

INNER QUEST CHURCH

Communications



In this issue:

- Sunday Services Focus on teachings from the Life & Teachings of the Masters of the Far East– Book 1
- Tuesdays Nights –Energy focuses on personal expansion.
- Cyber Meditation II Class Offered.
- Healing at Home Series continues with Reiki I and Essential Oil Workshop!
- Inner Quest Fest is new and different this May!

“A marvelous place for spiritual growth and fellowship. Love grows here” MA

“Great Church! Great People! Kind and loving place. God’s love is here” BP

“This is the most loving group of people you will find anywhere. I would encourage everyone to visit as one visit was all it took for me to call this place my home for life” VS

“A welcoming environment where the individual can learn and grow. This is a great group of people!” BW

Easter Renewal!

The time is here to rebuild our sense of self and realign with our own Inner Christed Natures. For metaphysical Christians, Easter is the time for accessing the great gift of Jesus the Christ. We begin this every year with a special Good Friday Communion Service. This year Good Friday falls on April 2. The church will be open for private meditation at 11:00am and the service will begin at 12 noon. Every year this ceremony is filled with the presence of Jesus the Christ. Through communion, we bring in the vibration of his life and his love into us physically, mentally, emotionally and spiritually. The service itself is usually 30 minutes followed by a period of meditation during which people are free to leave as they are guided. Patrick and I will meditate until 1pm and then close out the energies.

Easter Service will begin on Sunday, April 4 at 10:30am. As always, this is one of our most awakening services as we receive Jesus’ gift to mankind. A sacred time for all metaphysicians, we hope that you will be able to join your hearts with ours during this Celebration of the Christ.

I remember how odd it was last year to not be able to have people in attendance for our Easter Service of 2020. At the time, we were determined to hold it and make it available to everyone. So, Easter was the first Sunday that we put on our Facebook live. The technology we had prepared failed at the last minute and Charmayne held up a phone to capture the hour. We were not going to let a pandemic take our celebration of God away. I am so very grateful for those handful of volunteers who came and created a memorable declaration of our love for God.

This year, we will be open and live streaming on Facebook! If you choose to attend, you will be able to social distance and adhere to all precautions you choose. We love you all and we miss you.

May Your Easter be Blessed with a Renewing of Christ Heart Light.

Inner Quest Fest– May 1, 2021

This spring, we are doing our Festival a little differently! It’s everything ANGELS! Join us as we offer various types of Angel Readings– You can talk to your Guardian Angel

Have an Angel Card Reading

Connect with your Angels that work with you on Specific projects.

Even have a drawing made of your one of your Angelic Team.

We will also be offering Angel Healings so that your vibration can be in tuned to your Angelic support.

We will have vendors with Angel blessed spiritual jewelry and items, and of course will have wonderful food. Put this date on your calendar, and if you would like to be a vendor, please contact us directly.

Our world needs angels and our world needs human love! Join us for an amazing day of Blessing the Whole!

Spring into a New Reality– God’s is Here!



Sunday Services **2021– The Year of Possibilities!**

Our Sunday Services are inspirational and instructive! As we explore principles from the Aquarian Gospel and The Life & Teachings of the Masters of the Far East, we can find truths to change our worlds.

Jesus' love was always about living on the physical Earth with heavenly expectations. As we walk in his way, we can find joy in all we do.

God's love is engulfing us all. It is time to access this energy in ways that enhance our experiences! A Walk with the Christ!

Sunday Services for March 2021

God Support in Matter!

Mar 07	Simple First Steps to God Awareness	Cindy Fuller
Mar 14	Remarkable Substance	Charmayne Scruggs
Mar 21	Our Father's House	Cheryl Provence
Mar 28	The Better Way	Patrick Abent

“God Light provides for all my needs!”

Sunday Services for April 2021

Jesus' Gift

Apr 04	Easter Renewal	Cindy Fuller
Apr 11	Rebirth	Cindy Fuller
Apr 18	The Way of Jesus	Cindy Fuller
Apr 25	What is a Christian?	Patrick Abent

“My World is the World of Jesus!”

Each Sunday will build upon the next! You won't want to miss them!



The Life that Makes All Things New

God-in-you makes all things new. When you realize the Christ-spirit within, everything changes for you. For then you begin to see beauty instead of ugliness, love instead of hate; to realize health instead of sickness.

The world becomes fresh and new as when after rain you can look out on the earth washed clean, and shining with the sunlight.

The Quiet Mind by White Eagle

Tuesday Nights, 7:30pm- 9:00pm *Tuesday evenings allow us a hands on experience to feel God in our hearts..*

In March, we will be healing. Please bring your own blanket and pillow for each class!

March

- Mar 02 **Color Therapy I** Tonight we will be bathed in the color Green. This will encourage New Growth.
- Mar 09 **Color Therapy II** Now we will be filled with the color Violet. This will open us to the Inspiration being poured into us from the Divine!
- Mar 16 **Hands on Healing for Self** We will learn to channel healing energies into our own bodies!
- Mar 23 **Healing Temple Meditation** We will visit a wonderful healing temple in the ethers and receive healing and enlightenment for our life.
- Mar 30 **Realign to Divine Purpose Meditation** This meditation will open your heart to connect with your Higher Self.

In April, we are expanding! Please bring your own blanket and pillow for each class!

April

- Apr 06 **Who Am I** Tonight we will take a deep look at our Soul and how it expresses on the Earth plane.
- Apr 13 **Sound Healing**– Tonight we will use the healing Solfeggio tones to assist in realigning our vibrations.
- Apr 20 **Angel Healing**– We will call in the Angels to help us in manifesting a goal we currently have.
- Apr 27 **Meditation on the Grounds**– Tonight we will allow our bodies to be fed by Mother Earth. Bring a blanket for the ground and dress comfortably.

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.

Join us if you can. It is time for our expansion into Greater Love Expressing!



Ministers of the Month



Rev Cheryl Provence

Cheryl Provence has been with Inner Quest Church almost since our inception. Her family became a foundational energy as our church grew. She began her Seminary Studies in 2000 and was ordained in 2007.

Cheryl has served the Church in many capacities. In the early years, she was the Children's Minister—creating all of the Sunday School programs and implementing them for over 10 years. She served as a counselor, healer, and has been on the Church council for many years.

Cheryl owns Roswell Therapeutic Massage and has been a practicing Massage Therapist, Craniosacral Massage Therapist, and Reiki Master for over twenty years. She is also an authority of Essential Oils and how they are used for healing the mind, body and spirit. In the most challenging time of 2020, she remained true to her vision by conducting retreat workshops which allowed participants to transform at the deepest level.

Cheryl lives the metaphysical principles in every aspect of her life. She will be sharing a Sunday Service with us on March 21st, *Our Father's House*. Then in April, she will be leading a workshop on Essential Oils for Healing as a part of our Healing at Home Series.



Rev Charmayne Scruggs

Charmayne Scruggs jumped into Inner Quest with both feet! She was guided to attend and immediately became a member in the fall of 2007. She started her Seminary training in January 2008, again just following her guidance never realizing that God had plans for her. She has expressed how completely surprised she was when

she realized that she had not only completed her training but was now an ordained Minister of Inner Quest Church. That was the spring of 2013. Since that time, she has never stopped. She is a part of our Healing Team, our Computer expert and serves on the church Council.

In 2016 she became our Children's Minister and started creating Sunday School class lessons for the 4-7 year-olds and 8-12 year-olds. The lessons help the children discover that they truly are "Divine Spirits" while expanding their connection to God. And during much of this time, Charmayne held a position with a tool company as a manager dealing with government contracts.

Charmayne and her husband are currently following God's guidance in their daily creative endeavors. Her affirmation is "I see the Christ in all so that I may stand forth as the Christ I Am and be a blessing to all."

Charmayne will be sharing a Sunday Service with us on March 14th entitled, *Remarkable Substance*.

Healing at Home Series

Reiki I Initiation Class— March 21, 2021

1pm –5pm, \$180

Most people have heard of Reiki Healing but few are aware of how easy this technique is to learn. First Degree is done through "hands on" energy. So, once initiated, all you have to do is place your hands and allow the energy to flow.

In this class, you will learn the history of Reiki and hear wonderful stories of its amazing healing powers. Then you will be Initiated into this healing modality, and learn how to flow this energy by actually giving and receiving a mini-session on a fellow student. Group classes allow you to enjoy the questions of others and the lively discussions that follow.

This will be an afternoon of empowerment! From this point forward, you will be able to reiki yourself and anyone else— anytime, anyplace....including your Pets!



Essential Oil Workshop—April 11, 2021

Rev Cheryl Provence

1pm- 5pm \$50

Essential Oils are powerful natural tools that we can have on hand to instantly support our health and well-being. This workshop is designed to assist you with daily techniques and tools to cleanse, restore and strengthen your physical body, emotions and immune system using essential oils.

Come enjoy smelling, tasting, applying and meditating with a variety of essential oils and feel the shift they can make in your energy. You will receive a customized package of essential oils to take home to have healing at your fingertips.

Cheryl is a "doTERRA" wellness advocate— well versed in the daily use of essential oils for your health and wholeness.



Thoughts of the Ministers



What You Focus On-Expands

All together now- "We know that!"
Yet how often do we remember it?

This is such a powerful law or should I say empowering law that when consciously applied shows us our ability to create what we choose. To consciously use this law seems like a no brainer, yet how often do we create what we don't want? I'm going to go out on a limb and say "A lot". Now why would we create what we don't want? We are probably not paying attention to our own thought process. Too often we live our life on auto pilot controlled by the collective unconscious, not our own. Then when life's experiences seem out of our control, we use the "victim card"; and down the rabbit hole we go.

A good question right about this time might be "who created this experience and why?" The experiences we have are how we identify with life, however, too often they become our identity. Herein lies the problem-we aren't our experiences. Experiences are our creations.

So who are we or who am I? We are spirit and spirit creates matter. All together now- "I know that!"

When we begin to understand that our experiences are the process through which we can expand conscious awareness, our life takes on a new meaning. Remembering we are spirit and then observing and expressing in this consciousness becomes our new point of reference.

We can now move through life as a conscious participant creating our experiences and growing and learning thru each. Life can now be very enlightening and less stressful to say the least.

2021 will present us with many opportunities to choose, to change, and to be creative. As we look with our spiritual eyes, we will be able to see that we do have choice in our life, and that we can change. We are the creator sons and daughters of God-our nature is to create.

As we hold this new vision of self and daily live this as our truth, our becoming will lead to our Being.

What You Focus on Expands!

Peace,
Patrick

As we welcome God's love into our worlds, we find that:

Forgiveness is easy and love flows freely.
Abundance is naturally attracted to us.
We hear our Souls guiding us to expansion.
We become a magnet for our tribe.

As we welcome God's love into our worlds, we find:
The True Nature of our Being

hope

Today, we can begin to feel Spring as it reminds us that it is arriving again. And in this energy, we can sense that our lives will, once again, have the opportunity to expand. There is a knowing that God is in charge and a hope that life will become greater.

This March marks one year of living in a world of restrictions and fear. Health and sickness have been the daily concern for everyone. Exposure to illness through innocent encounters with others has begun to take its toll on our sense of freedom. We are entering a state of recovery which may take a while to navigate.

No matter where you have been in your journey, you have been affected by this pandemic. We have all consciously agreed to support the health of the whole by adopting behavior that we thought would assist in the prevention and healing of this situation. Now, we must find a way to find our personal freedom again. So, let's start with some concepts that might serve us:

1. ***Our bodies are exposed to bacteria and viruses all of the time.*** This interaction keeps our immune systems strong. We were created to intermingle.

Do not be afraid of your fellow man. Read the energy instead. Flow where you feel comfortable. We were ok before, we can be ok again.

2. ***Our governmental situation has been scrambled during this time.*** Take charge of your own life. Govern your world with values that you want to support and achieve. Live your truth.

3. ***We have been asked to become small this past year.*** The world needs your contribution now more than ever. Contribute your gift-whatever that is. Let your light flow back into the consciousness of man with a greater glow than ever.

4. ***We were asked to forget that God's love can overcome all things.*** Get God back into your life. You are his Child! Allow your truth to once again give God space to do the miracles you seek in every detail. God loves and provides for all who will accept with open hearts.

As we rise from the trauma of this past year, we will need time to heal. Take that time with God. Meditate, Pray, create your goals, build your societies. It is time to restructure out of the overarching concepts of fear and to move into an even greater understanding of the unlimited power of God. Out of the ashes of this experience, let us create a world of greater love, trust and peace for ourselves and those around us.

..hope..becomes knowing and knowing becomes a new reality! Take your time to heal, and remember you are the beloved child of our Father Mother God.

Touch the Earth and be glad you are here!

My Love to all,
Cindy





2021
May 1, 2021
11am-3pm

Angelic Influences in our Lives!

This Festival will be all about the Angels and their assistance in our lives. If you would like to be a vendor, reader or healer in this event, please let us know. We will also need volunteers to assist in keeping the energy "high and moving", so there is plenty of opportunities to serve.

And if you would just like to attend and enjoy, please mark your calendars today!
This will be our first interactive Angelic Forum! Yea God!

We are a working Church!

During the week, we offer healing sessions, counselings, and readings. Reiki, Reiki Initiations, Inner Light, Color, Crystal Sound are some of the healings available. And Spiritual Counseling is always a good way to open your energy possibilities! Call and schedule your appointment today!

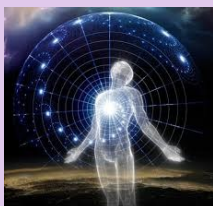
Meditation II Class– On Line– March 4– April 8, 2021

Six Weeks \$150

Thursday Nights from 7:30-9:30pm

This series will enable you to shift consciousness. You will learn how to use meditation to refine your inner beliefs, cut cords to others, manifest your dreams and align with your Higher Self.

Each class builds upon the other by creating a new foundational vision of truth. If you are ready to become greater, this is for you! The class is on line via facebook portal. Call or email to register today!



Meditation II Class– it's a Cyber Event



Please follow us on:



Twitter.com #innerquestchurch



Instagram.com/innerquestchurch/



Facebook.com/innerquestchurch/



The Ultimate Sound Bath

A Crystal Color Sound Session at Inner Quest.

Our color healing room is a sacred space of transformation with hundreds of crystals that are programmed for relaxation, regeneration, and transformation. The color table, which has a couple hundred crystals beneath it that are programmed to 4HZ, is transformative in itself. As you lay on the table your body will begin to respond to the frequencies of these healing crystals as it is cooed in this energy.

Color created with spectro chrome technology then is used to clear, balance, and harmonize the physical, emotional and mental bodies.

The sound and music used is created for transformation and will transport one to higher realms of healing.

Many are called. Few are chosen-
Choose to be a chosen one! Call and book your session today!

North Fulton County Charities—Food Drive

There is a need for food in our area! March 1, we will begin a collection of the things that are needed at the North Fulton Charity— which serves a very large community of people who are unable to provide for their families. Here are the things they are asking for:

High Need

Similac Baby Formula
Canned Tuna
Canned Chicken
Jelly
Canned Fruit
Cereal
Adult Depends (women and men L/XL)

Needed

Flavored Rice
Flavored Pasta
Small Milk Boxes
Shelf Milk

Please bring what you can from the list above and leave in our foyer. We truly appreciate your love and concern for our brothers and sisters in the world. North Fulton Charities is very grateful for every food drive Inner Quest does! We are amazing Givers!

Direct emails to the church:
iqc@innerquestchurch.org

See Updates on our website:
www.innerquestchurch.org

Movement

**The time has come to take a step
Motion is the key
That frees us from inertia's grip
Allowing us to be**

**The thought that trains the elephant
That impedes its right to be
Isn't so much different
Than the thoughts of you and me**

**Its up to us to listen
The silence, a gift for all
Affords the genuine seeker
A glimpse of higher law**

**To move from random happenstance
Reveals we do have choice
Its one of life's most precious gifts
Allows our Soul a voice.**

**Peace,
Patrick**



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God Bless