

INNER QUEST CHURCH

Communications



In this issue:

- Sunday Services resume in person
- Tuesdays Nights to begin again
- Meditation for Peace
- Merkaba Workshop Scheduled
- Sharings

Church to Open for Sunday Services

May 10, at 10:30am, Inner Quest will open it's doors after a very long time of sheltering in place. We realize that there will be restrictions in place that we will abide by at that time.

We are asking all of you to follow your hearts in making your decisions as to when to return. If more than are allowed come on Sunday, we will ask the overflow to gather in the yard and watch the streaming on their phones or computers. Children are welcome, but we will ask that the parents help them keep their social distancing.

We are excited to gather again! This is a wonderful time for all of us to begin to share our energies once again in love and prosperity!

May 10, 2020 Sunday Service 10:30am

"One review is hardly enough for this church, because they offer so many different forms of value to the community. All I've experienced I would rate highly and recommend." JH

"Loving church, everyone is treated with love and respect. A place to worship pure loving energy." JM

"Today was my first time. It was a very welcoming environment and loving community. I will definitely be going back." CY

A Heartfelt Thanks to All!

God is so Good!

We are so grateful for all of the outpouring of love and financial support that was given to our church during this time of confinement. We have been so blessed!

During this time, we have received donations from people in the world who just wanted us to know we were loved. We did not have one of our consistent givers withdraw their support. So, we have had monthly contributions coming even though our services had to go cyber. Patrick and I have been working remotely and the income from those services were such a blessing! Through each of you God has supplied us with all that we needed to pay our bills and keep the energy going!

Every dollar that was received was so richly appreciated. I stand in awe of the continued love that you all have sent.

Inner Quest Church Family– YOU are AWESOME! It is our prayer that all you have given in your money, prayers and support be returned to you 1000 fold!

I am so Proud of our church and our desires to continue our presence in the world! Be Proud Inner Quest! You guys are blessing the world! We love you all! Cindy



Reiki Night to start in June!

Sunday Services for May, 2020

Building a New Reality

May 03 Building with Thoughts	Cindy Fuller
May 10 Focusing Emotions for Good	Cindy Fuller
May 17 Community– Unity	Cindy Fuller
May 24 Bonding in Christ	Patrick Abent
May 31 Being Me in Community	Robbie Hunt

“My Life is filled with God Love, Prosperity and Peace!”

The world is changing all around and we will be doing the same! This month we will be focusing on how to create a new foundation for a cohesive Spiritual Community. It has never been more important for each of us to begin to act within our beliefs in every area of our lives. Our thoughts and words can begin to reflect our true beliefs of God and the Universe.

To Believe is to Be and Live!

Meditation for Peace for the World

June 20– Summer Solstice

Join us on the beautiful Saturday in a day of Meditations on the grounds. Participants can sit or lounge under the trees. Bring your lunch and stay a while, we are creating a space of tremendous energy for light on Earth.

*Our opening Meditation will be at 10: 30am. We will align with the nature Kingdom and the Angelic kingdom to create a space of harmony and support for Planet Earth.

*Our World Peace Meditation will begin at 11: 30 am. Here, we will align our Spiritual lights with God and each other. We will allow the increased energies to become one and then to encircle the globe. You can stay in this energy for as long as you would like before bringing a piece of that heightened love back with you.

*And our final meditation will be at 2: 30pm. This meditation will focus on the forward motion of the individual. We will bring peace to our steps and light to our visions. We are the sparks through which the Universe shines it's light!

Come and stay all day and enjoy the energies of Spirit!



Reiki Night to Resume

On the Second Saturday of June– **June 13, 2020**– We are planning to resume our Reiki Healing Night. Clients are welcome from 6-8:30 pm. Healers will be wearing gloves and masks, if these are still required.

Anyone who would like to come and receive Reiki and Chakra Balancing can call ahead for their appointment. We will be practicing all of the social distancing guidelines that are applicable at that time.

So, please reserve your time and come 10 minutes early. This way you can get right on the table without waiting. God's healing touch can move mountains in our souls. Gift yourself with this opportunity!

We look forward to seeing you then.

Love Offering

“I could feel the heat from the healers hands. Felt the pain being pulled out. Waves of energy through my body. Light.”

Sunday Services for June, 2020

Love in the New World

In June, we will be creating new ways to envision “love in action” in our lives. Jesus taught that love was the most important thing. So when we are able to embody Love, we are acting as the Christ.

Jun 07 Practicing Gentle
Jun 14 Loving My Life
Jun 21 Love in Leadership
Jun 28 Building Love Bridges

Cindy Fuller
Cindy Fuller
Charmayne Scruggs
Patrick Abent

“I am the Expression of God Love!”

Sundays allow us all to gather and share our lights. When we come into a safe spiritual space, the light becomes exponentially greater. The light of our angels and God love all begin to vibrate at a greater frequency which lifts everyone who hears the words. Even if you cannot be physically present, we are now **streaming our services** so that you can feel the energies and be a part of the messages. The Streams will begin immediately following the congregations singing!

And while social distancing is still in place, we will have a designated area on the grounds where you can be here and watch on your phones!

“One of the first lessons of the aspirant, one of the points of brotherhood, is to overcome egotism; then the flowers of the spirit bloom and you have your saint. A saint is human, is understanding; a saint is able to enter into all the feelings, the joys and sorrows of another. A saint is all love.”

The Quiet Mind by White Eagle

Merkaba Workshop in June!

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

*Tuesday evenings are set
aside for the purpose of
touching the presence of God within our hearts.*



During this time of the Shelter in Place, we are all experiencing a time of self reflection. As you heal, so do we. At Inner Quest, we have continued to do the healing circles every Tuesday Night. And as we re-open to gathering again, it will be in a way that supports our environment.

We will, of course, adhere to any and all government guidelines regarding masks, gloves, etc that are being implemented at that time.

And our first 2-3 gatherings we are planning on having our Healing Circle and then just talking. We know that many of you need to express your feelings, thoughts, and dreams in a safe space. It is our desire to allow a sharing for each to be supported in a Metaphysical way. We have missed each other, and it will be good to have a cup of coffee and just support.

Then when it feels like to is time, we will begin our experiential classes. We will refocus energies, heal, pray for peace and lift the limitations.

Please hold us in your hearts and remember that the prayer basket is always available. Simply email your concerns that they will be prayed for.

May

It is our intention to open for Tuesday Nights on May 12.

May 05 We will not be gathering. Patrick and Cindy will do the Healing Circle.

May 12 **Gathering for Love** We will do our Healing Circle and then explore our current feelings about the new world we are in.

May 19 **Gathering for Love** We will again have an In formal setting of sharing after our Healing Circle.

May 26 **Transition Bridge**— Tonight we will be creating a bridge to take us from what no longer serves us into a new space filled with infinite potential and joy!

June

June 02 **Satellites** We will create a design to help us with our own forward motion. A great way to create without knowing what you want!

Jun 09 **Healing Technique** We are all ready for a healing! Hands on— Gloves will be provided.

Jun 16 **Gathering for Love** We will again have an In formal setting of sharing after our Healing Circle.

Jun 23 **Christ Light Meditation** Tonight we bring the Christ light into all of our bodies! Dress Comfortably.

Jun 30 **I Express Love**— Speaking love is imperative for us to grow a world of peace. Join us in a loving exercise!

If you are unable to attend, you can e-mail your prayer requests to us. The results of God's love moving through each situation is amazing!

Merkaba Workshop

Saturday, June 27, 2020 10:00am—5:00pm \$144, \$72 Retakes

Mer: A counter rotating field of light

Ka: Spirit (on earth)

Ba: Body (our human body)

A counter rotating field of light (about 55 feet across) that will interact and translate the spirit and the body from one world into another world of love.



***Come and learn how to build and activate your own Merkaba field.
You will walk in Higher Light,, Love and Peace***

This is a technique to set the spin of your energy field to that of unconditional love. When you hold this vibration of love, all lower frequencies are repelled from your field. During this past few months of dealing with a virus pandemic, building your Merkaba every 24 hours would help seal your vibration at a high level.

We are offering this class again so that you can have a tool to use whenever you feel uncentered or challenged. You will learn to build your own Merbaka, and also how to build one to send to places and even situations. An invaluable technique, once learned, only takes about ten minutes to build! Patrick and I have been working with this energy for the last 25 years. It is effective and sets a calm so that you can meditate more deeply and feel more supported in your every day encounters.

When we move into our own higher vibrations, we call forth the higher vibrations of life..

We are Vibrating Lights in God's Plan!

Congregational Meeting August 16

Thoughts of the Ministers



Question, Choice, Change

“This too shall pass”, is such a powerful statement. With these four words, we can experience hope, courage, greater expectations, and even an expanded sense of peace. However, I think their true gift is that they can shift our attention from our drama to an experience beyond.

“Frozen in a waiting game—corona virus is fear’s new name.” This too shall pass. We all know that what we focus on expands. This is our

key to change.

A question we could ask as we navigate these evolutionary times could be, “What do I want my new world to look like?” When we ask a question, through the law of correspondence, the answer is there. Now, we just have to be open and receptive to the answer. The answer may not be what we expect, or think is right, but it is the Universe guiding us. Remember, we are evolving to better.

This cosmic two-by-four (covid 19) has given us a real wake up call. We are all being given an opportunity to change something— maybe everything. As we awaken to our spiritual nature and remember that we are creators and not victims, more choices become available. The half full or half empty glass is just perception. And what is perception but choice. Our sequence has been interrupted and our old programming and patterns have been put on hold. However, we have been given a most precious gift— Time for ourselves.

With this time, we can contemplate and explore how we truly feel about what is important in our lives, look at our priorities, and perhaps change.

We are being asked to choose for the good of the whole, live for the good of the whole, and accept the oneness of life. These simple steps will lead us into harmony with one another and with God. We stand on the precipice of change.

Can we be the change we seek?

We can be the change we seek!

We know the answer!

Peace,
Patrick

Reiki I Class— Saturday July 25, 2020

\$200 10:00am—4:00pm

If you have ever wanted to learn a safe and easy healing technique, this is it!

Reiki I includes an attunement and instructions on how to reiki self and others! Call to register!

Our Dreams are Becoming a Reality

These past two months have been an experience that no one of us would have ever imagined or singly created. And yet, we all found ourselves experiencing an event of group consciousness.

Metaphysically, we speak of race consciousness, group consciousness and individual consciousness. And, we teach and believe that individual consciousness is the creator in our world. In this experience, however, we found that the needs of group consciousness and race consciousness were far greater in the moment and needed to heal. But we, as individuals were also put into a place for our highest and best.

In one Meditation, Jesus showed me that no one would be hurt or harmed unless it was a part of their individual journey. If it was not your time to leave, you would not contract any virus that had greater power over your life lessons and choices. Those that participated in any way were helping the world realize the issues of fear and non-support. They were showing us how we needed to put our “regard for life” back into the priorities that we lived by.

This lesson is not over yet. These summer months will bring new challenges as our country attempts to rebalance financially and structurally. And many will participate in this healing as well.

As Metaphysical Christians, we know that our lights help the whole, but we are not bound by the choices of the whole. For those of us who live in our own world of choice, we found the “shelter in place” order something that could provide gifts for us. We could disconnect from our material patterns, take time to reflect and choose our own path in a new, unique way. We used these conditions for our good, just like we always seek our greater good no matter where we are. And, by living this way, we are helping the race to evolve into a smoother and less stressed paradigm.

As our country now faces a rebuilding, we can help this by staying in love. As we choose to love all of our fellow man, we help eliminate the fear that will be created around this rebuilding process.

We are to be in the world, but not of the world. As we embody hope, joy and faith in God as our source, we help everyone open to that divine outpouring.

Maybe this is the time we let go fear! Maybe this is the era when we begin to have faith in God and excitement in following our spiritual journeys!

Whatever the next few years bring, remember you are the Chooser in your world! We bless the whole, as we choose our New Experiences of love.

Much Love,
Cindy



Direct emails to the church: iqc@innerquestchurch.org

Updates on our website: www.innerquestchurch.org

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Eternity

**The seasons take another turn
Old rhythms lost to time
A quickening of the Mother's heart
Reveals this sacred time.**

**Its up to us to let go
Our patterns and proven way
With an open heart and vision high
Accepting this new day**

**To turn and walk into a world
Whose time has been foretold
Creation– Recreating
God's love now to behold**

**Peace,
Patrick**



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God Bless