



INNER QUEST CHURCH

Communications

Easter in April

Easter Celebration in April Good Friday April 3
Easter Sunday April 5

Easter is the celebration of the Metaphysical nature of the Christ. Jesus showed us the wonder of God's Love flowing to mankind through his act of Divinity. Every Easter, we can feel the great love of Jesus Christ and our connection to God. We are truly the children of God.

We begin our celebration on Good Friday, when we will do our annual Spiritual Communion service. "This do in Remembrance of Me". During this ceremony, our sanctuary is filled with Divine Beings of Love who come to join our hearts with God love. Human, Angel, Masters. We all gather to connect and surrender to God in our hearts and lives.

This service begins at 12 noon and usually is complete by 12:30 to 12:40pm. We will stay in private meditation until 1pm, however, all participants may leave during this meditation as they are guided. The church will be closed for the remainder of the day. The energy is so high, it is a beautiful first step to our Easter Celebration.

Easter Service— God and Man are One. Jesus Christ taught us how to live as God's children, and then took our love back to the Father's house. There he created a space for all where we know a Spiritual union with our Father Mother God. Join us this Easter as we know our oneness and receive the blessing of God's love and Light moving into our reality! Body, Mind and Spirit.

In this issue:

- Sunday Services –Time to look at the Fundamental Principles of Inner Quest Church
- Tuesday Nights –March, we will be studying Practicing Peace, then in April Meditations for Greater Love and Stillness
- Reiki Nights– March 14 and April 11
- Inner Quest—Good Friday, April 3, 26 Private Meditation at 11:00 am, Service at 12:00pm
- Inner Quest– Easter Celebration April 5, 10:30am, followed by an Easter Egg Hunt for the kids.

"I could feel the warm light moving through me from head to toe." AT

"I felt immediately lighter and lifted" KV

"I felt like I was floating" SS

"I could feel deep love within. I am grateful and ready to radiate love to others" PS

"I feel much more peaceful and centered" AS

"I felt calm, love and safe" BH

"I felt deep love and relaxation."CL

Healing Series Opportunity

We have a healing series that is designed to support the client in their quest to experience balance, harmony, and health in their life. We are energy beings and we function on many levels. We have a physical body, emotional body, mental body and a multitude of energy bodies that all interact with each other. In this series, we work on each level.

Reiki-relieves symptoms manifesting in the physical. It balances the emotions and brings clarity and understanding to the cause.

Inner Light Therapy-opens and clears chakras and then brings the Christ light into the cells to transmute and transform patterns and memory we hold on a cellular level that are creating illness.

Crystal Color Sound Therapy-incorporates the frequencies of crystals (programed to 4hz which allows the body to relax into its natural healing program). With color therapy, we direct these unique frequencies to also support the body in its healing. All of the music and sound we use is encoded with quantum frequencies that affect a shift on all levels. Body, Mind and Spirit.

Patrick works with Spirit to create the perfect sessions for each client. This is done as one session per week for three weeks. The cumulative process using the different modalities shifts, lifts and expands each clients awareness.

If you feel you are ready for greater, call. We are ready to support you! The three session package is \$190.

God is our Father/Mother. We Live in His Love!



2026– ReCentering on the Foundation Of Metaphysical Christianity

In this Easter Season, we are being guided to clarify our Metaphysical Tenets on how we incorporate Jesus and Metaphysics. During the month of March, we will begin our exploration as we prepare for our Easter Wisdom.

Sunday Services for March 2026

In March, we will “feel” our way through the basic precepts that we hold so dear in our Metaphysical Christianity. Join us as we get clearer in our Beliefs.

Metaphysics– a Deeper Understanding

Mar 01	God is Love	Cindy Fuller
Mar 08	All Are Children of God	David Fuller
Mar 15	God Love Flows to Us and Through Us	Cindy Fuller
Mar 22	Every Heart Desire is of God	Cindy Fuller
Mar 29	Jesus is the Christed Son of God	Patrick Abent

“God and I are One.”

Sunday Services for April 2026

We begin the month with our Easter Celebration. This is always a beautiful moment of “heaven on earth” as we can feel the Angels and Jesus Christ with us. Then we will look at the journey of following Jesus Christ in his mission and love.

Understanding the Christ Within

Apr 05	Happy Easter	Cindy Fuller
Apr 12	Following a Master	Cheryl Provence
Apr 19	Becoming the Master	Cindy Fuller
Apr 26	Being Love in the Daily Moments	Patrick Abent

“I am always Gods!”

The Master’s Service

“You may be used at any moment for the Master’s service, but because the call to service is not always what you were expecting, sometimes you do not realize that you have been called and chosen for the Master’s work. Make ready in your hearts, for you know not the day nor the hour when the Master will come.”

The Quiet Mind by White Eagle



Good Friday Service 12:00 pm April 3, 2026

At Inner Quest, we love preparing our hearts and minds for the Easter Celebration of the Christ. Good Friday is a time when we gather and shift the frequency of our own hearts to prepare for the greater illumination that comes with the Easter energy of Jesus’ resurrection and ascension.

We open at 11am for private meditation, and at noon, we will begin our service, during which, we will offer a Metaphysical Spiritual Communion. Jesus said to “do this in re-

membrance of me”. We can always feel his great love and the love of the masters surrounding us as we participate.

After the communion, we all sit in silent meditation with each individual leaving as they are guided. The meditation will continue until 1pm, then the service will be closed out with all who remain.

This is a marvelous and amazing experience on every level of your beingness. Plan on joining us if you can.

God’s love showers all!

*We will not be taking phone calls or sessions on this day.
This is a Sacred Day for receiving God’s love.*

Easter Egg Hunt

All children are invited to join us in an Easter egg hunt, Easter Sunday, April 05 after the service.

This is always so much fun for the kids and the adults! The children love the “run”. The eggs are just a special treat.

David Fuller will be taking the lead in setting everything up so the kids find a well stocked field! And we would love to have you contribute if you can. Please sign up in the foyer and let us know what kind of treats you will be bringing. And there is a second sign up sheet for those children participating.

Please sign up your child so that we know we have enough for everyone.

Let’s gather to celebrate the Love of Jesus Christ which still fills our hearts and guides our

Lives!



Direct emails to the church:
iqc@innerquestchurch.org

See Updates on our website:
www.innerquestchurch.org

12830 New Providence Rd
Alpharetta, Ga 30004

Tuesday Nights

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

Tuesday evenings allow us a hands on experience to feel God in our hearts.



In March, we will begin our study of the book, *Practicing Peace* by White Eagle. This book takes you deep into the consciousness of oneness with God. You will learn to still your mind and open your heart to the unwavering energy of God. God's guidance is always here for you. Copies will be available in the Bookstore. If you can read the Chapter prior to class, you will be ready to receive! (This book was originally published as Gentle Brother)

March

- Mar 03 **Trusting God** There is only one power in the Universe, and God is love. Trusting the all knowing light of God eliminates all fear and hesitation.
- Mar 10 **Living in the World** Our greatest gift is that of free will. As we choose, we become. Sometimes in our worlds, we forget that we have a choice, one that is not dictated by the world around us. We are the Children of God. We choose from our hearts.
- Mar 17 **Attuning to Your Divinity** Aligning ourselves with our true nature transforms all of our experiences and perceptions. Remembering to check in with Divine Mind is the challenge as we become Divine Mind.
- Mar 24 **Patience in Your Creations** Timing is everything. As we walk trusting God and all of the Angels, we need to remember that just because we think we are ready, there may be other strands of energy that need to come into alignment before the manifest of your desire appears. Come and learn how to remain receptive as well as being patient.
- Mar 31 **Be Still** Everything is in this moment. Whether we can perceive it or not, we have access to all the experiences we choose, right here and now. Join us as we align with the energies of Universal Love.



In April, we will be exploring a variety of ways to integrate our Mastery in our Everyday life.

April

- Apr 07 **Honoring the I in Me, Then and Now** Tonight we will look at and discuss a chosen personality expression of self and how their manifestation in us helped or hindered an experience. And as aware spiritual beings, how we would choose differently now. Peggy Mills leads.
- Apr 14 **You are the Master Creator**— We will be finishing the White Eagle book, *Practicing Peace* tonight. We have walked the path, now we can embody the person we have become.
- Apr 21 **Peace Meditation** The world needs us tonight. We will hold the frequency of Peace for our own individual worlds as well as Peace for the world. Join us for an evening of sharing our love.
- Apr 28 **Oneness Meditation**— God and I are one. Tonight we will release into the beautiful energy of God's love and unlimited good. We are ready to see ourselves as Spiritual Beings of Light— also unlimited in all things.



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.

Reiki Nights

March 14 & April 11 6:00-8:30pm

Reiki nights are a wonderful opportunity to come and receive a 20 minute reiki session on a Love offering Basis. Our healing team has volunteered to be there for you the second Saturday of every month.

Reiki Energy heals on every level— including causal. This is the most gentle method of receiving God's love directly where it is needed. Working on Body, Mind, Emotions and Spirit, Reiki is the complete refresher and recalibrator for you energy field. Healing is easy as you feel God's love.

Be sure to mark your Calendars for the next Reiki Nights in March and April! You can just drop in or call the office to book your twenty minute session.



I Stand in the
Grace of God.
I.S.I.T.G.O.G.

We are Ready to Hire a New Office Team Member

We are ready to open our office staff to include a new brilliant being who would love to share their talents with us!

The job would entail, but not be limited to:

Creative Energy— Bulletin, Newsletters, Bookstore

Bookkeeping— Accounting for donations, sales, and all manner of excel recaps.

Communications— Handling all phone calls, appointments, client needs, and emails— galore!

Assistant— assisting the ministers and council with organizing, and setting up for various activities, and more.

This position is a job which handles the many details in running an office and a church. The perfect person will be versatile, a self starter, responsible, have some good bookkeeping capabilities and shows up with a smile and a happy heart.

We are ready to Receive. Join us in Seeing that perfect new Team Member taking their place now! If you know of anyone, have them call us! 770-521-2875 Blessings to all!



Thoughts of the Ministers



Motion

"The times they are a changin'."
We could say these are exciting times we are moving through. Some might even call them drastic. I guess it is a matter of perspective.

There's a planetary re-alignment we haven't seen for hundreds of years taking place, an overabundance of coronal mass ejections, mega g-force solar showers, and countless other geophysical fluctuations. These are all causing a growing sense of uneasiness among race consciousness. People are having a hard time staying grounded and focused, and fear is creeping in.

"What does the future hold for us?", we may ask.

"Stop the world, I want to get off!"

Sorry, we can't do that. This is why we came. So what can we do?

"Be still and know."

In Corinthians 3:16, we are reminded, "Know you not that you are the temple of God?" and, "The spirit of God dwells within you."

When we shift our focus from the outer to the inner, true change can occur. We are also reminded that, "What you focus on expands."

Breathe -- Think on these things.

We are the chooser.

In Luke 17:20, we are reminded again, "The Kingdom of God is Within."

We are in the Kingdom and the Kingdom is within US.

When we grasp this truth we can become proactive in Love and Light -- not reactive to illusion.

Life is Love in action. When we shift our awareness of love from conditional to unconditional, we move from judgement to acceptance, and we take a giant step in oneness. We can choose perspective or perception and our life is the revelation.

Belief is the key to our Future. What do you believe and on what foundation do you base your certainty?

Spirit -- Oneness

Matter -- Parts

When we immerse ourselves in wholeness, we lose a sense of the parts. When we focus on the parts, we lose a sense of the whole. Wholeness is the spiritual nature of humanity, of which we all belong.

We live and move and have our being in the motion of God. God, the Good omnipotent.

Peace,

Patrick

God is Real

I love the Celebration of Easter, when we gather to acknowledge and align with the great love of Jesus Christ for all mankind and the love of God for him. Jesus created a bridge to connect our spirits to our creator. This bridge allowed us to by-pass the unworthiness, judgmental thoughts and confusion that mankind had lived in. At that time, mankind thought God was very far away. Jesus showed us that God was nearer than hands and feet.

For me, the celebration begins with Good Friday. We hold the church in a sacred space all day-- no clients, no work. Then we open the doors at 11am for private meditation. As people enter, you can feel the energies of love and goodness building with every minute.

I am blessed to do the prayer over the water and bread that we will use for communion. It is impossible for me to tell you how humbling this is. If any of our ministers join me, we take off shoes, hands are washed. And the prayer begins. The energy that flows through my body and hands is amazing. It has substance. It is a flow of God's love moving into the communion water and bread. My earnest prayer is that the love, consciousness and vibration of the consciousness and cells of Jesus Christ enter into the water and bread filling these pieces of "matter" with the unlimited love of God. I pray that as we all take this into our bodies, we are united beyond the limiting thoughts of our minds and can once again feel the oneness with our Father Mother God.

As this is completed, the energy of the sanctuary is filled with angels of love. Many beings in spirit join us as we open to this deep divine connection. If you could measure the energy of love, you would find that this energy is pure, vibrant, heavenly and very, very real.

We know that God is with us every moment of every day. But during this moment the veil is so thinned, you can feel you own indwelling Christ.

At Christmas, we feel the love and joy of Jesus' birth and that we, too, are children of God.

At Easter, we feel the complete Oneness with God.

One in Jesus' mission to awaken mankind.

One with the great love, compassion and peace that the planet was bathed with at Jesus' ascension.

One with the knowing that Spirit creates matter. We are the creator children of God-- but our creations are using His love, the love that we feel one with. I invite you to join us this April 3 and 5. Come and experience the lifting of the veil. Feel the presence of the Angels and all of the Masters who have followed the Christed Path of awakening. This is a spiritual experience that supersedes those daily moments of meditation. This is an experience of oneness with All who work in this plane and in the planes we can not normally see.

Much love to all, Cindy



We are a working Church!

During the week, we offer healing sessions, counseling and readings. Reiki, Reiki Initiations, Inner Light, Color, and Crystal Sound are some of the healings available. Call and schedule your appointment today!

Prayer in the New Age by White Eagle

Excerpts....

“Seek to identify yourself with the Master, to feel as he would feel, to love as he would love; feel from him his divine love enveloping you, penetrating your heart and bringing to life the emotion of divine love in yourself; and then affirm:

I AM DIVINE LOVE

Say the words from the God within your heart, the I AM within which is all love... Say them over again, several times. Dwell on the thought of the love of God in you which can transcend your human frailty, and which is the gentle master of your life.

...Your whole being can be filled with light:

I AM IN THE LIGHT... I GIVE LIGHT...

AND I BLESS AND RAISE ALL MEN UP INTO
THE LIGHT.

Are you ruffled, upset, disappointed, annoyed?

I AM DIVINE PEACE

Are you are confused, cannot decide what to do about a particular problem? Or you long for wisdom? Know that the Christ dwelling within you is all wise.

I AM DIVINE WISDOM

Are you tired, a little battered by life?

I AM DIVINE POWER

When you are in the shadows or feel that the shadows are near, look up, visualize the blazing Sun above you in the spirit spheres, feel its strength, it's steadiness pouring into your heart. Say..

I AM IN THE SUN....

THE SUN OF GOD IS IN ME

If you are depressed and fearful, refuse the conflict of earthly thought:

I AM PERFECT AS MY FATHER

CREATED ME PERFECT

Readings Available

Heart Readings– We connect and speak to the questions the client might have. Past, present, future, People, situations. This session is guided by the clients questions.

Body Scans– We connect with the client and look at the various body systems. This is to help the client see areas where the energy meridians may be blocked or slowed for some reason.

Past Life Readings– This type allows the reader to look at past lives of the client that pertain to the conditions of this incarnation. Very helpful in understanding familiar patterns.

Each Reading is 50 minutes long and can be done via Zoom.



Jesus Teacher and Healer– Review

A book by White Eagle

From the first few pages, you will learn about love. Every page is filled with insights that need to be taken in by the individual, so transforming is their message.

This book is a wonderful book that will open your awareness and expand your understanding of Jesus and the Universe.

When anyone asks me how I combine Metaphysics and Christianity, I suggest that they read this book. It is simple, profound, filled with cosmic truth and comforting to the reader. A must have in every metaphysical library.

I couldn't recommend it more Highly!

Rev Cindy Fuller



Science Meets Stillness: Why Nature Heals

excerpt from post by Robert Yadon



- **The Science:** Multiple studies have shown that time spent in green spaces can significantly lower cortisol levels (stress hormone), reduce inflammation, improve mood, and even boost immunity. Research from the Journal of Environmental Psychology shows that **as little as 20 minutes in nature** can lead to measurable mental health improvements.
- **Electromagnetic Grounding:** While less mainstream, there's growing exploration into how **electrical charges from the Earth** might influence human health. Walking barefoot in soil (earthing) and immersing yourself in natural spaces is believed by some to neutralize free radicals and rebalance the nervous system.
- **Heart Rate Variability (HRV) & Coherence:** Nature has been shown to positively affect HRV, a key marker of mental and physical resilience. HeartMath studies show increased HRV coherence in people who experience awe in natural settings.
- **The Energy Angle- Inspired by My Family:** My aunt and uncle operate **Inner Quest Church**, a space focused on energy healing, spiritual growth, and connection. While I'm not affiliated with the church, their work has influenced how I've thought about energy over the years, not in a religious sense, but in a human sense. We are emotional, physical, and energetic beings, and we often forget that environments can impact how we feel and function.

**Whether you call it grounding,
God's presence, vibration, or
vagus nerve activation,
the effect is real.**



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Eternity

A winter walk, can gift the Soul
Revealing life's continuum
How balance and natural order
Blurr the lines that border

Does life beget death or greater life
The answer lies much deeper
Beyond this eternal question
Reveals the Soul's true keeper

Omnipresence the truth of Life
Expresses Eternity
Now to let go the ties that bind
Joy is there to find

An open heart our door to God
Love the key to Life
Oneness no longer a mystery
Separateness now history

Peace,
Patrick



Inner Quest Church

12830 New Providence Rd

Alpharetta, GA 30004

770-521-2875

God Bless.....