

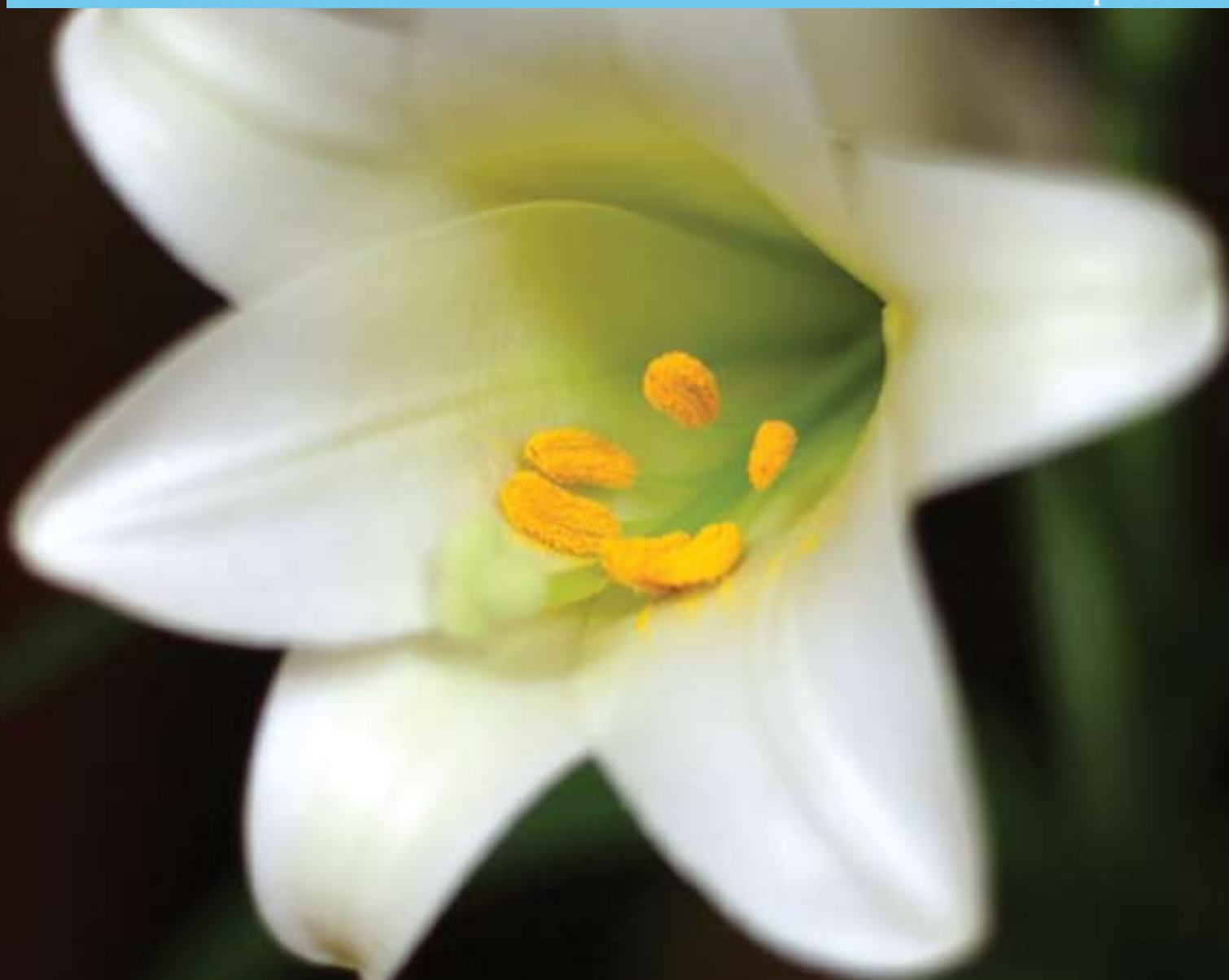


# THE LIGHT

THE MAGAZINE OF INNERFAITH MINISTRIES WORLD WIDE

Dr. Sharron Stroud - Founder

March/April 2009



*Spring Into Life, Pg 1*

*By Dr. Sharron Stroud*

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*By Rev. Rich Cress*

Cover Photo By David Phillips / Ordinary Light.com



*Spring*

*Into*

*Life*

Dear Spiritual Partners,

As I reflect on the energy in our world at this moment I Am reminded of the ancient Chinese who never cursed anyone but only wished them an interesting life! An interesting life can mean all the experiences life has to offer.

Someone recently shared with me that everywhere they turn there is negativity. I asked them which way are they turning? If we can truly see that these things we are hearing are merely impulses of energy and information we can view them from a higher place. Jesus the Christ stated, "If I be lifted up from the earth I draw all men unto me." In other words, where is my focus? Where are we putting our energy and attention?

There is a sweet story in the style of Aesop Fables about a group of frogs. As the story goes there once was a bunch of tiny frogs who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to see the race and cheer on the contestants. The race began! Honestly: No one in the crowd really believed that the tiny frogs would reach the top of the tower. You heard statements such as: "Oh, WAY too difficult!" "They will NEVER make it to the top." Or: "Not a chance that they will succeed. The tower is too high!" The tiny frogs began collapsing, one by one. Except for those, who in a fresh tempo were climbing higher and higher. The crowd continued to yell, "It is too difficult! No one will make it!" More tiny frogs got tired and gave up. But ONE continued higher and higher and higher. This one wouldn't give up! At the end everyone else had given up climbing the tower. Except for the one tiny frog that, after a big effort, was the only one who reached the top! Then all of the other tiny frogs naturally wanted to know how this one frog managed to do it? A contestant asked the tiny frog how he had found the strength to succeed and reach the goal? It turned out that the winner was DEAF! The wisdom of this story is:

Never listen to other people's tendencies to be negative or pessimistic because they will attempt to influence you to abandon your most wonderful dreams, yes the ones within the heart!

It will serve us to remember the power words have. Proverbs 18:21 states, "There is life and death in the power of the tongue." Because everything you hear and read will affect your actions! Therefore: Be as the Psalmist who declared, "I Am in a high place and I will not come down!" And above all: Do not listen when people imply that you cannot fulfill your dreams! Always think: God and I are the majority!

Dr. Ernest Holmes has stated:

"The way to proceed is to begin right where we are. It is not scientific to attempt to begin somewhere else. One who understands the systematic use of the Law will understand that he is where he is because of what he is, but he will not say, "I must remain where I am, because of what I am." Instead he will begin to disclaim what he appears to be. As his statements release wrong subjective tendencies, providing in their place a correct concept of life and Reality, he will automatically be lifted out of his condition; impelling forces sweeping everything before them, will set him free, if he trusts in Spirit and the working of the Law."

Let us understand the true meaning of this! The old humorous adage: If we keep thinking what we've always think we're going to get what we've always gotten! With so much going on on the planet at this moment in time we must ask ourselves: "Am I being swept up in the outer vibrational frequency and the collective unconsciousness or standing firm in the Law of Individual Selection, knowing God is my Source? As we take ourselves out of the Law of Averages and place ourselves within the Law of Individual Selection the Universe responds in kind. I have witnessed this with awe and wonder!

Namast'e and Love,

Dr. Sharron Stroud, Founder

## *Opportunity*

*A Wonderful Opportunity  
for InnerFaith Ministries:*

*An anonymous contributor has offered to match  
the first \$1000 gift that comes in this month!*

*Could that be you?*

# Easter Reflection

Behold all things are born anew!  
The thought, the deed, the worldly view!  
The Palm of Truth taken in hand  
Set men free to understand.  
The earth rolls away the tomb of time,  
And the Galilean begins his climb!  
The Easter story reveals our Quest,  
Heightened with Love we are truly blessed!  
For the beckoning of spring by far,  
Is lovelier than all other seasons are!  
The dew drops on a lily's face  
Glisten far, far brighter than a star in space!  
The budding iris peeking through,  
Kiss Life's aura in spiritual hue,  
A blade of grass, a swaying reed,  
Kneel before a Cosmic Seed.  
All the races join together,  
Forming a mandala upon the heather!  
An echoed mantra rings out to the spheres:  
The Presence within casts out all fears!  
Peering beyond the cross of life,  
We find release from suffering and strife,  
To a Golden Kingdom we were given,  
For the Christ in man once more has risen!

-Dr. Sharron Stroud

# The Value of Relaxation and Mental Imagery

**1. The process can decrease fear. Most fear comes from feeling out of control - in the case of any dis-ease, feeling that you are powerless. Relaxation and meditation help you to see your role in regaining health so that you begin to sense your own control.**

**2. The process can bring about attitude changes and strengthen the 'will to live'.**

**3. It can effect physical changes, enhancing the immune system and altering the course of a dis-ease. Since mental processes have a direct influence on the immune system and hormonal balances in the body, physical changes can be directly attributable to changes in thought patterns.**

**4. It can serve as a method for evaluating current beliefs and altering those if desired.**

**Alterations in the symbols and pictures that you use can dynamically alter beliefs to those more compatible with health.**

**5. It can be a tool for communicating with the unconscious - where many of our beliefs are at least partially buried.**

**6. It can be a tool for decreasing tension and stress. The process of regular relaxation by itself can decrease tension and stress and have a significant effect on underlying body functions.**

**7. It can be used to confront and alter the stance of hopelessness and helplessness. This is significant how this underlying depression is an important factor in the development of dis-ease. As people begin to picture their bodies regaining health, their ability to solve the problems that existed prior to their dis-ease, they release their sense of helplessness and hopelessness. As they proceed towards health they gain a sense of confidence and optimism.**

# Letters

Dear Dr. Sharron,

I'm still in awe of how synchronistic your messages are to me. I just this week was introduced to deep breathing and experienced the power of connecting to your inner breath!

I thought of your wonderful Thanksgiving Dinner last year and sent you unconditional love from Dallas. I still so love you and your ministry and keep up with everything you do and know that the energy is so beautiful!

Things are really great here. I've upgraded my diet, even eliminated caffeine (huge for me) and I'm learning about the raw food diet and super foods! I feel absolute great, and diet and nutrition is my new passion. You were a good example for this and you actually did inspire me to be on this path, teaching by example. So thank you for being you!

And yes, metaphysically, your ministry is absolutely the best! I know that somehow I will be involved with you again and it's going to be great.

Have a fabulous over the top Holiday Season, Dr. Sharron. I love you so much!

Robert (Bobby) Patterson



Dear Dr. Sharron,

You are in my heart and on my mind so often. You are with me like one of my guiding angels and I still cherish the memory of sleeping in your fabulous "fairy" room.

I want to simply congratulate and celebrate you on all you have achieved and all whom you have touched through your lifetime of work. Its a grand thing that you are being so widely recognized for your love and your message of peace. I know that this recognition only serves to expand the number of hearts and minds you can touch.

I am privileged and delighted to know you. I so appreciate your impact on me, the world and life itself.

With all my love,

Ardice Farrow



## Message from Our Founder

In one of Dr. Holmes most profound statements he continues:

“STAY WITH THE ONE AND NEVER DEVI-  
ATE FROM IT, NEVER LEAVE IT FOR A MOMENT.  
NOTHING ELSE CAN EQUAL THIS ATTITUDE.

TO DESERT THE TRUTH IN THE HOUR OF  
NEED IS TO PROVE THAT WE DO NOT KNOW THE  
TRUTH.

WHERE THINGS LOOK THE WORST, THAT IS  
THE SUPREME MOMENT TO DEMONSTRATE, TO  
OURSELVES, THAT THERE ARE NO OBSTRUC-  
TIONS TO THE OPERATION OF TRUTH. WHEN  
THINGS LOOK THE WORST IS THE BEST TIME TO  
WORK, THE MOST SATISFYING TIME. THE PER-  
SON WHO CAN THROW HIMSELF WITH A COM-  
PLETE ABANDON INTO THAT LIMITLESS SEA OF  
RECEPTIVITY, HAVING CUT LOOSE FROM ALL  
APPARENT MOORINGS, IS THE ONE WHO WILL  
ALWAYS RECEIVE THE GREATEST REWARD!

Science of Mind Text

Mental Equivalent, page 282

# Moon Surfing

By Claudia Thompson



A relatively calm New Moon in Pisces kicked off the last days of winter on February 24th. That powerful line-up in revolutionary visionary Aquarius was still dominating half of the sky, and the demand for change ignited by last cycle's eclipses continued to reverberate. The lack of cosmic confrontation told you to slow down and reflect on old dreams and

fantasies you're ready to release, so new dreams can take shape.

Change is an absolute must and a gentle supportive aspect from Pluto in Capricorn reminded you that transformation doesn't have to be painful...if you're willing to be flexible, tune in, and let go.

Magical Neptune rules this Pisces cycle, and Neptune is the higher octave of that goddess of love and abundance Venus, so you know that love and compassion must be big ingredients in your recipe for success.

Prior to the Equinox on March 20th, you're in a cycle of endings and completion that paves the way for your new dreams and ideas to take off and blossom with the arrival of spring. The end of winter tells you that if you haven't been renewing your spirit and connecting with your creative sources of inspiration...this is the time. Take a deep breath... access your intuition, trust your inner guidance, and surrender the past. Your success is limited only by the scope of your imagination.

The Full Moon in Virgo on March 10th brings a possible clash between those New Moon dreams and reality. You may be feeling rebellious or impulsive, but think things through...don't throw the baby out with the bathwater. When bringing heaven down to earth, the key is practical magic. That means having a plan, keeping it simple, and trusting in the guidance of your Greater Self to guide you step-by-responsible-step. Even though you're holding a vision, it's also important to be flexible and trust in the divine order in which it's all taking shape...that's how practical magic happens.

A fiery intense Aries New Moon on March 26th declares

you've reached a turning point. This is the most powerful New Moon for granting wishes, so get ready to step into sacred warrior mode and take bold daring action on some of your dreams. This calls for a quantum leap and a change of course in some area of your life. Checking in with your true values and bottom line is a must. Ethics and accountability are important...your personal success won't truly thrive without an awareness of how your personal goals and use of personal resources contribute to the lives of your loved ones, your community, and the planet. Your leap may be small or large, but the main thing is to find the message behind what your experiences and change or let go of whatever is holding you back.

Even though the New Moon told you to go for what you want, the Full Moon in Libra on April 9th reminds you that dreams are to be shared and teamwork is a big key to effectiveness and fulfillment. You've come to a crossroads. You're asked to boldly be yourself and yet, act in harmony with others... take feelings into account and be in your self-mastery while acknowledging your physical limitations. Achieving this balance holds the promise of a big confident step forward.

As you can see, changes are ahead as this time of big shift continues. We're in it...we are it. So expand, renew yourself, and get inspired. You are the dreamer and the dream...forever connected to that spiritual wellspring that is Source. And...you're also a dynamic spark with all the power of that Source available, daring to shine as a bold pioneer forging a new world out of those dreams.

"Row row row your boat...gently down the stream. Merrily, merrily, merrily, merrily life is but a dream." As winter turns to spring, may your dearest dreams come true.

With Lots and Lots of Love and Limitless Moonlit Blessings,

*Claudia*

## PERSONAL READINGS

What area of your life is just waiting for new dreams? How can you begin to release old roadblocks that hold you back? Talk to me and find out along with what 2009 and beyond holds for you. E-mail [claudia@moonsurfing.com](mailto:claudia@moonsurfing.com) for your appointment.

*Claudia Thompson, Emmy award winner, lunar astrologer, and co-creator of Moonsurfing.com publishes a free bi-weekly Ezine at the New and Full Moon and a downloadable Monthly Lunar Journal (your phase-by-phase guide to living in tune with the current energies of the Moon) at <http://www.moonsurfing.com>.*

## ANNOUNCEMENTS

### Friendship Sunday Brunch



#### The first Sunday of each month

Please join us at the Friendship Sunday Brunch *at the Hilton For January and February* (across from the Spa Casino on Tahquitz). Special price \$7.95 to InnerFaith members and guests! All are welcome.

### Healing Service

9:30 each Sunday morning facilitated by the Ministerial Team. Experience healing energy and the joy of deepening spirituality.

### Centering Meditation By Musicians

9:50 AM each Sunday Morning in the Sanctuary Theater.

### Children's Ministry

10:00 each Sunday morning

### Prayer Ministry

The prayer table in the foyer. Rev. Ed DiNicola will assist you with your prayer request and pray with you personally if you desire.

### Founder's Circle

Become a member of the Founder's Circle. Join today by tithing \$100 or more a month over your regular contribution. To join, write Founder's Circle on your check. Talk with Rev. Lloyd Brushett at 770-9263 about the miracles that come from giving to a Purpose larger than yourself. This works out to \$3.25 a day to be a Founder!

### Flower Power

Bring flowers to honor a special occasion for the service. Take them with you when you leave to brighten your day!

### Men's Group

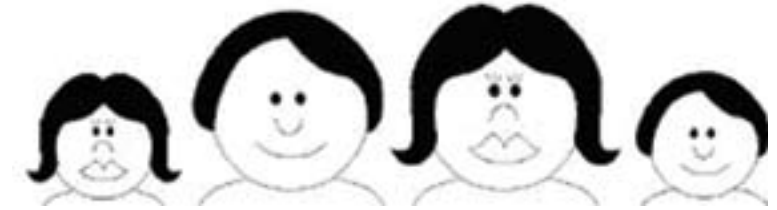
6:30 PM pot luck hosted by various members of the Innerfaith Community on a quarterly basis. Innerfaith Ministries Men's Spirituality Group, Our Mission: To create a group of Spiritually Minded Men Who Gather Together to make a Positive Difference for Themselves and Innerfaith Ministries Worldwide!

### Women's Empowerment - led by Dr. Sharron Stroud

6:30 PM veggie pot luck and vital discussion from Dr. Clarissa Pinkola Estes. Sign up in the foyer.

## Volunteer

A big thank you to all the VIPS (Volunteer's In Progress) who make this ministry happen! You are a gift and you are loved and greatly appreciated. See Martin Anthony our Volunteer Coordinator or call 760-318-3196 to sign up.



### Food Drive

Chaplain Lloyd Brushett collects canned goods our partner in charity at The Well in the Desert. Please leave your canned food donations at the designated place in the foyer.



## CELEBRATE WITH US

### March - Sunday Theme and Topics

Affirmation: I Am the experience God is having and it is loving, powerful and filled with grace! And so it is!

March Sunday Theme: **Step Into Your Power**

- 1 - You Can Use Your Thought as Power  
*Bring a Friend and join us for Friendship Sunday Brunch at the Hilton*
- 8 - You Can Use Your Word As Power
- 15 - You Can Use Your Prayer As Power
- 22 - You Can Use Your Life as Power
- 29 - You've Got the Power

### April - Sunday Theme & Topics

Affirmation: Spirit goes before me and prepares the way as I attract all good unto me! And so it is!

April Sunday Theme: **THE PATH OF THE SPIRIT**

- 5 - Your Divine Destiny - Palm Sunday Group Rose Baptism.  
Recommit to your spiritual life in Sunrise Park after service.  
*Friendship Sunday bring a Friend and join us for brunch at the Hilton after the Rose Baptism Ceremony*
- 12 - Easter Sunday - A Celebration of Life!
- 19 - The Path of Conscious Living
- 26 - Turning Fear Into Faith

# THE SPIRIT, MIND, & BODY CONNECTION



WELL SPIRIT FITNESS CENTER  
**SPA RESORT HOTEL**

**Every Wednesday at 7:00 p.m.**

*Tahquitz Room (Off the main lobby at the Encilia and Tahquitz Canyon entrance)*

**March**

**4th – Dr. Brian Grossman – Learning to Listen: Did You Hear What I Think I Said?** Motivate your Spirit, Yourself and Others – Ever give instructions and get opposite results? Have you ever argued with someone and it turns out both of you are discussing different facts? Tired of poor communication leading to lost profits? Come hear how “Learning to Listen: Did you Hear What I Think I Said” can optimize your spirit, personal and professional growth. Dr. Brian Grossman is an executive consultant, trainer, coach and clinician specializing in personal and organizational motivation. Bring a friend to enter a raffle for free coaching!!

**11 – BarBara Whorley – God Is Not a God of Comfort Zones** – BarBara Whorley, founder of Spotted Zebras Coaching is a MotivATIONAL speaker, business/life coach, and author. She has spoken for companies, retreats, churches and non-profit agencies for over 2 decades, on how to move into action to create the life they desire. She shares how to leave your “Stripes” of limiting beliefs and comfort zones behind - to step into your authentic “Spots” and let them glow. BarBara has discovered through the years “Success is an inside Job”. Unless we clear the inner clutter and static, we can never truly live into all the greatness we have inside us. She is a two-time nominee for LA Business Journal Women Making a Difference Award. Join BarBara as she takes us on a step by step personal journey to discover what Comfort Zones we need to move out of to receive what we want to achieve to take us to the next level on our upward spiral.

**18 – Mark D. Wenner – The Zone: God Consciousness and Heart Activation Techniques** – Join Mark Wenner, film producer, author of Tapping Universal Source: The Zone, and Zone Trainer of famous athletes Michael Jordan and John Elway, to learn how to reproduce the Quantum Strength, wisdom, and healing that comes with entering “The Zone.” At age 20, after surviving a traumatic car crash, Mark spontaneously healed his broken back and neck in seconds while extreme skiing in “The Zone.” Mark has spoken for the National MENSA and has appeared on many television programs including the Sports Channel. His work is endorsed by the Georgetown Medical Dept. as the “antidote to fear”.

**25 – Guru Ren Yogamaya – Introduction to the Flower of Life** – Join Guru Ren to learn about the Flower of Life, a sacred geometric symbol of divinity found in over 40 countries in the world. Within its proportions is every single aspect of Life that there is. It contains every single mathematical formula, every law of physics, every harmony in music, every biological Life form right down to your specific body. It contains every atom, dimensional level, all within waveform Universes. Guru Ren is an Indigo, a communicator. She has studied under many masters including, Yogi Bajan, Guru Singh Khalsa, Swami Satchidinanda, Swami Anand Tathagat and Drunvalo Melchizedek. As a Yoga Master, she is one of a very few select Yoga teachers in the world who practices and teaches the Yoga Korunta. She was the 2003 recipient of the Citizen Peace Award presented by World Peace International.

**April**

**1st – Judy Cali – Atlantis, Lemuria, Inner Earth And YOU**

**Today** – Atlantis, Lemuria & Inner Earth, Telos, each are encoded in your DNA. She will discuss how these civilizations are affecting us today and how the Golden Whales & Dolphins are assisting us. The Golden Age of Peace is being created through our understanding of our role today and how the past affected us. The Light you carry is the key. She will also do a prayer to clear us and help us remember who we are. All is Blessed in Christ Consciousness.

**8 – Holy Wednesday – Metaphysical Passover Seder Supper** – This Ancient Ritual will share the joy of freedom and the blessing of community. Presented by Dr. Sharron, the Ministerial Team, and the Innerfaith Community in the Spa Hotel Cahuilla Room.

**15 – Peter Anthony – Blind Faith: A Near Death Experience** – Join Peter for a very fascinating discussion of his non-fiction book, Key Master that describes his amazing journey in another reality during a near death experience that profoundly changed his life. Peter is a spiritualist life coach, numerologist, motivational speaker, and author of several non-fiction inspirational books. He is the Television producer of a new series called Healing Journey that focuses on unusual, nontraditional curative modalities. He served as an image consultant for the CBS National News team, has been interviewed on numerous Television programs, and was part of the psychic detective team for the paranormal series Sightings.

**22 – Cheri Vergini, Animal Communicator – My Pet Said What?** Stories from an Animal Communicator – Gifted, humorous and passionate Animal Communicator, Cherie Vergini will share with you her interesting journey into the world of Animal Communication and how it all started more than 20 years ago. She'll share some heartwarming stories and pearls of wisdom that our animals have shared with her. She feels EVERYONE can communicate with animals and share how you can start communicating with your pet today. You'll leave this talk with a deeper understanding of our animal friends and get a glimpse of the world from their perspective.

**29 – Dr. William Larkin – UpSpiralLife: The Neuroscience of Happiness and Joy** – You can learn how to raise your happiness and emotional set-point by using your spirituality to change your brain. The brain is always changing by what we think, feel, and how we direct our attention. Learn how the practices of the 12 Twelve Steps of positivity can make you a happier person and help you create more of the life you want. Dr. William K. Larkin, Director of the Applied Neuroscience Institute brings the integration of positive psychology, neuroscience, and quantum physics to the issues of love, peace, gratitude and joy in a way that everyone can understand and apply immediately. You can also learn about the new 12 step approach recovering from negative and growing a positive mind based on Dr. Larkin's book Growing The Positive Mind.

For Greater Detail, Please Review Our Website at:  
<http://innerfaithworldwide.com/celebrate.htm>

The Light-6

## MARK YOUR CALENDAR

### Special Events at InnerFaith



**Special Events: March & April**

## MARK YOUR CALENDAR

### EASTER HOLY WEEK EVENTS

**April 5-12th**

**PALM SUNDAY April 5th** - Group Rose Baptism at Sunset Park. A Recommitment to Your Spiritual Life (Sunrise & Baristo next to library). This ancient ritual allows you to recommit to your Spiritual Life. It is done with a Rose Of Love, symbolizing your perfection. The gathering will immediately follow the Sunday Celebration Service. Sign-up in Foyer as we need to know the number of roses to gift. Presented by Dr. Sharron and the Ministerial team we will all caravan over to the Hilton Hotel for Friendship Sunday Brunch immediately following!

**HOLY WEDNESDAY METAPHYSICAL PASSOVER SEDER SUPPER April 8th** - at the Spa Resort Hotel in the Cahuilla Room 7:00 PM This Ancient Ritual will share the joy of freedom and the blessing of community Presented by Dr. Sharron Stroud, Rev. Rich Cress, the Ministerial Team, and the Innerfaith Community.

**THE SEVEN LAST WORDS OF JESUS THE CHRIST GOOD FRIDAY April 10th:** 12-1:00 PM At Dr. Sharron Stroud's Home - 1359 E Caleta Way, Palm Springs. This is given by Dr. Sharron and the Prayer Ministry. Learn the esoteric essence of the true meaning of these declarations that Jesus spoke upon making his transition to transcendence.

**GOOD FRIDAY EASTER PAGEANT April 10th** - Good Friday Evening 7:00 PM Spa Resort Hotel in the Cahuilla Room - Through the Lobby and across from The Grill. Fleet Easton performing the Time Honored music of Jesus Christ Super-Star and Godspell! This will be a magnificent performance! With Sacred Readings from: THE PROPHET, by Kahlil Gibran The readings come alive as you hear the classic message on Love, Giving, Work, Joy, Pain, Friendship, Prayer, Beauty, Religion, and Death. This is a Light-Filled performance and one you will always cherish as one of the most significant events of Sacred Theater.



**Holy Saturday April 11th** - Mother Goose, Peter Rabbit & Friends will pass out Easter Baskets to Premier Care & Rehabilitation Center Patients at 2990 E. RAMON RD. PALM SPRINGS. All volunteers meet in the lobby at 1:00 pm.

**EASTER SUNDAY April 12th** - 10:00 AM at the Camelot Theater A CELEBRATION OF LIFE!

**Rites of Spring Pet Blessing, Saturday, April 25th** - Doggie Park at 10:00 a.m. As you acknowledge the loving presence of your beloved pet, so does your beloved pet respond with unconditional love and a happy heart! God Loves all Creatures Great and Small!

### Science of Mastery Classes Beginning in March

The tuition for each class is \$255.00 per person, with a 10 % discount for couples and seniors. A 20% Gratitude Consideration is available for all Founders. All classes are 12 weeks. Classes are located at 1359 E Caleta Way, Palm Springs.

Science of Mastery I Begins March 3rd Tuesday Evenings at 7:00 PM (3/3 - 5/26)

Science of Mastery II: Begins March 2nd Monday Evenings at 7:00 PM (3/2 - 5/25)

Science of Mastery IV: Begins March 5th Thursday Evening at 7:00 PM (3/5 - 5/28)

Science of Mastery Practitioner Training: Begins March 5th Thursday Evenings at 7:00 PM (3/5 - 5/28)

### 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.

## 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 are important for change.

## What will you learn?

- You will learn about your unity with an infinite power for good which you can use.
- You will learn how to apply universal principles in your daily life and get results.
- You will learn the art of positive prayer called Spiritual Mind Treatment
- You will learn the value of daily spiritual disciplines and commitment.
- You will learn that you have found new friends and relationships with your classmates - people who think as you do.
- You will learn you really can create a new life by changing your thinking and beliefs.

Dr. Sharron Stroud facilitates Science of Mastery I. & II. Tuition for each class is \$255.00 a 10 % discount for couples and seniors.



**THE  
INNERFAITH MINISTRIES  
WORLDWIDE  
MINISTERIAL TEAM**

Dr. Sharron Stroud, Founder	(760) 902-2408
Rev. Chaplain Rich Cress	(760) 320-2453
Rev. Chaplains Lou & Lloyd Brushett	(760) 770-9253
Rev. Chaplain Roger Barnhink	(760) 318-9977
Rev. Arline Hoover, Minister Emeritus	(760) 360-8918
Dr. Terre York	(760) 799-4256
Dr. Ted Telford	(760) 416-7489
Linda Orrick	(760) 464-9054
Carol Evans	(760) 902-4220
Denise Meyers	(760) 220-8405
Rick Gallon	(760) 400-1900
Mike Burger	(760) 300-7039

# A Special Gift

by Carl Keith

Age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend.

I don't chide my self for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon?

I will dance with myself to those wonderful tunes of the 60&70's, and if I, wish I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set.

They, too, will age.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like growing in age. It has set me free. I like the person I have become.

I am not going to live forever, but while I am still here, I will not waste time lamenting about what could have been, or worrying about what will be. And I shall eat dessert every single day. (If I feel like it)

**MAY YOU ALWAYS HAVE A RAINBOW OF SMILES  
ON YOUR FACE AND IN YOUR HEART FOREVER  
AND EVER!**

**FRIENDS FOREVER! Love, Carl Keith**

# Spring Showers



Linda Orrick and Dr. Sharron at the High Tea Baby Shower for Tyler Neil Tiner (TNT)



Karen Joy with Neal and Dr. Betty Macurda from San Diego and Dr. Sharron's Assistant Minister for almost 20 years!



Dr. Betty with Tricia Stroud-Tiner and Dr. Sharron's Grand-Son on the Way!

Dr. Sharron and Son-In-Love, Larry Tiner



Uncle Bill Lewallen, Ed Paquette & Fred Dimeo, and Uncle Mike Burger!



# Friendship Flowers

*Dr. Terre York and  
Rev. Arline Hoover  
at the Founder's  
Valentine Brunch*



*John Bosman and Vince Cleaveland  
at the Valentine Founders Brunch*

*Founders Circle Valentine Brunch  
at Carl Keith's lovely home*



# Exciting Times

By Ray Carter

Even as we enjoy unprecedented opportunities to grow our faith, many in our community face unusually challenging financial times, as in fact we ourselves may face such challenges to our abundance – abundance which flowers

best when sowed upon fertile ground.

Our job, in generating abundance for ourselves and those around us, is in ways large and small that we ensure that our ground is fertile, our seeds viable, and our generosity sustainable – whether spiritually or physically. While many forms of our generosity take spiritual form, the

Earth offers us the opportunity to dirty our hands for the sustenance of ourselves and others in the current environment.

As much pleasure as we may find in the latest technology, as much convenience as we may discover in the local supermarket, there also exists substantial pleasure in the frugal ways of our childhoods and the lives of our parents and forefathers. The kitchen garden, the Victory Gardens of old, and farm fields all hold a precious lesson for us in the cycle of life and discovery of a sustainable path in our lives today and over the next few years.

An afternoon tilling under a lawn, laying a trickle-feed irrigation system, and laying down a thick layer of mulch against the noon-day heat and laying in productive shade shrubs not only exercises the mind and spirit, it lays in a supply of inexpensive and tax-free herbs, vegetables, and fruits to both consume and share with the less fortunate... even as it brings an inner serenity as we grow closer to the Earth.

Come the harvest, after weeks or months of careful tending, we are reminded of the nature of investment – we plant our seeds, whether in the soil or the stock market, attentively tend them, and sometimes our careful tending wins out, and other times we harvest naught but dust and chagrin – teaching us the vital lessons of diversity and persistence even as we luxuriate in the more intense flavors

and textures of home grown herbs and produce.

Even as we tend the pressure cooker to can our hard-earned goods, lay our goods out on screens to dry, or blanch vegetables before we freeze them, we are reminded of prudence and care in all our affairs, laying aside a portion of our bounty against the future.

Faced with abundance in our own lives, we are granted the opportunity to share the wealth the earth has granted with our friends and neighbors in need – whether as a hot meal, canned or frozen goods, or simply a bag of dried beans or a bundle of garlic.

Each of us has the opportunity to share abundance with others, and to enjoy the pleasure of knowing a concrete contribution to the lives of others. Whether we till under a yard, or tend a raised bed garden, or simply fill a few pots with dirt and grow our favorite herbs on a kitchen shelf, we gain fiscally and spiritually from the experience; and whether we keep our bounty for ourselves, or share it with our friends - we partake in bounty and abundance.

In this, as in many things, everything old is new again – fresh for re-examination and, after due consideration, a return to common practice.

For yourself, for abundance, and for community it's time to plant again - contributing to earth's bounty.

*Ray Carter is a sometime editor, writer, occasional rabble-rouser, computer geek, and reluctant gardener making concessions to the economy.*



# New Thought

By Trent Blanchard

[www.trentblanchard.com](http://www.trentblanchard.com)



Interesting times? They are happening FOR us!

We are living in interesting times! We are seeing exciting changes in our country on the political front, while simultaneously many are experiencing challenges on the physical level- affecting us on the mental, emotional and spiritual level and making

us question everything. Is this happening by chance or is it happening for us?

I say the latter because it is my firm belief that everything happens for us. Everything- bar none. We might not understand why in the moment it is happening, but Truth states that what is happening in our lives today is happening FOR us- for our growth, healing and evolution as Spiritual Beings.

When such situations arise, we have to do some work by asking ourselves certain questions to discover the internal answers, such as “Why is this happening FOR me” or “How can I look at this situation differently in a positive manner.” This moves us from victims of circumstance, to conscious co-creators of our own destinies. The answers will eventually come- they always do- but you must have patience and Trust that all is in Divine order. You will receive the answers when you are ready to hear and understand them.

We have spent countless years buying stuff, getting things, accumulating initials before and after our names, and building empires of wealth to prove our worthiness to ourselves and others because of our society telling us that we are not enough unless we have such things. This is simply not Truth. With our return to what is True, we will see the enormous waste of precious time and energy we have spent on such an unnecessary task.

The time is upon us to question the illusions we have been living with. We, as a collective consciousness, have created what is happening in our world, to force ourselves to take inventory of how we are living our lives without, based on external things. “I am only important if I have a

full roster of clients.” “I am special only if I have a house and fancy car.” “I am a good person only if I have perfect credit.” These challenging times, which make us question who we are, are happening FOR us, so we can return to what is True- that worthiness is our natural inheritance as children of God- and all we need do is BE.

As Jesus the Christ states in A Course in Miracles, the world is our mirror. Currently, it is showing us that we have been putting our worthiness in external things, which can only end in suffering. Anything resulting in suffering is a sure fire way of knowing that you are not in alignment with the Truth of who you are and that something is based on an illusion. We have been looking without for way too long. It’s time to go within, return to Truth and gain the peace that is your birthright.

We must remember that Only God knows what is best for his beloved children. We have to surrender to His/Her/It and Trust that our Father/Mother/God will show us the way. We have to have faith that what God wants for us, what She has in store for us, is far greater than we could have ever dreamt. The process of surrendering, trusting and having faith takes practice. To go from holding on tightly, controlling every little thing, to letting go and floating through life can take some time. But remember, any decision not in alignment with surrender, trusting and having faith is just downright silly.

These interesting times bring forward the opportunity to come back to the present moment, where we are reminded that simply BEING is sufficient. There is great solace, peace and joy in that Truth. Enjoy it!



NOW AVAILABLE!

Triple A's for the Soul:

Your Pathway to Personal Freedom

Triple A's for the Soul details a practical pathway to liberation from self-imposed limitation. This book contains 12 Articles, Affirmations and numerous Action steps that when completed, will bring the freedom you have been searching for!

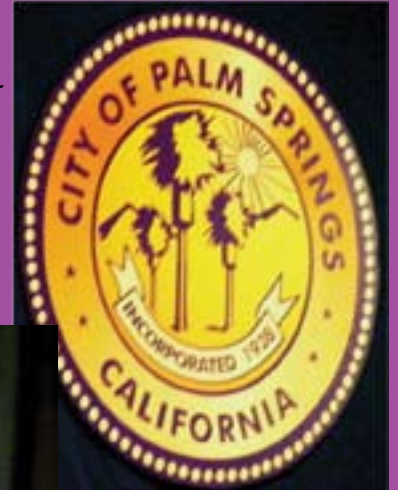
**Trent Blanchard is available for Life Coaching, Spiritual Direction and Commitment Ceremonies.**

**Visit his website at [www.TrentBlanchard.com](http://www.TrentBlanchard.com) for more information.**

# City of Palm Springs Human Rights Award



*Our God is a God of  
Oneness, regardless of  
color, race, creed, or  
sexual orientation.  
-Dr. Sharron Stroud*



*Dr. Sharron  
Stroud with  
Mayor Steve  
Pougnet*



# Mountain Dreamer Speaks

It doesn't interest me what you do for a living.

I want to know what you ache for,

And if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.

I want to know if you will risk looking like a fool for love,

For your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon.

I want to know if you have touched the center of your own  
sorrow,

If you have been opened by life's betrayals

Or have become shriveled and closed from fear of further  
pain!

I want to know if you can sit with pain,

Mine or your own, without moving to hide it or fade it, or fix  
it.

I want to know if you can be with JOY, mine or your own;

If you can dance with wildness and let the ecstasy fill you

To the tips of your fingers and toes

Without cautioning us to be careful, be realistic,

Or to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true.

I want to know if you can disappoint another to be true to  
yourself;

If you can bear the accusation of betrayal and not betray your

own soul.

I want to know if you can be faithful and therefore be  
trustworthy.

I want to know if you can see beauty even when it is not  
pretty everyday,

And if you can source your life on the edge of the lake

And shout to the silver of the full moon.

It doesn't interest me to know where you live or how much  
money you have.

I want to know if you can get up after a night of grief and  
despair,

Weary and bruised to the bone,

And do what needs to be done for the children.

It doesn't interest me who you know or how you came to be  
here.

I want to know if you will stand in the center

Of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have  
studied.

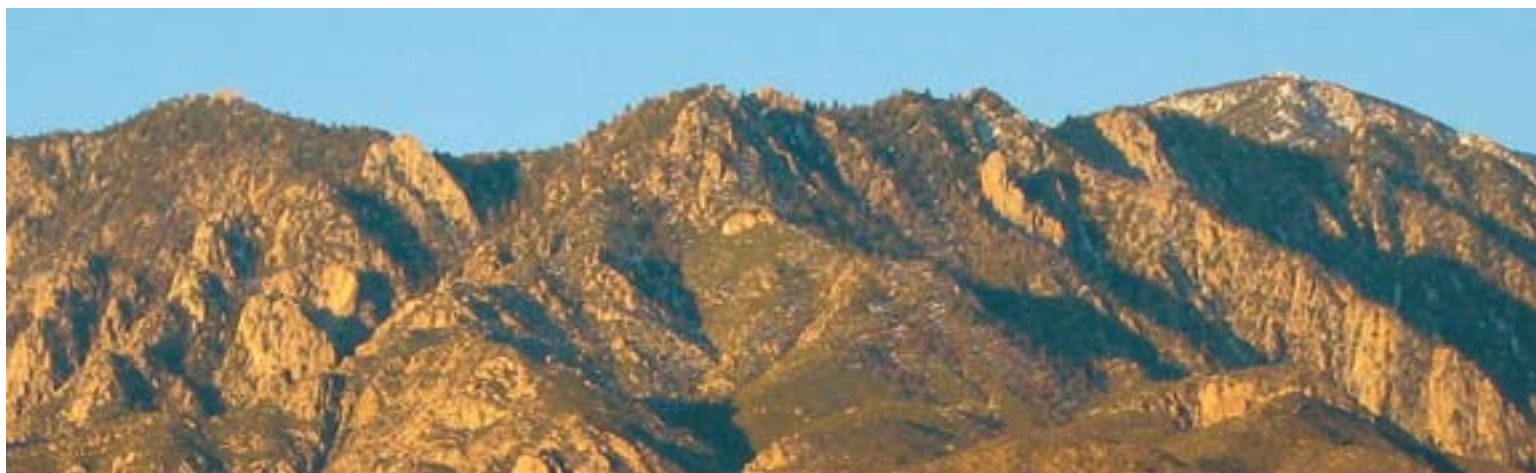
I want to know what sustains you from the inside

When all else falls away.

I want to know if you can be alone with yourself

And if you truly like the company you keep in the empty  
moments.

[Oriah, Mountain Dreamer, Indian Elder]



# The Pet Ministry

By *Kate Porter*



Delighted once again to be included in “The Light”, I wanted to share some thoughts with you that are evoked in me at this amazing season of hope and Spirit. Simply put, Easter, a truly blessed time, makes me feel “new”. The Earth begins to bless us with lush, verdant, colorful growing things...flowers, grasses, leaves. The wind and wet have abated and the nights are still.. and soft...and filled with promise for the next tomorrow.

And one of the best parts? Our pets feel it too! Ears up, heads cocked...it’s time to romp! Can you hear them laugh? Maybe it sounds like a bark to some, but if you listen with your heart, you can tell the difference. It’s more like a chuckle or sometimes a hum. Unmistakable, the pets too feel the blessing of the season. They too love the change in weather. No more wet, cold feet or noses! Just breezes that ruffle and smells that entice. It is the beginning wormth of another Spring. And time to play!

How do we show our pets that we love them? Well, we keep them fed and warm and safe. We allow them gentle freedoms like a happy walk on a Spring day or some play time with a neighbor doggie friend. We cuddle them on cold nights and keep them cool when Summer comes.

But then, something very special comes to us thru our church, our InnerFaith Ministry. We are given the gift of the an-



nual Blessing of the Pets. Dr.Sharron invites us to join her in the Palm Springs Doggie Park for a beautiful ceremony to bless our pets, one and all. Gathering together as a Spiritual family, each of us holding a beloved dog or cat in our arms or on a gentle lead, we bow our heads and thank God for these precious little beings who do so much to make our lives full and sweet.

This special event never ceases to move and delight me. Without exception, I have seen the love that comes from and through Dr. Sharron melt the most nervous of our dear animal companions. (And the “parent” who brings them as well) By having our pets blessed, by acknowledging them spiritually, we are bringing them closer to the God who loves us all. And I think they know this magic thing, I think they take a kind of comfort in the love of the moment. And I know it reminds us of all of how precious they are to us.

This year, please join us in thanking God for our animals. Please join your spiritual family in honoring your little fur child one Spring morning. You and your dear pet both deserve to be a part of this blessing, trust me. It will heal you both of anything that lingers yet from the chilly past. Come be warm with us! Time to romp! See you there and Happy Spring!

Blessings to all,two leggeds and four, Kate (Porter)



p.s. Feel free to call or email or refer me to a friend if you or they need information or assistance that will help with your pets. I do this gratefully in the name of our InnerFaith Pet Ministry.

Hugs and heart,

Kate (Porter)  
CritterKindness@aol.com  
PO Box 1841  
Joshua Tree, Ca. 92252  
www.CritterCoalition.org

Join the fun & visit my CritterChitchat videos on YouTube!

<http://youtube.com/user/critterchitchat>

# Abundance Wealth

**By Sharon Michaels**

Wealth Leaves Clues

The American Heritage Dictionary defines wealth as: An abundance of valuable material possessions or resources; riches. Wealth is a dollar figure, a state of mind and a way of living life day-to-day. Here are a few abundance and wealth clues we can learn from self-made wealthy people.

Self-made wealthy people seem to do certain things that those of us who aren't as wealthy don't do on a regular basis. Achieving wealth, abundance and prosperity can leave powerful clues and here are a few:

Wealthy People – *Expect to become and stay wealthy.*

Wealth is a powerful mindset. Self-made wealthy people believe without a doubt that they will become wealthy. Call it Law of Attraction or positive belief but their mind-set gives them the motivation and self-confidence to create unlimited prosperity and abundance.

Wealthy People – *Believe it is natural and noble to make, have and enjoy money.*

Feeling guilty about having wealth will often lead to self-sabotaging behavior. Wealthy people understand that they can do more for themselves and others by having wealth than by being broke.

Wealthy People – *Have a wealth-building plan.*

Not only do self-made wealthy people have a plan, it is an organized plan of action. They have a well thought out and viable strategy for achieving their wealth goals. Wealthy people think in terms of “how many ways” can I make my plan for the future a reality.

Wealthy People – *Are on purpose and stay focused on the future.*

It's a common law of success that if you want something badly enough you'll develop an almost laser-beamed focus on the future. Achieving prosperity means keeping your eye on the prize.

Wealthy People – *Persist and persevere.*

Self-made wealthy people are not deterred by the bumps along the road to success. Giving up on their dreams and goals is not an option.

Wealthy People – *Control their expenditures.*

Knowing how to control your money is a key to achieving and maintaining wealth. Knowing when to buy, save and invest is vital to building self-made wealth and ongoing residual income.

Wealthy People – *Have faith in themselves and the future.*

Belief is an invaluable success tool. Wealthy people believe without an ounce of doubt that the future is bright, abundant and promising. Self-made wealthy people affirm their success daily in thought, actions and words.

Wealthy People – *Learn, learn and learn some more about financial matters.*

Self-education can make the difference between surviving and thriving. Education means asking questions, seeking expert advice and learning from others who have been there, done that and succeeded.

Wealthy People – *Have integrity.*

Truly happy and self-satisfied wealthy people have learned that to truly enjoy wealth it is important to live a life governed by, “Do unto others as you would have others do unto you.”

Wealthy People – *Give freely of time, energy and resources.*

Self-made wealthy people know that giving back is the greatest gift you can share with others. By helping others, we help ourselves to emotionally and spiritually appreciate our blessings.

Wealthy People – *Prize relationships above money and possessions.*

Money is only paper and possessions are only things. Wealthy people who are truly happy and self-satisfied prize their family, friends and community above all else.

Wealthy People – *Look forward to the future with optimism.*

I remember this quote by Oprah Winfrey, “When I look into the future, it is so bright it burns my eyes.” Wouldn't you say that Oprah is an ideal self-made role model?

Wealthy People – *Know that wealth opportunities are everywhere.*

Have you ever read the classic story, Acres of Diamonds? It is about a farmer who sells his property and home to go on a search for treasure in a foreign land. Shortly after purchasing the farmer's land, the new owners discover acres and acres of diamonds on the property. The moral of the story: Opportunities to create abundance and wealth are everywhere; we just have to be receptive enough to know them when we see them.

How many self-made wealthy traits do you see within yourself? Wouldn't you agree, wealth leave clues?

# Service Through Chaplaincy

*“The Inner becomes the outer”, “what you’re seeking is seeking you”. This is considered more than a Spiritual concept, it is a concept that flows through the breath of Being. What we have done is defined and refined the understanding of this universal process. We have labeled it and called it “scientific”. Our name for this Law of Life in action when consciously applied is called a “Spiritual Mind Treatment”.*



Interesting, that such a power becomes the cornerstone of a movement or religious belief system. It is in play 24-7 in the lives of virtually every sentient being on the planet. It neither lends itself to good or bad, right or wrong. Application and innermost desire determines a condition, even if you’re not considered “religious” or “spiritual”. We understand that any desire when not in conflict with the natural state and order of the universe is placed into creative motion. The energy of our desire, our vision pulses life into the atmosphere of faith and indeed change occurs.

For our purpose we acknowledge first, where this power is seated, we then state our relationship to it. We address the perfection of the Infinite and again our own perfection as the Spiritual man. Our petition, our statement is made and affirmed that this movement of energy has already taken place, our desire is an accomplished fact. We then say, “thank you. It truly is done unto us as we believe, and we believe we have the awareness that can move mountains when Spiritual principles are applied. We are the sighted ones who have the responsibility to see and affirm the the world as whole and complete, in Divine Right Order , blessed by Law and enfolded in God’s Love.

Blessings and Love to my precious Innerfaith family,  
Reverend Rich Cress

## Treatment for Goals, Aspirations, and Unfoldment

Bob Ficklin

*There is only one God, one Spiritual Life, and that life is my life now. God as Spirit is continually creating and working throughout the universe making all things new, good, and perfect. Spirit now fills my mind and body, moving throughout my entire being. We are one.*

*I speak this word for me, Bob Ficklin, and I affirm this creative spirit, this doer of all good , now moves through me in all its power and wisdom.*

*I experience Peace, Joy and Harmony in my daily life. Anything that is not bringing peace, joy and harmony in my life is uprooted and cast out, as it is neither person, place, or thing. The light of Love creates Peace, Joy and Harmony in its place.*

*I rejoice in this moment and praise the loving, creating, healing power of God that moves through me in harmony during this treatment. I give thanks for all that is being done now and in the future to affirm and create the Peace, Joy and Harmony in my life.*

*With perfect confidence and thanks I release this treatment, knowing that its work is done. As I move forward through the remainder of this day and my life, I know that Peace, Joy and Harmony my experience of life.*

*And so it is.*

# Empowerment

**Rick Gullon, Practitioner-In-Training**

To me, empowerment is acceptance. Accepting the truth that we of our connection to God. The truth that we are one with the spirit that is in, through and around us. John 16:33, “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”

As we understand God more and more, we shall know ourselves; and, knowing ourselves, we shall express God. Knowing ourselves as children of the light, we shall shed To me, empowerment is acceptance. Accepting the truth that we of our connection to God. The truth that we are one with the spirit that is in, through and around us. John 16:33, “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”

As we understand God more and more, we shall know ourselves; and, knowing ourselves, we shall express God. Knowing ourselves as children of the light, we shall shed the light. We shall be strong and vibrant with the activity of that light and with the consciousness of life. As we grow more and more familiar with the truth, we find that the light becomes brighter and more vibrant.

In “Basic Ideas of Science of Mind” Earnest Holmes states that When man has a deep inner feeling that nothing separates him from God, he senses a great flood of satisfaction, peace, strength, and freedom which could never come to anyone except to him who had chosen to advance into a greater spiritual awareness. Remember that to go beyond the peak of your present growth demands that you choose to do so.

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*Rev. Roger Bambenek*

*Specializing in Stress Reduction Services*

Rev. Roger Bambenek totally believes in the Body, Mind and Spirit connection allowing the body and the mind to relax – that as the body and mind being relaxed can facilitate healing awareness from within. Through the process of relaxation and meditation he utilizes color imagery therapy in the practice of ThetaHealing™ to facilitate and retrain the DNA structure from within the body to return to an original time when all was perfect whole and complete. That as we return back to our divine perfection anything is possible.

Services offered through Roger provide relaxation, stress reduction, and encourage body awareness. All services are considered alternative, holistic modalities. Biofeedback and ThetaHealing™ used in addition to the Detoxifying Ionic Footbath and the Egyptian Healing Rods encourage the body’s own healing process by normalizing the body functions therefore reducing

# Vision

**Mike Burger, Practitioner-In-Training**

I know that InnerFaith Ministries is a driving force of energy for the enlightenment and growth of those expanding their consciousness. We attract many who are on this journey to take the planet to the next level of Spirituality. We offer much for the continued education to accomplish this upward spiraling. We have reached our goal of prosperity and expansion by the affirmation and application of the Principles of Successful Living, prayer, and meditation. InnerFaith is a beacon of Light rising from the desert floor and spreading over the world bringing Peace, Love, and Joy.

# Vision

**Linda Orrick, Practitioner-In-Training**

My vision for InnerFaith Ministries Worldwide is that we continue to grow exponentially in members and prosperity so that we can continue our wonderful mission to heal, empower, inspire and prosper the world. Knowing that God is our Source, we are a Divine Idea in the Mind of God whose time has come and whose time is now. I am grateful for my spiritual growth and all the loving relationships that have come about from being a part of the InnerFaith community.

I am also very grateful for having Dr. Sharron as our spiritual leader and teacher. As a master, world-class speaker and committed minister of over 33 years, she is a real Gift to all of us. This ministry has changed every area of my life in so many wonderful ways. It offers each of us the opportunity to realize our Oneness with God and each other and to learn and apply the principles of successful living so that we can experience the life of our choice; one filled with love, peace, and joy.

Thank you with Love Dr. Sharron and the InnerFaith Community.

---

stress reactions and promoting the elimination of that which no longer serves us. Helping to balance stress within the body by bringing awareness of the connection between body, mind and spirit is the ultimate achievement.

Biofeedback Training: For relaxation and muscle re-education. Allows the client to reduce their stress level, manage their pain, and to improve the quality of their life.

Believe nothing.

No matter where you read it,

Or who has said it,

Not even if I have said it,

Unless it agrees with your own reason,

And your common sense.

Buddha

# Growth

My vision for Innerfaith Ministries is G R O W T H. This is possible through constant networking. Each person brings a guest and they bring a guest and we will grow this wonderful movement into the larger experience.

When you live this “word” and love this life you share your “New Thoughts” with people you know and people you meet. You promote the concept and attract them into your energy field and alas, there they are on Sunday and WNL!

The new members of the community are absorbing all this wonderful knowledge and principle.

Start with one person and grow from there.

Love,

Martin Anthony,  
Volunteer Coordinator

## OUR THANKS TO:

Ministerial Team Background Photo: By Axel Rouvin  
Cover Photo: By David Phillips of OrdinaryLight.com

*And all of our wonderful contributors!!*

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