

♥ TEACHING OF THE INNER CHRIST

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## Your Life in Review

(Partly adapted from the *Personal Transformation Website*)

*By Rev. Kayla Rose Carroll*

If you thought that the coming year would be your last, what changes would you make in your life? Who would you connect with? Would you have any regrets? These are the kinds of questions that author Stephen Levine began to ask after years of teaching meditation and healing techniques to terminally ill patients.

Levine became his own research project. He called it "the year to live". He acted as if he would be alive for only one more year. He reviewed past events that had impacted his life, both good and not so good. This process inspired Levine to show his gratitude and appreciation to the many people who had touched his life in positive (cont. p. 3)



Here we are moving into the year 2018. Once again God is blessing us with a new year and many new choices. What we do with the year is up to us. We can create a new and sweet beginning, filled with love, joy, harmony and a peaceful life. Or we can make other choices.

Spiritual Living is really what we are all about. We come together to be reminded that we are spiritual beings, yet living in a physical plane. Our challenge is to remember the reality of who and what we are, so that our daily encounters and activities will reflect the truth of our being.

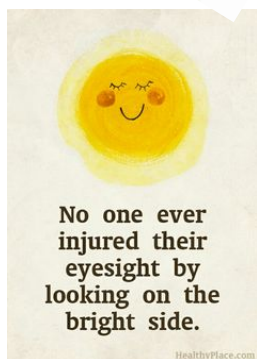
PERFECTION EVERYWHERE NOW!

What will your choice be in 2018?

I claim for each of us a new and Sweet Beginning filled with whatever is our true desire. Happy New Year.

Love and Blessings

Rev. Kayla 



Affirmation: Often, it's not about becoming a new person, but becoming the person you were meant to be, and already are.

What you think you become.  
What you feel you attract.  
What you imagine you create.

*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.*

November 2017

|          |            |
|----------|------------|
| Income   | \$4,418.81 |
| Expenses | 4,458.66   |
| Loss     | ( 39.85)   |

**Your Life in Review** (continued from front page)  
ways. It helped him develop a more loving and  
compassionate view of the world. He found strength to  
forgive the past hurts and resentments he'd been holding.  
The thought of dying allowed him to find the courage to  
commit to living a full life – to believe that nothing could  
hurt him now.

When we're living on borrowed time, every minute counts.  
And it's not about taking a wild and crazy vacation to  
Mexico. It can be about volunteering for a literacy  
program if you're passionate about reading, not shaking  
your fist at the SUV driver that just cut you off. It's about  
making eye contact with the woman at the deli or coffee  
counter and wishing her a good day. It's about  
appreciating every day. Every day is a gift from God;  
what we do with that day is our gift back to God.

Every day is a new opportunity to create more meaning in  
our life.

Love and Light,

*Rev. Kayla Rose Carroll*



## **BOOKSTORE**

**FEATURED BOOK THIS MONTH • 20% Discount!**

*The Universal Woman*

**By: Diane Keyes**

A Woman's Spiritual Guide to the 21<sup>st</sup> Century  
Based on the work of Reverend Ann Meyer, D.D.  
Regularly \$19.95 less 20% = \$15.96 + tax

If you want to receive everything and anything you are dreaming of for You, know that it is through your joy - your happy feeling inside. It is the fastest path. Your joy - you feeling good - is the shortcut to everything you want. When you choose to be happy now - no matter what is happening around you - you have unleashed the magic of the Universe to pour unlimited happiness into your life.

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FYI: by Jeannette

## Hidden San Diego: Marston House

**Marston House:** 3525 Seventh Ave, San Diego

619-297-9327 or 619-297-7511

Hours: Open Year Round – Fri-Mon: 10 a.m.- 5 p.m.

Closed Christmas

Price: \$15 for 40-45 minute tour

**Who is George Marston (5 acres, 8,500 sq. ft. home, which the Marston family gifted to the City of San Diego for the enjoyment of the public.**

He started the Marston Company – and got interested in park development and urban planning – the two areas in which he made his greatest contributions to San Diego. In 1902 he donated \$10,000 to help hire Samuel Parsons, landscape architect for New York City, to prepare the first comprehensive plan for Balboa Park. He raised funds and donated his own money to help start what are now Torrey Pines and Anza-Borrego Desert State Parks. This was a good man.

### Dive-In Theatre at the Pearl Hotel

The Pearl Hotel in Point Loma features "Dive-In Theatre," a FREE weekly "cinema social" combining eclectic film choices, along with delicious food and drink from EAT at The Pearl. Steeped in mid-century design, the Dive-In takes place at the hotel's poolside lounge and theater located outdoors. Films are projected onto a 10' x 13' foot projection screen with full sound, overlooking the hotel's vintage, oyster-shaped swimming pool. Guests are invited to enjoy a range of classics, blockbusters and independent features from The Pearl's private library. For Coming Attractions and other info visit [www.thepearlsd.com](http://www.thepearlsd.com).

**Location:** The Pearl Hotel 1410 Rosecrans, San Diego

**Cost:** 0

**Phone:** 619-226-6100

**When:** Wednesdays: 8:00 p.m. – 11:00 p.m.

(continued on p. 14)

## San Diego Events During January 2018

**AniMeals Pet Food Drive:** This holiday season, we've partnered with Helen Woodward Animal Center's AniMeals program to collect pet food for pets in need. Donations needed for dogs and cats: Canned Food Dry Food Treats Ziploc Freezer quart and gallon bags (Note: May be any brand and must be unopened, unexpired and non-prescription).

**County libraries offer amazing free events**, which differ depending on the desires of that community. Look up the nearest San Diego County Library near you. Type in the search area: san diego county library events...

For instance: **La Mesa** (619) 469-2151 8074 Allison Avenue  
**Fridays, 2 p.m.: Drop-In Computer Help**  
**Saturdays, 6 p.m.: Craft & Chat**

**El Cajon:** (619) 588-3718 201 E. Douglas St  
**Wed (JAN 10, 17, 24, 31) Legal Clinic, at 1 p.m.**

This is the event calendar list to start you with:

<http://host.evanced.info/sdcl/evanced/eventcalendar.asp>



### **UNREST Screening**

Date: Jan 13 Cost: Free

When: 5-7:30 p.m.

Location: Neil Morgan Auditorium, Central Library  
330 Park Blvd., San Diego

San Diego Public Library and the Naviaux Lab of UCSD invite you to a special screening of UNREST. This award-winning documentary tells the story of 28 year-old Jennifer Brea, who was working on her PhD at Harvard and just months away from getting married when she gets a mysterious fever that leaves her bedridden and looking for answers. Disbelieved by doctors, yet determined to live, she turns her camera on herself and discovers a hidden world of millions confined to their homes and bedrooms by ME/CFS, commonly known as Chronic Fatigue Syndrome. Following the screening Dr. Robert Naviaux of UCSD will provide a brief synopsis of the Naviaux Lab's current research. Refreshments will be served.





- 7 Love Power Circle
- 14 LBR/IBA 12:15 p.m.
- 28 Potluck

Birthday Sunday – *Bring a Friend*



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## Take Time for You

Health & Fitness for Seniors: San Diego County Libraries  
(Silver Sneakers is a gentler activity for seniors.)

### FREE EXERCISE CLASSES (Gentle)

**Lemon Grove** (619-463-9819)

Silver Sneakers: Fridays at 1 p.m.

Yoga: Saturdays at 11:30 a.m.

**Santee** (619) 448-1863 9225 Carlton Hills Blvd. #17

Chair Yoga: Thursdays at 8:45 a.m.

Hatha Yoga: Saturdays: 8:00 a.m.

Zumba Gold: Tuesdays: JAN 2 & 9 at 8:45 a.m.  
(low impact Zumba)

QiGong: Tuesdays: JAN 16 & 23 at 8:45 a.m.

**Rishi Tea:** Maria, from our center was having trouble with medication she was taking and ended up in the hospital. She found out about Rishi Turmeric Tea (with mango) and has been taking it for two weeks. After drinking just one cup of tea in the morning for two weeks, all the inflammation in her body is gone, and so is her acid reflux. I am going to try this!!

**It's on sale at Sprouts for \$6.99 thru January 31.**



# **JANUARY 2018**

| SUN  | MON | TUE | WED                              | THU | FRI | SAT |
|--|-----|-----|----------------------------------|-----|-----|-----|
|  | 1   | 2   | 3                                | 4   | 5   | 6   |
| 7<br>Celebration<br>10:30 a.m.                                   | 8   | 9   | 10<br>2pm<br>Discussion<br>Group | 11  | 12  | 13  |
| 14<br>Celebration<br>10:30 a.m.<br>LBR/IBA<br>12:15 p.m.         | 15  | 16  | 17                               | 18  | 19  | 20  |
| 21<br>Celebration<br>10:30 a.m.                                  | 22  | 23  | 24                               | 25  | 26  | 27  |
| 28<br>Celebration<br>10:30 a.m.<br>Potluck<br>Birthday<br>Sunday | 29  | 30  | 31                               |     |     |     |

**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! January 7, 2018***

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: "Sweet Beginnings"..... p. 6**

Center Events

**Music performed by: Ann del Amo**

Inspirational Reading ..... Rev. Kayla Rose Carroll

**"Embracing our Peaceful Beginnings"  
Rev. Brigitte Heimers**

Offering of Tithes and Gifts



**Blessing of the Offering:** I am a steward of divine abundance. I give and receive with gratitude.

**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 presence of the Christ within me is my peace.

**Closing Song: Love Is The Only Power .....p. 17**



**Spiritual Get-together Meditation**

2nd Wednesdays of the month

Discussion & Meditation

**JAN 10 2:00-3:00 p.m.**

***Sunday Celebration Service! January 14, 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: "The Consciousness of Christ"..... p. 32**

Center Events

**Music performed by: Marvin Dillard**

Inspirational Reading ..... Rev. Brigitte Heimers

**"Living in Peace Creates Joy"  
Rev. Elaine Fuller-Zachey**

Offering of Tithes and Gifts



**Blessing of the Offering:** I am a steward of divine abundance. I give and receive with gratitude.

**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:** The presence of the Christ within me is my peace.

**Closing Song: Love Is The Only Power .....p. 17**



**Yogi Tea Quotes**

Compassion has no limit. Kindness has no enemy.  
Delight the world with kindness, grace and compassion.

***Sunday Celebration Service! January 21, 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: "All Is Right In Our World"..... p. 13**

Center Events

**Music performed by: Richard Musil**

Inspirational Reading ..... Rev. Elaine Fuller-Zachey

**"Kindness in Me Creates Peace"**

**Rev. Elizabeth Brabant**

Offering of Tithes and Gifts



**Blessing of the Offering:** I am a steward of divine abundance. I give and receive with gratitude.

**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:** The presence of the Christ within me is my peace.

**Closing Song: Love Is The Only Power .....p. 17**



**Yogi Tea Quotes**

**Every promise is a present in abundance.**

**Every smile is a direct achievement.**

# Sunday Celebration Service! January 28, 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: "Ready for A Miracle"..... Song Sheet**

Center Events

**Music performed by: Double Heart Trio**

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

Inspirational Reading ..... PT/ICC Jennifer Allen-Prather

**"God Is our Source of Infinite Peace and Joy"**

**Rev. Mary Ann Kelley**

Offering of Tithes and Gifts



**Blessing of the Offering:** I am a steward of divine abundance. I give and receive with gratitude.

**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:** The presence of the Christ within me is my peace.

**Closing Song: Love Is The Only Power .....p. 17**



## Quotes

**Listen to your heart, your heart knows only Truth.**



## FYI: by Jeannette

I'm sorry the bulletin got out late this month, I have been seriously ill, and it was not completed by the time that I got sick. I was able to get into the center and finish it today, but need to go back home and recuperate some more.

I got the flu and am on the mend but won't be ready to do too much for another week.

Thank you for the people that pulled the bulletin together for the people at the center.

**PLEASE:** If you are sick, stay home. You don't need to pass this on to anyone, trust me, they won't feel "left out." This is flu is serious!! There are a FEW versions of this flu and the hospitals are full of them . . . **BUT the best preventative** . . . if you don't need to go out and about, stick around the house. Wash your hands constantly. If you cough, cough into tissue or into your elbow. Wash your hands after each episode. Use hand sanitizer on EVERYTHING. Drink PLENTY of clear fluids. Rest. **LET'S STAY WELL.**



### Parking Spot



A man was driving down the street, very upset because he had an important meeting and couldn't find a parking space. Looking up to heaven, he said, "Lord, take pity on me. If you find me a parking space, I promise to

go to church every Sunday for the rest of my life and give up swearing."

Miraculously, a spot opened right in front of the building.

The man looked up and said, "Never mind. I found one."



**Eat FREE on your birthday:**

<http://www.hustlermoneyblog.com/eat-free-on-your-birthday/>

## 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](http://www.teachingoftheinnerchrist.com)

## Teaching of the Inner Christ

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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](http://www.teachingoftheinnerchrist.com)



**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!***