

Divine Science Ministers Association



1057 Makawao Avenue, B-102

Makawao, Maui, HI 96768

808-242-4488

Federal ID: 47-0928946

dsma@divinescienceministers.org

www.DivineScienceMinisters.org

Autumn 2019

Rev. Roma Carlisle, President
1057 Makawao Avenue, Apt B-102
Makawao, Maui, Hawaii 96768

Phone: (808) 242-4488

romananda@aol.com

Rev. Joy Fletcher-Thompson,
Vice-President
11085 Sharp Rd.
Linden, MI 48451
810-730-7660

mynewlife1011@yahoo.com

Rev. Mark Stuefloten,
Treasurer

1134 La Terrace Circle
San Jose, CA 95123
408-595-0784

mstuefloten@gocompass.com

Rev. Ed Rosenback,
Director at Large
P.O. Box 6382

Vallejo, CA 94591
707-643-4099

venutifan@aol.com

Rev. Dr. Christopher Bazemore
Director at Large
210 East Biddle St
Baltimore, MD 21202
301-602-8167

bazemore1@yahoo.com

Rev. Vickie Fothern, Chaplain
5045 Tennessee Ave.
St. Louis, MO 63111
314-600-8265

revdrvickiefothern@gmail.com

Vision Statement

To unify and empower ministers
in holding the consciousness
and realization of Oneness,
Eternal Life, Unconditional
Love, and Divine Substance for
the Divine Science Movement.

Mission Statement

*To be a resource for the
ministers, that spiritually
supports and nurtures
communion with each other in
love, in order to empower,
heal and inspire us to live
a Christ-centered life in our
Divine Science Ministries.*

Dear Ones,

The mind . . . as we begin to climb out of it on our journey into "Contemplation," then moving into "Meditation," and on upward to the Higher Frequencies, which lift us eventually way beyond . . . the mind.

Let us start with . . .

A Contemplation

I recently watched a series called "Limitless" on Gaia TV. I have a Roku (\$29 from Walmart) and also a nice sized screen, where I watch an occasional program on PBS, or Netflix (the Turkish mini-series are great!) and Gaia. Gaia is totally devoted to Spiritual topics.

The show I watched tonight was entitled "Limitless Aging." I have been aware for some time, that aging is not necessary, &/or even part of "God's Plan" for life.

. . . Life is Eternal . . .

consequently, no one ever guesses my age correctly, and they are usually surprised at how "not the age" I look.

At the end of the program this evening, the host Ben Stewart, left us all with this question: "What are you willing to die for?" When I thought deeply about it, I realized there are two of me: the one right now . . . and the one who I was, over 50 years ago. It turns out . . . for me, the answer was the same for both, even though, like fruit, the younger me was quite unripe then, and I am now much riper, with more flavor in some ways.

Here's another question:

What are you willing to become totally and fully alive for? Hmmm . . .

Much Love Always,

Rev. Roma

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.

Self- Care Article

“Food for Vibrant Good Health”



The body is our temple of the Divine on this earth plane. Being in good physical health gives us the vital energy we need to perform our role as a Minister. Healthy food is good self- care. A vegan diet offers many health advantages, such as lower cholesterol levels. Cholesterol is only in animal products. Vegan diet contributes to lower levels of heart disease, cancer, diabetes, obesity, and cognitive decline. Former President, Bill Clinton, credits vegan diet with keeping him alive after emergency heart surgery in 2010. He says he has more energy and feels good.

A fun way to gradually transition to less meat in your diet is to adopt “Meatless Monday.” Every Monday, you eat a meatless diet all day. It doesn’t have to be Monday, but if you want to try a Vegan Meatless Monday . . . it’s even better!

BREAKFAST: You could have cereal with non-dairy milk. Check out the choices of non-dairy milk now available: almond, cashew, coconut hemp, oat, etc. A delicious option with cereal is the vanilla versions of these milks. My favorite is unsweetened vanilla coconut milk. Add some sliced fruit, or berries to your cereal for a healthy breakfast that will carry you through the morning. A handful of nuts and a piece of fruit is a good on-the-go breakfast.

LUNCH: Try a sandwich with one of the many vegan cheeses, with sliced avocado, lettuce, tomato, etc. Or how about a big bowl of vegetable soup? Did you know that you can make a delicious and easy vegan version of egg salad? Take a block of firm (non GMO) tofu, and squeeze it in some paper towels to remove the excess moisture. Put it in a bowl and mash it with a fork until it’s all crumbly. Make a mixture of mayonnaise and mustard to your taste, adding a little curry powder and pepper to taste. Mix the mashed tofu and mayo together . . . and again, taste. Adjust seasonings. You can add chopped celery, pickles, and/or onion, if you like, for an even yummier mix. Make a sandwich with your favorite bread. Delicious!

DINNER: Try pasta primavera, or a bean and rice burrito, a veggie soup and salad, or try our favorite: portobello mushrooms, baked potatoes, and salad. I saute the portobellos in a little olive oil, turning them, to brown both sides, and seasoning with salt and pepper. Our Portobello dinner is our version of steak and potatoes, and we usually have it once a week.

I highly recommend the film, “Forks over Knives.” The idea is to heal ourselves, and prevent disease through diet, rather than surgery. The film is on the website www.forksoverknives.com and on Netflix. This site also has lots of recipes for every meal and a meal planner. Another great site is www.pcrm.org the website of the Physician’s Committee for Responsible Medicine. This site has a vegetarian starter kit, recipes, health topics and research.

Rev. Teresa Stuefloten
San Jose, CA

.....
2019 Third Quarter September Treasurer’s Report:

Income: \$.05 (interest)

Expenses: \$404.00

Difference: -\$403.95

Cash Assets: \$7,997.83

Designated Funds: Assistance Fund: \$2,035.00; Scholarship Fund: \$515.00 General Fund: \$4,847.20

The Joy and Vitality of Life are reflected in our Abundant Supply. We are Grateful & Filled with Light.

Thank You, God

Amen
