

COMMUNICATIONS

November 2002

Harvest

In years gone by, this month would mark the season of receiving in and acknowledging the harvest of the summer months labor. This was the time when fruits were harvested, and life was good.

In our society now, when do we set aside time to enjoy the fruits of our labors? In my world, each month brings it's new focus and list of things to accomplish. And as soon as one project is completed, there seems to be another needing my attention. Our meditation time with God is certainly a requirement in order to maintain peace while continuing to take care of the outer world. But how about peace *in* our outer worlds? How about some time-out to simply enjoy what our labors have brought us?

Harvesting involves reaching and claiming that which you have grown. It involves taking back into consciousness the gifts of your labors. Do we take the time to appreciate ourselves enough? Or are we simply grateful that we have made it through another day, and accomplished that which was before us?

Jesus Christ worked diligently for God. But even He took time to be away from the work. There were many times when the disciples did not know where he had gone. He would simply disappear and rejoin them when he had refreshed himself for the next step of the journey. I believe that it was during these times that he allowed himself to be nurtured by Spirit. I believe that he loved himself and honored his work.

Jesus said, the fields are ripe to harvest, but the workers are few. How can we learn to harvest the fields of spirit, when we don't even harvest our own fields? Let's take some time this very month to enjoy God's bounty in our worlds. Give yourself the gift of seeing the good you have done! Take the time, either quietly or with friends to celebrate that YOU are contributing to this world in your own unique way. Love yourself, reap your harvest. The seeds you plant next will be the richer for it!

Love, Cindy

Progress

Can we give thanks for all of the change we have experienced this year? Haven't the changes in our personal lives and the changes we have experienced as a people been profound? We have all been given opportunities to grow. But have we gone as far as we can?

Sometimes growth can be uncomfortable. Man, being a creature of habit, is often threatened by growth. We can't understand why we must change when things are going pretty much the way we want them. We have established a pattern in our relationship with life. We have created an image for the world to see, and we see the world from this vantage point.

Could there be more?

Could all of the outer experiences simply be our Heavenly Father asking us to change; to lift and begin to see the bigger picture? We are being asked to take a more universal view of our life and of our world. In this expanded vision, we will be shown the connectedness of life, the oneness of life. With this realization, we can now easily move from separation to unity, from competition to co-operation. We can begin to play the bigger part God our father has for us.

Jesus often said, "It is not I, but the Father within who doeth the works." The time is now for us to surrender our will to the will of the Father. And I am sure God's will is more than we can comprehend. Thus, the journey of life begins. As we go to God first in all facets of life, the choices we make will not only support our highest good, but also the good of the whole. When we say, "*thy will, not mine be done*", we open the door to transformation, ours as well as the worlds.

We begin to see God in all things.

Peace,

Patrick

Inner Quest

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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, Master Ro Hun Therapist and Counselor

Patrick Abent Minister, Reiki Master, Spiritual Massage Therapist Color Therapist and Counselor

Upcoming Events

- Nov 9** **Healing Night** Love Offering Saturday 6:00-9:00 pm
Come and receive the blessing of God's healing love. This is a wonderful opportunity for those who are new to healing work. They will love it!
- Nov 22** **Inner Quest Birthday Party** Friday 7:00- ish pm
Come and celebrate our church's 12th birthday. Bring a dish to share.
- Nov 28** **Thanksgiving Day** Inner Quest Church is closed for Thursday and Friday.
Have a blessed day of gratitude with your family and friends.
- Dec 14** **Healing Night** Love Offering Saturday 6:00-9:00 pm
Come and receive a Christmas gift of healing from God and the Reiki Masters.
- Dec 15** **The Metaphysics of Christmas** Love Offering Sunday 7:30 pm
Cindy and the Choir present this beautiful story of our journey from the beginning of time through the coming of Christ. Come early for a good seat. This is an awesome presentation.
- Dec 24** **Christmas Eve Candlelight Service** Love Offering 7:30 pm
Our annual honoring of God's love through His Son. Come and share your light and praise as we all light our candles in acknowledgement of God's greatness.
- Dec 31** **New Year's Eve Burning Bowl Ceremony** Love Offering 7:30 pm
A great opportunity to release the past and make that conscious choice to move into our potential with joy and freedom! We will create a Happy New Year!

WEEKLY ACTIVITIES

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

Inner Quest

Thanks for a GREAT Silent Auction!

We had a fabulous day of fun, food and wonderful gifts. This year we had over 100 gift baskets as well as 200 other items including great services and merchandise! And the bidding was intense fun! We raised over \$5600 for the church and are so grateful.

We really want to thank all of our sponsors. The surrounding community was once again extremely generous in their support of us. And we truly appreciate all of the donations from our members, their families and friends. It is always so amazing to see such outpouring of love and support for the work of God!

Much special thanks goes also to our volunteers who worked many, many hours on soliciting, gathering, organizing and preparing our donations. And as you all know, Sherry Reynolds was again the true master of the event. Her tireless devotion and her eye for beauty made this year's auction perfect. One of the attendees who had just been to another church auction was in awe of the quality and beauty of our IQ baskets! We, as your church family, truly send our thanks to Sherry, Mark, Cheryl, Ashley, Terry, Cherie, Leah, Bonnie and everyone who assisted in making this event happen. For all you have given, may you be blessed, multiplied.

As we are a presence in the world, we let our light shine. And the Silent Auction is a great way to invite the community to come together at our home and share God's love.

It's Fall Planting Time!

When you come to church, check out the new pansies and flowers on the grounds. Many thanks to Jackie Wall for her loving gardening expertise. We are also just beginning to plant the meditation garden. So if you would like to help with this project or have suggestions of plants, please let Patrick know. Even if you are not available to come on the weekend, there are certainly things to be done when you can come.

The Devas love all of our care and attention, and our recognition of the beauty of nature. Join us in making Inner Quest a space of growing love.

Seek Beauty in all of Life, and you will find Beauty in Yours.

Welcome New Members

We are so happy to welcome new members into our family at Inner Quest. It is our prayer that God's love surround and guide:

Ashley Rose Smith

Jesus' last commandment was to "love one another, even as I have loved you." Let us remember to carry this love into our worlds, loving our families, friends, co-workers, and especially loving those in our church family. These are the ones who are seeking to live as you are. And together we will create heaven on earth.

Happy Birthday to Inner Quest

On November 20, Inner Quest will be twelve years old. This ministry was born in the heart of God and has been a ministry of His word since it began. Neither Patrick nor I had the vision of what we were to be. We began by taking the steps that were in front of us every day. The more we shared, the more we were asked of Spirit to share. We now know that this church was created to become a church where everything that Jesus taught and did could be practiced. We believe in and teach healing. We believe in and teach listening to Spirit. We believe in and teach walking with Spirit. We believe that all knowledge of the Universe is available to us.

Heaven on earth begins by putting heaven first. We love God. Jesus came to wake us up so that we could follow him into the realization that we, too, were the children of God. We, too, were capable of walking on water, transforming water into wine, and communing with God and His angels daily. We were Spirit.

Through these past years, we have seen God move mountains. We have been guided as we slowly grew in consciousness to greater faith and patience. And we have seen miracles upon miracles occur in the lives of those who have been touched by a church where we believe, not only in Jesus, but also in the greatness of his promises.

Happy Birthday!!!

Sundays at Inner Quest

2002 The Year of the Master Builder

November

Nov 3	Upon this Rock I will build my Church	Cindy
Nov 10	The Wilderness Experience	Patrick
Nov 17	Becoming the Christ	Cindy
Nov 24	Jesus' Gratitude to God	Cindy

We are always asked, What is Metaphysical Christianity? During the month of November, we will be looking at some of the metaphysical teachings underlying traditional approaches. We, as a church, are founded on the ideas that Jesus Christ taught.

Heaven is a state of consciousness available to all.

We are God's children, and therefore, heirs to God's kingdom.

Life is eternal, we are eternal.

We all reap whatever we sow.

All things are inherently good, it is the inappropriate mixing of things which creates evil.

God loves us all.

We were created to be taught of God, to hear God and to be one with God.

Jesus came so that we might have life and have it more abundantly!

All of these ideas are plainly stated in the teachings of Jesus. It doesn't matter the moral issues or political issues of the day. These truths are eternal., and applicable to all. Join us during November as we look at the metaphysical truths governing us.

If we open up the windows of our minds the truth will center in and make herself at home; for truth can find her way through any crevice, any window, any open door....

Love is strong enough to open any human door so that the truth can enter in and cause the heart to understand. Aquarian Gospel 17:10 &12

Sunday School Teachers

Our Children's classes have begun a new year and we need a few more new teachers to commit to teach once a month. Spaces are available in both the 1-7 year old class and the 8-12 year old class. Each class is prepared for you by our class head teachers: Valerie McClimon and Cheryl Provence. All you have to do is follow the program and share your love with the kids. Check your hearts and see if God is guiding you to commit to a new way of serving.

Spiritual Transformation

The past several months of Sunday Services have been a wonderful series in allowing us to create a true foundation as metaphysical Christians. As we begin to ground in our consciousness the awareness of spirit, we can truly transform our worlds.

To assist us in this transformation, it is important to keep our vision focused. Come to church on Sundays. Be a part of a group consciousness which loves God. Share your heart with others on the path, and continue receiving Spiritual Food for yourself. It is easy to transform when you are immersed in Spirit. It is easy to forget when you are alone in the world.

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Sunday Service tapes now available.

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

It is November! This is the month we traditionally use to count our blessings and share our bounty with family and friends. And we at Inner Quest have so much to be grateful for! We have been blessed and blessed this year. Join us as we celebrate God's Love.

- Nov 5 **Hands On Healing.** Join us for a wonderful evening of simple healing. Anyone can do this process. We will channel the angels to give and receive a deep and renewing healing.
- Nov 12 **Balance our Inner Male and Female** We all have an inner receptive self and an outer action self. And for many of us, these two aspects can have different expectations, and even different dreams. When you feel as if you are working against yourself, it is time to visit your inner male and female and see how they are doing. Join us for a fun and healing evening.
- Nov 19 **Clearing the Subconscious** Tonight is a wonderful opportunity to release, reorganize and bring light into our subconscious minds. You would be amazed at how many “programs” you have left running which are now running your daily lives. Setting new intentions begins with redirecting current energies to support new choices
- Nov 26 **Gratitude Meditation** This evening is our traditional Gratitude Meditation, when we join as a church family and take a moment to remember all that many blessings we have received, and then to turn our hearts to the One and open with true gratitude and love.

The Prayer Basket

One of the main functions of each Tuesday Night is to conduct our Healing Circle, in which we pray as one heart for each prayer that has been submitted. These prayer requests are prayed over for thirty days, and then they are each given a final individual prayer and are released. All prayer requests can be confidential or public, depending on the requestor.

Now, let me tell you how powerful this process is. We have been offering this service for God since our inception. And we have heard so many miracles, weekly, from prayers answered. People who have known of us still call when they are in need. As a matter of fact, over 50% of all prayer requests come from outside of our church family. This little prayer circle has touched countless lives. Jesus said, “whenever two or more are gathered, there am I in the midst.” and “whatever they ask for in agreement shall be done”. The energy of the healing love that flows through our circle and into the prayers is enormous. The Angels join us, the Universe supports us. The awesome power of God’s love for His children is allowed for flow freely as we agree and ask for the highest healing, blessing and peace for each situation. The circle is a wonderful means of joining in God’s unconditional love pouring forth onto the earth.

Next time, you or a loved one is faced with a challenge, call and submit your prayer request. (This can also be done on line at www.InnerQuestChurch.org.) And If you would like to have the opportunity to serve God and your fellow man in a way that is beyond words, come and join us in our healing circle. The Universe Does!

Just Being

By Jean Adrienne Bevil

The lilies are.
They don't DO anything.
Only receiving the energy of God,
The lilies are.
And God's love is transmuted into
radiant beauty.

I am.
I receive God's love and pure energy
When I am able to merely be,
When I am,
God's love is transmuted into all I need.
How quickly I forget who I am!

**Flowers in the Field
of My Well Being**

By Betty Estremera

Blink I am the Flower
Blink I am the Seed
Blink I am the Moisture
Blink and I am Freed
God provides all possibilities
So that I may Know
Riches are not the capabilities
It is Love I need to Grow
Past, Present and Future
All in One are We
One Heart throughout the Culture
Spirit, Mind, Body will Be

The Path

By Cheryl Provence

My God supporting, nourishing life.
I wish to live effortlessly, like the
egret's flight.

If only my ears could always hear
Your wisdom and guidance so loud
and clear,

And when I do it feels so right
Like my path is laden with stepping
stones of light.

There is no thought of what is next.
Moment by moment is led step by
step.

Giving and receiving your love
freely flowing,
Remembering oneness with you is
where I am growing.

The Greater Plan

By Susan Montgomery Graham

Sometimes I ponder about some things,
About animals, flowers, and critters with
wings,
Why should I worry, fret, and cry,
Or even simply bat an eye,
About where hence my food will come,
Or water enough to fill my tum.

The lovely birds up in the sky,
They don't worry about supplies,
They fly around eating seeds
And building houses in the trees.

And everything that grows and blooms,
It does so in the light of truth,
Trusting all is going right,
All through each day and each night.

Just for today I think I'll try
To be as free as the birds in the sky,
Or like the flowers along my way,
I'll simply just enjoy the day.
Knowing all is in good hands,
Remembering the greater plan.

My Gift to You

By Sherry Reynolds

My child, lay down in a sweet Irish bed
Feel the long soft grasses
Surrounding your head

Breathe in the colors
Beautiful petals falling from the sky
Covering you, blanketing you,
Know that, I, am always close by.

See the light shine
From behind the floral rain
Fill thy heart
Again and again!

I am yours
And you are mine
My gift to you...
A love that lasts beyond all mortal time.

The Flower

By Mike Coffey

*The meadows are filled with flowers fair,
Watched o'er by God and full of glory.
They live their days without care
Yet, keep within a sacred story.
Revealed to them who judge fair,
And opens their eyes to see.*

*Their effortless beings entrusted to him,
To nourish and meet their every need.
Their colors arrayed like seraphim
Are given by grace, not earned by deed.
The bouquets attend our requiem,
Yet, their lessons we do not heed.*

*I struggle each day with strife
Hardly realizing, peace is there for the
taking.*

*God has proposed an alternate life
Living in his light, my will forsaking.
With the conviction of Abraham holding
the knife,*

I trust in the Lord for the path I am making

*When I've gone as far as my will can take
me,*

I've drunken my fill, but still I thirst.

I cry out to God to hear my plea.

Feeling forsaken, alone and cursed,

He gently opens my eyes to see

The wounds He has already nursed.

*God allows this cycle to repeat,
As oft as I find necessary.*

For when I am humbled at His feet

and release the burdens for Him to carry,

I am lifted, my lower and higher self meet.

And for a brief time, they marry.

Peace

By Rhonda Pettit

Be the Yogi — release worry.

Shift your awareness
to the inner process of your
blooming.

Notice the brilliance of your colors.

Breathe in — release worry.

Pause — take in your blooming.

Breathe out — flow

Mother God's Love and Joy.

And be amazed.

Inner Quest

Sharings

Ask, Trust, Resist Not

By Karen Price

The Universe has brought me an unusual number of opportunities to practice my learning and to really ground it. And God is amazing when I remember to allow Him to be my partner!

Our office has an excellent accuracy rate in the printing we do for our customers. So I started to freak a little recently when we had a number of large jobs with errors that could have cost me a significant amount of money. Most of the errors were started by our vendors, but we did approve proofs, so there was technically no liability on their part.

Instead of going into full-fledged panic and anger and resisting and blaming, in each situation I called on God to “handle it” for me and I sent love and light for a harmonious resolution.

I also surrendered and was willing to accept the financial hit if needed. So when I called each vendor in that spirit, every single one said they would take care of re-doing the job at no cost to me, or there were workable compromises for our customers.

And I learned once again to Ask, Trust, Resist Not.....and to check my proofs more carefully—or that might be my next lesson!

Thank You God!

Spring Cleaning

By Juanita Mucha

I always wanted a metaphysical spring-cleaning. Now that it is October, it becomes a fall cleaning and I shouldn't put it off any longer. How does one go about a metaphysical spring/fall cleaning? Patrick is the engineer who consults with Spirit for your customized session and it is with crystal, sound and color.

When I booked with Patrick for crystal, sound and light, I knew his communication with spirit would get the exact prescription for healing. You never know what is in store for you, but spirit knows.

I don't do cars, but I've heard that sometimes the cylinders need to be honed. The intention is to clean the walls so the pistons can run smoothly, effortlessly. You want the walls to be as smooth and blemish free as possible.

On this last occasion, it felt like I was getting all my cylinders honed. From head to foot, Spirit gently bored and smoothed me to a sterling finish. I arose from a wondrous healing, floating all the way home.

It was more than a fall cleaning. It was a fine-tuning. Spirit polished and refined, preparing me for what lay ahead. Just as you get your homes ready for the change of seasons, prepare your spiritual selves the same way. See Patrick for your autumn fine-tuning and have Spirit renew you this fall.

Humbly I Pray

Dear wonderful and awesome God -

How can I thank you enough for the energy and magic of music? It fills my soul and moves me beyond measure as I open my heart and sing to you. Your presence, your message, your energy flow through me with heightened power when you come on the waves of musical sound. Sometimes you are soft and gentle with a caressing touch of your all accepting love; other times you are joy itself raising me up to ecstasy; and then again, you can come like waves of power rushing and tumbling one after another, with sound so huge... so expanded...

And when I am sitting at the piano playing, many times the music is so beautiful that I can barely stand it and I hurt inside— yet all the while I feel the power of your beauty— so huge... so expanded...

How can I thank you enough for the Choir at Inner Quest.. such beautiful souls, each with a unique gift to share...you have asked them to serve ... and they stand forth in response to your call... And I am grateful, for I see them touched by your songs, moved by your love as they open their hearts and become one heart. It is my joy to watch the magic of your music heal them as they sing with their energy so huge... so expanded.

And so, dear God, in this month of gratitude, I do thank you. I thank you for all of the above and more. I thank you for this Ministry of Music in all of its fullness. I thank you for blessing us with divine ideas and songs, and for all of our musical angels who come and sing with us.

Most of all, I thank you for the energy and magic of music, for music transforms and miracles occur—and I become filled beyond my being with your love.... so huge... so expanded...

Gratefully yours,

Nan

Seek First The Kingdom

You have to learn to seek first the kingdom of heaven, the place of stillness and quiet at the highest level of which you are capable, and then the heavenly influences can pour into you, recreate you and use you for the salvation of all human kind.

*The Quiet Mind
White Eagle*

Peace -
Patrick

When enough is enough
How do we know
Who gives the answers
When winds of change blow
With energies swirling
Thoughts try to hold
Patterns once binding
Can we break the Mold
We ask for transition
And Now that its here
Can we Accept it
Our vision clear
A gentle voice—deep within
Ever guiding, our gift from him
The truth is ours, ours to keep
Gives to us the Peace We Seek

“Where art Thou”

Inner Quest

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God Bless.....