
COMMUNICATIONS

July and August 2018

Contentment

In our current world, we are being constantly exposed to “input” on every level. Experiences that we had six months ago, now seem as if they occurred years ago. We are moving from energy to energy in such a rapid succession, that our ability to file these situations in a linear way is being impaired. In order for life to make sense, we need time to assimilate the details. And this is time we are not currently receiving.

Such is our world.

As Metaphysical Christians, we seek to have our awareness of Spirit active in every moment. However, with the great “input” of energy we are bombarded with, this becomes a task. We all have experienced whole days where the only touching of Spirit that we have felt was in our morning meditation. We may feel empowered when we begin our days, only to feel quite confused, disconnected or even mortal by the end. And it’s all about the energy.

Becoming a good steward of your energy field requires focus. In the mornings, as we sincerely pray and connect with God as our first step, we set an energy field of light in front of us. Maybe we could refocus on that light every day as we begin our lunch. Perhaps we could visualize a golden path right underneath our feet, and remind ourselves that no matter what we have experienced so far, we are still on a Divine Path and God is still in charge.

Next, perhaps, we could add a moment to reflect on all of the energy that has come into our field that needs to be filed. An effective step might be: At lunch, *before you return to work*, you could shut your eyes and just feel all of the activities of that morning moving through your awareness. Breathe and say, “God, I ask that your Perfect Light and Divine Order move through all of my experiences. I ask that you reveal to me what I need to see, teach me what I need to know, and guide my steps so that I can take my light into this world with joy and success.”

How simple would that realignment be? See your light path as you begin your lunch, and bring God love into the details as you return to your work. And repeat when your day ends.

We think we work for money or accomplishment. But one of our greatest desires is contentment- *A state of happiness and satisfaction*. When we look for Spirit in our daily walk, life makes sense. All of the daily “input” moves into files that have been filtered through a Spiritual perspective. God is now in charge.

Much love to all, Cindy

Our Part

The Sun – life giver – a focal point for Man throughout time. Within the sun, beyond the sun, are questions and answers waiting to be revealed.

Man in his earliest development knew the importance of this light - the power of this light and in his own unique way, held it in reverence, respect, and sometimes fear. For the sun was perceived of as separate from this world, rather than one with this world. With man’s gradual unfoldment he became aware of ways to come into harmony with this energy and even begin to find ways to use it.

Man has barely scratched the surface of knowing self, let alone the world he finds himself in. A preoccupation with outer events, outer stimulation, and an outer focus on life was an attempt to grasp some meaning that could be applied to life.

To worship the sun still separated man from the sun, and this energy and power source was always outside of self.

Man’s belief that the world was separate and unique in the universe made the sun an unknowable source for an unknowable future. The mystery remains.

The sun gives life in more ways than we know. Perhaps a closer look will reveal more to an inquisitive mind, and thus move us from victims of circumstance, to student of circumstance, to creator of our circumstance.

A gradual path and yet an important path upon which we move from discovery to self-discovery: the time-release formula in God’s plan.

The spontaneous continuum of life is bursting before our eyes, what eyes are we looking with? Can we begin to see ourselves as one with life? When we see our self one with life (God), we can then begin to harmonize with life (God).

I think this is where “thy will be done” comes into play. When we speak these words and can be humbly open to each moment, the mystery of life that man so deeply desires to know, will be revealed.

Creation is in divine order. And as we allow ourselves to be open and to just flow through our unique experiences, knowing that they are perfect, we will play our part perfectly.

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
Madison Ivanyisky	Office Manager

Upcoming Events

- July 01 **Food Drive**— Food drive to help North Fulton Community Charities Food Bank. We are open to receive donations through the month of July. Specially requested: rice, beans, toothpaste and shampoo, canned meat/fish, and disposable grocery bags.
- July 02 **Men's Breakfast**—All men are encouraged to bring their hungry hearts for an evening of great food on all levels. You can also bring a dish to share. 6:30-8:00pm
- July 04 **Independence Day**— The church will be closed. Enjoy the holiday with family & friends!
- July 14 **Reiki Night**— Saturday night, 6pm-8:30pm. *Love Offering*. Come and receive the gift of healing through Reiki. This is a powerful, yet gentle healing technique for everyone.
- July 15 **Bookclub**— Sunday at 12pm. Peggy Mills will lead the group in a lively discussion of *Jungle* by Yossi Ghinsberg. Everyone is welcome.
- July 20 **20's & 30's**— Friday night, 7pm-9pm. Time to gather and discuss Metaphysical topics of interest. Everyone in their 20's and 30's are welcome to join. It is always a blast!
- July 27 **Feng Shui Class**—*Closets & Hidden Things*—Friday, 7:30pm to 8:30pm. Discovering packed potential! \$27 for the class.
- Aug 04 **Metaphysics III**— Saturday, 9:30am-12:00pm. Continued Study for those currently enrolled in our Metaphysics Study Program. Bring your notebook and prepare for greatness!
- Aug 06 **Men's Breakfast**— Monday, 6:30-8:00pm. Come share your energy of light with the men of the church! Bring a dish to share
- Aug 11 **Reiki Night**— Saturday, 6:00-8:30pm. *Love Offering*. Everyone could use a healing on some level. Our healing team is ready to channel God's love in a beautiful, gentle way.
- Aug 17 **20's & 30's**—Friday night, 7pm-9pm. Metaphysics at its most fun!
- Aug 24 **Feng Shui Class**— *Unity*— Friday, 7:30-8:30pm. \$27 for the class.
- Aug 26 **Bookclub**— Sunday at 12pm. Book to be announced at the July meeting. Andrea Spidalieri will be leading this discussion.
- Sep 06 **Psychic Development II**— Six Thursday Evenings, 7:00-9:30pm (dates may change based on field trips). Psychic Development I is a pre-requisite. \$450 for the series.
- Sep 15 **Mother Earth Clean Up**—with Adriana Suarez. 7:30am-1:00pm. Join us in helping to clean up the Chattahoochee River.
- Oct 28 **Homecoming Pot Luck**—Following our Sunday Services— bring a special dish to share.

WEEKLY ACTIVITIES

Sunday	Metaphysical Class	9:30-10:15 am	Adults
	Sunday Service	10:30-11:30 am	Kids Sunday School
Tuesday	Tuesday Night Group	7:30-9:00 pm	
Wednesday	Choir Rehearsal	7:00-9:00 pm	
Mon-Fri	Healing Sessions	10am-4pm by appointment	(770) 521-2875

Call to schedule your sessions:

Counseling, Spiritual Readings, Body Scans, Reiki, Color Therapy, Crystal Sound Therapy, Chakra Balancing, Inner Light Therapy & RoHun Therapy



Inner Quest

Renewal of our Children's Classrooms

We have recently completed the refurbishing of our children's area downstairs. Our intention was to freshen the energies and create a space for our little ones to feel supported and creative in their own consciousness!

Both classrooms have new paint, new lighting, and new fixtures. The bathroom has been redesigned to include some much needed storage, as well as an upgraded sink and new lighting fixtures.

We are so very grateful to Patrick Abent for not only overseeing the project, but also for a lot of the physical labor involved. Many thanks, also, to Jim and Charmayne for installation and design. Thanks to our painting crew. And thanks to David Fuller for helping with the construction.

We are ready to take our children to a higher spiritual level with greater support.

So, if you have little ones, please bring them to church with you. We have prepared the space so that they will feel loved.

And if you don't have children, but would like to help teach them, please let Charmayne know.

We love our Kids! They are the future minds who will rule the world. Help us in nurturing their hearts so that they can walk with God as they create this wonderful new reality!

IQ KIDS ROCK!

A Canned Foods Drive



During the Month of July we will be sponsoring a canned goods drive for 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.

During the summer, their need for supplies is much greater than around the holidays in the fall and winter months.

Because of their limited storage space, it is best if we try to stick to the list they have provided. They are requesting:

- rice, dry beans,**
- toothpaste, shampoo,**
- condiments, canned meat/fish,**
- snacks, baking items, and**
- recycled grocery store bags**

Plan to help support the drive. A Canned Foods Collection Box will be available in the lobby during the month of July.

Welcome New Members!



Hope Riveron-Gruver

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

God, we thank you for making our church a heaven on Earth!

Message from the Angels

Sunday Morning 6/3/2018



"Thank you for coming today. You don't realize how important it is for you to bring your light and align it with the Christ Light Movement.

Bringing your light to Church brightens the commitment to Spirit, not only in your life, but in the world. So thank you for being a part of the team that is awakening social structure and eventually the Race itself."

Carole White

Our beloved Carole passed from this world on June 13, 2018. She was surrounded by family and friends during her entire illness and, we know, she was welcomed home by the angels!

Her light will be forever missed in our world on Earth, but we know that she accomplished exactly what she had planned to do, and so much more. Everyone who knew her saw her twinkling light that embraced all and wanted only good for each and everyone. She was a marvel at everything she did— but her light is what will be missed the most.



Make Carole Well

Carole could light up any room with her presence, even though it was never about her. She was the first to generously celebrate the people she was with. She was everyone's friend, everyone's supporter. I know our church family will always remember Carole, our Shining Star!

A Celebration of Life Service is being held on Saturday, June 30 at 12:00pm at the Suwanee Christian Family Church Community Centre at 1414 Park Commons Square, Suwanee, GA 30024.

Here at Inner Quest, a Blessing and Releasing of the Ashes will be held on July 1, at 11:45am following the Sunday Service.

Reiki Night— We have all called the Church in a panic over some health issue that we were facing unexpectedly. As a Church, we love to support you all in your healing. Our Reiki Train is always available.

But, it might be time to consider taking responsibility for your HEALTH, instead of waiting for some challenge to remind you that you have a body!

A great step you can take toward this is to come to Reiki Night. Here you will receive Reiki, get your Chakras balanced, and be fed spiritual energy for a healthy body.

Take responsibility. Make the leap from health being a "cool idea," to making it a living reality. Reiki Nights are on the second Saturday of every month, 6-8:30pm. *Keep Your Body Filled with Light!*

Sundays at Inner Quest

2018 The Year of Becoming

July

Mindfulness– Where is Your Mind?

July 01	Freedom of Choice	Charmayne Scruggs
July 08	Mindful Focus on the Mission	Cindy Fuller
July 15	Mindfulness-Your Words Create	Patrick Abent
July 22	Mindful of Your Energy Investments	Cindy Fuller
July 29	Mindfulness of Your Spirit	Cindy Fuller

“Yep, I created this Life. Now I can Change It!”

August

Embracing Your Greatness

Aug 05	God Calls– Ego Falls	Cindy Fuller
Aug 12	God Calls– Faith Required	Patrick Abent
Aug 19	God Calls– Step by Step	Cindy Fuller
Aug 26	God Calls– Release it All	Cindy Fuller

“As I follow God, I am Amazed!”

Sundays at Inner Quest are Energy Building Days that allow you to come and contribute/receive energy that will help you in your world. *As we focus on God, we are able to remember our true natures– and that they are unlimited.*

In July, we will be discussing how our intentions are not always supported by our focus. We can easily get side tracked by the activities around us and forget what we are really doing for our soul in that moment. Jesus’ teachings were always to remember that you are a Child of God, and as such, you have access to the Father’s Kingdom, or counsel at any time. There is always a spiritual energy to be found, even in the most mundane of actions. How are we using our words and works to help build our dreams?

Then in August, we will learn how God calls us all to our greatness. When God calls, we all say we will answer. However, in that moment, most do not answer immediately. This month, we will look at the many human constructs that we need to walk through in order to respond to God as he has requested. This should be an enlightening month of realizations for all.

The way to truth is through the spirit.

In the outer world is turmoil and chaos and unhappiness.

You think with the mortal mind, with the mind which is a part of the substance of Earth.

You should think with your inner mind; you should approach problems through the inner self; through intuition.

The very word explains itself. In-tuition– training inside yourself.

You are looking outside for help, and all the time the help you want is inside.

The world of spirit that so many of you talk about and believe in, and long to touch, is all within

The Quiet Mind by White Eagle



Sunday School Class Discussion New Summer Forum

Every Sunday at 9:30am, Rev Patrick Abent leads a discussion class on Metaphysical Principles or a Metaphysical Book. This summer, however; we are offering a different kind of class.

During the months of July and August, Patrick will host a “Free Forum Discussion” where you can bring up any topic you would like to discuss. And Yes, Anything you would like to discuss. From the Quantum Field to Aliens, to Dimensional Beings– You bring it up and the class can go with it.

If everything is a part of God’s world, you will find that God is always somewhere to be found in each and every discussion. So bring your questions, and help Patrick take you all to a new space—one of a greater perspective of the Universe in which we live.

Sunday Mornings at 9:30am!

Psychic Development II

Sep 6– Oct 11

Thursday Evening, 7:00-9:30, \$450

This class teaches you how to deal with energies in the environment. You will gain an understanding of astrals, learn how to identify and deal with earth-bound entities, and also how to contact loved ones on the other side. Missing persons will also be taught.

Offered only once every few years, this class will teach you how to become an “on site” psychic investigator. Class will include several field trips for hands-on experience, so some class times will alter. Our focus will be spiritual work in the world.

Meditation, journaling, clearing, and centering are all an integral part of the preparation of the channel. This class will take you into a new space as a healer and as a Light worker.



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

Inner Quest

Tuesday Nights, 7:30pm-9:00pm

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

July– The Malta Lessons

July is our month of receiving some of the many blessings that we brought back from our Spiritual Mission to Malta. Each week one of our participants will present a unique lesson that all can receive.

July 03 **Transformation**— with Rev Patrick Abent. Tonight we will explore the great healing energies of Malta. Cellular Maximizing, Mental Clearing, Spiritual Empowering. Perfect Man, Perfect Woman.

July 10 **Empowerment**— with Cheryl Sharp. Tonight Cheryl will share the Malta Energies that open you up to a greater sense of power within self.

July 17 **Male Female Balancing**—with Kristin Quarles. Balance of Energy and Matter does not come until you have achieved a balance of the Male and Female. This is an inner balance that will reflect in the outer. Come and realign your consciousness.

July 24 **Original Earth Intentions**—with Rev Cindy Fuller. Tonight we will begin our Malta Lessons by touching the energies that held the original pattern for our Light Wave Beings that we call Homo Sapiens. We will touch the support and faith that we would accomplish our journey in the Plan of Evolved Man!

July 31 **We were Born of Love**—with Dena Astin. Tonight we will feel the immense love that created our soul's journey on this planet. Join us.

August

In August, it is time to meditate. Each week we will do a different meditation to enrich your soul and lift your life.

Aug 07 **Temple of Wisdom**—Reach into the Garden of your Heart and find that ancient temple of wisdom that awaits your ascent. Open to receive a higher blessing for your life today.

Aug 14 **God and I are One**— Tonight we will use a mantra to take us deep within our hearts and then lift through the veil that separates mankind from Spirit.

Aug 21 **Past Life with a Loved One**—Go within and see the soul connections you have with someone from your past. You will find what you need for this interaction today so you can heal and build a better reality with them.

Aug 28 **Crown Chakra Meditation**—Tonight we will explore the energies in your brow and your crown chakras. Here is kept the connection with your Higher Self and Your Soul. We will look for your life plan and open for greater guidance.

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 e-mail your prayer requests to us. The results of God's love moving through each situation is amazing! Love Offering.

IQ BOOK CLUB

UPDATE–



On July 15th, Peggy Mills will be leading us in a discussion of the book: **JUNGLE**, a Harrowing True Story of Survival in the Amazon by Yossi Ghinsberg.

If you are interested in seeing what the book club is all about, you are welcome to join us whether you've read the book or not. We meet at the church from noon to 1pm on a designated Sunday. During the July meeting, Andrea Spidalieri will be announcing the book for the August 26th meeting.

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



Abide Ye in My Love—

This is exactly what you are doing when you enter that higher level of conscious awareness of Divine Love.

When you can frequently and at suitable times enter this higher consciousness, this temple of the spirit, you will each time get a little stronger spiritually, a little more certain of the power of your own spirit, and of Divine Spirit.

Jesus Teacher and Healer by White Eagle

A Moment's conversion only marks the Beginning of Lifetimes of Learning.

Spirit

Dates to Remember
Inner Quest Fest– fall
Homecoming Pot Luck

Oct 13, 2018
Oct 28, 2018

Chakra Affirmations

Root - I have all the energy I need to be an Ambassador of Love.
Spleen - Joy expresses through the cells of my body.
Solar - I am in the flow of Giving and Receiving.
I accept the gifts and the help of the universe.
Heart - I love life - all of it!
Throat - I speak Light! I am Christing.
Brow - I see Christ in every face.
Crown - I am on track with my soul's journey.
Now, God is a part of every aspect of my life.



The Path of the Soul, by White Eagle

“God is all wisdom and love and gives to us everything we need; but it is not easy for you to have complete confidence in this divine providence, particularly when events do not unfold as you would like for them to do.

Delay is one of the trials which beset most aspirants on the path, because when the soul has seen how wonderful life may be, it longs to bring the same vision to all people; feeling sure that if its life were different, if some of its handicaps were removed, if only the right opportunities would come along, then at least it could render that help to humanity which it so longs to give.

This period of waiting and testing is most difficult for the soul to accept with patience, because at such times the soul believes it knows best, only wishing that other people would be more gracious and receptive.” pg 47

“the neophyte has to learn true discernment in order to pass between the pillars of the higher and the lower mind. There must be perfect accord between the two. Then he achieves the Air Initiation.” pg 43

“When you turn toward the light,
You find that you are the Light.”
Life & Teachings V pg 73

Jesus Said, “redemption is realization without judgment.”
3/15/04

The Whistling

There was someone whistling in the rain
and I heard it.
As the rain poured down and soaked each body,
he whistled.
He whistled and the gray melted away to light.
There is someone always whistling.
When the murkiness of life envelopes you,
a melody can be found,
turning stagnation and sorrow into light.
For God is always present, even in the gray,
Just listen and you'll hear God's whistle drawn
near. — Kelly Towey



Empty Box

Our human existence is one of experimentation and wonder. This measurement of success (or failure) is dependent upon the choices that we make during our lifetime here on Earth.

Our bodies are but a shell - one to be filled with experimentation and wonder for the life plan that we each wrote prior to coming into this time here on Earth. We chose the lessons which we wanted to master. Sometimes we fail miserably, and other times we succeed in wild celebration.

In the end, the successes and failures make up our total life's purpose. And, to this end, can we acknowledge the competency of having mastered compassion, strength, suffering, love, anger, patience, and grace? Have our lives served a greater good? Is our remaining imprint clear and just?

This is the legacy that we pass to our children; to be better stewards of our small spot here in the present after we have made our graceful exit.

We are all but an empty box.

Be thoughtful. Take exquisite care to fill this space with only the best of choices and love.

For each and every energetic deposit creates a life's purpose that another cannot duplicate.

Valerie Jones

The Language of the Aquarian Age is Intuition.
The Healing of the Aquarian Age is Vibrational.
The Family of the Aquarian Age is All.
The Activity of the Aquarian Age is Creation.
The Attitude of the Aquarian Age is Harmony.
The Worship of God in the Aquarian Age is through
Love.



Enrichment Classes and Upcoming Events

Crystal Corner

Higher Education Classes

Metaphysics III - Begins August 4

Each class series is a continuation of our studies that began in January 2018. Our six weeks will run until September 8. If you have taken Metaphysics II, you are welcome to join us on this expanding journey.

Change your life in every way!

Rev Cindy Fuller
& Rev Cheryl Provence

Meta III

Aug 4-Sep 8

Meta IV

Sep 22– Nov 3

Feng Shui Classes

Friday Nights, 7:30pm-8:30pm

Three Remaining Classes over the next 3 months

July 27 **Class Four**– Closets and Hidden Things

Discovering packed Potentials.

Aug 24 **Class Five**– Center of Unity

Creating calm in our modern homes.

Sept 28 **Class Six**– Power Points

Support for forward motion and goals.



Mother Earth Clean Up with Adriana Suarez

September 15, 2018

Today, we will be gathering at the Chattahoochee River to take part in Cleaning up the energies and the garbage!

Inner Quest will be co-sponsored by Kimberly Clark in this community effort to make our river beautiful!

Please mark your calendars. We plan on beginning early and concluding around 1pm.

If you can share a morning to help Mother Earth, please join us!

Homecoming Pot Luck

Calling all Past, Present, and Future Members

October 28, 2018 Immediately following the Sunday Service!

This will be a perfect time to bring your stories and memories of how Inner Quest Church has been a part of your life! We will tour the grounds, share our hearts, and feast on the fabulous food that we all will be bringing!

This is our first annual Homecoming Pot Luck, so help us make this an awesome experience! Your energy helped make us who we are today. Bring your energy home as we celebrate our Journey!

*The Journey of Life is to know Oneself
The Path Begins in the Heart.*

New Crystals in August

If you have been looking for a special crystal or an awesome specimen, please be sure to check out our bookstore during the first week of August.

Patrick will be on a crystal buying trip the last week in July and will be bringing wonderful new pieces to our store.

We have been focusing on having “good sized” pieces available for you to use in your home and garden.

We currently have beautiful raw pieces that will enhance your vibrations. Just like beautiful flowers, these crystals emit great energies of love and peace.

Pink Quartz– a must have for every home. This is the love stone that calms stress and activates love in everyone who is near.

Calcite– This stone is the world teacher and the different colors can be used in alignment with your chakras for balance and healing. The **Blue Calcite**, which is rather rare, is a wonderful stone for activating your third eye and helping with spiritual expression. **Orange Calcite** stimulates our passions for creativity while it grounds us so that our creativity can become a reality. **Green Calcite** has a specific healing vibration that can rid the body of infections and boost the immune system. **Red Calcite** can be used to facilitate physical healing and then allows us to own that healing. It also helps us stay connected with the life force of Mother Earth.

Selenite– (one of Cindy’s favorites) transmutes negativity and stress. It absorbs vibrations that are not health based and then calms the entire energy field. This crystal removes blockages so that our energy can flow with greater ease. Once you are clear, it will add a greater clarity to your thoughts. (Cindy recommends this crystal if you are stressed and can’t sleep. It is an amazing calming energy.) It also promotes forward motion.

Cathedrals– If you have ever thought about purchasing a larger crystal for home décor, please be aware that the crystalline state of a cathedral allows the energies to be sent directly into the environment to basically “set a tone” for the room they are in. They are very commanding.

An **Amethyst Cathedral** emits spirituality and contentment. It transmutes lower energies to higher frequencies on all levels. It also sends healing properties throughout the space it is placed.

A **Citrine Cathedral** is a powerful attractor of Managed Prosperity. This allows one to bring prosperity in and is often called the Merchant Stone. Citrine never holds negative energy, but transmutes it immediately. They are one of two crystals that never need to be cleared. It also balances the male and female energies..

We all know how beautiful crystals are. Isn't it great to begin to understand the healing properties they also share?...

It's Time

The Morning Sun is Calling
A new day to Begin
Just listen for the Message
On how to enter in

Unique expressions of the One
We play a perfect part
Letting go the need to Know
Excited just to start

A willing thread for the weaver
The radiance I know I Am
Life's tapestry unfolding
Reveals the truth of Man

Love expressing Freely
No thought to claim it's Mine
Living life in Service
My path is Now Divine

Peace,
Patrick



Inner Quest

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God Bless.....