

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770)521-2875

www.InnerQuestChurch.org

COMMUNICATIONS

November 2017

Thank you God for Life Here!

In our journey of life in race consciousness, man is born into a world of matter. Then he is taught how to navigate this matter in a way that his predecessors have found acceptable. Metaphysically, we acknowledge that we are born into this world of matter. But even when our children are little, we begin to teach them that they have a say about what they experience. They have a say about the creations they will surround themselves with. They can be different.

We believe that each of us comes to this dimension to create, then to experience our creations through our feelings which help expand our thoughts to greater. And then we create again. It can be something new or something familiar, but we know that we are the architect!

Even science is beginning to understand that human energy affects life. We have all heard of the Observer Effect which looks at how an observation can affect the outcome of an experiment.

"In science, the term Observer Effect means that the act of observing will influence the phenomenon being observed."

If we begin to look at life as a great experiment, we can become aware that our energies as we await our creations can be just as important as the energies with which we created it in the first place.

And, when we think about it, how often do we second guess ourselves or get impatient? What affects might these energies be having on our desires?

As a creator and then observer, we could hold the thoughts of joy, prosperity, abundance, and excitement. A warm welcoming energy could inspire our creations to become even greater than we could have imagined.

Using the concept of the Observer Effect literally would allow us to maintain a positive and upbeat energy in every detail. And it would also allow us to recognize the great effect that including God could have on everything we seek to create. Simple prayer and thanksgiving for all that is coming could add a new dimension.

Co-creating with God and maintaining a positive energy allows the desire to become even greater than your own energy would have created. AND it would still have the brightness of Your Inner Light Shining!

Life- an experiment. We create what we want to experience.

Thank you God for a beautiful planet and this amazing gift.

Love,

Cindy



Grateful to See and Be

Everyone sees the world through their own eyes. We all know this, and yet, often times we have trouble accepting another's perception of perspective. "If Thine Eye Be Single".

There are over 7 billion people on the planet all having a 3rd dimensional experience that we call life.

Is there one constant we could accept or entertain that might help us to understand this journey?

If we are the children of Father Mother God, and God is Spirit – and man is made in the image and likeness of God – I guess that would make us spirit. This can be a stretch for many, however, Jesus continually taught that God is our Father, his Father – the Father within. At the time, people didn't understand that he was talking about the light within each heart – the light that lighteth every man and every woman who come into the world.

We are the perfect spiritual light beings manifesting through form, creating the perfect experiences for soul.

Our experiences, our unique perspective is perfect for us – as is each other's individual experience. With this understanding of our spiritual nature and the ability to express our uniqueness, life becomes a continual revelation. We are one in this journey of life.

We are all blessed to have our church home, Inner Quest. A spiritual family that loves, honors, and supports the unique expression of the individual in their spiritual unfoldment. This sanctuary for the soul is a place where it is alright "TO BE."

With this awareness, we have an incredible opportunity for transformation here. From our healing sessions and counseling, and our classes and spiritual readings, ours is a unique path.

Our mission statement, "The journey of Life is to know oneself, the path begins in the heart," is the foundation for all of the services we offer. The Sunday service is a jewel, the synergy created by the group is transforming on all levels individually and collectively.

I invite you to come and spend some time on the grounds of this 5 acre sanctuary of God's love. Experience the energy of the Meditation Garden, the Crystal Garden, the Sacred Geometry Gazebo; walk the prosperity path – these all feed the spirit. I am sure you will feel the presence.

I want to take this time to thank all who have supported our journey as a Metaphysical Christian Church, I am grateful for my spiritual family and the opportunity to "See and to Be".

Peace,

Patrick

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770) 521-2875

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	Bookkeeper

Upcoming Events

- Nov 05 **"Mensgiving" Potluck**— Join u as the men cook everyone turkeys. Bring a side to share!
- Nov 06 **Men's Group** Monday 6:30pm All men are invited for a men's breakfast. Join Patrick for food and enlightening conversation!
- Nov 11 **Reiki Night** Saturday 6pm-8:30pm *Love Offering* Come and receive the gift of God's healing love through Reiki. All are welcomed. No appt. necessary.
- Nov 17 **20's and 30's Meeting** Friday Night. We gather at 7 to munch, and then we begin our fun talk at around 7:30. If you're in your 20's or 30's, we would love to have you join us. It gets wild, deep and filled with laughter. A great way to start your weekend. (also you can bring a healthy snack to share. The church provides veggies, dip and chips)
- Nov 23 & 24 **Closed for Thanksgiving** The church will be closed. Enjoy the holiday!
- Nov 26 **Decorate the Church for Christmas** Sunday-Immediately following our Service! Stay and create!
- Dec 03 **Kids Shopping Day**—During Sunday school, our kids will be shopping with the help of Elves!
- Dec 04 **Men's Group**—Monday 6:30pm— Join Patrick as he makes eggs for breakfast for all to share! Bring a dish and have spiritual conversation.
- Dec 09 **Reiki Night** Saturday 6pm-8:30pm *Love Offering*. Come and receive the gift of healing through Reiki. All are welcome, bring friends and family.
- Dec 17 **Metaphysics of Christmas** Sunday evening, 7:30pm. Our annual celebration of mankind's journey as a Child of God. The Choir and message are amazing! *Love Offering*.
- Dec 24 **Candlelighting Service** Christmas Eve, Sunday evening 7:30pm Join us for a time to honor Jesus the Christ and the light within us all. *Love Offering*
- Dec 29 **De-Decorate the Church** Friday 1pm Help us prepare and clear for the New Year.
- Dec 31 **Burning Bowl Service** New Year's Eve, Sunday at 7:30pm *Love Offering* An evening of renewal as we prepare to embrace a new year—2018!



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	Choir Rehearsal	7:00-9:00pm	
Mon-Fri	Healing Sessions	by appointment	(770) 521-2875
	Counseling— Spiritual Readings—Body Scans—RoHun Therapy		
	Reiki— Color Therapy--Crystal Sound Therapy		
	Chakra Toning--Chakra Balancing--Inner Light Therapy		



Inner Quest



THANK YOU-THANK YOU-THANK YOU!

What an awesome Festival it was! We are so grateful for every volunteer who helped make this happen. We had our largest attendance ever, and the most we have ever received in this fund raising endeavor. We can only say that we are so completely in awe of everyone who came and shared, and everyone who came and played.

This was truly an event of heavenly importance! Yea God!

Invest to Manifest

The Festival on Oct 14th was a great demonstration of a metaphysical principle. ***Anything is possible; we can manifest whatever we want, but we have to invest energy to make our desires manifest.***

- We set an intention for a successful, well-attended event. (investment = intention)
- We started early soliciting vendors, developing new advertising strategies, envisioning new and different activities. (investment = action steps)
- We asked for prayers for a successful event and we requested support from the church family. (investment = God energy combining with our own to make anything possible)

A clear intention, numerous action steps, and asking God energy to flow through the creation.....this is how we manifest our dreams!
Thanks to all who held the vision and invested their prayers and actions to make it happen!

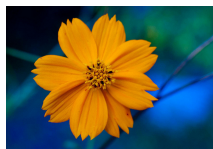
Book Club Report

It's not too late to join the IQ Book Club.

The October 22nd meeting involved a discussion of the book, The Alchemist by Paulo Coelho, and was led by Peggy Mills.

Due to holiday schedules we will not meet in November and December.

Our next meeting is January 21 and we will be discussing, Einstein's Dreams by Alan Lightman. Andrea Spidalieri will be leading the discussion.



New Members

We welcome all of the beautiful new members that God has brought into our family of love.

Bridget & David Pickholtz
and son Wesley

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

Improvements Abound!

As you drive up, you will immediately notice that we have painted the church! It is a beautiful yellowish beige which welcomes all. We also had new gutter guards installed so that Patrick doesn't have to walk on the roof every month or so.

And next is our **Children's area**. We will be re-painting our classrooms, and doing a little redesign on the children's bathroom. It is time to spruce up the energy for our kids!

So, if you would like to help, dates for the various projects will be posted and a sign-up sheet will be in the lobby. We would love to have everyone help who can. Let's fill the children's space with our love for them!

Our Annual Kids Shopping Day

December 3, 2017

Every year, we take a day for our children to do some Christmas shopping in our bookstore. You, as parents, will provide a list of the family members you want them to buy gifts for as well as the budget they can spend. We will provide the Shopping Elves to assist the kids with their purchases.

We, of course, have a great selection of merchandise that would fit the humble budget of a child!

So on Sunday December 3, during their class time, the teachers and Elves will bring the children into the bookstore and help them pick out gifts which will be wrapped and ready to be placed under your tree.

Parents, if you would like your child to participate, please send in cash or check for the amount your child can spend in the red envelopes provided. We're also set up to handle charges the very same way. Bring the red envelopes back to Bonnie in the bookstore. She will hold them until the shopping day.

We look forward in helping our children celebrate the spirit of giving.



Sundays at Inner Quest

2017 The Year of New Beginnings

Preparing the Soil to Grow the Christ

November

Gratitude opens the Heart!

Nov 05	Self Love	Rev Cindy Fuller
Nov 12	Who is My Neighbor?	Rev Cheryl Provence
Nov 19	Gratitude– The Highest Form of Unconditional Love	Rev Cindy Fuller
Nov 26	Jesus' Love for the World	Rev Patrick Abent



“I am so grateful for the Abundant Blessings I now Receive!”

As we move into the time of celebration and abundance, it is the perfect time to celebrate our connections with God! And the most effective way to celebrate that connection is to become a loving expression of God! So, during the month of November, we will be focusing on how we can express love more easily in our worlds.

And isn't that the message that Jesus taught? If we could sum up what he said, it would be: God is our Father, and God is Love. We are to love one another even as Jesus loved us.

Love begins with a sincere sense of knowing ones own value and place in God's heart. It is only from this space of being fed that we can truly love another. As we are filled, we naturally give, and then we naturally receive greater. Entering this circle of God's love is the only way we can begin to know what it is like to live as a child of God. The benefits of this—family, friends, abundance, creativity....

Join us as we change our lives this year!

“However difficult your pathway is, my child, daily seek the glory of the God-life.

Soar, in your higher mind, in what the world calls your imagination:

Rise into the glorious light of the spiritual Sun

and know that this light is the recreative force

*which will flow through you, causing every ill to fade out of your body,
and crooked places to be made straight.”*

The Quiet Mind by White Eagle



Bookstore Specials from Thanksgiving to Christmas

This was a lot of fun last year, and we intend to continue this new tradition. In order to help you with your holiday shopping needs, the following specials will run in the bookstore from Sunday to Saturday as shown:

20% Discount for the items listed

Nov 26 thru Dec 2	Christmas Angels, Candles, Nativity scenes & Calendars
Dec 3 thru Dec 9	Books, Mugs, Pottery & Incense
Dec 10 thru Dec 16	All Jewelry
Dec 17 thru Dec 23	Crystal Lamps & CD's
Dec 24 thru Dec 31	GET YOUR OWN PRESENT

Christmas Family Time!

Mid-November we will receive the specifics, but keep in mind the children we like to help during the Christmas season.

County welfare agencies will supply the names of the kids in one or two families, and then we will post the list of proposed gifts on the Sunday after Thanksgiving.

The gifts will be collected and distributed back to the agencies, so we normally have only 2 to 3 weeks to get it all pulled together.

The generosity of our church family is so impressive!



*Sunday Service can be viewed on YouTube,
AND we are now on PodCast!*

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 opening for greater good in our worlds. Through color, we will learn to enhance and express in our personal lives and our homes. Through gratitude, we will learn to open for greater good to flow into our worlds. An then, we will be ready to BE more beautiful!

Nov 07 **Expressing Your Inner Color** – We will listen to our inner guidance and allow color to flow freely from us as we create expressive artistic effects. Come prepared to play in color! *Rev Charmayne Scruggs* leads.

Nov 14 **Feng Shui for the Holidays** – Tonight, we will look at how color and decorative energies can affect our homes. Come for helpful tips to attract joy and prosperity. *Rev Cindy Fuller* leads.

Nov 21 **Gratitude Meditation** – Let's take this time to let God feel our love and appreciation for being on this awesome planet where we can manifest anything we desire! *Rev. Patrick Abent* leads.

Nov 28 **Mixed Media Expression** – We each express ourselves in different ways, so tonight we are going to express our creative side through a mixture of different textures on a canvas. Dress to express!
Rev Charmayne leads.

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

All classes are offered on a Love Offering Basis.

Tuesday Night Healing Circles have been done religiously for 27 years. Every Tuesday, the Universe knows that the children of God will gather to pray for their fellow man and for Mother Earth herself. So Universal Beings, Angels and folks on the other side all gather to join our healing hearts. As each healing circle is conducted, you can feel the energies of many others joining their prayers with ours, creating greater love.

So, every Tuesday, whether you can make it to our church or not, you can always join us like the other Universal Beings do. At around 8pm, just shut your eyes and tune in— we will welcome you as you arrive!

From the Kids

Over the last several months our Inner Quest children put their love and energy into wonderful pieces of art. They sold their art at our Inner Quest Fest and raised \$235.00 for a field trip to the Tellus Museum.

I wanted to thank everyone for all the support we received during this process. The children were also excited to give back to God through their tithe to Inner Quest, what a blessing for all.
(We still have a few pieces left—see Charmayne)

Gift Certificates are a Great Idea

Gift Certificates are available year-round, so you don't have to worry about getting something to suit another's taste or color scheme—or something that will just go in a drawer and never be used.

You can give a gift certificate for spending in the bookstore, or you can gift someone with a free energy healing.

The fee for color therapy, crystal sound therapy, Reiki, Inner Light, or chakra toning is \$50. To gift someone with a reading is \$125. Think about giving a unique gift this holiday season – or anytime.

Family Tree

Determined intention flows within me

To see the development of my family tree

Treasures abound through birth I give

As angelic voices strive to live

Expressing desires, wants and needs

True independence developing indeed

Remarkable courage, undoubting beliefs

The world receives them with little grief

Increasing in age beauty and light

Someone is charmed to your delight

Expressive and graceful, majestic within

Colliding souls do nothing but grin

Going within now looking for strength

As love develops and goes the length

Treasures abound through birth she gives

As angelic voices strive to live

One becomes two, two becomes three

This is what it takes to expand the tree

Determined intention flows within me

To see the development of my family tree

By Charmayne Scruggs





3 Ways to Spiritually Thrive

As we've seen in recent world events, it's no secret the world needs help! Many people feel hopeless, helpless and the negativity is affecting everyone. The question arises, how do we stay positive and hopeful when it seems the world is coming apart the seams?

People are great at masking pain – have a drink, work, watch TV – we'll do anything besides feel! **But you have to feel to heal.** Relieving symptoms is short term, but healing the cause of the symptoms is long term, and that's where spiritual medicine comes in.

Spiritual medicine is feeding your spirit and keeping your connection strong. When your spirit is strong, your ability to heal and deal with the crisis of the world increases – you're stronger physically, emotionally and mentally.

A few simple ways to feed your spirit include: **1. Find a spiritual community.** Whether it's church, yoga, a meditation group, etc. - being part of a greater whole feeds the Spirit. Surround yourself with like-minded people – spiritually focused, and watch the negative people and situations drift out of your life. Don't wait for a crisis to connect, connect now!

2. Get an energy healing- We go to the doctor for physical checkups, now it's time for energetic checkups. Energy healing clears and balances you physically, mentally, emotionally and spiritually. It removes blockages and negativity. You'll be surprised how much lighter you feel, how much clearer you'll think, how you'll sleep better and how you'll have more energy during the day.

3. Personal spiritual practice- pray, meditate, connect with nature, journal, etc. Take personal time every day to connect with and feed your Spirit. If you're taking the time to read this, you're the one making the world a better place. You're the change, the growth, the light in the darkness. You're the ones lifting race consciousness to the light- because you show up!

And I don't just mean waking up and getting out of bed. I mean showing up- with your lights on- your Spirit awake, alive and ready to serve, to make a difference. How exciting, how transforming! Remember this when you don't want to meditate or go to church or do whatever feeds your Spirit. Your light is lighting up the world!

It's not just about you. You affect the whole. And us coming together in Spirit, we are a light in the darkness! It's time to wake up people, wake up and shine your light! It starts with you.

Look to your Spirit and allow that light inside yourself to guide the way.

Love,
Noelle

Metaphysical Study Classes- 2018



In January, we will be offering our Spiritual Foundational Classes that provide deep understanding and ownership of Metaphysical Principles. These are Higher Educational classes that allow each student to make metaphysics a reality in their world.

Metaphysics I is the foundational class in our program. You will learn about the energy concepts of Christianity and God. We study the basic principles that allow us to understand how we, as co-creators with God, can begin to take responsibility for our lives. This is a very important series.

Many people have said that these classes help them understand our Sunday Services at an even higher level.

For those of you who have already completed Metaphysics, we will also be offering the **Aquarian Gospel** series. This is a study of the Aquarian at an energy level. It helps you open your heart to achieve even greater.

And, if any of you who have completed this series are ready, we will offer the **Metaphysical Study of the New Testament.**

Go within and see if this program is for you!

Starting January 6, 2018- the first classes

Metaphysics I	Rev Cindy Fuller & Rev Cheryl Provence
Aquarian I	Rev Patrick Abent
New Testament	Rev Charmayne Scruggs
Old Testament	Rev Bette Webb

Dates: Jan 6-Feb 10 9:30am-12pm

These classes are six weeks long and cost \$150 for the series. Meta, Aquarian and NT, II, III and IV will be offered throughout the year.

Higher Education Classes throughout 2018:

Meta II, Aquar II, NT II and OT II	Feb 24– Mar 31
Aquar III, NT III and OT III	Apr 7– May 12
Meta III, Aquar IV, NT IV and OT IV	Aug 4-Sep 8
Meta IV, Aquar V, NT V and OT V	Sep 22– Nov 3
Meditation I	Feb 1-22
Psychic Development II	Mar 1– Apr 4
Healing Class	June 23-24, 28, July 5,12, 19,26
Psychic Development I	Sep 6-Oct 6

Events



Gratitude Celebration – Church Pot Luck

November 5, 2017

**Immediately following the Service
“Mensgiving”**

This year we are so happy that the men’s group of Inner Quest is hosting our Thanksgiving Pot Luck! They will be making amazing turkeys and are asking the rest of us to bring some side dishes to share. We will be feasting on the grounds – weather permitting– and will have plenty of time to share with one another. So, bring a dish, and a friend. This would be a great Sunday to visit our church and let the world see how beautiful we all are! YEA GOD!

Things We are so Very Grateful for!



Atlanta Fulton County Charities

You would not believe the gratitude that was expressed when all of the food that YOU donated was taken to their pantry. They were particularly grateful that we all purchased what they had asked for!

As a church, we want to thank you all for these contributions. This blessed food will now go to many homes, and they will feel our love.

We thank our platformers, greeters, teachers and prayer ministers for creating an atmosphere of love each and every Sunday. We are so grateful for all of this wonderful support. From all those who show up for special events and special projects, to all those who hold our church in prayer for blessings, we are all invested.

Our church family truly comes together to create a light that blesses the world and all that we do!

We are also Grateful for:

It's Inner Quest 27th Birthday



Monday, November 20 marks our 27th birthday. We are all so grateful for all of the many blessings we have received over these years. God has demonstrated one miracle after another to ensure that we had a beautiful home to work in and that all of our needs were met! We are, quite frankly, a living testament that God is truly in charge. Even when you can’t see how something is going to happen, God always makes a way.

So, as we approach this, we would like to ask all of our members to include our church in their prayers this day. Let us offer prayers of gratitude, celebration, and a prayer of many more years of prosperity and joy.

Lets join our hearts in seeing this very special church being blessed with a future that only God can create! And thanks in advance!

Our Church Volunteers

From the grounds crew to the people who keep us going every Sunday, our church could not be what it is without all of the beautiful assistance that is given.

We have four audio volunteers and four video volunteers who are our backbone for maintaining a lovely Sunday experience for everyone.

Up Coming Christmas Events



The Metaphysics of Christmas

Join us for a fun filled evening as we remember the great love that created us and the great love that was given to us in Jesus’ coming. There is magic to our lives and magic in the Gift of Jesus the Christ!

December 17, 2017

Sunday 7:30pm, Love Offering

Christmas Eve Candlelighting Service

This year, let that Christed consciousness light the way to a celestial oneness. Join us in this Candlelighting service, and together we will illuminate our world with peace. Share in this Christmas Spirit. Love Offering

Sunday Evening, 7:30 p.m.

December 24, 2017

New Year’s Burning Bowl Ceremony

Join us in lifting into higher vibrations of love as we enter the year **2018**. Love Offering

Sunday Evening, 7:30 p.m.

December 31, 2017



Unbounded

When I say I'm grateful
I open up the door
That can't be seen with the human eye
Where blessings of our Father lie

An open heart our ready key
Unbounded love then eternity
The never ending story plays
Can we see beyond the haze

Into a brand new world of light
Dare we to partake
To know the power of our thought
Our destiny to make

It's up to us to let go
The treasures of the past
Onward on the journey
Our home in sight at last

Peace,
Patrick

Inner Quest

*12830 New Providence Road
Alpharetta, GA 30004
(770) 521-2875*

God Bless.....

