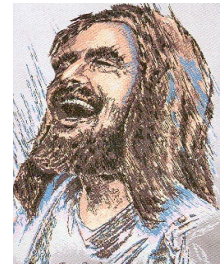




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Dear Friends of CIS,

“Let Our Light Shine” by Rev. Christine Emmerling D.D.

Easter Sunday this year is on April 5th, a time for those of the Christian faith to celebrate the resurrection of Jesus the Christ. For us in Divine Science and New Thought it is also about our own progress in awakening to the Christ within. Many think Christ Jesus’ resurrection was a one-time event for him only. After publicly being crucified and then resurrected was a demonstration to get the people’s attention to help awaken them to their true spiritual nature and potential.

Resurrection is for everyone, and for most people resurrection is a process; it can be slow or in sudden leaps in consciousness – sudden bursts of light. We have the example of the disciple Paul: He was suddenly stricken by the light and had an awakening in consciousness; an experience of the Christ. Paul received spiritual insights and carried them forth according to his understanding being a beacon of light.

We just went through the season of Lent in starting or renewing our commitment to spiritual practices and releasing habits that are not helpful to our awakening. Awakening and resurrecting to me are similar in nature. I see it as rising out of the darkness into the light; from separation consciousness to Oneness consciousness – All is God. The more we awaken out of separation to Oneness or At-One-Ment consciousness, we let go of fear, judgement, and limiting ways of thinking and acting and become more loving, kind, and free to be the true light that we are.

Jesus the Christ is our teacher and example; we study his teachings and then put to practice to the best of our ability at the time. The more we go silently within, and put to practice what we have learned and know of our At-One-Ment in Spirit, Christ and God, the more we unfold the true light that we are. Everyday is an opportunity to let our light shine and shine brighter paving the way for others. Affirm: I let everyday be a resurrection of my soul, and my light shines brightly.

“Tending Your Spiritual Garden” by Rev. Teresa Stuefloten, M.Div.

I have been considering what to plant in my vegetable garden this year. The tomatoes are always enjoyed by everyone in my family and they grow well. Maybe cucumbers, but those did not do so well last year. We have tried watermelon, but they don’t grow very large and seems like it’s better to just buy them in the grocery store. The kale does very well and the chickens like it, too. My daughter gave me a package of various kinds of seeds for Christmas, so I will definitely try all of them and see how they do. We have been having warm weather, so perhaps it’s time to get them started. Today I cleared a couple of beds, tending to them and preparing them for the new season.

Just as preparing the beds and considering what is working in the garden helps to have a more successful harvest, considering what is working in your meditation practice, and what can be improved, helps to have deeper and more productive meditation sessions. Consider the meditation

techniques you are currently using. Keep the methods that are currently working for you. If you would like to try some new techniques, here are some suggestions for meditation techniques that help to calm the restless mind so that you can experience the silence and the still small voice of the Divine within.

- Focus on your breath, gently following the in-breath and the out-breath. Notice the coolness of the in-breath, and the warmth of the out-breath warmed by the body. Let go of following the breath when you feel focused within.
- Focus the gaze of your closed eyes on the center of the forehead above the eyebrows, referred to as the third eye. When our eyes look downward in meditation it takes us into thoughts. Keeping your inner gaze lifted helps to quiet the mind.
- You can call upon the saints, sages, gurus, angels, and spiritual masters to assist you, inviting them into your meditation.
- You can try a mantra to help you focus the mind in meditation. A two-word mantra, such as “Om God,” “God Is,” “Divine Love,” or “Divine Peace,” can be coordinated with your breath, thinking the first word of the phrase on the in-breath and thinking the second word of the phrase on the out-breath. You do not need to say the words aloud. Just think them in your mind. When your mind has settled let go of the mantra.
- You can chant “Om” at each chakra with eyes closed, beginning at the base chakra and going up and down the chakras several times, ending at the crown chakra.
- You can read a passage of scripture prior to going into meditation and ask for the meaning to be revealed to you in meditation.
- You can read something spiritually inspiring, such as the Divine Science Daily Study or another spiritual reading to focus your mind on the Infinite before going into meditation.
- A regular meditation time helps you ease into meditation and your body becomes accustomed to meditating at that time. You will even begin to hear the Om vibration internally at that time and can use that as a focus to turn the mind within.

I hope you find these suggestions helpful. I wish you blessings on your spiritual journey.

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 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.