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## *Spirit in Action*

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December 2021

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Quotes used in December reflections come from:

Annie Rix Militz – founder of Home of Truth

Emmet Fox – self-help author, Divine Science minister

Ernest Holmes – founder of Religious Science, was first ordained in Divine Science

Fenwicke Holmes – a Divine Science minister (& former Protestant minister) who was helpful to both his brother Ernest and to Taniguchi in the formation of their movements

Joseph Murphy – pharmacist, psychologist, former Catholic priest, Religious Science minister, and Divine Science minister

Malinda Cramer – original founder of Divine Science

Masaharu Taniguchi – founder of Seicho-No-Ie

Additional quotes (WOW) from:

Ada Fay – early Divine Science bible teacher

Helen Zagat – Divine Science minister, author of Faith & Works

Irwin Gregg – One of the leaders of the Divine Science College and one of the founders of DSFI

Karl Kopp – Divine Science Minister

Martha Dawson – Divine Scientist

Nona Brooks – Divine Science pioneer

Vernon Shields – Divine Science Minister

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### DIVINE SCIENCE LEADERS TO CELEBRATE IN DECEMBER

Taken from Sunshine Cathedral calendar of spiritual heroes

**F. Bernadette Turner (1903 – 1995)** – Turner wanted to be an Episcopal priest when she was young, but was not allowed because of her gender. She still wanted to serve and help people, so she earned multiple degrees in Education, Sociology, Social Work, and finally a PhD in Psychology. She discovered Divine Science and trained to become a Divine Science minister. She pastored Divine Science churches in Chicago and Roanoke. In retirement, she continued to minister as a chaplain to the retirement home where she lived. Then, at the age of 86, she was ordained a deacon in the Episcopal Church and the following year (1990) at the age 87, she was ordained an Episcopal priest (her lifelong dream finally fulfilled). She continued serving as chaplain to her community where she encouraged seniors to renew their energy by taking rest, exercise, good nutrition, and meditation.

**Fannie Brooks James (1854 – 1914)** – Nona Brooks’ sister. Author of Truth and Health. A former Presbyterian, she struggled with health and financial issues in her younger years. Her lot improved once she was introduced to New Thought metaphysics. She was an early teacher, writer, and leader in the Divine Science movement. Emphasizing the Divine Science focus on Omnipresence, she wrote, “If God is OMNIPRESENCE, there is nothing anywhere but God.”

**Joseph Murphy (1898 – 1981)** – an Irish Catholic priest, pharmacist, and psychologist who became a Religious Science minister and then a Divine Science minister. In his life he met Thomas Edison and Albert Einstein. He was a friend of Ernest Holmes and also of Emmet Fox. He loved the teachings of Nona Brooks. He pastored a large New Thought church in Los Angeles and wrote the self-help classic, The Power of Your Subconscious Mind. Murphy taught, “Your subconscious never sleeps. It is always on the job. It controls all your vital functions. Forgive yourself and everyone else before you go to sleep, and healing will take place much more rapidly.”

## OTHER NEW THOUGHT LEADERS TO CELEBRATE IN DECEMBER

Taken from Sunshine Cathedral calendar of spiritual heroes

**Mary Baker Eddy (1821 – 1910)** - Author of Science and Health with Key to the Scriptures and Founder of the First Church of Christ, Scientist in Boston. Also the leading figure in the Christian Science movement. Mrs. Eddy said, “To those leaning on the sustaining infinite, today is big with blessings.” Christian Science is a metaphysical tradition but does not claim to be part of the New Thought movement, though some New Thinkers consider Christian Science to be a close “cousin” to New Thought.

**Joseph Perry Green (1898 – 1981)** – founder of the College of Divine Metaphysics (still offering correspondence courses today).

**Claude M. Bristol (1891 - 1951)** - WW1 veteran and journalist who investigated and practiced what he called “mind stuff” (the power of belief, determination, and visualization). Comedienne Phyllis Diller credited his book *The Magic of Believing* with changing her life and jumpstarting her career. She often gave copies of the book to young performers seeking her advice. Bristol advised, “You have to think big to be big” and “We usually get what we anticipate.”

**Warren Felt Evans (1817 – 1889)** – attended Middlebury and Dartmouth colleges. He became a Methodist minister and then left Methodism to join the Swedenborgian church (Church of the New Jerusalem). After visiting Phineas P. Quimby (the “father” of New Thought) for treatment for an ailment, Evans himself became a “mind cure” practitioner. He was the first to write about the healing methods used and taught by Phineas Quimby. WFE declared, “All outward power that we exercise over the things about us is but a shadow in comparison with the inward power that resides in imagination and will.”

**Johnnie Colemon (1920 – 2014)** – Johnnie Colemon experienced a dramatic healing when she discovered New Thought, but soon after encountered racism when she began studying for the ministry. Nevertheless, she completed her ministerial studies and was ordained. Later, she founded her own church (Christ Universal Temple), an association of churches and ministries (Universal Foundation for Better Living), and a ministry school. The theology of CUT & UFBL is “Fillmorean” (the philosophy of Charles and Myrtle Fillmore). Colemon taught the affirmation, “I am the thinker that thinks the thought that makes the thing.”

**Norman Vincent Peale (1898-1993)** – Champion of positive thinking and author of *The Power of Positive Thinking* and founder of *Guideposts Magazine*. Peale was a Methodist minister who became Dutch Reformed so that he could pastor New York’s prestigious Marble Collegiate Church. Peale famously taught, “Change your thoughts and you change your world.” He also said, “If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal.” He praised enthusiasm: “There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.” And he encouraged optimism: “Stand up to your obstacles and do something about them. You will find they haven’t half the strength you think they have.”

## OTHER PEOPLE & EVENTS TO CELEBRATE IN DECEMBER

Taken from Sunshine Cathedral calendar of spiritual heroes

**St. Nicholas (270-343)** – known for compassion, courage, and generosity. He is the patron of sailors, pawnbrokers, and children. When his parents died, he gave most of his inheritance to the poor. Because of various miracles attributed to his intercession, he is sometimes called Nicholas the Wonderworker. He was a bishop in Asia Minor during the time of the Roman Empire. His great deeds as told in legend include resurrecting three children who had been killed by a nefarious butcher who killed them and intended to cure them as ham, offering himself in exchange for the release of captives, and attending the first Council of Nicea (his name is included in some records but not in others).

**Bodhi Day** - commemorates the day that the historical Buddha, Siddhartha Gautama (Shakyamuni), achieved awakening or enlightenment (bodhi in Sanskrit). Siddhartha had recently forsaken extreme ascetic practices and decided to sit under a tree and meditate until he found the root of suffering, and how to liberate oneself from it.

**The Nativity of Jesus (c. 4 BCE)**—The celebration of Christmas at the darkest days of Winter marks the birth of light and hope for the world. The traditional date of Jesus’ birth was determined in Rome in 336, taking the place of an existing Roman holiday, the birth of the Unconquerable Sun. The actual date Jesus was born was more likely in the Spring. The word “Christmas” goes back to the 12th century and is a contraction of “Christ’s Mass.”

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“The Practice of the presence of God is the whole of Divine Science.” Nona Brooks

“BE SINCERE IN ALL EFFORTS” (excerpt)  
from Basic Statements & Health Treatment of Truth  
by Malinda Cramer

Age is not an obstacle in the way of either knowing or demonstrating the freedom of Truth. The notion that mental faculties must fail with increasing years is a false notion, and is at one with the belief that mental faculties are born of the brain, and that mind is evolved from the body.

The truth is that the mental faculties, brain, and entire body are born of mind, and mind never fails. Hence, you are always just old enough to be well, and to think right, and to know and remember all there is in truth. Now is just the right time to prove that you have health, and are happy and satisfied. Now is the time to bring eternal Life and immortality to light, and bear witness of the truth of what you are. Because you have spent large sums of money trying to get well, do not hold that as an objection against trying this method. When it is once settled in your thought that you want to, and can, realize freedom and wholeness, the only question that should arise is: ‘Do I want to realize it more than anything else?’

Be not divided in your thought between money and what may be accomplished. Let not money, time, or anything be as an obstacle in your way. Your determination will not falter, if your purpose is one, and not divided. Say: ‘My birthright is health, wholeness, and satisfaction’; do not barter it for any number of excuses. If necessary, give up every habit, every former way of thinking, talking, and acting, and conform all to Principle.

Jesus never denies the Christ within him, but says, in the hour of seeming need: ‘To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth.’ Say: ‘I am here to bear witness of the truth, as much in the hour of seeming need as at any other time, and this is my time. To this end was I born. My existence bears witness of truth and life... I therefore declare I am the Truth and Life, and am health. I and my Father are one, and not two; hence, I am complete in [God], and find nothing to remedy in my existence. The I Am is sufficient unto all things needful.’

As you have proven that all external things are powerless to give the unwavering health and satisfaction for which you are seeking, begin your work from the plane of Being, and being in God, and you will find.

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## DAILY PRAYER TREATMENTS FOR DECEMBER

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 1, 2021

“The simple utterance of 'Thy will be done in earth as it is in heaven' continued faithfully from day to day will cleanse us from every unheavenly thought, and bring forward that One in us who is the everlasting habitant of the divine regions.” Annie Rix Militz (Home of Truth)

*I ask for God's will to be done in my life as in heaven. Where God is, is heaven, and God is everywhere, so heaven is available to me wherever I am. I expect God's goodness to shine in my life today. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 2, 2021

“Keep the thoughts upon believing in the Good, and your words and deeds will conform to your thoughts.” Annie Rix Militz (Home of Truth)

*Where am I placing my thought-focus? I have the power to focus intensely on joy, on possibilities, on opportunities, on divine abundance. I am taking responsibility for my mental focus today. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 3, 2021

“Make channels for the streams of Love, where they may broadly run;  
And Love has overflowing streams, to fill them every one.  
For we must share, if we would keep that blessing from above.  
Ceasing to give, we cease to have, such is the law of Love.” Annie Rix Militz (Home of Truth)

*Love gives, Love shares. Love is generous and kind. I share kindness, goodwill, encouragement, hope, joy, and prosperity, and as I give, I receive; and as I receive, I give. The flow of love is powerful in my life. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 4, 2021

“You are not happy because you are well. You are well because you are happy.” Emmet Fox (Divine Science)

*When I am truly happy, all is well in my life. Happiness overcomes sorrow, heals regret, refuses self-doubt any point of entry, and radiates outward as satisfaction, achievement, and harmony.  
I choose to be happy today. I am happy and well. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 5, 2021

“When things are going wrong declare constantly that you are not going to be afraid or intimidated by any outer condition.” Emmet Fox (Divine Science)

*I am not distracted nor am I intimidated by circumstance or condition. There is wisdom available to me that can solve any problem. There is hope within me that is stronger than any tumultuous situation. I have faith that there is a power that is ever-present and All Good, and to this Power I entrust my every care. Difficulties are but experiences that must pass, and I look past them to the Truth of the All Good in which I live and move and have my being. And so it is.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 6, 2021

“Do not be a slave to other people’s opinion. Do what you know is right...” Emmet Fox (Divine Science)

*The Truth within me knows the path that is right for me. Wisdom guides my choices. I know what is right and I choose to do what I know is right. I live with integrity.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 7, 2021

“If you are unhappy, dissatisfied with your lot, or your surroundings, above all, with yourself, set to work on that; refuse to take no for an answer; and insist upon the happiness and satisfaction that are yours by Divine right.” Emmet Fox (Divine Science)

*I deserve to be happy. I deserve good in my life. Joy, well-being, and abundance are mine by divine right. With gratitude, I receive my good and will settle for nothing less than the good that is meant for me. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 8, 2021

“There is One Infinite Spirit and every time one says, ‘I am’ he [or she] proclaims it.” Ernest Holmes (Divine Science/Religious Science)

*If there is one All, I must be part of It. I am THAT I Am. This brings me confidence, peace, and joy. And so it is.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 9, 2021

“The Law may be defined as Mind in Action, producing the many out of the one, by the power of thought.” Fenwicke Holmes (Divine Science)

*There is one power, one presence, one law, one principle, one substance: the many are manifestations of the one. This is the law. This is the truth. I am one with God. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 10, 2021

“The way to overcome the negative thought is to substitute the good thought. Affirm the good, and the bad will vanish.” Joseph Murphy (Religions Science/Divine Science)

*Two things can't occupy the same space at once. Fear and hope can't occupy the same moment. Love and hatred can't coexist. Regret and joy are not able to be fully present in the same moment. When we choose a positive thought and a good feeling, that must push out whatever is different from it. When I affirm the good, I am choosing the good, and only the good will remain. Today, I choose what is good. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 11, 2021

“If you give yourself the name ‘child of God’ the life of God that lives in you shall manifest in the perfect form as a child of God.” Masaharu Taniguchi (Seicho-No-Ie)

*I am from God, in God, and forever part of God. I live in the joyful awareness that I am a child of God. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 12, 2021

“Wholeness means health, satisfaction and success in general. Wholeness includes the all of Life, Intelligence, Truth and Substance, for which all are seeking.” Malinda Cramer (Divine Science)

*God is one, and I must therefore be part of that perfect one, the perfect Whole. I claim and celebrate wholeness. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 13, 2021

“The basis of the manifestation of power in the Christ Method of Healing is a realized knowledge of the at-one-ment of [the human-being] with God.” Malinda Cramer (Divine Science)

*I am one with God, as must be true if God is omnipresent, the one All; therefore, I am one with all that is good, perfect, joyful, abundant, and beautiful. Knowing my Truth allows it to manifest in the realm of experience. I am one with all Good, and my good cannot be kept from me. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 14, 2021

“Whatever lives, lives within, and unto the omnipresent God...” Malinda Cramer (Divine Science)

*God is my source and so it is that my needs are supplied and my life is full of joy. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 15, 2021

“They who say, ‘If one can be healed, another can; hence, healing is for me,’ speak wisely.” Malinda Cramer (Divine Science)

*What has been done, can be done. And so it is that I praise the blessings I know have occurred, and I affirm that the Source of blessings remains infinite. I expect and accept miracles in my life. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 16, 2021

“There can be no sickness in God or Good, hence can be none in Truth.” Malinda Cramer (Divine Science)

*Divine Life expresses in, through and as my life, and so it is that my life is perfect, whole, and abundantly blessed. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 17, 2021

“The first requirement in the Christ method of healing is that of giving up the false supposition and selfish belief of a separate self-hood from God.” Malinda Cramer (Divine Science)

*The ego that believes itself to be small and separate from the universe, that feels disconnected from the Whole of existence, that worries and frets and trembles in senseless fear is not my truth. The constructed and illusory self is not the True Self which is divine, perfect, and eternal. When I know that what God is, I am and where I am, God is, then peace is mine and all is well.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 18, 2021

“...cease making negative claims.” Malinda Cramer (Divine Science)

*I choose what I will embrace, own, or accept. Today, I only call mine what is truly good.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 19, 2021

“The \*Canaanite woman was so determined to have her daughter healed that she refused to recognize any obstacle to that result.” Malinda Cramer (Divine Science) \*Holy Bible, Matthew 15

*Tradition said that Jesus shouldn't care about Canaanites, but the Canaanite woman whose daughter needed healing would not be limited by tradition. She insisted that healing was possible and that it in no way should be denied her daughter. Jesus agreed and her daughter was healed. Fierce determination yields results. I am determined to be blessed. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 20, 2021

“God must be without variation or shadow of turning. God’s will must be for the absolute perfection and goodness of each one, in every respect.” Malinda Cramer (Divine Science)

*God is All Good, and offers only what is Good. God’s will is for each of us to thrive. May God’s will be done. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 21, 2021

“God never pronounces against any one, and will not say that your case is...hopeless.” Malinda Cramer (Divine Science)

*God is omnipresent love, the one power and It is all good. God could never condemn, abandon, or reject us for any reason. “Hopeless” is not in the divine vocabulary! God is with me now and always. My future is bright. My optimism is justified by the presence of God in my life. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 22, 2021

“The I Am is sufficient unto all things needful.” Malinda Cramer (Divine Science)

*God is pure being, the ground of all being, the source and substance of all that is, and since God is All-in-all, all that God is must be available to me in every moment and in every situation. There is grace, wisdom, and power equal to my every need for God is with me. And so it is.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 23, 2021

“[Say], ‘I am free now...I am satisfied now.’” Malinda Cramer (Divine Science)

*I claim my good now. Even if its manifestation seems to be delayed, even if the evidence does not yet support my affirmation, I know that I am in God’s presence now and in God’s presence there is all good. Heavenly riches, divine Life, perfect Harmony, and wells of Wisdom are available to me now, and I reach for them now, knowing they are already mine to embrace. And so it is that I am thankful now, and I am filled with joy, now. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 24, 2021

“Any and all action is in the present.” Malinda Cramer (Divine Science)

*Now is the time to begin. Now is the time to experience joy. Now is the time to be confident. Now is the time to know that I am part of God. Now is the time to affirm my good. All power is in this moment. I wisely and gratefully embrace the power of now. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 25, 2021

“The free gift of God is the perfect at-one-ment now.” Malinda Cramer (Divine Science)

*On this Christmas Day I realize that God is incarnate in me and in my world, now. I am one with God for God is All – the one presence, the one power, the one substance of the universe. God is. I Am. Alleluia! Let the Light shine! Let angels sing! All is well. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 26, 2021

“To ask in [God’s] name is to ask for or acknowledge wholeness for ourselves; and...[God] neither gives nor accepts anything but wholeness...” Malinda Cramer (Divine Science)

*God is wholeness, perfection, the All-in-all. God gives what God is: Wholeness is God’s gift. I ask for, receive and give thanks for wholeness. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 27, 2021

“Each statement of Truth, spoken with knowledge and Faith, believing that it is true, is sufficient in itself to heal.” Malinda Cramer (Divine Science)

*I speak the word of Truth and allow Truth to be made manifest in my experience of life. The Truth is God is the one power; and that one, good. I declare, expect, accept, and give thanks for my good now. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 28, 2021

“...the One All, is God. God is infinite; and because there is an infinite God, there can be nothing else.” Malinda Cramer (Divine Science)

*God is omnipresence, the only presence. Since there is but one presence, all that is must be in and part of the One. I Am part of God for there is nothing but God, and God is good. I Am good. There is good for me and nothing can keep my good from me. For this, I rejoice. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 29, 2021

“A good source cannot produce an evil result...” Malinda Cramer (Divine Science)

*God is my source. My source is unlimited for It is divine and only good comes from It. I am thankful that God is my source. All is well. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 30, 2021

“I am in the enjoyment of life, liberty and happiness.” Malinda Cramer (Divine Science)

*As a child of God, I am entitled to a life of joy, abundance, achievement, vitality, and fulfillment. My inheritance is divine, perfect, and lavish. There is good for me and nothing can keep my good from me. There is nothing to hinder my blessings. I am a child of God, happy, serene, and richly blessed. Thanks be to God. Amen.*

SIA Daily Treatment by Rev. Dr. Durrell Watkins  
Dec 31, 2021

“We are conceived in righteousness and born in true holiness; therefore, we are not conceived in sin nor born in iniquity.” Malinda Cramer (Divine Science)

*God is the one Substance. God is the one Power. God is the one Presence. God is Love. God is all Wisdom. God is Life. God is the Source of all goodness. Since God is All and All Good, I am innately good. I am not sinful. I may have made mistakes, but I am not the mistakes of the past. What I am is Good. I Am the Good, the infinite and ultimate Good, made manifest. I am one of the ways God knows Itself. I am an expression, an experience, an incarnation of the All Good. I end this year knowing that I am a blessed and beloved child of God, forever part of God. And I enter the new year expecting joy, success, and vitality. Blessings come to me every day of the year. Divine Light shines upon me and through me. My life is Divine Life expressing and is, therefore, perfect. Nothing hinders my expression of goodness. All is well. 2022 will be a marvelous year. I give thanks and I allow it to be. Amen.*

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WOW  
Words of Wisdom from Divine Scientists

“The power of the eternal One is ready to move in my life.” Helen Zagat

“Today is the day to shed worry of every sort.” Martha Dawson

“Do not condemn yourself.” Ada Fay

“[Dear God], I feel your perfect life around me and within me. My wholeness is established and I enjoy abundant health now.” Irwin Gregg

“Become aware today that God’s power is within you.” Vernon Shields

“...we are one with God...the name of God is emblazoned in our hearts. We move through every challenge, fully capable of victory against all odds.” Karl Kopp

“If a hard experience arises, remember that God gives you the wisdom to solve every problem.” Nona Brooks



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] the individual expression of God  
and [am] ever one  
with this perfect life, perfect love and  
perfect substance.