



INNER QUEST CHURCH

Communications

2024- Investing & Blessings

In this issue:

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- Higher Educational Classes begin again 2024 ..Metaphysics I Aquarian I and New Testament I
- Reiki Nights Jan 13, Feb 10
- Sunday School Meeting for Parents and Teachers Feb 11
- Class on Transition and Death March 23
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Reiki Night Comments

“Very relaxing, emotional, and helpful. It felt like pressure being lifted from my chest and my head feels clear.” KC

“Quiet, relaxing, felt like a warm embrace. I had goosebumps.” DR

“Positive, relaxing, healing.” LA

“Felt the movement of energy. Started with running involuntary thoughts, but ended with balance and release as needed. Also felt the relaxing of respiratory issues.” AM

“Relaxed and less stress.” ZM

What an exciting year ahead! The new year brings an abundance of opportunities to refine the personal perspectives and projections that will create our future! At Inner Quest, our focus will be on growing and intensifying the light of God’s love that shines through us all! Time to make a greater impact for Good!

As you know, we have added several readers and healers to meet your needs more easily. We are offering several new classes that deal with mastering energy in a new way we have not yet explored. Our Metaphysical Classes that are the foundation of living metaphysical principles are being offered once again.

We are committed to holding the Light. Expansion is upon us. And this expansion will set the tone for how our new reality will be formed.

We are encouraging everyone to be your best! The time has arrived where you will want to keep your eye on God’s energy and hold the energy of hope, evolution and brotherhood. We are setting the foundation stones for the next decade. It doesn’t matter what we create in the outer, it matters what vibration of energy we use to set the outer into motion!

At our upcoming Congregational Meeting, we would like to begin a commitment program that involves every member. We would like to make 2024 our year of Daily Meditation by each and every member of the church. Daily Meditation where we will go within for our own enlightenment and will close out each meditation with a focus for the enlightenment of mankind as a whole. If we all do this, how amazing would the energy be? Our little church can have a GREAT impact! We can only imagine how a small collective intention can go out and grow exponentially as it traverses the globe.

Patrick always says, “It is easier to ask for help than it is to ask to learn to swim.” This year, let’s ask to learn how we can change the course of humanity by simply meditating, connecting to God daily. We know that we can always receive the help we need, but this year, let’s become the one who knows “how to swim.”

Whether you are a member or friend of Inner Quest, you have an opportunity to set your world on a different spin. Create your new world nestled in the world of God’s heaven on Earth.

Join us in this movement of Love!

You Tube

Did you know that Inner Quest Church has a YouTube Channel? We have been posting our Sunday Services since July 2009! This was back when posts had to be only 15 minutes long and each service was three little videos! Times have changed!

We have almost every Sunday Service since then on our channel. We also have playlists that hold some of our Plays, our Choir Moments, Patrick’s 10 minute Crystal talks, and some short fun Spiritual Videos that we have done over the years.

Every service or talk is full of metaphysical wisdom. Just going back and listening to a random service could be the exact medicine you need in any given moment. The information is as valid today as it was when it was shared.

Check it out! God’s Light continues to Shine!



God’s Love holds us in a Brotherhood of Light!



2024– Building a New You!

Sunday Services

The Changes are here! And as a seasoned person, I am so aware of the vast challenges this will bring to everyone of us who has a current vision of ourselves and the world. So, it is time to re-assess our energy assets, and dream in a bigger sense of reality!

When Jesus walked the earth, he told his Jewish family that their temple would be destroyed and they would need to walk with God in a more intimate way. They did not hear him. Yet, within 30 years of his death, the Jewish faith would no longer be what Jesus had grown up with. They had to adapt to survive. Jewish temple rituals were replaced with prayer services.

While you may think our change is not that dramatic, it is a change that will shift what we have known in the years to come. As we follow the words of Jesus we know that our path is to follow the Christ within. “Don’t look here or there when someone tells you God is there” “Look within your own heart and you will find God there”

It is time for all of us to See Ourselves as the Creative Children of God– So We Must SEE Ourselves Greater!

Sunday Services for January 2024

Investing Your Energies

Jan 07 Identity
Jan 14 Integrity
Jan 21 Investments
Jan 28 Inspiration

Cindy Fuller
Cindy Fuller
Cindy Fuller
Patrick Abent

“My Energy is My Wealth!”

Sunday Services for February 2024

Dream BIGGER

Feb 04 Dream– the Big You in the World
Feb 11 Dream– the Big You in Relationships
Feb 18 Dream– the Big You in Giving and Receiving
Feb 25 Dream– the Big You in the Unknown

Cindy Fuller
Cheryl Provence
Charmayne Scruggs
David Fuller

“I am One with My Unlimited Father/Mother God.”

“It is your reaction to the Now which is your future. Never look into the future and anticipate this, that, or the other, for to do so is to live in fear.

Live today with God, and your future can hold nothing but Joy!”

The Quiet Mind by White Eagle

Jesus

You find me not because you seek me not. You seek for answers in your life. You ask the outer to show you your mistakes and it will. But it will not show you “Me”. It can only reveal your current awareness of “Me”.

Now, go within and seek the kingdom that you know not of. Your life is sacred. Your life is long. Be at Peace.

You will know the truth I AM when you find me in Your Heart.

IQC Women’s Group

The Women’s Group meets the third Friday evening of every month. The first three meetings are:

January 19, February 16, March 15

All women are welcome to join. Each evening, there is a focused topic to explore, experience and discuss. Terry Lufkin, Kelli Williams, and Charmayne Scruggs guide the program so that all who would like to contribute in some way are able to do so. This way, there is always a variety of topics. Each month is a completely different experience that enables everyone to grow and enjoy at a new level.

The meetings “officially” start at 7pm, but coffee and snacks are available at 6:30. This way you can come and relax in casual bonding with the other ladies before the festivities begin!

Last year, the ladies were amazing. Deep insights and issues were addressed, along with some awesome crafts and fun times. So mark your calendar and plan on making the female bonding a part of your walk in 2024!

The Mens Group

Our men’s group will continue to meet the first Monday of each month from 7pm to 8:30pm. (with the exception of January). The first three meetings are:

January 8, February 5, March 4

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. The world needs you!

Love is the foundation of our group– and Community is the Blessing.–Join us!



Trust

When you know someone sees, wants, and contributes to your Highest and Best
-Without Opinion or Agenda-
Someone you know sees You; And Loves you.
Someone who wants your Highest and Best.
Not theirs over yours.
Then Trust Can Begin.



Tuesday Nights,

7:30pm- 9:00pm

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

This January, we are going to take a step in learning how to adapt our DNA to the Conditions of Life that we want to experience! Join us for a month of re-writing! Experiential Energy at it's best!

January

- Jan 02 **DNA and Ancestry** Tonight we will look at our family history and begin to identify restrictive patterns that we still hold.
- Jan 09 **Rewriting** Our next step is to isolate one issue and begin a gentle release. This will require journaling throughout the week.
- Jan 16 **Re-Design** Now we will take the energy we have allowed to release and redirect it so that it will build the life that we want to experience.
- Jan 23 **Reset and Rest** Tonight, we will do a meditation to realign all of your body patterns with your new vibration. Come relaxed and open to reboot.

Numerology

- Jan 30 **What is your New Year?** Our annual recap of the energies of the coming year. No matter what your year, 2024 is going to be a doozie!

Lifting our Perception of Love!

In February, we will be lifting our perception of love. We will refine how we perceive love, give love, accept love and be love at a new level. We will break the boundaries on the planet. Rev Charmayne Scruggs and Rev Cheryl Provence will lead.

February

- Feb 06 **Personal Love** Learn a new way of self love that will enable you to vibrate at a whole new level.
- Feb 13 **Relationship Love** Tonight we will explore how to build a better relationship with those we care about.
- Feb 20 **Spiritual Love** We will tap into our Divine light to find the true love within.
- Feb 27 **Love of Life** Tonight we will take all of the new talents about love and apply them to our lives in the world.



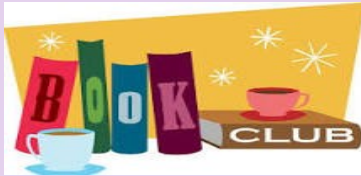
As with each Tuesday Night, we will open with our Healing Circle– which we have been doing for over 33 years. If you are unable to make it, you can call in, or email your prayer requests or place them in the basket while you are here on Sunday. Each prayer is prayed over for 30 days, and individually blessed before releasing.

The Journey of Life is to Know Oneself.

The Path Begins in the Heart!

From Spirit

If the weaver is allowed to wear his Silks,
he is honored to serve the greater.
If the weaver is not allowed to wear his Silks,
he is slave to the greater.



The Inner Quest book club is welcoming new members. We meet 4 times per year. Each meeting is led by a different member who has selected a book for the group. Book selections are quite random; some fictional, some informational, some spiritual.

Usually, we will have 10-12 weeks to complete the reading, and the discussions are always fun. You don't have to read the book to participate. Maybe you'd like to sit in on a meeting and see what it's all about?

Our Schedule for 2024

All meetings are from 12-1pm after church
In the pavilion, crystal garden, or counseling room

- 2-4-24 **Lessons in Chemistry**, by Garmus
Andrea Spidalleri leads
- 4-14-24 **The Pale-Faced Lie** by Crow
Peggy Mills leads
- 7-14-24 Title TBD, leader TBD
- 9-29-24 Title TBD, leader TBD

It's amazing how much we learn about ourselves and each other when we discuss the stories and topics contained in these books.

2024- January 13 and February 10

Reiki Nights

Our wonderful Reiki Team is ready to serve! Always on the second Saturday of the month, (unless we are having a festival), our team works from 6 to 8:30pm channeling awesome healing energies to all who come. You can make an appointment, or just drop in and wait for an opening. Reiki Nights are always a beautiful, high energy of God's Love!

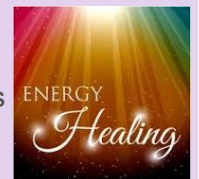
Reiki Initiations

We offer private First Degree and Second Degree Initiations throughout the year. If you have been wanting to help yourself or another, consider becoming a Reiki Healer. First Degree allows you to channel this God energy through touch. Second Degree allows you to send the God energy through time and space.

Check your heart and see if it is time for you to serve in a new way.

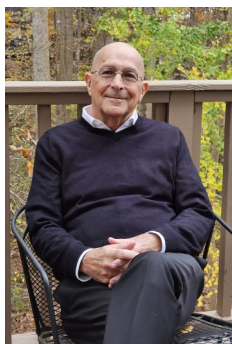
Reiki I Initiation– one 2 hour session
\$200

Reiki II Initiation– two 2 hour sessions
\$300





Thoughts of the Ministers



Level Up

When I was meditating, I asked God what message I was to share about the New Year. I received, “Be of good cheer for I am with you always.” These words were simple yet profound, but mostly comforting.

My next question was, how can we experience this state of being? I was shown how important each moment is. That each moment is not just an increment of time; each moment is the essence of creation—the omnipresence of God. There are no throw away moments in creation, only those we choose to throw away. When we are with our beloved, or a loved one, or anything for that matter — God is with us. How present are we?

The recurring theme of my meditation was “Life is a precious gift and that our moment to moment communion with life is the highest truth of being.” No matter the past, be it a lifetime or an hour ago, it can distract us from the present and we miss the gift of now. So, when we feel ourselves being distracted from the now, if we just take a breath and ask to be present, we are interrupting the sequence of a past pattern. We now have the opportunity to “level up”, lift into a higher level of awareness, and experience the new, with new eyes from a higher level of consciousness.

To surrender to the Now, we must let go the Past. This might take a leap in faith, but reader, “Fear not — I am with you always.” These comforting words of truth will support and guide us through this transition. They have everything to do with the now, who we are now, what we can do now, and how we can live now. This mantra can be the touchstone that will allow us to rise above the distractions that our old patterns created to keep us in sameness.

It is our intention to live in a state of higher consciousness, to “level up.” This will draw to us all that would serve our soul.

Jesus gave these words to a group of people who hoped to live at a higher level.

*God never made a heaven for Man, he never made a hell.
We are creators and we make our own.
Now cease to seek for Heaven in the sky.
Just open the windows of your hearts,
and like a flood of light
Heaven will come and bring a boundless joy.*

Aquarian Gospels, Chapter 33, verses 9&10

How profound and appropriate these words still are for this New Age.

We can create Heaven on Earth. If We Choose.
Peace,
Patrick

Cycles of Time

Our country is in the process of completing their Pluto Return in their Astrological chart. We have been feeling the shift. 2024 opens with Pluto still in Capricorn for the last few weeks (the US Pluto is Capricorn). Then January 20, Pluto will move into Aquarius where it will stay until Sept 1 when the planet will once again return to Capricorn. It will stay there until November 19, when it will once again, move into Aquarius—where it will stay for the next 19 years.

What does this mean? To me, when Pluto moves into Aquarius, the population will feel as if they are free from the authority they have been under for the last 16 years (2008). For many, this will look like a bunch of teenagers going to college for the first time. They are in charge of their lives, but they have no experience for what they will face. So, they choose what they want—not necessarily what they can be responsible for.

The freedom of the masses is a wonderful thing. But even as we exercise our new choices, we need to become aware that every choice we make affects the whole. If I choose good and sharing, I am bringing light to the whole. If I choose only for myself because I want to, I am telling the world to act the same: “Make choices without regard to me or anyone else in the world”.

Remember, your personal choices dictate the world that you want to live in. Do you want to live in a space where no one is really aware of the cohesive coherence that would allow co-operation and harmony? Do you want to live in a world where everyone’s ego has to be fulfilled?

Pluto in Aquarius is all about a generation that has the capacity to understand, embrace and literally create a reality based on brotherhood. But in order to do this, each individual has to begin to see the spiritual expression behind each choice, and then to allow their brothers and sisters the same opportunities.

The Age of Aquarius is here. Will we be the young college student choosing experiences just because we can? Or will we not lose sight of the bigger picture—the one that says: “Humanity, You have worked very hard to get here, now what are you going to create?” You are the last oppressor. Can you become the First Expressor of the Divine Light inherent within all?

I choose God. I pray that my brotherhood of man be blessed. And I pray that we will be able to walk side by side as we celebrate the Spiritual World we call Earth. My Love to all,
Cindy



Higher Educational Classes Begin

January 06—February 10, 2024
\$160 for the Six Weeks

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.”

Aquarian Gospel I

January 06—February 10, 2024
\$160 for the Six Weeks



Metaphysics Series is a pre-requisite

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.

New Testament I

January 06—February 10, 2024
\$160 for the Six Weeks



Aquarian Series is a pre-requisite

This is the first of five six week classes in the metaphysical study of the NT. The first six weeks will take you half way through Matthew, Mark, & Luke. We will examine the teachings with an eye on the culture and idioms of the day. We will touch on the history and learn how to metaphysically interpret anything! A journey through the Bible we inherited, and a deep dive into the consciousness that will lead us into a greater oneness with God. We love Jesus Christ and His Gifts to mankind!

Please follow us on:



Twitter.com #innerquestchurch



Instagram.com/innerquestchurch/



Facebook.com/innerquestchurch/



Death & Transition Class

March 23, 2024, Saturday 1 to 3pm

Spirit has asked me to share what happens to a person’s energy field when they are preparing to end their current lifetime. This class will provide valuable information regarding how you can help others during their transition. It will also provide guidance regarding the healing process for those still here.

God is a part of all of our lives, and the death process is truly a great spiritual moment for each soul. Join us as we talk about what no one talks about.

The Class cost will be \$50. Please pre register as soon as you are guided to participate.

Sunday School— Parents Meeting Our Programs for your Children

Sunday Feb 11 12:00pm following the Service

We are very excited about our Children’s program for 2024 and want to share the details with you, and to hear your input! Our children will take these lessons with them for the rest of their lives and we want them to be ready for the changing world ahead.

Two of our focuses will be—how to understand energy—in nature, in people, in themselves. And to learn about the consistent loving energy of God that is always present to guide them. Our kids are so open to a Spiritual Truth. Let’s help them find it.

Please plan on staying. We will have a lunch snack for the kids while we meet!



New Year—New Volunteers

Volunteers keep us Running!

2024 is going to be pivotal for our country and for the world. Metaphysically, we want our presence to be a constant energy that people can turn to and rely on. In order to make this happen, we need You!

Our Volunteers keep us going. The Audio folks and the Video folks not only make the Sunday Service wonderful for those present, but their efforts allow us to reach the world on our YouTube and website channels!

Our Greeters and Teachers are the cornerstones for setting the energies for the people who attend. Being greeted as you enter by a loving awakened Child of God is always so heart warming. And the teachers, they hold the hearts of the kids in their hands.

Check your guidance and see how you are being guided to share your light to keep ours going!

Thanks for the love and support on all levels! Church is a community of God on EARTH!



Time Line

No turning back the hands of time
Our biosphere reminds us
Ever changing day to day
Revealing life's passion play.

If time is just a marker
We use to gauge our walk
Why make it so important
To preoccupy our talk.

When we speak of essence
We open up the door
To move beyond all structure
Perhaps it's time to soar

Beyond the tattered time line
To let go of the past
Born a new each morning
Eternity at last.

**Peace,
Patrick**



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God Bless.....