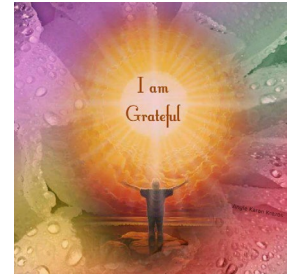




Community of Infinite Spirit (CIS)  
A Divine Science Ministry & School  
Office: 1160 Richard Rd, Hollister, CA 95023  
408-293-3838 / 831-313-1696  
[infinitespirit@comcast.net](mailto:infinitespirit@comcast.net) /  
[www.CommunityofInfiniteSpirit.org](http://www.CommunityofInfiniteSpirit.org)  
501(c3) non-profit religious organization



November 2023

Dear Friends of CIS,

### **“Where Is Our Focus” by Rev. Christine Emmerling**

We have a choice to see the cup half empty or half full. Think about it... The cup is holding the same amount of liquid the only difference is our perspective in how we see and feel about it. Are we feeling lack verses prosperous or poor me verses grateful? It’s an attitude that we take on about how we are experiencing life.

Our experiences are the direct feedback from our own thoughts and beliefs. If we don’t like what we are experiencing, then we can make a different choice. We have free will to choose again. We can change our thoughts and replace beliefs with those that support us in living a better life. Changing how we think takes practice and will power. Learning to catch ourself, listening to what we are thinking and speaking, and then replace with thoughts that are supportive in what we really want. To change a belief, it takes replacing with another one. Then to repeat the new belief often until the old one dissolves into nothingness. In time we begin to feel lighter and brighter. People begin to notice the changes we’ve made. Then they’ll ask how to do it for themselves.

This Thanksgiving season let us make a commitment to see our cup half full, and be filled with a great sense of gratitude. Gratitude is joy, love and appreciation all mixed together. May gratitude fill your Thanksgiving Day and throughout the Holiday Season.

### **“Waiting and Watching” by Rev. Mark Stuefloten**

The gift of life is renewed with each breath I take. I appreciate each breath and thank God for them. Take a few moments every day to sit quietly and just focus on your breathing. It will relax you and you will experience the rhythm of your life.

Living in the right relationship with life begins with not judging people or situations in your life. I am learning not to judge people or try to control or change them. Same with all situations and conditions in my life; I am working on not judging them.

I am experiencing a chronic illness. I have decided I am not going to struggle with it emotionally anymore. I am living my life above the illness. You don’t have to own everything that is in your life. I know that there is something good in everything. I may not see the good in illness, but I know it is present. I know something good will be revealed to me at some point. This is true for all situations and conditions in everyone’s life.

I only have to live in the right relationship with life. I only have to sit quietly and breathe. Action is not always required. It’s difficult for me not to rush in and try to solve problems. I am working on watching and waiting; waiting to see what the universe brings to me. Instead of charging out to save the day, I am waiting and watching.

**Ways to Feed Your Soul**

Sunday Service live at 11am PT, and Wednesday Meditation at 7pm PT: Nov. 1<sup>st</sup> Chakra by Rev. Christine; Nov. 8<sup>th</sup> Chakra by Rev. Teresa; Nov. 15<sup>th</sup> Contemplative Meditation by Rev. Mark; Nov. 22<sup>nd</sup> Chakra – Rev. Sheree; Nov. 29<sup>th</sup> Chakra by Rev. Christine. You may call in to both at 1-518-418-1389.

Website, [www.CommunityofInfiniteSpirit.org](http://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 two Zoom metaphysical book study groups. Contact Rev. Dr. Christine for more information 831-313-1696.

**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 / 408-293-3838 cell or [infinitespirit@comcast.net](mailto:infinitespirit@comcast.net),  
Rev. Mark Stuefloten cell 408-612-1064 or [mstuefloten@yahoo.com](mailto:mstuefloten@yahoo.com),  
Rev. Teresa Stuefloten M.Div, cell phone 408-888-4637 or [teresastuefloten@yahoo.com](mailto:teresastuefloten@yahoo.com).  
Rev. Sheree Garrett (Outreach Ministry) cell phone 408-218-2897 or [gsheree216@gmail.com](mailto: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.communityofinfinite.org/donate>. Or send to Community of Infinite Spirit, 1160 Richard Rd, Hollister, CA 95023. All donations are tax deductible. Community of Infinite Spirit thanks you.

## **Your Board of Directors 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.

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

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.

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