

Harmonious Living

Harmony Church

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Message from the Reverend

Letting Go

There is tremendous power in letting go. It is liberating to rid ourselves of things that clutter our lives; spiritually, physically, and emotionally. Too many possessions, useless emotions, unhealthy habits and even folks who drain our energy are things that can weigh us down.

It is good to let go of what no longer serves or fits us, so that there is more room for something new, alive, and vital for this time in our life. Many times we want, and intuitively know we need to let go, but we often find ourselves holding on to things, feelings, or relationships out of habit or out of fear of being without.

But learning to let go is about developing trust. Remember that the more readily you are willing to **let go**, the more readily you are able to **receive**. When you stop clinging, you realize you have everything.

Everything belongs to the Universe; that's the source, and so you need not worry about "losing" something when you can let go of your need to "hold on". Understand that when a void/space is created **anywhere**, the Laws or Principles of the Universe dictate that the space/void be filled. This is a Universal Law that is eternal, immutable, and unchanging.

When you allow yourself the freedom to rethink your idea of ownership, it's easier to let go, for then you no longer have the need to feel burdened by the responsibility of having to hold on to something.

Be free; be empowered by letting go of people, ideologies, or material possessions in your life. It's okay to clean out your closet-literally and figuratively.

Peace and Blessings,

Rev. Sheila

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Book of the Month

The Alchemist By Paulo Coelho

Reviewed by Rev. Reverend Felicia

The Alchemist is a delightful story woven against an ancient setting that will compel the reader to finish the book in one sitting, of course, taking time to reflect along the way. It is an intriguing story of faith and courage in pursuit of one's Personal Legend (life purpose). The main character, Sebastian is a young man who sets out to find his Personal Legend, which his dreams tell him, is a treasure embedded in a faraway castle. As new characters emerge, unexpected lessons arise that change his perceptions of gifts. Along the way he seeks out the Alchemist, an all-wise man for assistance. Thus, when Sebastian is confronted with new dilemmas, he is guided by the wise Alchemist. The story portrays stark contrasts of earthly desires and spiritual growth.

The author expresses that all beings and objects have a soul and therefore give off soul energy or signs as we need them. The great lesson in life is to learn how to listen to that soul energy as it reveals itself. Many shifts occur to Sebastian's perception of what his treasure will be as he encounters new characters, each with a new lesson to offer. Sebastian's spiritual self evolves as he passes through numerous unexpected events that initially stymie him, but then a realization occurs only to surface as spiritual enlightenment.

As a philosopher and spiritual being, the author sets up his stories in a metaphoric manner that applies to life, then and now. Sebastian learns to listen to the signs in life, and according to the Alchemist, signs can be gleaned in all objects in life. Sebastian starts out as a naïve young man, eager to receive life's gifts, only to find that his perception of his Personal Legend is questioned with self-doubt until he develops new understanding and embraces the world through wiser eyes.

Spiritual growth is at the essence of the story with the an knowing that God will grant us rewards if we are willing to listen to signs and remain on our spiritual path. The story addresses all that we embrace in spiritual teachings at Harmony Universal Church. The author compels the reader to reflect on personal beliefs, both through example of Sebastian's travels and within the metaphoric stories that guide and change perceptions of a Personal Legend or Soul Purpose. The lessons of life transcend centuries from then to now; man's quest remains the same.

I guarantee this book will keep the reader hooked. The reader will reflect on how similar challenges or lessons in life shaped her/his path toward spiritual growth.

Happy Reading!

Inspirational Quotes

Author Unknown

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

Mahatma Gandhi

"You must be the change you wish to see in the world."

Ralph Waldo Emerson

"What lies behind us and what lies before us are small matters compared to what lies within us."

Hubert van Zeller

"The soul hardly ever realizes it, but whether he is a believer or not, his loneliness is really a homesickness for God."

Reflection

Promise Yourself By Christian D. Larson

Submitted by Rev. Emma

Promise yourself to be strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only the best, to work only for the best and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

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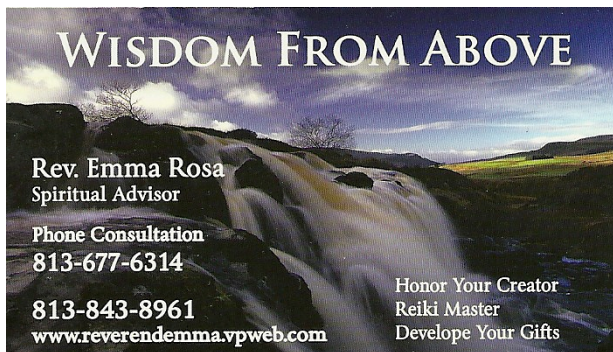
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The Kitchen Corner

By Deb Gayle

Rev's Easy Shrimp Stuffed Mushrooms

20 fresh mushrooms, stems removed and chopped finely
1 lb. small shrimp, raw (chopped)
2 cloves garlic (chopped finely)
1/2 c. grated Parmesan cheese
1 small onion (finely chopped)
3/4 c. dried bread crumbs
1/2 c. chopped bell pepper
2 Tbsp. dried parsley (fresh if you have)
2 Tbsp. Italian seasonings
Black pepper to taste
1/2 c. butter, melted (1 stick)
1/2 c. shredded mozzarella cheese

Preheat oven to 350 degrees. Lightly grease a 9x13 pan or cookie sheet. Wipe mushrooms clean with a damp rag and put in the pan, hollow side up. In a medium sized bowl mix the chopped stems with the next 9 ingredients. Slowly drizzle in melted butter, just enough to make the mixture moist (if not moist enough, add a tad more melted butter, no need to go overboard). Generously fill the mushroom caps with shrimp mixture. Sprinkle with the mozzarella cheese.

Bake in preheated oven 30 minutes, or until lightly browned.

Enjoy!!

Note: Large mushroom can be placed hollow side down, in a pan at 350 degrees for 10 minutes in the oven, to release their moisture and dry out a bit, so that your stuffed mushroom recipes aren't so water-logged. You can use that cooking tip for any mushroom recipe where you don't want the dish to be too "juicy."

Power Stones

By Bette Morris



September Birthstone - **Sapphire**

A maiden born when autumn leaves
Are rustling in September's breeze,
A Sapphire on her brow should bind,
To bring her joy and peace of mind.
—Gregorian Birthstone Poems

This stone is said to aid with love, friendships, and partnerships, and attract positive influences. Good aid for sleep and helps uplift from depression. Gives the wearer peace of mind and boosts the imagination - inspiration, great stone for expanding the creative process! Promotes light and pure emotions, gives purity of mind, joy, serenity, peace, and enhances the influences of Venus and banishes evil thoughts.

Peridot is also a money stone. Wear it to draw money and opportunity your way. Put peridot in your cash box and/or your change purse along with citrine. Peridot will help to draw money to you, and citrine will help to keep it once you get it!

Gemstone Properties: Creativity, Friendship, Happiness, Imagination, Inner Peace, Inspiration, Lifts Depression, Love, Serenity, Uplifts.

Traditional Metaphysical Properties: Clairvoyance, Insight and Interpretation.

The Healing Properties of the Sapphire are reputed to be effective for health problems relating to lowering fevers and inflammation, hearing problems, cancer, and burns.

Other Power Stones: Pink Jasper, Rhodocrosite, Azurite, Moss Agate, Almandine, Amethyst, Amazonite, Chrysocolla, Garnet, Peridot, Watermelon Tourmaline.

Ongoing Classes in Our Spiritual Education Program

Guided Meditation

Facilitator: Garner Cowen
Every First and Fourth Monday at 7:00 pm
Location: Gillespie Hall
Cost: Love 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 6:30 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



“A miracle is never lost. It may touch many people you have never met, and produce undreamed of changes in situations of which you are not even aware.”

A Course in Miracles

MIRACLES

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