

 **TEACHING OF THE INNER CHRIST**

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May

Saying "Yes!" to Life

By PT/ICC Jennifer Allen-Prather

Whenever I think of the choices I have made in my life, I realize that those were decisions or the ability to say "yes" to an opportunity or request. How fortunate we are to have the freedom that God gave us to have choices and the ability to say "yes" if we choose. I have heard of people committing to say "yes" to every request that came their way for a limited amount of time and how that commitment changed their lives. Of course, we also have the choice to say "No" to keep a balance of over-committing ourselves, but some very rich opportunities can slip by if we are always holding back, or frequently saying, "No." (cont. p.7)



Our mind wants normalcy. We say, "God give me bliss," but do we want change or to stay the same? This is not possible. Bliss will rock our world if we let it. Are we really ready for the bliss?

We treat unusual things as an illness. We want to get rid of it. We have become adept at getting rid of anything that makes us feel uncomfortable, but are we willing to open to the Infinite? Are we willing to let bliss in to shake us up and rejuvenate our lives? Are we putting our bliss in a bottle saving it for another time? Have we put too many things in a bottle for another time?

My Grandmother was so saving that when her children and grandchildren gave her a gift for her birthday or Christmas like perfume, a nice new slip, night gown or something pretty she would save it in a beautifully wrapped package in her dresser to save for a special occasion. When she passed over and we were cleaning out her closet and dresser we found all of her gifts she saved for a special occasion, never used. She loved all the pretty gifts, but never enjoyed the use of any of them.

I think it is time to remove the labels, break open the packages and bottles, and celebrate our lives. Let's not miss our bliss. Let's let our joy shine, let our bliss radiate, let our love touch and transform. Let our faith in our Christ-self to move the very mountain we are standing on.

Let's BLESS THE BLISS AND LET THE BLISS BLESS OUR LIFE.

Blessing our Bliss for All...
Rev. Kayla



We genuinely appreciate your financial support.

	<u>March 2018</u>
Income	\$3,215.53
Expenses	<u>\$4,248.40</u>
Loss	\$1,032.87

Please remember, if you are absent we are still here, and with your continuous financial support, we always will be.



Donations needed for our Fundraiser RAFFLE at Spiritual Celebration.

Ideas:



Is there a service you could provide?
Kitchen appliances?
Do you make jewelry?



CASH makes GREAT prizes!!

Do you have tickets . . . to a play, movie, game, etc.?



(Items can be new or gently used.) **Need by May 29.**

If you live in San Diego, please bring these donations into the International Center **by May 29** along with a picture or description of your treasure and an approximate value.

If you live in another area or if you will be bringing your donation along with you to the Celebration, please provide the item description by the deadline. The description is very important so that we can plan what is needed to display your gift.

For more information contact Kathy: ktirpak@cox.net

Or call: 619-261-9761



AFFIRMATION: I expand my perception so that I can experience each day as a holy day (holiday), replete with infinite possibilities for celebrating life in all of its fullness, filled with gratitude for my endless blessings.



FYI: by Jeannette

Angel (By Real-Muslimah)

Once upon a time there was a child ready to be born. One day the child asked God, "They tell me that you are going to send me to earth tomorrow but how am I going to live there being so small and helpless?" God replied, "Among the many angels I have chosen one for you." She will be waiting for you and will take care of you."

Said child, "But tell me, here in Heaven I don't do anything else but sing and smile. That's what I need to be happy!" God replied, "Your angel will sing for you every day. And you will feel your angel's love and be happy."

"And," said the child, "How am I going to be able to understand when people talk to me, if I don't know the language that the people talk?" "That's easy," God said, "Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak." The child looked up at God, saying, "And what am I going to do when I want to talk with you?" God smiled at the child, saying, "Your angel will teach you how to pray."

The child said, "I've heard that on earth there are bad people. Who will protect me?" God replied, "Your angel will defend you, even if it means risking life! The child looked sad, "But I will always be sad because I will not see you anymore." God replied, "Your angel will always talk to you about me and will teach you the way to come back to me, even though I will always be next to you."

At that moment there was much peace in Heaven, but voices on earth could already be heard.

The child, in a hurry, asked softly, "Oh, God, if I am about to leave now please tell me my angel's name!" God replied, "Your angel's name is of no importance...you will simply call her mother."

Moral: Your mother is your angel.

Carrots Galore by Simone Raymond (Serves 4)

This is a recipe brought in by someone who enjoys the recipes that I sometimes put in the bulletin. This is a French dish/casserole, which is a family tradition on holidays, usually. Recipe is vegetarian, but not vegan.

Ingredients

2 cups grated carrots
3 eggs
1 cup grated cheese (you choose what kind)
1 cup cracker crumbs
1 cup milk
1 cup chopped onion

Optional:

1 tsp salt
1/4 tsp pepper
1/8 tsp cayenne
6 dots of butter (1/2 tsp each)

Preparation

Mix all ingredients in a bowl. Lightly pack all in an 8" X 11" glass baking pan, slightly oiled. Place six butter dots on top. Bake: 350 degrees for 30 minutes. It should have brown, crispy edges. Sprinkle with a small amount of cheese on top when done.

Nutrition Information

4 Servings

Cal: 310, with *butter 361

Sat Fat: 7.27 g; 10.27g

Carb: 25.6g

Fiber: 2.57g

Sugar: 17g

Protein: 16.13g

WW Smart Pts: 12

8 Servings

Cal: 155, with *butter 180

Sat Fat: 306 g; 5.15g

Carb: 12.8g

Fiber: 1.29g

Sugar: 8.5g

Protein: 8.07g

WW Smart Pts: 6

***Adding butter only
increases the calories**



- 6 Love Power Circle
- 13 LBR/IBA 12:15 p.m. – **Happy Mothers' Day!**
- 27 Potluck
 Birthday Sunday – *Bring a Friend*



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Saying "Yes!" to Life (continued from cover)

In the "Daily Word", a Unity publication, for February 18, 2018, the topic states "I meet life with a resounding 'yes' today." It reads: "The word 'yes' is particularly powerful. A sincere 'yes' opens our hearts and declares 'I am ready, willing and able.'" In her book, *The Five Principles*, Ellen Debenport shares: 'Every thought, every feeling, is a prayer. And the response is always yes.' The universe operates within the divine flow, a cooperative energy of perpetual creation and growth. Whatever we bring into awareness, the universe aligns with and seeks to support. When we live within the energetic vibration of yes, anything we encounter is met with an expansive consciousness of acceptance and willingness."

Let's allow our Inner Christ to lead us into a life of being open and willing to say "yes" to new opportunities and adventures. We know that our guidance will bring us a life of richness and fulfillment when it comes from the Christ Consciousness.

Love and Light,
 PT/ICC Jennifer Allen-Prather

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BOOKSTORE

FEATURED BOOK THIS MONTH • 20% Discount!

The Revealing Word, by Charles Fillmore **Sale: \$12.95**

This is an EXCELLENT dictionary of metaphysical terms – great for using for any metaphysical reading, or information that you might get from "intuitive sources."

MAY 2018

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



Henry's Beach Potluck / BBQ:
4:30 p.m. – Saturdays

Next BBQs: (Henry's on vacation in May)
6/23, 7/28, 8/25, 9/15, 10/13, 11/10

Sunday Celebration Service! May 6, 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: "Do You Know How Beautiful You Are"... p. 18

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Elaine Fuller-Zachey

**"Saying 'Yes!' to Life"
Rev. Brigitte Heimers**

Offering of Tithes and Gifts



Blessing of the Offering: I am an open vessel to receive more riches and fulfillment, including financial, physical and spiritual, by saying "yes" to life.

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 ready and willing to take on more of what life has to offer me. I am a growing and aware spiritual being living as a human on the earth.

Closing Song: Love Is The Only Powerp. 17



**Spiritual Get-together Meditation
~~2nd Wednesdays of the month~~
CANCELLED UNTIL AFTER SUMMER**

Happy Mothers' Day! May 13, 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: "Faith Unlocks The Door" p. 72

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Mary Ann Kelley

**"Yes! A Powerful Word"
Rev. Elizabeth Brabant**

Offering of Tithes and Gifts



Blessing of the Offering: I am an open vessel to receive more riches and fulfillment, including financial, physical and spiritual, by saying "yes" to life.

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: Whenever I say "yes" I am creating an energy of perpetual creation and growth. I know the universe is now supporting me in whatever I wish to do.

Closing Song: Love Is The Only Powerp. 17
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Making the decision to have a child – it's momentous. It is to decide forever to have your heart go walking around outside your body. – Elizabeth Stone

Sunday Celebration Service! May 20, 2018

Usher/Video: Tim Parr

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

Center Events

Music performed by: Double Heart Trio

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

Inspirational Reading PT/ICC Jennifer Allen-Prather

"What We Ask for We Get"

Rev. Elaine Fuller-Zachey

Offering of Tithes and Gifts



Blessing of the Offering: I am an open vessel to receive more riches and fulfillment, including financial, physical and spiritual, by saying "yes" to life.

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 am aware of my true desires and I ask for them through my I AM Self, knowing their fulfillment now.

Closing Song: Love Is The Only Powerp. 17



**I bee-lieve with my heart.
Bee true to yourself.
I surround myself with believers!**

Sunday Celebration Service! May 27, 2018

Usher/Video: 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: "Love Is All There Is"..... p. 19

Center Events

Music performed by: Richard Musil

Inspirational Reading Rev. Elaine Fuller-Zachey

**"Expanding Our Consciousness to Accept"
Rev. Mary Ann Kelley**

Offering of Tithes and Gifts



Blessing of the Offering: I am an open vessel to receive more riches and fulfillment, including financial, physical and spiritual, by saying "yes" to 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: I now expand my consciousness of acceptance and willingness to give and receive God's goodness.

Closing Song: Love Is The Only Powerp. 17
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**Great things happen when I believe.
I bee-lieve I can succeed.
What my mind can beelieve, I can achieve!**



FYI: by Jeannette

Be Happy!



Habits of Happy People

1. Ignore nonsense
2. Talk less
3. Learn new skills
4. Laugh
5. Wake up early
6. No entitlement

choose
faith
over
worry
♥

Be fearless in the pursuit of what sets your soul on fire.

Life is short. Choose happiness.

If it doesn't make you feel fabulous: don't do it, don't buy it, don't keep it.



WHATEVER YOU DECIDE TO DO, MAKE SURE IT MAKES YOU HAPPY.

DO WHAT MAKES YOUR SOUL SHINE.



You deserve to BE HAPPY. You deserve to live a life you feel HAPPY about – NEVER allow others to make you forget that.

Do MORE of what MAKES you HAPPY.

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FYI: by Jeannette

Setting Goals – Springing into Action!

The best way to move forward and meet the goals you set for yourself? Keep one eye looking back.

Remembering where we came from is an important part of committing to an active, healthy life. And those thoughts are even more important when the attention our determination begins to fade. As you (and others!) begin to accept your new outlook on life, that's when it becomes tempting to slip into old habits.

"When you're no longer focusing on how important your goals are to you, that's when you might start to get sloppy about keeping on track.

How can we celebrate the great successes in our life unless you also appreciate the failures and what you've learned from them."

Try using the following as reminders of your own journey:

- At least once a week, admire the steps that you have taken toward achieving your goal. Tell yourself how much better you feel about what you have done, how much closer you are to achieving your goal, and how much better the clarity is on how to achieve that goal. There may be steps that you change as you gain more clarity.
- Celebrate the anniversary of reaching each goal.
- Keep a journal of small successes. Log such accomplishments as, "I joined an exercise class today," or "I walked . . . (fill in how far) today."
- Identify your supporters and your saboteurs. We want to hang out with people who uplift us, avoid the saboteurs.
- Ask for feedback. Graciously accept the positive commentary and commit it to memory, so you can mentally call upon that warmth when you need it later.

I joined Weight Watchers over a year ago. The camaraderie of the people there, who understand the trials of being overweight, gives me new focus for the coming week."

 **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

Teaching of the Inner Christ

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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



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!