



TEACHING OF THE INNER CHRIST

1114 N. Second Street (1100 Bldg.)

El Cajon, CA 92021-5008

Office: 619-447-7007 Fax: 619-447-7009

www.teachingoftheinnerchrist.com



AUGUST

Appreciating People, Pets and Places

By Jeannette

While waiting in line at their local Lowe's on Sunday, Judy and Brian Rose did a double take.

Behind them, a golden retriever sauntered by wearing one of the home improvement store's red-and-blue employee vests. (continued on p.5)



Happy Appreciation Day. This "holy" day is a personal creation of one Rev. Duchess Dale back in 1996.



I saw this last year and suggested in my August 2016 message that we might put it on our calendar and celebrate an Appreciation Day.

As you may remember the intent was to set aside one special day in the year when each of us would take a little extra time and effort (not mandated by a calendar or merchandising holiday) to show our appreciation to people, animals and places in our lives that we may take for granted. For me, I am going to mark August as my Appreciation Month because there isn't any official holiday celebrated this month.

Because this month is not about reciprocity, my gift of appreciation can be one from my mind and heart and not necessarily from my wallet; simply, a phone call, a personal note or e-mail, or better yet, be really bold and send an anonymous gift to someone where there is no possible receipt of their direct gratitude. Let's make the month of August so filled with appreciation that it is linked with the goodwill and cheer that it becomes the biggest gift month of the year. My hope is that this month will become an underground spiritual event celebrated every August by those individuals who understand the principle of praise, blessing and unconditional love. Oh and let's remember to appreciate all the Blessing that God has given in our personal lives.

My love and appreciation to all
Kayla Rose



We genuinely appreciate your financial support.

Please remember, if you are absent we are still here, and with your continuous financial support, we always will be.

JUNE 2017

Income	\$ 3950.24
Expenses	\$ - 4187.17
Net Loss	\$ - 236.93

ALL MUSIC SUNDAY SIGNUPS FOR SEPT 24



If you want to be in the All Music Sunday service you MUST sign up no later than Sunday August 27!



Henry's Beach Potluck BBQ: 4:30 p.m. – AUGUST 19



Hwy 8 WEST, exit W Mission Bay Drive; turn RIGHT at the traffic light onto Ingraham St; continue on Ingraham St; staying in the LEFT lane, to the second traffic light, approximately 1½ miles. Turn LEFT (WEST) onto Vacation Rd.

Turn LEFT onto frontage road and follow it to the end.

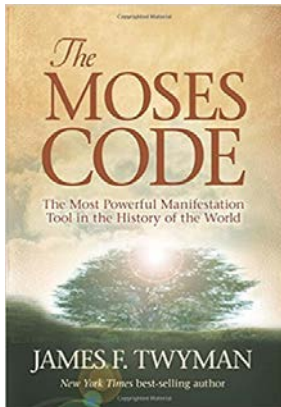
Next BBQ: 9/23 (LAST Beach Potluck/BBQ of the summer)

For more info, Call HENRY [619-857-7588](tel:619-857-7588)



Book Sale of the Month

$\$17.95 - 20\% = \14.36
\$ 1.18 (tax)
\$ 15.54 (total)



The most POWERFUL manifestation tool in the history of the world! The Moses Code was first used to create some of the greatest miracles in the history of the world, but then it was hidden away and only the highest initiates were allowed to practice it. James F. Twyman reveals how you can integrate the most powerful manifestation tool in the history of the world into your own life!

Sunday Celebrations 10:30 a.m.

(Deep Meditation – 9:50 a.m.)

AUG 6

Usher/Video: Kathy Tirpak
Leader: Rev. Mary Ann Kelley
Speaker: Rev. Elizabeth Brabant
Music: Ann del Amo

AUG 13

Usher/Video: Rev. Kayla Rose Carroll
Leader: Rev. Elaine Fuller-Zachey
Speaker: Rev. Mary Ann Kelley
Music: Marvin Dillard

AUG 20

Usher/Video: Tim Parr
Leader: Rev. Kayla Rose Carroll
Speaker: Rev. Elaine Fuller-Zachey
Music: Richard Musil

AUG 27

Usher/Video: Judy Holmes
Leader: PT/ICC Jennifer Allen-Prather
Speaker: Ann del Amo
Music: Double Heart Trio



New!

Spiritual Get-together Meditation

2nd Wednesdays of the month

AUG 9 – NEW TIME – 3-4 p.m.

Crystal Bowl Guided Meditation

AFFIRMATION: The glory of God is made manifest everywhere in my life. Today I take the time for active appreciation of the people, pets, places and my Christ-Self that support me in this Truth.

Appreciating People, Pets and Places (continued from cover)

The dog didn't seem to be accompanied by anyone at the time. And the vest looked so . . . official.

"What's up with the dog?" Brian Rose asked the cashier, laughing.

The Abilene, Tex., couple was told the dog belonged to a store employee, a disabled veteran who had been hired for a part-time job a couple months before.

"I'm a retired vet myself," Brian Rose told *The Washington Post*. "So I was actually impressed, one, that they hired a disabled vet, but also [a vet] with a dog. Because the dog could be a liability if somebody tripped over him or if something happened to a customer . . . and they took the chance on him anyways, and I thought that's pretty awesome."

Around the corner, Judy Rose spotted the employee in question. The dog, Charlotte, had since returned to his side.

Not wanting to disturb them — but touched by the sight — Judy Rose snapped a photograph of the pair from the back. While leaving Lowe's, she uploaded the picture to her Facebook page, intending to show it to her circle of friends.

"I love Abilene Lowes, way to go!" she wrote on Facebook. "This is a disabled vet who struggled to get a job because he needs his service dog! Lowes hired them BOTH!!"

The couple drove two blocks away to watch a movie. By the time they emerged from the theater, hours later, Judy Rose's Facebook notifications had gone berserk.

"I can't stand sitting at home," Luthy told the station. He noted that he had multiple deployments with the Air Force — once to Uzbekistan and twice to Qatar — and had to have multiple knee surgeries. "Instead of medications, I have Charlotte. . . . They schedule me in an area at least for a few hours where Charlotte can get a good break."

Appreciation applauded all around, touching and happy!
Jeannette





We all need hugs!! 😊



FYI: by Jeannette

7 Ways to Reduce Anxiety Naturally



Anxiety is the most prevalent mental health issue in America and yet so many of us are embarrassed by the effect it has on us. According to the National Institute of Mental Health, this disorder affects 40 million Americans alone and an astounding 1 in 13 globally. Though pharmaceutical options offer relief, there are many natural anxiety remedies available.

Explore these options whether you suffer from chronic anxiety or tend to find yourself overly stressed out from time to time:




1. Meditation

Many studies and firsthand accounts have noted that meditation does wonders for anxiety. Using apps like Headspace or Calm can be extremely helpful in getting started and staying on track. If you prefer to unplug, using mala beads is another option.

(continued on p. 14)

What's Happening at Our Center!

AUGUST 2017

- 6  Love Power Circle
 - 13  LBR/IBA 12:15 p.m.
 - 27  Potluck / Birthday / Prosperity Workshop
-



Spiritual Celebration

Have you signed up for our Spiritual Celebration, June 21-24, 2018? Relax in the surroundings – *join the fun workshops!*

This includes ALL meals – which are fabulous!!

.....

Guest Speaker: Rev. Arthur Hammons

Will be returning on: October 22

We can't wait to hear *Bad Girls of the Bible: Part 3*

Rev. Arthur Hammons is a gifted motivational speaker, with a witty sense of humor, who delights his audience!

.....

Appreciation . . . and Giving Thanks, by Peter Anderson

Awhile back I wrote a post about how when we're in the thick of life, it can be hard to appreciate all of the amazing blessings that we've been given.

In that post I told the story of a **virtuoso violinist who stood in the subway** playing one of the most intricately written concertos, flawlessly, only to have it go mostly unnoticed. Sometimes we don't even recognize the blessings for what they are, instead just taking things for granted. While the context of where the violinist played, in the subway, certainly is important, I still think the story speaks to how we sometimes don't even see or appreciate the blessings God has put right in front of our face.

AUGUST 2017

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6 Celebration 10:30 a.m. Love Power Circle	7	8	9 Crystal Bowl Meditation 3-4 p.m. 	10	11	12
13 Celebration 10:30 a.m. LBR/IBA 12:15 p.m.	14	15	16	17	18	19 Beach  Potluck/ BBQ See p. 3
20	21	22	23	24	25	26
27 Celebration 10:30 a.m. Potluck/ Birthday Celebration Prosperity Workshop 12:30 p.m.	28	29	30	31		
PROSPERITY WORKSHOP: 12:30 p.m.						

Sunday Spiritual Celebration! August 6, 2017

Usher/Video: Kathy Tirpak
Service Leader: Rev. Mary Ann Kelley

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "Joy in My Heart" p. 45

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Mary Ann Kelley

**"Appreciating All Things"
Rev. Elizabeth Brabant**

Offering of Tithes and Gifts



Blessing of the Offering: We bless the Teaching with our tithing, knowing that the highest appreciation we give to God is by how we live our talk.

Music: "Lord I Do Give Thee Thanks" p. 74

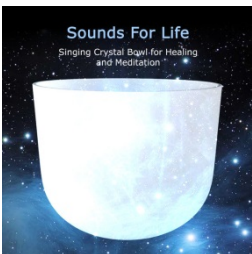
Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Ann del Amo

Meditation and Silence

Affirmation: This week I will love unconditionally, talk with good intention, and care for people without any expectation.

Closing Song: Love Is The Only Power p. 17



Spiritual Get-together Meditation

NEW TIME

**August 9 – 3:00-4:00 p.m.
Crystal Bowl Guided Meditation**

Sunday Spiritual Celebration! August 13, 2017

Usher/Video: Rev. Kayla Rose Carroll
Service Leader: Rev. Elaine Fuller-Zachey

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "Let Your God Self Shine"..... p. 63

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Elaine Fuller-Zachey

"Appreciating Others"
Rev. Mary Ann Kelley

Offering of Tithes and Gifts



Blessing of the Offering: We appreciate the presence of God by generously tithing, so that we may grow and spread the word to those who are ready.

Music: "Lord I Do Give Thee Thanks"..... p. 74

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Marvin Dillard

Meditation and Silence

Affirmation: It is my great pleasure to give abundantly throughout this coming week. Thank you God. And so it is!

Closing Song: Love Is The Only Power p. 17



As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them. – John F. Kennedy

Let us be grateful for the people who make us happy, they are the charming gardeners of our souls.

Sunday Spiritual Celebration! August 20, 2017

Usher/Video: Tim Parr
Service Leader: Rev. Kayla Rose Carroll

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "Open My Eyes" p. 9

Center Events

Music performed by:

Inspirational Reading Rev. Kayla Rose Carroll

**"Appreciating Our Pets"
Rev. Elaine Fuller-Zachey**

Offering of Tithes and Gifts



Blessing of the Offering: We profoundly appreciate the great honor of serving the Teaching with our tithing, helping us to spread the Teaching to others.

Music: "Lord I Do Give Thee Thanks"..... p. 74

Prayer RUCAT Card: Take into meditation

Meditation Music performed by:

Meditation and Silence

Affirmation: I appreciate the journey of my life, and the people I've met on the way. Appreciation is a wonderful feeling!

Closing Song: Love Is The Only Power p. 17



Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well. – Voltaire

It is a kingly act to assist the fallen. – Mother Theresa

Don't forget, a person's greatest emotional need is to feel appreciated. – H. Jackson Brown

Sunday Spiritual Celebration! August 27, 2017

Usher/Video: Judy Holmes
Service Leader: PT/ICC Jennifer Allen-Prather

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "Carry The Light"..... p. 3

Center Events

**Music performed by: Double Heart Trio
(Kayla Rose Carroll, Jennifer Allen-Prather, Patti Moe)**

Inspirational Reading PT/ICC Jennifer Allen-Prather

**"Appreciating our God Given Blessings"
Ann del Amo**

Offering of Tithes and Gifts



Blessing of the Offering: Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. 2 Cor. 9:7

Music: "Lord I Do Give Thee Thanks"..... p. 74

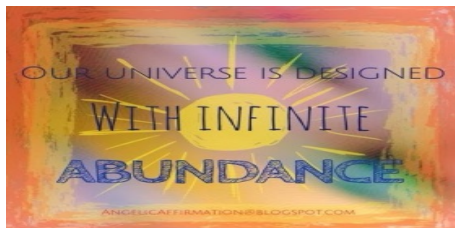
Prayer RUCAT Card: Take into meditation

Meditation Music performed by:

Meditation and Silence

Affirmation: It is my great pleasure to give abundantly throughout this coming week. Thank you God. And so it is!

Closing Song: Love Is The Only Power p. 17





FYI: by Jeannette

7 Ways to Reduce Anxiety Naturally



2. Yoga

The main purpose of yoga is to tire the body so you can calm the mind. Those who practice yoga often share that it promotes feelings of centeredness and

reconnects you with your body.

3. Inversions

Yogi or not, you can make an inversion a part of your daily practice. If you're not a fan of headstands, lie on your back in front of a wall and raise your legs up to 90 degrees. Relax there for three to five minutes.

4. Talking about it

It seems counterintuitive, but talking about your anxiety can help put it in perspective. It's scary to say "I'm feeling anxious" out loud but once you do, your anxiety will seem much less powerful.

5. Taking a walk

Anxiety can make you scared to move or speak. Push yourself to go for a walk when you sense anxiety coming on instead of letting it take control.

6. Gratitude Breaks

Try and take a minute to think of 5 things that you're grateful on a daily basis. Expressing gratitude reminds us of our strength and the healing power of love.

7. Get lost in a book

There's no greater way to productively distract yourself than with a good book. Sink into a bubble bath with a page turner and feel your anxiety melt away.

<https://www.leaf.tv/articles/42623/>

 **T.I.C. Is Here For You**

An Inner Christ Counseling (ICC) assists you in contacting your Inner Christ, clarifying your life purpose, and verifying your spiritual experiences.

An ICC is a channeling session with your own Inner Christ, assisted by two Inner Christ counselors. To schedule an Inner Christ Counseling (ICC), contact one of the ministers, leader teachers/Inner Christ counselors, or prayer therapists/ICC and an appointment will be arranged for you.

Prayer Therapy sessions assist you in clarifying your desires, healing false beliefs that cause problems in your life, and manifesting your good through prayer. The ministers, leader teachers and prayer therapists listed are available for interviews and prayer work by appointment.

The T.I.C. Prayer Circle is composed of ministers, leader teachers, and prayer therapists who meet weekly to pray for any person who requests prayer. Fill out a prayer request form and place it in the prayer box at our Center. A donation is appreciated and may be enclosed.



Telephone prayer requests & taped message:
Dial - A - Healing 24/7 (619) 588-4455

Prayer Circle Leader: Rev. Elizabeth Brabant (858) 451-0031

The Prayer Circle will pray for you for two weeks, and is happy to renew your request until you have a complete demonstration.

World Healing Ministry: Rev. Mary Ann Kelley (619) 200-3639
(for people not near a T.I.C. Center) (800) 201-6722

Prayer Therapists and Counselors

All ministers, leader teachers and prayer therapists are licensed by T.I.C. and adhere to an established Code of Ethics. They understand and use the principles of Spiritual Mind Healing safeguards for pure channeling, and have clear contact with their own Inner Christ.

Teaching of the Inner Christ Center (619) 447-7007
Fax (619) 447-7009

Rev. Kayla Rose Carroll, Pastor, M.M.S. (619) 447-7007

Rev. Brigitte Heimers, Ph.D., M.M.S. (619) 464-1216

Rev. Richard Musil, M.M.S. (retired)..... (619) 584-2244

Rev. Mary Ann Kelley, M.B.A, M.M.S. (619) 200-3639

Rev. Elizabeth Brabant, M.A., M.M.S. (858) 451-0031

Rev. Elaine Fuller-Zachey, M.A., M.M.S. (619) 263-8383

PT/ICC Jennifer Allen-Prather (619) 713-0768

Visit our Website www.teachingoftheinnerchrist.com

Teaching of the Inner Christ

1114 N. 2ND ST (1100 Bldg.)
EL CAJON, CA 92021-5008
619-447-7007

Address Correction Requested

The Teaching of the Inner Christ (T.I.C.) is a non-profit, non-denominational spiritual teaching which helps you to contact and experience your True Self, your God Center, your "Christ Self" within, which is your own individual inner spiritual identity.

www.teachingoftheinnerchrist.com



Rev. Mary Ann Kelley

I hope that you know we REALLY mean it when we say that we thank

our WONDERFUL POSTAL SERVICE and all those
who care for our mail from start to finish!!

We are really grateful for all you do.

Thank You! Thank You! Thank You!