



# INNER QUEST CHURCH

## Inner Quest Fest

Again, we want to thank everyone for their participation in our Fall Inner Quest Fest. It was an amazing day filled with love, new beginnings, and fellowship. The Eclipse added a new energy to all who were there.

It is very difficult to explain the level of love that was felt by all. The healings were wonderful, the readings were spectacular and the food was, as always the best! It truly takes a village to host an event like this and it is our prayer that each and every volunteer be abundantly blessed in return for their service.

Now, in planning for 2024, we have decided to have only one Festival and that will be held in the Fall. During the month of May, when we would normally have our Spring Fest, we will be hosting a day of Peace for the world.

Meditations will start in the morning and will be offered for several hours. Our first gathering for world peace was in June 2020 in the middle of our worldly stress. Now, we are being asked to once again gather and send love into the world, not for stress, but for guidance. Our Earth is being moved into a new reality and we will be gifting it with our love! So, mark your calendars– May– meditation day and October 12, 2024– Our Annual Fall Festival!



### In this issue:

- Sunday Services –The State of Joy
- Tuesdays Nights –Healing Self and Others
- Sponsoring Ten Children for Christmas Gifts.
- Reiki Night– November 11
- Metaphysics of Christmas Program– Dec 17
- Christmas Shopping Party in the Bookstore– Dec 2
- Christmas is Coming! Mark your Calendars– Dec 24 Candlelighting Sunday night; Dec 31 Burning Bowl is also Sunday night.

### Reiki 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 much more relaxed." RB*

*"Thank you so much. That was wonderful. I feel so much lighter." AB*

*"Really relaxing, felt like I was being refreshed, relaxed, re-energized. Jesus told me I was exactly where I needed to be." MS*

*"Felt peace, serenity, warm loving hands"*  
*JS*

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**Our website:**  
**[www.innerquestchurch.org](http://www.innerquestchurch.org)**

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

## November Challenge Pick Five, Post Five

**We are ready to expand our presence in the Universe! We are opening to present a broader energy that will bless more people than every before. Here is our plan:**

**As you know, we post beautiful affirmations and Aquarian Gospel scriptures four times a week. And we know you all love them, as they bring a spark of God's love to your day.**

**So, the challenge is this:**

**Find five of our posts that you love, and repost them to your personal facebook page, Instagram, and whatever other medium you use. You can post one a day for five days, or how ever it makes sense for you.**

**Then watch how many likes and shares you get on these posts!**

**Bring in your totals at the end of the month! We will compare our activity – just for fun– and the person who receives the most likes/shares will receive a free Reiki session.**

**By doing this, we are all participating in generating more light, love and brotherhood in our world. And as these beautiful messages brighten our worlds, they will now be reaching your family and friends brightening theirs! As one heart glows brighter, all hearts expand. Isn't this the way of metaphysical love. Every heart-counts.**

**So, lets join in this worthy project. Find five of our posts that you were touched by and post them on your personal pages. Let's see how much light and love can be generated in our extended families!**

**Joy Creates Miracles in our World!**



## Sunday Services

November 2023

### **“Joy is the Truth of the Universe!”**

Spirit guided that we should take this month to remember the wondrous power of Joy! God wants us all to realize that with Joy, everything in our world becomes governed by a consciousness of receptivity, generosity, and expression! We were designed to be Joy at the deepest level of our being!

Jesus Christ taught us all to connect with the boundless love of our Father/Mother God, and in that, we would find a connection of joy that would supersede all our earthly challenges.

“Cease to seek for heaven in the sky; just open up the windows of your hearts, and, like a flood of light, a heaven will come and bring a boundless joy!”

Aquarian 33:10

**Nov 05    The Magic of Joy**

**Nov 12    Bliss**

**Nov 19    Ecstasy– A Thanksgiving Blessing**

**Nov 26    Supreme Contentment**

**Cindy Fuller**

**Patrick Abent**

**Cindy Fuller**

**David Fuller**

### **God Love Celebrates Us!**

#### **Live in God, in God’s Time**

Live tranquilly in God, in God’s time.

Every morning on waking and every night before you sleep,  
send out a thought to the Great Spirit, that is all.

Just feel that God is in your heart and  
that you are the Son—Daughter of that living power;  
that whatever your need, the Great Spirit knows it.

The Quiet Mind, by White Eagle

We will be  
closed November  
23 and 24 for the  
Thanksgiving  
holiday.

#### **With Thanks to our IQ Family-**

In my experience The term ‘We are family’ at times seems to be used in such a trite way. But at Inner Quest Church this is definitely not the case. The love and support shown to Steve and I in helping to make our wedding at Inner Quest a reality, was overwhelmingly real.

Thank you, thank you, thank you to everybody that shared their talents, their energy, their love in helping us ‘pull off’ such an amazingly beautiful, love filled moment in time, that Steve and I will never forget.

**Peggy Mills**

#### **Inner Quest Church**

*On YouTube*

On our YouTube channel, you will find a vast array of information and entertainment!

Go to our Channel– click Playlists  
There you will find files of videos full of fun and Higher Knowledge. We have:

Crystals, The Choir

Plays and Fun Spiritual Videos

You can just start watching. All of the information is completely relevant to what we are all experiencing today.

AND if you just click videos, you will find our Sunday Services since 2009 (back when each video was only allowed to be 15 minutes each, so there are three for each service.) Enjoy, subscribe and fill your heart with the Love of God!

[https://www.youtube.com/  
@InnerQuestChurch](https://www.youtube.com/@InnerQuestChurch)

#### **Welcome New Members!**

**Autumn Bond-Ross  
Joe Colabeli**

**Kate Cobb  
Dedie Parker**



We are so blessed to have these beautiful lights become official members of our Church Family! It is our prayer that God richly bless them in all that they do and that they feel the love of their church family supporting their work and “Seeing the Christ in them in every moment.”



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

*Tuesday evenings are set aside for the purpose  
of touching the presence of God within our hearts.*

**It's November and the change of the seasons is here!**

Every year during this time, the world begins to release what is complete and begins the redesign process as we prepare for another year of expressing. As a part of this renewal energy, we are going to learn to share our healing energies with the world. And renew our own frequencies as well. As we share, we grow. As we help others renew, we renew ourselves.

Join us as we shine our lights to our world.

### November

Nov 07 **Long Distance Light Healing** Tonight we will learn to create a light for healing. Be ready to send healing energy to someone in your world. You can bring a photo of them to help you focus

Nov 14 **Clearing Ancestral DNA** Tonight we will do a blessing of the DNA in our bodies that we inherited from our ancestral line. We can claim our lives and redirect this energy to allow our personal growth.

Nov 21 **Gratitude Meditation** Come and Join our hearts as we feel the immense gratitude for our lives and for our world. Bring your crystals to charge them with the Gratitude for God's Love.

Nov 28 **Remote Healing with Crystals** As we all use crystals to enhance our world, it is also helpful to use crystals to send healing energies to others. Come and learn to create a healing crystal place where you can place your loved ones for God's healing love.

### Prayer Basket

**Don't forget to send in your prayers via email if you can't make it in person. The Blessings of our collective consciousness aligned with God is Amazing!**



### Our Christmas Kids

We love to share our love with the world. This year, we are sponsoring ten children from Cherokee County DFCS. For many years now, we have been able to contribute to a warm and loving Christmas for children who would not otherwise receive.

Late in October, we will receive the list of kids we will sponsor and the list of of kids and the gifts will be available right before the Thanksgiving holiday. So, if you would like to help with this gift giving effort, plan to select the child and the gift you want to sponsor. If you are not able to go out yourself, just let us know and we will purchase it and wrap it, and make sure it is included with our piles!

Select your gift, sign your name for that particular gift on our master sheet and take the tag with you (the sizes and details of your gift are written on the tag). This year you are able to wrap all gifts. However, make sure you return the package tagged with the gift number and name of the child. All gifts must be returned to the church by December 5th.

Our Church is always one of the first organizations called to help. Nothing but compliments come in for the bounty that is shared by our group! Patrick and I are so very grateful for each and every one of you! Remember every little bit helps to make Christmas wonderful for these kids.

### Example of an Ideal Day

*I awake feeling grateful for the wonderful rest.*

*I notice a calm and peaceful feeling in my body.*

*The thought of doing what I love brings a surge of energy through my body.*

*I am looking forward to all of the new experiences I shall have and all the love I shall give and receive.*

*I realize that everything in the Universe is perfect, and only perfect things happen to me.*

*I sense a direct connection to Infinite Intelligence, and trust that I will be guided perfectly as I use my intuition.*

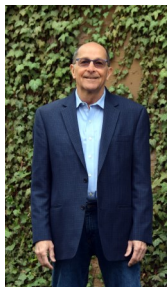
*I am filled with joy and see myself radiating that joy to everyone all day long.*

*Excerpt from **Total Meditation** by  
Deepak Chopra*





# Thoughts of the Ministers



## Our Heart Knows

In these changing times, with all that's going on in the world, it can be confusing to know what is mine (ours) to do.

Cindy and I were talking about life on planet Earth the other day, and I remarked, "I don't know how people without faith are coping". And when I talk about faith I am not tying faith to any religion or dogma. I'm talking about a belief in God—Creator, and the potential we all hold in our hearts and hands to be a powerful and positive loving force in the world.

As we begin to see ourselves from this perspective we can begin to know what's mine (ours) to do.

To go within and ask for guidance allows for a higher perspective. We talk about asking for guidance, however it is the listening to our guidance that opens that door to true knowing. We now have the ability to access God's love with in our hearts and beyond. God is always with us—All of us.

The transformation we seek for the world begins with us—our willingness to change. The healing we seek for the world begins in us and our ability to forgive.

The love we seek for the world is our truth in being—can we allow love - free expression in our life?

The collective heart of man is "hurting" and it doesn't matter who, what, where, when or why! The collective heart of man is hurting.

This is all we need to know. Now we can participate in the Divine plan for the healing of the heart. I don't think that God's plan looks like man's. I believe it is far greater than we could ever imagine and it resides in each heart. The time is now to go within and "Be still". Ask that your inner knowing will allow you to experience the oneness of Love, Light and Life itself.

Gratitude for all of life is love's free expression and connects us with God and allows for transcendence. To love God is to love all—and aren't we the all?

As we turn to God and ask to feel the Love I AM—the healing begins. Our individual heart will be healed and the collective heart of Man will be healed. The time is now to truly be the love of God—Manifest.

Peace,  
Patrick

## True Living

In our world today, the concept of sustainability is becoming a foundational thought surrounding all concepts of our future. Everything impacts, and everything has a cost to exist. Value is determined by the cost of a product or experience compared to the great benefit that would be received by the product. The sustainability is determined by considering if the cost depletes resources to the point that the endeavor will, at some point, become extinct or no longer able to be produced.

Sustainability ensures that everything in our world is a complement to what is and a blessing to what will be. Harmony is established in sustainability.

In our personal worlds, Spirit was showing me that there are many things that we do that **do not bring** about sustainability for our lives. Fighting, Binging, Over Exertion all involve talking much more energy than they give. Getting through life also drains. And all of these take our energy and do not bless us. The cost is high.

Spirit said if we could get into a rhythm, we would become sustainable in all we do. Here are the steps:

**Work**— invest your energies into what you want to create in the world.

**Stop**— Make a clear closure to what you have been doing. Do not carry any of the energy forward. Stop.

**Rest**— Let everything go and allow your mind and body to rest. A simple nap, a moment to be ,will allow your energies to begin to release any residue from your day.

**Rejuvenate**— Do something to allow the mind, body, spirit to be fed. Meditate, Yoga, gym, read, whatever feeds your energy.

**Dream**— And then dream. Look for something greater that you would like to experience in your world. A new idea, a desire you have not yet done. Anything that allows you to see yourself bigger is so important.

**Begin**— This step takes you from the ethers to the earth. Take one step toward your dream. Then..

**Work again**— the cycle begins again, but this time you are expanded. All that you have given has been returned to you greater. There is more to share and more to experience.

This is sustainable living! The value is immense and every detail is in harmony with life. And as we live a sustainable existence, we will magnetically draw sustainability to our details!

My Love to all,  
Cindy



## Thoughts

*The journey has been a long one.*

*Journals and writings of days past are long gone.*

*Memories are now colored by the lessons that they brought  
It all seems so simple.*

*As I look back, I can see clearly the path, however,  
at the time, it was shrouded in darkness.*

*It is always amazing to see the synchronicity emerge  
within the framework of every life.*

*We are magical creatures of intrigue and mysticism.*

*Every step tells it's own story while finding it's place in the  
tapestry of a greater story, yet to be completed.*

*Such is life.*

*Everyone's life.*



## Sharings

### Unknown Poem

Unlike the house, the dog and the tree  
We are eternal, you and me  
We are perfect expressions of God  
Always have been, always will be

See yourself as greater,  
Greater than what you see  
There's more to you than you know  
Trust your heart, let it grow

You are in God, God is in you  
A divine expression, perfect in every way.  
Know that you are the flow of God  
Flow in the world in every moment  
and every day

Know you flow God in all that you do  
In all that you touch and all that you say  
How do you choose to flow God today?  
**Unknown Author**

**REIKI NIGHT**—November 11, 2023 6:00pm—  
8:30pm You can call ahead to schedule! Or just  
come in and wait for your table time!



**Come join the fun!**  
**Our Third Annual**  
**CHRISTMAS PARTY in**  
**the BOOKSTORE**  
**Saturday, December 2, 2023**  
**10am to 2pm**

**Patrick** is opening the doors to the bookstore and running a 4-hour sale. It will be amazing!

ALL INVENTORY at least 10% off – **but Patrick will be willing to make some deals!** The more you buy, the deeper the discount! Remember we have a great selection of crystals, jewelry and of course the best Metaphysical Books around!

Come with your Christmas list in hand and bring your friends and family. Join us for Shopping and Refreshments – or just come for the fun!

*Weekly Specials in the Bookstore  
will be announced on Sundays  
during the month of  
December.*



## Holiday Activities in December

Christmas Party in the Bookstore Dec 02  
Saturday 10am –2pm Everything on Sale! (See Below)

Reiki Night Dec 09 -Saturday, 6-8:30pm Come and receive your Christmas Healing!

The Metphysics of Christmas  
December 17, 2023 - Sunday 7:30pm  
We are currently holding rehearsals for our annual presentation. If anyone who sings would like to join us, please call asap. This year's presentation will be full of heart!



Christmas Eve  
Candlelighting Service -Sunday  
Dec 24 at 7:30pm



Join us for an evening of preparing our hearts to take another step in our journey of Christing. Jesus Christ's love will engulf us all as we light our candle acknowledging our own Inner Spark of Light as God's Child.

New Year's Burning Bowl Ceremony  
Sunday, Dec 31 at 7:30pm

Everyone is welcome to join us in releasing the energy of 2023 that we are either complete with or do not wish to carry forward into this new year! **We will Free ourselves from the past and choose the energies we want to experience in the year ahead!**

Join us and take your first step into creating your individual reality for 2024!



*The Light of God's love shines all around us,  
but no place brighter than in our hearts.*

**To Go to Our Website-**

Hold your phone camera over the this link! Our calendar and events are updated weekly!



Facebook.com/innerquestchurch/



Instagram.com/innerquestchurch/



Twitter.com #innerquestchurch



The Key

The crispness in the morning air  
A gentle nudge to wake us  
Each season brings its special gift  
Once again a shift

The transcendent glow of Autumn  
Colors the world we see  
With shades of gold and crimson red  
To reveal what's now to be

Harvest time—life's bounty  
Energy—transformed as being  
We mold the ethers with our thoughts  
Unseen becomes the seen

Remembering we are the Seed of God  
Let's be who we came to be  
Allowing love's free expression  
Giving is the Key

Peace  
Patrick



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*God Bless.....*



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