

INNER QUEST CHURCH

Communications



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"It's Friday before Easter Sunday and this morning I've been listening to the postings by Cindy, Patrick, and Charmayne. I miss the physical presence of my attendance at Inner Quest due to the mitigation we are experiencing. These messages continue to feed my spiritual needs without being in the physical place with my spiritual family. If anyone is looking for the right place to be spiritually fed, I recommend this church. There is no judgment here only loving support!" TL

Sunday Services - Streaming Will Continue!

Re-Opening our church has been a great spiritual success! We are so very grateful for each one who has attended our services, viewed them on Facebook or Youtube, or watched in any way. Charmayne and Jim Scruggs have been leading the way for us to move into new technology that will enable us to continue to stream on Sunday Mornings!

As we add congregational singing back into our Services (probably in August), we will begin streaming at 10:45am so you can see the Choir perform before the Message. We hope this new format will be a blessing to those who are unable to attend for varying reasons! And we hope it is sustainable! The exact start date for the new time will be announced!

We look forward to the time when our church can be once again filled with happy, loving people celebrating their love of God and one another. Until that time, please continue watching the Services, leave comments and let us know you are there. And reach out to one another! Let's keep the love flowing throughout our church community! A Big Hug is being sent to all.

Reiki Nights- We are so Grateful!

God is so Good!

This past June, we had our first reiki night since the "shelter in place" began in March! As a Healing Church, this evening is always one of the most profound moments when we can offer Reiki to our community on a Love Offering Basis. Our healing team, who volunteer to serve for a year, were so ready! With Masks and some gloves, they so lovingly stood forth to share God's healing touch through Reiki and Chakra Balancing!

And the response was great. We had a steady flow of people needing to feel God's love~it was very beautiful!



We want to invite you to consider joining us on Reiki night July 11 and August 8. You can call and reserve a time so that you will not have to wait very long. We will, of course, continue honoring the restrictions that are in place on those dates. We are so grateful for our Healing Team, and grateful that we can be used as a Channel of Healing Love.

We are a Metaphysical Christian Church! Be Proud Inner Quest! You guys are blessing the world! We love you all! Cindy

Metaphysical Living Classes to Start in August!

Sunday Services for July, 2020

Summer of Change

Jul 05	I Choose God	Cindy Fuller
Jul 12	The Divine in the Details	Cindy Fuller
Jul 19	Seek the Good	Patrick Abent
Jul 26	The Sacred Silence	Cindy Fuller

“God and I are one!”

During this month of movement, it is time for all of us to become simple. We are being asked by Spirit to slow our expectations so that we can give God greater room to move. If we are going to live in a state of harmony for the good of the whole, then the energy of the good of the whole needs space to be guided into an existence that is sustainable by God. With this as our goal, we must first slow our minds and refocus on the power and love that is the essence of our Creator.

When we remember the greatness of God, we can truly embrace all of the Celestial Supply and Support. This month, we will create a closer connection with our Father/Mother God.

Congregational Meeting

August 16– Lunch on the Grounds and Members Meeting

We are setting our intentions to gather and celebrate our church and church family on Sunday, August 16! We are hoping that our current sheltering situation will be over and we can, once again, come together in love. So, bring your picnic lunch and stay and enjoy each other!

We will eat immediately following the Sunday Service at 11:30am. And then by 1pm we will have our short Congregational Meeting.

Originally, we wanted to go over all of our progress and successes as a result of the Five Year Plan we implemented last October. Now, instead, we will be reviewing our current situation and our plans for easing back into being able to offer Full classes and Programs.

This meeting will be foundational in our joining our energies to move forward into a prosperous and spiritually enlightened future.

Please plan on coming and sharing your thoughts and ideas as well. It will be an afternoon of Light! When one is healed, all are healed. Join us in creating a solid foundation in our New Metaphysical Community!



Sunday Services for August

Grace to the Karma

Aug 02	The Energy of Grace	Cindy Fuller
Aug 09	New Goals	Cindy Fuller
Aug 16	Collective Karma	Cindy Fuller
Aug 23	God's World	Patrick Abent
Aug 30	God in My Life	David Fuller

“I Build My World with God Love!”

During August, we will begin our rebuilding process by examining how God's love can help us get on the right track for our souls. We are all learning and growing, and each of us will need to redesign a personal world that allows us to continue to heal as well as to expand in ways we have not yet dreamed.

August, 2020 we each will individually begin to direct the energies of God love to create the New World that we choose for our lives. Be wise, Be courageous and Be God's Child!

“Love is the great solvent of all difficulties, all problems, all misunderstandings. Apply love, by your inner attitude towards any human problem. Put aside the reasoning mind. Let divine love operate in you. Give from your inner self God's love, and you will be surprised to find that every problem will be solved; every knot loosened.”

The Quiet Mind by White Eagle

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 or Universal Life Force is a form of energy that accelerates the healing process of the body, emotions, mind and spirit. It is a gentle energy that can only be used for good. The body, itself, recognizes Reiki as energy food. This is why reiki is internationally accepted as a healing modality for any issue or ailment.

Reiki I Class will teach you the history of this healing energy, and how it is used for healing self and others. You will receive your initiation during the class so that you will be able to practice as a Reiki I Practitioner as well. And you will give and receive a Reiki session before you leave!

Please bring a mask and gloves. Since Reiki is a technique done through touch, we will be exercising all of the social distancing requirements to ensure a safe and loving experience for everyone.

Check your hearts, and register for your next step toward sharing the love of God in a new and miraculous way!

Seminary Classes Start August 8

Tuesday Nights,

7:30pm-9:00pm



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

As the world decides what it wants to become, we are taking time to go within and commune with our Creator. Life as we have known it, can now be released. And we are free to truly set the parameters for our own personal worlds.

In July, we will be taking the time to do Meditations that will enhance our visions of self and help heal any remnants of limitations and fear. This is the time to deeply commune with God, regardless of what is going on in the world around us. Bring your mats and pillows and dress comfortably.

Then in August, we are focusing on how to actively sculpt our realities to support our soul and our specific journey in this lifetime. All of these exercises will help you reignite your hopes and dreams and enable you to claim your world for you!

As with each Tuesday Night, we will open with our Healing Circle— which we have been doing for 30 years. If you are unable to make it, you can call in, or email your prayer requests or place them in the basket while you are here on Sunday. Each prayer is prayed over for 30 days, and individually blessed before releasing.

The results of God's love moving through each situation is amazing!

July

Jul 07 **Garden of Your Heart** . In this meditation, we will go to that space in your heart where the love of God is always present. Much healing takes place here.

Jul 14 **Healing the Endocrine System** Tonight is all about the physical body and the “engines” that keep it going! Join us for a fine tuning of the energy and cells.

Jul 21 **Temple of Wisdom Love** This Meditation allows you to access the wisdom for your life. All that you need to know is revealed to you in God's peace and love.

Jul 28 **Divine Purpose**— Aligning with our Divine Purpose is the desire of every soul. Join us as we go keep within to connect with our Life Pattern of Divine Expression!

August

Aug 4 **Letter to Your Younger Self** Reaching back with encouraging messages may have been exactly what brought you through a trying situation. Tonight we will write a new letter to send back into time.

Aug 11 **Letter to Your Future Self** Now we will write a letter to our future self. We will speak our desires and hearts and send it forward with love from this level of consciousness.

Aug 18 **Message From Your Higher Self** And Now, we are ready to connect with our Higher Selves. This type of messaging is designed to open the communication for your Daily Guidance.

Aug 25 **Words for the World** Tonight we create a message to our current world that depicts our future dreams! Join us in creating a world of blessings and harmony for all.

Metaphysical Living Classes

**The Third Friday Re-starting
August 21, 2020—7:30– 8:30pm
Love Offering**

These classes are designed for you to learn Metaphysical Principles in a relaxed and easy way.

Cheryl Provence, Rachel Shively and David Fuller will be leading these sessions. And they will all be there for our Re-launch of this series.

We know that the world has taken our attention to situations that are greater than our individual needs. Yet, we all need to understand how these circumstances affect and

also reflect our individual needs as well. Join us this Friday for a lively discussion of how we can go forward in love while adhering to the principles that we firmly believe in.

This is the time when the Good of the Whole may look one way, yet metaphysically, it can be handled in a completely unique and unheard of way of harmony.

Our instructors are there to help you find a pathway of truth. However, it is your questions, concerns and thoughts that will set the stage for this exploration.

As we delve into the topics of the day, you will be enlightened with the possibilities. No topic is ever

too much. This is our world and how we feel about it creates the blessings within it.

We can all see that our world is facing a new paradigm. As Metaphysical Christians, fully understanding the principles of love and choice, we are in the perfect place to help seed the consciousness of man with the truth of God's love and energy. We are the co-creators of our Universe. As we agree, we set into motion a vibration that will stand the test of time because it will be forged in God's truth.

Join us for an evening of causal love!



Congregational Meeting August 16

Thoughts of the Ministers



The Good News

Summer is here, and it seems kind of eerie. Our lives have been put on hold and schedules are almost

a thing of the past for the majority. Vacation plans, if we have any at all, just don't have that familiar feel. Excitement, enthusiasm and anticipation usually ready companions in this adventure we call life are conspicuously missing as well as the simple joy of living. Where have you gone Joe DiMaggio?

The good news—we all have the opportunity to experience a summer of Newness. Are you ready for a new lease on life, a new perspective and understanding of life, perhaps even a new you? This may take some getting used to as well as the willingness to release old patterns and beliefs even identity that no longer serve us or the world. “Ouch”. This may sound like work—but it really isn't—it's called living, loving and evolving.

Perhaps we've created this experience as a catalyst for change. If we remain open during these changing times, we will be guided into a new way of living—living in harmony as one. A new and greater vision of self will be revealed, and with this new vision we will be able to see greater good for our world and for the family of man. Through this process of change the true essence of love will be freed to lead us all in the simple unfoldment of life. It is all of ours to participate as our unique expression, the love of God made manifest. It is not ours to resign from life but to transform our life.

We transform life by and through choices we make. For too long life has been a waiting game—that is no longer feasible. The time is now to choose and then act in support of our choices, and as we choose from our heart it will always be for the good of the whole. To take no thought but to act from the heart is our greatest gift to life.

I think our world is revealing to us that we all have choices—the time for the few is being transformed to the time for the all.”

As we exercise our right to choose we empower the right for all to choose. The key is Love—it is simple but it is true. Jesus gave us two directives—“to love the Lord with our whole heart, mind, soul and strength” and to “love our neighbor as our self”. Love is the golden thread that weaves through life. We are the golden thread of love and it is ours to just “Be”.

Thy will be done Father.

Peace, Patrick

Love— the Golden Thread

A couple of days ago in my meditation, Jesus lifted me up to the Akashic Records for the first time that I can recall. I know that visiting these records requires permission and I have only been there on a few occasions when I was invited years ago. So, this visit was of great importance to me.

I was sat down at a table and a very large book was placed in front of me. Jesus said that it was the “Golden Book of Now.” As I looked at the two open pages, the left page was filled with writing, but the right page was different. There was writing all across the top, but just under the middle of the page was a dark hole that was a little less than half the width and large enough to appear very problematic. And there was writing to the side of it and below it. So, it seemed like we would go on. But the hole was concerning.

Inside the hole was emptiness that lead to the stars. It felt as if our world, our work, our consciousness could truly be lost if we were to fall into that space. I asked Jesus what I could do, and he said, “Just BE Love.”

Then he showed me how being love created strands of energy that began to move across the hole. These strands looked like threads of fabric. The thought came that if enough of these threads of love could be created, a fabric of love would fill the hole and we would be able to move into the rest of our story without concern that anyone or any part of our journey would be lost.

I share this with you to ask you to join me in this mission. To JUST BE LOVE.

We can be love when we are home thinking about our own problems. We can be love when we are out in the world interacting with our fellow man. We can be love when we are dealing with the situations in the world. Just Being Love will connect us with God in a way that will permeate our entire beings. Not only will it erase the fear within us, but it will begin to erase the fear within mankind. Just be Love.

We are all here on this Great Spiritual Journey of this day and Time. We are all writing in the “Golden Book of Now.” The energies we are experiencing are all being recorded as a statement of the reality we are creating. The hole is already there. It doesn't have to stay there. Please join me in rebuilding the energy of God love as a foundational reality of the truth of our souls. JUST BE LOVE!



My Love to all, Cindy



Thanks, Patrick for an amazing Merkaba Class. It was enlightening and gifted each one with a tool that will guide them to the Christ Life!



From my point of view....

Church is Safe & Necessary

by Bonnie Westbrook

Maybe it doesn't need to be said, I but I'd like to state it anyway, ***church is open and missing so many of you.*** *It's great that you can view the services through streaming, but it's nothing like seeing the smiles and faces of those we have come to love as our church family. This is a necessary part of our mental health, to feel connected to others. Smiling eyes and conversations with others keeps us connected at this time.*

Everyone is having to assess their comfort with our changing times. People have to face many realities about vulnerability to virus, ability to resume normal activities, and what is good for themselves and their families.

From our ministers we are encouraged to understand who we are as Metaphysical Christians, that we have to embrace our ability to know that, "Health is the state of our being." Being fearful only draws to you those things you fear.

From our public health advisors we are encouraged to practice more stringent hygiene, social distance, and use a mask if you can't social distance. And for each of us, we must go within and find those measures that in our hearts we know are for our best and for the best of our community.

For me that involves social distancing, wearing masks where I can't maintain that distance, and trying to wash more often and not touch my face. (That's the hardest part!) Not everyone feels as I do. Some will continue to shake hands, hug, or not use a mask and that is fine for them. We must avoid judging the motives and thoughts of others. There is no right or wrong, only what is right for you. That is your decision alone.

Our Sundays are available to us all at whatever level we wish to engage. So far, we've seen between 20 to 30 folks and we've been able to social distance adequately so masks haven't been necessary to my frame of mind, but everyone will view this differently. Please feel free to wear gloves, masks, or whatever allows you to feel comfortable and let us see your friendly faces! I won't hug you or make you hug me, and I'll talk with you a good distance apart, but it would do my heart good to see your smiles and talk to you all about what's going on in your lives. ***Community...*** *It's what we all crave when we feel isolated or restricted into our private worlds.*

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Preparing the Sacred Garden

by Patrick Abent

On June 13, we had an Inner Quest ground cleaning day. What a blessing and what a beautiful day. We had 15 people show up from 9-12 that Saturday morning. 10 women and 5 men, what an awesome crew. We had tools—weed eater, blower, chain saw, a mule, a tree saw, all sorts of hand tools and lot of energy. We groomed the ground and they look spectacular!

I want to thank Jim and Charmayne Scruggs, David Fuller, Angie and Sage Taylor, Peggy Mills, Keri and Jason Giuliano, Kristin Quarles, Doug Ripley, Scott Miller, Holly Jones, Adriana Suarez, Cindy & Patrick. Everyone was in such high energy of love and our grounds truly reflect it. Now our first preparation step has been completed.

The next Saturday, June 20th we had our first World Peace Meditation Day. We started with a meditation connecting the faeries, angels and race consciousness, with an awareness of greater love, we then focused that love on Mother Earth. It was a very beautiful experience and the energy anchored into the property as well as Mother Earth. For our next meditation, we connected with the angels of healing love and also the ancient ones who are guardians of the planet. We then were lifted above the band of race consciousness and then directed Gods love through the band of race consciousness (which surrounds the Earth) into man and the Earth. We all felt the power of transformation taking place. At one point it became quiet and all you could hear were the birds singing. Thank you God!

Our afternoon meditation was focused on the individual. This was a time for all of us to feel the love and support of the universe. The main theme of this meditation was Love. We were shown how important it is to love our bodies. This love supported our true body and soul connection, the true key in transformation.

Throughout each mediation they referred to Inner Quest as a sacred garden. I invite you to come and experience the sacredness of the grounds at Inner Quest.

~Patrick

Seminary Classes to Begin—August 8, 2020,

Saturday -9:30am-12pm, Six Week Series, \$150

Metaphysics III, and **Aquarian IV**

If you are a current student, or are a past student that would like to join the class for a re-take, please sign up in the lobby. We are very excited about these classes and their application to the current world creations!

Direct emails to the church:

iqc@innerquestchurch.org

See Updates on our website:

Essence

**Solitude, a precious gift
Reveals our hidden truth
Locked away in layers of time
A treasure to be minded**

**The journey take us deep within
Seeking veins of gold
The path seems never ending
Too often put on hold**

**Distracted in lifes illusion
Tangents, our familiar friends
What is it that we're hiding from
Fights the words "Thy will be done"**

**Peace—Be Still—Beloved
A whisper beyond time
Beckoning now the Ready Soul
"Remember that you're mine"**



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God Bless