



# INNER QUEST CHURCH

Communications

## Inner Quest Blessings

### In this issue:

- Sunday Services Focus –July “Answering the Call” -& August “What You Focus on Expands”
- Tuesdays Nights –Meditations to heal your history
- No Tuesday Night July 4
- New Crystals end of July
- Reiki Night July 08 and Aug 12
- Healing II Classes start July 23, 2023
- Metaphysics III and Aquarian IV start Aug 5
- New Driveway Completed!

### Reiki Night Comments

*"I felt God flowing through me with love and understanding" NS*

*"I felt that the energy was so strong in that room. I felt a release of my past self. I specifically heard the voice "Accept God's Love" over and over again. It was beautiful" SP*

*"I felt the warmth and weight of their energy and the presence of God. I felt a grounding of my energy and a release of my insecurity." KE*

*"Thank you so much. My body was vibrating and releasing at a high level." AB*

*"I love REIKI NIGHT! I was so at peace, floating on a cloud high up in the sky.. Jesus told me not to worry, everything will be ok. My neck and shoulder pain is non-existent. Thank you" RB*

2023 has been a good year for us so far. You can see it has been a busy year as well. More importantly, it has been a delight to see our congregation gradually returning to our Sunday Services and events.

Our Tuesday Nights have been fabulous in the information that we have been able to share but more importantly the Tuesday night services have been overflowing. One of the comments we just heard the other day was "I felt so good after the Tuesday night program that I came to church this Sunday. And I am going to make my spiritual growth a priority in my life." This church certainly is a place of renewal and transformation.

Classes this year have also been amazing! God is channeling down deep, insightful information to help teach and train— readers, healers, and metaphysicians. It is time for becoming what we believe, and **the material is life changing**. God is preparing us all for a greater presence in this walk on Earth.

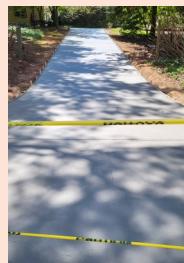
We have been loving seeing people that we had not seen in years returning to reconnect with their spiritual home. Time and distance did not dim their connection. We are truly holding the light everywhere.

So, please, come and feel the love that exists on the property and in the hearts of the church family. Love truly does grow here. Come and align your hearts with ours as we shine.

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



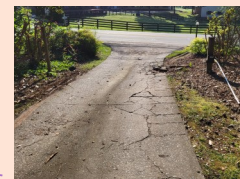
### Drive Way Completed~



**We are so very grateful** for all of the love and support from our Church family as we renovate our property! It always takes a lot of planning, but we have finally arrived. We completed the Pavilion last month and now... **Our new Drive way was poured the last week of June.**



Many Thanks to the Watkins Christian Fund who made this possible through their generous grant to our church. The Watkins Christian Fund has financially supported our church in annual renovations for years. We are so blessed and eternally grateful for their contributions which enable us to improve our property.



**Now a New Driveway!** Our building was originally constructed in the 1960's and I believe that the drive way was original! You all know it was a little uneven when you pulled in for service. And now it is beautiful! We used Southern Design Concrete and they were great! Come out and enjoy the new smooth entry as soon as you can!

**Our Next project** is improving the Children's Area. We recently had a great clean up and flower planting there. Now we will be redesigning it so that the children can have a special experience when they arrive for their Sunday School. We have already employed two teachers who will be providing the guidance every Sunday, and now due to a new Grant, we will be able to re-invent the play area. We are, again, very excited and very grateful! God's blessings abound!

**God's Love Expresses Through Me!**



## ReDesigning Your Internal Landscape

### Sunday Services

It's time to see ourselves as Spiritual Beings of Light! And this begins with realizing that we are here to express a unique aspect of our souls. This is something that is so unique and so perfect, it is our job to share. No one else can do it for us.

In July, we will look at that "call from Spirit" that we all have received and we all are in the process of dealing with. Even when you don't think you are able to respond, God has a plan and will make the way clear. Come and learn about your journey.

Then in August, we will look very deeply at where you are investing your daily energies! What occupies your mind? The first step in healing is awareness of the issue. Join us as we choose to redirect our lights!

***Sundays are a time for personal growth and growth within the community of the Christ. Come in person if you can. You will benefit greatly from the collective consciousness, and will be able to contribute your light to help all of mankind!***  
Come and join the love of a very special Spiritual Family!

### Sunday Services July 2023

#### Answering the Call

July 02	Fourth of July	Cindy Fuller
July 09	Awakening to the Dream	Patrick Abent
July 16	School to Acquire Skill	Cindy Fuller
July 23	Discipline to the Path	Cindy Fuller
July 30	Call to Action	David Fuller

***"When God's Love is in Me, I am Free!"***

### Sunday Services August 2023

#### What You Focus on Expands

Aug 06	What are You Thinking?	Cindy Fuller
Aug 13	What are You Feeling?	Cindy Fuller
Aug 20	Heart Brain	Cindy Fuller
Aug 27	Choose Again	Patrick Abent

***"I invest my life force and I create my Reality!"***

#### **Joy**

***"All growth is apt to seem an uncomfortable process,  
and birth also can be uncomfortable;  
but see what it leads to in the end!"***

***The Source of all our Strength by White Eagle***

### Jesus Teacher Healer

"True religion is not tied to any creed or dogma, it is not merely some form of belief.

***Religion is the growing consciousness of God in man's own being.***

When man becomes awakened to the light of God, then the Christ within him, the Son of God within him, starts to grow; and this growing God-consciousness is his strength and stay, his comfort and his guide.

***This is true religion, and it is what all humanity is searching for.***

*Jesus Teacher and Healer*  
by White Eagle



### Men's Group-

No Men's group in July due to the Holiday. Meeting will resume August 7. All men welcome.

### Women's Group-

The ladies will be meeting Friday, July 21 and Friday, August 18. You can come at 6:30 for snacks and coffee. The meeting begins at 7pm. The past months have been filled with a variety of activities from heart sharing to crafts. Each month is a different focus to help our women bond with each other in a deeper understanding of the metaphysical principles of life.

If you are a woman, you are welcome. If you have questions, ask for Terry Lufkin, Tamyra Cashman or Kelli Williams

### Affirmations to Inspire

The following are some spiritual messages that I have received at different time during services and events at Inner Quest over the last several years. I have been logging them in my Gratitude Notebook since 2019.

***"Release attachments to thoughts as you would to matter."***

***"Focus on what you desire not on what you do not desire."***

***"Listen to the words we speak. Are they in line with our intentions?"***

***"Fill your offerings with Love."***

***"Harmony creates Health."***

Jim Scruggs



## Tuesday Nights

7:30pm- 9:00pm

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

## August

August brings us opportunities to reimagine our lives! We will do some reframing and reinventing to restage our current lifestyle so that it can hold our dreams!

Time to Meditate! July brings us space to delve into our souls and touch the gifts that are waiting to be expressed. Each class will be a meditation to take us into our own soul's light.

### July

- Jul 04 **No Tuesday Night** Due to the 4th of July! Enjoy your time with Family and Friends!.
- Jul 11 **Finding the Light Within** Tonight we will simply relax and breathe. Slowing down our minds and bodies will allow us the space to connect with our own inner light!
- Jul 18 **Touching Our Purpose** Again, we will meditate to touch the vibration of the intentions and goals we had brought down into this incarnation.
- Jul 25 **The Garden of the Heart Meditation** Tonight we will go to the place within where all of the purity of our spirit is held. Touch your perfect light and begin to remember.

- Aug 01 **Reframing our Childhood** Going back in time to a pivotal moment when your attitude toward life was established gives us insights into your boundaries. Now we can observe and redefine! Dress comfortably!
- Aug 08 **Reinventing the Causal Energies** Now we can imagine the great gifts that have come through our experiences.
- Aug 15 **Ready to Receive the Dream** Tonight we will look at our homes, schedules and energy investments to create space to receive our dreams.
- Aug 22 **Meditation to Connect with Past Soul** Tonight we will honor some of our pastlife experiences and see the blessings they have brought to our soul.
- Aug 29 **Meditation to Connect with your Future Self** Sending a message in a star bubble, we will let our future self know something special about their journey. It is Magic!



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!*

### Healing II Class

- July 23 1:00-4:30pm Sunday Afternoon after Service
- July 27 7:00-9:30pm Thursday Night
- July 29 9:00am-4:00pm Saturday –Sessions will be offered
- Aug 03 7:00-9:30pm Thursday
- Aug 06 1:00-4:00 pm Possible last class

Everything is energy. As we encourage the life force of the Divine within all, we can begin the journey of becoming a Channel of Healing Love.

In the second series, we will learn

- \*How to open the energy when it is blocked.
- \*How to manipulate the chakras for greater healing.
- \*Long Distance Healing
- \*The principles behind Jesus' healings.
- \*Our own Inner Light Process.

The investment for this series is \$500. You must have attended Healing I Class in June. To sign up, simply call the office or put your name on the sign up sheet in the lobby!

### Reiki Night for July 08 and August 12

Reiki Healing helps everything. Receive that beautiful healing energy of God's love! Come any time between 6:00 to 8:30pm and get a healing. You can also preschedule your healing time so that you do not have to wait for a table! The perfect healing awaits you.

*Love Offering*

### Readings Available

**Heart/Life Readings** This type of reading allows us to go into your current situation and offer insights as to what is happening, why it might be happening, and what you are headed toward if you change nothing. These readings are always directed by your questions, and we will go only into the areas of your life that you would like more insight on. When you want to see what you are creating in your future, this is the reading for you.

**Body Scans**— is a method of traveling through the body and looking at the energies that may be blocked or not balanced. By connecting to your angels, we are able to see what you might be able to do to create health and wholeness.

**Past Life Readings**— These are done when you would like to see why you are experiencing what you are experiencing in this lifetime. When you can not find the cause for any life event or situation, it may well be that the reason for the experience stems from another lifetime, another time and space. By realizing this, you are more able to make choices that will bring you completion and the ability to move forward into a new focused life journey.

All of these readings are tremendously powerful in assisting you to find your truth and change your reality!

At Inner Quest, we want to be able to provide the spiritual support that our family might need. Call to book your appointment. (770) 521-2875. Bring Questions!





# Thoughts of the Ministers



## The Key

Be of good cheer- “For I AM with you always.”

What a wonderful truth, what a wonderful foundation upon which to create.

We are all creators, we create individually and we create as a collective consciousness. We have come to create the perfect experience in life that would serve our soul –to support our soul in its transformation, to be able to express its truth as spirit-being. The collective soul of mankind is also in transformation. We are beginning to truly understand that we are one family– and **Love is our name.**

Sometimes life gets lonely when we forget this truth. We lose ourself to circumstance, to experiences we’ve created to grow through and in essence, we separate from life. Life supporting all life reveals the oneness we seek. When we lose the bigger picture, we lose the gift we came to share.

We are more than we think we are, we are individual expressions of God and our highest expression is that of unconditional Love. The only way to KNOW and to GROW is through giving. Jesus defined this giving as service.

What would our life look like if our choices served our soul rather than our ego? What would the bigger picture of the collective soul of mankind look like if our choices were to love and accept one another as true brother and sister?

The key is to be the Love we came to be.

Jesus revealed, through his life, the way. “**As you give to the least of these, you give unto ME!**” We are one, and the simple act of giving in this consciousness frees us to be. Giving also is the catalyst of transformation for it lifts the veil of “Illusion of Separation.”

Giving in the consciousness of Love reveals our true source as a loving supporting God essence moving through all of life. We can now draw to ourself all that would support our soul journey and that of our family of man.

**“Eye hath not seen, nor Ear heard of all the glories God has for man”**

Peace,  
Patrick

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



It will take you directly to our Website

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



## There is Only One Gift

One of the greatest gifts you can give to the world is your light. People actually don’t care what you own or how you live. They respond to your energy and how you are sharing that energy with them and with life as a whole.

There is truly nothing that you need to prove in your life. There are only opportunities to exist as a loving child of God.

When you become aware of another’s misfortune, or another’s illness, or challenge, it is of no benefit to them for you to feel sorry or to feel like you have to save them. The instant contribution you can make to their life is to send love. To call forth the light of God’s love to move into their world and to correct or re-balance the situation in which they find themselves. Sending a simple prayer or a loving thought will do more than you will ever realize. The light you send is real and when received affects the individual– one you will probably never meet.

Over the years, countless research has been done on the power of prayer in hospitals and other settings when health issues were present. Every time, those who were prayed for healed quickly and recovered completely. Most did not know that they were being prayed for.

You pray and send God energy. You live and share your energy. Child of God, what do you want to give to the world? There is always enough love within you to share. If you will keep your thoughts and mind on God’s love, the light will naturally flow from you into the world. Then you can see everything as a blessing, even the challenges you face. You can see life as supportive. And you will be able to feel the love of others returning to you.

All of life is simply about the energy exchange. How many people in your years on this planet have loved you or sent you light? You could not count them. But you could take a moment to send love back to them right now. Just shut your eyes and center with God. Now ask that your love and gratitude flow to every single person who helped you in your journey by sharing their light. Just let it flow. And now, you can also send God love and light to every person that you have ever prayed for, helped in any way, or sent light or loving thoughts to. Let them feel your love again. You will feel your connection with all of the universe of mankind.

We are all one and we are all light. Share your light freely. Love all freely. God will take care of the details and the more light there is, the more joy and abundance will abound!

My Love to all,  
Cindy



## Sharings

This is a Beautiful Channeling given to Lori T. in April this year.

*"A shift is coming, and its pace is quickening as more people desire to move away from the old ways that hold you back from the peace, the oneness, the togetherness in loving actions and the willingness to participate in the good for all. Unity is desired on the planet, and that desire has been projected out into the Universe as if a great call for help. Ask and it is given.*

*The Universe is responding in a most magnificent way. The approach has many aspects and options. Great teams are working together to orchestrate a grand movement on the planet that will be shocking to some, but most wanted by those who are seeking positive change for the inhabitants of Earth. Hold your frequencies high. You tend to waiver as the elements of day-to-day living impact your mind, body and emotions. Remember you are Spirit. Stay connected to God each day. Follow your guidance. Practice self care and feed yourself high vibrational foods from the Earth. The nutrients will provide energy and grounding as the Earth shifts and changes.*

*Pay attention to where your focus lies in order to avoid sliding into energy fields that do not offer the higher vibrational, supportive energies you are seeking. Be mindful in your daily practice of where your attention is directed because it is easy to be guided off your path by the strong pull of things designed to lower your frequency. Be mindful. Pray and meditate daily to stay in the sea of God love. Angels are with you providing their support. Listen for their whispers and pay attention to their nudges. They are keeping you safe.*

*Stay your path.*

*Find focus and joy in your journey."*

**Yea God!!!**



## Instagram Program Every Friday

*"Talk for Ten!"*

Every Friday at 12:10 we have been discussing metaphysical subjects for a year! Cindy and Savannah host a ten minute segment designed to give you a little break in your busy day. We have covered everything from Faeries to relationships!

Thank you to everyone who has supported us this past year, and we want to invite everyone else to join us.

Let us know what you want to discuss. We are so open to looking at the world through metaphysical eyes. No topic is too much! Let's make this coming year AMAZING!

And if you cant join us live on Fridays, the post stays on our Instagram page.... Forever.... What do you want to talk about?



## **I Grow in Light as I expand my Perceptions of God's Love.**

### Metaphysics III

**Aug 5-Sept 9, 2023**

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 23-30, Oct 7, 21, 28, Nov 4, 2023**

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.

### New Series Begins—Metaphysics I

**January 6– February 10, 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.

### Aquarian IV

**Aug 5-Sept 9, 2023**

Saturdays 9:30-12:00pm

A six week continuation of our studies in the Aquarian Gospel. Aquarian I through III are prerequisites. The cost for this series is \$160.

### Aquarian V

**Sept 23-30, Oct 7, 21, 28, Nov 4, 2023**

Saturdays 9:30-12:00pm

Our Final six week study of the Aquarian. Again, you must have completed Aquarian 1 through IV to take this class.

The cost for this series is \$160.



Please follow us on:

**Twitter.com #innerquestchurch**



**Instagram.com/innerquestchurch/**



**Facebook.com/innerquestchurch/**

## Eyes to See

Another day before us  
Unknown the Fathers plan  
Its only when we go within  
We feel his guiding hand

Now the rest is up to us  
The knowing makes it simple  
Letting go our yesterdays  
Allows this passion play

Deep within our heart of hearts  
Our guidance ever clear  
When we make this journey  
Faith replaces Fear

Life reveals the love of God  
The one and only essence  
Unique through out eternity  
For those with eyes to see.



**Peace,  
Patrick**

Inner Quest Church

12830 New Providence Rd

Alpharetta, GA 30004

770-521-2875

*God Bless.....*