



INNER QUEST CHURCH

Communications

2022 It's all about Relationships!

In case you were not able to find your center during 2021, you will certainly find a new focal point this coming year! 2022 will not only be filled with change, but it will also allow us to really examine how we personally, and as a group, handle the change that is coming.

Relationships deal with the energy expended to keep two objects or people centered while the world moves around them. The more movement, the more understanding and investment required in the relationships we maintain. As changes occur, relationships must flow as well.

As change comes, we at Inner Quest, are setting our focus to embrace our perspective of God and to expand our consciousness. This will be a year of allowing love to guide our growth. Health is Love. Divine Mind is Love. Abundance is Love. So, no matter the changes we will face, we will be expanding our relationship with God, and each other.

During 2022, we will be activating some focus groups that allow us to use energies to support one another in a Spiritually Loving way. The Womens Group will be started with a format of support for the spiritual paths of each. We hope to restart the Mens group so that they, too, can have a space to discuss their spiritual forward motion. Our Book club is already scheduling their meetings. And our 20s and 30s have been in discussion to regroup and redesign their commitments.

2022 will be an important time for our family to continue to gather and love one another so this energy can grow exponentially! Make your commitment today! It's time to grow in Spiritual Love.

Crystal Wednesdays

About six months ago, we started a new program to enlighten people on the qualities and vibrational influences that crystals have for mankind. Every Wednesday, Charmayne films Patrick as he teaches us about a specific "Crystal of the Week". So far, he has taught us about- Selenite, Fluorite, Pyrite, Celestite, Chalcopyrite, Apophyllite, Zebra Calcite, Spirit Quartz, Fuchsite, Fadan Quartz and plain old Quartz Clusters.

Each of these short programs (approx. 6 to 7 min) can be found on our Inner Quest Facebook page and our YouTube page as well.

As Patrick opens the door to the mineral kingdom, it is his intention that it will also open a door to the mineral kingdom for you! These energies will support you on a physical, emotional and spiritual level. And as our world is moving further and further into an electronic experience, we will need these crystals to keep us grounded in our souls' evolution.

So, check it out and if there is a specific crystal you would like for him to cover, please let us know.

We are always so very grateful for the feed back! So as you watch, please give us a comment and do hit that "Like" button!

Grounding and Growing!



In this issue:

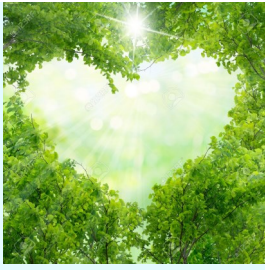
- Sunday Services Focus on Morality and Metaphysics
- Tuesdays Nights –Supporting your Journey of Newness.
- Crystals for the New Year
- Higher Educational Classes begin again in 2022- Metaphysics I and Metaphysics III
- Shungite Workshop Jan 23
- Reiki Nights Jan 08, Feb 12
- Relationship Workshop– Friday night March 18, 2022 7:30pm

"What a wonderful place to fill your soul with spirit" TC

"This church is a safe haven.

The services are instructional, uplifting and encouraging. The people are warm and welcoming and the grounds are a little heaven on earth. I love coming when work allows!" BH

"I love this church. Cindy and Patrick really are the best teachers and practitioners of metaphysics. They help me break through so many barriers so that I can have the life of my dreams today." SY



**2022– We are Re-creating our
World of Love
Sunday Services**

As we begin a new world, many things that were a part of our lives even two years ago are completely different in approach and execution. The world of instant communication and collective bargaining is here to stay. And we, as the individual strands of the society, are called to turn on a light that can still be seen in the mix of electronic dominance.

And we shall! It is time to live a Metaphysical Approach in the little things of our world!

Sunday Services for January 2022

Metaphysics and Morality

Jan 02	Metaphysics and Morality	Cindy Fuller
Jan 09	Changing Your Story	Cindy Fuller
Jan 16	Subtle Judgment Creates Big Statements	Patrick Abent
Jan 23	It's All About the Energy	Cindy Fuller
Jan 30	A Divine View of Daily Life	David Fuller

“I Consciously choose my Experiences, Now!”

Sunday Services for February 2022

It's All About the Vibration

Feb 06	Meditation Changes Your Reality	Cindy Fuller
Feb 13	Thoughts of Love	Patrick Abent
Feb 20	What do I let in my House?	Cindy Fuller
Feb 27	God Energy Feeds Me	Cindy Fuller

“My Thoughts set the tone. My Actions create My Journey.”

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

*“Know beyond all doubt that God is Love,
And that all things work together for good for those who love God.
See divine law operating in your own life and in the life of the whole of humanity.*

*Look always for the good, look for God,
and you will find that God's great love is working out
a wise and beautiful purpose through Human Evolution.”
The Quiet Mind by White Eagle*

Jesus

**“The hour has come
when men must worship
God within the temple of
the heart; for God is not
within Jerusalem, nor in
your holy mount in any
way that**

he is not in every heart.

**Our God is Spirit;
They who worship him
must worship him in Spir-
it and in Truth.”**

Aquarian 81: 26-27

We receive many comments through the year from those who live in other areas of the country. Here's a sample:

Through the trials of the past year, I am grateful for the on-line services from Inner Quest! I will make it there to share with you in person someday. But in the meantime, please continue.

With best wishes for the holidays and the New Year. KPR

**January and February–
Time to Heal**

Reiki Night- January 8 & February 12

Our Healing Team have all been trained by us and have volunteered their time and healing energy on the second Saturday of almost every month. These healing sessions last 20 minutes and provide Reiki and Chakra Balancing for healing your Body, Mind, Emotions and Spirit. You will have at least two healers working on your energy field.

Mark your calendars and join us every month for your Reiki Tune up.

You can come any time between 6pm to 8:30pm. You can also call ahead to schedule your session time.

Love Offering



**Crystal, Sound and Color
Transformation Healings**

This Healing Modality blends the energy of crystals, color, and quantum healing frequencies. This process creates a synergy that supports the re-spatialization of the human form. We can live at a higher level. The time is Now.

- #1 Whole Brain Activation
- #2 Whole Body Healing
- #3 Divine Antidepressant Music
- #4 Ascension– Expansion
- #5 Alignment with Spirit

Each of these sessions allows the subconscious mind to release old patterns. This creates a space for the new healthy energies to begin to redesign your human experience. Come for one or all. Each healing is impactful!



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

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

In January, we will be embracing a higher energy frequency. We are ready to amp up our lights so that the world can be “Lighter”. Changing your world requires changing your vibration! Join us in January as we see our part in the world and embrace our own lights!

January

Jan 04 **Meditation for a New Vibration** Tonight we change our vibrations so that we can receive greater. We will release and renew our commitment to our soul purpose!

Jan 11 **New Year Numerology** Now, we will take a look at Your Personal Year, and how it will impact the Universal year of 2022.

Jan 18 **Liquid Crystal Meditation** The human field is simply a liquid crystal. Join us as we bring light to activate the light we are.

Jan 25 **Crystal Healing** Bring your favorite crystal and learn how to use it for healing. Any crystal that you love will be great!

It's all About the Crystals

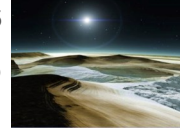
February

Feb 01 **Crystal Grids**: Tonight we will learn how to place crystals in a pattern to begin to draw energies that we would like to bring into our worlds. Bring 3 to 5 of your favorite crystals. Lets see what we can create.

Feb 08 **Crystal Meditation** Tonight we will focus on only one Crystal. Bring the one that you would like to help you in a healing– body, mind, emotions, and spirit.

Feb 15 **Naica Mines Meditation**– Join us in creating an energy blessing that we will send to the Giant Selenite Crystals at the Naica Mine in Mexico. These amazing Crystals are capable of creating a vortex to affect the Earth's grid. Join us as we fill them with Love.

Feb 22 **Pluto Return –USA** Tonight Pluto will move to 27 degrees Capricorn 35 minutes. Our country's chart shows a Pluto at 27 degrees Capricorn 34 minutes (27 Cap 33 or 28 Cap 09) Regardless of the variances, we are experiencing our Pluto Return as a country. Please join us as we explore what this could mean. We will also send our healing and loving energy to our country....



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.

Higher Educational Classes Begin January 08–February 12, 2022 \$160 for the Six Weeks Your first step Metaphysics I

Metaphysics I

Inner Quest Church
Class Available Online & In Person
Jan 8th- Feb 12th
Saturday, 9:30am-12pm
\$160 for the 6 week series



This first six week series will teach you basic fundamental precepts of energy and how it moves through our creative minds.

You will learn how to unhook and redirect your own focus which will change your world. You will learn to create a foundational understanding that you will build upon for the rest of your

life.

Metaphysics I is a compelling class that will stimulate your mind and help clear your emotions. What we have been taught to believe is what has been accepted as the norm. We live in a sea of potential. It is up to us to create the world of our dreams.

This series is the first step in becoming a “Teacher of Principle”

The most common comment we hear about this class is: “It will change your life.”

Metaphysics III



In this series, you will study the Universal Laws and how to use them. Metaphysics I and Metaphysics II are pre-requisites.

We all wonder how patterns and thoughts are so creative in the Universe! Underlying all of our manifesting lie Universal principals that are at work all of the time.

In this class, you will learn to recognize these laws, and you will also learn how to activate them!

**When I try to change something, why does the Universe continue to support my old behavior?*

**When I clear space in my life, why does the Universe fill it with something of similar energy?*

**When I am ready to look for love, why do all my issues come up? So, I feel unworthy?*

These and more questions will be examined! Learn what is happening and use “tools” to activate what you would like to experience in your life.

The laws presented here will become a part of your daily life!

If you are eligible, don't wait! It is time to expand your awareness of the “programming” that is running in our Universal field of Humanity!

Sign up today!

Thoughts of the Ministers



I Think, therefore, I Am

We create with thought in this dimension! Thoughts held in mind produce like kind. This may sound like a simple concept, but it is more than a concept— it is Law. For anything to be, thought must precede it. Our Universe, through God consciousness, is a manifestation of Divine Mind.

As we begin to understand Divine Mind, we can now work with these laws in our manifestation. The hermetic axiom for the law of cause and effect states:

Every cause has its effect.

Every effect has its cause.

Everything happens according to law.

Chance is but a name for law not recognized.

*There are many planes of causation,
but nothing escapes the law.*

Awareness of our thoughts is paramount in understanding our creations.

We have a new year before us, 2022, and the opportunity to consciously create whatever our hearts desire. So, what would you like to experience? You are the chooser.

We know that intention is the key to the Universe, and energy follows thought. What will you intend for 2022?

Our next step is to reflect on our current life experience and seek to understand its purpose— good, bad, or “it just is”. We might even ask, *What was I thinking?*

As we explore our beliefs and the thoughts that support them, we will begin to realize the power of our thoughts— conscious or unconscious. Our thoughts create our beliefs and our beliefs create our reality. With this understanding, we can now take steps to release the old thoughts and patterns that limit our forward motion. This process allows us to create a space for our new experiences of life.

The simplest step we can take in our manifestation is to go within and seek God’s counsel. Then we must follow this guidance faithfully.

Asking in the moment for understanding, or strength, or guidance, allows us to align our will with God’s will. The bigger picture of life and the part we are to play will be revealed.

We are more than we think we are and life is far greater than we might imagine.

This year, give yourself permission to think, dream and live from your heart. Then Truly Celebrate Life!

Peace,

Patrick

2022 Thoughts

I recently watched a show that discussed climate change and the results we are now seeing in nature throughout the globe. Plants are not as healthy, rain and wind patterns are shifting, and so much more. While watching I became aware of the fact that if nature is already feeling these effects, it would also indicate that we, as humans, were probably also being affected by these changes in the atmosphere and nature. We are, after all, a part of nature.

The nutritional value in our foods is not the same as it once was, the air is not as clean, toxins are all around. Whether we know it or not, we are now being affected! So, in order to keep up with the energy shifts, we know we must shift our ways of “being”!

While pondering this, Spirit has given me the “Ms” and “Es” that we can use in our forward motion.

“Ms”

Move... Massage... and Meditate!

Movement allows the body to reconnect with itself! The entire factory that keeps us healthy goes “on line” and all systems start to function!

Massage— Your body needs to be touched in a therapeutic way! This also stimulates the tissue to release stress and toxins and to realign the functions for greater ease!

Meditation— Bringing in Spirit Life Force to the mind and body keeps the vehicle in harmony with the heavens and nature. The vibration of your Higher Self and God can lift you into a state of health and wholeness.

“Es”

Eat... Energy Healing... and Evolve!

Eating should make your body happy! This should not be a moment when your body wonders “What just Happened?” As we eat those things that make us feel nourished, we are allowing our physical body the fuel it needs to perform. No one knows what your body needs. As you follow your guidance, your body will feel happy!

Energy Healing— When we receive the healing energies from God (reiki, hands on, crystal, etc), the spiritual vibration received will help release any lower frequencies you may have been dealing with. A touch of God is always refreshing to your Spirit!

Evolve— We must let our minds expand. The world tends to keep repeating the same stories for our mental and emotional fulfillment. We need to read, learn, and open to ideas that we have an interest in. For every new concept we accept, we have just expanded our ability to live in youth and health.

The “Ms and Es”! Experiment with these! Our world is changing energetically! Let’s do all we can to allow our conscious minds to participate as we become greater.

My Love to All,

Cindy





Spiritual Counseling Sessions

At Inner Quest, we offer Spiritual counseling sessions where you can discuss your issues in a private setting and look at the metaphysical principles. This will allow you to see options for change.

Clients may gain understanding, be able to get their power back, see a path to recreate the situation, or simply bring the light of God into the details so that they are healed.

Patrick and Cindy are available to support you in your journey. You can schedule a “one time” session, or you may choose to allow yourself a series to assist in a long term transformation. Everyone needs counseling! Give us a call when you are ready!

Hi Cindy and Patrick,

I wanted to send a big “Thank you” to Inner Quest for the blessings I have received. I have had spiritual counseling with Patrick for a few months now. Most recently we had a session where he helped me to identify a faulty thought pattern that has been running my life for many years. This was a profound revelation to me!

I would like to share the affirmation that came from Spirit through Patrick: “As I express the truth of who I am, the world acknowledges and supports my uniqueness.” Patrice S.



January Food Drive North Fulton Community Charities

Please bring your Donations by Jan. 31!
This facility services many families in our Area!

High Need

Peanut Butter/Jelly
Canned Veggies
Canned Meats/Fish
Tomato Sauce
Dry Beans
All Broths
Soups
Baking Supplies

All Toiletries
Toothpaste
Adult Pullups
Juice Boxes
Fruit Cups
Small Milk Boxes
Pasta

Thanks Everyone!

Direct emails to the church:
iqc@innerquestchurch.org

See Updates on our website:
www.innerquestchurch.org



Please follow us on:



Twitter.com #innerquestchurch



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Facebook.com/innerquestchurch/

Relationship Workshop for Couples or Singles

Friday Evening 7:30pm– 9:30pm
March 18, 2022 \$30 Investment



Relationships– this is what this year is all about.

God has asked that I do this workshop to help us all understand the interplay of energies in couples!

We will look at the underlying flow and agreements that we make with one another.

If we all knew that life on this earth is really about how we love and how we treat each other, we would be spending a lot more time investing in the people around us!

This is a world of relationships– to animals, plants, businesses...and most of all each other. And how we treat our partner determines how we are asking the Universe to interact with us.

These Principles can be applied to everything in Your Daily Life!

Come and learn some basic principles of “togetherness”. You will be glad you did!

Book Club

The Book club will host their first meeting on Feb 20 at 12pm following our Sunday service. Their book, “**The Beauty in Breaking**” written by Michele Harper should provide an interesting discussion. All are welcome!

Shungite Workshop–

January 23, 2022



Learn the awesome powers of this magical Stone! Sunday Afternoon 1-4pm

The world is focused on this amazing stone as they are exploring the many ways shungite interacts with the energy fields of our times.

Known as the Miracle Stone, it will help protect from such frequencies as EMF fields, 5G, Wi-Fi and geopathic stress. It can also purify your water even if you don't have a water filter.

Shungite is known to absorb and completely neutralize the frequencies which allows the wearer to maintain an undisturbed field. Patrick will be demonstrating how we can use this mineral in our homes and in our lives. You will see how the stone can balance your energy field and create a space of protection for your own frequency.

Class is informative and fun!
Call to register. Class fee is \$30.



Keeping It Real

To be thankful, joyful, and filled with love
For all of our blessings sent from above
The past year has been busy that's for sure
It seems a cosmic blurr

Patterns, cycles and so much in store
Forming life's story and all its lore
A constant rhythm, the cosmic force
Always revealing the ultimate source

In the stillness silence speaks
The language of the soul
Reminding us we are the light
There is no other goal

Our gift to life - Uniqueness
The Father's Love our seal
It only in our giving
We truly make it Real. .

**Peace,
Patrick**



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God Bless.....