



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



December

Celebrate the Christ Light You Are

By Rev. Dr. Brigitte Heimers

Since the early days of the Teaching of the Inner Christ, Jesus in his channeled messages, spoke about the Christ Light within each person, he spoke about Christ awareness within and Christ awareness all over the world, everyone a living Christ. We learned that all of us have a unique Christ identity which is our own identity on the Christ level of our being, of our Christ consciousness - it is our vibration, our awareness. Vibration is synonymous with (continued p. 2)



Celebrate the Christ Light You Are ... (continued from cover)

'name'. We have our own Christ name; in fact, each person has an unknown number of Christ identities, each on a different level and each with a particular Christ or I Am name.

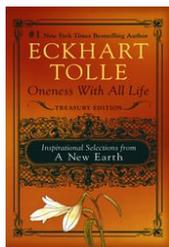
We also learn, here at T.I.C., that the Christ identity of each person is a universal teacher, healer and light bearer – as capable, as beautiful and as loving as Jesus. All we have to do is to allow ourselves to become aware of and to know on deeper levels that which we already are: universal teachers, healers, spreading the Christ light all around us.

Each of us is a Christ Light, but we don't always recognize this greatest of all truths about ourselves. We do not always consciously invite communion with the Christ or open all the doorways of our thought in complete acceptance. But beginning right now, let us honor and celebrate the Christ Light we truly are and use it every day as we move into the Christmas season.



BOOKSTORE

FEATURED BOOK THIS MONTH • 20% Discount!



Oneness With All Life, By: Eckhart Tolle

~~\$16.00~~ Now \$12.80+ Tax (\$1.06) = \$13.86

When Oprah announced *A New Earth* as her 61st Book Club selection, it skyrocketed to #1 on the *New York Times* bestseller list, selling over five million copies in paperback and remaining at the top of the list for twenty-two consecutive weeks. In *A New Earth*, renowned spiritual teacher Eckhart Tolle describes how our current ego-based state of consciousness operates. The purpose of this book is to bring about a shift in consciousness, or in his words, an awakening. An essential part of this awakening is the recognition of the ego, and our attachment to things, the past, and enemies.



Do you realize that by the end of this year we'll all have become a year older?

Contrary to popular myth in this youth-oriented century, I believe there are benefits in maturing gracefully. The experiences gained travelling through the ups and downs of life have catapulting me into a place of deeper understanding, appreciation and joy for the gift of life, not to mention the senior discounts at Denny's.

Since becoming more "seasoned" I have become more resilient, resourceful and reliable and identify with comedian George Burns who said "Age is mind over matter, if you don't mind, it doesn't matter."

So, no matter which decade you're in, fifth, sixth, seventh or beyond always remember to view life with enthusiasm and passion. Count your blessings instead of years. Truly accept yourself just as you are right now, yet be willing to learn, blossom and change if necessary.

When you look in the mirror, see radiant eyes forever reflecting a youthful heart. Give yourself a giant hug and have a love affair with your precious self.

Love and Hugs
Kayla Rose



Affirmation: Thank you, God for my past to learn from, my present to experience and my future to look forward to. I open myself up to the excitement and newness of the upcoming year.



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.

October 2018

Income	\$ 4166.96
Expenses	<u>\$ 4382.07</u>
Net Loss	\$ 215.11

Memories of Christmas . . . by Brigitte Heimers

I remember fondly, especially in my childhood experiences, the Christmas season in Germany. Our traditions are a little different. When I grew up, the Christmas trees were freshly cut and came to the marketplace about a week before Christmas. And the 24th of December was an exciting day for us children because on that evening the 'Weihnachtsmann' who is called Santa Claus here in America came into each house and brought gifts, if the children had been behaving well during the weeks before, or left a switch for them if they had not behaved well. All the gifts were wrapped in Christmas paper with name tags on them and put under the Christmas tree.

As some of you know, our main meal is eaten at noontime in Germany – it was usually a simple one on Christmas Eve, like potato salad and herring or something like that. Later on, early in the afternoon, we always went to church together – and afterwards, my parents were busy in the living room with Santa Claus and we children were supposed to play in our bedrooms, but frequently we were sneaking through the hallway in hopes to catch a glimpse into the living room.

And then the moment we were told that Santa Claus had left and we could find our presents, we always had to recite the very famous Christmas poem "Von drauß vom Walde komm ich her...ich muß euch sagen es weihnachtet sehr..." (that was the voice of Santa Claus). Finally then, it was bedtime! While my parents would sleep in on Christmas Day, we children were usually up early to play with our toys.

In closing, I want to share with you that trees have always inspired me. I love the way they transform from season to season. Especially in winter time and back then, I found them to be incredibly beautiful, when they stand so vulnerable against an ominous sky.

Much love and blessings,
Brigitte Heimers



5 Tips for a Kinder, Gentler Holiday Season

Remember why we celebrate

The rituals that we observe are meant to enhance this celebration, not eclipse it. So whenever you feel your chest tighten with anxiety, breathe through it and remember what really matters.

Get everyone in the family involved in the celebration

Go through closets and donate items you haven't used during the year and other items you don't need. Have the children go through their toys and books to choose items to give away to others who are less fortunate.

Give in ways that matter

Make other kinds of charitable giving a family affair, too. For older children, choose an affordable sum of money and tell each child that you will make a donation to the charity of his or her choice. Tell them they'll need to research the charity online and explain to you what it does and why the mission is important to them. If multiple donations aren't in the budget, then ask each family member to recommend a charity, and then vote on where the money will go this year. Younger children might enjoy sponsoring an animal at a shelter or rescue facility. Some facilities provide adoption photos and online updates, too.

Choose clutter-free gifts

Think "outside the box," literally and figuratively. A handmade item—whether it's a knitted scarf, homemade truffles, a framed photo, or a recording of a favorite story—can be used and cherished. And experiential gifts, like a trip or lessons, won't take up space and will open the recipient's heart and mind.

Clear the calendar for fun

Carve out some time for family togetherness and spend it making memories. This is the most valuable gift you can give one another. Baking and decorating cookies together is a favorite holiday tradition for many families. But you might also try making your own gift wrap, using newspaper or brown paper bags and whatever art supplies you have on hand. Or snuggle in with popcorn and a stack of holiday movies on DVD. The important thing is that everyone is sharing the experience.



Mediterranean Roasted Butternut Squash Salad

Prep Time: 10 min

Cook Time: 25 min

Serves: 4

WW: 4 pts

This salad just might be THE salad to prove that salads don't have to be boring. Instead of the flavors of the butternut squash, feta, olives and sundried tomato all competing against each other, they complement each other in a flavor packed salad.

Ingredients

- 1 (20 oz) pkg. butternut squash, cubed
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 5 oz mixed lettuce (baby kale, arugula, radicchio)
- 1/3 cup reduced-fat red-wine vinaigrette
- 1/4 cup coarsely chopped walnuts, toasted
- 1/4 cup crumbled soft goat cheese

Optional

- 10 olives
- 2 tsp dried oregano
- 1 tsp cumin
- 2 Tbsp extra virgin olive oil
- 2 tsp garlic powder
- 10 sun-dried tomatoes, chopped
- 2 tsp dried rosemary
- Juice of one organic lemon

Preheat oven to 425°F. Spray rimmed baking sheet with olive oil nonstick spray.

Put squash on baking sheet. Spray with nonstick spray and sprinkle with salt and pepper; toss to coat. Spread evenly.

Roast squash, turning halfway through, until tender and lightly browned, about 25 minutes. Let cool slightly.

Put salad mix in large bowl. Drizzle with vinaigrette and toss to coat evenly. Divide among 4 plates. Top with squash and sprinkle with walnuts and goat cheese.

Serving size: 2 cups greens, 3/4 cup squash, 1 Tbsp. walnuts, 1 Tbsp goat cheese



Healthy, fast and easy to make, chia pudding is a great source of omega-3 fatty acids, protein, antioxidants, fiber, magnesium, potassium, calcium, and other essential vitamins and minerals. This

pumpkin chia pudding is made with full- fat coconut milk. Coconut milk adds even more nutrients including Lauric acid; which has antibacterial and antiviral activities. Lauric acid has also been linked with improved cholesterol levels and heart health.

Pumpkins not only have a uniquely delicious flavor, but also come with its own health benefits including; a good amount of vitamin C, vitamin E, B vitamins, potassium, manganese, flavonoids, and amino acids. Bon Appétit!

Pumpkin Pudding

- 1 can [Organic Full- Fat coconut milk](#)
- 2 Tbsp chia seeds
- 1/2 cup organic pumpkin puree, [BPA Free](#)
- 2 Tbsp almond butter, unsweetened
- 1 tsp Stevia powder or 5-7 drops of Stevia

Directions:

Blend everything in a high-powered blender until the chia seeds are mostly broken down.

Store in the refrigerator for at least 2 hours.



Chocolate Pudding

- 1 can organic full- fat coconut milk
- 1.5 Tbsp raw unsweetened cacao
- 2.5 Tbsp chia seeds
- 1 tsp Stevia powder or 5-7 drops of Stevia

Directions:

Blend everything in a high-powered blender until the chia seeds are mostly broken down.

Store in the refrigerator for at least 2 hours.

I have the chocolate pudding on the bottom layered with the pumpkin pudding on top.

What's Happening at Our Center!

December 2018

2 Love Power Circle

9 **No Morning Service – Come at 4 p.m. – a NEW time!**

*T.I.C. Presents: Celebrating Christmas:
Joy to the World!*

16 LBR/IBA Meeting – 12:30 p.m.

24  Christmas Eve Service – 4 p.m. (Monday)
Headed by: Rev. Mary Ann Kelley

Potluck Immediately following Service – 5 p.m.
Headed by: Rev. Elaine Fuller-Zachey

30 Potluck & Birthday – *Bring a Friend*



30 New Year's Eve Releasing Service (10:30 a.m.)
Led by: Rev. Brigitte Heimers





DECEMBER 2018



SUN	MON	TUE	WED	THU	FRI	SAT
2 Celebration 10:30 a.m. Love Power	3	4	5	6	7	8
9 Christmas Program 4 p.m. 	10	11	12	13	14	15
16 Celebration 10:30 a.m. LBR/IBA 12:30 p.m.	17	18	19	20	21	22
23 Celebration 10:30 a.m.	24 Christmas Eve Service & Potluck 4 p.m.	25 Christmas Day 	26	27	28	29
30 Releasing Service 10:30 a.m. Birthdays Potluck	31					



Special Christmas Program!

Sunday - December 9

4:00 p.m.

*Celebrating Christmas:
Joy to the World*



Do something good for someone who needs it.
Never forget to do something good for yourself.

Sunday Celebration Service! December 2, 2018

Usher/Camera: Kayla Rose 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: "Jingle Bells" p. 2

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Mary Ann Kelley

"Celebrating the Christ Light You Are"
Rev. Elaine Fuller-Zachey

Offering of Tithes and Gifts



Blessing of the Offering: I joyfully give and joyfully receive -celebrating the Christ Light that I am.

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 envision the Christ Light above me and below me, before me and behind me.

Closing Song: Love Is The Only Power p. 17

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Special Sunday Celebration! – December 9, 2018

4:00 p.m.

Special Christmas Program:

Celebrating the Christmas Joy

Sunday Celebration Service! December 16, 2018

Usher/Camera: Tim Parr
Service Leader: Rev. Dr. Brigitte Heimers

Meditation Song: "We Are One" p. 28

Opening Meditation
Greetings

Prayer Demonstrations
Prayer RUCAT Card: Fill out prior to meditation

Group Song: "Angels We Have Heard On High" p. 5

Center Events

Music performed by: Richard Musil

Inspirational Reading Rev. Dr. Brigitte Heimers

"Appreciating the Gift of Christ Awareness"
Rev. Elizabeth Brabant

Offering of Tithes and Gifts



Blessing of the Offering:

In gratitude I share the heartfelt gifts given to me from God in my life.

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

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Richard Musil

Meditation and Silence

Affirmation for the coming week:

My life is filled with peace, joy, and grace.

Closing Song: Love Is The Only Power p. 17



- I have plenty of abundance to share!
- I enjoy sharing my abundance with others!
- I am love, loving, lovable and loved!

Sunday Celebration Service! December 23, 2018

Usher/Camera: 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: "Silent Night" p. 7

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Elaine Fuller-Zachey

"Experiencing the Miracle of Joy"
Rev. Mary Ann Kelley

Offering of Tithes and Gifts



Blessing of the Offering: God always gives me ways to use my talents for enriching my life by celebrating miracles, wisdom, health, and joy.

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: The light of the Christ vibrates in every cell of my body and the body of my affairs.

Closing Song: Love Is The Only Power p. 17

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- I love the holidays!
- My life works in magical ways around the holidays!
- I attract everything I need to make my holidays fantastic!

Sunday Celebration Service! December 30, 2018

Usher/Camera: 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: "I Heard the Bells on Christmas Day" p. 11

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Mary Ann Kelley

"Making Christmas Last"
Rev. Dr. Brigitte Heimers

Offering of Tithes and Gifts



Blessing of the Offering: The light of Spirit transforms the thoughts I hold in mind, the words I speak and the actions I take.

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 am grateful to recognize that I am one with the infinite love and light of pure Spirit.

Closing Song: Love Is The Only Power p. 17



- I am grateful for my health this season!
- Thank you for this day full of energy and happiness!
- Thank you for the simple things in life!



Coconut Crème Custard

Another healthy dessert for those who cannot eat sugar. This is GREAT for the holidays!

This custard is light and easy to make. It can be enjoyed anytime of the day. This pudding is low carb, but high in healthy fats, protein, and essential vitamins and minerals. Coconuts are one of the best sources of [lauric acid](#), which is a protective type of fatty acid that makes up 50% of the fatty acids in coconut. Lauric acid can improve cholesterol levels, heart health, and thyroid health. When lauric acid is digested, it forms a substance called Monolaurin which can kill harmful pathogens like bacteria, viruses, and fungi. Bon Appétit!

Ingredients:

1 can coconut milk, full fat	1 egg
1 tsp vanilla extract	2 egg yolks
4 Tbsp arrowroot powder	6 drops Stevia (1 tsp powder)

Directions:

In saucepan, mix in the coconut milk, eggs, and stevia and bring to a boil. Just before it begins to boil whisk in the arrowroot powder slowly until it is well mixed in. Lower the heat once it begins to boil. Add in the vanilla extract and simmer for three minutes. Take the mixture off heat and let it cool down for about 10 minutes. Add the mixture into separate dishes and store in the refrigerator for about two hours until it sets.

The custard is good in the refrigerator for 5-7 days. I sprinkled the coconut custard with an almond flour coconut flour crust.

Ingredients:

1/8 cup coconut flour	1/4 cup almond flour
2 tsp Coconut Oil	2-4 drops stevia

Directions:

Preheat oven or toaster oven to 350 degrees. Mix the ingredients in a small bowl. Form a small crust over parchment paper. Cook until the top browns about 5 minutes.

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: Shared Leadership

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.

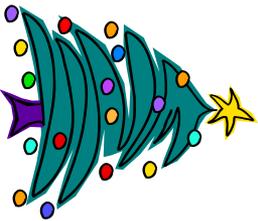
Teaching of the Inner Christ Center	(619) 447-7007
Fax	(619) 447-7009
Rev. Kayla Rose Carroll, Pastor, M.M.S.	(619) 447-7007
Rev. Elizabeth Brabant, M.A., M.M.S.	(858) 451-0031
Rev. Elaine Fuller-Zachey, M.A., M.M.S.	(619) 263-8383
Rev. Brigitte Heimers, Ph.D., M.M.S.	(619) 464-1216
Rev. Mary Ann Kelley, 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 really grateful for all you do!