

---

## COMMUNICATIONS

September and October 2017

---

### Eclipse

Most of us had the opportunity to experience at least a portion of the eclipse that went through our area, Monday, August 21. And what an experience it was for all of us who got to witness the beauty!

At church, there were moments when we all experienced a dizzy disoriented sensation, which was followed very dimensional vision. Everything looked like we were watching a 4K TV. As we experienced the twilight, the awe was tremendous and our parking lights came on. Then as the moon began to move away, we could hear the roosters crowing, welcoming the new day!

And energetically, it was a new day. This eclipse interrupted the sequence of our lives. All of our patterns, and conditions that we live in now, were halted for a moment. The Earth found herself in a new relationship with the Sun as even her rhythm was "paused and reset".

We had shifted our patterns with the world around us. Everyone felt the effects. We moved from our normal base line, into a suspended detachment and then we were reset back into our reality. For us, we used this time to claim the energy of our own Christed consciousness to be present in all we do. A great claim for our new lives.

Now, a few days later, we are all experiencing the rebalancing that has to occur. If you can imagine a running stream of water that is dammed so that a clear space can be created— that is what happened during the eclipse. Then imagine after a few minutes, someone rushes in and removes the dam quickly and totally. The water that had been held back now moves with a greater intensity to refill this empty space, and as it does, the patterns created in this space are now different. This establishes the new intentions, however, in order for life to engage at this new level, the energy needs to once again become a gentle running flow, steady and consistent.

As we have walked these passed few days, we have all been feeling a frenzy of energy, needing to refill the space the eclipse created. For many of us, it felt like we had to rewrite everything at one time. So, breathe easy....we are all in this together.

Now, several days have past, and we can begin to feel a leveling of the energy as it moves into a new pattern for each of us. Over the next few weeks, we will be able to fully recognize the new world we have chosen. But for now, be gentle with yourself. Realize the Universe is assisting us in becoming greater. And be grateful for everything.

The one comment I have heard repeatedly by those who witnessed this heavenly event was, Watching it was touching God!

Much love to all,  
Cindy

### To Love - The Priority

As we all grow and mature, we become aware of the importance of being able to prioritize - To deal with our life choices in order of importance.

We live in a very busy, ever changing world and it's up to us to claim our place, to claim who we are and what our contribution to life will be. Everyone is unique and integral to life, so it behooves us to "Know Thyself", and then "Be Thyself". Sometimes the busyness of our daily living, with our responsibilities and our agenda, get in the way of our being. This is when the ability to prioritize becomes a valuable tool not only for our forward motion, but also to maintain a degree of sanity. I think the saying, "Stop the world I want to get off" is becoming a more familiar thought as our world seems to be speeding out of control. We are being presented with more choices and information than ever - it is up to us to choose that which would serve our highest good on our Soul Journey.

This journey is the opportunity to be the love of God manifest. Perhaps, we came to create a good life rather than a good living. These are two different perspectives which will probably create completely different life experiences, really two completely different worlds. However, when God's love is the foundation of any of our intentions, the result will always be for the highest good of all, and in alignment with our soul's purpose. It is all good. In our journey from outer validation to inner knowing, we will begin to understand who we are and, in turn, begin to express our unique essence. To Be Love.

Jesus often stated, "It's the Father's within who doeth the works, who speaks the words." Jesus allowed God's love to be expressed through his unique vehicle - could his words "Follow Me" mean anything less? Jesus's simple message of Love is timeless. What if all the people in the world, including us, are here to just love and be loved? There is only one way to begin the process, and the path begins in the heart. As we seek the Father within in simple humility and love, all of our experiences will reveal the innate essence of love as creator - as within, so without.

As a part of our Sunday Services in August, Cindy had David, Jason, and Kristin share an aspect of their life- Something they came to learn, understand and then transcend. Their living parable was a beautiful gift as they opened their heart and shared a part of themselves. In each story we could see how loving themselves was such a priority.

These stories also gave us all the opportunity to connect and just love - to acknowledge the journey of another soul and say well done. The gift of Love!

Love creates a space for God, a safe space, a space some might feel as home. Love is priority -

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** Office Manager

## Upcoming Events

- Sep 04 **Men's Breakfast is Cancelled** Enjoy your Labor Day
- Sep 09 **Reiki Night** 6pm-8:30pm *Love Offering* A wonderful opportunity to receive a healing for your body, mind, emotions and soul. Come between 6 and 8:30 to receive, or schedule your session!
- Sep 17 **Bookclub** 12:00 pm following the service. Feel free to join the group! This month they will be discussing the book, *Traveler* by L.E. Delano
- Sep 22 **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.
- Oct 01 **Budget Meeting** 1pm-3pm- Our financial committee will meet to begin to formulate our budget for 2018! Please send prayers for a great expansion!
- Oct 02 **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.
- Oct 14 **Inner Quest Fest** Saturday 11am-5pm Join us for a day of Readings, Healings, Food and Fun! Unique vendors will be there. Bring a friend and stay all day! Children activities, too.
- Oct 14 **No Reiki Night- come to the Festival**
- Oct 21 **Writers Workshop** Saturday, 9:30am to 4pm \$36. If you are currently writing or have a book within you, join us as we create a space for your energies to flow. A meditative space of creativity will be formed, then we will all find a place to write. Bring your lunch so we don't break the energy. Come and experience the power of group consciousness!
- Oct 27 **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. It is a great group of souls on the same path.
- Oct 29 **Book Club** meets at noon. Book to be determined at the September meeting.
- Nov 05 **Church Gratitude Pot Luck** Sunday -following the service. The Men's Group is hosting this gratitude potluck and will be making turkeys! Please bring a side dish to share. We would love for our entire church family to join us as we celebrate each other. Thank you, Men!!!

## WEEKLY ACTIVITIES

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

Counseling, Spiritual Readings, Body Scan's, Reiki, Color Therapy, Crystal Sound Therapy, Chakra Balancing, Inner Light Therapy, RoHun Therapy, Reiki-Color Combo, and Creation Meditation for Couples



October 14, 2017  
11am-5pm



**NEW  
NAME!**

**NEW  
VENDORS!**

**NEW  
ENER-**

**NEW  
ACTIVITIES!**

**Activities & Gifts  
For Body & Soul**

# Inner Quest

## New Members



We are always so excited when people are guided by their hearts to join our Church family. Welcome...

**Rudi Augustin  
Lynn Bettis**

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

The energy is building for our fall fundraiser! The new **Inner Quest Festival** will include everything you loved about the Psychic Fair of past years—the readings, healings, food, and our favorite vendors will be returning as well. But this new Metaphysical Festival will feature some new activities and many new vendors.

There will be scheduled activities for the kids; there will be crystal classes where you can learn about the crystal you take home with you. No registration is required for the free outside classes under a tent where you can learn about ideas that interest you.

The same fabulous food will be prepared and delivered to you in a basket with little to no waiting. We've even added some additional items as well.

This will have a new look and a new energy and we know you will want to participate and attend!

Decide what you'd like to do! We'll need people for readings, healings, front desk, food prep, bookstore, setup and cleanup.

**We'll be calling you soon!**

## Children's Room Gets a New Look

For the past 16 years every fall, we have a "Hands on the Wall" day where we have had our little children put paint on their hands and then placed them on the walls in the bathroom downstairs. This was done so that they could feel a part of our church and would know how much they were loved. I had hoped that over the years, the children could see their little hands grow over time. Unfortunately, only a few of our children have been with us long enough to have this full experience.

During our August Council Meeting, we all approved the funds to "redo" our children's area. This will include a major upgrade in the children's bathroom. And, since we are intending to renew for a better foundation, we will be painting over all of the "Hands on the Wall." So, if any of your children have placed their hands on the walls, please feel free to take a photo. Work will begin in the next month.

As we make this change, I do hope that each and every child that has been a part of our world will remember that at one time, they were loved by a beautiful church family.

## As We Enter the Season of Gratitude....

### A Canned Foods Drive



During the month of September, the Outreach Committee is kicking off a Canned-Foods Drive to benefit the Food Bank at North Fulton Community Charities.

As a church, we often find the need to refer people to NFCC when we are approached with requests for assistance. North Fulton Community Charities is an agency where they help with temporary housing, food, utilities, and day care on a merit basis. They are a helping hand, not a hand-out organization: they help people find resources to get back on their feet.

So, look for the canned foods collection bins in the lobby during the month of September. The specific requests from the Food Bank Manager are:

- All types of Dried Beans**
- All types of Canned Meats**
- All types of Canned Broth**

There is a temptation to clean out your pantry, **but please make sure anything you donate is within current expiration dates.**

This is an easy way we can lend support to those experiencing challenges in their lives. And it is an opportunity to remember how grateful we are for our ability to help others.

Gratitude is something we need to live every day of our lives. It opens the door to abundance and allows you to recognize your blessings!

## New Council Members

We are very happy to announce that we have two new council members! Rev. Charmayne Scruggs and David Fuller have joined our team. So you will be seeing and hearing from them a lot more.

Please feel free to speak with them or any of the other council members about suggestions for change, contributions you want to make, or any ideas that you think will help our Church grow in beauty and style!

Other Council members are: Rev. Cheryl Provence, Bonnie Westbrook, Rev. Patrick Abent and Rev. Cindy Fuller.

# Sundays at Inner Quest

## 2017 The Year of New Beginnings

Preparing the Soil to Grow the Christ

### September

#### Metaphysical Christianity as a Way

Sept 03	Finding a Way	Cindy Fuller
Sept 10	The Way of Love	Cindy Fuller
Sept 17	Kindness as a Path	Bette Webb
Sept 24	How to Stay on Your Path	Patrick Abent

*"I Am the Way, the Truth and the Life."*

### October

#### Growing New Skills

Oct 01	Seeing with the Eyes of God	Cindy Fuller
Oct 08	Discover your Healing Abilities	Cindy Fuller
Oct 15	Communication is Key	Patrick Abent
Oct 22	Talking to God	Cindy Fuller
Oct 29	Angel, Guides & Teachers	Cindy Fuller

*"I Am the Expression of God's Perfection!"*

### Living Our Spiritual Truth!

This fall, we will be exploring how we can truly embrace our faith in practical ways that will allow us to fully step up to the Christed Path. During September, we will be exploring the path that Jesus Christ left for us. His way of living and worshipping God hold the keys to our own evolution into Spiritual Beings of Love.

Then in October, we will learn how to unfold many of the spiritual gifts that we all possess. From being able to read energy, to healing, to speaking from a spiritual framework— we all can open these abilities and allow them to become a part of our daily lives. Everyone on the Planet is a child of God. But, those who acknowledge this and are actively working toward a conscious realization and experience of this, are those that will achieve it.

Jesus Christ said, "Everything I do, you can do and greater." We can all start with the little things in our own consciousness. As we open to express the divine, we help the entire world to lift!

*If you endeavor to raise the Christ within you, you help to raise all mankind.  
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, brethren! 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*

### Benefits of Coming Together on Sundays!

Every Sunday when you get ready to come to church, are you fully aware of what you are doing? This is perhaps one of the most powerful things you can do for the evolution of your soul.

When you join your energies with a group consciousness, everything becomes exponentially greater. Not only do you bring your light and love to your spiritual family; not only do you receive all of the light and love that others bring— but you are also reframing your attitude toward your life.

Spirit said,

*"The Sabbath detaches us from Matter so  
New Spiritual Energies can come into us."*

What a powerful message!

Whether we know it or not, an energy of God's love can easily move into us and through us when we join to celebrate God together. So, as we are all looking for easier ways to navigate through this world, perhaps we could truly make it easy for ourselves and simply...Come to Church!

### Gratitude Potluck

#### November 5 After Sunday Service

At our men's breakfast in August, we were talking about inclusion, gratitude and life. After a spirited discussion, the idea of a Church Potluck was birthed and our creative juices began to flow.

The central thought was "how grateful the men were for our church, and all of our members". We wanted a way to express our gratitude for everyone so we decided to have our family come together and share this meal.

The men are going to prepare several Turkeys in an array of unique and creative culinary expressions. I can't share all the ways, but they will all be made with love! Like all potluck dinners, we ask that you bring your favorite side dish to share and also maybe a story about your journey. I hope you all can attend.

We have an awesome church family, come and meet new members and reconnect with old friends. A great time will be had by all.

Patrick

# 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.*

## September

*This month, we are expanding our experiences! Each Tuesday will be a unique opportunity to grow.*

Sept 05 **The Rainbow Race** Join us for an enlightening discussion of how the astrological planets align to create a space for many types of consciousness to work together for growth and empowerment! Cindy Fuller leads.

Sept 12 **Crystal Meditation** Patrick Abent will lead us in tapping into the energies of mother earth. Bring your favorite crystal.

Sept 19 **Emotional Frequency Technique** Tonight Cheryl Provence will lead us in understanding how we can access hidden emotions that are triggering limitation in our energy fields.

Sept 26 **Messages from Mexico** Tonight we will share spiritual messages received from an ancient land and send our blessings to connect.

## October

*In October, we will explore how to raise our frequencies to a high and sustained level. By lifting our energies, we transform our world and we affect the entire world around us!*

Oct 03 **"Higher":- a Hemisync Recording for Sustained Meditative State** Tonight we use this cd to transport you to illuminating levels of awareness. Come early so we can start on time! We want to do the entire movement which is 45 minutes. Dress comfortably and bring pillows.

Oct 10 **Color Therapy-** Gold, the color of the Christ. Join us for an evening of recalibrating to our own Christed natures. This is vibrational food for your body, mind and spirit. Bring Pillows

Oct 17 **Color Therapy-** Purple, the color of your Higher Purpose. Tonight we will immerse ourselves in the color of our crown chakra. This is designed to reignite our purpose and our soul's presence on the planet. Again, bring blankets and pillows.

Oct 24 **Group RoHun** RoHun is a transformational healing technique which removes blocks to your forward motion! If you want to kick start your potential, come tonight. Bring pillows and blankets.

Oct 31 **Angel Meditation** As the little ones roam the planet, we will hold the frequency high and contact the angels that provide our guidance and nurturing love. As One is healed, All are healed. As One is lifted up, All are lifted up! Join us.

*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!*

### **Healing Night is now REIKI NIGHT**

In an effort to reach more people, we are renaming our Healing Night. Many people today know what reiki is and would have a better understanding of what we do on our regular healing night. This allows them to know what type of healing they will be receiving. And for many, the perception of the name, Healing Night, would indicate that they need to be ill in order to receive. But everyone, whether they feel they are in need of a healing or not, are always in need of reiki.

So, no matter what we call it, it is still the wonderful evening of receiving God's love into your body and spirit. AND you will still be able to call ahead and schedule your perfect time!

#### **Profundation**

**Life is About Doing Truth-**

**L Tinsley**

### **Have No Fear**

When you are centered within, there is no fear.

When you allow your power to go outside of self, you can experience fear.

We call it fear of the unknown, but when we face it, it becomes fear of what we have created.

To face what we fear allows us to recreate.

Find the power within and face what you have created.

Only then can you change your world.



### **Crystal of the Month**

We have a collection of clear quartz crystal points that we charged with the energy of the solar eclipse. Quartz crystals are called the master crystal because they are used for transformation. The qualities of clear quartz are:

They can be programmed

They store information

They transmit the energy or information stored.

These particular quartz points are super charged with the energy of transformation that showered the Earth during the solar eclipse. These are tools that can be used to support you in your transformation. At \$5 each, it is the deal of the century.

## Watching Your Internal Dialog

There are things that we've heard all our lives and we unconsciously parrot them, but are they true? I'm sitting here looking at a mess I've made of things, and I laughingly tell myself, "Well, life is not a success-only journey." But is that true?

Life, our human this-time-around life, is definitely a journey. So that's true. But on reflection, is life "not" success-only? Take the "not" out and the statement can become metaphysically true.

Life is a success-only journey if your understanding of life is realistic. Life is a series of experiences and some of them are great and uplifting. Then there are those experiences that are painful. They don't feel like success. However, the potential for success is there.

Success in life comes from learning. What did that painful experience uncover about yourself? What, in you, drew that experience to you? Is there a need for change and growth that you can identify? If you can pull a positive awareness or action out of a negative experience, isn't that success?

Bonnie Westbrook

## Special Classes and Workshops

### Writing Workshop

**Saturday, October 21 9:30am-4pm \$36.**

This is time for all of you writers to gather and create in group consciousness. You will not be sharing your work, or helping anyone with theirs. We will just gather and lift into a higher frequency to channel the next step in our own personal work.

This is a wonderful meditative space of creativity.

If you are currently writing or have a book within you, join us as we create a space for your energies to flow. Bring your lunch so we don't break the group energy.

### IQ BOOK CLUB UPDATE-

**Bonnie Westbrook, reporting**

The IQ Book club is a success! The last two books explored metaphysical principles in completely different ways: The Game of Life & How to Play It by Shinn, and The Richest Man in Babylon by Clason.

In September the discussion will be lead by Avery Chadwell who has suggested we read, Traveler by L.E. Delano. This is a fiction book about characters who experience alternate realities.

Upcoming meetings:

September 17—Avery Chadwell, leader

October 29—Peggy Mills, leader

December 10—Andrea Spidalieri, leader

January 21—Rev, Bette Webb, leader

Currently we meet after church at noon in the blue room adjacent to the sanctuary. These meetings are very informal and we are learning so much about each other in these discussions! Someone's always suggesting new authors and new subjects, so it's really a lot of fun.

**Our meetings are open to anyone, and we are always looking for new members!**



## Message about the Eclipse channeled by

Lori T.



*Peace be to you. You are so loved. You are loved beyond measure. Open to the new energies around you and allow yourself to be fed by this new vibration. It may feel foreign, but you will adapt easily.*

*Your vibration will rise, and you will shift into new awareness about life on this planet you call Earth. The vibrations have been a mix of low and high, but this wave of energy coming to wash over the planet will bring a new equilibrium. Those sensitive to energy will be well aware of the change. With it comes a new sense of peace and hope, along with new ideas for the coming age. Your awareness will quicken as does the frequency of the planet. You will be more aware of ideas coming to you. You will act on them for they feel perfectly natural rather than bizarrely out of the ordinary. You won't think twice as new ideas and thought patterns form. You will be excited about the newness of the energies and all the opportunities and openings that follow.*

*Step joyfully and gleefully into these new energetic patterns surrounding you. You are fully supported by the Divine as you walk and take next steps into what you call your future. Share with those you trust these new experiences, and in the secure environment of trusted company the energy will be nurtured and grow. Your acceptance of the newness allows for exponential growth for you and the planet.*

*Love the change. Love the newness. Love those with whom you share. That love will attract more love to surround you as you walk these uncharted waters, alive and buoyant on the sea of change. Love conquers all. Send love to the eclipse. Let the love shower down over the rarity of this event. Let love embrace change and uniqueness.*

*Let love embrace all things new and different. Let love embrace you for you are the Oneness. Step into brotherhood for it is your heritage and your future. Wash in love and become anew, one with all mankind. You are distinct and separate yet part of the whole. Remember this as you take next steps in your creations.*

*Your power and grace are one with God always....*

### Matter

So much to do...I lose purpose

So much to dream...I lose focus

So much to understand...I lose the ability to see myself

I am, I am, I am...Breathe

Cf



## Festival

### Inner Quest Presents



### Activities & Gifts For Body & Soul

#### What is it?

Our semi-annual *InnerQuest Fests* are fun ways to *explore metaphysical thought*. We offer mini-readings, healings, classes and other activities. The readings and healings are \$15 each, and some of the classes are \$5, some are free!

These festivals are annual fundraisers for Inner Quest and we really want everyone to attend and encourage their friends, family and neighbors to make it a fun Saturday event.

These festivals are *fun for the entire family*. Activities for children are scheduled and posted on the grounds, and freshly grilled items are available for a *tasty lunch*. We offer hot dogs, hamburgers, brats, salmon, chicken and vegetarian items as well. Many come just for the lunch!

Shopping for yourself and for gifts is highly encouraged! We invite *unique vendors* to come and sell their *specialty wares*, like artisan jewelry, decor items for the home, candles, artwork, pottery, and organic or eco-friendly consumables like local honey, eggs, seasonal plants, and produce. Our bookstore and gift shop will be open where you can purchase crystals, books, cards, jewelry, incense, and other gifts.

***InnerQuest Fest Registration:***  
***Prepaid reservations will begin on October 1.***  
You can call to book your sessions or make your plans in person anytime you are in the church.

For this festival we are HIGHLY encouraging you to book before the event if you want a specific reader or a specific healing. We are wanting all of our great workers to work a little and play a little, so that favorite reader you want, may not be available all day. That healing session you have in mind may only be available early or late, so plan ahead and book early.

#### ***InnerQuest Fest Hours:***

Saturday, October 14 from 11am to 5pm

#### ***Vendor Participation:***

**COST:** There is a \$10 non-refundable booth fee in addition to 10% tithe on your total sales. A typical fair will be visited by 150-200 people. You will need to register with the office, 770-521-2875, and we can answer your other questions at that time.

**SET-UP:** Vendors bring their own tables and/or canopy and set-up begins at 9:30am, Saturday, Oct 14.

**WEATHER:** We have never cancelled in 20+ years due to weather, so it's a rain or shine event. The area is largely covered by trees, so use your own judgment about bringing a tent or canopy. You are welcome to come and look at the vendor area.

#### ***Special Package Deal!***

**\$25**

**for**

**One Reading Session &  
One Healing Session**

#### ***InnerQuest Fest Location:***

Inner Quest Church  
12830 New Providence Rd  
Alpharetta, GA 30004  
770-521-2875  
(don't call during the fair!)

Connecting Dots

Resting at the waters edge  
A sanctuary open to all  
A place where many come to cope  
Others seeking new found hope

Water and Rock mingle in peace  
An untold story revealed  
Transformation at its base  
Seems too simple in any case

What is real, what is dream  
Reluctantly, labeled experience  
Just to move into the IS  
Will show us what we miss

Connecting dots, we like to trace  
Creating our own unique story  
If Oneness is the truth of life,  
To God, let's give the glory.

Peace,  
Patrick



*Inner Quest*

*12830 New Providence Road*

*Alpharetta, GA 30004*

*(770) 521-2875*

*God Bless.....*