

The InnerFaith Light



A NEW THOUGHT COMMUNITY
Dr. Sharron Stroud Co-Founder



Volume 1, Issue 2 September 2004



A Message from Dr. Sharron

Science of Mastery Classes are coming up soon with the promise to welcome you to the Practical Spirituality of the Science of Mind and Spirit. An adventure in self-realization and spiritual empowerment! These classes are based on the teachings of Dr. Ernest Holmes and gathered from universal principles discovered throughout religion and spirituality, philosophy and science.

As you learn and use the powerful techniques for living a full life, with affirmative prayers and thinking — continuing to deepen your understanding through the Science of Mind and Spirit pathway — your life will unfold in miraculous and wondrous ways. The courses offered represent an opportunity to become more deeply aware of your spirituality and spiritual identity, to understand your own uniqueness and experience the pleasure of being with like-minded travelers on their spiritual quest.

Life demands that we keep growing and expanding our knowledge and capacity to learn and unfold in amazing ways. As long as we are on the planet there is *inner work* to do. We shall never *arrive* and say, "Well, I know all there is to know!" This is absurd, for as long as we live there is another spiral of consciousness to attain

to. Life is a grand and glorious tapestry with intricate designs and amazing beauty!

In the Sufi tradition there is an analogy regarding our spiritual evolution, which equates the art of weaving with our unfoldment. Suppose people were at a stage where they could only tie knots in string, which gave them pleasure and might be regarded as a foretaste of weaving. If the people only imitated the knotting phase, and in addition regarded the knotting as the entire art-when would weaving itself come into being, no matter how much pleasure there was attached to it? Certainly, knotting would have a value as such: but it would also constitute a barrier to going further if the idea of anything further were 'abolished' by people thinking that knots were as far as anyone could go in textile work.

There are two points worth noting here: The first is that 'pleasure' certainly is not to be opposed, but there are many sources of pleasure, and to seek pleasure as a part of something more specific leads to confusion. The second is that if you get absorbed by the early stages of something, imagining it to be the whole, you will not go further in creating your master piece, in this case your quest for sacred knowledge.

When we leave planet earth the only thing that we are going to take with us is our consciousness. Our mind is a beautiful instrument that we may finely tune through our willingness to learn, grow, and unfold through the commitment to a Higher Power.

How much time do you devote to your Spirituality? Exactly! Register now and as you let Life's dreams unfold through you, your purpose and your mission will be a blessing to our world.

With Love and Inner-Light, Dr. Sharron Stroud

WEARING THE MASK

Have you ever found yourself wanting to wear a mask or be someone other than yourself? *If only I could look like her or him, or be a professor, or a doctor, or be as wealthy as Mr. Big?* You might hear yourself thinking. Or how about when a particular person walks into the room and you instantly change the tone of your voice and behavior. This all comes from thinking you are not good enough just as you are. Ask yourself, *"What is it that makes me not accepting of myself just the way I am no matter where I am or who I am with?" . . .*

Ernest Holmes, founder of Religious Science, said, "What you are looking for is what you are looking with." In other words, there are two sides to every coin, but only one coin. God gave us free will and choice. The sides of the coin are our viewpoint but we are still looking from the coin.

Look within to the Divine that is you, as you, by means of you. This body that carries us through this lifetime is going to disintegrate and return to dust, but Spirit (the coin) is eternal and is the Truth of our Being.

Do not forget that whatever God is, you are. Therefore, you are the coin with more than one side. Affirm for yourself, *I am beautiful and perfect in everyway. What others think of me is none of my business. I am the shining coin as*

God, sparkling throughout the Universe. Thank you God!

We can begin today, to show all sides of the coin where there is only beauty, light and love. Throw away the mask...it was never needed. You are already beautiful just as you are. Make both sides of the coin God within and without. There is nothing else. **Blessings & Joy, Rev. Ellen**

Sage Counsel from Sparkle the Joyologist

KISS YOUR MIRROR EVERY MORNING

Put a sign on your mirror:

I AM ENTITLED TO A FABULOUS LIFE!

When you awake in the morning read it out-loud and say it three times. Then kiss your mirror saying this Mantra:

I AM A BEAUTIFUL PERSON AND I LOVE MYSELF AND ACCEPT MYSELF JUST THE WAY I AM.

VALUE THE COSTUME

Be courageous and give yourself permission to wear colorful clothing! Your Spirits will be lifted as well as those around you.



THE DANCER'S THE ANSWER – NEVER STOP DANCING

Create your very own *happy dance*. Turn the music up really loud for one song and just shimmy and shake your whole body. Expressive movement keeps the energy and circulation flowing in your body, while keeping it healthy with fresh oxygen. It's a twin win.

TAKE TIME TO STIMULATE LAUGHTER – IT'S THE MUSIC OF THE SOUL.

There is vitality, a life force and an energy that comes from manifesting simulated laughter. A

simple technique: **HO, HO, HA, HA, HA!** Be sure to pull in your stomach when you are saying the Ho Ho's and Ha Ha's. Repeat 3 times.

SPONTANIETY IS LEGAL

Fire love at the ones you love and care about on a daily basis. Whatever wonderful impulse you have: **JUST DO IT! I JUST DID!**

Ordination of Rev. Roger Bambenek



"Oh what a night to remember. It was magical." I would like to "Thank All" who were involved and participated in this sacred event in my life. It was made even more special with so many immediate family members coming from out of state and my sister Sue, who baked and decorated the cake. Norman Lassiter sang and Federic Delarue delighted us with his angelic music. The Ministers who participated created the sacred space of true marriage deepening my vows of sacred service. A special thank you to Dr. Sharron for giving me this opportunity to serve at a much deeper level.

Science of Mastery Classes

Science of Mastery Beginners Course

Science of Mind Textbook by Dr. Ernest Holmes
Tuesday September 21st thru October 26th
Sign Up in Foyer \$100.00/person. Couples and seniors 10% discount

Science of Mastery Advanced Course

Thursday September 23rd thru October 28th.
This course is for anyone who has taken previous SOM classes. Sign Up in Foyer.
\$100.00/person. Couples and seniors 10% discount.

Why take classes? Isn't coming to Church each Sunday enough?

The basic principles we study are profound, but not necessarily easy to embody and practice in our daily lives. Sunday morning is where we hear about our potential, but the classroom is where we experience practical application of the principles. The ongoing process of regular Science of Mind class attendance is where we begin to embody a true change in our consciousness.

What happens in class?

The dynamics in the Science of Mind classes offer fertile ground for growing new ideas. Each Science of Mind class takes on energy of its own which stimulates the individual's mind. Through lectures, discussions, and workshops, the student learns how to personalize the same metaphysical principles used by spiritual masters throughout history.

Is there tuition for classes?

Yes. Taking a Science of Mind class requires a commitment of both time and money. The truth is, little can be achieved without commitment. Your financial and emotional investment is important for change.

Positive Feed Back: Galo Kostka:

One of the best parts of the class is the opportunity to hear and observe Rev. Ellen as she speaks and shares of her experiences and her love. One (and I include myself here) would hardly think it possible for anyone to extend unconditional love to all people at all times, yet Ellen of Joy is a living, breathing example that we can love all people all the time. I realize that didn't just happen, that it was a conscious decision, and one that requires daily commitment.

The example that Dr. Sharron and Ellen set for all of us is awesome. Can I say it too many times? I love and admire both of you; and your dedication to facilitate the growth of love in our church, in the community and around the world. Through love will come the peace, which is needed and so desperately yearned for by the masses. I am so thankful to have the two of you to show the way and lead those of us who share your vision for a better world for all. Thank you both so much.

Positive Feed Back from Ellen of Joy

Science of Mind classes transformed my Life from chaos into love and joy. Education leads us to a place to be able to see from a new level of consciousness. It brings to our attention choices that we have never thought of before. It teaches discipline of the mind, and how to set an intention to make decisions, conscious decisions, with which to use wisdom. I am, without a shadow of a doubt the wealthiest person I know. I wouldn't trade a gazillion dollars or place with anyone, for what I feel within myself. Nothing can bring us to a place of ultimate joy without learning the truth of our own Divine Magnificence. It is already within each one of us ... come and learn how to unlock the key to the gateway of the heavenly mansions of your mind.

Thoughts from Reverend Rich

INVOLVE TO EVOLVE

As Volunteer Coordinator I've found such a pleasure in working with the many loving caring individuals who make our Sunday and Wednesday services possible. Without the many behind the scene hands that set up and prepare for what we receive, services wouldn't happen, and our community wouldn't be here.

The Innerfaith vision is not shortsighted indeed the next level is always in sight. We are looking forward, moving forward in our thoughts and in our many activities. Our volunteers have vision, they see beyond the task into the result of their Divine commitment. The extra hour they give is to many a tithe. As I spoke on our Wednesday Night Live, a few months ago, I was urged to express our need to give back to the community and to tithe not only money, but from the Divine source of our energy, our moving and physical being on the planet and we give back to our spiritual community through service, allowing the Law of Circulation to take place in our lives in unseen ways. Catherine Ponder says, "Give back where you receive".

To all who see the vision and are involved, I thank you, for you truly understand; you do indeed get back what you give out. And, to all of those who wish to expand your life and your light, to give back where you receive, I invite you to

volunteer, to commit to the Innerfaith Vision, to be a Light on the path of awareness. Let's face it; we all move forward but not everyone steps forward. Fill your path with power and service and involve, evolving, and knowing the blessings of a richer and more abundant life in our Innerfaith community experience.

Blessings and Love Rev. Rich Cress

What the #*\$! (BLEEP) do we know?

Review

By John Schwan

Marlee Matlin is the main character. She is illustrating how mixed up we are in what we see and what we believe. Fourteen top scientists and mystics comment throughout the movie. They believe we are in a HOLOGRAPHIC UNIVERSE where all things and cells are connected including God, and that we are creative beings and we make our own Reality! Quantum Physics are explained.

The physics of possibilities:

We perceive that we can change the future but not the past!

Do people affect reality? I create my own reality.

From our visual cortex we only see what we believe. Do you see from the eyes or from the visual cortex?

Native Caribbean's could not see clipper ships because they had no visualization of what they were.

A shaman worked until he could see them then he taught others.

We believe that everything is OUT THERE but it is truly WITHIN.

There is no Good or Bad per se

God is not condemning

Cells are all connected and so God and man are interconnected

Wake up and create what you want to happen!

Too many memories cloud your image.

I am at one with the being.

Emotions need to be controlled. It is unhealthy to be angry on a daily basis! Emotions are a chemical reaction.

MEMORIES

Celebration of Life – Happy Birthday to Dr. Sharron on her 60th

Beloved Spiritual Family,

My heart is overflowing with Gratitude for the generous expression of your Love for my 60th Birthday. Sharing a rites of passage celebration multiplies the Joy One Thousand Fold! Your Precious Presence was the greatest gift of all. Namast'e and Love,

Rose of Sharron



Rev. Roger's Ordination



WEDNESDAY MYSTIC HEALING ARTS FAIRE

September 1st, Frederic Delarue in Concert Frederic will bring forth the the music of the Angels and all Enlightened Beings.

September 8th – Claudia Thompson, Lunar Astrologer Claudia is dedicated to the re-enchantment of everyday life through learning and living with the magic of the lunar rhythms. The moon is the doorway to her universe and she will share what it means to us as we dance to the light of the moon.

September 15th – Kelle Eli Rosh Hashana will bring in the Day of Universal Atonement. The talk will feature: Opening Universal Energetic Windows, and acknowledging Rosh Hashana as the Day of At-One-Ment. The evening will focus on releasing Universal Judgment and Karma and invoke Mercy related to the Heart Chakra to soften the Law of Cause and Effect on our Karmic Actions. The evening will embody the gift of this Ancient Ritual to the Chosen People that embraces all humanity in their At-One-Ment.

September 22nd – Arjuna, Master of Harmonics This Master of Harmonics will share his 4' Tibetan Horn Dhun Chen in Concert and he will teach you to discover your harmonic voice through the singing breath and how to create your own healing vibration by learning to tap into two or more tones simultaneously. Arjuna will teach you to use your voice as an instrument for spiritual growth. Anyone with the desire can learn harmonics.

September 29th - Steve Shaw, Holistic Practioner Steve teaches some of the best QiGong (energy work) here in the desert. He is an acupuncturist, perscribes homeopathics and Chinese herbal medicines, uses soft laser acupuncture (unique in this area offers Veterinary acupuncture.)

October 6th – Frederic Delarue - IN CONCERT Frederic shares his personal growth and accomplishments through his experiences with death and how the angels tapped him on the shoulder to follow his dream of the music he heard in his head. He learned to listen to the Angel's Divine Urge to create tones that move through him to heal, inspire and create new energy patterns within other Soul's energy fields. It is a thrilling experience to feel the vibrations move into the depth's of one's Soul that creates a vortex of new and wonderful attractions.

October 13th – Charla – THE BREATH OF LIFE The Breath of Life, without which there is no life, is used to bring the body into balance, revitalizing every cell, and increasing well-being with the life force energy. Breathwork techniques (pranayama) from Tibet are taught as a major key in physical development, emotional stabilization, and expansion of mental power. An abundant supply of oxygen to the brain brings clarity of thinking as well as refining and sharpening the memory. Prana, the food of the soul, is a major component in the air we breathe and can be utilized and stored within the body for healing.

October 20th – Rev. Rich Cress, THE CALL TO GOD Rev. Rich will take you on a journey of consciousness and lead you beside the still waters that restores your soul. Rev. Rich is the Assistant Minister of Innerfaith Ministries Worldwide.

October 27th – Rev. Ellen Chambers, THE SPIRITUAL LIFE Rev. Ellen will give dynamic of the benefits of being in the Spiritual Life, and that once your foot steps upon the path, we can never go back, we are compelled to listen to the Call of Spirit.

Positive Feedback You have sooooo many people who LOVE you and are in awe of the very special gifts-GIFTS that GOD ALMIGHTY has bestowed upon you. Oh, the things you say. In God's Love. *George Mucherson.Rev.*

Roger's Ordination was a magnificent evening. The Energy was awesome, the music so fine and everyone read well. You were beautiful in every way paving the way for a truly delightful evening of JOY! All WOWS! Thank you Dr. Sharron for your dedication to the Ministry that you do so very well. *Ellen of Joy*

MINISTRY OF PRAYER

Rev. Arline	760-360-8919
Rev Arline Hoover	760-320-4453
Rev. Rich Cress	
Rev. Ellen Chambers	909-841-6962
Rev. Valjean McGinty	760-341-2511
Rev. Roberta Temple	760-323-9746
Rev. Roger Bambenek	760-318-9977
Rev. Lou & Lloyd Brushett	760-770-9263
Rev. Sam Satkin	760-327-9610

Celebrate With Us

Camelot Theater

760-318-3196

Baristo & Farrell in Palm Springs
Every Sunday Morning at 10:00 Am
Guided Meditation at 9:30 AM

September Theme: The Art & Science of Living

5th The Art & Science of Life
12th The Art & Science of Living in Peace
19th The Art of Surrender
26th The Art & Science of Manifestation

October Theme: The Spiritual Quest

3rd The World is Your Oyster
10th Follow Your Bliss
17th The Spiritual Quest
24th Live in the World of Wonder
31st What is a Successful Life?



Our Ministers

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InnerFaith Ministries Worldwide

P.O. Box 9318
Palm Springs, CA 92263
Phone: 760-318-3196
Fax: 760-318-3196
<http://www.innerfaithworldwide.com>

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