www.InnerQuestChurch.org

COMMUNICATIONS

March and April 2020

Spring Cleaning

God is creator of the Universe. And, if we are one with God, we are also a part of this great sea of forms interacting with one another. And perhaps we needed to learn to relate.

On Earth, life is all about relationships. We relate with the sights and sounds. We relate with each other. And we even relate with the inanimate objects in our homes and offices.

Whether we are aware of it or not, we are each responding to the vibrations of energy that are being "put out" into the world. And, once we can recognize it, we can consciously begin to create a world of support rather than one of challenge.

We all know what it is like to walk by an object that we have kept because "someone" gave it to us, and that "someone" we didn't have a good relationship with at the time. Every time we walk by, we will be subconsciously reminded of the discord in our heart around our connection with them. Walking by an object that we absolutely love will always uplift us even when we are not consciously "seeing" it.

Our feelings about things affect us. And the energy exchange with people affects us even deeper.

Associating with people that emit an energy that is negative to us, or lowers our rate of spin is just like the discord of the object. It will affect our energy so much that the "high" thoughts we seek to live in are not available at the "current rate of spin". Relationships- "how to relate with the others in the world without compromising our own frequency".

The first step is to think love. Does what I am experiencing bring me into a more loving and harmonious space? Does what I am experiencing make me feel constricted or less than? By answering these two questions, we can begin to make choices that are not based on judgment of another, but are based on how these things make us feel. *How we feel sets our Spin!*

As we approach our annual spring cleaning, let's add cleaning our consciousness to the list! Monitoring our reactions to situations can really allow us to fine tune. We don't have to start with the "biggest" first. We can start with what we watch on tv, what we listen to, what we read. Making choices that bring greater love into our minds and hearts will help lift our spin.

Once we have claimed our personal space, we will be ready to move into cleaning the objects that do not support us. Release and Breathe. And then, we will be ready to establish a harmonious space for the people in our worlds. Gentle and easy fine tuning of our frequencies-without judgment.

Since we are one with God and a part of all that has been created, we can now create consciously. We can now choose to surround ourselves with inspiring and uplifting energy patterns in people, objects and experiences.

Much love to all, Cindy

The Journey

It's been said "that a mind is a terrible thing to waste." I believe that we are moving into a time when it will be said, "that a heart is a terrible thing to waste."

When Jesus visited the Greeks, he honored their thoughts and their sciences. But he said to them, "I came not to speak of science, philosophy or art, of these you are the world's best masters." I come to tell you of a life beyond, within- a real life that cannot pass away. I am bringing light beyond your thoughts. You cannot reach God or your soul through your philosophy or science. Mental only solves problems that you can see! To see beyond the veil you must access spirit consciousness, you must open the door in your heart to God.

Jesus was teaching them of the heart. No matter how masterful we become in the world of matter, we must remember that our highest teaching comes from within. That the highest teaching is that God is Love and that God and Man are one. Expressing this love is our path to Christ.

The Greeks may not have understood what Jesus was teaching but they were open and receptive. They were teachable. Are we teachable, are we ready and willing to transcend race consciousness? Only through our actions is this revealed! I guess the most important question would be, "are we ready to change?"

In all that is happening on planet Earth at this time, it is most important to ask to see beyond. To see with higher vision is the way of true transformation. From the higher vision comes an understanding of <u>cause</u>. We can then be shown a new action step (cause) to <u>effect</u> change for the good of the whole as well as self.

Our new vision of self will lead us to a new way of living. We can now create a new relationship with life that is love based.

Could this truly be the gift of life- the opportunity to give love and the opportunity to receive love? Sounds good to me!

The journey to know about God is through the mind. The journey to know-God is through the Heart.

The journey of life is to know oneself- the path begins in the Heart. We all have a Heart.

Peace, Patrick

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770) 521-2875

At Inner Quest, we are committed to creating Inner Quest is staffed by: Heaven on Earth. We believe in the promises of Jesus Christ - "Everything I do, you can do, and Greater." We are here to take that next step Patrick Abent in Christed evolution, and to assist all others in doing the same. We sincerely appreciate your support, your love, and Your Lights. Many Blessings.

Cindy Fuller Minister, Reiki Master, Counselor

Master Ro Hun Therapist

Minister, Reiki Master, Counselor

Crystal and Color Therapist

Children's Minister Charmavne Scruggs

Bonnie Westbrook Bookkeeper

Upcoming Events

- Mar 02 Men's Breakfast Monday, 6:30pm. Bring a dish to share and enjoy refocusing for the year with men of like-mind. Patrick will make the eggs.
- Mar 08 Pot Luck Baby Shower for David, Amber & Hazel Fuller— Sunday Immediately Following the Service. Join us in celebrating one of our newest babies!
- Mar 14 Reiki Night Saturday Night, 6pm-8:30pm. Love Offering. Come and receive the gift of healing through Reiki. This is a powerfully gentle healing technique for everyone.
- Mar 20 Monthly Metaphysical Class—How Can It Get Better Than This? Friday Night 7:30pm-8:30pm. Rev Cheryl Provence will lead an eye opening discussion to help you Choose Greater. Love Offering.
- Apr 03 Intuition Night Friday night, 7-9pm. Join us for a night of mini readings and oracle cards. Bring your own cards if you have them, but there will be cards here for everyone. Come and Play!
- Apr 05 Bookclub Meets—Sunday, from noon to 1pm. Book being discussed: I Know Why the Caged Bird Sings by Maya Angelou. Tamyra leads. All are welcome to drop in.
- Apr 06 Men's Breakfast Monday evening, 6:30pm. All men are invited to join Patrick for a men's breakfast. He prepares the awesome food—eggs and bacon—and you bring a side to share.
- Apr 10 Good Friday Communion —Friday 12:00 pm—Join us for our annual communion service that prepares our hearts for our Easter experience. Love Offering
- Apr 11 **Reiki Night** 6pm-8:30pm. *Love Offering*. Everyone could use a healing on some level. Our healing team is ready to channel God's love in a beautiful, gentle way.
- Apr 12 Easter Sunday —10:30am Join us for a very special Sunday Service as we celebrate the energy of the Christ.
- Apr 13 Women's Group— Monday 6:30pm— Come and get acquainted & bring a snack
- Apr 17 Monthly Metaphysical Class -"I have the Power"— Friday Night 7:30pm-8:30pm. Love Offering. What does that look like? What can I do with it? How do I use it? How do I use power to define myself? Rachel Shively will lead this lively discussion!
- Apr 26 Shungite Class—Sunday 1pm-4pm Learn about this amazing stone. Helps protect from stress.
- May 09 Inner Quest Fest Saturday from 10:30am—4pm It is a day of joy! Vendors, Readings, Healings and of course, great food. Make it a family day of fun.

WEEKLY ACTIVITIES

Sunday Metaphysical Class 9:30-10:15 am Adults

Sunday Service 10:30-11:30 am Childcare /Sunday School

Tuesday **Tuesday Night Group** 7:30-9:00 pm Wednesday **Choir Rehearsal** 7:00-9:00 pm

Mon-Fri **Healing Sessions** 10am-4pm by appointment (770) 521-2875

Mon Evening Appointments Available

Counseling, Spiritual Readings, Body Scans, Reiki, Color Therapy, Crystal Sound

Inner Quest



Inner Quest Fest Saturday, May 09 from 10:30am-4pm

Activities & Gifts for the Body & Soul

Calling All Vendors, Healers & Readers!

This is our semi-annual fundraiser and is always a lot of fun.

We offer readings, healings, classes, freshly prepared lunches, and we line our walkway with vendors selling unique products.... gifts for yourself or for others, consumables for personal health or enjoyment, and one-of-a-kind art.

So, if you are a vendor and would like to participate in our wonderful event, please let us know as soon as possible. We are also asking for healers and readers. This is a wonderful time to step up and support your church!

There will be things for the entire family to enjoy, so plan to be here!

Registrations for Readings & Healings start May 1!

2020 Year of the Master Builder

This is going to be an amazing year for us all. We are ready to fully embrace what the Universe is presenting in our rapidly changing approaches to life. Everyone will get the opportunity to create a new foundation for their realities.



At Inner Quest, we will be laying the building blocks for even greater partnering with God. We have truly been provided for over our last 30 years and we are very grateful. God has gifted us through so many loving hands. The Universe has provided. This year, we are seeking to take another step in receiving abundance.

Consistent expectations, consistent support, consistent giving creates abundance. This year, we would love to move into the energy of "take no thought". We know that we are blessed and we trust that God will grow our foundation in ways that will thrill our souls. Join with us in creating a synergy of faith and giving that will lift us all into greater!



for David, Amber & Hazel Fuller

March 08- Following the Service

Please join us in celebrating the arrival of a
new precious soul! David has been a member

of this church for 30 years, and Amber for about 10. We are so excited to share this blessing with them as they welcome a little piece of heaven to the planet. So,bring a dish to share and a blessing for the baby, Hazel! Diapers are always a lovely

gift! We look forward to seeing you there!

March is <u>National Reiki</u> Month



Reiki is a gentle, yet powerful healing energy that expedites the natural healing process of any illness. This healing modality closely resembles the method of Jesus' touch. Working on a physical, mental, emotional, and spiritual level. Reiki moves to the causal level of energies that create discord in your body and heals them.

Patrick and I have been doing Reiki for thirty years and we are still as in awe of the power of this amazing energy as we were in the beginning. Reiki is not just a frequency, it is a moving intelligence that naturally corrects all imbalances in the body. You don't have to direct it because it goes where it is needed.

The stories over the years continue to validate Reiki's powerful energy. I believe everyone should become a Reiki I practitioner just to work on themselves!

In honor of Reiki Month, we are offering all reiki sessions received during March at a discounted price of \$40. This is a 40% savings on this amazing healing modality.

Celebrate with us and make it a point to get a Reiki session for yourself. There is no greater self love that you can give yourself than to stop your busy schedule and receive beautiful God energy.

Reiki is amazing! Spread the word! And if you are guided to become one of the growing family of Reiki Healers, just let us know. Individual Reiki Attunements can be scheduled at your convenience!

Just think, if everyone in the world got a reiki session once a month...what changes would we see in the consciousness of man!!!

Stay up on all of the latest activities

Follow us on **Instagram:** innerquestchurch and **Twitter:** Cindy Fuller @AquarianGospel Cindy Fuller @intrepreter

Inner Quest Facebook Page www.facebook.com/innerquestchurch/

Cindy Fuller Facebook Page www.facebook.com/cindy.fuller.9026

Inner Quest Community Page— this is for our people to post private requests for support or prayer. www.facebook.com/groups/1042717255809787/

Prayers and Reiki

You can also call in for prayers and/or reiki to be sent to a situation for healing. We have a Reiki Train that works daily, sending reiki to all of the requests we receive.



Sundays at Inner Quest

2020 Master Builder Year

March

Christing Consciousness

Mar 01	Jesus Teaches Love	Rev. Cindy Fuller
Mar 08	Jesus Teaches Wisdom	Rev. Cindy Fuller
Mar 15	Jesus Teaches Power	Rev. Patrick Abent
Mar 22	Christing the Ego	Rev. Robbie Hunt
Mar 29	Living as the Christ	Rev. Cindy Fuller

"I embrace My Spiritual Abilities!"

April

Relationship with God

Apr 05 Palm Sunday Preparation Rev. Cindy Fuller
Apr 12 Happy Easter Rev. Cindy Fuller
Apr 19 Transformation Now Rev. Patrick Abent

Apr 26 Your Place in the Heart of

God Rev. Cindy Fuller

"My Path is filled with God love, Prosperity and Peace!"

2020! Master Builders! As spring begins to renew our spirits, it is time for all of us to take another step in our self awareness! In March, we will be exploring the three levels of consciousness that we are required to Christ in. We will look at the path that Jesus walked and left for us to follow. Learning to incorporate our spiritual beliefs into every moment of every day becomes an investment that will truly transform our lives.

Then in April, as we move into our Easter celebration, we will look at all of the many ways that Spirit is active in our lives. We will touch on the energy that sustains us and helps us remember that there are so many other dimensions of life and so many other Angelic forces at play. When we are able to comprehend that there is a greater plan going on, we are more able to humbly take our mission on this earth plane with a renewed sense of contribution to the whole. As we lift our vision, we are able to help all of mankind lift theirs. Race Consciousness will shine brighter when one of God's children learns to love the whole!

The soul growing strong, the soul in whom the flame burns brightly, will face all renunciation philosophically, tranquilly, joyously. For that wise soul knows that what is lost has served its purpose, and something better now awaits the soul, though whether on the spiritual or the material plane it can not know. Learn to face the cross with tranquility, knowing that out of the ashes of the past new life is born.

The Quiet Mind by White Eagle



Good Friday Communion Service Friday, April 10 12:00 -1:00PM

This is a beautiful ceremony that prepares your heart for your Easter experience. Through this act of communion, we are able to fine tune our physical bodies to the frequency of the Christ. This allows an unrestricted connection with the heart of God.

You will feel the energy pouring into your body, mind, and spirit.

The church will be open for silent meditation at 11am, and our service will begin at noon. The Angelic presence is always strong and there is no doubt that Jesus Christ and the Silent Brotherhood are with us.

The Spiritual Access you will feel is deep and immense. We are here to demonstrate the Christ, and this is a way to touch that unexplainable presence of God. We would love for you to share this very sacred and holy time with us. Spiritual Communion is usually only offered once a year at our Good Friday service.

Shungite Workshop—

Learn the awesome powers of this magical Stone!





The world is focused on this amazing stone as they are exploring the many ways shungite interacts with the energy fields of our times. Known as the Miracle Stone, it will help protect from such frequencies as EMF fields, 5G, Wi-Fi and geopathic stress. It can also purify your water even if you don't have a water filter.

Shungite is known to absorb and completely neutralize the frequencies which allows the wearer to maintain an undisturbed field.

Patrick will be demonstrating how we can use this mineral in our homes and in our lives. You will see how the stone can balance your energy field and create a space of protection for your own frequency.

Class is informative and fun! Call to register. Class fee is \$20.

Tuesday Nights - 7:30pm-9:00pm

Tuesday evenings are set aside for touching more intimately the presence of God within our hearts.



March

We will begin this month really experiencing the power of Spirit and understanding how God's love can flow through us all. Mar 03 The Power of Prayer Join us in learning how your prayer can become more focused and powerful. Adriana Suarez leads.

- Mar 10 The Power of Prayer the World Come and experience the power of prayers to make a difference in the world. Adriana Suarez leads.
- Mar 17 **St Patrick's Day** Meditate with the Ancient Ones in Ireland! Tonight we will connect with those that lived in the land long before Patrick's adventure. You may connect with a few faeries as well. There will be birthday cake! Cindy and Patrick lead.
- Mar 24 **Personal Altars** How to create a Personal Altar in your home or office in order to hold the energy for a specific purpose, event or individual. Altars are a meaningful way in which to work with a variety of energies in a coordinated and powerful manner. . Rev Robbie Hunt leads
- Mar 31 <u>Using The Talking Stick for More Effective Communication</u>— The Talking Stick is not only a tool but also a philosophy that helps open up the channels of communication, and make you a more engaged listener. Rev Robbie Hunt leads

April

In April, we will finding our place in the enlightenment of Mother Earth and in the expansion of our individual lives.

- Apr 07 **Gaia Blessing** Tonight we will connect with Mother Earth to become a part of the worldwide energies of renewal. Just being a participant in enhancing Global Love is such a blessing. Cindy Leads
- Apr 14 <u>Connecting with the Trees –</u> Tonight we will be outside in our Meditation Garden. We will do a meditation to connect with the Nature Kingdom. Dress for the outdoors and bring a blanket to sit on! Cindy & Patrick
- Apr 21 <u>Breaking Financial Barriers</u> Moving forward into greater freedom and peace requires an opening to the abundance of the Universe. Tonight we will release perceptions and free our abilities to receive. Cindy Fuller
- Apr 28 <u>Transition Bridge Meditation</u> Tonight Cindy will lead us into reclaiming our talents and abilities before she leads us into a new space in consciousness. Come ready to embrace a new you! Dress Comfortably—we will be on the floor.

Every evening begins with a healing circle. Join us as we learn to lovingly and gently experience life. If you are unable to attend, you can email your prayer requests to us. Each Prayer request is included in our Healing Circle for 30 days! The results of God's love moving through each situation is amazing!

New Crystals

There are two new stones in the bookstore. Here is Dragon stone: Dragon stone amplifies the energy you are working on. Use this stone



to hold your intentions and goals. It is great for meditation because it activates and heals the Heart and emotional body. Dragon stone is also a powerful

manifestation tool, assist one in achieving their wildest dreams. Use for Prosperity!

Dumortierite is a high vibrational stone that unlocks your 3rd eye chakra and activates ones psychic abilities. It connects you with the higher realms and helps you with astral projection. This stone increases ones memory and mental capacity, reminds us of the mission we are on.

The Best of White Eagle

"Thank God for all the blessings of your life, and for every opportunity offered to you during this incarnation which enables you to grow nearer to Christhood.

Do not let your days slip by aimlessly, but be ever on the lookout for the meaning behind every episode which comes along. Life is not something just to be muddled through, but given so that you may welcome and rejoice in every experience.

These experiences are meant, not as harsh chastisement or punishment, but as opportunities for you to learn to understand the wisdom of God's laws and the power of the spiritual light which emanates from God.

It is the way in which you accept your experiences that matters; the way you allow them to awaken the love of the Christ spirit in your heart.



METAPHYSICAL EYES

by Bonnie Westbrook

Why did I ask to start the bookclub? I found that the more I learned and understood about metaphysical thought, the more I found the metaphysics of living in the books I was reading... self-help, history, fiction...any subject. The laws at work in our lives were demonstrated in the books I was reading. And I saw the books with new eyes.

For another bookclub, I just read, *The Autobiography of Santa Claus* by Jeff Guinn. This is a fantasy about the ongoing life of Santa Claus. It moves through the history of Christmas celebrations in our world. It is intended to be read over the 24 days of December leading up to Christmas, one chapter a night. It is for families, so very simple language and repetition are used which adult readers may not appreciate. But I thought it was well done based on an understanding of its purpose. In our adult bookclub, many found it tedious and too much of a fantasy. My attitude was different because I saw the content with new eyes.

Here are the ways in which I chose to interpret the bones of the story:

It begins in 280 AD with a youngster named Nicholas born in what is now Turkey to wealthy Christian parents. He is orphaned at 9 and placed in the care of priests in a local church. He learned and worked with the priests, specifically with one who was his mentor, Brother Phillip. Whenever Nicholas asked for advice, Phillip would encourage him to think about it. Inevitably Nicholas would have a dream of clarification and make his decision. (Ask for guidance, go within, and you will receive your message.)

Nicholas grew into a boy who noticed those around him living less advantaged lives. He wanted to help the other boys and girls. He tried many ways to redirect some resources to these kids, but had many problems "giving to adults". There was greed, expectations, and criminal behavior! He developed a way of sneaking into huts at night and leaving shoes, or crutches, or sweets, or food where it was needed, next to the sleeping children. Anonymity was important. (Giving without the expectation of reward sets up an energy of abundance and draws like energy.)

His generosity of spirit was noted within the church. Nicholas traveled far and wide ministering to the populace, doing good works and moving on. He became St. Nicholas after his reported death at 73. Nicholas, in this fantasy, attracted helpers (and a wife) and moved from place to place with unbelievable speed and without becoming weary or ill. The same was true for his helpers. (Time and space are an illusion; the spirit at a higher vibration does not experience the illness and age of lower vibration.)

Now it really gets wild. It's a history lesson. His name becomes Santa Claus and he meets and brings into his group of helpers: Attila the Hun, St. Francis of Assisi, Charlemagne, Marco Polo, Leonardo de Vinci (involved in the flying sleigh and reindeer), Columbus, George

Washington, Benjamin Franklin, Charles Dickens, Theodore Roosevelt, and many others. Some provide help along the way, and some devise ways to leave their bodies behind (death) and join his army of spiritual helpers. If it's their soul's path, they follow; if it isn't, they provide assistance and move on. (You stay on your own path. Those souls who achieve a level of mastery can assist those of us of a denser vibration.)

When the world becomes smaller due to communication and travel, Santa Claus and his group relocate to the North Pole where the operation is disguised. (The North Pole has been a location of higher vibrating spiritual life in the past - the Polaire Brotherhood.)

Do you see how looking at even the most unlikely material illustrates principles we learn as metaphysicians? You see examples of energy at work at any and all levels. If you haven't studied metaphysics, think about it. My challenge to you: Look at life through new eyes!



Bookclub

Sundays, 12-1pm All are Welcome!

Here are the dates for our upcoming Bookclub meetings during 2020. The books we read are from the suggestions of the group and vary in type. There is a great discussion on the material covered and there is always something metaphysical to be found!

April 05	I Know Why the Caged Bird Sings
-	by Maya Angelou
May 17	The Only Woman in the Room
	by Marie Benedict
June 28	To Kill a Mocking Bird
	by Harper Lee
Aug 09	I Miss you When you Blink
	by Mary Laura Philpot
Sept 20	Elevation by Stephen King
Nov 1	The Library Book by Susan
	Orlean

Higher Education Classes Class Schedule

Each class series consists of six classes held on Saturday mornings. Class begins at 9:30am and ends at 12:00pm. If you have completed any of the preceding classes, you are welcome to join.

Metaphysics and Aquarian Gospel

Higher Education Classes throughout 2020:

Aquarian III	Apr 11– May 23
Meta III, Aquar IV	Aug 8-Sep 19
Meta IV, Aquar V	Oct 3-Nov 14

February 2005 **OPEN TO RECEIVE**

By Terry Stagmeier

about being open to receive and daring to prosper, I finally got it! God is my source! I thought I needed to prove it somehow; I now know it just is. Every time I feel God and write in my IQ gratitude book for one lack, I think God is my source, God is my source, God is

Now I am on a journey to learn how to receive all the time. You would think that once you've got it, it would be an instantaneous recall, but I am finding that I must try hard each time I feel lack. It sounds so simple; it should be easy. Why is it so difficult to just sit in quiet silence and be ready to receive? I am still learning, but I know it will come when I least expect it. What I have come to realize is that being unable to receive (all the abundance in the universe) will hold us back or block all those wonderful experiences the universe is trying to

I have read many books from Inner Quest that helped me grow spiritually. Many have enhanced my life, changed my attitude, and opened me to receive abundance. I will be driving in my car and some negative thought will try to enter and I immediately say that God is my source and it goes away! As we all know, it takes that one book that finally opens the last door in your mind, the one that awakens you. For me, that book question and using the Law of Correspondence, can is Dare to Prosper by Catherine Ponder. This little book literally pulled me up into the ethers. From the first chapter, I began my list of affirmations that I still read every day; they keep me focused on my higher self.

The most impressive change for me is this: from the moment my lower self tries to pull me down, I remember what I learned from this book and I am gently lifted to a higher place. I believe I finally got it!

It's February 2020, 15 years since I wrote the February 2005 'Open to Receive' piece for the newsletter. I work on holding that belief everyday and I realize the measurement of my ability to receive is determined by me people! and I also learned that receiving is not only financial prosperity but includes many things such as love and the beauty of the day. So I continue to focus on me being unlimited. God is my source! I'm ready to receive! I grew over the years with no preconceived idea of the level I wanted to achieve in my journey to live in a higher level of consciousness. But I did know that peace lives there so that was the goal I set for myself 15 years ago: be open to receive greater.

It's a daily task just like daily meditation, which I still have to work on being consistent. You know what creeps in: I'm in a hurry with an early morning appointment or let me do one more thing so I can be still for a moment before my meditation. What I was learning over the years was to change my priorities and make what's good for me go before what I'm obligated to do.

Rest assured, I have those days when fears overwhelm me, but after 15 years I am better equipped to lift into a higher level of conscious. If I get stuck, I

counsel with Cindy or color therapy with Patrick, which shifts me and I can let go of the fear attachment.

I live in love and I am open to receive greater. I I finally got it! After almost one year of studying know the friends I have in my IQ family add to my many blessings and I am grateful for each one of them! My goal continues to grow! Each morning I say a thank you to thing I am grateful and I always have at least one!



Enrichment Classes and **Special** Workshops

2020- An Amazing Year of Building a New Reality

Monthly Metaphysical Class- March How Can it Get Better than This?

March 20, 2020—Love Offering 7:30–8:30ish

What questions are we asking the universe?

Do we really need to know why things happen?

Come and let's explore how asking a better propel us into greater forward motion and easy manifestations. Rev Cheryl Provence will lead this evening.

Learn to Choose Greater!

Intuition Night - Friday 7-9 pm April 3, 2020 Love Offering

Come and open your mind! Mini readings will be available. Or You can bring your favorite deck of oracle cards and play. We will read for each other and have a great time! If you don't have a deck, there will be plenty. Come and enjoy! Always great to share with like minded

Monthly Metaphysical Class– April I Have The Power

April 17, 2020—Love Offering 7:30-8:30ish

What does that look like? What can I do with it? How do I use it? How do I use it to define myself?

A look at power and the energy that surrounds it. Rachel Shively will lead this lively discussion!

Womens Group April 13, 6:30pm

Bring a snack to share and get acquainted with Ladies of Like Mind. Let's formulate our intentions for 2020!

Dates to Remember

Inner Quest Fest– spring May 09, 2020 **Inner Quest Fest- fall** Oct 10, 2020

The Gift

Spring green – a welcome sight Can't wait for what's to come The marvel of God- unfolding Continued growth and remolding

Life is truly interesting
The newness never ends
But wait too long and it'll be gone
Can we make amends?

If the moment is all that's real What's taken us so long To see beyond this illusion Be free of life's confusion

The secret is "to be here now"! And walk in wonders light Ever guided by the Soul Life's gift, now ours to know

> Peace, Patrick



Inner Quest

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God Bless.....