



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.org



NOVEMBER, 2019

Our Thank-You Note to God

By Rev. Dr. Brigitte Heimers

When we praise the Source, we are going for the gold. Olympic athletes reach for the highest in themselves to win the gold medal. We can participate in the Spiritual Olympics. Going for the gold means praising the Source, embodying the highest and best in life.

Thanksgiving and gratitude can be translated into a life of praise and prosperity, where we feel the richness of God in every moment. (continued on p.4)



It's not hard to let go of daylight-saving time in the fall when we remember how much we enjoyed welcoming it in the spring. Aren't we grateful for the light evening hours of summer, that magic time when sunsets happen so late we can catch one after supper?

Since everything is a mirror, what might daylight-saving time show us about ourselves? Truly it shows how we enjoy being in the light—surely our souls enjoy the light, too. What if our souls have a natural ebb and flow of light and darkness the way our physical planet does? Hmmmm...I do notice that from time to time I have a rush of "dark" emotions. If we call this darkness, how can we lengthen the light?

We can learn to curtail our minds from putting words to our "dark" emotions. ("That was wrong!" - "How could I have been so stupid" or "What if I can't",...etc.) In just feeling them we find that emotions are teachers and we can bless them.

Meditation is another way to go on spiritual daylight-saving time. The more we connect with our Higher Self, the more clarity and joy we feel. What else might contribute to spiritual daylight-saving time? How about prayer, inspirational reading, journaling, and/or fellowship? So the first Sunday of November when we set back our clocks, let's be conscious of keeping our spirits on Spiritual daylight-saving time—we don't have to wait until spring! Blessings,

Kayla Rose Carroll



Affirmation: I accept this as the best day ever, I bless my light and my dark knowing it all fades into God—it all fades into good.



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



SEP 2019

Year-to-Date

Income \$ 5108.10
 Expenses - \$ 4744.61
 Net Profit: \$ 363.49

Income: \$ 41,126.98
 Expenses: - \$ 41,391.26
 Net Loss: \$ 264.28

Our Thank-You Note to God (continued from cover)

Our needs are easily met and we feel joy, health, happiness and vitality all the time. We realize that God is our Source and as we praise our Source, we more fully participate in God's divine plan.

Similar to what athletes experience as the runner's high, we in the Spiritual Olympics feel the click of the meditator's high. Through meditation and spiritual mind treatment, we sense the fullness and magnificence of God, the lavish omnipresence of the Divine. Meditation and spiritual mind treatment are training tools to the spiritual athlete, as much as exercise and nutrition are to the physical athlete.

Developing a consciousness of the fullness of God leads us to doing what God does best: giving. An age-old gateway to prosperity is tithing, which means that we give one tenth, or a certain portion of our income without conditions or strings attached to the Source of our spiritual nourishment. When we give, a vacuum is created that attracts even more of what we have given away. It is wonderful and satisfying to give and receive. Let us go for the gold together. Let us attain our oneness with God that naturally outpictures as the life of plenty. Praise God! Praise the Source by giving back to the Source.

With love and best wishes for a great celebration this month and always,

Rev. Dr. Brigitte Heimers



**YOU DON'T WANT TO MISS THIS OPPORTUNITY
FOR THE 2020 SPIRITUAL CELEBRATION!**

Sign up NOW for Spiritual Celebration 2020 *Radiating Love*
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 2020 and T.I.C. will set up a personal
account for you on our payment plan.

Making additional "donations" as ABOVE, **starting in
November at \$77 per month for five (5) months** (to get the
early bird price) and when Spiritual Celebration rolls around
you will be paid in full and **ready to GO**. 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.



SAVE THE DATE...



CHRISTMAS EVE afternoon service
DECEMBER 24, 2019 – 3:00 p.m.
Sing-a-long

Led by Rev. Mary Ann

Kelley

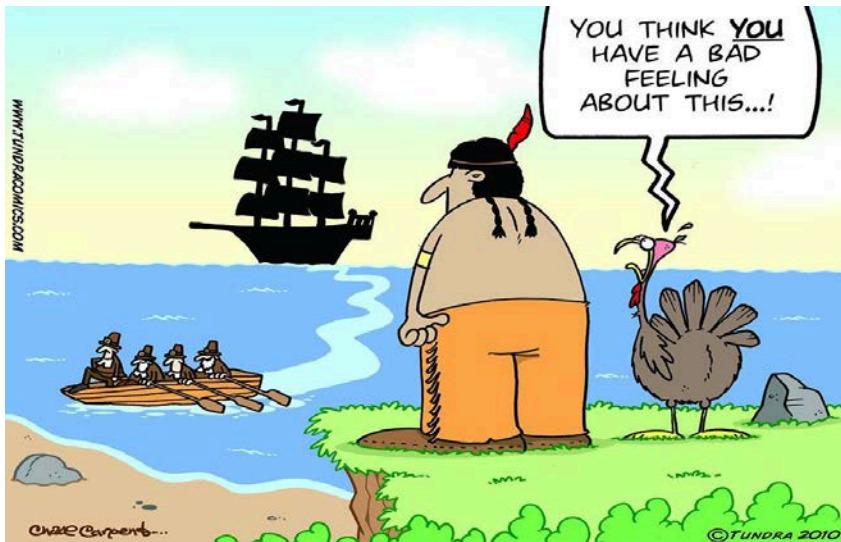


TURKEY POTLUCK (Turkey provided)
(Immediately following the service)

NEED: Salads, vegetables, cranberries, rolls & butter,
non-alcoholic beverage, dessert, stuffing, whatever
else you may like to bring for Christmas.

Sign Up sheet will also be on corkboard in eating area.





NOVEMBER 2019

3 Set your clocks back ONE HOUR

Love Power Circle



10 LBR/IBA 12:15 p.m.

17 Paint Pour Workshop – 12:15 p.m.



24 Thanksgiving Potluck & Tree Trimming Party

Birthday Sunday



Coming in December

Dec. 8 – Christmas Love Candlelighting 4:00 p.m.

Dec. 24 - CHRISTMAS EVE service 3:00 p.m. & potluck immediately afterward.

Book of the Month:



*Self Initiations – A Manual for
Spiritual Breakthrough*

by Joanna Cherry

$$\$14.95 - 20\% = \$11.96 + \$0.99 \text{ (tx)} = \$12.95$$

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. 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. Enjoy the inspiring true accounts of people like you, scattered throughout the book. These initiations will work for you too!



SUN	MON	TUE	WED	THU	FRI	SAT
Thanksgiving Potluck (following service) November 24th and Christmas Tree Trimming Party					1	2 Set clocks back 1 hour! 
3 Celebration 10:30 a.m.	4	5	6	7	8	9
10 LBR/IBA 12:15 p.m.	11	12	13	14	15	16
17 Celebration 10:30 a.m. Paint Pour Workshop – 12:15 pm	18	19	20	21	22	23
24 Celebration 10:30 a.m. Thanksgiving Potluck  Birthday Celebration	25	26	27	28	29	30

The Teaching of the Inner Christ
Presents



“Christmas Love”

Sunday, December 8, 2019

4:00 p.m.



A New
Christmas Program
and
Candlelighting
Service



Filled With Lots of Music
and
Joy-filled Short Stories

Music performed by the Double Heart Trio
(Jennifer Allen Prather, Kayla Rose Carroll & Patti Moe)
Cathryne Bruce Johnson, Leah Tomblason & Deborah Thornberg
Ann del Amo, Richard Musil, Mary Ann Kelley, Anna Varnell
and others



Directed by Sally Zito
ALL ARE WELCOME!!



Sunday Celebration! November 3, 2019

Usher/Video: Kathy Tirpak

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: "Come Ye Thankful People" p. 21

Center Events

Music performed by: Ann del Amo

Inspirational Reading Rev. Brigitte Heimers

"Recognizing the Power of Giving Thanks"

Rev. Mary Ann Kelley

Offering of Tithes and Gifts



Blessing of the Offering: Giving thanks for the bounty of God, I realize true prosperity.

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 wisdom of Spirit speaks to my heart and guides me on my life's path.

Closing Song: "Love Is the Only Power" p. 17



Be thankful for what you have; you'll end up having more.

Sunday Celebration! November 10, 2019

Usher/Video: Jennifer Allen-Prather
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: "I Praise the Wealth of God"..... p. 34

Center Events

Music performed by: Marvin Dillard

Inspirational Reading Rev. Elaine Fuller-Zachey

"Reaping God's Harvest"
Rev. Elizabeth Brabant

Offering of Tithes and Gifts



Blessing of the Offering: Giving thanks for the bounty of God, I realize true prosperity.

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 wisdom of Spirit speaks to my heart and guides me on my life's path.

Closing Song: "Love Is the Only Power"..... p. 17

.....



Gratitude is the inward feeling of kindness received.

Sunday Celebration! November 17, 2019

Usher/Video: Tim Parr

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: "They Will Know We are Christs by Our Love" p.64

Center Events

Music performed by: Richard Musil

Inspirational Reading Rev. Mary Ann Kelley

"Praising Our Spiritual Feast of Plenty"

Rev. Brigitte Heimers

Offering of Tithes and Gifts



Blessing of the Offering: Giving thanks for the bounty of God, I realize true prosperity.

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 wisdom of Spirit speaks to my heart and guides me on my life's path.

Closing Song: "Love Is the Only Power" p. 17



Give thanks for unknown blessings already on their way.

Sunday Celebration! November 24, 2019

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: "Thanksgiving Hymn"..... p. 22

Center Events

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

Inspirational Reading PT/ICC Jennifer Allen-Prather

"Living in the Flow and Rhythm of Life"
Rev. Elaine Fuller Zachey

Offering of Tithes and Gifts



Blessing of the Offering: Giving thanks for the bounty of God, I realize true prosperity.

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

Prayer RUCAT Card: Take into meditation

Meditation Music performed by: The Double Heart Trio
Meditation and Silence

Affirmation for the coming week: The wisdom of Spirit speaks to my heart and guides me on my life's path.

Closing Song: "Love Is the Only Power" p. 17



Please join us after the service for a Thanksgiving potluck and festive tree trimming party!

CUYAMACA, Only Yesterday

By Ilse (Ute Kock's mother)



The sun makes longer shadows now on drying grass and earth which thirsts for water, the oaks have yellow leaves and through their crown rustles the autumn wind.

The stench of dying leaves under the darkness is pungent.

An acorn falls!

The mountain's silhouette translucent under veils and at their feet the meadow seems to sleep.

Wild oats wave graceful in the breeze, late flowers bloom, lost in the brown, in purple, white and blue.

The birds are quiet,
Only here and there a chirp, and insects
glitter in the sun

From far away the scent of burning leaves or wood comes through the air and fills my heart with yearning and nostalgia...

The sadness which had been with me
all day is gone.

The summer has been very great,
now autumn comes...

I am prepared.



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. Brigitte Heimers, Ph.D., M.M.S. (619) 464-1216

Rev. Richard Musil, M.M.S. (retired)..... (619) 584-2244

Rev. Mary Ann Kelley, M.B.A, M.M.S. (619) 200-3639

Rev. Elizabeth Brabant, M.A., M.M.S. (858) 451-0031

Rev. Elaine Fuller-Zachey, M.A., M.M.S. (619) 263-8383

PT/ICC Jennifer Allen-Prather (619) 305-3560

Visit our Website: www.teachingoftheinnerchrist.org

Teaching of the Inner Christ

1114 N. 2ND ST (1100 Bldg.)
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.org



For those who cannot attend the T.I.C. services, please visit us on our website at www.teachingoftheinnerchrist.org, click "video" and receive the T.I.C. experience.

