



INNER QUEST CHURCH



Communications

Building is Upon Us!

We are very excited to say that after many months of delays, we have finally received our approval from the City of Milton to build our Pavilion!

We are currently soliciting bids for construction to make our dream a reality! If you know any builders, please let us know. We are so grateful for The Watkins Christian Foundation who has donated \$25,000 toward this project! Several people have asked if they can contribute toward the pavilion, and of course you can. If you would like to make a donation to the "outdoor enhancement", please let Bonnie know.

Our church family is growing and we are so grateful that the Universe is blessing our expansion in every way.

Please hold this project in your hearts. It is our prayer that every detail, every nail, and every human involvement is filled with God's love and Joy! Thank you God!

Thanks for a Great Festival

Our past Spring festival was a tremendous success on every level. We saw many new people and were blessed to see many we had not seen in a while. It was a homecoming of love.

We would like to thank all of our Volunteers who make this happen. You would be amazed at the massive hours of preparation that are involved (thanks Terry Lufkin and Bonnie Westbrook) as well as the sheer number of volunteers we need to serve. From readers to healers, to volunteers running the desk and various tables, it requires about 30 people just to keep things moving. And we are so very grateful that we always have a steady crew step up and share their love and light. Everyone that comes to visit us feels the love and caring with our people. So many thanks to all!



It is our prayer that everyone who served and participated in any way is blessed to the maximum level of their ability to receive. Thank you God, for expansion!

Crystal Wednesdays

Every Wednesday around lunch time, Patrick does a "live" presentation on Inner Quest Church's Facebook page. His topic is always Crystals!

During the five minute session, Patrick will discuss the Qualities of a particular crystal, how you can wear it to enhance your well being, and how you can use it in your healing practice! Every crystal has it's own energy and mission. By knowing the gifts they bring, you are better

In this issue:

- Sunday Services –July and August we will be exploring how we can walk with God Daily!
- Psychic Development I class begins in July– 6 class series to learn how to read.
- Metaphysics Classes continue in August! Look for details regarding attendance.
- Tuesday Nights– Learn to become light and focus Love!
- Men's Group resumes Aug 1
- Friday's Talk for Ten! Live discussions on Inner Quest Instagram. Tune in!

"I grew up in a church constantly asking for contributions during the sermon and where members gossiped about everyone. I found Inner Quest Church to be the exact opposite, with everyone being uplifted by the weekly message and feeling surrounded by love. It has changed my outlook on life making me a better person." CG

"Inner Quest is a place of love and wisdom, music and laughter, learning and support, education and empowerment—a beautiful combination!" MB

God's Love fills full my dreams!



2022– Sunday Services We are the Unlimited Children of God

Every year, we become more aware that the opportunities brought to each of us are a reflection of our own level of consciousness. As we seek to know God greater, we must also allow ourselves to become greater. As we expand our abilities to receive, we become greater channels for God’s love.

Sunday Services for July 2022

How do we do God in Real Time? Bringing God into the details of every thought, action, choice and interaction requires a deeper understanding of who we are as God’s children. This month we will be learning about how we can become more of that “Super Spiritual Being” that we all seek to be. Right here. Right now! Join us for this two month series of divine evolution!

God Consciousness in Mankind

July 03	Law of Oneness	Cindy Fuller
July 10	Omnipotence of God and Man	Cindy Fuller
July 17	The Gift of Healing	Patrick Abent
July 24	Jesus– the Alternative Path	Cindy Fuller
July 31	When the Will Wanes, the Spirit Soars	David Fuller

“God in Me is Luminous!”

Sunday Services for August 2022

Now it is time to develop that intimate relationship with God. Jesus Christ speaks to the hearts of every man. God knowledge, wisdom and love move into our Beingness. And our own inner guidance from our Higher Selves guides us in the daily details when the world around us seems so hard to navigate. Meditation, Wisdom, Understanding and Receptiveness are required. Join us as we learn how to reach that space of Oneness.

Listening to the Divine

Aug 07	I Know His Voice	Cindy Fuller
Aug 14	I Hear My Voice	Cindy Fuller
Aug 21	I Have a Name	Cindy Fuller
Aug 28	Time Between the Sundays	Patrick Abent

“As I hear God’s Truth, I am moved to Be.”

“We would remind you very tenderly, that you pay too much attention to earthly values. We do not mean that you should neglect your earthly duties, but we suggest that you should get a clearer understanding of the relative value of spiritual and earthly things; for so much that you consider necessary and important to you is not important. If you will seek always the stillness, the peaceful spirit of the Lord Christ, you will find that through this you open the windows of your soul, and the light of the Christ Spirit will flood your soul and life; and that which seemed to you to be trouble and anxiety will be absorbed into the light.”

The Quiet Mind by White Eagle

Mens Group

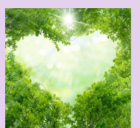
July 4 Meeting– Cancelled (Due to the 4th of July being a Holiday).

Aug 1– Monday Evening 7:00 pm– 9:00 pm

The men’s group met in June and have decided that they would love to have a group that gathers to discuss Spiritual concepts, current events, and all manner of applying Spiritual principles to the world today.

This will not be a dinner venue, although snacks are welcome if you would like to bring some.

Going forward, the men will meet the first Monday of every month. Each month, they will select the topic that will be worked on the following month. This is the time to bring your concepts, questions or concerns. All men are welcome– this is a wonderful time to share your love with the spiritual men of the world.



New Program “Talk for Ten”

Join us every Friday on Inner Quest Instagram channel for a few minutes of enlightenment.

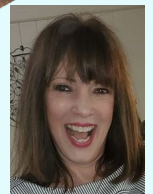
Every Friday at 12:10 we will be coming live to have open metaphysical discussions for ten minutes!

Cindy will be joined by Savannah West a Podcast Producer and Content Creator. Together, they will address topics of the day and handle any questions or ideas that are sent in by their audience.

An awesome opportunity for enlightenment and a true discussion of higher concepts -Everything has a Metaphysical Meaning.

Join us as we explore the events of the moment!

Remember- we are live and going to



“Talk for Ten!”

Direct emails to the church:
iqc@innerquestchurch.org

Tuesday Nights



Tuesday Nights, 7:30pm- 9:00pm *Tuesday evenings allow us a hands on experience to feel God in our hearts..*

This Summer, we will be learning to give and receive energies! We talk about energy all of the time, but are you consciously aware that you are impacting the Universal Field every moment. We think we impact when we intentionally send energy, but we are unaware that we are constantly sending energy! Join us and open your consciousness and become the beacon you want to be.

July

- Jul 05 **Positive Thoughts** Our reactions to life actually dictate the experiences we will have in Life! If we are choosing to experience a light happy lifetime, then we need to learn to think and respond in a positive way to all situations. Join us as we learn to create a different response to energies around us.
- Jul 12 **ReFraming Energies** So much of our disposition is being held in our memories of past experiences. These energies actually project themselves onto your dreams and you have a world that is much the same now as it was before. Tonight, we will learn the technique of ReFraming so that you can begin to clear the old expectations and begin to dream a new Reality!
- Jul 19 **Healing Touch** Tonight we experience different techniques to draw light into our physical bodies for healing and enlightenment. Learn to receive the Universal support.
- Jul 26 **Sending Healing Energy** Now, we will learn how to direct healing energies to specific situations. Recognizing your vibrations of love, you will begin to realize that you are affecting much more than your intended target. You are affecting the Whole!

In August, we will explore Group Consciousness and Global Consciousness! We have learned to stay positive and now we can join our energies to bless our fellow man!

August

- Aug 02 **Weather** The energy that creates weather responds to the consciousness of mankind. Join us as we send a group blessing to mother earth and all of the natural kingdoms that govern our world.
- Aug 09 **Faeries**– Tonight we join our hearts to send supportive energies of expansion to the Faerie Kingdoms to assist them in their expansion and evolution.
- Aug 16 **Governments**– We have every right to love our Government and fill every detail with the love of our Creator! Tonight we will send God's grace, peace and enlightenment to our own US Government! Happy Pluto Return, USA!
- Aug 23 **Universal Presence**– Now, the stars! We are all a part of a Universal existence, yet we rarely send our love to support the interaction and love that we receive from the Cosmos. Bring your light tonight and let's create a star that shines brightly back into the Universe!
- Aug 30 **Our Metaphysical Community**– Time for a gathering of peace, love and support for all those that have committed their lives to walk on the path of spiritual guidance. Joining our hearts and vibrating out a ball of love for all on the path will not only enhance those already there, but will help those who are currently looking for the road! Your light is important!

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!



The Tuesday Night Metaphysical Experiences are amazing!

As always, Cindy and Patrick lovingly and generously share their abundant knowledge and connection with spirit to help us grow in our connection with God, understand our innate metaphysical abilities and our roles in the 3-D world.

They have really allowed me to explore and learn more about different healings, auras, chakras, psychic abilities and energies – just to name a few.

As well, we have had some of the most incredible meditations I have ever experienced. Even the prayer circles are powerful on Tuesday nights. If you haven't been to a Tuesday Night experience, I highly recommend attending.

I always leave with new information to integrate into my life and feeling incredible! *Kelli Williams*

Book Club Update

Our next meeting is **July 17** immediately after church. We are reviewing "**Maybe You Should Talk to Somebody**" by Lori Gottlieb. Let us know if you would like to participate.

To stay up with all of the activities at Inner Quest, hover your phone camera over the QR Code below.





Thoughts of the Ministers



Celestial Q & A

Asking the right questions can show us how to solve the riddle of life. When we ask for an answer, we prolong the game. What?! The riddle of life—prolong the game— I’m just trying to do my best. What does that look like? Now that’s a good question.

For the most part, the answers we seek are used to validate our life. However, what’s our reference point? Too often, our reference point comes from the past and needs to be logical and reasonable and mostly it is outside of self. No wonder taking the first step in any new adventure is taken in trepidation. The past has robbed us of our precious now and our right to be.

The expression “the more things change-the more they remain the same” reflects man’s attempt to change by merely re-arranging what we have. We might get different for a time, however, if the underlying pattern isn’t looked at and healed (replaced with a higher level of understanding), our experience will remain the same. I love Dr Phil’s question “How’s that working for you?” Are we ready to truly change?

When we look at our world today, we can see that we, as a people, have made many changes throughout millennium. We have tried to do better, be better, live better and yet on the grand scale, as a people, how is this “working for us”?

We have re-arranged our natural resources and created a world with a higher standard of “survival” for some but not all. We now live in a time when we are all being asked to change. Our creation isn’t sustainable nor healthy for life. We must be cautious in the choices and begin with new questions. The answer to our “Riddle” is nearer than hands and feet.

The place to start is within our heart and our first question “Who am I?” will be revealed. Within the heart is our true knowing. Its time to be still and allow true transformation to occur. The question “What did I come to do?” will be shown to you in a new light— through new eyes— your natural expansion and expression is all that is needed. God is Love— We are Love.

As we surrender to this love as our true expression, the highest expression of Mother Earth will be realized.

This is our “Now Step”.

We are the light of the World, Love is our only function. That is why we are here.

Peace,

Patrick

Simple Light

There are times in the middle of the swirl of our lives that the universe creates a calm in which we can slow down. In this space all of the things that mattered so much- that were so important, simply fall to the floor and unravel. In these precious moments, we are keenly aware of a space where we exist. And there is peace. We know that we will have to address the issues that had previously obsessed our minds, but we also know they will be different. They will never be that important again.

For me, these moments are the ones that keep me connected to the divine plan that I know is guiding my life. Here I can feel calm in spite of the confusion and fog. Here everything is ok. Here I can feel God.

For many of us, we have been taught that there was some great contribution we were to give to the world. Some great talent or act of goodness that was required to make our lives complete. But the truth is that simply allowing ourselves time to be the light, in one of those quiet moments, is all that is ever asked of us.

As we emit the vibration that is one with God, it is strong enough to allow the hold of the material world to fall— to become secondary to the spirit of love that we feel. In those moments the true power comes forward and the illusion we live in becomes dim. In truth, we feel ourselves.

Recently I was asked if it was ok for a person to stay in a joyous bubble of flow while so many challenging things were happening in the world around them. And of course, it is! The light that you are giving out in that moment is contributing to love everywhere!

Imagine a world where everyone was living in a bubble of joy and creativity. The vibration of mankind would be filled with Love and the God connection would be complete.

If we are really Spirit, perhaps these precious moments are showing us who we truly are as eternal beings of Light. The issues that fall to the floor do not exist in our True State of Being. Yes, they are a part of our third dimensional creation, but the issues are not eternal. We are.

Next time the universe puts you in the quiet light right in the middle of your worldly storm, be grateful. The peace and the light you feel as you release the material priorities is not only a blessing for you, but it is also blessing the consciousness of mankind.

Even Jesus took time to leave the worldly concepts behind and sit with God. He lived in a light that was pure. He was able to heal, teach and enlighten. But even Jesus took time to be by himself— to sit outside the consciousness of man, to sit in the calm to be with himself -To be with God.

Much love to all,
Cindy





New Meditation Sessions Available

We have added three new guided Meditation Sessions to help in your healing process. Each session is 50 minutes and the energy investment is \$70!

Past Life Meditation Higher Consciousness Meditation Healing Meditation

In each of these, Patrick or Cindy will guide you into a space where you can easily access the information you need to see to facilitate a healing!

A Personal Sharing about the Healing Meditation-

In May I was excited to experience one of the new meditation offerings at Inner Quest. I chose the Healing Meditation with the intention of addressing some chronic health issues

During the session, Cindy began by creating a safe space for us. It was an interactive, guided meditation, so she led me through a process that allowed me to isolate the areas in my body which needed healing energy. I was shown various organs, chakras and joints. Some of these were on my wish list of items to heal, while others were a complete surprise. I was fascinated to see that the issues in an organ were related to a causal energy in a chakra in another part of my body. In this instance, one needed to be healed before I could claim health in the other.

We used a variety of techniques in the meditation to aid the healing process. As I was meditating, sometimes I would see pictures clearly. At other times I saw nothing, but words came to me with intense clarity. It was an easy, gentle process. I felt very empowered because I was partnering with God and my healing angels to facilitate my own transformation. I was relaxed, calm and comfortable in my body afterwards.

My physical symptoms had subsided.

The next day while I was out and about doing errands a completely different issue than what I healed the day before popped up. I wasn't feeling well, so I stopped in a parking lot and began meditating. I used the steps that Cindy guided me through when we worked together. I sat in my car, meditated, employed the tools Spirit asked me to use, and after a short while I felt fine.

Although I would have loved to have Cindy in the front passenger seat helping me, I surprised myself because I felt completely confident doing the exercise. I am so thankful for God's guidance and Cindy's willingness to follow that guidance to offer this incredible tool. I love the Healing Meditation because it is not only powerful, but also portable! *Lori Tinsley*

Please follow us on:



Twitter.com #innerquestchurch



Instagram.com/innerquestchurch/



Facebook.com/innerquestchurch/

Psychic Development I

July 07, 08 Thursday and Friday
11, 14 Monday and Thursday
18, 21 Monday and Thursday
All classes are 7pm to 9:30pm.



Each is interactive and builds upon the other. You will learn to "read" the energies of another person and to "interpret" the energies that you see.

This class is a base line for all other Psychic and Healing classes that you will take.

Join us and learn—How to trust your Intuition
How to focus your Intuition
How to use your Intuition as a blessing for the world.

Call in to Sign up today! Your investment is \$500.

Metaphysics III

Aug 6-Sept 10, 2022
Saturdays 9:30-12:00pm

A six week study of the Universal Laws. Learn how to identify and use these laws in your life.

Metaphysics I and Metaphysics II are pre-requisites. The cost for this series is \$160.

Metaphysics IV

Sept 24, Oct1, 15-29, Nov 5, 2022
Saturdays 9:30-12:00pm

A six week study of the symbolism in our culture and language. Learn tools that will enable you to interpret situations and environments around you. Information is everywhere.

Learn to Discern!

Metaphysics I, Metaphysics II, and Metaphysics III are pre-requisites. The cost for this series is \$160.

Metaphysics I

January 7– February 11, 2023
Saturdays 9:30-12:00pm

A six week study that will begin your journey of metaphysical understanding of energy, cultural concepts, and possible alternative approaches. The cost for this series is \$160.

Reiki Nights– July 9 and August 13

Second Saturday of the Month 6:00– 8:30pm
Come and receive your perfect Reiki Healing.

Love Offering

Reiki is drawn into the body by your cells and activates the deepest healing you can receive! Each session lasts 20 minutes and you can actually schedule your session before hand! Call in and select a time you would like to receive your healing, and be sure to be here 10 minutes before your appointment! Reiki is an amazing healing energy of God's Love!



Innocence

When we slip the bonds of Earth
Where nothing has a name
Bathed in cosmic love and light
We never return the same

Creation has a simple way
Only seen with the single eye
And when we choose to enter in
We cease to wonder why

A moment today, it is what it is
An axiom just to be
Nothing more or nothing less
Freedom is the key

Love unlocked, transforms each day
Our heart has held the seed
Now trusting who we came to be
Innocence for all to see

Peace,
Patrick



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God Bless.....