

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770) 521-2875

COMMUNICATIONS

November 2001

Harmony

There is a sweetness that bathes the Earth every moment of every day. It doesn't matter what is happening on the human level, whether we are in personal conflict or global conflict. God's love is always there feeding and providing for us. And the energy is sweet.

At Inner Quest, we are in constant prayer for the affairs of our nation and the entire world. And when we are asked what we, as metaphysicians should do, the answer is always "hold the vibration of peace". This is done through prayer and meditation for the peace of God to descend upon the entire world.

In the peace of God, we are all lifted to a space where awareness of the whole is so great that our differences dissolve. When we see and feel the rightness of life and the beauty of life, it is very difficult to hold to any vibration that is unlike love. From our human vantage point, we are filled with seeming unanswerable questions. It is very hard for us to understand the karma or life choices of another. However, in the peace of God, all is made right.

Try inviting this energy into your personal life. Each of us lives in some degree of conflict. Even small irritations with the world indicate that there is some aspect of conflict within ourselves. We can all call forth the peace of God to descend into our lives. And as we do, we will be shown what is truly important and what is not. We will be lifted to the vantage point where our difficulties dissolve in the realization of our own value. In God's peace, all have a part to play and a gift to share. And there is a great sweetness in the harmony of life.

Pray for peace in Your World. Pray for peace for the Earth. Let's embrace the gift of God's love. True peace on Earth begins with peace in the hearts of the people.

Love
Cindy

Autumn Leaves

As we move through this beautiful fall season, we see a completion. We are presented with a bounty - the fruit of all the creative labors that have been given forth. Nature shows us her beauty each fall through the completion of another life cycle. We reap the rewards on all levels of consciousness from the very fruit of the vine, the magnificent colors that abound, and also through the shift in energy.

We can think we know how fall should look, and even feel, based on past experiences. However, isn't each autumn unique unto itself? In the letting go of our expectations, and not limiting what autumn may bring, we open to an even greater bounty. ..uniqueness of expression.

Now is the time for us to look at our past year. We must look at the seeds we have planted, the energies we have expended, and see what is. We must look back upon our year and recognize and acknowledge the good in all of it, even though it may not look like what we were expecting. The most important step in our personal autumn is to relax into the energies we have created and give thanks. Even if we don't understand it, the good is returning to us as a blessing.

Our blessings are uniquely ours. Being grateful in each creates a magnificent foundation on which to build our next step. Gratitude moves us forward into our next creative cycle- birthing new dreams and ideas. As we honor each moment of our past year and every return of our energies as perfect, we just might truly see the

Uniqueness I Am.

Peace,
Patrick

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At **Inner Quest**, we are committed to creating Heaven on Earth. We believe in the promises of Jesus Christ - "Everything I do, you can do and Greater." We are here to take that next step in Christed evolution, and to assist all others in doing the same. We sincerely appreciate your support, your love and Your Lights. Many Blessings.

Inner Quest is staffed by:

Cindy Fuller Minister, Reiki Master, Spiritual Readings, Master Ro Hun Therapist and Counselor

Patrick Abent Minister, Reiki Master, Color Therapist, Crystal Sound Therapist and Counselor

SPECIAL EVENTS

- Nov. 10** **Healing Night** **Sat. 6-9 pm** **Love Offering**
Come and experience the Reiki energy bringing you into balance. It is amazing how much God loves us!
- Nov. 17** **Parent Child Meditation Class** **Sat. 10am-12:30pm** **Love Offering**
Bring your child(ren) and learn techniques enabling you to share the meditative experiences, and to receive the messages and love from Spirit together.
- Dec. 8** **Healing Night** **Sat. 6-9 pm** **Love Offering**
Gift yourself this Christmas with a healing from God! What better present could you ask for!
- Dec. 16** **The Metaphysics of Christmas** **Sun. 7:30pm** **Love Offering**
This is our annual celebration of Christmas story of man. Join us as the Choir shares the story of man's spiritual evolution in song. Come early for a good seat.
- Dec. 18** **Congregation and Choir Caroling** **Tues. 7:30 pm** **Love Offering**
"Glo—r—i—a! In ex-cel-sis De-o." Come share in an evening of Christmas carols and songs. We never have enough time to sing them on Sundays.
- Dec. 24** **Christmas Eve Candlelighting Program** **7:30pm** **Love Offering**
Can we ever really understand the awesomeness of Christmas. The angels outpour on to the earth such love and peace. Join us as we come together to light our own inner hearts in receptivity to God's eternal love through the Christ.
- Dec. 31** **New Year's Eve Burning Bowl Ceremony** **7:30pm** **Love Offering**
What a great opportunity to release the past and make that conscious choice to move into our futures with intention and joy. All that the Father has is yours! Join us in this ceremony of love.

WEEKLY ACTIVITIES

Sunday	Metaphysical Class - Adults	9:30-10:15 am	
	Sunday Service	10:30-11:30 am	Childcare /Sunday School
Mpnday	Yoga Classes	7:30-9:00 pm	
Tuesday	Tuesday Night Group	7:30-9:00 pm	
Wednesday	Choir Rehearsal	7:00-8:30 pm	
Mon-Fri	Healing Sessions	by appointment	(770) 521-2875
Sat (10-12n)	<i>Reiki Rohun Counseling Color Therapy Spiritual Massage</i>		

Sundays at Inner Quest

2001

November

Nov 4	Rejoice!	Rev. Cindy Fuller
	Through celebration we are able to move energy into positive expression.	
Nov 11	Peace	Rev. Patrick Abent
	Learning to be content with the moment brings us closer to God's movement.	
Nov 18	Thanksgiving Service	Rev. Cindy Fuller
	God has given us all that we could possibly desire. Come and Receive.	
Nov 25	Planning Your Next Step	Rev. Cindy Fuller
	Allowing the Unique Self to express is the mission of the Christ.	

During the month of November, we will be looking at improving our worlds through positive receptivity. Planning, visualizing, and prayer must be supported by an open mind and heart. God truly provides all that we should ever require on our journeys. However, learning to receive "all that the Father has" must come before the quantum leaps that we have asked for can be achieved. Living in a state of receptivity keeps us in constant communication with God. With a joyful heart and a great expectancy of good, life can unfold effortlessly.

"Don't look down or back, neither be dismayed by unworthy little things which would trouble and disturb your spirit. Look forward into the light, knowing that God is working His purpose out and all things work together for good for the man who loves God."

White Eagle The Quiet Mind.

As a part of our Thanksgiving Sunday Service, we will focus on receiving the "food we know not of" by having our semi-annual communion service as a part of the worship. The metaphysical meaning behind the Lord's Supper is phenomenal. Join us for a sacred moment of participating in the one ritual that Jesus Christ left for us to do. "Do This in Remembrance of Me."

Meditation for World Peace

During the Adult Sunday Morning class at 9:30 am, Patrick will be leading a meditation for world peace. With the world situation as it is, we feel the great desire to join our hearts with the millions who are praying individually for a harmonious conclusion to the current state of war. We know also that where two or more are gathered, whatever they ask in agreement shall be done. We, are therefore, planning on joining our

hearts and minds to see the great peace of God permeating all of mankind.

We all know that what we focus on expands, so we will calling forth a peace within and without. Join us and experience the immense power of meditative prayer.

Let there be Peace on Earth
And Let it Begin with Me!

Inner Quest

Tuesday Nights

7:30pm-9:00pm

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

November

During the month of November, we will be preparing for a most holy and fun filled holiday season!

Join us each Tuesday evening as we learn to open our hearts and be-come that Christed Child of God!

Nov 06 Healing through Release When we are able to truly let go of the past, our future can then reveal itself to us. November is a wonderful month to clean the closets of your mind and heart!

Nov 13 Grattitude Meditaiton Where two or more are gathered the energy is expotentially increased. Join your Church family tonight to say Thank you to God for all of the blessings in our lives.

Nov 20 Inner Quest Birthday Party and Dance We will be turning 11 years old! Come and celebrate with us. Bring a gift for the Church, munchie s to share and your favorite cd's to dance to. We will start at 7:30 with a healing circle and then party til 10. This little church has touched so many lives. Come and celebrate the mission and the message of our Inner Quest. (Gift ideas- toilet paper, paper towels, tissues, crystals, pens, paper or cash!)

Nov 27 Christmas Tree Decorating! Bring an ornament and help decorate our annual tree. Every moment of love shared during this season of joy is a moment which will be multiplied in your life. Come and eat cookies, sing songs and have a great time. Kids, of all ages, are welcome!

Every Evening begins with a healing circle.

Join us as we learn to lovingly and gently experience life.

Inner Quest Tape Ministry

Many of you have asked if the Sunday message and meditation are available on tape. Yes, and with our new equipment the tapes are very clear. The services are now available in monthly packets (4 Sundays). A tape of any 5th Sunday is an additional single tape. Each service is \$5.00: monthly packets are a total of \$20.00; if it is a 5 Sunday month, add \$5.00 for the extra service.

These tapes are an awesome gift for friends or family members. Gift yourself as well, even if you live in town and are present each Sunday. It is a great way to reinforce the message and to receive it on a different level each time you listen.

If you would like copies of the Sunday services, send us a note stating which months, or which Sundays, and enclose a check for that amount. We will mail them to you as soon as they are ready.

Inner Quest Silent Auction & Festival

AA Pet Resort, Inc. Marietta - 10 gift certificates \$200.00; Patrick Abent, Alpharetta - one color therapy session \$45.00; AJ Barnes, Marietta- bicycle tune-up \$50.00; Ace Value, Marietta -hose reel \$25.00; Service Ace Hardware, Alpharetta - bird feeder & food \$23.00; Ace Hardware, Marietta - popcorn popper \$18.50, handy steamer \$24.97, fryer \$37.50; Doris Albert, Marietta - Holiday table runner & napkins \$40.00; Atlanta Tennis Company, Marietta - gift certificate \$20.00; Yvette Bailey, Atlanta - amethyst ring \$85.00, necklace \$55.00, vase \$45.00, statue \$115.25, wall hanging \$55.00; Nancy Bevens, Dunwoody - 2 Reiki sessions \$90.00, gift basket \$40.00; Pam Blaine-Roswell Antique Mall, Roswell - 12 Cakes \$120.00; Body, Mind & Spirit, Atlanta - hot stone massage \$70.00.; Bound to Be Found, Kennesaw - lamps \$345.00, pictures \$540.00, urns \$113.00, decorator items \$47.00, candles \$336.25, collectibles \$160.00.; Brusters Ice Cream, Marietta - gift certificates \$15.00; Isabelle Bush, Alpharetta, masterpiece cake \$125.00; CD Warehouse, Marietta - 24 gift certificates \$25.00; Caribou Coffee, Marietta - 4lbs. Coffee \$40.00; Centerstage Dance School, Marietta - 2 months tuition \$84.00, 2 sweatshirts \$70.00, 2 hats \$15.00; Chapter 11 , Roswell - 2 gift certificates \$10.00; Cobb County Civic Center, Marietta - performing arts series \$150; Joseph Colabelli, Canton - carpentry for 1 day \$200.00.; Cosmos Fitness, Roswell - 3 months membership \$149.00; Phil & Leslie Cox, Woodstock - National Geographic Magazine Collection starting 1930 - Current \$600.00; Phil Cox, Woodstock - 2 Reiki sessions \$100, 1907 five dollar gold piece earrings \$375.00; Julia Cupp, Roswell - wall hanging decorator shelf , \$99.00; Loise Foertsch, Roswell - 3 message certificates \$210.00, gift basket \$12.00, teapot \$10.00, Nature Quest tapes \$25.00; Four Season's Tanning Salon - 2 gift certificates \$24.00; B. A. Framer, Marietta - magnolia painting \$ 299.95; Bonny Gammon, Acworth - foot message gift certificate \$25.00, baby sitting gift certificate \$50.00; Gifts From the Heart, Marietta - gift certificate \$10.00; GNC - Super Target Shopping Center, Roswell - \$100 merchandise; Gary Graham, Roswell - carpentry for 1 day \$200.00; Frank & Patricia Haag, Alpharetta - cordial glasses, silverware storage cloths; Harris Teeter, Marietta - gift certificates \$10.00; Hair Cuttery of Highland Plaza, Marietta - gift basket \$62.40; Hair Care products certificate \$25.00; Heavenly Gifts, Marietta - gift certificate \$25.00; Harris Hairwaves Salon Inc., Marietta - gift certificate \$25.00; Heaveny Gifts, Marietta - gift certificate \$25.00; Hobbs House of Dolls, Inc., Marietta - Quest, Cindy Fuller - reading \$75; Judy bowl \$19.00; Jersey Mikes Subs., Sounds for harmony & balance, Marietta Light \$95.00, gift certificate for 1 month Flowers, Marietta - gift certificate certificate \$20.00; Kidzkraft, Roswell - gift certificate \$25.00; King's Grill, Alpharetta \$20.00; Kroger, Alpharetta - gift certificate \$25.00; Kroger, Roswell - gift certificate \$10.00; Los Reyes, Kennesaw - gift certificate \$10.00; Patrick McClimon, Marietta - gift certificates for cookies \$60.00; Madison Reid Interiors, Roswell - feather arrangement \$190.00; Mellow Mushroom, Marietta - gift certificate \$20.00; 20 Milton Place Antiques, Alpharetta - angel \$45 - adapter \$10.50; Miss Nails, Alpharetta - Spa pedicure \$17.00; Fran Mojena, Roswell - yoga class certificate \$40.00, sterling silver cross w/pink tourmaline \$90.00; Memory Lane, Marietta - aroma therapy basket \$55.00; MotoPhoto & Portrait Studio, Roswell - free 5x7 sitting \$35.00; Juanita Mucha, Marietta - 3 hours easy listening piano playing \$225.00; The Needled Canvas, Marietta - one needlepoint canvas \$26.00; Dawn Nesmith, Woodstock - 3 massage gift certificates \$210.00; New Lucky China, Marietta - gift certificate \$20.00; Off Broadway Dance Center, Alpharetta - 2 gift certificates for 1 month free tuition \$80.00; Tom Ouach Nail Express, Marietta - manicure gift certificate \$10.00; Dedie Parker, Canton 1 Faux Finished Room \$500.00; Sally Parsons, Alpharetta - reflexology gift certificate \$45; Yogendra Patel, Marietta - 3 free subs \$10.38; Peachtree Natural Foods, Roswell - gift basket \$46.50; Karen Price, Roswell - 2 gift certificates for 500 business cards up to \$60.00 each, miscellaneous gift basket items, 1 week timeshare \$1500; Cheryl Provence, Roswell - gift certificate for massage \$60.00; Publix, Woodstock - gift basket \$29.00; Raffertys, Kennesaw - gift certificate dinner for 2, \$50.00; Rancho Grande, Marietta - gift certificate \$20; Ricky's Collision Care Center, Marietta - gift certificate \$100.00; Roswell Auto Exchange, Inc., Woodstock - car \$4,000.00; Jim Schladesct, Marietta - dent repair \$100.00, cash \$100.00; Simax Salon, Marietta - product \$50; Neil A. Smith, Gainesville - 2 simple will & testament \$300.00; Dr. Victoria L. Strong, Marietta - physical & consultation gift certificate \$90.00, adjustment \$40.00, adjustment \$40.00; Sweet Georgia, Marietta - 4 bottles of dressing stuff \$55.00; Sweet Spirit, Marietta - 1 Bible \$54.99; T-Nails, Roswell - manicure \$8.00; Tel Imports, Roswell - standing Pewter Cross with artwork \$169; Tijuana Joes Cantina, Roswell - 2 gift certificates dinner for 2 \$80.00; Nan Wright, Marietta - health rider \$200.00; Tomorrow Wright, Woodstock - haircut \$25.00; Barbara Wagoner, Marietta - Teenage Birthday Party \$50.00; Noam Zelman (Shallowford Animal Hospital), Marietta - 1 feline yearly \$75.25, 1 canine yearly \$97.00, 2 stadium seats \$35.00, K-9 gift basket \$75.00, feline gift basket \$75.00, baskets \$15.00; unknown batting tee \$25.95, 10 gal aquaruim, dog and cat supplies \$32.

*Thank you,
God, for our
sponsors!*

Inner Quest

Sharings

The Be-Attitudes from the Aramaic

You who have a home in the active forces from God, yours is a heavenly state.

You who love truth and profess your errors and the errors of your society, you shall be freed of mental stress.

You who have humility- the metal quality of perceiving and co-operating with the good desires of others, you shall gain the earth.

You who hunger for the mind structure underlying the attitude, judgement and behavior described as just or fair behavior between people, you shall attain it.

You who have pure love, encompassing judgement and behavior, you will therefore receive pure love, encompassing judgement and behavior.

You who have a completely purified mind will comprehend the Invisible Souch of Creation.

You who through service, work effectively to produce peace and understanding under and in accord with God's will, you will be called the Children of God.

Inner Quest Simplification

Live in God and you will live in Heaven

Live in Truth and you will be free of stress.

Live in harmony and you will inherit the earth.

Live in fairness and acceptance of others and you will be treated fairly and accepted freely.

Live in Love and Forgiveness, you will receive love and forgiveness.

Live with pure hearts and thoughts, and you will see and understand God.

Serve God's will and you will be the Children of God.

*Blessed is he who pedals, for he **shall** ride!*

Inner Quest

Sharings

When applying for college, each applicant is required to submit an essay of their choice. The following essay was submitted by Amber as a part of her college application.

Inner Quest

an essay by Amber Griffith

How would you define religion? Is it as Webster claims, “a set of beliefs involving devotional and ritual observances”? I interpret religion as a mode of becoming a better person. Until recently, I enjoyed riling up my excessively religious friends with comments contradicting the Bible. This is not to say that I am argumentative, rather I have a more debate-like nature. However, now that I too have found God, I see that it was just my jealousy of them having such a strong belief, which I did not hold.

Almost an exact year ago, I began attending church. I can easily recall the first day I arrived at the house in the woods, which had been transformed into a church. The service was so different, yet wonderful. It reminded me of school. The assemblage of people, like students, would converse with the preacher (or teacher), raising their hands to ask questions. There was even a “class clown” making jokes. Everyone was learning. As soon as I was introduced, I received this overwhelming and completely sincere feeling of love, which I needed.

The religion my church practices is called metaphysical. Not to sound too hokey, but it was the first time that I had ever felt really close to something. This religion was mine. I knew I had a haven every Sunday. The congregation, small in size, but big in heart, never allowed me to feel the stress from the school week prior. I never considered myself an affectionate person, but now a hug is all that is required to help lift my spirits. My church experience not only changed me spiritually, of course, but also mentally. It was not easy for me to take on a religion, something for so long I had scorned. As soon as I was open to faith, I was more receptive to the rest of the world, so to speak. Church turned out to be the best experience for me. I now love and live life to the fullest.

Crystal, Sound & Color Therapy

by Juanita Mucha

Crystal, sound and color...YOW! What a powerful combination of energies. Many healing modalities at Inner Quest are done with vibration. Combining the three aforementioned aspects, Patrick has a vibrational healing table.

Don't get excited. It vibrates not as one would think. Patrick oversees this phenomenal session. To say it is a phenomenon is understating the case. Closer to hitting the description is divinely conceived idea.

If you are sensitive to energy, you feel a sensation when you recline on the healing table/bed. It is caused by the hundreds of crystals that Patrick has arranged beneath, where a sliding door provides access. The crystals range in size, weight and dimension. Mother Earth has provided them for our healing.

When you book a session, Spirit inspires Patrick to use different colored lights for you unique blessing. He has fashioned them from celluloid gels. Every color has its own vibration and effects each individual differently. Music is used in this healing modality. The sound has been engineered to effect your chakras. Did I say, “*effect* your chakras?” I meant to say, “*rock* your chakras.”

It gives rock music new meaning. It is an unbelievable joy to experience the combination of crystal, color and sound. The impressions are infinite, the experience fantastic. It is other worldly as you feel the angels, healers and guides working on all levels: etheric, auric, physical, chakric.

Color therapy has been used in hospitals, for healing, predating the world wars. It was removed because the AMA could not regulate it. For those of us who have held a crystal trying to tune into its frequency, we know about their vibration and how it effects our well being. As for music, or sound, it is probably the most obvious of all vibrations even to those.

To plagiarize some advertising slogans:

TRY IT.

YOU'LL LIKE IT.

JUST DO IT.

Sharings

A Metaphysical Interpretation of Row, Row, Row your Boat by Karen Price

Row, Row, Row your boat! Whose boat? Yours! What is yours to do.

Please Note there are Three action words here!

Gently down the Stream Gently listening to your inner guidance & allowing others to listen to theirs. (They might take a different stream). Please note Action is moving Forward!

Merrily, Merrily, Merrily, Merrily Be joyful about working out your karma and all of the lessons others bring to you! Please note Action of joy!

Life is but a Dream This is your Dream! Your thoughts and intentions co-create with God.
It is your life and your dream.

Row, Row, Row your boat,

The Flower **by Joseph Bush** **Age 11**

I hold in my hands a flower.
I believe it has great power.
This flower shows much peace.
Happiness like hugging
Your nephew or niece.

I don't know why we have to fight
Thinking about it keeps me up every night.
You must stand up and stay on your feet.
You need not win, but you must not be beat.

If we find it in our hearts to love.
They will rest, those up above.
I hold in my hand a flower.
And I know it has great power.

Self Discovery **by Juanita Mucha**

I am on your path without
knowing why.
Without thinking, I have
journeyed here.
It is my heart which leads me,
my soul which keeps me
on this unintended quest.
Unwittingly, I have found
myself in you.

Walking
Sometimes we feel
so all alone.
We trod this path,
Our journey home.
A night can seem so endless
A restless mind, set free
With wonder and the question,
What's here for me to see?
And in these times of solitude
The heart can truly feel
The presence of the Shining One
Whose truth I know is real.
Looking back, the glimmer fades
The Now
is all that matters.
Ever safe within God's heart.
It's only here, we find our part.
Patrick

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God Bless.....