

# HARMONIOUS LIVING

## Message from the Reverend

### Honor Your Word

Can others trust what comes out of your mouth? Do you say what you mean and mean what you say?

If you say you are going to do something, then follow through with what you said you would do. Don't assume others involved will understand or accept it as "okay with them" if you drop the ball on a regular basis.

Unfortunately, it has become common practice in our society to accept the above mentioned behaviors in

others; but even more disturbing, we're accepting that behavior within ourselves and are okay with it!!

Is the phrase we use to condone that behavior "stuff happens?" Perhaps, but this is more than "stuff happens," this is about **accountability**.

No one wants to be held accountable it seems, not even for their own stuff! As Lightworkers there is so much work to be done, and all the lessons that come along with our spiritual growth demand we take

responsibility now, more than ever.

Be accountable for your actions and your words. If you don't honor your word, neither will anyone else.

Peace and Blessings,

Rev. Sheila



## Book of the Month

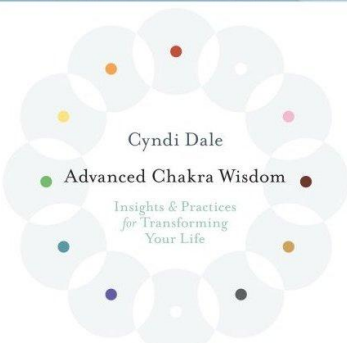
**Advanced Chakra Wisdom** by Cyndi Dale

Reviewed by Aimee Byron

Cyndi Dale is an incredible teacher. As seen through her book, "Advanced Chakra Wisdom." I chose to purchase the audio version and that was beneficial. There are many guided meditations included, and Cyndi guides you INTO your 12 Chakras. You will learn what life energies are present as she guides you through the familiar 7 chakras, and then into your 8th through your 12th chakras.

Many people do not know they exist, and the meditations are a wonderful way to introduce them in a very personal and experiential manner. Cyndi describes the basics of the colors and the locations of each chakra, and then readily expands into descriptions of what parts of the body system or gland and age is associated with each. If you ever wanted to learn about the chakras and how to access them for mind, body or spirit, this is a great source to learn how to do just that.

SOUNDS TRUE AUDIO LEARNING COURSE 6 CDs



## Member Spotlight

### April is Always Sunny

By Cheri Makeda

April Buffington is a ray of sunshine at Harmony; you see her everywhere. She greets you with a ready smile, a quick wit, and will make you laugh with a humor that is all her own. Although you may see her in black and white, she isn't a MIT (Minister-in-Training) yet; but she is a shining example of Tenet #7, fraternal service, which began over three years ago.

Education and a friend brought April to Florida. This friend, Rae, also brought her to Harmony for a psychic fair. Although April would not have classified herself a "woo-woo", her mother had gotten readings in the past and had an interest in astrology, so the idea of psychics wasn't foreign to her.

At the first reading Rae had with Rev. DeeJay, April was asked to join in. During that reading, Reverend asked if they were morticians. Since they were not, they answered no, but didn't say anything else. As the reading progressed, April noticed Rev. DeeJay had a puzzled look on her face. It wasn't until after the reading that Rev. DeeJay found out both were studying archeology. April said a look of relief spread across her face. Rev. DeeJay saw bones, bones and more bones during the reading, hence the puzzled look. Later when telling the story, Rev. DeeJay would say with a laugh, she wasn't sure if they were serial killers or what.

April would come to the bookstore periodically for candles and such, but it wasn't until she encountered three situations that brought her to the church. First, her grandfather died; then her truck got hit in a parking lot, and finally, she fell asleep at the wheel and rear ended a brand new Mustang. Nothing seemed to be going right. Everything sucked! Her attitude was bad and filled with negativity. She couldn't get herself out of it no matter what she did. Although unable to find anyone to accompany her to service, April knew she needed to take a leap of faith; she needed prayer and encouragement, it was time to go to church.

Since that time, April has completed her education with a Masters in Archeology from USF. She is the first person in her family with a master's degree, and she attributes that to Harmony, along with her personal spiritual growth. April feels she is a much better person having learned, or rather re-learned the principles of life. She can see the extent of her growth when visiting with her family.

April will joyfully continue fraternal service at Harmony as she looks for a job in archeology education, possibly in the local Parks Department (Setting an intention!). She is passionate about archeology and learning about the past, enjoying the rush of holding an artifact that hasn't been touched for over 12,000 years. Teaching is just as rewarding for her; you can see evidence of this rapport as she playfully interacts with our youngest Harmony members.

When asked what she would like for us to know, April said with a big smile, "Don't take life so seriously, lighten up! We weren't put here to be that serious!"

Address:

2517 W. Henry Ave.  
Tampa, FL 33614

Phone:

(813) 872-0295

E-Mail:

iamHarmony13  
@aol.com

We're on the Web!  
See us at:

[iamHarmony.com](http://iamHarmony.com)

## Ongoing Classes in Our Spiritual Education Program

### **Oneness Blessing**

Facilitator: Maria Ferguson  
 Every First Sunday at 9:45 am  
 Location: Gillespie Hall  
 Cost: Love Offering

Do you want to stop the constant chatter of your mind? Join Maria Ferguson who brings us a spiritual immersion into the Cosmic Consciousness through the transmission of Divine Grace. It initiates a neurobiological shift to clarify, bringing inner calmness and Oneness with the ALL ONE.

### **Intuitive Development**

Facilitator: Rev. Paula Jones  
 Every Wednesday at 7:00 pm  
 Location: Gillespie Hall  
 Cost: Suggested Love Offering of \$15

Intuition is a "knowing." It is an inner voice we are all born with. Begin to understand and use the natural abilities that are already yours!

### **Reiki Share**

Facilitator: Charlotte Brown  
 Every First Wednesday at 7:00 pm  
 Location: Gillespie Hall  
 Cost: Love Offering

A Reiki share group is a wonderful way to share Reiki with others, receive healings, and learn new skills.

### **Message Service**

Facilitator: HMC Minister  
 Every Thursday at 7:00 pm  
 Location: Sanctuary  
 Cost: \$10

The Message Service includes a Healing and Meditation Service which begins at 6:30 pm. Candles are available for spiritual progression, thanksgiving, healing, special intention, and spiritual guidance. Billets are available to receive a message.

### **A Course in Miracles**

Facilitator: Pepito Valdez  
 Every Thursday at 7:15 pm  
 Location: Gillespie Hall  
 Cost: Love Offering

A Course in Miracles is a modern day expression of the demonstrations and teaching of Jesus. This study group reads and discusses the book which invites us to open to a richer, deeper experience of one's spiritual nature. The course focuses on forgiveness (letting go of thoughts and pictures in our minds that cause us to suffer) as the path to happiness, love and joy.

### **Metaphysics 101**

Facilitator: Cheri Makeda  
 Every Saturday at 11:00 am  
 Location: Gillespie Hall  
 Cost: \$10

Join this ongoing class covering the basics of metaphysics beneficial to all metaphysicians.

### **Kirtan**

Facilitator: Suzanne Alvarez  
 Every Second Sunday at 2:00 pm  
 Location: Gillespie Hall  
 Cost: Love Offering

Kirtan involves chanting hymns or mantras to the accompaniment of instruments.

### **Spiritual Cinema**

Facilitator: HMC Staff  
 Every Fourth Sunday at 1:00 pm  
 Location: Gillespie Hall  
 Cost: Love Offering

Enjoy metaphysical movies that expand your mind, warm your heart, and stir your soul!

# Inspirational Quotes

### Theodore Roszak

“Nothing we ever imagined is beyond our powers, only beyond our present self-knowledge.”

### The Kybalion

“Every Cause has its Effect; every Effect has its Cause; everything happens according to Law; Chance is a name for a Law not recognized; There are many planes of causation, but nothing escapes The Law.”

### Board of Directors

- Rev. Mario Guerra
- Rev. Sheila Blanco-Pedrosa, Pastor
- Rev. Nancy Castillo

### Executive Committee

- Rev Pam Jeffries
- Cheri P. Makeda, MIT
- Debra Humberston, MIT
- Aimee Byron, MIT
- Eva Hiraldo, MIT
- Kessa Maa Neru, MIT
- Nelly Rivera, MIT
- India Diaz
- Phil Penrod

## February Events

February 13 at 11:00 am - 5:00 pm  
Valentine's Day Fair

## Support Our Advertisers



Myron Holmgren  
Accounting Data Services  
Phone: (727) 244-4718



Gerardo Marca  
Pool /Patio Enclosure and Screen Repair  
Free Estimate, Cell: (813) 215-6981  
10% of Harmony member's purchases are donated to our church. Thank you Gerardo Marca!



Aimee Byron  
Avon  
(813) 453-3433  
[www.youravon.com/aimeebyron](http://www.youravon.com/aimeebyron)

### Business Card Size for 3 months:

- \$25 - newsletter
- \$50 - newsletter and website

### 1/2 Page for 3 months:

- \$50 - newsletter
- \$100 - newsletter and website

### Full Page for 3 months:

- \$100 - newsletter
- \$200 - newsletter and website

## About Our Church

### Harmony Metaphysical Church



**Harmony Metaphysical Church** was established in 1964. Since that time Harmony has evolved into a leading edge church and spiritual life center catering to the needs of the Tampa Bay area. All lightworkers are welcome regardless of religious background, ethnicity or sexual orientation.

Church Service: Sunday 11:00 am and 5:00 pm  
 Message Service: Thursday, 7:00 pm  
 Sunday, 12:30 pm

### Gifts of Harmony Bookstore



#### Gifts of Harmony Bookstore Store Hours:

Monday and Tuesday: Closed  
 Wednesday: 11:00 am – 7:00 pm  
 Thursday: 11:00 am - 7:15 pm  
 Friday: 11:00 am – 5:00 pm  
 Saturday: 10:00 am – 5:00 pm  
 Sunday: 12:30 pm – 2:00 pm

10% off purchases \$25+



8/23/1947 – 8/7/2009

Rev. Donna Jeanne Guerra was the Pastor of Harmony Metaphysical Church (HMC) since 1990.

She arrived at HMC in 1975 and eventually began a two year seminary program at our mother church, Universal Harmony Foundation, located in Seminole, FL which led to her ordination. The foundation's philosophy and mission is to present spiritual truth in a "universal" manner and to emphasize "harmony" in the individual path of Life-and-Living. In 1990, Rev. Donna Jeanne Guerra and her mother, Rev. Jeanne Wilhelm succeeded Rev. Lippincott when she became gravely ill.

Rev. Guerra's vision was to "Teach the teachers and to make Harmony Church the country's leading healing center." She said, "Harmony is dedicated to the light workers, helping to keep the frequencies in balance with all that is. We believe that Angels and Saints are invisible forces in our lives. Even greater is our faith in the energy or grace that emanates from our seemingly impersonal but intimately interconnected universe."

**HARMONY METAPHYSICAL CHURCH**  
2517 W. HENRY AVENUE  
TAMPA, FL 33614

