



INNER QUEST CHURCH

Communications



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

"I have not been a churchgoer in the past, but I've found a place at Inner Quest. Mostly because I see REAL-ness and honesty that are so much encouraged here— with self and others. And the staff and congregation are all extremely kind and loving people." JH

You can email us at:
iqc@innerquestchurch.org

Our website:
www.innerquestchurch.org

Facebook.com/
[innerquestchurch/](https://www.facebook.com/innerquestchurch/)

Inner Quest Fest

Our Fall Inner Quest Fest was amazing! We welcomed people from all over Georgia! With our new hours from 11am to 3pm, people tended to show up and stay to enjoy the readings, healings, and of course the beautiful weather!

This gathering could not have been done without all of the many volunteers that came to support the day. We are so very grateful for each one who came and served in any capacity to make the Fest a success. We hope you realize that it is because of your love that we were able to share our light with the world! And it is our prayer that all you gave be returned to you 1000 fold!

If Patrick and I were unable to greet each of you individually, please know that your presence made such a difference! Just to have so many happy loving faces was so refreshing! We truly live in God's world!

Thank you, thank you, thank you to everyone who participated at any level! We are so blessed to be a church family that loves to shine our lights! Now let's allow this energy to carry us forward into the Holidays ahead as we gently celebrate 2021 and open our hearts for 2022!



Inner Quest Church New Members Meeting!

On November 14 immediately following the Sunday Service, we will be having a meeting for all new members, all old members and for anyone who wants to know more about our church and what we have to offer!

It came to our attention that a lot of people, even current members, do not know about the services, prayer support, and energetic presence we have in the world. As a result, I would like to lead an information session which I know you will each gain from.

We are a community that holds the love for all of mankind and for our future enlightenment. We will be discussing our "family facebook page" where members can reach out to one another for spiritual support and prayer. We will be touching on the various classes offered and why we teach these subjects. And, I will be explaining some of the crazy Cindy trips that we have taken over the years.

Inner Quest was conceived March 6, 1990 and born Nov 20, 1990. We were a creation of God's Love and have always been focused on the enhancement and upliftment of all mankind. I would love for you to join us for an hour of information sharing, questions, and connections. This is your church.

Did you know that you are affiliated with a power center of God's love?

Please let us know if you are able to attend. There will be a sign up sheet in the foyer. Information packets will be provided!

See you there! Cindy

God Light creates our Miracles!



Sunday Services November 2021

God Love Supplies us All!

Nov 07	Jesus-Salvation and Reincarnation	Cindy Fuller
Nov 14	Jesus-Healing Energy	Cindy Fuller
Nov 21	Thanksgiving- Gratitude Requires Receiving	Cindy Fuller
Nov 28	Surrender to "You're Good"	Patrick Abent

"I now receive all the Love the Universe has for me!"

Sundays provide us time to gather and align with the light of God as a group! Whether you are in person or on Facebook streaming, your energy is felt and contributes to the collective love! We are so grateful for you!

During the month of November, we will be focusing on Speaking Gratitude, Learning to be Grateful for one another, Seeing Gratitude in our world, and eventually learning to become Grateful for all of the processes that have brought us to this moment in our worlds. Join us as we refocus our intentions toward the Blessings of our lives, which will in turn, create greater!

Then the very last week of November, we will begin our Christmas Celebration! We are very excited to connect with the Christmas Angels as we open to the Divine Oneness with God and Jesus Christ!

Inner Quest Church Turns 31 Years Old!

It is hard to imagine that we have been servicing God for 31 years! At every turn and in every way, it has been our desire to follow the guidance we have been given, even when that guidance was simply to "be still" or "breathe".

As we honor this moment in time, I want to thank everyone who has been a part of our journey these past years. Patrick and I have seen so many beautiful souls bring their lights, share, grow and then move to their next step. And we want to send love to them all. And to those who are now taking their place in our church's journey- we want to thank you for being a part of our soul, our mission and our heart.

You are our Church, and it is through you that the Light God is shining is moving throughout the world! And we are so grateful that you are here!



Welcome New Members!

Richard Fret, Doug Ripley, Kelli Williams

May God's love bless each of these in their hearts desires, and may our Inner Quest Family continue to blossom in miraculous ways!



**Come join the fun!
Our Third Annual
*CHRISTMAS PARTY in
the BOOKSTORE*
Saturday, December 4, 2021
10am to 2pm**

Patrick is opening the doors to the bookstore and running a 4-hour sale. It will be amazing!

ALL INVENTORY at least 10% off – **but Patrick will be willing to make some deals!** The more you buy, the deeper the discount! Remember we have a great selection of crystals, jewelry and of course the best Metaphysical Books around!

Come with your Christmas list in hand and bring your friends and family. Join us for Shopping and Refreshments – or just come for the fun!

*Weekly Specials in the
Bookstore
will be announced on Sundays
during the month of
December.*



How to Create your World

We were so very blessed to have an array of our Ministers present a fabulous Sunday series on how to create your world. Amazingly clear, these insights will help you in formulating the reality you desire.



Rev Bette Webb



Rev Charmayne Scruggs



Rev Cheryl Provence



David Fuller



Rev Patrick Abent

Filmed in October, 2021, each service brings guidelines to living your life at a higher level of awareness. To see this series, you can find it on our YouTube Channel!

www.youtube.com/user/InnerQuestChurch
It was Awesome!

**We will be closed November 25 and 26
for the Thanksgiving holiday.**



Tuesday Nights 7:30pm- 9:00pm

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

November's time change brings a great blessing to our Tuesday Nights! As the daylight has changed, we will be able to do a group Color Healing Session during the last four Tuesday Nights. Each of these evenings we will use a different spectro-chrome color to infuse a healing vibration into your consciousness. Come for all or even one, you will receive a tremendous healing. Bring your blankets and Pillows, as you may want to lie on the floor.

The First Tuesday Night we will learn a heart breathing technique that we can do daily to connect our minds and hearts.

November

- Nov 02 **Heart Breathing Technique** Tonight we will experience a way to connect our energies with the Divine within. We will then use this technique for connection before each Color Session during the rest of the month.
- Nov 09 **Blue** Blue is the Universal Spiritual Opener! It calms our human minds and bodies and allows us to connect with the higher frequencies. Blue also helps with calming the nervous system, lowers your blood pressure and is a natural antiseptic.
- Nov 16 **Green** The Heart Color, Green helps to balance the spiritual and the physical. It is a rejuvenator on all levels. Green can be used for cellular healing, mental clarity, and works body, mind spirit.
- Nov 23 **Gold** The Golden Light of the Christ!
- Nov 30 **Violet** Our crown chakra energy, violet stimulates our remembrance of our divine plan and our connection to the details of our lives. It supports our immune system by building our white blood cells.

This month is an opportunity to experience the different aspects of God's awesome Healing Energy.

Prayer Basket

Don't forget to send in your prayers vial email if you can't make it in person. The Blessings of our collective consciousness aligned with God is Amazing!



Our Christmas Kids

We love to share our love with the world. This year, we are sponsoring ten children from Cherokee County DFCS. Even during our 2020 Christmas, our church was able to provide an amazing Blessing for 10 children. Our church family is awesome!

So, if you would like to help with this gift giving effort, you can call the church to select the child and the gift you want to sponsor. If you are not able to go out yourself, just let us know and we will purchase it and wrap it, to make sure it is included with our piles!

If you are coming into the church, you will find the lists in the foyer. Please see what gift you would like to give, sign your name for that particular gift on our master sheet and take the tag with you (the sizes and details of your gift are written on the tag). This year you are able to wrap all gifts. However, make sure you return the package tagged with the gift number and name of the child.

We are always so excited to participate in this process. Our Church is always one of the first organizations called to help. Nothing but compliments come in for the bounty that is shared by our group! Patrick and I are so very grateful for each and every one of you! Remember every little bit helps to make Christmas wonderful for these kids.

All gifts are to be labeled with gift number & child name

New Photo Chrome Therapy!

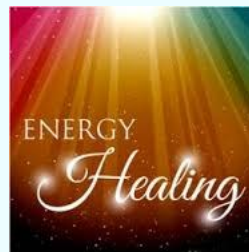
We will now be offering a new REMOTE Healing Technique using the frequencies of Color .

This technique will allow the vibration of the color to precisely permeate the issue at hand. By targeting the Color to a specific issue in the etheric field, the body is able to receive without going through the emotional barriers.

To receive a healing all you have to do is provide a picture of the person to be healed and state the issue or concern. Patrick will do the rest!

These sessions will take 30 minutes and will cost \$45. This is an easy way for you and your loved ones to stay healthy and receive a deep healing for any condition.

Call to schedule your Photo Chrome Session Today!





Thoughts of the Ministers

The Alternative

One thing I think that we all learned this past year is that we are all in this together, and in this I mean, life. The phrase, “it’s a small world”, seems more appropriate now than ever. We have been shown how connected and dependent we are with one another. The inability to receive even the simplest of goods and services was quite interesting to say the least.

This whole pandemic experience has presented us with the opportunity to grow in consciousness. We have been shown where we are in consciousness as a people on planet earth and where we are headed if we don’t make some changes.

We are being asked to expand from a “me consciousness” into a “we consciousness” but this can be hard to do from an ego-based perspective. However, in the process of growing from me to we, we are being asked to find our true self and not lose our uniqueness. Remember “when one is helped, all are helped.” We know where we are now, but what can we become? What’s the alternative? I think if we use the definition “possibility” for the word alternative a whole new world can be revealed.

We stand upon the precipice of transformation! Are we ready to take a leap in faith, faith in God and faith in ourselves? Man has waited forever for divine intervention, but didn’t Jesus tell us “to pick up our bed and walk?” It is in our conscious participation in life that creates life and when we truly align our will with Gods will, there is nothing we can’t accomplish!

“We enter the realm of all possibilities” which I find an exciting alternative!

We create with thought in this dimension! The thought (TRUTH) that there is but one God, imminent and transcendent, when taken to heart, will free us to truly be co-creators with God consciously.

Man has created the walls of separation on planet earth, and it is man who must choose to tear them down. We can’t do this with our head we must do it through our heart. Our heart center creates unity consciousness which will allow us to transmute division into the one. As we lift into the conscious awareness of God within, God with in all- We can experience all possibilities. This is the teaching of Jesus the Christ.

Peace, Patrick

Sing Through it All

As humans, we all go through so many different emotions and moods during our days. Sometimes we are filled with joy and sometimes we experience a lower frequency. But, remember that there is always something that can enhance our moods when we are in those spaces of less than joy.

That magic is a song. We all love songs of love, joy, peace, hope, even songs that allow us to feel what we are feeling in the moment and to know that ultimately everything will be ok! Music affects our energy fields!

October is ending and we are moving into our holidays with a lot of uncertainty in the world around us. As one issue gets reset, there seems to be another one right behind it. It is as if the Universe is showing us the chaos that has been living underneath our reality for a while. And, for many, we are concerned about what to do, what to feel and simply what to believe.

As a minister, you know that I choose to live in God’s world which is a space that intersects the reality we view as matter. God’s world is full of hope, peace and knowing that God’s love is greater than any issue of the moment. God wants good for all of his children— All.

So, let me offer a solution to our unknowing— be a Song! Let your light shine in the middle of anything that seems to be a struggle or challenge. Imagine you are the magical song that can alter the energies of the world and let yourself sing!

You may sing openly in unusual places, or you may sing quietly to yourself. However you choose to express, please express. I give you permission to Sing Christmas Carols even in October. I give you permission to sing any song that uplifts your world. And remember, when you sing you are not only affecting the world around you, you are Being the Song!

As we move forward, let us sing through every moment and every detail. In meditation, I heard Spirit ask us to “Start being a Song!” As we lift our frequency, we are one with God’s world!

*When you sing your light shines
from your soul,
and this light
affects the whole!*

My Love to all,
Cindy



Life & Teachings of the Masters of the Far East, Volume 2

“I thank you Father that I now have Love, Wisdom, and Understanding; Life, Health, Strength and Eternal Youth; Harmony, Happiness, and Abundant Prosperity; and the method of bringing forth from the Universe Substance that which will satisfy every good desire.”

REIKI NIGHT—November 13, 2021 6:00pm—
8:30pm You can call ahead to schedule!

The Quiet Mind by White Eagle

Whatever your occupation while in your physical body, remember it is a form of service. However humble or even humdrum your work may be to you, it is your special appointment, and through your work on Earth you can make your contribution to the happiness of all.

Work hand in hand with God, and be thankful for every opportunity to serve which is laid before you.



Sharings

Guidance at the Hangar

Kristin Quarles

I like to do my meditations outside in nature and usually while walking or hiking. I have walked the runway many times but this time I set the intention to be shown something. I asked that my superconscious mind help me with my current issue I was having. I had been dealing with a very dear friend who for no apparent reason had become moody. My first reaction was to not take it personally so even though they were making subtle passive aggressive sarcastic teasing comments towards me, I kept my composure and just smiled as we went through our dinner. The tension was thick, but I kept doing my thing and staying in my lane. When I got home, my mind began to wonder.

Am I going to spend the rest of my life dealing with people who are moody and not knowing what set them off? I am a happy, easy-going person 90% of the time. It takes a lot for me to get moody or upset and when I do, it's typically because I am reacting to someone else's mood.

I entered into my mediation walk pondering these thoughts and asked for guidance.

Half way through my walk, I was guided to take off my shoes and walk barefoot. I have waked the runway hundreds of times but never barefoot.

As I walked along the grass, I noticed there were patches that were very lush, green and even cushiony beneath my feet. Other areas were sharper and rougher. Some areas had sand spots where they filled it in to even it out and other areas had dead spots where weeds were killed and grass hasn't grown in yet. When you look from a distance, the runway appears to all be green but when you look closer it is *varying shades of green*. From a distance it all looks like grass, but when you look closely, it is spotty.

Seeing is one thing, feeling it was another. I felt how nice it was to be in the soft, cushiony, thick lush green grass and wanted to just stand there and enjoy how nice it felt, but then realized that would only make me stuck. I would never get back to the hangar to go to sleep. In order to move forward, I had to go through the dry, brittle, sharp spotty places where the weeds had been killed. While walking through that patch, I stayed focus on where I was and before I knew it, the grass became green and lush again, soft beneath my feet. My message was this...

Not every moment in life is the lush green grass. Life is varying degrees of the green. Sometimes is soft (easy) and sometimes it's brittle (hard) but it never stays soft and it never stays brittle. If you stay where it is always soft, you will not move forward and reach your destination. Don't sweat the moments it is brittle because before you know it, it turns soft lush green again. Keep moving forward, life changes, relationships change and moods change.

Just because the grass is brittle and sharp today, it doesn't mean it is going to stay that way. It is important for me to keep moving forward if I am to get to my destination, and along the way appreciate the varying degrees of green.

By the way, the grass isn't greener on the other side!

It too has varying degrees of green.



Holiday Activities in December

Christmas Party in the Bookstore Dec 04
Saturday 10am -2pm Everything on Sale! Come and Shop Joyously!

Reiki Night Dec 11 -Saturday, 6-8:30pm **Come and receive your Christmas Healing!**

The Metaphysics of Christmas
December 13, 2020 - Sunday 7:30pm

We are currently holding rehearsals for our annual presentation. If anyone who sings would like to join us, please call asap. This year's presentation will be full of heart!



Christmas Eve
Candlelighting Service Friday,
Dec 24 at 7:30pm

Join us for an evening of preparing our hearts to take another step in our journey of Christing. Jesus Christ's love will engulf us all as we light our candle acknowledging our own Inner Spark of Light as God's Child.



New Year's Burning Bowl Ceremony
Friday, Dec 31 at 7:30pm

Everyone is welcome to join us in releasing the energy of 2021 that we are either complete with or do not wish to carry forward into this new year! **We will Free ourselves from the past and choose the energies we want to experience in the year ahead!**

Join us and take your first step into creating your individual reality for 2022!



The Light of God's love shines all around us, but no place brighter than in our hearts.

To Go to Our Website-

Hold your phone camera over the this link! Our calendar and events are updated weekly!



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[Instagram.com/innerquestchurch/](https://www.instagram.com/innerquestchurch/)



[Twitter.com #innerquestchurch](https://twitter.com/innerquestchurch)



As Within

Just be yourself- Impowering words
Allows our unique expression
Who is it that I came to be
Oh magic mirror, I seek to see

But magic isn't in the mirror
Too long our constant ally
Often a poor reflection
Supports our own deception

A portrait in a gilded frame
What does it really tell us
A moment, a look, a feeling
Perhaps it's time for healing

To enter in the Sacred Heart
Its only here we know our part
Gods love expressed we came to be
Let's fulfill our Destiny.

Peace
Patrick



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God Bless



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