



# INNER QUEST CHURCH

## Communications

## Christmas Season

The Church is Showing up for Christmas! We thank you Church Family for your wonderful support.

### In this issue:

- Sunday Services –Join the Christmas Light
- Tuesdays Nights –Opening to the Angel's Love
- Christmas Shopping Sale!
- Christmas Candlelighting Service on Christmas Eve
- Burning Bowl Ceremony on New Year's Eve
- Metaphysical Classes Continue –2022

Our Christmas Family– This year we are supporting a family with ten children. All of the gifts have been selected and will be delivered on Dec 12. Please make sure you have your wrapped gift back to us by that time. And if you were unable to participate and would like to, we are also taking a collection to purchase a gift for the family.

Metaphysics of Christmas-What a beautiful group of talented people we have this year. This is our annual production which will be performed Sunday Night, December 12 at 7:30. The crew is amazing! Do plan on joining us for an evening of Fun and Christmas Joy.

Candlelighting and Burning Bowl Ceremonies-These two events are our moments of Oneness with God. Each year, we gather with open hearts and receive the awesome connection that our group consciousness enhances. The energy of Family is a magnet of blessings for all. (We have more details on these events on Page 5.)

The last two years have been a little rough, so we are really excited to let them go as we gather with our Spiritual Family and celebrate God's love for us all. This is truly God's world and we are truly the Children of God. We would love to see each and every one of you during this holiday season, even just to say– Yea God!!!

### 2022

As we enjoy the closing of 2021, we at Inner Quest are also looking ahead to what God is guiding us to do in 2022. So far, we have two major focuses-

The First is Health. 2022 will bring a time of nurturing of the body, mind, and spirit for us all. It is the year of bringing our bodies into alignment with our spiritual natures. We will not only do this personally, but we will also share our energies with our community. January will be our first food drive for North Fulton Charities. As costs rise, we want to help support the health and well being of our neighbors. We will do at least three drives this coming year.

And, of course, our healing program will continue to offer the best in healing love. We will also be offering workshops which will integrate the physical with our spiritual energies.

The Second Focus will be education. We will be offering classes that will support your expanded knowledge of Metaphysics and how to Love this wonderful Earth. Even as science expands to meet our perceptions, it is important that, we too, expand so we can see the stars.

2022 will be the year that our country defines itself for the next decade. We, at Inner Quest, want to define ourselves for the next level of consciousness. We hope that you join us in this.

*"The services are usually interesting and thought-provoking. And they often contain tools for my own self growth and improvement!" JH*

*"This is literally the cutest church ever. They sing happy songs and I have the biggest goofiest smile whenever the choir sings. I just love it there." CL*

*"If anyone is looking for the right place to be spiritually fed, I recommend this church. There is no judgment here only loving support. Been there 15+ years and just so look forward to every Sunday Service." TL*

**Christmas is the Christ Love For All!**



## Sunday Services for December 2021

### Christing The Masses

Dec 05 The Christmas Story  
Dec 12 Opening to the Christmas Blessings  
Dec 19 Merry Christmas  
Dec 26 All Things New

Cindy Fuller  
Patrick Abent  
Cindy Fuller  
Cindy Fuller

**“I accept the Gift of the Christ in me”**

Christmas— the Celebration of Jesus the Christ! All year long, we reach out to Jesus relying on His help in every way. We turn to him for healings, comfort, guidance, love and companionship. He is a part of our meditations and prayers. He literally lives with us every day in every way! What an honor it is to set aside a month to honor the Light that he brought to the world! I am so grateful that we have this time to understand the great gift that he was able to bring to all.

Join us this December as we look at the amazing vibration of pure God love that Jesus brought in his birth!

*Every season has its own spiritual significance, but of them all,  
Christmas is the greatest, for it binds the human family together  
as the heavenly family is bound.  
The Way of the Sun, by White Eagle*

## SPECIALS IN THE BOOKSTORE

### **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! Come with your Christmas list in hand and bring your friends and family

**Patrick will be offering hot beverages and snacks and working deals. This will be the ONLY time during the holiday season he will offer to sell the crystals, minerals, and gemstones at a reduced price! Don't miss this event!**

**ALL INVENTORY at least 10% off.**



Our bookstore is also open during the week from 10am to 4pm, Monday through Friday. And open again before and after the church service on Sundays. It's great shopping here because there are NO crowds in the bookstore! So, keep us in mind for your holiday shopping.

Once again there will be specials in the bookstore throughout December. They will run Sundays through Saturday. Stay tuned to see what further Discounts are in store

## 2022—A New Year to Commit to Greater Service

If you have been trained in our Reiki tradition and would like to participate in our healing modalities, consider the two opportunities below.

**Reiki Team—** On the Second Saturday of every month, we offer our Reiki Night. Our team of Reiki healers offer healing sessions to our community. To join our team, you must be at least Reiki I, and be willing to commit to 10 Saturday nights during the coming year. (two Saturdays are Festivals instead). Pray and see if this is yours to do.

**Reiki Train—** Our Reiki Train is a team of Reiki II practitioners who send reiki every day! We receive requests for reiki from our website and from people who know we offer this, and our office sends an email to our entire reiki train. Each practitioner then sends the reiki to the person or situation when they open their email. Reiki is being sent to the request throughout the day as the team responds.

If you are being guided to use your reiki healing energy in a committed and consistent way, these opportunities may be right for you. Again, please go within and let Cindy know if you would like to join. ( and you can join on a trial basis if you are unsure of yourself).

The Reiki we offer the world is amazing! We are so grateful to be used as channels of God's Healing Love!

# CHRISTMAS SEASON



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

### December

- Dec 7 **Christmas Angel Healing**– The Christmas Angels bring a celestial energy of realigning our spirits into oneness with God. Join us in this alignment.
- Dec 14- **Santa Meditation** Our annual meditation of connecting with someone in the Atlanta area that could use some spiritual strength and faith support. Everyone can share their love!
- Dec 21- **Winter Solstice Meditation** Tonight we will link to the energies that came to the earth at 10:59am. Join us in connecting with the Universal Flow.
- Dec 28- **Meditation for the World 2022** We will join our hearts to create a new vibration for our global energies for 2022. The earth needs our love and our support..

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

### It's Christmas!

As Metaphysical Christians, this is one of the greatest holidays as it allows us to celebrate the love of God for humanity as well as our human love for one another. As our hearts turn to gift giving, Christmas Carols, and connecting with Jesus, we are touching a force of love that only comes once a year. We are feeding and being fed by God's great Love. This is truly a time when the heavens open and we can feel the Christmas Angels lifting us up to a space of Spiritual Living. And this is what we will align with during our Tuesday Nights in December.

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.

Then we will do our Christmas Experience! Join us on Tuesday Nights as we celebrate with our souls!

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

### Familia y Amigos:



Se acerca la navidad y con ella llegan nuestras fiestas tradicionales, los regalos, las cenas y momentos de compartir en familia y amigos, sin embargo, este año es diferente dada a las condiciones que hemos estado viviendo el año 2021 con la llegada del Covid en todo el mundo.

Me siento a reflexionar en el nuevo normal al cual nos hemos tenido que adaptar y encuentro fascinante como los seres humanos somos tan resilientes frente a estos cambios y como nos vamos adaptando a ellos día a día. De seguro la navidad no será la excepción y deberemos adaptarnos a una nueva manera de celebrarlo...le confieso que eso me inquieta porque siento que lo que he vivido toda mi vida ya no estará ahí y me da cierta nostalgia, pero a la vez me siento entusiasmada de empezar nuevos ciclos, explorar nuevas ideas, nuevas formas de celebrarla teniendo en cuenta el bienestar de la gente a mi alrededor.

Hoy quiero invitarlos a que abramos nuestros corazones a nuestra nueva realidad teniendo en cuenta que la celebración de la navidad es la energía del amor encarnada y

Adriana Suarez

### Message from Spirit

Earlier this year I received a message from Spirit about the planet. I was guided to send Love to the waters of Earth.:

As metaphysicians we know that Love is the most powerful energy and Love heals. I am writing to invite you to join me in a simple daily exercise. In the spirit of the Christmas giving season and the teachings of Jesus, this is a beautiful, healing gift we can give to Mother Earth. It requires no money, and you don't have to worry about wrapping and adorning it with a perfectly tied bow.

Spirit designed the exercise to be very easy. There are only two steps. First, send your personal Love to the waters of the Earth. Then, ask God Love to flow through all the waters of our precious planet. I visualize and direct the Love to every dew drop, puddle, lake, river, stream, ocean, pond, and rain drop. I send love to all of the ground water moving beneath the surface as well as the water within every human, plant and animal on the planet. I am always amazed at the vibration that runs through my body when I am sending and directing the Love. It feels like I am receiving a beautiful gift in return.

I truly believe if we join together with intention in doing this simple, yet powerful, exercise, then we can facilitate tremendous healing on the planet with the energy of Love. Many thanks to all those who join me in this healing journey.

Sending much Love, gratitude and Christmas blessings to you

Lori Tinsley



### Welcome New Members

*Kristina Lawson  
Shannon Splinter  
Shayne Goss  
Shelly Bow*



We are so grateful for all of the Beautiful souls who are becoming a part of our church family. May we feel this expanding love in all things! Yea God!!!





# Thoughts of the Ministers

## Life Is Good

The past year has been one of transformation for us all. Whew! I guess the best thing to do would be to glean a degree of understanding from our experience and then bless it. As we release it lovingly, we can now move on to our Next.

We celebrated Inner Quests 31<sup>st</sup> birthday in Nov 2021. Inner Quest has been a wonderful blessing for us all and our world. Cindy and I feel truly blessed to be able to share Gods love thru this ministry. In our morning walks we reflect and share insights and understandings about our life and life itself -How our 31 years together seem like a Cosmic Blur in Consciousness. And to tell the truth we wouldn't have wanted it any other way. Divine Order is awesome! I guess a simple insight would be that we are always in the moment with Our Next.

On a personal note, the blessings and Love we have received from our precious granddaughter Hazel are beyond words.

The past year for Inner Quest has been one of growth, growth and more growth. We have continued our full-service ministry thru out these changing times. Our healing, teaching, counseling, and outreach programs continue to expand on all levels. We are a church of loving service and are so grateful for all of the love and support we have felt and received from the Universe and You, our Church Family. This love has allowed us to keep our vision high with our hearts wide open.

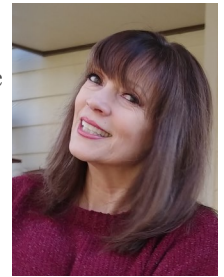
Some of the projects completed this year are as follows: We now live stream our Sunday services and developed an evolving cyber presence- Thank you Jim and Charmayne Scruggs. We have expanded our remote and absentee healing sessions for those who can't make it in person or are out of state. Our classes are also available online as well as in person. We are learning that technology is a valuable vehicle for us to share Gods love.

We continue to improve our beautiful 5 acres and I am grateful for all your help. We built a 12x 16 shed for storage and we are in the process of formulating plans for the renovating the Barn and the construction of an open-air pavilion. We are grateful for the forward motion we are experiencing and call it good. HOWEVER, our main Mission remains "consciousness expansion" -the revealing of Gods love in Man and In All, and the ability to live in this awareness. Cindy and I love you all- we couldn't do this without you. You are precious in our heart.

Merry Christmas to All And To all a Good Life.  
Patrick

## Merry Christmas

We all walk this earth trying to understand why we are here, what we are suppose to learn, what we are suppose to accomplish. Our human nature seems to have a need to feel value- a need to accomplish in a way that is meaningful. But meaningful to who? Who are we really trying to impress so that we can feel like we belong?



In my many years of traversing these waters, I have come to the understanding that everything we think we value is something that will dissolve over time. We will find ourselves releasing those treasures that we previously "had to have". We will let go of our need to rise to the top. But the one thing that will not change is our deep inner desire to feel love.

Love is who we are. It is how we were made, the essence of our beingness. And yet, on this earth, how much do we value love? When I smell a beautiful yellow rose, which I love, do I allow myself the time to realize that I am now in that moment achieving the greatest goal, simply by feeling love. Love for a flower-the flower's love for me. Can I learn to appreciate that..?

When I think of Christmas and the energy of love that Jesus brought, when I can feel his love for me and my love for him, the love is overwhelming. Being valuable doesn't exist anymore. I am just being.

God's Presence and my reason for being are united in that moment.

The strand of love moments that comprise my life, keep me going. They keep me connected to my soul. But at Christmas, when my heart opens and I hear the angels singing, and I feel the love of mankind for each other and I feel the love of my Father/Mother God, I can look to Jesus and he will hold out his hand.

Then as I take his hand, I step into the oneness where I spontaneously expand. I am Content, Radiant and Joyful. In that moment, I can feel my soul.

Standing in the love of Jesus Christ, I am beyond valuable. I am a Child of God, One with the Universe and all is well. Merry Christmas.



My Love to All,  
Cindy

## 2022 Higher Educational Classes

**Jan 8- Metaphysics I**—If you are ready to expand your understanding of Metaphysics and how these concepts affect your world, this six week class is for you. Even if you have studied energy before, you will learn so much more in this program. Saturday mornings, 9:30am -12pm \$160 for the Series

**Jan 8- Metaphysics III** A six week class in our continuing educational program in which you will learn the Universal Laws that govern our reality. If you have taken Meta I and Meta II, you are ready for this next step. Saturday mornings, 9:30 am– 12pm \$160 for the series.





## *Holiday Activities*

### *The Metaphysics of Christmas*

***December 12, 2021 - Sunday  
7:30pm***

We are so excited to, once again, be presenting to you our very own "Metaphysics of Christmas". With message and song, you will feel the love of the angels guiding our hearts.

This is a wonderful presentation of our Metaphysical understanding of the Great Gift of Jesus Christ.

We will learn about:

*The journey of mankind on this planet.  
How we got so focused on our individual natures.  
How we all came to feel so isolated in our walk.*

Then we will see the great love God has for all of His children. Have you ever wondered-

*"How did we get here in the first place?"  
"Why did God send Jesus, the Christ?"  
"Why did we forget our Divinity?"*

The journey of man and the Christmas Story is an event honored by the Angels.

Join us for a fun filled evening as we remember the great love that created us and the great love that was given to us in Jesus' coming. There is magic to our lives and magic in the Gift of Jesus the Christ! Mark Your Calendar and bring a friend to share in this evening of Enlightened Fun!



Please follow us on:



Twitter.com #innerquestchurch



Instagram.com/innerquestchurch/



Facebook.com/innerquestchurch/



### *Christmas Eve*

### *Candlelighting Service*

***Friday, Dec 24, 2021 at  
7:30pm***

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

On this very Holy night, we gather to celebrate God's Love and the Love of Jesus the Christ.

We can always feel his presence and the presence of the celestial kingdom loving us and reminding us that we are truly the children of God. There is no doubt that the heavens and the earth truly became one in the moment he of his birth. We can feel and acknowledge the Light of God within our own Hearts.

Our Candlelighting service amazing! Together we will illuminate our world with Peace and Love. God is our Creator and Jesus Christ his Gift to mankind. Come and shine your light as we shower the world with beauty from our hearts. Be part of the beauty as everyone lights their candle in honor of the light still shining in each of our hearts. *Love Offering*



### *New Year's Burning Bowl Ceremony* *Friday, Dec 31, 2021 at 7:30pm*

It is time for all of us to reclaim our ownership over the details of our lives. No matter what you have been going through, it is time to awaken to your spiritual consciousness and begin to create the world you want to experience!

Tonite, please join us as we release all of the patterns, concepts and difficulties that no longer serve our forward motion. As we release these behaviors, we can then claim our new patterns! What do you want to experience? Growth without pain? Joy while being adored? Infinite supply from the Universe? A total and complete connection to God in every moment? Let's let go of who we were in 2021 and begin our new journey into 2022!

***This is God's World and I am a Part!!!!***

*Love Offering*

Direct emails to the church:  
iqc@innerquestchurch.org

See Updates on our website:  
www.innerquestchurch.org

**The Gift**

**Jesus brought a special gift  
God's love revealed to Man  
Christ, ever was and ever is  
Love, the ultimate plan**

**I am with you always  
His presence in each heart  
Ours is but to "Follow Me"  
It's time to play our part.**

**We can be the smiling heart  
Bringing peace to all  
Gentle love, our essence  
Our gift can be his presence**

**Peace,  
Patrick**



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*God Bless .....*