



# INNER QUEST CHURCH

Communications

Pavilion



## In this issue:

- Sunday Services Focus on Preparing for Easter
- Tuesday Nights –Meditations and Transformation through Sound and Color
- Higher Education Classes continue with Aquarian III
- Reiki Nights Mar 11 and Apr 8
- Meditation I Class Apr 6
- Inner Quest Festival May 13
- Healing I Classes start June 11, this year– Plan ahead!

## Reiki Night Comments

*"I felt surrounded by love and I felt safe. I could feel the healing energy entering my body. I feel calmer now afterwards and so much more relaxed. I saw a triangle...of colors...followed by a bright white light. Thank you all" - R. B*

*"This was so nice and it felt as though there was positive energy being pushed into me, especially my head/brain. I felt very thankful throughout this process. I felt love for my family, comforted and at peace.:" ML*

*"I could feel the warmth from touch. I felt positive energy from each hand. My head felt lighter, and at times I could feel a tingle. Amazing experience! I could feel the love!" J P*

After several years and a lot of energy, we are on track to complete our Pavilion this March! Concrete has been poured and we are so excited that the installation is scheduled for March 20. We want to thank all of the people who have invested endless hours of work dealing with permits, architects, and the City of Milton's design team. We are so grateful for your energies. We would also like to thank those who have contributed financially for this to happen! Without your generous donations to this project, we would not have gotten off the ground!

Upon final approval, we will be hosting our Celebration Pot Luck! Stay tuned for the dates and details! Thank you Father/Mother God for you infinite love and supply!

## Long Term Covid Healing

As you know, Patrick launched a wonderful healing series to assist in the remission of the Long Term Covid illness that was plaguing so many. Over the past two months, he has seen many clients who have benefited from this series. Here are some of the comments:

**"1st session** –I was quiet and I was alone. It became dark and I felt Jesus come and sit with me. He held my hand; it was so peaceful, loving, and calm, yet intensely calm. He put his hand on my head as if I was a little girl. There was a light from above that came down and instantly I knew it was Jesus' connection to God. My mind tried to go to other things, but my higher self brought me back several times, each time I asked Jesus to stay with me a little longer. He extended to me the peace I needed to achieve 2 things I'm working on, just do it, no worries.

**2nd Session**---Getting instant messages: You are my world, one with God. You are love, God said love, not loved. Take time for yourself; you can do all you want to do without stress. I will guide you. Release your will and place yourself in God's will and this will take you to

your higher self. I will always help you.

**3rd session**-My hands began to levitate without stress on my forearm muscles, never experienced that before. I am limitless. God is telling me I can do everything I want, without rushing and without anxiety."  
**Terry Lufkin**

~~~~~  
**"1st session** revealed several chakras that were out of balance.

**2nd second session** was very different, it created a firm foundation that would allow me to heal.

**3rd session**, I was able to release all the inharmonious energies.

This was a Transformative Healing that I would recommend to anyone that has not been able to shake the last bit of illness or discomfort."

**Charmayne Scuggs**

**We truly are Energy Beings!**

**God is Amazing in all ways!**



## Recognition and Resurrection

### Sunday Services

Realizing your Divinity is the first step in truly living on this plane of life! In March, we will learn about the many ways we can tune in to God, even during the chaos of the world around us. God is, I AM. Join us as we tune in to a greater connection and live in greater Oneness with God.

Then in April, we will prepare our hearts for our Easter Celebration and the reawakening of the Christ within us all. Metaphysically, we not only believe the principles of resurrection and ascension, we seek to embody them~step by step.

Come and join the love of a very special Spiritual Family!

### Sunday Services March 2023

#### Preparing for New Opportunities

Mar 05 It's Christ Time, and I am Ready!  
Mar 12 Christ Love  
Mar 19 The Silence  
Mar 26 What is my Next Step?

Cindy Fuller  
Charmayne Scruggs  
Cindy Fuller  
Patrick Abent

*"I embrace the Good of God's Love!"*

### Sunday Services April 2023

#### This is God's World of Light

Apr 02 Palm Sunday– The Recognition of the Christ  
Apr 09 Happy Easter  
Apr 16 Living the Christ Daily  
Apr 23 Meditating Effectively  
Apr 30 Guidance in the Dark

Cindy Fuller  
Cindy Fuller  
Cindy Fuller  
Patrick Abent  
Cheryl Provence

*"I am God's Child of Wonder!"*

***"At all times keep in your heart the thought of the presence of Christ; remember His ever peacefulness and calm amidst the turmoil of worldliness. You who are His disciple must ever seek to find the place of quietude and sweetness in the midst of the crowd.***

***It is easy in solitude to be close to Him, but you must learn to become aware of your master, despite the crowding of the multitude."***

***The Quiet Mind by White Eagle***

### Good Friday Service 12:00 pm

April 7, 2023

At Inner Quest, we love preparing our hearts and minds for the Easter Celebration of the Christ. Good Friday is a time when we can 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 remembrance 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!

### Playground Clean Up Event!

April 15, Saturday from 9am– 12pm

Everyone is invited to join us on our first annual playground clean up! We need your help to transform the children's space so that it reflects our love for them!

We will need washers, cleaners, organizers and yard specialists! Bring your children with you.

There will be games and fun exercises for all of the little ones while the adults work. We will even have a crystal hunt for the kids to participate in!

Let's join our energies in collectively allowing our children to play. The adult's inner child will be so happy and our kids will be thrilled as well.

We will have pizza and snacks after the labors!

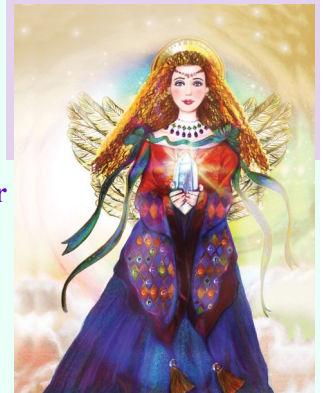
Please let us know if you will be able to help with this Event!



### Jesus

***"I came to do thy will, O God, and in the sacred name, the Christ is glorified, that men may see the Christ as life, as light, as love, as truth. And through the Christ become themselves the life, the light, the love, the truth."***

**Aquarian 162:26-27**





## Tuesday Nights

7:30pm- 9:00pm

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

We are all in the process of acclimating to the new energy coming to the planet. So, we will be doing work to realign our Spiritual bodies with the Divine Energies in March. And in April, we will fine tune our physical, mental and emotional bodies for balance and vitality!

### March Meditations

- Mar 07 **Full Moon Meditation** The full moon in Virgo occurs at 7:40 am. Tonight, we will align with these energies which allow us to see the details and plans for our next step.
- Mar 14 **Healing Temple in Our Heart** Time to visit that sacred space within your heart where you can connect with your soul journey and touch the purpose for this lifetime.
- Mar 21 **New Moon Meditation** The New Moon in Aries will occur at 12:01pm this day. Tonight, we will align with the energy of new beginnings, and will plant seeds for future experiences.
- Mar 28 **Meditation to Meet Your Celestial Team** We sometimes loose touch with all of the celestial beings who are constantly assisting us in navigating the density of this realm. Come and experience your team tonight.



### Books You May Want to Explore:

Take a walk through the bookstore some 2<sup>nd</sup> Saturday evening while you are waiting for a Reiki session or come early for Sunday or Tuesday night services and take a few minutes to explore the bookstore. We have specific sections on Reiki, Astrology, Feng Shui, Prosperity, Dreams, and Crystals. We have sections dedicated to specific authors like Deepak Chopra, Louise Hay, Greg Braden, Ervin Laszlo, Don Miguel Ruiz, and White Eagle. **Here are two recommended titles:**

**BREATH** by James Nestor – a NY Times Bestseller. The book challenges us: no matter what you eat, how much you exercise, how skinny, young, or wise you are, none of it matters if you're not breathing properly. As a species, humans have lost the ability to breathe correctly with grave consequences for our health. The author travels the world exploring the hidden science behind ancient breathing practices and teams up with pulmonary scientists to test long-held beliefs about how we breathe. Research shows that even slight adjustments to how we inhale and exhale can rejuvenate internal organs, halt snoring, ease asthma and autoimmune disorders. You will never breathe the same again.

**THE BEGINNER'S GUIDE TO CRYSTAL HEALING** by Ashley Leavy – an inexpensive, user-friendly guide to the properties of common crystals and how they can be uti-

## A Tune-Up for your Body!

In April, we will be working with our body vehicle so that it can better function in the heightened energies that we are now feeling. We will open to: more purpose, more vitality and more bliss!

### April

**Solfeggio frequencies** are a set of 9 electromagnetic tones that are reputed to have the power to *heal and raise consciousness*. They form the basis of many ancient sacred music traditions dating back as far as the 8th century, such as the Gregorian chants and Indian Sanskrit chants.



- Apr 04 **Solfeggio and Color** Tonight we will use Violet along with the solfeggio tone that is perfect for that day.
- Apr 11 **Solfeggio and Color** Tonight we will use the empowering Gold color, along with the perfect tone.
- Apr 18 **Solfeggio and Color** Orange brings creativity and expansion. Coupled with the perfect tone, you will soar!
- Apr 25 **Blessings Abound** We will end our month with giving and receiving a blessing from our hearts and our divine guidance. This is a beautiful way to share and receive love.

As with each Tuesday Night, we will open with our Healing Circle. 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!***

lized. Wonderful illustrations are used throughout as you learn how to use the colors, shapes, and inherent properties of crystals for harmony, balance, and healing in your world. The book is divided into sections to specifically address emotional healing, spiritual healing and guidance, and shielding/protection. Crystals used to clear chakras and to enhance meditation are all explored.

\*\*\*\*\*

### **A Message from the Masters**

***We hear your despair about circumstances on the planet. Focus your energies and attention on things other than world affairs. Create the world you want for yourself as the world shakes off energies that do not serve or benefit humans on the planet. This will take some time.***

***Love the Earth. Love your life. Love yourself. The planet is being supported in many ways that you cannot see. We come today with words of hope for you so your nervousness about current circumstances will calm. Pay attention to your vibration. Take steps daily to lift your frequency. Joy and laughter are excellent tools for this exercise. Focus on things you love and things that bring wonder and awe. Express gratitude for things in your world that you appreciate. Give thanks for the blessings in your life. Love God and talk to God. These are tools for you to use each day. Know that we are supporting you and the planet.***

Given to Lori T.

# Thoughts of the Ministers



## One Heart

The weather here has been awesome. So, I'm going to go ahead and say it... "It looks like we are going to have an early spring". But you never know what the weather will be like in these changing times. I guess we

could say that about almost everything in our world these days.

Change is sweeping across the Face of the Earth at a frantic pace. We are confronted daily with world events that almost tear our hearts out. From Mother Earth to the Fairy kingdom chaos has reared its head, and we are being challenged to take an action step to support Balance in life and Relationships with life.

We have heard forever about the "Shift" - well I think we are shifting now. Thru this process we have seen almost an epidemic of anxiety and depression in our human family. For many hope is lost. What can our hearts do?

It's important for us to look beyond the change to cause. What is causing this?

The shift we are experiencing is being created by a shift in consciousness... a shift to a higher awareness level. The consciousness of life is Spiritual Oneness expanding into a new paradigm.

We are now being shown on a mundane level the true connectedness of life... this is the step we are on, Spiritual Oneness. We are spirit and we are one... simple but true. Jesus revealed this truth for us to experience "God and I are One". The time is now to live it.

If we can begin to see this change as a new beginning for something greater, rather than the end of what is, we will find peace. More than that we will find ourselves thru this expression in consciousness.

Thru this process we are breaking the yoke of duality which has enslaved us to limitation. Remember... We are the unlimited sons and daughters of God!

We are the Love of God made manifest to manifest Love... how simple is that?

We are being called to create a new community, whose foundation is love, that lives in Right Relationship with all of life thru the process of giving and receiving. This is all of ours to do and we can do it when we remember we are the heart of God.

That's what one heart can do!

Peace,  
Patrick

## The Christ Path

What is up for me these days is Jesus' saying, "Go and sin no more". He often said this to people who had received a healing from him. Metaphysically, we know that this indicates that the causal thought and karma has been healed, but the habits of behavior still need to be realigned to a new reality.

White Eagle tells us that we so often forget the healings we have received, and when we do, our awareness relaxes into the normal routine of the life we have created. And, in this, by our repeated pattern, we will eventually re-create the same energy expression. We will get sick again,

As I am reflecting on my life, I have to ask myself— what my intention of healing has been. And of course, the answer is so that I can keep doing what I have always done, keep working at the speed I always do, get back to my normal exertion. Do you hear me? Do I hear me?

As I approach my anniversary of the accident that changed my ability to do my normal, I am finally aware that I really need to change my world. Something further within me has to change. I have been healing faulty thoughts, and causal energies all year, but my habits— my daily habits of how I treat myself are still there.

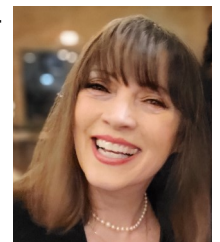
I made my commitment during the first Sunday Service in February that I was taking an action step to heal. I took the step and have not looked back. Spirit is now showing me that the next step for me to take charge of the daily details and begin to include myself in a way I have not done in over 30 years. It is time for me to "Go and Sin No More!"

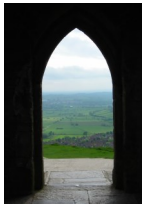
The change I make, you will never see. And it would seem inconsequential to you, even if I explained it. But it is monumental to me! I am ready to "Go and be Different".

As we all follow the path of the Christ, Mother Earth is changing, and we are all changing to meet the new vibration. As we consciously embrace the new frequency our personal bodies need, we will find the Universe's support is unending and always available. "God, I thank you that we are held in your heart, renewed and refreshed everyday!"

May you feel that Universal Love guiding you to be "Different" as well.

My Love to all,  
Cindy





### Classes are Ever Expanding at IQ!

I just completed the Psychic Development course. This was my second time taking part two of the series with Cindy. When I signed up for the class this time my intention was to revisit skills I had not used in quite some time. I was curious to see how much of what I learned had been retained.

Much to my surprise Cindy revamped the course so that it was very different from the class I took years ago. She revised the topics covered in this part of the series as well as some of the techniques employed with certain types of readings. Each of the six classes felt fresh and new, rather than a redo of what I learned previously.

So, if you like to learn as much as I do, don't hesitate to take one of the many classes offered a second time. Just like the Universe is ever expanding, the amazing classes at Inner Quest are always evolving. *Lori T.*

### Dates for Your Calendar

**Mar 26 Audio and Video Team Meeting**– Immediately following the church service, 12:00 to 2:30ish. Lunch provided.

**April 15-May 27 Aquarian Gospel III** If you have completed Aquarian I and Aquaria II, you are eligible to continue your studies. Always on Saturday Mornings 9:30am to 12:00 noon. Rev Patrick Abent teaches.

### Healing I Class

**June 11 1:00-4:30pm** Sunday Afternoon after Service

**June 15 7:00-9:30 pm** Thursday Night

**June 17 9:00-4:00pm** Saturday– Sessions will be offered

**June 22 7:00-9:30pm** Thursday– Final Class in Healing Series I Class

**Healing I Class** is designed to teach you of the energy system, how to find blocks and how to balance them in your clients. This is the first in a series of classes. **Healing II** will take you deeper into causal thoughts and enacting healing so that the causal energies are balanced and healed. Check your heart and see if this is a journey for you!

Direct emails to the church:  
[iqc@innerquestchurch.org](mailto:iqc@innerquestchurch.org)

See Updates on our website:  
[www.innerquestchurch.org](http://www.innerquestchurch.org)



Please follow us on:



[Twitter.com #innerquestchurch](https://twitter.com/innerquestchurch)



[Instagram.com/innerquestchurch/](https://www.instagram.com/innerquestchurch/)



[Facebook.com/innerquestchurch/](https://www.facebook.com/innerquestchurch/)



### Meditation I Class

Thursday Evenings

7:00pm-9:00pm

April 6-27

\$100

Join us for a foundational series, lasting four weeks, that will teach you how to meditate through different modalities. Each class will be a “stand alone” technique that you can use to enhance or begin your Meditation Practice.

**Learn to Relax. Open to Your Intuition.**

**Connect with God and Improve Concentration.**

These classes will teach you to relax the body and focus the mind so that you can “go within”. There you will find that world of peace and guidance that you always knew was there.

**May 13, 2023**

**11am to 3pm**

*Readings, Crafts, Healings, Books, and Food!*



**Mark your Calendars for this Special Event! Come Early and Stay all day!**

This Festival is for the entire family. There will be vendors selling their unique gifts and crafts. We will have awesome healings available. And the Readings are always amazing!

If you would like to participate as a vendor or volunteer, please contact the office. Thanks!

### We are Expanding!

**If Friday is your only day to come in, we are here for you in a New way!**



**Rev Charmayne Scruggs**  
**Is now Available every Friday**  
**for Counselings, Healings or Readings**

Charmayne has now joined our team as one of our ministers who will be taking clients on a regular basis. Friday is now open for you to come in and get that healing or reading you may need.

If you just need a one time healing, or need to create a long term counseling program, Charmayne will be available to work with you!

At Inner Quest, we want to be able to provide the spiritual support that our family might need. Call to book your appointment.

### Reiki Nights

Our Reiki Healings are offered the Second Saturday of every month to all who would like to come and receive. Our Team Joins their hearts with Jesus Christ and God for a deep healing for each soul.

March 11

April 8

*Love Offering*

## Ever Clear

What's wrong with Rose Colored glasses  
They keep us in the Pink  
Revealing the beauty that's always there  
No matter what others think

What world do you choose to live in  
Remember — You have a choice  
All your dreams are waiting  
To be called forth with a mighty voice

This gift of life — creation  
Embrace with love each day  
For in the essence of this love  
We continue the passion play

With an open heart and love to share  
And a vision ever clear  
Creators come to take their place  
The presence of God seen in each face



**Peace,  
Patrick**

Inner Quest Church

12830 New Providence Rd

Alpharetta, GA 30004

770-521-2875

*God Bless.....*