



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



JULY

We Praise God for the Freedom of our Land

By Rev. Elizabeth Brabant

We have a wonderful realization of our Divine Nature and our freedom. Our life is continually free as we are living the Spiritual Law of Perfection Now, which means perfect freedom. Knowing the capital 'T' Truth sets us free. Being firm in what we truly believe keeps us free. The conscious presence of who we are as Christ beings is important. We think, yes, I am free, I have choice, always.

Our true nature clearly emerges, which is one with God's nature. In *The Science of Mind*, by Ernest Holmes (p. 25),
(continued on p.6)



I am greatly inspired by the spiritual revolutionaries who drafted and signed the Declaration of Independence. It took great courage and faith to bring their radical "new thoughts" to an old system of government and even greater courage to sign it and the greatest courage of all to truly live up to these ideals, and to practice the freedom they imply.

...We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable rights that among these are the rights to Life, Liberty and the Pursuit of Happiness.

The Declaration of Independence

Dr. Ernest Holmes said: "The Divine Plan is one of freedom; bondage is not God-ordained. Freedom is the birthright of every living soul. All instinctively feel this. The truth points to freedom, under Law. Thus the inherent nature of man is forever seeking to express itself in terms of freedom. We would do well to listen to this Inner Voice, for it tells us of a life wonderful in its scope; of a love beyond our fondest dreams; of a freedom which the soul craves." (*The Science of Mind*, p.25)

I suggest we all take a good look inside and see where revolutionary new thoughts are called for and where the release of old, confining limiting ones is a cause for celebration. Why not kick the petty dictators of limited thinking out of our lives?

Let us proclaim ourselves as autonomous, self-governing, free-thinking souls in expression. Let's fly as high and as free as we want to be. Let's truly live from the knowledge that there is a **power for good** which is our birthright; and we are free to use as we choose! Let's sparkle and shine!

Let's start now to grow into our own personal freedom.

Love & Blessings
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.



	<u>MAY 2017</u>
Income	\$ 3617.64
Expenses	\$ - <u>4552.48</u>
Net Loss	\$ - 934.83

	<u>Year-to-Date</u>
Income	210.99
Expenses	\$ - <u>220.78</u>
Net Los	\$ - 979.00

Sunday Celebrations 10:30 a.m.

(Deep Meditation – 9:50 a.m.)

JULY 2

Usher/Video: Kathy Tirpak

Leader: Rev. Kayla Rose Carroll

Speaker: Rev. Elizabeth Brabant

Music: Ann del Amo

JULY 9

Usher/Video: Kayla Rose Carroll

Leader: Rev. Mary Ann Kelley

Speaker: Rev. Elaine Fuller-Zachey

Music: Marvin Dillard

JULY 16

Usher/Video: Mary Ann Kelley

Leader: PT/ICC Jennifer Allen-Prather

Speaker: Rev. Arthur Hammons

Music: Double Heart Trio

JULY 23

Usher/Video: Tim Parr

Leader: Rev. Kayla Rose Carroll

Speaker: Rev. Marilyn Glattly

Music: Ann del Amo

JULY 30

Usher/Video: Judy Holmes

Leader: Rev. Elaine Fuller-Zachey

Speaker: Rev. Mary Ann Kelley

Music: Elizabeth Brabant

.....



New Time!

Spiritual Get-together Meditation

2nd Wednesdays of the month

Crystal Bowl Guided Meditation

***JULY 12* – 3:00-4:00 p.m.**

Spiritual Celebration



Thank you for ALL the wonderful donations for our RAFFLE at Spiritual Celebration!!

This year's Spiritual Celebration was one of THE BEST ones I've gone to in the last 10 years! We have it all at our Spiritual Celebration:

Introspection:



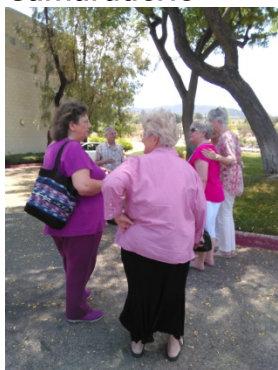
Workshops:



Smiles - everywhere:



Camaraderie



Meeting friends:



Great views!



What I mostly saw was smiles . . . *smiles everywhere!*

- Talent show
- Inspirational talks!
- Morning yoga
- Chef prepared cuisine! (I forgot to take pictures of the food – and REALLY...the food here is **AWESOME!!**)
- ...and SO MUCH MORE!!!

Taking pictures . . .



Waiting . . .



Leaving: Laughing



Appreciate what you have, for one never knows how long you will have it, or when (or if) it will come back to you.



Official seminar photographer,
More smiles from friends
meeting up again!

Sometimes, when you are on
vacation . . . 12 Noon is just . . .
TOO EARLY!! <Yawn> 😊

[\(Continued inside back cover.\)](#)



We Praise God for the Freedom of our Land (continued from cover)



we find: "The Divine Plan is one of freedom; bondage is not God-ordained, freedom is the birthright of every living soul. All instinctively feel this." We embrace and enjoy our freedom. We have the ability to do so, to speak and think freely.

May God bless us all as we live free.

By Rev. Elizabeth Brabant

Henry's Beach Potluck BBQ: 4:30 p.m. – JULY 22



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. (signal light)

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

- Next BBQs: 8/19, 9/23
- For more info, Call HENRY [619-857-7588](tel:619-857-7588)

.....

The Five Love Languages, in a Nutshell

<http://lifehacker.com/how-the-five-love-languages-can-help-you-win-at-relat-1734348074>



In his own words, here's how Chapman breaks down the five love languages in his book:

My conclusion after thirty years of marriage counseling is that there are basically five emotional love languages—five ways that people speak and understand emotional love. In the field of linguistics a language may have numerous dialects or variations.

Similarly, within the five basic emotional love languages, there are many dialects....The important thing is to speak the love language of your spouse.

(Continued on p. 15)

.....



**All Music Sunday –
Last Sunday in September!!
Musicians: Sign Up NOW!!**

What's Happening at Our Center!

JULY 2017



2 Love Power Circle

9 LBR/IBA 12:15 p.m.

23 Potluck



30 Birthday / Prosperity Workshop

Coming July 16



Guest Speaker: Rev. Arthur Hammons

Rev. Arthur Hammons, a gifted motivational speaker, will be speaking on:

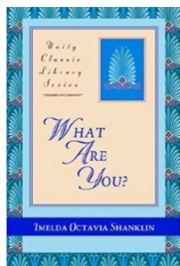
Bad Girls of the Bible – Part 2

He is continuing his talk about the women of the Bible! His talk on May 21 was an inspiring talk – and this one is sure to be a crowd pleaser as well!!

Spiritual Get-together with Crystal Bowl Meditation

- **July 12. . . New time – 3:00-4:00 p.m.**
- 2nd Wednesday of the month (See p. 3)


Book of the Month: *What Are You?*



$\$14.95 - 20\% = \$11.96 + \$0.98 \text{ (tx)} = \12.94

This remarkable book describes what life is like if it is lived from the point of view of directly knowing our true nature, our oneness with God. This spiritual maturity then shapes how we think and what we choose to think about and what we consider real and worthy of our time and energy. It also brings into our awareness what our true resources are and how we can tap into them to create a truly fulfilling life. Finally, this book brings fresh insight into what it means to live a life of nonresistance.

JULY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
2 Celebration 10:30 a.m.	3	4	5	6	7	8
9 Celebration 10:30 a.m. LBR/IBA 12:15 p.m.	10	11	12 Crystal Bowl Meditation 3-4 p.m. 	13	14	15
16 Celebration 10:30 a.m. 	← Inspirational Speaker: Rev. Arthur Hammons July 16 – Bad Girls of the Bible: Part 2					
23 Celebration 10:30 a.m. Potluck/ Birthday Celebration	24	25	26	27	28	29
30 Celebration 10:30 a.m. Birthday Celebration Prosperity Workshop 12:30 p.m.	31 	← Prosperity Workshop July 30 – 12:30 p.m.				

Sunday Spiritual Celebration! July 2, 2017

Usher/Video: Kathy Tirpak
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: "America the Beautiful" p. 25

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Kayla Rose Carroll

"We Praise God for the Freedom of our Land"
Rev. Elizabeth Brabant

Offering of Tithes and Gifts



Blessing of the Offering: I thank God for Divine Abundance that flows freely through me. I joyfully give back to God through the Teaching of the Inner Christ.

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: coming week: I thank God for the freedom of our land.

Closing Song: Love Is the Only Power p. 17

.....

If you think you're too small to make a difference, you haven't spent the night with a mosquito.

– African Proverb

Sunday Spiritual Celebration! July 9, 2017

Usher/Video: Kayla Carroll

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: "All is Right in our World"..... p. 13

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Mary Ann Kelley

"True Freedom Comes from Within"

Rev. Elaine Fuller-Zachey

Offering of Tithes and Gifts



Blessing of the Offering: I thank God for Divine Abundance that flows freely through me. I joyfully give back to God through the Teaching of the Inner Christ.

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 for the coming week: I am free, knowing true freedom comes from within my Christ Self.

Closing Song: Love Is the Only Power p. 17



Spiritual Get-together Meditation

NEW TIME

July 12 – 3:00-4:00 p.m.

Crystal Bowl Guided Meditation

Sunday Spiritual Celebration! July 16, 2017

Usher/Video: Mary Ann Kelley

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: "It's In Every One Of Us" p. 9

Center Events

Music performed by: Double Heart Trio

Kayla Rose Carroll, Jennifer Allen-Prather & Patti Moe

Inspirational Reading PT/ICC Jennifer Allen-Prather

"Bad Girls of the Bible – Part 2"

Rev. Arthur Hammons

Offering of Tithes and Gifts



Blessing of the Offering: I thank God for Divine Abundance that flows freely through me. I joyfully give back to God through the Teaching of the Inner Christ.

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

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Double Heart Trio

Meditation and Silence

Affirmation for the coming week: I proclaim God's Truth is freedom for all.

Closing Song: Love Is the Only Power p. 17

.....

Make TODAY so *awesome* YESTERDAY *gets* JEALOUS

Sunday Spiritual Celebration! July 23, 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: "A Man Must Be Free" p. 52

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Kayla Rose Carroll

"I Embrace My Freedom"

Rev. Marilyn Glattly

Offering of Tithes and Gifts



Blessing of the Offering: I thank God for Divine Abundance that flows freely through me. I joyfully give back to God through the Teaching of the Inner Christ.

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 for the coming week: I embrace my freedom always.

Closing Song: Love Is the Only Power p. 17

.....

True freedom is the capacity for acting according to one's true character, to be altogether one's self, to be self-determined and not subject to outside coercion. - Corliss Lamont

Sunday Spiritual Celebration! July 30, 2017

Usher/Video: Judy Holmes

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: "They'll Know We Are Christs By Our Love" p. 64

Center Events

Music performed by: Elizabeth Brabant

Inspirational Reading Rev. Elaine Fuller-Zachey

"Freedom and Divine Connection"

Rev. Mary Ann Kelley

Offering of Tithes and Gifts



Blessing of the Offering: I thank God for Divine Abundance that flows freely through me. I joyfully give back to God through the Teaching of the Inner Christ.

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

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Elizabeth Brabant

Meditation and Silence

Affirmation for the coming week: My Divine Connection frees me to live my best life.

Closing Song: Love Is the Only Power p. 17

.....

Giving up on your goal because of one setback is like slashing your other tires because you got a flat.

If you want to know where your heart is, look to where your mind goes when it wanders.

The Five Love Languages, in a Nutshell



The five languages are pretty straightforward, but here's a brief description of what each of them mean:

- **Words of Affirmation:** Expressing affection through spoken affection, praise, or appreciation.
- **Acts of Service:** Actions, rather than words, are used to show and receive love.
- **Receiving Gifts:** Gifting is symbolic of love and affection.
- **Quality Time:** Expressing affection with undivided, undistracted attention.
- **Physical Touch:** It can be sex or holding hands. With this love language, the speaker feels affection through physical touch.

Chances are, you can relate to a few of these. Maybe you relate to all of them. But most of us have one or two that are much more important to us than the others, and it's different for everyone. When you know what your partner does and doesn't care about, it's a pretty big eye opener. For example, for years, I've been giving my significant other small gifts to show that I care. I put a lot of thought into those gifts, and I loved surprising him. It would piss me off when he'd receive them and just say, "Oh cool, thanks," and then set it aside. That was not the reaction I wanted. By giving him a gift, I was saying, "I care about you," and "oh cool, thanks," is not a good reply to that.

When I realized "gifting" wasn't his love language at all, everything suddenly made a lot of sense, and I learned to show that I care in ways that speak to him. And conversely, when I do give gifts, he now understands that's my way of saying I love you, and it means more to him now.

<http://www.5lovelanguages.com/>

Here is a video (less than three minutes) that shows the 5 Languages of Love.

Taking the quiz (on the same page) might prove insightful, "Learn Your Love Language" after you watch the video. It will take about 10-15 minutes but I think it is well worth it.



FYI: by Jeannette

Be Your Best Self

Discover and unleash – your inner awesome!

Consider all the things that make up you: your beliefs, characteristics, habits, strengths, responsibilities, relationships, and so on. If those things were separate pieces of luggage, what would you take with you to the future? What would you leave behind? Visualize this...

There's power in that self-creation: It's the first step to actually owning that identity. When you change how you see yourself, you change your world. Being your best self opens you up to so many possibilities: healthy living, loving relationships and fulfilling work. When those parts of your life are thriving, positive choices become second nature. Meet your best self...

Best-Self Portrait

Think about your "dream" self. How would you describe it?

My best self is _____ and _____.
POSITIVE ADJECTIVE **POSITIVE ADJECTIVE**

My best self likes to _____ and _____.
HEALTHY ACTION
_____. When faced with a challenge,
HEALTHY ACTION

my best self _____ and _____.
ACTIVITY **ACTIVITY**

My best self takes time out for relaxing, restoring breaks such as _____.
ENJOYABLE ACTION

_____ about life. If someone asked me
POSITIVE EMOTION

for my definition of success, my best self would say

" _____."
POSITIVE MOTTO

Now that you've created your best-self portrait, pick one element that you can work on making a reality. What small, specific actions can you take now, mental or physical, or activity-related?

This week's action plan

Spend a few minutes visualizing your “best self” and decide on one small thing you can do to become that person.



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

Make Reservations for Spiritual Celebration 2018 Now!

Take advantage of our installment plan for seminar . . . make life easier for yourself, by placing \$40 monthly towards your next seminar. Meeting friends of like mind, workshops, inspirational talks, love power circles, morning activities (e.g. walks, gentle yoga, meditation, etc.) *and* exquisite chef prepared foods (e.g. homemade ice cream and sorbet, mouth-watering sandwiches with basil and freshly grilled veggies and an awesome salad bar) – all this (*and more!*) for a fun-filled 4 days/3 nights for just a little over \$500!! (Less if fully paid at an Early Bird Rate! Best price if fully paid by first week in March.)

Talk with Pastor Kayla Rose Carroll to plan your seminar payments! ☺



Teaching of the Inner Christ

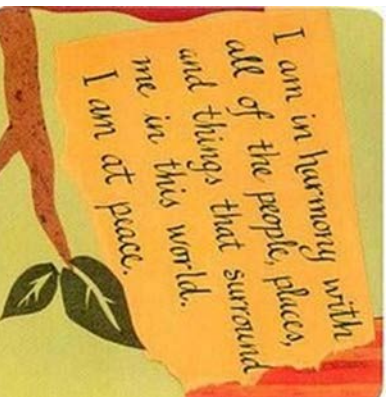
1114 N. 2ND ST (1100 Bldg.)
EL CAJON, CA 92021-5008
619-447-7007

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



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!