



Los Angeles/Orange County District Center Teaching of the Inner Christ

1775 Bellflower Blvd., Long Beach, CA 90815 ---562-498-9211, teachingoftheinnerchrist.com
November 2017

Gratitude

As we move into the month of November, we begin thinking about *Thanksgiving*. Originally it was a meal prepared by the Pilgrims and local Indians, whereby they shared in the bounty supplied by each group. It was a celebration of their friendship, their supply and the fact that they'd managed to survive in the "New World".

Through Spiritual Mind Treatments and mental discipline (affirmations), we too are creating a "New World" for ourselves. Making Gratitude Lists is another way to keep our mind working in a positive direction. Now and again, when you're feeling a little down or low on energy, try writing a list of all the things you're grateful for. It is bound to give you a "quick lift".

I find if I go too long without a gratitude list, I begin to feel it's time for one again. And, of course, there's a step in the RUCAT—the very last thing you do is to give thanks for the manifestation already taking place before you do the release.

There is a tendency on a subconscious level to blank out the positives of yesterday. We need to counter this by bringing them to mind. My friend, Myrna Rae Petit, always said "Before you go to bed, give five glads for every sad that you can think of that's transpired in your day!"

Have a wonderful Thanksgiving and please join us for our T.I.C. Thanksgiving celebration on November 19th.

Love & Light,
Elizabeth Yacoubian, LT

Sunday Celebration at 10:30AM

*Join us for inspirational messages, music,
meditation and fellowship*

- Nov 5*Pink Book Study: The Heart of God***
LT Elizabeth Yacoubian
- Nov 12.....*Fullness of Gratitude***
Rev. Vicki Walker
- Nov 19.....*A Daily Feast***
Maureen Welborn
- Nov 26.....*T.H.A.N.K.S.***
LT Elizabeth Yacoubian

***Save the date: Dec 10 at 7pm for our
Annual Christmas Candle Lighting Service***

Thanksgiving Potluck

on Nov. 19 after service

**Enjoy a delicious dinner plus goal setting
Sign up sheet at Center is available for
you to list your contribution**

Call a Prayer Therapist or Minister

for Prayer Support

Inner Christ counseling available

- Rev. Vicki Walker.....714-308-1508
vwalker714@gmail.com
- LT/PT/ICC Elizabeth Yacoubian.....714-253-6783
mintmy069@gmail.com
- PT/ICC Earl Spurlin.....562-439-4978
dukeoff@charter.net

A look at our 2017 finances:

Sept 2017	Income	\$2,928.	Year to Date Income	\$18,051.
	Expenses	<u>\$2,825.</u>	Expenses	<u>\$22,165.</u>
	Gain/Loss	(\$ 103.)	Gain/Loss	(\$ 4,114.)

We THANK YOU and genuinely appreciate your financial support.