

## SERVICES AND CLASSES

Sunday 10:00 am      Inspirational Service  
Sunday 2:00 pm      Inspirational Service  
Wed 12:30 pm      Self-Realization Psychic Dev Med  
Wed 7:30 pm      MediumShip Dev Med  
Friday 12 Noon      Healing and Message Circle

The Chapel is open from 9:00 am to 5:00 pm Monday through Friday. Stop by when you are in the area, for a reading, a Healing, quiet time, or just conversation

520-327-0142    520-327-4559



SUNFLOWER CHIROPRACTIC  
HEALING CENTER  
(520) 327-6069

DR. CONNIE LLOYD  
4626 E. Ft. Lowell, Ste. G  
Tucson, Arizona 85712



### PRIVATE SELF-REALIZATION PSYCHIC DEVELOPMENT CLASS



THESE CLASSES WILL BE HELD AT YOUR AVAILABILITY. TUESDAY, WEDNESDAY, THURSDAY OR FRIDAY BETWEEN 9 AM TO 8 PM. THE DONATION IS WHAT YOU CAN AFFORD, THE CLASSES WILL BE THIRTY MINUTES, WITH A MEDITATION THE CLASSES

WILL COVER FOUNDATION OF METAPHYSICS, MEDITATION AND PRAYER, HEALING, BREATH, PROSPERITY, 12 POWERS, PSYCHIC DEVELOPMENT, PHYSICAL PHENOMENA, CHAKRAS, MEDIUMSHIP, REINCARNATION. see or call Rev David to make an .



**February 2009**  

**2009.** Medium Day was a success, thanks to those who attended. We will be having another one in June and December. Being a Metaphysical Spiritualist is a course that is always going beyond. The key is wisdom, knowing that pertinence is your awareness. Know that when change is happening that the effects we have are what is changing. Breaking down is in every change. As a child I would throw away Chicken wings, now we experience there is wealth in having Chicken wings on the menu. Wealth is in every experience we have lived and are living. Be still to be aware of the value you are. Rev David

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Miller, Pastor  
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**THE 2009 SEMINARY STARTED JANUARY 7, 2009  
CAROLYN CANTERMAN, ROSANNE CRAGO, TONI  
DUNN, CHARLIE KRONBERG, AND VICKI VENABLE ARE IN  
THE SEMINARY. THE DECISION TO BE A MINISTER IS A  
LARGE COMMITMENT, THESE CANDIDATES ARE WORTHY  
OF THIS DECISION.**

## February 2009

**10 AM**

February 1<sup>st</sup> Rev Sheryal Valencic  
February 8<sup>th</sup> Rev Michael Storm  
February 15<sup>th</sup> Beverly M<sup>c</sup>Guffin  
February 22<sup>nd</sup> Rev David J Miller

**2 PM**

Rosanne Crago  
Rev David J Miller  
Carolyn Canterman  
Rev Marsha Zimmerman

Want to advertise in our newsletter? Quarter page to a business card size. Give the Chapel the information by the 15th of each month. A donation of \$5.00 and up will be accepted. Contact Rev David

### MORALLY SELF-RESPONSIBLE

Morally self-responsible is the act of taking total responsibility for one's life without outer blame. This is a powerful knowing. The changes to be made in life are always within the grasp of the beholder. Knowing one is the creator of one's life is knowing that one does not have to wait for anyone else to create change. Being self-responsible is knowing that the experiences in one's life are deliberate or allowed to be. Deliberate is that action one does to create the experience. Allowing is the action of giving permission for others to be in charge of that experience. There is always an action, word or thought that can free one from allowing others to influence one adversely.

### SELF-MASTERY

Self-Mastery is having dominion over oneself. Dominion is having supreme authority over one's life.

### BELIEVE IT? IT'S YOURS!

What we believe about our self, what we put our faith in, determines our experiences. Our beliefs influence our perceptions. They affect how we feel and what we are willing to see about our self and others.

Beliefs are created from the thoughts we've practiced. If the things we say about our self in our mind are positive we have a positive self-image. If they are negative we have a negative self-image. Our confidence is the result of what we are confiding to our self. Whether or not what we are saying seems true doesn't matter. What matters is whether or not we believe it, whether or not we are building a case for it in our minds! Sometimes what we believe was put in our minds so long ago we can't see it. It is transparent to us. It just feels right. It's our norm. It's all we've ever known.

I have a friend who is very successful in business. His business is successful because he knows how to build good relationships with people. His thoughts, words and actions reflect his confidence in his self. He has a good self-image in this area. In his business life he has faith in his ability to create and sustain excellent relationships.

This same friend grew up in a family that had difficult, strained, adversarial relationships. In his personal life he believes that he is bad at relationships. That is his vision. That is what he is constantly telling his self and others. He agrees to this thought. He declares it for his life. He expects it. In other words, he puts the power of his faith into action, creating negative experiences with family and friends.

No doubt someone planted that seed at an early age. No doubt it feels so right to him that he's never questioned or challenged that idea. It may not even have occurred to him that there is overwhelming evidence that he is capable of something quite different, or that he deserves something better. His belief is in an idea that dis-empowers him and keeps him from having the kind of personal relationships his heart desires.

A belief is like the wind. We can't see it, but we can feel it and witness its affects. Like the wind, beliefs are subject to change. And we are in command of which way they will blow for us!

Take time each day to reflect on your life. Just observe the deeper reality behind your relationships, your checkbook, your health, your job, your circumstances. What are you confiding to your self? What do you believe about your self? What or who have you put your faith in? By all means, question what's "normal" for you! Challenge it! Does it "have" to be "true"?

Don't worry if what you find feels uncomfortable. Just say "Thank you!" Congratulate your self for taking the first step in healing. Celebrate the changes that are already in process. Have faith that you are stepping into a bigger, brighter vision of your self and your life. Expect the highest and best! You deserve it! *Rev Sally Taylo*

***REV SHERYAL VALECIC TAROT READINGS  
SUNDAY FEB 15 AFTER THE 10 AM SERVICE.  
SIGNUP SHEET BY THE HEALING BOX***

## **BREATH**

All life is dependent upon breathing. Vitality, freedom from disease and peace of mind are enhanced and sustained through the habit of correct breath flow.

Breath flow affects the nervous system, therefore the entire body. The nervous system has a connection with the spiritual influences of the etheric and astral bodies. The Etheric World is the mental body that is closest to the physical body. It carries all that one has done that day and the memory of people, places, and things in one's life now. Each person, place and thing has left an imprint on the subjective mind and the etheric body. The Astral World consists of all that one has ever experienced in this lifetime, all other lifetimes and all that has ever been experienced. All the entities in the Spirit World are in the Astral World. The etheric and astral bodies are directly affected by breath flow.

What robs one of energy? The things that rob one of energy are: incorrect posture (standing, sitting, reclining, walking) smoking, smog, negative thinking, etc. Each of these, has a vibration that affects one's breathing and can rob one of energy. Incorrect breathing is a result of allowing others to do one's thinking and is another means of robbing energy.

Symptoms of incorrect breath flow are a contracted chest and stooping shoulders. Correct breath flow leads to increase mental power, self control, morality, and development of spirituality.

***REV MARSHA ENERGY READING  
SAT FEB 21, 10AM-1PM  
SIGNUP SHEET BY THE HEALING BOX***

## **BREATH FLOW AND THE SPINAL COLUMN - BRAIN**

There are two nerve currents in the spinal column; one is positive and other negative. There is a hollow canal that runs through the spinal cord which is neutral. Neutral means that it is neither positive or negative, but has characteristics of both. Each breath of air (life-giving principle) that is taken into the body, travels along either the positive or negative nerve in the spinal column. After the breath circulates up and down the spinal column, it passes out through the nostrils with what is not needed.

From the root of the nose just where the left nostril converges into the right nostril, breath passes through the cerebrum, cerebellum and medulla. The breath runs along the left side of the spinal cord and ends at the lower end of the spine or coccyx.

**CEREBRUM** - The cerebrum is involved with the complexities of humanness. It is responsible for the distinction that is man. It is the seat of conscious, thought, reason, emotion, and memory.

**CEREBELLUM** - The cerebellum is the coordinator of muscle tone, body balance, and the rhythms of body movements.

**MEDULLA** - The medulla sends electrical impulses to the heart which controls respiration and circulation.

The Chapel's web page, [www.united-fellowship-chapel.com](http://www.united-fellowship-chapel.com)

# February 2009

| SUNDAY   | MONDAY | TUESDAY | WEDNESDAY  | THURSDAY | FRIDAY  | SATURDAY   |
|--|--------|---------|--|----------|---|--|
| 1<br>10 am Service<br>2 pm Service                           | 2      | 3       | 4<br>Self-Realization<br>Psychic Dev<br>12:30 pm<br>"Natural Law"<br>MediumShip Dev<br>7:30 pm | 5        | 6<br>Healing &<br>Message<br>Circle<br>12 Noon  | 7  |
| 8<br>10 am Service<br>11:30 AM BOARD MEETING<br>2 pm Service | 9      | 10      | 11<br>Self-Realization<br>Psychic Dev<br>12:30 pm<br>"Breath"<br>MediumShip Dev<br>7:30 pm     | 12       | 13<br>Healing &<br>Message<br>Circle<br>12 Noon | 14   |
| 15<br>10 am Service<br>2 pm Service                          | 16     | 17      | 18<br>Self-Realization<br>Psychic Dev<br>12:30 pm<br>"Breath"<br>MediumShip Dev<br>7:30 pm     | 19       | 20<br>Healing &<br>Message<br>Circle<br>12 Noon | 21<br>Rev Marsha<br>Energy<br>Reading<br>10 am - 1pm |
| 22<br>10 am Service<br>2 pm Service                          | 23     | 24      | 25<br>Self-Realization<br>Psychic Dev<br>12:30 pm<br>"Breath"<br>MediumShip Dev<br>7:30 pm     | 26       | 27<br>Healing &<br>Message<br>Circle<br>12 Noon | 28   |

Mother Father God  
which art within us  
Hallowed be I Am.  
Ignite our  
understanding that we  
are eternal spiritual  
beings with the power  
to create happiness,  
health and wealth in  
our lives. Ignite our  
understanding that our  
choices belong to us  
and are the seeds that  
create our lives.  
Ignite forgiveness of  
self, as we ignite  
forgiveness of others.  
We give thanks for the  
power and the glory of  
I Am in all. Amen

Mother Father God who art in all  
things, hallowed be thy name.  
Thy kingdom come, thy will be  
done, in earth as it is in heaven.  
Give us this day our daily bread.  
Ignite in us forgiveness and  
understanding of ourselves, so  
that we may forgive and  
understand those that we meet.  
Being aware of our choices we  
create everlasting peace, love,  
and happiness. We give thanks  
for thy kingdom, power, and glory  
forever. Amen