

INNER QUEST CHURCH

Communications



In this issue:

- Sunday Services Focusing on how to Love our Brother Man in a New Accepting Way.
- Tuesdays Nights –Meditations to enrich the soul and manifest a higher living consciousness!
- Metaphysics Class Begins
- FaceBook Challenge for all Members!
- Messages from Spirit– Summer Solstice
- New Crystals Coming the first week of August!

"Inner Quest represents my spiritual home, my life direction, as well as the discovery of my purpose on this earth. The love here is real." DF

"This is a place of pure love and healing, and of acceptance and spiritual oneness. Inner Quest is my spiritual home, and I am grateful for all of the wise and compassionate souls who gather here to uplift all people and the planet." MB

"Very spiritual church. You walk away FEELING the love of God and the love of the congregation. This is DEFINITELY worth trying out if you are looking for a church or not feeling the love of God... This is an amazing place!" HM

Time for a New Path!

Are any of you feeling that how you lived your life before the year of covid will never be the same? Are you feeling that your path has been altered? As a group, our subconscious minds have been forever changed. The baseline that we lived in is no longer there. We now need to choose a new approach to our own personal expression of creative power. If we do not choose, the experience we just went through— no control of our environment— limited personal freedom— fear for life— will become our new base line subconsciously. So, choice is here! What we experienced was a moment in time, like a bad marriage, or a tumultuous job— experiences that we choose to learn from and leave behind. Time to leave these limitations behind!

Metaphysically, we know that this is God's world and we are as free as we will allow ourselves to be. What did we learn? God's love permeates every detail even when humanity does not see it. God is our Source, even when others would ask us not to believe this! If we can take these two concepts and color this past experience with this reality, our next years can become greater than we could have achieved before. We have seen God hold race consciousness in His Hand even when they were completely unaware.

Live your Dreams! Now!

Fear has come and Love has won. Live your love in all you do. Your New Path Awaits!

Higher Education Classes Beginning!

We are very excited to be offering our Metaphysics Study this August. This series of classes provides an understanding of the foundational principles of Metaphysics. This year we will be offering the classes in person or on facebook portal. So students will be able to attend from the comfort of their own homes!

As a Metaphysical Christian Church, this knowledge is of the utmost in fully embracing the possibilities of a truly spiritual life. We all know that there is a more specific way to address the issues of life. As a church, we offer these classes so that everyone can find their own inner strength and be able to direct it for their person growth. Jesus taught us that Love was the basis of all of life, but in our world today, we all need new concepts to help us stay in that love as we enjoy the complexities of a material world!

Learning to Create our Desires instead of maintaining what has been created by others, and learning to create from our hearts instead of reacting from our egos are the first two concepts that need to become a basis of our reality if we are to move into a love filled world.

We are always asked what a Metaphysical Christian Church believes. These classes not only explain the underlying premises, but also provide tools for individual interpretation so that all can reach the potential that they brought to their lifetime!

Join us in this exploration of a Higher path to Spiritual Freedom.

God's world is My world!



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

It's time to reset a new foundation for our lives! We have been talking about our own inner powers and how to create with them. We have addressed shifting our personal perceptions so that we can see the Divine. And now we are going to shift our focus to that of Loving our Fellow Man.

In July, we will examine the interplay with others and how we, as a new catalyst, can direct love in a more enhancing way. In August, we will allow our self love to finally embrace our own inner beauty and abundance! We are a part of the heavenly world of God on Earth!

As we love, we express God!

Sunday Services for July 2021

I am God love!

Jul 04	People You Love– Separated by Egos	Cindy Fuller
Jul 11	Forgiveness & Love	Cindy Fuller
Jul 18	In the World, but not of the World	David Fuller
Jul 25	Praying Together	Patrick Abent

“I express God love in me by Loving Others !”

Sunday Services for August 2021

God in me is Abundant!

Aug 01	Gathering the Little Blessings	Cindy Fuller
Aug 08	Beauty and Abundance	Cindy Fuller
Aug 15	Beauty is Self Love	Patrick Abent
Aug 22	Big Blessings– Center Stage	Cindy Fuller
Aug 29	Fear of Prosperity	David Fuller

“I accept the Harvest Now!”

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



Where Peace Abides

Peace and healing lie within the heart of God. Live in the heart of God....there is no fear there.

The Quiet Mind by
White Eagle

Tuesday Nights, 7:30pm- 9:00pm *Feel God in our hearts!*

During the next two months, we will be focusing on different forms of Meditation in order to enhance our connections with God, our inner being, and nature.

July

- Jul 06 **Meditation to Connect Body and Spirit** We will go deep within our body/mind connection to experience peace and love.
- Jul 13 **Healing Temple Meditation** Patrick will lead us on an Inner Journey to a beautiful temple for healing of body, mind and emotions..
- Jul 20 **Star Meditation** Join us on a journey to a cosmic light of wisdom and love.
- Jul 27 **Garden of the Heart Meditation** Tonight we will be going into your heart to meet your angels and heal your issues!.

In August, we are will be doing meditations prescribed by Deepak Chopra in his new book Total Meditation. These build upon the next, so you will want to make a commitment to this series. Insights and Seven Goals.

August

- Aug 03 **Safety and Security** We will look at your own safety pattern and determine it's strength and effectiveness.
- Aug 10 **Success and Achievement** Tonight we will be bringing light to your work and how you wish to receive fulfillment in your achievements.
- Aug 17 **Love and Bonding** Keeping the energy of love moving allows it to stay fluid instead of negotiated. Join us as we energize your flow of love to your world.
- Aug 24 **Personal Meaning and Value** What is my value in the world? Time to take a look at the flow or stuck energies you hold.
- Aug 31 **Creativity** Are your juices flowing? Join us as we look at what is working and what may be hindering your creativity in the world.

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!



Thoughts of the Ministers



It Takes a Village

We've all heard this phrase and it is usually used in the context of raising a child. I think the premise being that we are all integral to the whole and that our children are the future.

In our evolution in consciousness, we are beginning to understand that each child is a soul-unique in its expression. And incarnation begins another round of life for the soul on its journey home. When we can see a child as a soul, we can free our self and the child from past patterns and beliefs that may limit their unique expression and ours too!

Acceptance of the unique gift they bring with unconditional love is the most important food a soul needs. With Love children respond more authentically, grow their potential, and excel in their purpose. Quite simply love work wonders!

As the world is changing before our eyes- We too are being asked to change. Perhaps it's time to "Let Gods Love work wonders in our life." What could our world look like if we truly began to see our self as "Child of God" acknowledging our Spiritual essence? Our Perception of self and the world would surely change. Just imagine being free from past patterns and beliefs that limit our clear expression and our Divine Love. We are integral to the world, and we are the future!

"So, who am I and what's my gift?" These questions must be asked in the heart, of the Father within. When we take the time to go within the silence and be still, this is where we will receive insights and understanding of our true nature. The doorway to change will now be revealed. This simple action step of asking the Father within for guidance, or for anything, is the beginning of our new way of living. Loving and nurturing of self and aligning with the Love of God is truly "the Food ye know Not."

We are now free to live the life we came to Live and know that the part we play in Gods grand creation is integral. We are now part of the village ready to be used as an instrument of Gods Love.

Remember- We Are One.

Peace,
Patrick

Crossing Over

When we bring our lights to the world, there is a mutual receptivity between our soul's main mission and the conditions of the world at birth and throughout our lives. When we have accomplished our missions, it is our choice to stay or to return to the world of Spirit. For many of us, we love to delay our missions thinking that we will have plenty of time later and we "want what we want"- now. For others, we come, we achieve and then we decide we want to play. You see, it is very difficult to leave this beautiful planet where we can truly know ourselves as master creators. We love the drama and interaction with others. We love the emotions!

But eventually, we will no longer vibrate with the world as we once did. Life will have taken on a different momentum. We will no longer feel like we "fit". We will no longer be able grow. Our roots once anchored to a fulfilling system, will not be able to "plug in" to this new matrix. And we leave. Accomplished or not, we are forced back to Spirit. There we reassess our journey.

For almost all of us, during our life review, the realization that we impacted life every day is almost unbelievable. We can see clearly that our moods either lifted or plagued the energy of those around us. We can see that the mission we "thought" we were on was a small part of the entire journey of our self expression.

We can see that when we blamed another, we actually diminished their light. When we laughed or loved, we enhanced the light of others. We were powerful lanterns that could turn on and ignite joy in others even when there were no people visible to us. We are shocked and promise ourselves that we will remember this in our next lifetime. We will value our Lights. Then we forget.

But We are Here Now

How amazingly powerful is our light- right here, right now.

Instead of continuing to find a place for us to fulfill our mission or our desire to play- perhaps we can finally acknowledge that when we love, we belong. Love sends out a vibration that includes all people and things. Just love.

Don't wait until the world spits you out because you no longer fit in the construct of what is. Anchor yourself in love and know that as you love, you are feeding the entire world. The world needs you. Regardless of your mission status, the world needs your light.

I choose to love myself. There is nothing withheld from me. There is no mission that I might fail at. There is only my light and I am God's Child.

I choose to shine God's love and light through all that I am- now and until I choose to return to my Spiritual Home. And when I return, I will return happy!

My Love to all,
Cindy



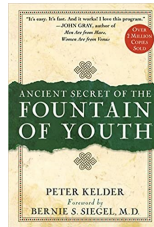
Why Church?

We see our Reflection in the World
We see our Inner Self at Church
We see our True Self at Church.
We need Church.



BOOK CLUB UPDATE

Our book club meets on July 25th from noon to 1pm. The book being discussed is:



Ancient Secrets of the Fountain of Youth
by Peter Kelder

It is the story of a sick and elderly man he meets and befriends in California circa 1930. The "Colonel" was retired from service with the British in India. All during his tours of duty he kept hearing of a community in Tibet with extraordinary longevity – people who looked, felt, and lived liked those decades younger. (Sound like Shangri-La?) The Colonel decided to search for this "fountain of youth." Years later the Colonel came back to visit the author who described him as, "the Colonel as he might have looked years ago in the prime of his life, instead of a stooping, sallow old man with a cane. I saw a tall, straight figure. His face was robust, and he had a thick growth of dark hair with scarcely a trace of gray."

What follows is the Colonel's story of what he found, how these people lived, and the results he observed working with "western" people who practiced these rites and principles. The "fountain of youth" involves some very simple yoga-type exercises done at whatever level you can achieve them. It involves specific breathing to accompany the rites, or exercises, and simplicity in the diet. All of these factors affect the energy centers of the body, the chakras.

This is an interesting book, very short, and with illustrations of the rites. If you are interested in joining us for the discussion, you are welcome whether you've read the book or not. Copies are currently available in the bookstore.

Solstice Channeling– June 2021



Remember you are Light. Raise your frequency. Think of God and bring Light into your body. Lift up a bit above where you are to see and feel a lighter perspective. Your Higher Self knows the Truth and will guide you out of the fog of Earthly matters that drain you.

The Earth needed the long light of day on Solstice. Masters were present, bathing the planet and the people in healing light. Gaia needs healing because of the forces at play on the surface of the Earth. She is impacted by the negative energies and is feeling the weight of the emotions of the people.

Be loving, be light in your thoughts and activities, be joyful, be in nature...do these things to rise above the frequencies that bring you down. Never doubt that God is with you and working toward a peaceful and loving solution to negative forces on the planet. (continued Page 5)

Reiki Night

Reiki Nights have been offered for almost thirty years at Inner Quest. We have our designated Reiki team who come the Second Saturday of every month to share their healing talents with all who come to receive.

Reiki is a gentle energy that is channeled by the healer and drawn into the body by the client. This energy is so easy to receive, yet is so powerful as it moves to heal and balance every aspect of your being. Whether you need a physical healing, or an emotional or mental balancing, reiki goes where it is needed and re-establishes a healthy energy for your body. From your cells- to your thoughts- to your emotions- to your spiritual connection- reiki moves to heal it all.

Although you can schedule a full reiki treatment at Inner Quest any time during the week, Spirit asked us to offer these mini sessions once a month on a love offering basis so that the world would feel comfortable coming in and receiving God's miracle energy!

Every participant receives a 20 minutes of reiki session and their comments are normally so heart warming- here are just a few:

January 2021

Wonderful! Felt energy through the form of heat immediately. I would lose sense of the hands on me, ... I know I was dozing, but still very conscious of my surroundings. DR

I was able to let go and be creative in my inner prayer garden. I feel lifted and free. VK

I felt I was floating, and the Reiki hands were holding me down from floating up. LP

February 2021

At the beginning I felt like laughing out loud because of some sort of energy release. I felt overall a cleansing. BL

April 2021

I felt the healing touch and like I can leave all my aches and pains to Reiki to solve. I could feel strongly all of my negative energies melt away to a sense of love and peace. MN

Felt energy swirl around my head and saw bright yellow/green light that switched to purple. Much more relaxed, less tense, and more clear-headed. CF

Never done Reiki before, so that was amazing. Definitely felt watery-eyed a couple of times; it was like the lingering sadness wanted to release. I feel ready to journal tonight. AY

Felt like I was floating on a warm cloud. Haven't been warm in days, so that was great! Very relaxing. BW

I feel excellent. My body was relaxed and warm, and I was content with myself. I feel my angels close to me. MC

The energy was both energizing and relaxing at the same time. Coming out of it, I feel calm and peaceful. EJ

June 2021

I felt an immediate feeling of freedom, lightness & joy come over me. I feel clear; that I really did release the negative energy that no longer serves me. JH

Peace, pure air, pure breath, calm release. I felt held, allowed, blessed, and healed. JM



**Join us for Reiki Night–
July 10 And August 14**

Higher Educational Program

We launched our first Educational Program in 1995. Since then we have had hundreds of students study with us and have had thirteen students choose to go all the way to ordination! These classes are filled with Metaphysical truths and concepts that will lead you to a walk of oneness with God. We offer our beginning class once a year. All classes follow the other so that your knowledge can be built upon.

Metaphysics I Class— Begins Aug 7, 2021

On Line & In Person Six Weeks \$160

Saturday Mornings 9:30am–12:00 pm

In this series you will learn:

- **How mankind has viewed God**
- **Polarities and Duality**
- **Body, Mind, Soul**
- **How Subconscious Mind affects your Creations**
- **Becoming a Creator—Learning to set the stage and direct the energy to create your desires.**
- **Steps to align your energies to Your Higher Self**
- **Understanding the Principles of Energy**
- **What is Truth— Relative and Absolute And Much More!**

Metaphysics II is the next six week series.

In this series you will learn:

- ***Understanding the Chakra System**
- ***Levels of Consciousness**
- ***How to unhook race consciousness ideas**
- ***The Principles of Reincarnation and Karma And Much More!**

You can attend these classes *in person*, or connect via **Facebook Portal**. Each series will give you a clear foundation to begin to build a new and greater reality for your journey!

Direct emails to the church:
iqc@innerquestchurch.org

See Updates on our website:
www.innerquestchurch.org



To Go to Our Website-
Hold your phone camera over the this link! Our calendar and events are updated weekly!



Twitter.com #innerquestchurch



Instagram.com/innerquestchurch/



Facebook.com/innerquestchurch/

Life In the Light



A Facebook Opportunity Sharing the beauty and food of Inner Quest



We love Inner Quest, don't we?

We have beautiful grounds, fabulous services, classes and a variety of profound healing services. Most importantly, we have a wonderful loving spiritual family.

Do you feel this is valuable for you?

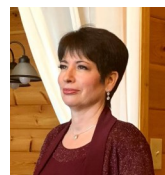
Do you feel this would be valuable for others?

For those of you who use face book or other social media and have ever “**Checked In**” your location at a good restaurant, a beautiful vacation spot, or anywhere you happen to be, and have taken a picture of yourself, your food, scenery, family, nature, or a saying that was funny or moved you, I have an opportunity for you!

Let's ‘Check In’ at Inner Quest and take a picture or a video that would convey what you love about being here. **AND INVITE YOUR FRIENDS TO COME CHECK IT OUT.**

For example, take a short video as you enter the Meditation Garden or Crystal Garden. Take people with you on your journey on the Prosperity Path. Talk with the fairies in the Fairy Garden. Share messages that you receive from the grounds and the services. Invite people to come share this with you. Snap pictures of the awesome crystals and products in the bookstore.

Before you go in for a Reiki or healing, take a selfie or video. Then after, take another shot and let people see your Reiki eyes or how much brighter you shine. This is valuable for everyone.



Most of all, invite people to come share the beauty, energy and spiritual food that Inner Quest has to offer.

Let's have fun with this.

Cheryl Provence

Solstice Channeling— June 2021

Continued from page 4



Know that much is being done that you cannot see. Ancient beings, awake beings on Earth and others from far away galaxies are all assisting in the process of returning the Earth to the stable and loving place you wish it to be. There will be peace and freedom again. God is **in charge**.

Shine your Light brightly in God's world. It is a beacon for others to see and follow. The more Light on the planet, the faster the healing will be.

Dance, sing, plant flowers, talk to the flowers and trees, delight in the bird song and butterfly flight. Love even the earthworm for it, too, is Light. Bringing in the Light is key for the coming transformation. It will be a big shift on the planet. Your Light helps pave the way.

Shared by L. T.

Time To Be

**Another Day awaits us
Its gift - the great unknown
A door to our potential
Ask and you'll be shown**

**To take a step and enter in
This experience we call Life
Begins our forward motion
There is no magic potion**

**Take a chance on living Love
Choice the ultimate gift
Trusting now the great unseen
No longer a soul adrift.**

**Our heart will never steer us wrong
This truth our guiding light
Love is what we came to be
There's only love to see**

**Peace,
Patrick**



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God Bless