

TEACHING OF THE INNER CHRIST

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www.teachingoftheinnerchrist.com



April Spring Fling

By Rev. Mary Ann Kelley

The Spring is Sprung

Rhyme by Anonymous (Not Ogden Nash)

The spring is sprung, the grass is riz.
I wonder where the boidie is.
They say the boidie's on the wing.
But that's absoid. The wing is on the boid.

(cont. p. 6)



There is a powerful truth contained within the Word of God and that is the Law of Abundance. Nowhere in the Bible can you find that God wants us broke, beaten down, depressed or experiencing lack. God wants us to live in abundance! In fact, these are the exact words that Jesus spoke in John 10:10 "I have come that you might have life and have it more abundantly."

I remember a time when I was newly divorced raising 3 children as a single parent and working two jobs to support said children. Sometimes, we only had potatoes for dinner, because they were inexpensive. We lived from paycheck to paycheck. It was really a tough time. Part of the time I had no car and took a bus 1-1/2 hours to work and 1-1/2 hours back home every day.

Then I found the Teaching of the Inner Christ and as I studied Inner Sensitivity and took Rev. Ann Meyer Makeever's abundance course, my consciousness began to change. I realized I no longer had to be a victim of lack. Through prayer and meditation, I could change my life.

And then I found out about tithing. Tithing for me is making a commitment to God. I committed to give back to God on a regular basis. So since the appearance was that I couldn't pay my bills I committed 1% of my income before anything else was paid. As I noticed that my situation wasn't any worse, I committed 2%. Then I noticed my situation was getting a little better so I raised it to 5%. Slowly I worked up to the 10% the Bible talks about.

Now even though the economic appearance for some is one of lack, I still tithe and I am happy to do so. I have been so blessed by God and T.I.C. I would be very reluctant to stop tithing. We tip waitresses' and those who serve us for a moment, why not give to God who serves us every moment of our every day?



Rosemary Chicken with Fresh Tomato-and-Balsamic Sauce

Ingredients:

- 2 tsp. fresh rosemary, chopped
- 4 ¼ lb. thin skinless, boneless chicken breasts
- 1/4 tsp. salt
- 1/4 tsp black pepper
- 2 tsp. olive oil
- 2 scallions, thinly sliced
- 2 garlic cloves, minced
- 2 Tbsp. balsamic vinegar
- 2 c. red or yellow tomatoes, halved
- 1/4 c. fat-free chicken broth
- 2 tsp. capers, drained
- 1 Tbsp. lemon zest



Reserve 1½ tsp. of chopped rosemary. Sprinkle the chicken cutlets with 1/2 tsp olive oil in large skillet over medium-high heat. Add chicken and cook just until browned and cooked through, 2-3 minutes per side. Transfer chicken to platter and keep warm.

Add the shallots and minced garlic cloves to same skillet; cook over medium heat, stirring, until softened, about two minutes. Add 2 Tbsp balsamic vinegar; cook, stirring with wooden spoon and scraping up any browned bits from bottom of pan, until vinegar evaporates. Stir in the cherry tomatoes, chicken broth, capers, lemon zest, remaining 1½ tsp. rosemary, and 1/4 tsp salt. Cook, stirring frequently, until tomatoes are softened, about three minutes. Return chicken and any accumulated juices to the skillet; heat through. Serves 4 Yields: 1 chicken cutlet and 1/3 c sauce per serving (Continued on p. 6)



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.



FYI: by Jeannette

April is the month we associate with Spring. It's a time of cleaning out closets, of addressing concerns which we have put on the back burner, and in so doing relieving ourselves of stress in our lives.

Stress is natural: It's our body's automatic response to perceived pressure or threat. It can hit us at once, like on the day of a big work presentation, or build up over time, due to things like illness, relationship tensions, even a lack of time for ourselves. Trying to fit everything into our day can stress us out. Between commuting, taking the kids to school, challenges at work or at home – it can be challenging to get it all in and meet everyone's (and our own) expectations.

Sometimes stress can motivate you, like when we pull together details for a surprise birthday party for a loved one. But often it works against us – and our health. Stress can show up in the form of pain, difficulty sleeping, upset stomach, and/or headaches. It dings our emotional health, too. We might have difficulty concentrating; or feel irritable, tired, or always worried.

Frazzled folks are more likely to overeat, eat more unhealthy food – foods that create inflammation in our body. The TOP THREE INFLAMMATORY FOODS ARE: wheat, dairy, and sugar, and of course these are the ingredients of most "comfort foods." But inflammatory foods are at the root of almost all diseases; arthritis, diabetes, heart problems, autoimmune diseases or illnesses – and so much more.

It's impossible to banish stress from our lives, but changing how we think about a situation can help. There will be good days and bad days, but as long as we are making progress, we are succeeding.

WHAT TO DO: REFRAME YOUR STRESS

We might not be able to control stressful situations, but we can change our response to them. What we think

determines what we feel, which determines what we do. Learn to identify unhelpful thoughts now, and the next time stress gets in your face, you can reality-check the situation, shift your thinking, and come away with a calmer, more realistic perspective.

Some Ways to Relieve The Stress in Our Lives

DANCE IT OUT: Put on music you like and take a few minutes to dance and sing along with the music. Anywhere will do – the copy room at work, the middle of the kitchen, in the car...the more absurd the place the better!

HIT THE GYM: Something amazing happens about 20 to 25 minutes into a great cardio session. One stops worrying about whatever is bothering us and we start focusing on our breathing and steps. Then it's like, "Stress? What Stress?"

TAKE A BREAK: Even a five-minute walk outside can remove stress and allow us to be more objective. Without that break, we tend to make "mountains out of molehills"!

MEDITATION: Sometimes, getting in touch with our spiritual side can be just what we need. The sitting still and listening to what comes from within can feel us with the most wonderful calm.

TAP YOUR RESOURCES: Having a friend or group that we can count on for help can make a HUGE difference in our lives and our journey!

The Law of Attraction

"Thoughts become things"

"What you think, what you feel and what manifests is always a match"

"Be thankful for the things you are grateful to attract things to be thankful for"

"Whatever the mind can conceive, it can achieve"

"When the opportunity or impulse is there...ACT"

Secret formula: ATTRACTION = ATTRACT + ACTION

Spring Fling (continued from cover)

Jeff Spry used this poem in his spring talks. He was such a delightful man, and so filled with the love of nature. He would compost everything that could be composted. He planted his garden and tenderly cared for it almost every day when he came home from work. As you can guess, he was also a Master Gardener. He introduced us to some of the local "weeds" that were edible such as *lamb's ears* that are really very good that grew prolifically in his *Rancho del Christo* garden on the outskirts of Escondido, CA.

Jeff was the one who coined the phrase, "Cancel, cancel for lack of truth," whenever something of a negative nature would pop out of someone's mouth, even his own. He was a humble man who always took responsibility for whatever he did, and by his example, showed us how to take responsibility for what we did. What a gift.

He was a man of nature, and a man filled with love for humanity. I don't think I ever heard an unkind word come out of his mouth.

I think of Jeff Spry every spring because I loved helping him with his garden preparation this time of year. Rest in peace, Jeff. You are missed and loved still.

As we enjoy this beautiful season of awakening, let us keep in mind those who rest in peace, and enjoy the blossoming of this renewal time.

Blessings to us all,

Rev. Mary Ann Kelley



Rosemary Chicken with Fresh Tomato-and-Balsamic Sauce

(continued from p. 3)

TIP: Thin-sliced chicken breasts cook faster than regular skinless, boneless chicken breasts. To make your own thin slices from a regular chicken breast, lay the breast flat on a cutting board and place your palm on top. Insert a knife into the thickest end and cut the breast in half horizontally.

***YOU DON'T WANT TO MISS THIS OPPORTUNITY
FOR THE 2018 SPIRITUAL CELEBRATION!***

If you find later that you have a conflict with the date and can't attend, contact T.I.C. and all of your donations, with the exception of the \$75 down payment, will be refunded. For more information, please call: (619) 447-7007.



Spiritual Celebration

Have you signed up for our Spiritual Celebration this year?

Relax in the surroundings – *join the fun workshops!*



**Spiritual
Celebration
June 21 – 24, 2018**

Temecula

**Panoramic views amidst
tranquil vineyards!
Reserve your spot for
*this year!!***





- 1 Love Power Circle
- 8 LBR/IBA 12:15 p.m.
- 11 Discussion Group - 2:00 p.m.
- 29 Spring Fling
Potluck
Birthday Sunday – *Bring a Friend*



BOOKSTORE

FEATURED BOOK THIS MONTH • 20% Discount!

Man Awareness

A Metaphysical Awareness Course in Ten Lessons
By: Al Justice

Adapted from the book Ten Lessons in Woman Awareness
by permission of the author Ann P. Meyer

“This book is dedicated to the many men who have so patiently awaited this book over the years and to those who wish to become the true masculine person that they are. One of the greatest needs of the human race today is for a deeper understanding of the masculine side of its nature – man.” – Al Justice

Men themselves feel this need, though they may not know what to call it. They long to know more of their own man nature, to be able to express more of their innate masculinity, to enjoy themselves and women more and to break free from the heavy mental, emotional and physical demands which have bound them through the ages. These bonds can be broken only through understanding, and understanding must begin in the minds of men themselves.

This book is designed to open your awareness of the man within you.

Regularly \$21.95 less 20% = \$17.56 + tax = \$19.01

APRIL

2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 Happy Easter!  Love Power Circle 12:15 p.m.	2	3	4	5	6	7
8 Celebration 10:30 a.m. LBR/IBA 12:15 p.m.	9	10	11 2pm Discussion Group 	12	13	14
15 Celebration 10:30 a.m.	16	17	18	19	20	21
22 Celebration 10:30 a.m.	23	24	25	26	27	28
29 Celebration 10:30 a.m. Spring Fling Potluck Birthday Sunday	30					

Easter Sunday Service! April 1, 2018

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: "Christ The Lord Has Risen"..... p. 59

Center Events

Music performed by: Double Heart Trio

(Jennifer Allen-Prather, Kayla Rose Carroll, Patti Moe)

Inspirational Reading Rev. Mary Ann Kelley

"Claiming God's Peace and Presence in Me"

Rev. Elaine Fuller-Zachey

Offering of Tithes and Gifts



Blessing of the Offering: We give Thanks for the presence of the Christ in me and everyone.

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: All of God's Presence brings Peace of Mind here in me now and always.

Closing Song: Love Is The Only Powerp. 17



Spiritual Get-together Meditation

2nd Wednesdays of the month

Discussion & Meditation

MAR 13 2:00-3:00 p.m.

Sunday Celebration Service! April 8, 2018

Usher/Video: Kayla Rose Carroll
Service Leader: Rev. Brigitte Heimers

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "All Over The World" p. 57

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Brigitte Heimers

**"Recognizing God's Love in Me"
Rev. Elizabeth Brabant**

Offering of Tithes and Gifts



Blessing of the Offering: Thank you Wonderful God in us, for showing us all the Love you have bestowed upon us, now and always.

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 see God's Love all around me and I know that it is enough and to spare for me.

Closing Song: Love Is The Only Powerp. 17



I am grateful for every experience I have ever had as it has shaped me into the person I am today and that is exactly who I am supposed to be right now at this very moment.

Sunday Celebration Service! April 15, 2018

Usher/Video: Tim Parr

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: Elizabeth Brabant

Inspirational Reading Rev. Elaine Fuller-Zachey

"Accepting God's Joy for Me and for Everyone"
Rev. Mary Ann Kelley

Offering of Tithes and Gifts



Blessing of the Offering: Thank You Wonderful God for showing me the Joy you have given me and this Wonderful 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: I accept God's Joy in my life and in the lives of everyone around me.

Closing Song: Love Is The Only Powerp. 17



I give up freely what is no longer serving me. I release it to create space for what inspires me.

Today I choose Joy!

Sunday Celebration Service! April 22, 2018

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: "I Live Vigorously" p. 68

Center Events

Music performed by: Ann del Amo

Inspirational Reading PT/ICC Jennifer Allen-Prather

**"Sharing God's Peace, Love, and Joy with Mother Earth"
Rev. Brigitte Heimers**

Offering of Tithes and Gifts



Blessing of the Offering: As I enjoy sharing God's Peace, Love, and Joy with others, I give thanks for the ability to recognize this wonderful abundance.

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 take delight in sharing God's abundant Peace, Love, and Joy with my world.

Closing Song: Love Is The Only Powerp. 17



**My potential is unlimited!
Be the change you wish to see in the world!**

Sunday Celebration Service! April 29, 2018

Usher/Video: Judy Holmes
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: "Faith Unlocks The Door"..... p. 72

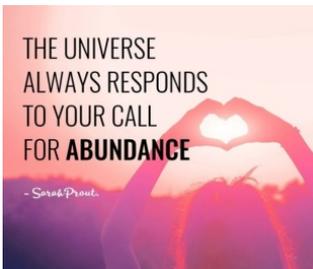
Center Events

Meditation Music performed By: SEPARATE PROGRAM



Spring Fling

Sunday – April 29



3 Steps to Manifesting Abundance:
Conceive it,
Believe it,
Receive it!

 **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. Elizabeth Brabant, M.A., M.M.S. (858) 451-0031
- Rev. Elaine Fuller-Zachey, M.A., M.M.S. (619) 263-8383
- Rev. Brigitte Heimers, Ph.D., M.M.S. (619) 464-1216
- Rev. Mary Ann Kelley, M.B.A, M.M.S. (619) 200-3639
- Rev. Richard Musil, M.M.S. (retired)..... (619) 584-2244
- PT/ICC Jennifer Allen-Prather (619) 713-0768

Visit our Website www.teachingoftheinnerchrist.com

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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



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who care for our mail from start to finish!!

We are TRULY grateful for all you do.

Thank You! Thank You! Thank You!