



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



May 2022

New Zoom Book Study Group begins June 14th Tuesdays weekly at 7pm, facilitated by Rev. Christine. We will be reading together and discussing Gregg Braden's book *The Divine Matrix; Bridging Time, Space, Miracles, and Belief*.

“Our Spring Cleaning” Rev. Christine Emmerling, D.D.

May 1st known as May Day, has long been a day of celebrating spring with colorful flowers. I recall in elementary school dancing around a May pole with colorful streamers. May is such a beautiful month with all the colorful flowers, bushes and trees growing and blossoming. We find the weather is warming up. Birds and butterflies are fluttering about. It's a joyous time to go outside filled with gratitude while enjoying nature.

We also find this as a time for spring cleaning. People have traditionally taken this time of year to open up windows to air out their homes, to clean out cupboards and closets, and wash windows and carpets. For me I take out my clothes for the warmer weather, and store away my winter clothing. During this process I decide what to keep or release before storing away.

We can also look at this as a time to do some spring cleaning of our subconscious mind. Yes, our inner closet, basement or attic where we store things away in the dark. We need to open the windows of our consciousness to let in the light. Then we can take a good look at what we have been storing away, such as our beliefs, fears, and past experiences. We can ask ourselves are they still serving us or standing in our way to our greater good for a happier life? As we take that good look, we can decide whether it is worth taking up space, or are we ready to release.

Think of it this way, every thought is part of our energy system; adding to or withdrawing from our life energy. Now negative fearful or judgmental thoughts withdraw our energy to be sustained. While positive loving thoughts feed our energy. What happens when our energy system becomes low or depleted? We may first experience being tired, weak, frustrated and angry, and eventually illness and disease.

Now while we do our inner spring cleaning, looking at each stored belief, judgement or past experience we ask ourself “Is it taking from or adding to the quality of my life – is it worth it?” Then as we choose to release, we give gratitude for lessons learned, and have compassion and love for ourself. Next, we observe how our energy feels. There is a saying from the Course in Miracles, “Angels can fly because they take themselves lightly.” Shall we start flying?

“Lessons Grandpa Taught” by Rev. Mark Stuefloten

I was eight years old when my Grandpa Stuefloten died. I have a few memories of him. He was a barber at the county hospital. He gave the older grandsons haircuts, and got them a coke from the coke machine after their haircut. He was retired when I came along. My memories are few, and they are like snap shots. What I do remember is odd for an eight-year-old. It seems strange to remember him saying only one thing, “never jump out of bed. Get up and sit for a moment on the edge of the bed.”

I had thought because he had heart trouble that this was to give your heart time to warm up. It's true it might be good for hearts, but also time to adjust our focus. As Divine Scientists we know that what we focus on multiplies in our life. By taking time to sit on the edge our bed, feet firmly on the floor, we can ground ourselves and adjust our mental attitude to make this our best day ever.

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 on our homepage for Facebook, Instagram & YouTube: listen to our Podcasts, daily affirmations, inspirational writings and announcements. 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

Rev. Dr. Christine at 831-313-1696 or 408-293-3838 cell or infinitepirit@comcast.net,
Rev. Mark Stuefloten cell 408-612-1064 or mstuefloten@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

You may donate on our website at <https://www.communityofinfinitepirit.org/donate>. Or, send to our office address: Community of Infinite Spirit, 1160 Richard Rd, Hollister, CA 95023. All donations are tax deductible. We graciously 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.

Our Vision

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