

 **TEACHING OF THE INNER CHRIST**

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JULY

A New Look at Freedom

By Rev. Kayla Carroll; author unknown

The Buzzard, The Bat, and The Bumble Bee.

If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird – in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, (cont. p. 3)



Recently, I heard a testimony about a woman whose history described her as a five-time felon confined to death row. Not surprisingly, she began to think about God.

She refused to think about the impending "doom" awaiting her. As the momentum of her contemplation of the Spirit built up within her consciousness, changes began to happen. Her death sentence was reduced to a life sentence; she was allowed to exercise in the yard. She joined the prison choir and began to sing the good news, about the Spirit. Today, she is free, visiting different churches to sing and speak about the empowering Presence of God.

The truth is that she became free the moment she turned to the Spirit within as her Refuge, Strength and Deliverer. She would have been free had she never left the confines of her prison cell, because she was inwardly free!

How many of us give ourselves death sentences served out in the prison of our own minds?

We may be prisoner of our own fear, jealousy, lack, limitation, additions, greed, and selfishness.

What prison are we stuck in? Whatever it may be, we need to realize that it is self-created. We need to be willing to step into our God-consciousness without any thought of personal reward, just for the joy of it, just for the love of the Christ within. Then we can watch the shackles of our false beliefs, unwanted habits and negative thought patterns fall away.

Let's meditate on the deeper meaning of Divine freedom for us. Let's live our life in the freedom consciousness that is already ours!

May 2018

Income	\$3,567.94
Expenses	<u>\$4,691.32</u>
Loss	\$1,123.38

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.

The Buzzard, the Bat and the Bumblebee (cont. from cover)

all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air, then at once, it takes off like a flash.

A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom....it will seek a way where none exists, until it completely destroys itself.

People are in many ways, like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up! That's the answer, the escape route and the solution to any problem. Just look up.

Sorrow looks back, Worry looks around, but Faith looks up!

Live simply, love generously, care deeply, speak kindly and trust in our Inner Christ who loves us.

Blessings to us all,

Rev. Kayla Rose Carroll

Affirmation: I claim the Truth that I was created free, born free, and live in my true state of spiritual freedom. I feel, sense and know there is only a Law of Freedom and I am governed by that Law now!





BBQ-Potluck

Saturdays:

**July 28; Aug 25; Sept 15;
Oct 13; Nov 10**

**Join Henry Jones for an enjoyable
potluck and BBQ.**



Afterwards, we will sit around the bonfire enjoying the beauty of the Mission Bay Channel and socializing with others. We have an awesome time getting together at the beach – and people will gather around a bonfire in the evening, singing, playing guitars, etc.

Bring sunscreen, hat, beach chairs, food to share, food to BBQ and a beverage. BBQ grill, as well as table service, will be provided.

Bring sunscreen, hat, beach chairs, food to share, food to BBQ and a beverage. BBQ grill, as well as table service, will be provided.

DIRECTIONS FROM I-8 (Going West) (others refer to Thomas Brother's pg. 1268), or your GPS:

I-8 going West, **EXIT W** Mission Bay Drive; turn **RIGHT** at the traffic light onto Ingraham Street; continue on Ingraham Street; staying in the left lane, to the second traffic light, approximately 1½ miles. Turn **LEFT** at Vacation Road.

Make an **immediate** first left (this will be a frontage road) and follow this to the end parking lot. This frontage road runs **parallel** to Ingraham Street. We will be in the vicinity of the **cement canopy** as you are facing the Mission Bay Channel. The restrooms are close to the area.

Come join us! Get some fresh air, a little exercise and some good ol' laughter!!

HENRY [619-857-7588](tel:619-857-7588) (cell phone)

ABOUT 2018 SPIRITUAL CELEBRATION!

Spiritual Celebration, "Celebration Life's Joy" this, June 21-24, 2018 was an awesome inspiring, joy-filled experience.

We had lots of music, dancing, joyshops, laughter and inspiring talks. We had Love Power Circles and plenty of reflection time. The food, by Chef Charity was the best. There were several entree items at each meal to pick from, with hot out-of-the-oven delicious desserts and homemade ice cream. If you are vegan or vegetarian Chef Charity will accommodate you, just let us know on your seminar registration. It was all so much fun. Those who could not come this year may want to start thinking about coming next year. June 20-23, 2019. You don't want to miss out on the fun next year.



You can set up a payment plan now for next year . . . the sooner you do this the less the payment amounts will be.

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.





FYI: by Jeannette

Bouncing Back from Setbacks

Setbacks happen to all of us, though maybe not at hurricane force! No matter what the lapses are, these are only temporary when you identify, accept, and move past them.

Think of a setback as a time when an old, unhelpful behavior pops back up. The good news? A setback is also a sign of your success! Your new behaviors have embedded themselves enough that your old behaviors seem – well, *old* and unhelpful.

To bounce back from a setback, first ask yourself what you can change to ward off the setback again. Then turn to your support systems.

WHAT TO DO: Write a letter to your future self

When you have a setback, pull out your letter and read it to help you get right back on track. If paper and pen isn't your style, write an email or save it in the Notes App on your phone. Now, what should you say?

- **REMINDE YOURSELF** that your setback is a normal part of the journey, and has nothing to do with who you are.
- **CHEER THE PROGRESS** you've already made, including the small stuff.
- **LIST WHO CAN HELP AND HOW** – family members or friends, etc.
- **SET A PLAN FOR GETTING BACK ON TRACK.**
- **ON THE ENVELOPE OR SUBJECT LINE**, write "Open me when you _____." (e.g., "have a slip-up, "are struggling", "feel stuck.")
- **READ IT WHEN YOU NEED IT!** You could also ask a friend to send it to you when they notice you've had a setback, or if you think you might need a little extra reminder.

THIS WEEK: Pick a time to sit in a quiet place and spend 10 minutes writing a letter to your future self. Read the letter the next time you have a setback.



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- 1 Love Power Circle
- 8 LBR/IBA 12:15 p.m.
- 22 Rev. Hammons – *Your Spiritual Tipping Point*
Dr. Foster’s Workshop: Anti-Aging Workshop
- 29 Potluck
Birthday Sunday – *Bring a Friend*



BOOKSTORE

FEATURED BOOK THIS MONTH • 20% Discount!

Dispatches from THE ARK

Pages from A Pet Psychic’s Notebook

By: Suzan Vaughn

- ✚ *Dispatches from the Ark* is for anyone who has ever loved an animal or wondered if it is possible to have more direct communication with our animal friends.
- ✚ Author Suzan Vaughn tells the reader what the animals have to say about why they behave in certain ways, how their behavior can be changed, and how an animal communicator can act as a negotiator between humans and other species.
- ✚ *Dispatches from the Ark* illustrates how telepathy works on a practical level, shows how it can lead to healing, and offers an educated opinion on the limitations of this fascinating, non-verbal method of communication.

Regularly \$14.95 less 20% = \$11.96 + tax = \$12.95



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JULY 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
1 Celebration 10:30 a.m. 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 	12	13	14
15 Celebration 10:30 a.m.	16	17	18	19	20	21
22 Celebration 10:30 a.m. Potluck Workshop	23	24	25	26	27	28
29 Celebration 10:30 a.m. Birthday Sunday	30					

Dr. Virginia Foster workshop on July 22.

Dr. Foster's Anti-Aging Formula

Sunday Celebration Service! July 1, 2018

Usher/Video: 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: "Born Free" p. 20

Center Events

Music performed by: Ann Del Amo

Inspirational Reading Rev. Mary Ann Kelley

"A New Look at Freedom"
Rev. Elaine Fuller-Zachey

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 accept and love the freedom in my Joyful life.

Closing Song: Love Is The Only Powerp. 17



~Freedom~

I release my heart from old patterns and resentments, and become truly free.

Sunday Celebration Service! July 8, 2018

Usher/Video: Kathy Tirpak
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 Over The World" p. 57

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Elaine Fuller-Zachey

"Recognizing Our Freedom Birthright"

Rev. Mary Ann Kelley

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

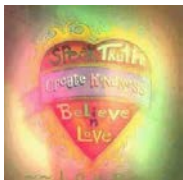
Meditation Music performed by: Marvin Dillard

Meditation and Silence

Affirmation for the coming week:

I accept and love the freedom in my Joyful life.

Closing Song: Love Is The Only Powerp. 17



**Speak Truth
Create Kindness
Believe in Love**

Sunday Celebration Service! July 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: Richard Musil

Inspirational Reading Rev. Elaine Fuller-Zachey

"Loving The Way To Freedom"

Rev. Elizabeth Brabant

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: Richard Musil

Meditation and Silence

Affirmation for the coming week:

I accept and love the freedom in my Joyful life.

Closing Song: Love Is The Only Powerp. 17



I release past anger and hurts and fill myself with serenity and peaceful thoughts.

Sunday Celebration Service! July 22, 2018

Usher/Video: 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: "Let There Be Peace On Earth"..... p. 1
Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Mary Ann Kelley

**"Your Spiritual Tipping Point"
Rev. Arthur Hammons**

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 accept and love the freedom in my Joyful life.

Closing Song: Love Is The Only Powerp. 17



You will find peace of mind when you listen to your heart.

Great opportunities always come my way

Sunday Celebration Service! July 29, 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: "One Little Candle"..... p. 41

Center Events

**Music performed by: Double Heart Trio
(Jennifer Allen-Prather, Kayla Rose Carroll, Patti Moe)**

Inspirational Reading PT/ICC Jennifer Allen-Prather

"Joyous Freedom"
Rev. Mary Ann Kelley

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: Double Heart Trio

Meditation and Silence

Affirmation for the coming week:

I accept and love the freedom in my Joyful life.

Closing Song: Love Is The Only Powerp. 17



**I breathe deeply and fully.
I take in the breath of life and I am nourished.
I am ready to be healed. I am willing to
forgive. All is well. – Louise Hay**

 **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

Teaching of the Inner Christ

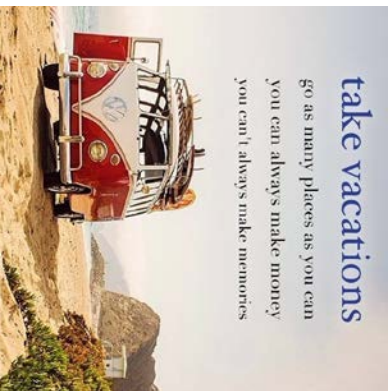
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EL CAJON, CA 92021-5008

619-447-7007

Address Correction Requested

take vacations

go as many places as you can
you can always make money
you can't always make memories



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

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!

