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

March

Leading the Triumphant Life

By Rev. Brigitte Heimers

I believe there is no mystery to leading the triumphant life - as there is no mystery to success and prosperity. There is no mystery to fulfilling our life purpose in leading the triumphant life.

With Easter just around the corner it is a time to celebrate spirit, soul, and body, resurrecting as the Christ consciousness of life and wholeness. The gift (cont. p. 6)

Are we ready to be wealthy? Do we know what genuine wealth is? Let's understand that wealth is a state of consciousness, an expanded awareness of having. When we are in right understanding of who and what we are, we recognize that we already have.

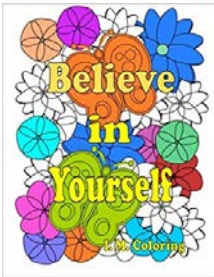
Deuteronomy, Chapter 8, verse 18 says "And you shall remember the Lord, your God, for it is He who gives you power to get wealth". Understand that "Lord" means "Law". In using this Great Law of Life, look also to the first commandment, "Thou shalt not have any other gods before me." When applied to a prosperity teaching, this means not to look to any other source but Spirit for our good. Look within to God-consciousness for our good. If we are waiting for the cosmic tumbler to click into place so that we hit the lottery, or get the right job, or whatever we desire we are worshiping a false god of our consciousness.

Are we being fooled by the appearances of the economy, or when other people tell us that there is not enough to go around? Our good always come from God the spirit of love and supply. Let's attune only to the God power, Life, Source and Mind where there is everything that works together for our good.

I remember years ago, I needed money to make my car payment or the car was going to be repossessed. I turned the matter over to God (through prayer and affirmations) and had faith and believed the money was already in my checking account. I even wrote the check put it in an envelope put a stamp on it and had it ready to mail because I knew that God was my provider. A few days later I "won" the exact amount I needed in a baseball pool that I didn't enter. We cannot second guess God.

Let's live on the lap of Divine Luxury. THERE IS AWAYS ENOUGH AND IT IS ALL OURS!!!

Love and Blessings
Rev. Kayla



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.

	January 2018
Income	**$3,692.51**
Expenses	**$4,889.30**
Loss	**$1,196.79**

FYI: by Jeannette

The Cons of Chicken Soup

If chicken feeds flu viruses, should you be eating the go-to cold and flu meal—chicken soup? The answer is, unfortunately, no. You don't have to scrap the soup altogether though! Try removing the chicken and fill the soup with a hearty amount of antiviral and anti-flu foods like onion, garlic, herbs like thyme, rosemary, and oregano, and mineral rich veggies like celery, cabbage, bell peppers, and mushrooms! Or, if you really want to keep the chicken in the soup, be sure to add even more of the onion, garlic, herbs, and vegetables to boost the nutritional and antiviral value of the soup.

Have you ever made chicken soup and left it in the fridge overnight? The next time you went to reheat the soup, you may have noticed a thick film of coagulated fat on top of the soup. This fat can draw oxygen out of the blood, slow down the liver, prevent oxygen from reaching the immune system, liver, and heart, and can work against the immune system as it tries to beat back whatever virus or bacteria the body is fighting off.

A fantastic mineral-rich Healing Broth recipe can be found at http://www.medicalmedium.com/blog/healing-broth.

Healing Broth

Healing Broth is a powerful mineral-rich liquid that carries the essence of vitally nutritious vegetables, herbs, & spices in a way that is easy for the body to digest, assimilate, and utilize. You will find this recipe as comforting as it is nourishing. The ingredients of this simple recipe help to provide tremendous healing benefits to both the body and soul.

Carrots help to lower blood pressure, reduce edema, relax muscles, steady nerves, and balance cognitive function. Onions & garlic have powerful antiviral & antibiotic properties and can help eliminate heavy metals and parasites from the body.

Healing Broth

Parsley & shiitake mushrooms contain an excellent bioavailable form of iron which helps to keep your blood strong and prevent anemia and are also rich in zinc which is highly beneficial for treating viral issues and strengthening the immune system. Ginger & turmeric root helps reduce inflammation and improve liver function and aids in keeps your hair growing strong and skin healthy and vibrant.

This incredibly healing broth can be made in advance & stored in the fridge. Simply heat up only what you need and place in a thermal mug for warm sipping throughout the day. This broth has the miraculous ability to be both healing, cleansing, and nourishing all at the same time and is a wonderful addition to any health regime.

Healing Broth

Ingredients

4 carrots, chopped or 1 sweet potato, cubed
2 stalks of celery, roughly chopped
2 onions, sliced
1 cup parsley, finely chopped
1 cup of shiitake mushrooms, fresh or dried (optional)
2 tomatoes, chopped (optional)
1 bulb of garlic (about 6-8 cloves), minced
1 inch of fresh ginger root
1 inch of fresh turmeric root
8 cups of water
Optional: Chili peppers or red pepper flakes

Preparation

Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.

Note: This is NOT meant to be used as medical advice, I am not a doctor. However, having said that, everyone pretty much knows that the ingredients listed are helpful for your immune system – which is what you need to fight a virus.

Leading the Triumphant Life (continued from cover)

that Easter gives to humankind is the gift of hope and renewal. Through the Christ Presence within, we can transcend limiting thoughts and habits. We allow the healing presence of Spirit to restore and renew us in all ways. We rest in the Truth that we are never alone as we triumph over fear and any other limitation. We need only to dedicate every day – never skipping a day – to aligning with the Truth, to only seeing the Perfection, to only affirming the Good. This brings us health, wealth and well-being as we lead the triumphant life.

Is it simple? Infinitely simple! Is it easy? I would say not. But if we get up each day with the intention of dedicating every thought and every action to Truth, then we will find, as we look back, that we are LEADING THE TRIUMPHANT LIFE!

On the wings of love and blessings,
Rev. Brigitte Heimers

Anti-inflammatory Drink

Total Time: 5 minutes / Serves: 2
https://draxe.com/recipe/anti-inflammatory-juice/ (Made in juicer but can be made in a NutriBullet, just add water to it.)

Ingredients:

4 celery stalks
1/2 cucumber
1 cup pineapple
1/2 green apple
1 cup spinach
1 lemon
1 knob ginger

Directions:

Put all ingredients through vegetable juicer. Gently stir juice and consume immediately.

Most diseases today are due to inflammation. Inflammation damages your cells and arterial walls and can cause high blood pressure, high cholesterol, arthritis, and digestive disorders. By reducing inflammation, your body is better able to heal from any disease. This Anti-Inflammatory Juice recipe is the perfect blend to help support your body's natural defenses and reduce inflammation.

Sunday – April 29

The service will be filled with songs
and poems of Spring

MARCH Here's What's Happening!

4 Love Power Circle

11 Time Change! Set clocks forward one hour!

14 Discussion Group - 2:00 p.m.

18 LBR/IBA 12:15 p.m.

25 Potluck

Birthday Sunday – *Bring a Friend*

BOOKSTORE

FEATURED BOOK THIS MONTH • 20% Discount!

Self Initiations

A Manual for Spiritual Breakthrough
By: Joanna Cherry

This is a companion book to Living Mastery.

Take charge! If you like to take charge of your own process, Self Initiations is for you! It is full of hands-on practices which deepen your experience of spirit and improve every area of your life.

- Give yourself happier relationships
- Fulfill your purposes
- Clear away your fears
- Empower yourself
- Connect more deeply with your divinity
- Enjoy greater abundance
- Move into rejuvenation, immortality and ascension
- - and much more!!

Each initiation takes you step-by-step into your chosen new reality. Discover where you are on an issue. Acknowledge, accept and love yourself for being there. Tune to your inner self and follow the process. You will emerge a clearer, stronger and happier person!

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

MARCH 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**	**8**	**9**	**10**
11 Celebration 10:30 a.m.	**12**	**13**	**14** **2pm Discussion Group** 	**15**	**16**	**17** **Happy St. Patrick's Day**
18 Celebration 10:30 a.m. **LBR/IBA** **12:15 p.m.**	**19**	**20**	**21**	**22**	**23**	**24**
25 Celebration 10:30 a.m. **Potluck** **Birthday Sunday**	**26**	**27**	**28**			

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.

Sunday Celebration Service! March 4, 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: "It's In Every One Of Us"..... p. 9

Center Events

Music performed by: Ann del Amo

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

"Triumph Over Fear"
Rev. Brigitte Heimers

Offering of Tithes and Gifts

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

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

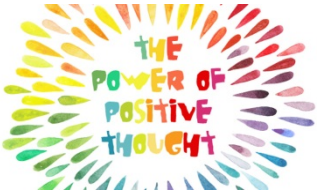
Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Ann del Amo

Meditation and Silence

Affirmation for the coming week: The healing power of forgiveness within me is triumphant over fear.

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



I trust my Inner Light and Intuition to guide me.

Today is going to be a great day!

Sunday Celebration Service! March 11, 2018

Usher/Video: Richard Musil
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: "Carry The Light"..... p. 3
Center Events

Music performed by: Marvin Dillard

Inspirational Reading ..... Rev. Mary Ann Kelley

"Triumph Over Temptation"
Rev. Elizabeth Brabant

Offering of Tithes and Gifts

Blessing of the Offering: I am a steward of divine abundance. I give and receive with loving 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: At one with the healing presence of God, I am whole and well as I lead the triumphant life.

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

Spiritual Get-together Meditation
2nd Wednesdays of the month
Discussion & Meditation
MAR 13 2:00-3:00 p.m.

Sunday Celebration Service! March 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 Of Love"..... p. 1

Center Events

Music performed by: Richard Musil

Inspirational Reading ..... Rev. Brigitte Heimers

"Triumph Over Judgement"
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 loving 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: I go within to the silence and receive a fresh perspective triumphing over Temptation and Judgement

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

MY INNER VISION IS always CLEAR AND FOCUSED.

I have abundant energy, vitality and well-being.

Sunday Celebration Service! March 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: "He's Got The Whole World..."..... p. 29
Center Events

Music performed by: Cathryne Bruce Johnson and Leah Tombleson

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

"Leading the Triumphant Life"
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 loving gratitude.

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

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: Cathryne Bruce Johnson and Leah Tombleson

Meditation and Silence

Affirmation for the coming week: Living from my Inner Christ Nature, I am leading the triumphant life.

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

My potential is unlimited!

Be the change you wish to see in the world!

FYI: by Jeannette

Trivia – Mind Expanders!!

Can you unscramble these **toppings** that might be put **on ice cream**? (Answers: April bulletin)

Scrambled Topping	Unscrambled Topping
RYRCHE	
THO GUDEF	
PHDIWPE MARCE	
LESSKPNIR	
TAPEUSN	
CLEOHOCTA HIPSC	
RABISTESWERR	
LARCEMA SEAUCE	

Legend says that St. Patrick banished these from Ireland.

_____

Plant used by St. Patrick to explain the Holy Trinity

_____

Item found at the end of the rainbow _____

Conventionally, the 40-day period before Easter is referred to as _____

The Sunday before Easter is commonly called _____

Two days before Easter is referred to as _____

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

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!