

Los Angeles/Orange County Study Group  
Teaching of the Inner Christ



July 2024 – Freedom

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We welcome and appreciate your sustaining tithes:  
2436 E. 4th Street, #1412, Long Beach, CA 90814  
teachingoftheinnerchrist.org

*“Don’t forget to relax and take care of yourself.  
You can’t pour from an empty cup” -  
Eleanor Brown, novelist and self-care advocate*

Our annual Spiritual Celebration was held in June, and I got to provide a talk on Saturday morning entitled, “**Experiencing Peace Within**”. At one point in my talk, I mentioned the 3R’s (not education’s Reading, Writing and Arithmetic). My 3R’s are **Relaxation, Recreation, and Renewal**. Here are a few ideas you can use to establish your peaceful state of mind:

**Relaxation** - Take time to relax after strenuous physical or mental activity and after a disruptive emotional episode. Take a nap, a bath or shower, read, watch a film, play with a pet or try out a new recipe.

**Recreation** – Take time for something besides work or a required responsibility. Go on a hike, go biking, walk in nature or by the ocean, play games, tennis, a craft you enjoy naming a few.

**Renewal** – Here are a few ideas for renewal and you may think of others: Go on a vacation (short or long); attend a spiritual retreat, daily meditation and prayer, reading inspirational material, weekly schedule a block of time and especially set it aside and committed to nurture your creative consciousness (artist date).

Matthew Kelly, in his book, “**The Rhythm of Life**” mentions Three sacraments for a peaceful, fulfilling life.

- 1) Get restful, adequate sleep. 2) Meditate for an hour (or less) per day. 3) Have a day of complete rest. (what fits in your life schedule)

Summer’s a great time for relaxation, recreation and renewal. Have a magnificent and incredibly peaceful summer!

Love & Light,  
Liz Yacoubian

*Missed a Sunday Lift? It is recorded for your viewing pleasure! Inspiring speakers, music, readings and sharing. And invite a friend...*

Why not take a look?...

“Spiritual Creativity

<https://vimeo.com/955616784?share=copy>

“Maranatha – Lord Come”

<https://vimeo.com/966212854?share=copy>

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

**Sunday Lift on Zoom**  
10:30 a.m. DST

Meeting ID: 868 834 436

Password: 209637

Instant Link :

<https://us02web.zoom.us/j/868834436?pwd=RFJlY0xwNEZpSW5sNzFvNGpobnZz09>

*Circle of Prayer meets for ½ hour.  
Tuesdays at 9:30 a.m.*

*Zoom: ID: 860-5329-3821 Code: 900292*

**Call for prayer counseling and support or request  
an Inner Christ Counseling (ICC):**

**LT/PT/ICC Elizabeth Yacoubian.....562-386-7538  
mintmy069@gmail.com**

**Rev. Michele Newsum.....310-995-7978  
michelenewsum@aol.com**

**Rev. Vicki Walker.....714-308-1508  
vwalker714@gmail.com**

LT-Leader Teacher; PT-Prayer Therapist; ICC- Inner Christ Counselor

**Book Study**

**The Embodiment of GOD as a Whole**

**Facilitated by author, Don Marr  
Wednesdays, 5:00 – 6:30 p.m.**

**July 24, 31 & August 7, 2024**

**Contact: Don Marr, IDEALSELF@aol.com**



*“Energy is our most valuable resources, not time. The rhythm of life is a way of life that brings our legitimate needs, our deepest desires, and our unique talents into harmony with each other. The result: passion, purpose, and energy. The Rhythm of Life, Matthew Kelly*