

♥ TEACHING OF THE INNER CHRIST

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February - The Love Month

By Rev. Elaine Fuller-Zachey

When we think of February, we often think of romantic love; gifts of chocolates, flowers, cards and dinners in good restaurants with someone we care about. That's a popular version and we can also think about how the Teaching of the Inner Christ teaches us about (cont.)



It is the month of Valentine's Day, and the energy of romantic love is flowing abundantly.

Therefore, this holiday becomes an excellent opportunity to focus our attention upon the spiritual reality that each of us is already an emanation of divine love. In *Science of Mind*, Ernest Holmes says "...until we learn to love, we are not sending our love vibrations, and not until we send our vibrations can we receive love in return." When we know that our eternal nature is love, we emit vibrations of love from our very essence.

When we experience an aching need for love from outside of ourselves, we live in an atmosphere of lack and limitation. Our spiritual growth occurs when we realize that all the love of the Universe resides within us, and it is through the giving and receiving of this ever-abundant flow of love that we actualize our true spiritual essence.

So, this February, I invite us all to BE the love we seek and then continue to be this radiant LOVE all the year through!

Love to All
Rev. Kayla



Affirmation: I am a divine being of love, giving and receiving love with other lovers of the world.



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.*

December 2017

Income	\$5,377.28
Expenses	4,808.15
Profit	(569.18)



WALK in love

"Love never fails." (1 Corinthians 13:8)

The Love Month (continued from cover)

unconditional Christ love. Let's see February as the month of love.

Historians suggest that the February holiday of Valentine's Day originated as Lupercalia. It was a Roman fertility festival that went from February 13 to 15 in which men and women were matched up according to a lottery, many to marry later. In 3 A.D., Saint Valentine married young couples in defiance of the Roman ban on marriage. Emperor Claudius II imprisoned him and while there, he fell in love with the jailer's daughter. He sent her a love letter signed, "From your Valentine". In the 5th century, Pope Gelasius declared Feb 14 St. Valentine's Day and 1375, Chaucer poetry spread the idea of Valentine's Day as a day of romance. In the Middle Ages, gifts of handmade paper cards were popular in Britain and Europe and it spread to the United States. Hallmark started making Valentines in 1913 and the Greeting Card Association estimates that now 25% of all cards sent annually are Valentines.

I look forward to Valentine's Day and will spend some quality time with my husband on the weekend closest to the holiday. Maybe we'll go to a movie, dinner, or drive along the beach and stop to have a picnic. We'll spend the day together, just enjoying each other's company.

T. I. C. guides us to contact our own Christ nature and so to feel and realize love on a high, non-judging level. With Inner Christ contact, we become more and more able to realize Christ Love and express it for all, including people we saw as enemies before. We become aware that love is universal harmony and rightness and the motivation for all creative action.

Love is unlimited and omnipresent. It's around all year, too! Let's recognize that and celebrate Valentine's Day every day by loving our significant others and all with Christ Love.

In Christ Love,

Rev. Elaine Fuller-Zachey



FYI: by Jeannette

February is also American Heart Month

Heart Attack Signs in Women

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is **chest pain** or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



If you have any of these signs, call 9-1-1 and get to a hospital right away.

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

"Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure," said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center and an American Heart Association volunteer. "Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or **fainting**, upper back pressure or extreme fatigue." Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

'I thought I had the flu'

Even though [heart disease](#) is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

"They do this because they are scared and because they put their families first," Goldberg said. "There are still many women who are shocked that they could be having a heart attack."



© American Heart Association

A [heart attack](#) strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood

can slowly narrow from a buildup of fat, [cholesterol](#) and other substances (plaque).

Many women think the signs of a heart attack are unmistakable — the image of the elephant comes to mind — but in fact they can be subtler and sometimes confusing.

You could feel so short of breath, "as though you ran a marathon, but you haven't made a move," Goldberg said.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them, Goldberg said. Dizziness, lightheadedness or actually fainting are other symptoms to look for.

"Many women I see take an aspirin if they think they are having a heart attack and never call 9-1-1," Goldberg said. "But if they think about taking an aspirin for their heart attack, they should also call 9-1-1."

(continued on p. 14)



All you need is faith, trust,
And a little bit of pixie dust.

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

Sign up NOW for Spiritual Celebration 2018 *Creating Life's Joy!* This month, just send a check to T.I.C. for \$75 with a note in the memo line "SC down payment", or go on our website and click "donation" with a note on the order to be for Spiritual Celebration 2018 and T.I.C. will set up a personal account for you on our payment plan.

Making additional "donations" as ABOVE, **starting in February at \$192.50 per month for two (2) months** (to get the early bird price, by March 31, 2018) and when Spiritual Celebration rolls around you will be paid in full and **ready to GO.**

However, if those payments are too steep for you at this time, you can opt to pay the regular price of the seminar, but in a smaller installment plan . . . **\$84 for five months will have the full price paid by June 1, 2018.**

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.

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Annual Meeting

Sunday, February 25

12:30 p.m.



- 4 Love Power Circle
- 11 LBR/IBA 12:15 p.m.
- 25 ANNUAL MEMBER'S MEETING
Potluck
Birthday Sunday – *Bring a Friend*



BOOKSTORE

FEATURED BOOK THIS MONTH • 20% Discount!

Living Mastery
By: Joanna Cherry

Living Mastery is an adventure into our unlimited possibilities. We are pioneers exploring a frontier unimaginable before, where each of us will realize how great we truly are. Through our oneness with the divine, the infinite One, we are returning to our ancient, forgotten, natural mastery.

“Living Mastery is a glorious book! I couldn’t put it down. It touches the heart in a uniquely personal way, via the experiences of Joanna Cherry and others who have ventured into the realms of light. A spellbinding journey into the mysteries of the divine, it cannot fail to ignite the mind and the spirit.”

– Dr. Joshua David Stone, Director of the Melchizdek Synthesis Light Academy and author of a sixteen-volume ascension book series.

Regularly \$12.95 less 20% = \$10.36 + tax = \$11.21

February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Celebration 10:30 a.m. Love Power Circle 12:15 p.m.	5	6	7 IST Lesson 10	8	9	10
11 Celebration 10:30 a.m. LBR/IBA 12:15 p.m.	12	13	14 2pm Discussion Group  IST Lesson 11	15	16	17
18 Celebration 10:30 a.m.	19	20	21 IST Lesson 12	22	23	24
25 Celebration 10:30 a.m. Potluck Birthday Sunday Annual Member's Meeting	26	27	28 <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Annual Meeting</p> <p>Sunday, February 25</p> <p>12:30 p.m.</p>  </div>			

Imagine all the people... living life in PEACE.

You may say I'm a dreamer, but I'm not the only one,

I hope that someday you'll join us, and the world will live as one.

John Lennon

Sunday Celebration Service! February 4, 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: "All Over The World"..... p. 57

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Mary Ann Kelley

**"Valentines to our Inner Christ"
Rev. Brigitte Heimers**

Offering of Tithes and Gifts



Blessing of the Offering:

I love the opportunity to share good with God now.

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

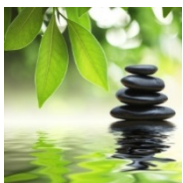
Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Ann del Amo

Meditation and Silence

Affirmation for the coming week: I accept love and guidance from my Inner Christ now and always.

Closing Song: Love Is The Only Powerp. 17



Spiritual Get-together Meditation

2nd Wednesdays of the month

Discussion & Meditation

FEB 14 2:00-3:00 p.m.

Sunday Celebration Service! February 11, 2018

Usher/Video: 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: "If Loved Ruled The World"..... p. 71

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Elaine Fuller-Zachey

**"Be My Valentine"
Rev. Elizabeth Brabant**

Offering of Tithes and Gifts



Blessing of the Offering: I share love as I share my finances with T.I.C. to promote its health and joy worldwide.

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 send love to my Inner Christ and to all every day.

Closing Song: Love Is The Only Powerp. 17



**Live every moment.
Laugh every day.
Love beyond words.**

Sunday Celebration Service! February 18, 2018

Usher/Video: Tim Parr

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: "God's Love Is Deep Within"..... p. 62

Center Events

Music performed by: Richard Musil

Inspirational Reading Rev. Brigitte Heimers

**"Leading As Loving Service"
Rev. Elaine Fuller-Zachey**

Offering of Tithes and Gifts



Blessing of the Offering: I joyfully give financially to T.I.C. so it can continue to love, lead and serve in joy.

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: I accept and follow Inner Christ wisdom as I love, lead, and serve in all ways.

Closing Song: Love Is The Only Powerp. 17



**Live with passion.
Love deeply.
Laugh out loud.**

Sunday Celebration Service! February 25, 2018

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: "What The World Needs Now Is Love"..... p.54

Center Events

Music performed by: Double Heart Trio

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

Inspirational Reading PT/ICC Jennifer Allen-Prather

"Loving All with Christ Love"

Rev. Mary Ann Kelley

Offering of Tithes and Gifts



Blessing of the Offering: I give to supply T.I.C. as it spreads the Truth of Christ, that we are each a 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 open my Christ awareness of Love. I am immersed in a river of Christ Love.

Closing Song: Love Is The Only Powerp. 17

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**Follow your heart.
A true love story never ends.
Live. Love. Inspire.**



FYI: by Jeannette

Take care of yourself

Heart disease is preventable. Here are Goldberg's top tips:

- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease. Being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. To improve overall cardiovascular health, we suggest at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.
- Modify your family's diet if needed. Learn smart substitutions, healthy snacking ideas and better prep methods. For example, with poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin.



When you feel alone
Just look at the spaces
Between your fingers and
remember
That's where mine fit
perfectly

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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Address Correction Requested

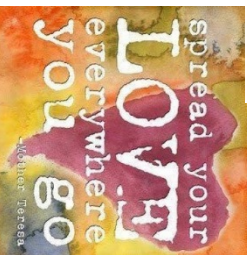


The Teaching of the Inner Christ (T.I.C.) is a non-profit, non-denominational spiritual teaching which helps you to contact and experience your True Self, your God Center, your "Christ Self" within, which is your own individual inner spiritual identity.

www.teachingoftheinnerchrist.com



label



We thank our WONDERFUL POSTAL SERVICE and all those

who care for our mail from start to finish!!

We are TRULY grateful for all you do.

Thank You! Thank You! Thank You!