



Divine Science Federation International

1480 SW Ninth Ave
Fort Lauderdale, FL 33315
USA

954.903.9143

DivineScienceFederation.org

Spirit in Action

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Spiritual Reflection edition

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SEPTEMBER'S LESSON
Excerpt from, In Tune With the Infinite,
“The Realization Of Perfect Peace”
Ralph Waldo Trine (1910)

Peace lies not in the external world. It lies within one's own soul. We may travel over many different avenues in pursuit of it, we may seek it through the channels of the bodily appetites and passions, we may seek it through all the channels of the external, we may chase for it hither and thither, but it will always be just beyond our grasp, because we are searching for it where it is not. In the degree, however, that we order the bodily appetites and passions in accordance with the promptings of the soul within will the higher forms of happiness and peace enter our lives; but in the degree that we fail in doing this will disease, suffering, and discontent enter in.

To be at one with God is to be at peace. The child simplicity is the greatest agency in bringing this full and complete realization, the child simplicity that recognizes its true relations with [Divine] life. There are people I know who have come into such a conscious realization of their oneness with this Infinite Life, this Spirit of Infinite Peace, that their lives are fairly bubbling over with joy. I have particularly in mind at this moment a comparatively young man who was an invalid for several years, his health completely broken with nervous exhaustion, who thought there was nothing in life worth living for, to whom everything and everybody presented a gloomy aspect, and he in turn presented a gloomy aspect to all with whom he came in contact. Not long ago he came into such a vital realization of his oneness with this Infinite Power, he opened himself so completely to its divine inflow, that today he is in perfect health, and frequently as I meet him now he cannot resist the impulse to cry out, "Oh, it is a joy to be alive."

I know an officer on our police force who has told me that many times when off duty and on his way home in the evening, there comes to him such a vivid and vital realization of his oneness with this Infinite Power, and this Spirit of Infinite Peace so takes hold of and so fills him, that it seems as if his feet could scarcely keep to the pavement, so buoyant and so exhilarated does he become by reason of this inflowing tide.

He who comes into this higher realization never has any fear, for he has always with him a sense of protection, and the very realization of this makes his protection complete. Of him it is true,— "No weapon that is formed against thee shall prosper;" There shall no ill come nigh thy dwelling;" "Thou shalt be in league with the stones of the field, and the beasts of the field shall be at peace with thee."

... Thoughts of strength both build strength from within and attract it from without, Thoughts of weakness actualize weakness from within and attract it from without. Courage begets strength, fear begets weakness. And so courage begets success, fear begets failure. It is the man or the woman of faith, and hence of courage, who is the master of circumstances, and who makes his or her power felt in the world. It is the man or the woman who lacks faith and who as a consequence is weakened and crippled by fears and forebodings, who is the creature of all passing occurrences.

Honoring Historical Divine Scientists

(taken from Sunshine Cathedral's "Spiritual Heroes"):

Irwin Gregg (1904 – 1982) – author of *The Divine Science Way*. Gregg succeeded Nona Brooks as the Dean of the Colorado College of Divine Science (later known as Brooks Divinity School). In 1957 he was one of the founders of the Divine Science Federation (still operating today).

Honoring Other Metaphysicians from History

(taken from Sunshine Cathedral's "Spiritual Heroes"):

Emma Curtis Hopkins (1849 – 1925) - a student of Mary Baker Eddy's and for a time an editor for the *Christian Science Journal*, Emma and Mrs. Eddy eventually had a parting of the ways. Emma started her own seminary in Chicago and taught students who would become the greats of New Thought, including: Helen Wilmans, Myrtle and Charles Fillmore, a Mrs. Bingham (who introduced metaphysical healing to the Brooks sisters), Annie Rix Militiz, and briefly late in her life, Ernest Holmes. Because of her influence over the founders of so many New Thought groups, ECH is often called, "the Teacher of Teachers."

Genevieve Behrend (1881 – 1960) – writer and lecturer. In her life she met Mary Baker Eddy and Abdul Baha (the son of the founder of the Baha'i Faith). She also studied with Thomas Troward for two years (the only individual/personal student he ever had). She taught "mental science" which included the use of "visualization." Her best known book is *Your Invisible Power*. She said, "Do not fear to be your true self, for everything you want, wants you."

Uell Stanley (U.S.) Andersen (1917 – 1986) – self-help and inspirational writer. Andersen believed that the physical world is derived from the mental. He believed that a sustained mental image, backed by faith, would become real in the realm of experience. His writings include *Three Magic Words* and *The Magic in Your Mind*. Anderson taught: "Everything which you can conceive and accept is yours! Entertain no doubt. Refuse to accept worry or hurry or fear. That which knows and does everything is inside you and harkens to the slightest whisper." He was influenced by the writings of Mary Baker Eddy, Emmanuel Swedenborg, and Edgar Cayce.

*Thank you for your prayerful support of DSFI and
its member ministries, centers, and schools.*

**From the Office of the DSFI President
Daily Reflection & Prayer**

DSFI Treatment for September 1
Eternal unity by Rev. Dr. Durrell Watkins

“Since there is but one Substance, one Mind, one Life, I must be in eternal unity with that One that is All in all.” Fannie B. James

Dear God, I am never alone, never without hope, never without comfort, never without the loving embrace of your presence. For this eternal verity, I am thankful. Amen.

I am forever one with God.

DSFI Treatment for September 2
Divine nearness by Rev. Dr. Durrell Watkins

“So near am I to God that I know, it is God that girds me with strength and makes my way perfect.” Fannie B. James

I give thanks that Divine Energy is all around me, flowing through me, and is the very ground of my being. Divine Life is expressed through and as my life and so it is that I have peace, confidence, hope, and joy. Amen.

Right where I am, God is.

DSFI Treatment for September 3
Divine life by Rev. Dr. Durrell Watkins

“...God is my very breath and life.” Fannie B. James

My experience and understanding of God isn't of a remote judge, an uncaring observer, or a strict enforcer of rules. God, for me, is a presence that is giving and nurturing. God is where I find rest. God is what nurtures me. God is the hope I can always summon, the stuff from which I am made, the power to choose, the experience of joy, and awe that all true beauty inspires. God is my life and every good thing and every good possibility in life.

I am thankful for all the ways that God is made known in my life.

DSFI Treatment for September 4
One by Rev. Dr. Durrell Watkins

“The universe is all One. The same Source and Cause begets all and holds all within itself.” Fannie B. James

I am part of the beautiful interconnected web of existence. I am one with all Life. I am in the universe and the universe is in me. In awe, I humbly bow my heart, the same heart that sings for joy in the divine Presence. Amen.

I am part of and forever held by God.

DSFI Treatment for September 5
I receive my good by Rev. Dr. Durrell Watkins

“I am one with all good...I see this good now taking form in the commonest event of my day.”
Fannie B. James

Thy will be done. I know it is the divine will that I thrive, that I experience true happiness, that I prosper, that my relationships are harmonious, and that my life inspire others. Oh yes, let the divine will be done in my life. Let every moment of my life be abundantly blessed. Amen.

I am one with all good.

DSFI Treatment for September 6
Never alone by Rev. Dr. Durrell Watkins

“Because my faith is rooted in Omnipresence, I can feel deep assurance that the words, ‘Lo, I am with you always,’ are a bulwark for me. I am never alone.” Helen Zagat

God, you are as present as the air I breathe, as near as my thoughts, as close as scent, as present as my very self; indeed, you are my True Self. What can't I handle, what can't I achieve, what can't I navigate, what could ever disturb my peace or steal my joy when I am constantly in the presence of pure Goodness? Because you are with me, all is well, and so it is that I rejoice. Amen.

I am never alone.

DSFI Treatment for September 7
Do not worry by Rev. Dr. Durrell Watkins

“Today is the day to shed worry of every sort. If I am concerned about [myself or others], I turn to my [God] and release these concerns into [God's] hands...I feel God's presence beyond understanding taking charge in my life.” Martha Dawson

Into your hands, good God, I place my every concern. Replace my worries with hope, and my regrets with boundless joy. Knowing that you are always and everywhere present, I affirm blessings for my life and for my dear ones. Amen.

I place every concern in God's hands.

DSFI Treatment for September 8
One power by Rev. Dr. Durrell Watkins

“I believe with all my heart in one Power, and that one, good.” Fannie B. James

If God is the only presence, then all must be part of that presence, and that means all power must be within and part of that presence. All the power that is, is God, the Good. I trust you, God, to heal every fear and sorrow and to help me see and seize blessings. You are all, and you are all good. Alleluia. Amen.

There is one power, God the Good.

DSFI Treatment for September 9
Divine inheritance by Rev. Dr. Durrell Watkins

“By inheritance, the power of the Limitless is mine.” Fannie B. James

I am a child of God, made in God's image, part of the creation God calls very good, and all that God is, I am. All that God has, is mine. By divine inheritance, I am abundantly blessed and entitled to a life of joy, purpose, and fulfillment. Thanks be to God. Amen.

I am thankful for my divine inheritance.

DSFI Treatment for September 10
I've got the power by Rev. Dr. Durrell Watkins

“The universal Spirit is limitless Power. This power has been given to all and is realized by all who live in conscious touch with the Limitless.” Fannie B. James

Infinite Power, universal Spirit, Mighty I Am Presence: I am in micro what you are in macro. I am part of you. I am an expression of you. May I remember this truth today, lovingly and consistently demonstrating the power that comes from knowing it. I am a person of power. I will use my power wisely and only for good. And so it is.

God is all power, and this power is shared by all of God's children.

DSFI Treatment for September 11
Omnipotence by Rev. Dr. Durrell Watkins

“That which is all Presence must be all Power. Spirit is the Power of life, truth, and goodness that is everywhere.” Fannie B. James

I am awed by the awareness that there is one All. I am part of an infinite wholeness. I am one with all power, all goodness, all love. And so it is that my life is filled with peace and joy. Amen.

The one presence is the one power.

DSFI Treatment for September 12
Powerful by Rev. Dr. Durrell Watkins

“[Dear God], I enter into conscious communion with you, and I feel your informing, transforming quiet power. Here in the silence of your Presence I find hidden reserves of strength and inspiration.” Irwin Gregg

When I turn to God, I find the hope and resilience that I need. I am powerful because the Power that God is, is always with me. And so it is.

I am powerful.

DSFI Treatment for September 13
God is always with me by Rev. Dr. Durrell Watkins

“In quietness and confidence I contemplate my marvelous heritage as the [child] of the most High. With gratitude I go forth into my world, knowing that, together with my [God], I am the master of every situation that confronts me. [I thank God] for being always with me.” Max Ballard

God is with me, and God’s grace is equal to every need. I am blessed. Thank you, God.

God is with me.

DSFI Treatment for September 14
Abundantly blessed by Rev. Dr. Durrell Watkins

“Jesus gave us the law of supply in these words: ‘Seek ye first the kingdom of God, and [God’s] righteousness; and all these things shall be added unto you.’
Today, I rejoice in knowing that God is my immediate and abundant supply. I trust [God] for my every need.” Nona L. Brooks

Thank you, God, for being the Source of unlimited supply. I am abundantly blessed. Amen.

Mine is a God of abundance.

DSFI Treatment for September 15
Divine allness by Rev. Dr. Durrell Watkins

“I see that God is all.” Fannie B. James

God is omnipresent, the one presence, all presence. God is omnipotent, the one power, all power. God is life, love, and wisdom. In God there are unlimited possibilities. God is creator, creative action, and creation. God is all, and so it is that Good is always at hand.

God is all.

DSFI Treatment for September 16
Always in the divine presence by Rev. Dr. Durrell Watkins

“We are as much in the presence of God now as we shall ever be.” Fannie B. James

I don’t need to find God, nor do I need to wait until the next life to “go home” to God. God is everywhere, fully present. I can experience God more abundantly. I can sense God more thoroughly. I can express God more joyfully, but am I already part of God. I am forever in God’s presence. I can never be separated from God. Alleluia. Amen.

I am always in the presence of God.

DSFI Treatment for September 17
God's goodness by Rev. Dr. Durrell Watkins

"We must put aside the mortal claims, see the immortal Self, God's own expression, and affirm its reality."
Fannie B. James

If God is all and God is Good, then goodness must saturate reality. God, the Good, is really all there is. I calmly and confidently claim my good because It is everywhere present. I am one with All Good. I am an expression of divine goodness.

I express and experience God's goodness.

DSFI Treatment for September 18
The changeless good by Rev. Dr. Durrell Watkins

"God is the changeless Good filling all...Source of life, pressed out into all; perfect Love pervading all; eternal Mind and Substance sustaining all; ever present Fullness supplying all...God, invisible and visible, is all." Fannie B. James

Dear God, we were told you were far beyond us, but somehow aware of us. We were told you were judging us, perhaps leniently sometimes, but still, you were keeping track. We were told that you might reject some of us. We no longer accept a message of separation. We know you to be wholeness, allness, perfection, all presence, all power, creative mind, perfect idea, and the idea made manifest. You are all in all. You are source and love and substance and fullness. We each are in you, of you, and like you. When we forget, or when we fall into fear, or when we imagine there could be more than one power, or when we doubt your endless grace: heal us. Remind our hearts that you are at home in us; we are at home in you. All is well. Thank you, God. Amen.

I deny that separation from God is possible; God is all in all.

DSFI Treatment for September 19
It's all God by Rev. Dr. Durrell Watkins

"Since God fills all, there is no place for anything adverse to God." Fannie B. James

I am immersed in divinity. I am filled with divinity. I am divine because God is all there is. Knowing this, my fears disappear, my hope is indomitable, my joy is indefatigable, my strength is constantly renewed, and wisdom guides me through every day. And so it is.

I rejoice to realize that I am one with God.

DSFI Treatment for September 20
I find God everywhere by Rev. Dr. Durrell Watkins

"I am resolved to see in every place, time, circumstance and condition only the one Presence." Fannie B. James

As God is the one presence, the one power, the one substance, all that is must be in and part God. All that God is must be available to us all in every moment. Let our hearts be glad and grateful. Amen.

God is everywhere.

DSFI Treatment for September 21
I look for good always by Rev. Dr. Durrell Watkins

“I acknowledge good in all and look for good in every person, place, or condition.
I...look for good always.” Fannie B. James

What I believe, I will be able to see. What I see, I can seize. What I look for, I often find. And so it is that I look for the lesson, the blessing, the opportunity, the insight, the gift, the lovely, the miraculous. I seek and I find, for what I seek is also seeking me.

I look for the good.

DSFI Treatment for September 22
God sustains me by Rev. Dr. Durrell Watkins

“...I know that God is ever with me...I am now aware that ‘underneath are the everlasting arms of God.’ God sustains and watches over me...The Light of God illumines my pathway...I meet each day with faith and confidence, knowing that God is with me as my support.” Vernon Shields

God, you are with me in this and every moment. And so I am always supported. Blessings abound. Amen.

God is my support.

DSFI Treatment for September 23
Forever blessed by Rev. Dr. Durrell Watkins

“I know that life is an ever-flowing stream into eternity. Its origin is beyond our comprehension, but since it is all God, Conscious Energy, life must be endless.” Martha Dawson

There is one Life, it is omnipresent and eternal. Divine Life is expressing through and as me, now. I deny fear any place in my life, and I affirm that good and only good is my divine inheritance. I am forever blessed. And so it is.

Life is forever good.

DSFI Treatment for September 24
All is well by Rev. Dr. Durrell Watkins

“Since God is always present everywhere, every moment of today I am serene, peaceful, joyful.” Nona L. Brooks

I've heard people say that they schedule quiet time each day to “spend time with the Lord.” How I describe that experience is “communion with the divine.” When I quiet my mind and still my body, I sense a serene presence of goodness and love. I call that presence “God” and I sense that It is my very life. This renews my inner peace, reenergizes hope within me, and helps me draw from inner reserves of strength and wisdom.

Since God is always present, I trust that all is well.

DSFI Treatment for September 25
My source by Rev. Dr. Durrell Watkins

“The better we know our Source, the better we are able to meet any situation in life.” Grace Faus

*God is the source of my supply and my source is infinite.
God is the source of my strength and my source is infinite.
God is the source of my joy and my source is infinite.
God is the source of my creativity and my source is infinite.
I trust and draw from my source to meet every situation in life.*

God is my source.

DSFI Treatment for September 26
Jesus and me by Rev. Dr. Durrell Watkins

“The same power that dwelt in Jesus, dwells in us.” Fannie B. James

Jesus, my brother, my teacher, my friend, my example has shown me that God is always near and God's realm is in our hands. Jesus has shown me that love heals, that hope sustains, and that trust in divine goodness brings about miracles. Jesus shows me that I am a godling, a god-drop in the divine Ocean, an incarnation of divine Love. Jesus was God-filled, and so am I. Alleluia!

In the name and nature of Jesus the Christ, I declare
myself to be a Child of God filled with the power of God.

DSFI Treatment for September 27
God within by Rev. Dr. Durrell Watkins

“Acknowledge the God in you and ask for guidance.” Rev. Ike

God in me, I trust you to guide me toward my good. I trust you to minister to my every need. I ask you to bless others through me. You are the source of my peace, strength, and joy. God in me, with you all things are possible. Thank you, God. Amen.

I trust the God in me.

DSFI Treatment for September 28
No worries by Rev. Dr. Durrell Watkins

“We drop our worldly worries in prayer.” W. Frederic Keeler

Divine Love, Life has taught me that fear is often unnecessary and usually unhelpful. Love, however, drives out fear. And so, God, holy Love, heal my needless fears and replace them with joy. Now. Thank you. I let go of worry and embrace a peace that passes understanding. Amen.

In prayer my worries disappear.

DSFI Treatment for September 29
We are good by Rev. Dr. Durrell Watkins

“[God], I acknowledge thy loving goodness everywhere, even within myself.” Daisy Baum

Dear God, if I really believe you are everywhere, fully present, then your spark must be within even the person I am tempted to call my enemy. You must be in the person I understand least or who is difficult for me to appreciate. And sometimes, the person I don't appreciate or value highly enough is me! But if you are All Presence, I must be part of you, one with you. In Truth, I must be very good. We all must be good. May I see your beautiful light in every life I behold today, including my own. Indeed, when I see you in me, I easily see you in others. You are all in all. And so it is.

I remember that God is in me, and in us all.

DSFI Treatment for September 30
God is all by Rev. Dr. Durrell Watkins

“There can be but one ALL. This ALL is God and God-Manifest.” Malinda Cramer

There is but one Mind, one Power, one Presence, one All: God, the Good. And so it is.

There is but one ALL.

Quotes used in September reflections come from:

Fannie James - New Thought leader, Divine Science pioneer, sister of Nona Brooks.

Helen Zagat - Divine Science minister.

Martha Dawson - her spiritual reflections can be found in DSFI At-One-Ment Daily Studies in Divine Science.

Irwin Gregg - one of the founders of DSFI.

Max Ballard - In addition to serving a Divine Science church in D.C., also pioneered D.S. churches in Colorado and Missouri.

Nona Brooks - Divine Science pioneer and for many years, the movement's titular leader.

Vernon Shields - for 31 years led a Divine Science church in Minneapolis.

Grace Faus - started 2 Divine Science churches, was an active minister for 36 years.

Rev. Ike - a flamboyant metaphysician who taught and demonstrated prosperity, healing, and self-esteem.

W. Frederic Keeler - Divine Science minister.

Daisy Baum - an early Divine Science teacher.

Malinda Cramer - Divine Science founder, started the Home College of Divine Science, Harmony Magazine, and the International Divine Science Association. Fannie James attended some of Malinda's lectures and Nona Brooks was ordained by Malinda.

*The SIA Daily Treatments
and the DSFI Daily Study
are both posted each day on the
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