



Inner Quest

12830 New Providence Road, Alpharetta, GA 30004 www.innerquestchurch.org

(770)521-2875

COMMUNICATIONS December 2018

Christmas Light

We all love Christmas! It is that wonderful time of year when everyone stops to acknowledge one another with love. A smile and a wish for a Happy Holiday fills our senses as we are actually feeling **what energy blessings are all about!** This is so easy to receive and so easy to return to the giver. It is a beautiful gifting of "good will" - the energy gift of love.

But for those we love in our world, our exchange doesn't stop there. Almost all of us experience this season as a time of purchasing that special item for the people we care about. We shop and shop looking for that "thing" that will show how much we love them.

Showing our love through matter is a long held tradition for the human race. And it is very much valued. But what happens when your loved ones truly have everything they need? If they want something during the year, they manifest it. So, what can we now do to give our love in matter?

If we could see the sparkling lights that move from our hearts to those we love, we would see matter at its finest. The very love you feel and the joy you send has dimension and texture! It is real! And when we bathe anything that we have purchased in these sparkles of love, the matter becomes heavenly.

Perhaps as we find our gifts and treasures this year, we can take the time to bless them with millions of particles of love. And when the recipient receives your gift, the sparkles can come into their energy field to bless them in ways they desire. Then they are free to return the other matter if they choose. The love that you had wanted to give has now been received.

Jesus' arrival on the Earth plane was a greatly anticipated event. The wisemen knew and brought gifts that would bless his family as he grew. And while each of these gifts have a wonderful spiritual meaning, they were literally charged with the faith and love and truth held by these men - strangers to the baby's country, but not to the God who sent him.

God's love flowing unconditionally from one human heart to another is the greatest Christmas energy we can share.

Think of this when you prepare to receive your Christmas blessing from God. Visualize the sparkling lights that will engulf your body, mind, and spirit. Take in every little drop of love and let it move through your consciousness uplifting and enlightening it. And then, let it flow through you!

Bless the world with God love this Christmas and watch the matter in your world glow!
With Christmas Love,
Cindy



Circa 1954

The magic of Christmas through the eyes of a child is a wonder to behold. The innocence with which they experience the season is a gift to us all. We came to the planet to experience the essence of God in form and Christmas does just that.

Come back in time with me to one of my most memorable Christmases - Christmas Eve 1954. Our family is preparing to go to Grandma's house for the celebration. There are a lot of us, dad and mom and 8 siblings, and we pile into the station wagon and begin the journey. An hour later we arrive at Grandma's house. They lived in a different world. Here, Christmas was celebrated on the Eve in the German tradition.

The house was probably over decorated, but through the eyes of this little Pisces child, it was this magical world I would get to experience for several hours. The Christmas tree was flocked in white and then decorated with these beautiful handmade German figurines of multiple shape, size, and colors. The tree lights were made to look like candles and bubbled a unique radiance, all pointing to a big beautiful star at the top of the tree.

The house was filled with family: aunts, uncles, cousins - some that we'd only see once a year. This celebration was for family. You see, my grandparents were immigrants. They left their old world to create a new life. They worked hard and they raised 4 children, and it was their good pleasure to prosper their family. But I digress.

Back to the celebration. All of us cousins would separate from the adults and share our excitement about this evening.

Dinner was served. It seemed like there were tables in all the rooms there were so many of us. But there was more than enough food, followed by German desserts and pastries. I had never seen so much food and it was all you could eat.

After dinner, the excitement began to build. The tables were cleared and the finale was near - Presents. I had never seen so many presents, it was overwhelming. All the children received toys - no clothes or underwear here. And they were the special once a year toys - big and fun. Life couldn't get much better than this. And then just like Cinderella, time to go.

Back to my old world.

But I now knew what could Be.

This seed of love planted in my innocent heart would lead me to explore the wonders of life. And that is where I found God.

Merry Christmas to the Children of God,
Patrick

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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	Bookkeeper
Madison Ivanyisky	Office Manager

Upcoming Events

- Dec 03 **Men's Group** —Monday, 6:30-8:00pm. Join Patrick as he makes eggs for breakfast for all to share! Bring a dish and have spiritual conversation.
- Dec 08 **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 09 **Kid's Shopping Day** —During Sunday school, our kids will be shopping with the help of Elves!
- Dec 14 **20's and 30's** —Friday Night. Come at 7:00pm for our Pre-Christmas gathering. Bring a white elephant gift (\$10) and have some metaphysical fun as we prepare for the holidays!
- Dec 16 **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*. Childcare provided.
- Dec 24 **Candlelighting Service** —Sunday, Christmas Eve, 7:30pm. Join us for a time to honor Jesus the Christ and the light within us all. *Love Offering*. Childcare provided.
- Dec 25 **Christmas Morning** —May you all feel the love of God and Jesus Christ pouring into your hearts!
- Dec 25 **Tuesday, Christmas Day, the Church will be closed for sessions.** —There will be a Christmas Meditation Tuesday Night, 7:30-9:00pm.
- Dec 26 **De-Decorate the Church** —Wednesday, 1pm. Help us pack up the old and prepare 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—2019! Child care provided.
- Jan 05 **Metaphysics I & III, Aquarian I and New Testament & Old Testament** —Saturday, 9:30am –12:00pm. A wonderful way to understand what living Metaphysically is all about! Start with Metaphysics I for a foundational class on living a new truth!
- Jan 12 **Reiki Night** —Saturday, 6pm-8:30pm. This is always such a beautiful evening of healing. The Reiki Masters are flowing through our entire healing team, and miracles occur. Come and receive the gift. *Love Offering*.



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

*The Journey of Life is to know Oneself,
the Path begins in the Heart!*

Our Christmas Family

We love to share our love with the world. This year, we are sponsoring thirteen children. One group is from Cherokee County and another group is from a local school. These children range in age from 1 to 16 years old. As you look at the "wish list" for most of these kids, the basic necessities are listed as desires.

As usual, you will find the lists in the foyer. Please see what gift you would like to give, sign your name for that particular gift and take the tag with you (the sizes and details of your gift are written on the tag). On the back of your tag, you will see whether your gift needs to be wrapped or not, and when your gift needs to be returned to us for distribution — (see the instructions printed on the back of the gift card). Make sure you return the package tagged with the gift number and name of the child.

If you would like to contribute, but are unable to shop yourself, please let Cindy or Patrick know. We will make sure that what you want to give is purchased.

Remember every little bit helps to make Christmas wonderful for these kids.

**All gifts are to be labeled with gift
number & child name.**

**Some gifts need to be in by Tuesday, Dec 11, and some by Dec 16.
Check your tags.**



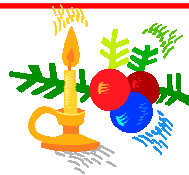
Bookstore Specials December

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:

Dec 2 thru Dec 8	Books & Music
Dec 9 thru Dec 15	Home Decor items & all Angels
Dec 16 thru Dec 22	All Jewelry & Feminine Apparel
Dec 23 thru Dec 29	Incense & Candles
Dec 30 thru Dec 31	GET YOUR OWN PRESENT (everything but crystals)

Mark your calendars and plan to be with us each Sunday to take advantage of the sales.
Shopping in the bookstore helps support your church!



Metaphysics of Christmas

Dec 16, 2018 at 7:30pm.

This Year's Presentation is going to be awesome, but we could use some help to make it all happen. If you would be able to bring some goodies for our reception afterwards, that would be great.

Let's join our hearts to make this an amazing presentation!

Kid's Shopping Day

December 9, 2018—During our Sunday Service

Every year, we take a day for our children to do some Christmas shopping in the bookstore. We, of course, have a great selection of merchandise that would fit the humble budget of a child!

Shopping Elves will be working in the bookstore to assist the kids with their purchases.

On Sunday December 9, 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, look for the envelopes designated for *Kid's Shopping Day* in the lobby. Follow the instructions in the envelope and you can send in cash or a check to cover the amount your child is allowed to spend. We can also handle charges the same way. Bring the special envelopes back to Bonnie in the bookstore. She will hold them until the shopping day.

We look forward to helping our children celebrate the spirit of giving. The kids always have so much fun, and the Elves love helping the kids with the gift wrapping too!



In Memoriam Gifts

We want to thank Janna Leff's family for the gift made to Inner Quest in memorial to her father, Jan Redding, who transitioned during October this year.

Remember, you can support Inner Quest Church and honor a person or occasion by sending a tax deductible donation to the church.

An Honor Donation could commemorate any type of occasion: Funerals, Weddings, Graduations, Birthdays, or anything of importance. Just let us know who or what the gift recognizes. We'll be glad to send a gratitude letter in acknowledgment!

Stay Healthy Program

During December, we are offering a deeply discounted opportunity to heal! Our package of one Crystal Session, one Reiki Session and one Inner Light session will strengthen your body, balance your emotions, and clear your mind.

We are offering this for \$105 for all three sessions. All packages purchased during December will be honored throughout February 2019.

Makes a great Christmas Gift as well!

Sundays at Inner Quest

2018 The Year of Becoming

December

Touching the Heart of God!

Dec 02	Uplifting Tradition	Rev. Cheryl Provence
Dec 09	Angelic Love	Rev. Cindy Fuller
Dec 16	Awakening the Heart	Rev. Patrick Abent
Dec 23	Merry Christmas	Rev. Cindy Fuller
Dec 30	A New Way to Shine	Rev. Cindy Fuller



"The Light of the Christ enfolds me Now!"

Christmas—that wonderful time of year when we open to the remembering of God's Love. All hearts are open to receive and open to give; and most hearts are turned to feeling the immense love that showers mankind. During this time, the veil thins and the beautiful angels of Christmas come close in consciousness so that every man can feel their touch. In this energy of receptivity, the Angelic presence can truly begin to create miracles, blessings, and transformations.

Jesus Christ came in on such a wave of love. The heavens were ablaze with love for the one who would be born as the Christ and help mankind remember his sacred journey. As children of God, we had forgotten our source. We had forgotten that we were Spirit, so Jesus came to teach us how to re-connect with that Divine light that lived within each heart. He was the Awakener. And now, at Christmas, we can access that energy that brought him into our world, and the energy that He left with us when He ascended.

All of this energy is very real, and very tactile. Open your hearts this month and ask to feel the amazing gifts of the Angels and the love of God for Man.

Join us Sundays during this beautiful holy season. Let's celebrate the Christ together!

*"Christmas is the greatest Spiritual Season for it
binds the human family together as the heavenly family is bound.
The light shines from the heavens and enters the cave, the chakra of the heart.
There the light gives life to the Child, renews the Christ life.
It is not enough that you accept this truth with your mind.
You must accept and believe with your whole being."*

"Way of the Sun" by White Eagle



A Christmas prayer

God,

As I see all of the beautiful lights of this holiday season, help me to know that you are the light in all. Creator of the great and small. Creator of me.

As I seek to purchase that perfect gift for my family and friends, help me remember that we are celebrating your love in us. And when I share my love I am also acknowledging Your Love in my fellow man.

As I seek to become the joy of the season, help me feel the pure joy of living as Spirit in matter. Help me celebrate this lifetime, this journey, this moment.

And as I seek to connect more deeply with you and Jesus Christ, please take my hand. Please flow through my Being and flood me with the knowing that I am, and all is well.

Thank You Father/Mother God

2019 – The Most Amazing Year

- Jan 05 - Metaphysics I begins – Foundational class of Metaphysical Principles.
- Jan 10-31 Meditation I Class – Four weeks that will change your life! Thursdays, 7-9pm.
- Jan 13 - Book Club begins again – Traveling Light by Lynne Branard.
- Jan 18 - 20's and 30's – Time to gather and discuss Metaphysical topics of interest.
- Feb 03 - Reiki I Class and Initiation – Sunday after church, 1pm –5pm. You will learn about the amazing healing energies of Reiki and you will be attuned to the Reiki frequency so that you can become a Reiki Healer.
- Feb 15 - Poetry and Scones – Friday Evening, 7:30pm. This night we will celebrate life by sharing our own personal poetry while we enjoy scones and tea. Bring a poem written by you and share your light with the world.
- Feb 27 - Book Club meets—book TBA

Sunday Service can be viewed on YouTube, and listened to on our 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.

December

December may be the greatest month of connecting with the Universal Energies of Love! Divine Beings of Light draw very close to the earth in response to Mankind's focus on love and brotherhood. Christians, holding their deep and intense love for Jesus Christ, lead the way to creating a vibration of Heaven on Earth. Join us for some amazing opportunities to embrace this angelic love and support!



- Dec 04 Santa Meditation** – Our annual meditation of connecting with someone in the Atlanta area that could use some spiritual strength and faith support. Everyone can share their love!
- Dec 11 Christ Light Healing** – Come and open to the vibration of the Christ. We will allow the Christmas Angels to flow through us for a healing of our core.
- Dec 18 Christmas Meditation** – Come and relax in the energies of pure love as we allow a Christmas Angel to guide us on our own personal Christmas Journey.
- Dec 25 Christmas Evening-Spiritual Connection** – For those that would like, we will be connecting with the spirit of Jesus Christ and the Christed Consciousness which is bathing the earth. Join us in this special time.

*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.*



Higher Education Classes- For Everyone! Begin January 5, 2019 Foundational classes to inspire and teach the building blocks of metaphysical thought!

Each class series consists of six classes held on Saturday mornings. Class begins at 9:30am and ends at 12:00pm.

Metaphysics I– An amazing experience which will help you define principles of energy. Transformational at its core, the ideas presented here will become the basis of your reality!

Metaphysics III– Universal Laws –You will need to have completed Metaphysics I and Metaphysics II to enroll in this class. This is an in depth study of the Universal Laws and how we can activate them for our use.

Aquarian I– The next step for those that have completed the entire Metaphysics Series. The Aquarian opens the heart and calls for the love within to begin to express outwardly!

These series classes are life changing in every way! Check your heart to see if this is your next step!
**Classes begin Jan 5, and run through Feb 9.
Sign up sheets are ready!**

Higher Education Classes throughout 2019:

Meta II, Aquar II, Meta IV	Feb 23– Mar 30
Meta III, Aquar III	Apr 13– May 25
Meta IV, Aquar IV,	Aug 3-Sep 7
Aquar V	Sep 21– Nov 2

Other Classes for 2019

Meditation I Jan 10-31

A four week series to teach the basics of Meditation practices. You will learn a new technique in each class. \$80

Psychic Development II Mar 7-Apr 11

The next step in your journey of “reading” the energies around you. If you have completed Psychic Development I, you are now ready to learn about dealing with people on the other side, clearing energy fields in homes and offices, and learning how group consciousness can affect the whole. \$450

Psychic Development I Aug 8– Sep 12

A six week series to teach you how to calm your focus so that you can begin to see into another's energy. These are easy techniques to not only “read” someone but to also begin to interpret the symbols and energies you touch. Foundational class for all others. \$450

We also offer Healing Class, Psychic Development III, Merkaba, and Color Therapy. Class Dates for other classes will be confirmed throughout the year.

Inner Quest

Sharings

TRUTH

By Bonnie Westbrook

What is really true in our lives? On the surface, this appears to be an easy question.

I really believe everything my family members tell me (Do I mean that?).

I really know that the guy I've voted for will do exactly what he said (maybe?).

I know my mother loved my brother more than me (Can you really know the workings of another's heart?).

This is the best barbeque I've ever had (Well, we know this changes daily).

The government has promised to help support me in my later years, so I know that's true (Ok, I'm really skeptical about this).

You get the drift? We say things are true that we believe are true in the moment, that we wish were true, that we hope are true, and that our *perceptions* tell us are true. Everyone perceives things differently, so can truth be found at the end of a perception?

I found myself wondering what is really true for me. And I'll have to qualify this by saying these are the things my human awareness believes are elementally true, never changing, and will always be. Quite a criteria, right?

Here are my truths in no special order:

Life/death, it's all a continuum. Those living in the human body have been before and will be again. Those who have passed are all around us even if we can't perceive them. Their energy, good or limiting, can be felt if we allow it. And this is the simplest perception – there is so much more to the continuum.

Love frees us from those moments where we allow limitation (fear, anger) to color our lives. Should anger become your overriding emotion, if you can allow love to open your heart to examine intentions, you realize your anger is simply a response to another's energy. Was their intent to make you angry – well, that's information. If you can see no intent there, why get angry? What a waste of energy, and an unnecessary tangle of energy bonds with another.

God is our source in all things. This was a hard truth for me to accept. I had to have all other resources removed and reach the demoralizing conclusion that I had no other options. God encouraged me to trust and partner with Spirit by involving God in my material life....something I had never understood before. I took a leap of faith which has shown me God takes care of my needs in every avenue of my life. There is an elemental trust, deep in my heart, that all will be provided for my greater good, whether it appears that way or not. Fear left my life when I was able to trust in God as my source.

Happiness is a choice. Like so many things in life, you can choose to be happy. You can choose to be content; you can choose to smile instead of frown. We give our power away to circumstances outside our reality. An idle remark can cloud our day -- if we let it -- it's always a choice. We can ignore the needs of those around us or we can respond with a giving heart. We are powerful creative beings, and so much of what we experience is based on what we choose.

Mensaje Navideño



Ha llegado nuevamente la época donde nuestros corazones se llenan de gozo y alegría al celebrar el nacimiento de Jesús, un acontecimiento que nos lleva a querer ser más compasivos y amorosos con nuestros semejantes, amigos y familia, donde el dar es la expresión de amor que nos llena de júbilo y satisfacción...pero me pregunto y como me doy yo misma amor?

Este año en particular ha sido de muchas enseñanzas y cuando reviso mes a mes las experiencias más significativas me llevan a la misma conclusión...crecer en mi amor propio de una manera más profunda y transformadora, no desde el simple decir...me amo mucho... si no de vivirlo y sentirlo en todo mi ser...pero y como lo hago?

Tomo mi libro *la vida y enseñanzas de los maestros del medio este*, pido guía para que los maestros me muestren o me den unas pautas para hacerlo, (libro I página 124/125/127)...dicen:

Entra en tu propia casa, tu iglesia, tu casa de oración, sola/o, donde quieras que elijas, Jesús el gran maestro del amor te puede ayudar...!!!

Fabuloso les digo a los maestros... y como debo hacer para que mi amor transforme mi existencia? Su respuesta:

Debes subir tu nivel de consciencia a la consciencia divina y sostente sobre las limitaciones del mundo físico a través de la paz, salud, amor, gozo y prosperidad que son los frutos del espíritu, los regalos de Dios...

Perfecto y ahora como subo mi vibración?.

Recordar cada instante que somos espíritu y que el mismo poder que residía en Jesús también está en nosotros. Que cada idea es una semilla que colocamos en el alma y se convierte en pensamiento/forma...Ideas de perfección produce perfección... Ahí está la clave...cuida tus pensamientos el cual se convierte en tu sentir.

Que mensaje tan maravilloso... tan simple, pero tan potente.

Amigos los invito para que este tiempo navideño sea una gran oportunidad de ser generosos con nosotros mismos a través de nuestros pensamientos teniendo en cuenta que con ellos estamos creando nuestra realidad y que todo depende de nuestras elecciones.

Les deseo una Feliz Navidad y un Próspero Año nuevo 2019 lleno de pensamientos de luz, amor, abundancia y paz

Un abrazo fraternal
"Luz" Adriana Suarez



Events



Holiday Activities

The Metaphysics of Christmas

December 16, 2018 - Sunday 7:30pm, Love Offering

As always, this is the event of the season!

This year we will be presenting our program in story and song that attempts to explain our journey on this planet. We will include the story of how we all came to feel so isolated in our walk. And we will see the great love God has for all of His children. And, hopefully, we will answer the questions:

"How did we get here in the first place?"

"Why did God send Jesus, the Christ?"

"Why did we forget our Divinity?"

The journey of man and the Christmas Story is an event honored by the Angels.

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! Come early for your choice of seating and join us in a celebration of gratitude and joy.

Christmas Eve Candlelighting Service

The light of God's love shines all around us,
but no place brighter
than in our hearts.

Our service will use songs, words, and candles to celebrate the great gift that Jesus Christ brought to our world.

On this special night, we can feel his presence and the presence of the celestial kingdom loving us
and reminding us that we are truly the children of God. There is no doubt that
the heavens and the earth truly become one in that moment.

Join us in this Candlelighting service and together we will illuminate our world with Peace.

Be part of the beauty as everyone lights their candle in honor
of the light still shining in each of our hearts.

Monday Evening, 7:30 p.m.

December 24, 2018

Love Offering

New Year's Burning Bowl Ceremony

Ready for a New Beginning? It is time to Renew your commitment for greater good in your world.

Join us as we gather for our Burning Bowl Ceremony. This is a wonderful opportunity to release the last energies of 2018, and then to set conscious intentions for what we desire for our new year. Join us in lifting into higher vibrations of love as we enter the year **2019**. *Love Offering.*

Monday Evening, 7:30 p.m.

December 31, 2018

Childcare will be provided for all three events



Christing



Every day is Christmas
Though sometimes it's hard to see
All the gifts that God bestows
Allowing us to Be

Free to choose a lifetime
The part our Soul can play
Test or Triumph – time will tell
No reason to dismay

Asking is important
It opens up the door
To infinite experiences
That Spirit has in store

Our journey leads us homeward
Each day a stepping stone
A chance to be both giver and gift
God's love can now be shown

Peace,
Patrick

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God Bless.....

