

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770)521-2875

www.InnerQuestChurch.org

COMMUNICATIONS

May and June 2017

Self Growth

As we move through our daily lives, often our focus is on the things that are not working well. And that includes our own behavior. We are aware of how we have not accomplished, or how we are unhappy, irritated or just tired. Seldom do we walk through the day filled with joy, knowing that we are the Child of God— and all is well.

I, too, have been feeling like something greater should have happened by this time of my life. I have done so much spiritual work in the world. Spirit has directed me to go to many locations for a variety of healing missions. Once, in Egypt, Patrick and I were directed to create a healing vortex in Luxor for all of the priests that had been serving their ancient faith for eons. It was a massive, massive healing event.

Once I was guided to go to a small town in Georgia. It is one of the oldest towns in the state and one of the most haunted places I have been! When Patrick and I arrived, I kept asking Spirit what I was to do. That night the local spirits kept asking me what I was there to do as well. They did NOT want to be disturbed. The following day, after a very sleepless night, we were touring a home just outside of the town. There in the corner of the room was one little ghost girl. She was so small and so alone. She was my mission! Not the ghost gang that ruled the town, but one small little girl. God sent me so she could go home!

I am humbled by the way I have been used over the years. The countless counselings, readings, healings, services— all of the ways God has moved through me to help others. My life has been dedicated to bringing in a greater light for all.

And when I am on a mission, I am awesome. I feel God and purpose and enlightenment. Yet, every day that I am Cindy— just Cindy, I can still feel that there should be more— I should be happier— It should be easier for me. I should be better.

I recently received a sweet email that put my life into perspective:

Thank you ... for having worked on yourselves in the way you have and developed the offering of love to all that is Inner Quest.

Then a woman who was visiting the church asked about my story. As I explained that “If I had my way, we would be bigger, more successful...” etc. “But I can only do what God directs. And so, Inner Quest is an expression of God’s will.” And she said, Thank you for doing that, for following God’s will.

In this moment now, I am humbled. In all my many missions, from the mightiest to the smallest, I have always asked that God’s will be done.

Now, it is clear to me that MY WILL, the one that would have chosen differently is the only part of me that is ever unhappy. In God’s will, I am content, and truly all is well.

Use me Father/Mother God as a channel of healing love.

Much love to all,

Cindy

A New Reality

If you’ve ever wondered what the “New Age” is going to look like, give yourself permission to dream, let your imagination run wild, and allow yourself to go where you’ve never gone before. The path begins in the heart.

Our world is in transformation and our job is to dream in the future. We are living in a time when what seemed impossible is now a reality and as long as we keep our mind and heart open and connected with God — all things are possible. Expanded vision and focus, along with right action, are the tools for building the future we came to experience.

The saying “You don’t put new wine into old wine skins” is becoming more pertinent each day — Aren’t we being asked to let go of the old so that we can embrace— live the new. We are beginning to get glimpses of a new way of living, of experiencing life.

Consciousness is expanding on all levels and we are riding this beautiful wave of transformation. Some tenets of the Aquarian Age such as *spiritual enlightenment, brotherhood, and greater communication* are becoming visible expressions in our daily living.

Our *spiritual enlightenment* is revealing who we aren’t and guiding us to who we are to become. Perception, sensitivity, along with intuition are being developed individually and collectively at this time. As a people, we are expanding the awareness that we are spiritual beings and that we need to learn to function as one. Jesus said, “Everything I do, You shall do these and greater”.

As we embrace true *brotherhood*, we move from exclusion to inclusion. This allows us to embrace all forms of life, and begin to understand oneness. “When one is harmed all are harmed, when one is helped all are helped!” Working in harmony creates synergy which accelerates transformation.

Communication on our planet is almost instantaneous. Computers, smart phones, and the web are shrinking our world and expanding the universe. The information age is here and at our finger tips.

To move from me to we begins the process. Our world is changing before our eyes and the dynamic of limitation is being transformed to one of creation.

We are the creator sons and daughters of God!

What do you want to create for the good of the whole? Dream it in — enjoy — and then create even greater.

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, Counselor Master Ro Hun Therapist
Patrick Abent	Minister, Reiki Master, Counselor Crystal and Color Therapist
Charmayne Scruggs	Children's Minister
Bonnie Westbrook	Office Manager

Upcoming Events

May 01 **Men's Breakfast** Monday evening, 6:30pm All men are invited to join Patrick for a men's breakfast. He prepares the awesome food—eggs and bacon, and you bring a side to share.

May 13 **Psychic Fair** 11am-5:00pm Wonderful day of Readings, Food, Healings, Vendors with unique Crafts and gifts to purchase! Come and stay all day. You will be so glad you did.

No **Healing Night** This Month

May 21 **Book Club** Sunday 12:30 pm

May 19 **20's and 30's Group Meeting** Friday 7-9pm Join us for a fun filled time of sharing how we navigate in the world using Metaphysical principles. 20-39 year olds are Welcome!

May 29 **Memorial Day**—the church will be closed.

Jun 05 **Men's Breakfast** Monday evening, 6:30pm All men are invited to join Patrick for a men's breakfast. He prepares the awesome food—eggs and bacon, and you bring a side to share.

Jun 10 **Healing Night** 6pm-8:30pm *Love Offering* A wonderful opportunity to receive the perfect healing for your body, mind, emotions and soul. Come any time between 6 and 8:30 to receive.

Jun 16 **20s and 30s** 7:00pm If you are in your 20s or 30s, please join our group. We explore whatever is going on in their lives. Questions and Reflection drive our time together, and we always learn something! It is a great group of souls on the same path.

Jun 23-25 **Public Speaking Class** *New Dates* This class will be a Friday Night, all day the next Saturday, and Sunday after Church. It is a wonderful opportunity to learn about how to use energy to prepare your program, deliver your message, and to connect with your audience. Highly recommended. \$200

July 4 **Special Freedom Meditation** Since the fourth of July falls on a Tuesday Night, we will be doing a special Freedom Meditation for the world. Join us if you are able.



WEEKLY ACTIVITIES

Sunday	Metaphysical Class	9:30-10:15 am	Adults
	Sunday Service	10:30-11:30 am	Childcare /Sunday School
Tuesday	Tuesday Night Group	7:30-9:00 pm	
Wednesday	Singing (choir) Rehearsal		7:00-9:00 pm
Mon-Fri	Healing Sessions	by appointment	(770) 521-2875
Mon Evening Appointments Available			

Counseling, Spiritual Readings, Body Scan's, Reiki, Color Therapy, Crystal Sound Therapy, Chakra Toning, Chakra Balancing, Inner Light Therapy, Inner Light Therapy and RoHun Therapy



Inner Quest

2017

New Seeds for a New Energy of God Love

Sunday, April 30 we will have had our annual congregational meeting. This will have been our 25th meeting to discuss the achievements and the path of our church. From our first meeting, to this one – we can honestly say that we have, in fact, moved mountains! We were created in the energy of abundance, rolled through the years of drought, rebalanced with a renewed sense of self, and now we are empowered to become greater! Whew....all in 27 years.

The path before us for 2018 is filled with joy and peace. We are now receiving greater.

As a member of Inner Quest, we would invite you to become an active participant in shaping the movement over the next few years. Your ideas today can become our reality tomorrow.

There are many committees that help our Sunday services that you can share your light through:

Platforming

Greeting

Audio

Video

Teaching (a Special Blessing)

And we have also many focus groups who are in charge of “seeing new ways” for us to contribute in the world.

Spirituality

Grounds

Financial and Budget

Outreach

Marketing

Children

Technical Support

By joining one or more of these groups, you will provide the church with leadership in areas that need a greater focus than the current staff can provide.

So, as you see, being a member of Inner Quest offers you the opportunity to share your unique light in the world in a way that will impact many.

And, we need you to share so that we can become a church where the light of God flows through the investments of the hearts!

New Pathway

We have decided to create a more permanent pathway to the church entrance. We have set a fundraising goal of \$5,000 in order to make this happen. Currently, we have been gathering quotes for the work and look to begin in early June.

Our fundraising will continue during the month of May. So if you would like to contribute any amount of money towards this, it would be most helpful. Every donation puts a brick in our new approach to Inner Quest.



New Members

We welcome beautiful new members into our family of love.

Carlin Levister

Dinorah Aguila

Nancy Torres

Penelope Keys

May God's love bless each of these in their hearts desires, and may our Inner Quest Family continue to blossom in miraculous ways! **Yea God!**

Do You Like to Read?

Formative Book Club Meeting

Sunday, May 21 at 12:30pm

If you like to read and would be interested in Participating in an IQ book club, please plan to stay after church on Sunday, May 21. For those of you who stay, we'll discuss reading material, location, frequency, and any other formative concerns for the group.

We feel that this could be a very casual group -- not necessarily spiritual readings, (as in books), but that would be fine as well. We may meet at the church or at participant's homes.

If this interests you, sign up in the lobby, plan to stay, and bring you ideas and questions to the meeting.

Spirit Camp for our 8-12 year olds

This year, Charmayne and Patrick are planning an adventure that will allow our kids to experience God in nature. If you are a parent, please stay tuned for the details. This annual event is always great fun for our kids.

Our New 20's and 30's Group

At our Second Meeting, we discussed the value of planning and investing and the value of *Flowing* with life. It was a fun discussion of options and metaphysical energies in both approaches!

Then we met another time to watch a lovely movie and discuss the metaphysical significance in its story.

It was a lot of fun and very insightful to examine life from a deeper perspective!

If you are in your 20's to 30's, please join us. We have created a tentative schedule for the rest of the year.

20's and 30's Meetings

April 28	The meetings will begin at 7pm and last until
May 19	9pm. For some, we will have movie night
June 16	at our house and for some we will meet at
July 28	the church.
Aug 25	Please mark your calendars now so that
Sep 22	you won't miss the fun!
Oct 27	We will also be sending out emails to keep
Nov 17	you informed of special events as well!
Dec 15	Yea God!



Sundays at Inner Quest

2017 The Year of New Beginnings

Preparing the Soil to Grow the Christ

May

Finding What you Need in the World Around You

May 07	Self Focus– Goals	Cindy Fuller
May 14	Intuitive Self- Mother's Day	Patrick Abent
May 21	Self Talk– Attitude	Cindy Fuller
May 28	Self Will– Action	Cindy Fuller

"I am the co-creative Child of God!"

June

Sermon on the Mount

Jun 04	Jesus Planted Seeds	Cindy Fuller
Jun 11	Blessed Are	Cindy Fuller
Jun 18	Our Father in Heaven	Patrick Abent
Jun 25	Jesus, You and Others	Cheryl Provence

"I let God thoughts guide Me to Greater Good!"

Planting Seeds for a greater Life!

The Idea of Church is evolving! No longer is it a place where you will secure your spiritual future! It has become a place where you can learn about your creative powers and your growing connection with God. Think about the first followers of Jesus. They wanted to learn everything he knew. They wanted to learn about God, our Father/Mother They wanted to learn how to heal and manifest matter effortlessly like he did. And they wanted to make sense of this life on Earth.

The Aquarian Gospel tells of how Jesus not only taught his disciples, but he also set up a "School of the Christ" and taught many masters from all over the globe. Then these went out and taught the people. Mankind needed to learn how to act as a child of God!

So, in May, we will be examining our basic tendencies of behavior that could be altered so that we, too, could manifest, heal, and know God greater. Then in June, we will walk through the Sermon on the Mount—one of Jesus' most famous and well preserved "classes". In it, he goes to great lengths to redefine old beliefs so that the true intentions can become a reality. In this one sermon, he is shifting the conscious potential of a race of people. And he doesn't talk about the miracles, he speaks about us—the channels. We can only bring through what we are willing to believe—to Be and Live!

Join us as we learn to become Greater!

If you endeavor to raise the Christ within you, you help to raise all human kind. You cannot make one effort towards heaven without the whole of the world, even the very Earth itself, being the better for it.

See the responsibility that lies with you! What a glorious opportunity is yours!

Don't allow the darkness of Earth to deny you your birthright of freedom and happiness, of service and worship.

Peace be with you; peace and a great joy!

The Quiet Mind by White Eagle



Beautiful Awareness

by Reba Wright

And in the winter Mother Nature sleeps not.

She goes within, to the heart of the Earth.

She calls forth the power of the silence.

Ever in preparation to call forth the power of creation in the Spring.

And in the Spring, Mother Nature brings into the light the lessons she has learned within the silence.

All her inner work becomes a demonstration of the power of following the calling of our heart and fervently following the call of God to be the greatness He sees within each of us.

*Sunday Services now available on YouTube— innerquestchurch.
Also check out our Bookstore for the latest spiritual books and gifts.*

Affirmations from:

Life & Teachings of the Masters of the Far East

I Am of the Noble God Mind.

God I Am the knowing principle of all things.

I now have let go and now put out of my life all adverse thoughts. I am grateful that Divinity is fully established throughout my entire being.

I now know the bliss and satisfaction that spring from the union of the soul with the Living Christ
And that bliss and satisfaction do abide in me throughout all eternity.

I know that the Presence of the Living Christ is fully established in me and I am the pristine purity of the Christ.

Inner Quest

Tuesday Nights - Alpharetta

7:30pm-9:00pm

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

May

This month, we are learning energy fields affect us and how we can interact with them at a higher level.

May 02 **Solfeggio Healing Tones- 528hz Transformation** 528hz is the tone that everyone is talking about. Many say that it restructures your DNA, kills parasites, and generally restores the body, mind and spirit into balance. This is the heart frequency. Join us as we experience our hearts being "retuned" to that of wholeness.

May 09 **Solfeggio Healing Tones-741hz The Great Awakening** 741hz is the frequency of our higher selves. This frequency opens us to our spiritual natures and aligns us with our "purpose". Physically it can strengthen the immune system, cleanse infections, and improve thymus function. Be here.

May 16 **Fairy Healing Energies** Tonight we learn how to feel and recognize the energies of the fairies that are on our property. Come and fine tune your awareness to their frequency!

May 23 **Feng Shui Tips for Healing** Tonight we will talk about the energy flow that moves through our homes and offices. What is your environment telling you about you?

May 30 **Mudra's** Tonight we will Meditate moving from one mudra to another. This will enable us to feel the different energies moving through our bodies.

June

In June, Rev Charmayne Scruggs will be leading us. We will be learning about energy sensing. We will learn to trust the energy we feel, we see, and we hear around us. Join us as we explore and expand our trust in our God given talents.

Jun 06 **Feeling Your Intuitive Energy** We have all experienced 20/20 vision realizing as we look back on an event we had felt our intuitive energy but had not recognized it. We will explore how to be aware of these feelings.

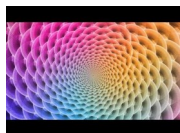
Jun 13 **Hearing Your Intuitive Energy-** As we know energy vibrates and different vibrational sounds can affect our perception. Tonight we will listen to different tones and explore the emotions they evoked.

Jun 20 **Seeing Etheric Energy-** We will learn a couple simple techniques that will build our confidence in what we are seeing. As we learn to trust our intuitive sight.

Jun 27 **Energy Reading** The last three weeks we have learned how to sense some of the energies that surround us. Tonight we will use them to by read the energy of a situation.

Every evening begins with a healing circle. Join us as we learn to lovingly and gently experience life.

If you are unable to attend, you can email your prayer requests to us. Each Prayer request is included in our Healing Circle for 30 days! The results of God's love moving through each situation is amazing!



Solfeggio Healing Experience

I would like to share something with you all that I experienced last night. It was healing, releasing and powerful.

Every Tuesday night we have a meditation or healing of some type, all are amazing in their own way. So last night was the Solfeggio sound healing of 417 hz with color therapy. Last night we used the color red, Such a bright, warming, cleansing color.... what an amazing experience this was for me.

So as I lay there with my eyes closed covered with the color red and this beautiful sound going, at one point it was like the music was peeling off a layer of skin that I no longer needed that was stripping away old/negative beliefs, releasing of old habits/patterns and cleansing as it peeled the layer. It literally started from the top of my head and gently peeled away to the bottom of my feet, almost like a snake peeling its skin if you will, one big layer that was all in one piece.

After that I had the music dancing around my root and sacral chakras, like the snakes do when they hear the music and they dance their way out the vase... that is how the music was dancing around my chakras. It was so healing in a

way that I could feel it balancing and releasing at the same time. So as I continue to lie there I got a very sharp pain in my right arm/shoulder and the music took over like it was massaging it until the pain went away. This whole experience was incredible. The healing and the releasing was so powerful and cleansing.

Thank you Patrick for this amazing opportunity/healing. I highly recommend you all joining in on this incredible healing the next time they offer it.

Blessings,
Dena Astin

Reiki Wednesdays

Due to the great interest and participation in Reiki Wednesdays, we have decided to continue offering the discounted reiki sessions during the months of May and June.

Each full reiki treatment will be given at a cost of \$25 which is half of the regular price of \$50. If you have never had a full session, this is a wonderful opportunity to experience the healing energies. Call today to get on Patrick's calendar.



TO MY DOG

By Adriana Suarez

Per GOD's divine desires you came to my life to show me what love is.

Experiencing the most subliminal feeling on planet Earth.

Through these years, your unconditional love has been embracing my existence.

Each day I look into your pure soul and I can see when you said I LOVE YOU MOMMY.

You are the best thing that it had happened to me; I always protect and care for you.....

Petey.

A Poem

By Adriana Suarez

I am walking thru the world, trying to find you.....

Love where are you?

Suddenly a little voice whisper.... I am here...

Where, where I can't see you....

suddenly the Winds blow softly moving my hair in a gracious way.

I am here...Love says.

Where!!! where are you? I can't see you...

Then A little bird starts singing a beautiful melody.

I am here...love says again.

Please let me see you ...my heart is waiting
then I saw A beautiful flower starts blooming with the most
spectacular colors and aromas.

I am here...open your eyes ...can you see me now

No... I replied with a broken heart.

Suddenly the laugh of a child took my attention....

Waiting minute love...I can see you now...

are you around me?

in the wind that kiss ME,

in the little bird that sing for me,

in the flowers that give me the aroma and a colorful life... and

in the laugh of the child.....

oh WAITS a minute.....

This is GOD's creation.....

so where are you LOVE

Now I know.....YOU are everywhere

Love smiles...yes I am around you but remember before you
see me around you...you need to find me inside you.

BIG SMILEEEEEEEEEEEEEEE

The Energy of Love

As I walk around my backyard in spring, it's no mystery why my mother comes to mind. Her energy lives on. I walk by the plants she grew from cuttings specifically for my new home site 12 years ago. They flourish, these plants -- the huge pink azalea and the lush dark green gardenias.

My mom's life was difficult in many ways, and we were so different, we didn't always get along. Regardless, she was a nurturer in all she touched. That woman grew kids, pets, and plants! What a green thumb she had! She loved and infused all in her care with that love.

And anything infused with love will grow. Whether we can see it or not, there is growth; there is expansion. Love is the magic ingredient.

Bonnie Westbrook



I Close My Eyes

by Charmayne Scruggs

I close my eyes that I may see
I see the greater, the greater in me
Expanded conscious, God and me

The veil is lifted, my eyes finally free
Free to see possibilities that abound in me
Free to be what I'm meant to be

Unlimited... Creative... Being
That's me!



Life Around Us

The last 2 years I have found a new interest, working in the garden. I have no experience working in a garden or even with plants before now. I ordered several different plants and then tried to find a place for them, I'm sure it should have been the other way around. Even so all the plants seem to have found the right and perfect place.

As I dug the holes and placed the plants I felt a sense of growth and expansion within myself, but never understood what it was. And when I would spend time feeding and watering them, time would drift away from me.

The other day I realized that I was becoming one with Mother Nature and the universe during my drifting. Time was slowing down and everything around me was becoming clear as it expressed. I could hear the clarity of the silence around me and feel the energy of these living plants as they expressed their happiness. I believe spirit has been working with me, helping me to see and learn about another life form on this wonderful planet we inhabit.

I think we all enjoy the plants and trees around us but never take the time to acknowledge their life form. If you did I bet they would reach out to you also.

Charmayne Scruggs



Enrichment Classes and Special Workshops

Special Classes and Workshops

Mark your Calendars for these special events!



Public Speaking— Workshop

June 23-25 New Dates*

7:30-9:30 Friday Evening

Saturday 10am-4pm, Sunday 1-5pm \$200

This is a wonderful workshop that teaches you how to present your message to the world in a way that reflects your unique truth.

You will learn about energy, how to prepare your thoughts, how to maintain focus and how to hold that positive feeling within even while you are sharing it with the world.

A fun filled interactive class that will help build your confidence whenever speaking in front of a group. It will improve your presentation and delivery resulting in a concise cohesion of your message.

Healing Class - Sat, Aug 19, 9am - 5pm and Sun, Aug 20 1pm - 5pm. Then 5 more weeks. Aug 24, 31, Sep 14, 21, & 28 Thurs Evenings 7-9:30 pm \$650

This Healing Class series lays a deep foundation of healing principles.

You will learn about the chakras and how to balance them for health. You will learn to navigate within another's body to bring light and healing energies directly to the organs and cells. You will learn to identify causal thought and to alter it with a new idea. You will also learn how to facilitate long distance healings.

You will learn about the delicate balance between health and beliefs. Each individual class offers a "stand alone" healing technique.

This series culminates in our own Inner Light Healing Therapy. If you are ready to experience the Healing Power of Spirit, this class is FOR YOU!

Other Groups

20's and 30's Group Meeting

May 19, 2017— Friday 7-9pm

June 16, 2017— Friday 7-9pm

We have been having fun with our 20's and 30's group! And we have decided to have a gathering the last Friday of every month.

During June, we will also be getting together for a cookout on Saturday.



Spring Festival & Psychic Fair

Saturday May 13, 2017

11 a.m. - 5 p.m.

Spring is here and it's time for our Semi-Annual Spring Festival and Psychic Fair! This is a day to come together with your church family and friends and just have fun!

There will be readings, healings, crafts and awesome food. The Crafts are always unique, and this year we have crystals, jewelry, music, and art to name a few. And again, we will offer our famous:

Special Package:

One reading, one healing, one class—all for \$25!

Single readings and healings are at a great price of \$15 per session. Classes are \$5 each. We will have a great selection of readers and healings to choose from:

Healings: **Chi Machine** **Chakra Balancing**
Reiki **Sedona Technique**
Color Therapy

Readings:

Spiritual Readings *Tarot Card Readings*
Angel Readings *Body Scans*
Past Life Readings

Classes: **Meditation Class** **Healing Class**
What We Believe Class
Meta Christianity Class
Dream Interpretation Class

You can call ahead to schedule the reading and healing you want -at the time you want it!!!

This Festival is always an awesome opportunity to receive guidance and healing love, AND to purchase that perfect gift for you, your family, or friends. The wonderful Food is worth the drive. We'll have burgers, brats, grilled salmon, hotdogs, and veggie burgers.

This is a beautiful day to bask in the energies of God's love and feed your soul! So come ready to enjoy the day with an open heart.

And, as always, there will be fun Children's Games & Activities outdoors, so bring your whole family and plan on staying for a while!

This is a fundraiser for our church, and a great time to experience our many modalities of healings and readings, while also enjoying a beautiful Saturday outdoors. **Call today to book your appointments!**



Under the haze that Spring has sprung
Creation reveals new life
Colors abound and the senses astound
How awesome the mind of God

Mother nature births the day
That some might call eternal
Ever expressing creation as One
Are we here for more than fun

Busy getting what we want
Life often seems the folly
Our days turn into Lifetimes
Profound yet so sublime

The stillness in the busyness
Our search an illusive quest
Is only revealed through a patient heart
Our experience, the test

Peace,
Patrick

Structure

Inner Quest

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God Bless.....