

HARMONIOUS LIVING

Message from the Reverend

The Front Row Seat



Life is like a theater, so choose and invite your audiences carefully. Be discriminating when you allow others the privilege of having a front row seat in your life.

There are some people in your life that need to be loved from a distance. It's amazing what you can accomplish when you let go of or at least minimize your time with negative, incompatible, spiritually draining, not-going-anywhere relationships, friendships, and fellowships.

Pay attention to which relationships lift and which ones lean. Which ones encourage, or discourage? Are those alliances on a path of growth uphill, or doing a slow spin in the realm of stagnation and fear?

When you leave the presence of certain individuals, and you feel better energetically, that should be your clue to move yourself out of the influence of that energy drain.

The more you seek God and the things of God; growth, peace of mind, love and truth around you, the easier it will

become for you to decide who gets to sit in the front row of your life and who should take a back seat in your life.

You cannot change the people around you, but you can change the people you are around. Lean on your spiritual discernment and wisdom and choose carefully the people who sit in the front row of your life.

The New Year is upon us, the energy is fresh and new, work it!

Peace and Blessings,

Rev. Sheila

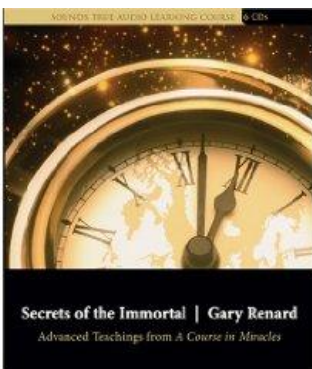
Book of the Month

Secrets of the Immortal by Gary Renard

Reviewed by Aimee Byron

This is a great book if you have any knowledge of "A Course in Miracles." It still has great value if you don't but preferably should be read after at least a little exposure. Gary expands on his prior book, "The Disappearance of the Universe," and gives advanced instructions for a better understanding of "The Course."

He teaches about what he calls, "advanced forgiveness," and there is a special meditation included to help you to "give it all to God" and actually spend time dwelling in the I AM presence and love of God. This is a great meditation that I highly recommend. I found myself wanting more when I was done with this book. I am sure you will too, especially if you have any Course experience.



Member Spotlight

The Reverence of Felicia

By Cheri Makeda

Rev. Felicia Ferrara met a psychic at an alternative center while living in Connecticut in 1981. She was fascinated with what she learned and began her journey into metaphysics. Her study continued when she moved to Tampa in 1991.

Upon arrival in town, Rev. Felicia quickly found her new spiritual home at Harmony. At that time the Church was very small, yet full of love as she settled in. At the same time, Rev. Felicia returned to school first completing a degree in psychology and later another degree in statistics. She eventually began to teach and joined Harmony's ministerial program in 2002 under the tutelage of Rev. Jeanne and Rev. Donna Jeanne.

Rev. Jeanne was the apple of Rev. Felicia's eye. She loved her sweetness and the classy way she carried herself. Rev. Jeanne had very traditional views on the ministerial program and how one was to conduct themselves. On the other hand, Rev. Donna Jeanne was more relaxed in her approach, yet a dedicated mentor. Together, both provided a comprehensive spiritual education as she studied with Rev. Sheila and others.

In 2006, life for Rev. Felicia became very serious. She experienced numerous life challenges, including losing her 20-year-old niece, who lived as her daughter. Then came the ultimate challenge when she received a diagnosis of breast cancer. At this point everything in her life stopped in order to concentrate on her healing. After Rev. Felicia's initial surgery she experienced multiple complications and setbacks and eventually would have ten additional surgeries over the course of the following years, the last one a few months ago. Along with the ravages of her body, her financial viability suffered greatly ultimately losing most of what she had built for herself.

The most difficult part of this ordeal was the aggressive round of chemotherapy. Rev. Felicia worked part-time and scheduled her work around the chemo. The side effects were profound and her strong faith is what got her through. In her darkest moments she asked God to lighten her load. Rev. Felicia remembers the most profound moment when she asked God to let her know He was there, and immediately thereafter, she felt a hand upon her shoulder. Faith kept her going, and she believes her biggest lesson was that of surrender. She prayed that her cells would regenerate and they did. Rev. Felicia learned to live in the moment and saw everything as a gift, including finding the cool spot on the sheets to sooth her burning body while going through chemo.

Rev. Felicia is happy to be back in her spiritual home after an extended absence. When asked what she wanted the members to know, she said; "You can heal yourself by bringing the self to a higher connection to God. You are the captain of your soul, and you have the ability to heal. There are no accidents and we are shown actual proof."

Rev. Felicia has written three books, Conquered Legacy, with a companion CD; a text book, Child Sexual Abuse: Impact Across the Life Span; and a yet unpublished book about domestic violence.

Namaste

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We're on the Web!
See us at:

Under Construction

Ongoing Classes in Our Spiritual Education Program

Oneness Blessing

Facilitator: Maria Ferguson
 Every Monday at 7:00 pm
 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!

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. **Restart of class will be announced at a later date.**

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!

Vision Board Building

Facilitators: Mary Jo McCallie and Nora Lee Smith
 Friday, January 8 at 6:30 pm - 9:30 pm
 Location: Gillespie Hall
 Cost: \$35

Join us in prayer and intention setting with your own Vision Board Building for the new year. Your hosts are Mary Jo McCallie and Nora Lee Smith who are both Angel Therapy Practitioners. They will take you on a journey to layout your hopes and dreams in a Feng Shui format. We will provide all the tools. Please bring pictures or photos you would like to include and a good pair of scissors. Please see Debra in the bookstore to sign up for the class.

Inspirational Quotes

Henry David Thoreau

“Go confidently in the direction of your dreams. Live the life you have imagined.”

Confucius

“The man of wisdom is never of two minds; the man of benevolence never worries; the man of courage is never afraid.”

SHOUT OUT TO:

Thanks to all HMC Volunteers for everything you do!

Board of Directors

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January Events

January 8 at 6:30 pm - 9:30 pm
Vision Board Building (Gillespie Hall)

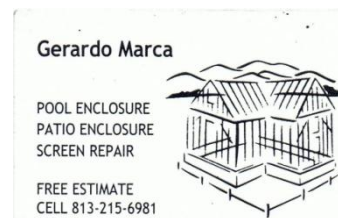
January 30 at 7:00 pm
Full Moon Ceremony

January 9 at 11:00 am - 5:00 pm
January 10 at 1:00 pm – 5:00 pm
Harmony's Annual Prediction Fair

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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

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+
 20% off purchases \$50+



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
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