

Harmonious Living

Harmony Church

June 2011
Volume 3, Issue 6

Message from the Reverend

Turning Lemons into Lemonade

Making the most of a challenging situation is often little more than a matter of taking the resources we have, and using them in creative or clever ways.

The old adage, "If you always do what you've always done, you'll always get what you've always gotten" holds true when trying to maneuver through life's challenges, AKA learning opportunities.

We may be called upon to expand our perspectives so that our "talents" can help us open with any adversity we may be faced with. Even if we have never dealt with certain circumstances or experiences before our past experiences can show us what we are capable of and how we can employ our strengths/resources wisely.

Your ability to come up with ingenious and creative solutions to unfamiliar problems can serve you well.

Your imagination and willingness to think "outside of the box" will come in handy when you need to turn lemons into lemonade.

Peace and Blessings,

Rev. Sheila

Inside this issue:

Inspirational Quotes	2
Reflection	2
Perspective	3
Our Advertisers	3
Ongoing Classes	4
The Children's Realm	5

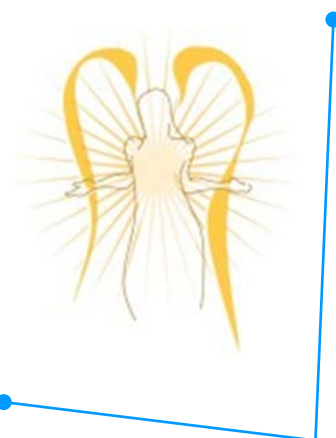
Book of the Month

Conversations With Jesus By Harold Fickett

Reviewed by Eva Hiraldo

Unexpected Answers to Contemporary Questions. This book takes many of the parables and stories Jesus used in Biblical times to answer many of the questions we have right now, today!

This book answers questions about our struggles, tragedies, whether or not God's love for us is real, etc. Based on traditional Christianity, this book is an easy read and pleasantly enlightening.



Inspirational Quotes

Joseph Campbell

"It is within you that the Divine lives."

Eileen Caddy

"Live by intuition and inspiration and let your whole life be Revelation."

K.N.G

"Believe you can fly, believe in yourself, and above all, believe in your own truth, which is the beginning of all wisdom."

Got God?

Inquire Within.

Reflection

The You that Is Special, Quoted from "Radical Self-Forgiveness: The Direct Path to True Self-Acceptance"

By Colin C. Tipping

In all the world there is nobody like you. Since the beginning of time, there has never been another person like you. Nobody has your smile. Nobody has your eyes, your nose, your hair, your hands, your voice. You are special.

No one sees things just as you do. In all of time there has been no one who laughs like you, no one who cries like you. And what makes you laugh and cry will never provoke identical laughter and tears from anybody else, ever.

You are the only one in all creation with your set of natural abilities. There will always be somebody who is better at one of the things you are good at, but no one in the universe can reach the quality of your combination of talents, ideas, natural abilities, and spiritual abilities.

Through all of eternity, no one will ever look, talk, walk, think, or do exactly as you do. You are special. You are. And, as in all rarity, there is great value. Because of your great rare value, you need not attempt to imitate others. You should accept – celebrate – your differences and even those parts of yourself that you judge to be not OK.

You are special. Continue to realize it's not an accident that you are who you are. Continue to see that you were created to serve a very special purpose. Out of all the billions of applicants for that mission, only you qualified. You were the one with the best combination of what it takes. Just as surely as every snowflake that falls has a perfect design and no two designs are the same, so, too, are no two people the same.

Ask that you continue to be guided in fulfilling your divine plan. Trust the process and let it unfold in perfect sequence and in perfect order. Be grateful and happy.

Perspective

New Beginnings and Rebirth

By Rev. Karn

After an absence of a couple of years, it is such a joy to be back at Harmony and to feel the promise and lightness of new energies beginning to unfurl much like flowers do when responding and opening to the gentle drops of a spring rain providing sustenance for new growth and blossoming.

Harmony has weathered many changes over the years and still survived for it's far more than just a concept and a building. Rather, it is a collective group of Souls that hold a heartfelt belief and vision of "what can be" when joined together to unite and grow in the light as it continues on its journey to complete and fulfill the hopes and dreams of all those who have come before, thus proving that anything in this Universe truly is possible.

So, as this sweet season of new beginnings unfolds, inspiring us with the expectations of hope and renewal while all of creation gets ready to be born again, my wish for everyone is that we, too, can begin to blossom and embrace these energies of change, growth, and rebirth as we open and allow ourselves to experience the feelings of Love and Joy that represent our true essences. Feel the light of the radiant Sun and your Beloved Self; let your I AM Presence embrace and caress you with a loving remembrance and knowingness deep inside that each and every one of you is a beautiful, divine being whose presence is a gift to the world. Trust that all is well and Be at Peace. Light and Blessings for your journeys.

Namaste

Support our Advertisers

Sergio Leon, Jr.
Senior Life Specialist
11700 N. 58th Street
Suite F
Tampa, FL 33617
Cell: (813) 767-2808
Toll-free: (800) 765-0711
Fax: (813) 374-0205
www.efesonline.com
A DIVISION OF THE EQUITIA GROUP OF COMPANIES

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

Ongoing Classes in Our Spiritual Education Program

Intuitive Development

Facilitator: Garner Cowen
Every other Monday at 7:00 pm
Location: Gillespie Hall
Cost: Offering

Garner Cowan and St. Clara of Assisi present Guided Meditation. Journeys for your soul assistance in the ascension process. Experience integration with higher self and effect the change you want in your life.

Reiki Share

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

Reiki Share with Charlotte Brown offers newly attuned people as well as experienced practitioners to share the Love and help heal the world one person at a time. This is also open to people that want to come and experience Reiki energy and how the energy feels. Also, if you are thinking of becoming a practitioner, this is a wonderful opportunity to get firsthand experience. This is an evening to share with other people who have taken a Reiki workshop. We invite you to try your abilities and techniques on each other, or with individuals that have come to receive an energy session. This is your chance to experience both the giving and the receiving.

The Gift program

Facilitator: MIT Eva Hiraldo
Every Tuesday at 6:00 pm and 7:00 pm
Location: Sanctuary
Cost: Free

Gift-Get Into Fitness Today is a Free Weight Loss/Nutrition Program sponsored by the Florida Department of Health and the Hillsborough County Health Department. This is a support group based program.

You will learn about; Weight/Body Fat & BMI, Weight Control, Nutrition that includes sample meal plans and eating fruits and vegetables, Exercise/Daily Activities, Healthy cooking, shopping and eating out, proper water intake, Diabetes prevention and much, much more.

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 teachings 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.

The Children's Realm



"Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense everything that comes from love is a miracle." ACIM



Free angel images by <http://www.angel-guide.com>

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

