ways to Feed Your Soul

Sunday Service live Podcast at 11am PT, and Wednesday Chakra Meditation at 6pm PT call in to both at 1-518-418-1389.

Website, www.CommunityofInfiniteSpirit.org and click on "Healing Words." For your listening and reading pleasure; we have inspirational writings, Sunday talks, and readings & meditations. Click an icon for Facebook, Instagram & YouTube: 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 by Zoom. We also have Zoom metaphysical book study groups. Contact Rev. Dr. Christine for more information.

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 the individualized expression of God, and am ever one with this perfect life, perfect love and, perfect substance."

Spiritual Support

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Rev. Mark Stuefloten cell 408-612-1064 or msteufloten@yahoo.com,
Rev. Teresa Stuefloten M.Div, cell phone 408-888-4637 or teresastuefloten@yahoo.com.
Rev. Sheree Garrett (Outreach Ministry) cell phone 408-218-2897 or gsheree216@gmail.com

Your Donations Make a Difference

Your donations go to support this ministry and non-profit charities. To donate go to our website at <https://www.communityofinfinitepirit.org/donate>. Or send to Community of Infinite Spirit, 1160 Richard Rd, Hollister, CA 95023. All donations are tax deductible. Thank you!

In Service with Love and Joy,

President Rev. Mark Stuefloten; Vice-President Cheryl Magill
Secretary Rev. Teresa Stuefloten, M.Div.; Treasurer Rev. Sheree Garrett
At-large Debbie Yardley; Ex-officio Rev. Christine Emmerling, D.D.

Our Mission is to be aware of the Infinite Spirit
that is All both invisible and visible.
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.

Vision

We are a light unto the world
For individual and global peace
Spiritual understanding and abundant life!

Motto

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