

Harmonious Living

Harmony Church

October 2011
Volume 3, Issue 10

Message from the Reverend

A PASSION FOR LIFE

Are you enthusiastic about life? I would hope that you responded to that question with an exuberant "yes"! Remember that each and every moment in life should be seized and lived fully. You should be enthusiastic simply for being alive.

Think about the workings of your body and mind. Marvel at the wonders of what you can do physically, mentally and spiritually. Remind yourself of the beauty and awesomeness of all the things you can do, including the wonders of staying in the present moment. Use that awareness to fuel your excitement for all that life has to offer you. CARPE DIEM (Seize the moment).

True passion for life is a **conscious awareness** of everything around you. Slow down and become aware of the small things you don't usually notice. This in turn will allow you to see and experience the complexities of our daily life and living experiences. This type of experience can be very subtle in nature, and so you must pay attention to WHAT you are paying attention to.

When you are in a constant state of hyper-excitability and moving at "mach-jet speed, hair on fire", you miss the intricacies of life around you. Work on experiencing your life fully; stay in the present moment, and immerse yourself in a sense of joy and amazement at the wonders of even the seemingly small aspects of your life.

"The more side roads you stop to explore, the less likely life will pass you by." Robert Brault.

Peace and Blessings,

Rev. Sheila

Inside this issue:

Book of the Month	2
Inspirational Quotes	2
Reflection	3
Our Advertisers	3
Kitchen Corner	4
Power Stones	5
Ongoing Classes	6
The Children's Realm	7



Book of the Month

Teresa of Avila, The Book of My Life

By Translated by Mirabai Starr, forwarded by Tessa Bielecki

Reviewed by Reverend Eva Hiraldo

This book is the life story of Saint Teresa of Avila. Her life as written in her own words, during the time of the Spanish Inquisition, but translated for a new generation by Mirabai Starr, is an interesting and profound read.

This book reveals her dedication to Fraternal Service, her deep love for her Lord Jesus, and the intimate relationship she shares with her Lord and the Blessed Mother. It also reveals her challenges as a human being filled with an overflowing love for the world. The Rapture she speaks of may provoke you to ponder your own spiritual experiences and serve as validation for Divine Connection.

Inspirational Quotes

Ralph Waldo Emerson

"Most of the shadows of this life are caused by our standing in our own sunshine."

Plutarch

"The whole of life is but a moment of time. It is our duty, therefore to use it, not to misuse it.

Matthew 17:20

"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, "Move from here to there" and it will move. Nothing will be impossible to you."

Robin Sharma

"We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future."

James Allen

"The vision that you glorify in your mind, the ideal that you enthrone in your heart, this you will build your life by, and this you will become.

Reflection

24 Things to Remember and 1 Thing to Never Forget

By Colin McCarty

Your presence is a present to the world.
You're unique and one of a kind.
Your Life can be what you want it to be.
Take the days just one at a time.

Count your blessings, not your troubles.
You'll make it through whatever comes along.
Within you are so many answers.
Understand, have courage, be strong.

Don't put limits on yourself.
So many dreams are waiting to be realized.
Decisions are too important to leave to chance.
Reach for your peak, your goal, your prize.

Nothing wastes more energy than worrying.
The longer one carries a problem the heavier it gets.
Don't take things too seriously.
Live a life of serenity, not a life of regrets.

Remember that a little love goes a long way.
Remember that a lot ... goes forever.
Remember that friendship is a wise investment.
Life's Treasures are people ... together.

Realize that it's never too late.
Do ordinary things in an extraordinary way.
Have health and hope and happiness.
Take the time to wish upon a star.

And don't ever forget...
for even a day ... how very special you are.

Support our Advertisers

"The Best Source" for Buying, Selling and Saving Real Estate

Kelley Aderhold P.A.
Licensed International Real Estate Consultant
Multi-Million Dollar Producer

Cell: (813) 244-5700
Toll Free: (800) 921-1330 x191
thebestsource2@juno.com
www.thebestsource.com

FUTURE HOME REALTY  REIQ

13045 W. Linebaugh Ave Ste 102 • Tampa, FL 33626



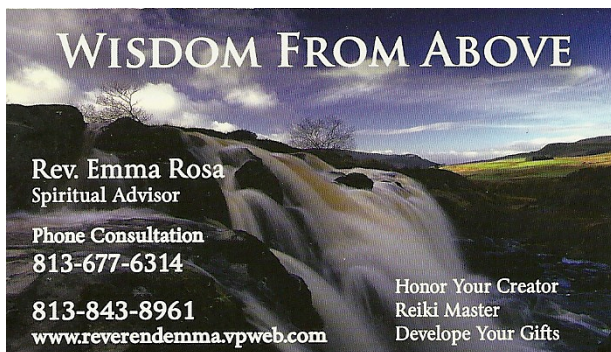
WISDOM FROM ABOVE

Rev. Emma Rosa
Spiritual Advisor

Phone Consultation
813-677-6314

813-843-8961
www.reverendemma.vpweb.com

Honor Your Creator
Reiki Master
Develope Your Gifts



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

The Kitchen Corner

By Deb Gayle

TOFU PARMIGIANA

1/2 c. seasoned bread crumbs
5 tbsp. grated parmesan cheese
1 tsp. dried oregano
Salt and pepper to taste
1 (12oz) pkg. FIRM tofu
2 tbsp. olive oil
1 (8oz) can tomato sauce
1/2 tsp. dried basil
1 tsp. oregano
1 clove garlic, minced
4 oz. shredded mozzarella cheese
2 tbsp. grated parmesan cheese

In small bowl, combine first 5 ingredients. Slice tofu into 1/4" slices and press each slice into crumb mixture, coating well. Heat olive oil over medium heat; cook tofu until crisp on one side, then turn and brown on the other side as well.

Add more olive oil to the pan, if needed, as you brown tofu.

Combine tomato sauce, basil, garlic and oregano. Place a thin layer of sauce in 8" square baking pan. Arrange tofu slices in pan. Spoon remaining sauce on top of tofu slices.

Top with mozzarella and parmesan cheese. Bake at 400 degrees for 20 minutes.

Enjoy!!

Power Stones

By Bette Morris



October Birthstone - **Opal**

October's child is born for woe,
And life's vicissitudes must know,
But lay an opal on her breast,
And hope will lull those woes to rest.
—Gregorian Birthstone Poems

Opal is a hardened silica gel, usually containing between 5-10% water. Therefore, it is non-crystalline unlike most other gemstones. It shares a very important need with humans. They both need water to survive.

Opals awaken and help understanding of psychic intuition and mysticism. Opals encourage living authentically in feeling and action, with faithfulness and loyalty. They clarify emotions by amplifying and mirroring feelings, buried emotions and desires (including love and passion). With this comes less inhibition, more spontaneity, clearer visualization and imagination. They help to balance the left and right brain hemispheres to stabilize neuro disorders.

Gemstone Properties: Creativity, Inspiration, Hope, Happy Dreams, Changes, Memory, Relationship, Inner Beauty.

Healing Properties: Opal has a generally health-enhancing effect because it strengthens the will to live. Eyesight, Parkinson's Disease, depression.

Power Stones: Agate, Almandine, Amethyst.

Ongoing Classes in Our Spiritual Education Program

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 6:30 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 7:00 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.

Intuitive Development

Facilitator: Rev. Nanci Clifford
Every Saturday at 10:00 am
Location: Gillespie Hall
Cost: \$15 per class

You will learn how to find out what your spiritual and psychic strengths are and develop the tools that make your life work!

The Children's Realm



"...miracles are natural, corrective, healing and universal. There is nothing they cannot do, but they cannot be performed in the spirit of doubt or fear."

A Course in Miracles



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

