



Community of Infinite Spirit (CIS) &
West Coast United Divine Science Online Ministry
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501(c3) nonprofit religious organization



March 2025

Dear Friends of CIS,

“Springing Forward” by Rev. Christine Emmerling D.D.

There is an old saying “March comes in like a lion and goes out like a lamb.” We are reminded that the month of March is the transition in seasons from winter to spring. The Spring Equinox celebrated on March 20, 2025, marks this transition. For many cultures this is also a beginning of a new year. For us here in California, we have flowers and trees blossoming, and our vibrant green rolling foothills. It’s a very beautiful time of year. Where I live, the farmers are busy planting and growing their crops. Just the word springtime gives a feeling of great activity. We also have on March 9th, our clocks “springing” forward one hour for Daylight Saving Time.

Spiritually this is a time of renewing our faith. Many Christians around the world practice the Lenten Season. This year Lent begins on March 5th, and ends on the day before Easter Sunday April 19th. Lent is a spiritual practice of making a commitment to your spiritual life. Some fast by giving up foods, personal vices, luxuries, screen time. They also focus on their spiritual studies and practices of prayer and meditation, and may give time to being of service.

In Divine Science, our fasting is about giving up our negative thinking and judgments. I invite you to take up this practice during Lent this year, and witness the positive changes in your life. What do we put in place of all those habitual negative thoughts? We affirm truth, pray and meditate; we will find there is a lot less to say. We become more of a silent observer. We see life through the eyes of gratitude. We see the beauty and goodness that surrounds us. It’s a change in attitude towards life. We can ask our Self, “How can I see this differently?” and “How can I best serve this situation?”. The answer may just be to pray and meditate. The important thing is to be open to receive guidance. This can only be when we clear out our negative thinking and leave space to hear Divine Spirit speaking to us. Affirm: “I am discerning about the thoughts I entertain.”

“Spring is a Time of Miracles” by Rev Teresa Stuefloten, M.Div.

It seems to me that nature brings about miracles every springtime. Trees that have had bare branches, appearing almost dead, begin to sprout bright green leaves and blossoms. The blossoming trees are so beautiful that people flock to places like Washington, DC to see the spectacle that nature puts on. Spring bulbs, like Tulips and Daffodils, spring up, seemingly out of nowhere, in dirt that has been completely bare. In my garden, bright orange California Poppies and Calendulas spring-up all by themselves from the seeds they dropped last summer. Mother Nature is a miracle worker! And gardeners everywhere are anxious to help her out, getting their hands in the dirt again, planting a garden.

We are miracles of God’s creation. The following is a meditation I presented in the Sunday service on 2-2-25. I invite you to read the meditation and then close your eyes and go within to feel the words.

I invite you to get comfortable for a short time of meditation, closing your eyes and focusing on your breath. Gently follow your breath as you breathe in and out, not trying to change your breath, just feeling every part of the breath, the coolness of the in-breath and the warmth of the out-breath, as the breath brings you into the present moment. Nowhere to go, nothing to do, just resting in the present moment. Just be here now. In the present moment everything is fine.

I invite you to entertain the idea that you are a miracle. Say to yourself, "I am a miracle... I am a miracle." I am made in the image and likeness of my Creator. My soul is one with my Creator. When I agreed to incarnate on this earth plane, two tiny cells came together to begin to create my physical body. Those cells divided and continued to divide, according to a miraculous Divine Plan, creating organs, muscles, tissues, all according to a Divine blueprint.

My body was formed in my mother's womb according to a miraculous Divine blueprint. My brain, heart, lungs, stomach, intestines, liver, kidneys, eyes, ears, nose, mouth, muscles, arms, legs, skin, hair, all forming according to a miraculous Divine plan. As this miraculous body formed into the infant form, my consciousness slipped into this physical body to begin an earth plane life of living, learning, and growing spiritually. I am a miracle.

As I was born into this physical world, I was cared for by other Divine Expressions in the form of my family members. I grew physically and learned to love, to laugh, to roll over, to crawl, to walk, and to run. I went out in the world to learn, make friends, and grow to adulthood. And all the while my physical body continued to grow and change according to the Divine plan. I am a miracle.

Though I have an ego to function in the physical world, my soul is still my true identity, and always will be. I am a miracle. Tune in to your heart and feel that miracle. I am a Divine miracle... I am a Divine miracle... I am a Divine miracle. Now rest in your heart for a time of silence.

Now, having rested in the silence of your heart, I invite you to bring yourself back to the room you are sitting in, feeling gratitude for the silence, and for the knowledge that you are a living miracle, God in expression.

Ways to Feed Your Soul: Sunday Service live at 11am PT), and Wednesday Chakra Meditation at 6pm PT: March 5th by Rev. Teresa; March 12th by Rev. Christine; March 19th by Rev. Sheree, March. 26th Rev. Christine. You may call-in to both services at 1-518-418-1389.

Website, www.CommunityofInfiniteSpirit.org and click on "Healing Words." For your listening and/or reading pleasure. Our inspirational writings include Sunday talks and meditations. We have Podcasts of our Sunday Service and Wednesday Meditation. On our website calendar we have daily affirmations. You may also go to our Facebook page or YouTube channel Community of Infinite Spirit to listen to our Sunday Service and meditations. Facebook and Instagram both have our affirmations and inspirational messages. 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 Zoom. We also have Zoom metaphysical book study groups on Tue. at 7pm PT & Wed. at 11am PT. 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 (we all are) an individualized expression of God, and am ever one with this perfect life, perfect love and, perfect substance."

SPIRITUAL SUPPORT

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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.communityofinfinitespirit.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. 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 each 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