



INNER QUEST CHURCH

Communications

2023 You are a Spiritual Being

Changes are coming! 2023 will bring new energies as we move into several new planetary positions that will bring a new flavor to our environment. One of these will be a focus on your Spiritual Self. We will all be asked to look more deeply at what we think we believe and how we live those beliefs.

At Inner Quest, we will be focusing on growing our ability to experience love. If God is love and we are His children, this should be the simplest task ever! Yet in our world, it can seem quite daunting. We invite you to join us on this journey, of which you are already a part, and let the church guide you through the energies ahead.

As change comes, we at Inner Quest, are setting our focus to embrace our perspective of God and to expand our sense of Oneness:

Our Womens Group and our Mens group provide you with a place to experience spirituality in a very personal way. Our Healing sessions allow you to regroup and rebalance your energies. Our Counselings help you fine tune your approach to life's situations to bring about better results. AND our Sundays and Tuesdays allow you to feel one with a Spiritual Family that is walking the same path you are -seeking God guidance and love. This Year make your commitment to Become the Spiritual Child of God! We welcome you to join our Journey!

In this issue:

- Sunday Services Focus on Healing and Love
- Tuesdays Nights –Craft a new essence of self and touch our Soul commitments.
- Higher Educational Classes begin again 2023 ..Metaphysics I and Aquarian I
- Reiki Nights Jan 14, Feb 11
- Psychic Development II Class, Jan 19– six weeks intensive
- Healing I Classes start June 11, this year– Plan ahead!

Reiki Night Comments

“It was wonderful! I wished I could stay all night. I will keep this feeling. I feel much clearer.” CP

“I felt light and I experienced an immediate peace and calm.” SW

“I felt safe, I felt loving energy, and I feel a sense of peace.” AB

“After a few minutes my entire chest relaxed and I began breathing like I used to. My lungs feel like they work better than they have in years.” ML

Long Term Covid Healing

Long term covid fatigue is affecting all of us to some degree. Our body and energy fields have been polluted with chaotic and discordant frequencies that block us from recalibrating our energy field to our natural state of health.

Energy affects energy! Our new healing series is designed to open, clear and recalibrate our energy on all levels.

The First Session is to clear the body field– physical, emotional and mental. To open and balance the chakras and begin transformation at a cellular level.

The Second Session brings all the body frequencies into harmony allowing our natural energy to flow thus balancing all of our systems. Through this alignment, the kundalini energy is subtly activated for the expansion of awareness of true self.

The Third Session bathes the body with sound that is infused with quantum frequencies that are programmed to up level our healing codes. This supports our natural ability to appropriate and assimilate the life force energies for our highest good.

This series interrupts the sequence of fatigue and establishes a new pattern for health.

We are Energy Beings! Three Sessions are \$171.



Spiritual Growth is Upon Us!



2023– The World is Changing– Forever

Sunday Services

2023 will be the year of preparing for transition. You might say that we are all in training for the new world that is to become! We have prepared all of our lives for this moment and 2023 will be our last year to finish the training and take our space in the United world that is to come. Each Sunday and Tuesday during this year will help you open your heart to see a bigger you and a bigger purpose for mankind! We hope you will take these steps with us!

In January, we will examine how we apply our thoughts in response to life.

Sunday Services for January 2023

Healing the Foundation

Jan 01 Love Your Choice- Healing Guilt	Cindy Fuller
Jan 08 Love Your Stuff– Healing Greed	Cindy Fuller
Jan 15 Love is Enough– Healing Hate	Cindy Fuller
Jan 22 Love your Guidance– Healing Judgment	Patrick Abent
Jan 29 Love Your Spirit– the Blessings of Sundays	David Fuller

“I Live in God’s World of Love!”

Sunday Services for February 2023

Your Vibration Creates Your World

Feb 05 Manifesting	Cindy Fuller
Feb 12 Ask for What you Need– Thoughts are Requests	Cindy Fuller
Feb 19 The Reality is– the Possibilities are...	Cindy Fuller
Feb 26 I have what I want!	Patrick Abent

“How I feel Creates my Matter.”

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

“Go about the world *being* love, being brotherly,
not only to those who are congenial to you, but to all men and women.

Do not fall into the error of regarding anyone at all as your enemy.

No man or woman is your enemy, all are your teachers..”

The Source of all our Strength by White Eagle

Jesus

“Again, the kingdom of the soul is like a treasure hidden in a field which one has found, and straightway goes his way and sells all that he has and buys the field.

When Jesus had thus said he went alone into a mountain pass near by to pray.”

Aquarian 116: 24-25

IQC Women’s Group

I was able to attend the first women's group meeting a couple of months ago and what a wonderful experience. It was a rather large gathering and that was delightful. We all shared a little something about ourselves and why we were there. There were many different things said but they all tied back to wanting to be and feel a connection, we all wanted more.

We wanted to connect with a group of likeminded people that could ask, would you pray with me, or say, I just had the most wonderful download in my meditation and I couldn’t wait to share.

I’m looking forward to more connected moments with all the Wonderfully Divine Women that choose to open their hearts and minds. I am eternally grateful to the women that decided to create this group!

Our next meeting is on **Friday January 20**. Come for coffee at 6:30. The meeting starts at **7:00pm**.

Thank you,

Charmayne Scruggs

The Mens Group

Our mens group will continue to meet the first Monday of each month from 7pm to 8:30pm.

All men are welcome. The simple act of fellowship connects us on many levels and truly supports our spiritual growth.

It is a time when we men can get together and begin to know one another better. This allows us to support one another using Universal Laws.

Love is the foundation of our group–



God is a loving, all giving Father-Mother, who when you approach puts out His arms and enfolds you. It does not matter who or what you are or what you have been. You are His child just the same as when you seek him with a true heart and purpose.

You can see and talk with God at any time.

He is far closer than any mortal can be.

The true God stretches forth His hand and says,

“All that I have is yours”.

Life and Teachings of the Masters of the Far East II



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 exploring what we would like to become during 2023. We will choose the essence of life that we wish to demonstrate and then take steps to support its growth within us. Join us as each Tuesday builds upon the next.

January

- Jan 03 **Choose your Essence for 2023** Tonight we will look at our deepest desire of who we want to be this year. Do you want to be abundance? Do you want to be Love? What is your soul calling you to experience in 2023?
- Jan 10 **New Year Numerology** Now, we will take a look at Your Personal Year, and how it will impact the Universal year of 2023 and your chosen Essence!
- Jan 17 **Healing the Blocks to Your Essence** We will guide you in looking at and healing the current blocks that prohibit you from experiencing the Essence you have chosen.
- Jan 24 **Vision Board for Your Essence** Bring your favorite pictures and magazines and we will create a Vision of your dream.
- Jan 31 **Designing a Plan for your Essence** To night we will "download" some creative steps to take on your journey to becoming the Essence you Desire.

It's all about the Spiritual Growth!

In February, we are seeking to expand our vision of self at a very deep spiritual level. We are more than we can see and more than we are currently experiencing. Join us for a month of awakening.

February

- Feb 07 **Seeing our Reflection in the World** To night we will use a healing technique to help us "see" what we are putting out into the Universe.
- Feb 14 **Valentine Meditation** Tonight we will meditate to touch the love within our hearts and send love to our soul group wherever they might be. You are part of a team.
- Feb 21 **Childhood Dreams**— Deep within you hold the memory of what you wanted to achieve in this lifetime. Join us as we open the door to the hidden chamber of your heart where the dreams you knew so well as a child have been held.
- Feb 28 **Soul Mission** You came to accomplish personal goals and global goals. Join us tonight as we reconnect with the original strand of energy that you brought to the planet at birth.



As with each Tuesday Night, we will open with our Healing Circle— which we have been doing for over 32 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.

**The Journey of Life is to Know Oneself.
The Path Begins in the Heart!**

Higher Educational Classes Begin

Metaphysics I

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



January 07—
February 11, 2023
\$160 for the Six Weeks

Your first step Metaphysics I

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." Rev Cindy Fuller teaches.

Aquarian Gospel

January 07—
February 11, 2023
\$160 for the Six Weeks



You Must have completed the Metaphysics Series.

This first six weeks lays the foundation of applied Metaphysical principles through the life of Jesus the Christ. The principles presented will erase the dogma of separation from God, and reveal to you that the true path is love.

A look through the Akashic records, you will learn how Jesus' soul left a path for all mankind to follow.

Your heart will expand and you will see that you, too, are able to use each thought approach to enrich your personal life experience.

*This is an intense study that will change your life.
Rev Patrick Abent teaches.*



**Be Gentle with Yourself and Others.
As you love life in a soft accepting energy,
You will find the return to be exquisite!**

Thoughts of the Ministers



Teach Me

A moment, a day, eternity is but the experience of life creating life. Each moment in our day reveals to us exactly what we seek.

During all of my healing sessions, I open to God and ask to be taught. Every session is different and through the process of asking to be shown the energy of each situation, I am able to give greater and also receive at the same time.

Just before Christmas I was treating a covid patient with color therapy and I asked God to help me understand what was happening with my client. In a brief moment it was as if the gates of heaven opened and I was showered with light.

I was shown how the covid virus was affecting, not only the physical body, but also the emotional and mental bodies as well. I was shown how the physical system was being shut down and our energy flow as being clogged and stagnant. As if we were being suffocated from the inside out. Our emotional body lost its equilibrium causing us to be out of balance with all aspects of life. Our mental body was being numbed causing us to lose clarity and our reasoning capacity. To say the least we were receiving a triple whammy from the covid virus.

I was then shown a process, by Spirit, for how to restore the natural equilibrium of our body, mind, spirit matrix. It started with simple — God always keeps it Simple.

Everything is energy. Energy affects energy. The energy of color, sound, and crystals is one energy — God. Our body appropriates this energy through these varied frequencies to reestablish balance and harmony, to restore health on all levels. We are currently offering this healing series.

“It’s the Father within who doeth the works.” The Father within all. I give thanks to God, my Father, who doeth the work and speaks the word.

I share this experience in the hope that as we begin this new year that we all “ask to be taught”, follow the guidance and trust the Father within.

Peace,
Patrick

A New Start

2023 is the ending of a cycle of deep reform and as we emerge from this year, we will be setting the stage for the next twenty. We get to choose how this will play out for us individually and collectively! It is so very important right now that we all pay attention to our choices and invest in the energies that we would like to experience in our souls.

As I prepare to be a more authentic version of myself, I am aware that there are very few people that I can speak to that would understand my personal connection with Spirit. Even I don’t understand it, I just experience it. And it is very real!

Why do we, as a people, question the mystical? Why do we dismiss the things that we can’t see or hear and say that they are not real or not a part of our world? I have heard so many times, “I don’t believe in that”. You really don’t have to believe. You just have to listen or become open to sensing something outside of your reality.

Even Christendom denies Spiritual experiences, yet we see Jesus on the Mount of Transfiguration speaking with the Masters who would help him in his work. We see him walking on water, meeting with his disciples after his death and dining with them. Everything about Jesus’ life was a direct connection with the Mystical—that which our human eyes have to be trained to see.

Many do not even give credit to the Angels that keep them, or the loved ones that visit them from the other side. They might feel them, but to acknowledge that experience to another human being would be to make it real. And it is!

My authentic self is busy all of the time, both here on the physical plane in which we live and also in the ethers helping to hold the frequency of God’s love where ever I am guided to. It is my journey to love this creation of God which includes all life. And it is my desire to be able to share my Authentic Self more.

So, I will laugh and I will sing. I will work and I will play. I will meditate— but I will not ask God to stop the communication after the meditation is complete. I will live with the channel of God love open at all times. I will live connected to Spirit.

I am choosing to live the life that encompasses the Mystical in all areas! And I give myself permission to speak of them, because I am Child of God and Spirit is my Reality.

Bring on the Mystical! I choose to walk the path that Jesus Christ set out for us all.

My Love to all,
Cindy





A Letter to My Self

I look at you with love, with pride
and with joy.

Why? Because I see your light
and I know, that you know,
you will succeed in finding your place in this world.
Through the chaos, through the pain, you will find
peace. You will find true enduring fraternity.

You will find the comfort of belonging,
no more on the outside.

You will shine, as God meant you to.

You do and will belong in this family of humans,
with your ancestral past and your future.
Steadfast and as soulful as you are, you will claim your
place in this life and all your future lives..

breaking any negative attached karma from your
own or your ancestors...Father, mother, daughter, son,
brother, sister, niece, nephew, cousins, fellow man...

You will be, in a state of love,
peace and fraternity for eternity.

And so it is.

Written by Peggy Mills

Reiki at Inner Quest

Reiki is a wonderful healing energy
that goes to the spaces in your body
where there may be imbalance or ill-
ness. Done through touch, it is an
amazing, relaxing experience.



The second Saturday of every
month, we have our Reiki Nights when you can come and
receive a 20 minute Reiki Healing on a love offering basis.
January 14 and February 11 are the next two dates. Mark
your Calendars and make it a point to come and receive.
All are welcome.

We also offer full Reiki Sessions throughout the week.
You can schedule your full Reiki treatment at your conven-
ience. Cost is \$70.

We also offer **Reiki Training** for anyone who might be
interested in making this energy a part of their world!

Direct emails to the church:
iqc@innerquestchurch.org

See Updates on our website:
www.innerquestchurch.org



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Psychic Development II

January 19, 23, 26, 30
February 2 and 9



We are very excited to be offering our
Psychic II classes again. The program
has been slightly changed since our last
class. The types of Readings you will learn are:

Angel Readings
Past Life Readings
Body Scans
Picture Readings
Phone Readings

This class will take you to the next level in your abilities
to “read” the energies of another. It literally opens the
door to greater insights and helpful information for your
clients.

*You will need to have completed Psychic Development I
in order to take this class.*

Psychic Development III, to be offered later this year.
This class will deal with learning how to navigate ener-
gies in our environment. House Clearings and Blessings,
Missing People, Soul Rescue work and more. This is a
hands-on and field trip experience. And you will need to
have completed Psychic Development II! It’s going to be
a great year of expansion!

Book Club

The Book club will host their first meeting of the year
on Feb 05 at the church. They will be reading **“The In-
telligence of the Cosmos”** by Ervin Laszlo. They have
decided they will be reading books that are science-
based throughout the year. Should be quite enlighten-
ing.

They will also meet– April 23, July 09, and Sept 24.

The book club is always a great discussion. Books are
all selected without anyone having read them. This en-
sures that all will have their own unique appreciation for
the information. If you have any interest in joining this
group, please let Bonnie know. **2023** looks like it will be
a fabulous investment in wisdom and higher conscious-
ness!

New Year—New Volunteers

Volunteers keep us Running!

2022 we had a few faithful keeping the video, audio,
and kids programs going! And we are so very grateful!
As we move into a new year, we would love to add
some more faces to our Volunteer roster. The more we
have for each task, the less frequent you are asked to
work! So, go within and see if you are being guided to
step up and lend a hand to make our Sunday Services
the best we can! Needed:

Audio
Video
Greeters
Teachers

Thanks for checking with God!



For All to See

The wheel of life
Takes another turn
Choose the new
Or the Old Returns

A choice with knowing
The dye is set
Life left to fate
We just cast a net

The only way to know for sure
Is to live from the inside out
Letting go the tried and true
Its time for you to be you

Unique is not a label
Its who we came to be
Allowing God's expression
I am Light for all to see.

**Peace,
Patrick**



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God Bless.....