www.InnerQuestChurch.org

COMMUNICATIONS

March and April 2018

God

A question that I received during Meditation was, *Are we teaching Spirituality over God?* And this made me question the difference. We readily exchange the words Spirit and God, but is the consciousness different?

As we teach it, Spirituality is about how we integrate Spirit into our matter. We are always looking at ways to perceive Spirit as our source in all things. We look to Spirit to help us with our jobs, our relationships, the details of our lives. Spirituality teaches us to be accepting of other's choices because we are all learning how to navigate matter in this world, and we are all doing it in our own unique way. We get to choose and we get to experience our choices.

As we teach about God, it is about the unchanging properties of God. Love, Joy, Completeness, Peace, Perfection, Strength, Omnipotent, Omniscience, Omnipresence, eternity, immanent, transcendent, father, mother, and so much more. God is creator, parent. The love of God is that space where we move and have our being in a state of perfection. All is supplied, and all potential is ours to experience.

Spirituality– how we can see God in our creations.

God- the space and consciousness in which we were created. The consciousness which engulfs all creations seen and unseen. Universal Bliss.

As I worked with these concepts, I could see the Divine Message I was being given. Teaching Spirituality all of the time, keeps us focused on working in this world of matter. We want to manifest, heal, and enjoy.

However, teaching God allows us to remember that there is a space where everything is already perfect. In God consciousness, we are provided a state of eternal peace. We can "know that we know" that all is well and there is nothing that we have to do.

In our meditation practices, we can touch that essence of God. In our daily walk, we touch that understanding of Spirituality.

So, perhaps, as we focus on being a Child of God in this world, we can also begin to remember that as a Child of God, there is another more perfect world that we are an integral part of!

Much love to all,

Cindy

Creating

Spring is a time symbolic of new beginnings, new growth and if you choose – a new You. We truly have the power to change our experiences. To move beyond this concept, we have to take the necessary steps to support our new growth and transformation.

Just as we prepare our garden space or our flower beds to support and bring forth a new bounty, we have to prepare for our new expression.

Getting clear on what we want our new creation to be is the first step for us to take. Having an understanding of where we are in consciousness and where we want to be will give us a path. Our intention will begin to engage our universal support systems.

To ask is imperative, to ask for what you want, to ask for guidance, to ask to be shown the thoughts and beliefs you hold within – that are holding you. Past thoughts and beliefs of lack and limitation must be acknowledged and let go; even our deserving self and our undeserving self need a closer look. These beliefs make up the matrix of our experiences. If they no longer serve, you can replace them. These are not the truth of your being – you just believed in them.

Our true nature is Spirit, made in the image and likeness of God. Claiming our unlimited nature as spirit is the <u>KEY</u> that will open the door to a higher experience of living—"I stand at the door knocking."

However, as with any key, it must be used – that's when we come in. Man is a manifestor, it's part of who we are.

Through the daily living of our truth as child of God, a whole new world will be ours to experience. New choices will be revealed - it will be up to us to act on them from our new awareness. Each step that we take in love turns the <u>Key</u> and our journey just keeps getting better. We are in the process of walking out of one world and into another.

Conscious participation in life is a beautiful experience! I think the best part is that our inner beauty is revealed in the process. Life is the garden of experience, and you are the gardener. Plant the seed thoughts for what new experience you desire. Tend to them daily and nurture them with love.

When new life begins to blossom around you and through you, remember...I am creating my life.

Peace,

Inner Quest

A Metaphysical Christian Church

12830 New Providence Road, Alpharetta, GA 30004

(770) 521-2875

At **Inner Ouest**, 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 Patrick Abent 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

Minister, Reiki Master, Counselor

Crystal and Color Therapist

Charmayne Scruggs Children's Minister

Bookkeeper **Bonnie Westbrook Madison Ivanvisky** Office Manager

Upcoming Events

- Mar 01 Psychic Development I Mar 1-Apr 5, \$450. A six week class to learn how to read the energies of another. Learn to access your intuition and fine tune your perceptions. A new way to share love.
- Mar 03 Abun Dance! Postponed until April 28
- Mar 04 **Bookclub** Sunday at 12pm. The Gratitude Diaries by Janice Kaplan. Rev. Bette Webb will lead.
- Mar 04 Video Volunteer's Meeting Immediately following the Sunday Service.
- Mar 05 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
- Mar 10 **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.
- Mar 11 Malta Information Meeting 12–12:30pm. We will go over some helpful hints for our upcoming trip. If you are coming with us, please try to be there!
- Mar 16 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!
- Mar 18 Everything you wanted to know about the Bible—Now you can ask! Sunday, 1-3pm. This is a great time to explore any and all questions you might have about any text in the Bible. We will look at these ideas and concepts from a Metaphysical Perspective. Love Offering.
- Mar 23 Metaphysical Dating Class Friday night, 7:30–9:00pm. For those who are "looking for love" and find themselves back in their "old" perceptions of relationships and value. Love Offering.
- Apr 02 Men's Breakfast 6:30-8:00pm. Come and Share your energy of light with the men of the church! Bring a dish to share.
- Apr 14 Reiki Night 6pm-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.
- Apr 15 **Bookclub** Sunday at 12pm. Book to be announced.
- Apr 28 Abun Dance! Saturday 7pm til? An evening of building up energy to become magnets for good. It is good to dream, but it is also important to get your entire energy field involved. Come and "dance in abundance."
- Apr 20 20's & 30's Friday night, 7pm-9pm. Metaphysics at its most fun! Join us.
- May 5 <u>Inner Quest Fest—Spring Celebration</u>— Put the date on your Calendar and plan on staying all day! Readings, healings, vendors and amazing food! Bring the entire family.

WEEKLY ACTIVITIES

Metaphysical Class 9:30-10:15 am Sunday Adults

> **Sunday Service** 10:30-11:30 am Childcare/Sunday School

Tuesday **Tuesday Night Group** 7:30-9:00 pm Wednesday 7:00-9:00 pm **Choir Rehearsal**

10am-4pm by appointment (770) 521-2875 Mon-Fri **Healing Sessions**

Mon Evening Appointments Available

Counseling, Spiritual Readings, Body Scans, Reiki, Color Therapy, Crystal Sound

Therapy, Chakra Balancing, Inner Light Therapy & RoHun Therapy

Inner Quest



March is National Reiki Month

Yea! In honor of National Reiki Month,

Inner Quest is conducting a

contest to win a series of

THREE FREE REIKI Sessions!!!

All you have to do is post one of your favorite Reiki stories on our Inner Quest Facebook page. This will automatically enter you in our contest.

Remember that your stories should be about the fabulous experience you have had with Reiki! Enter as many times as you would like. And you can also post your story on your own Facebook page, or website. Each posting that we know of counts as a separate entry for our contest.

So, write your articles and post away! The winner will be drawn on Easter Sunday, April 1.



Reiki is a gentle, yet powerful healing energy that expedites the natural healing process of any illness. This healing modality closely resembles the method of Jesus' touch. Working on a body, mind, emotional,

and spiritual level, reiki moves to the causal level of energies that create discord in your body.

Just think, if everyone in the world got a reiki session once a month...what changes would we see in the consciousness of man!?

Family Energy Building

Buy a Brick for our Family Brick Garden and help build the energy for our church.

Our current brick garden was created in 2000 when we first moved onto our new property. And now, we are ready to create some greater health and wholeness for our entire church family!

We are offering everyone a chance to have their brick added to the current collection. For your contribution of \$100, you can have your personalized brick added to our brick garden. Proceeds will be used for the continuing upgrade of the property.

Your engraved brick will hold up to three lines with a capacity of 18 characters on each line (including spaces & punctuation). You can put your name on it, a favorite saying, or even a scripture. These new additions will help build the energy for our congregation as we grow into our next phase of evolution.

This is the Health and Family area of our church. Join your beautiful hearts with ours and become a permanent stepping stone for our future!

Become a path to the future

Your Name
Engraved Here!
Your title or message.

Mike Sharp's Memorial

On February 24, our beloved member,
Mike left the Earth to return to his Spiritual
Home. It was quite sudden for everyone, but we
know that it marked the completion of a beautiful
life that had been lived to the fullest.

We all loved Mike– his kindness, his easy going acceptance of everyone, and his laughter. Whenever any special project was needed, Mike was always there. A master woodworker, and animal lover– Mike was amazingly creative.

He and Cheryl had been together for many years, raising their wonderful children Samantha and Kevin. They had a beautiful horse farm where they both loved to work, and grow their dreams.

There are no words to express how much Mike will be missed by his church family. He was always such a light to everyone and in everything he did.

Our hearts hurt for our loss, but we know that he is celebrated home. The peace and joy he felt at his crossing was something we can not measure. His life was complete and he was ready for all that heaven has to offer!

We know that he will always be in our hearts, as we are always in his.

Please continue to hold Cheryl, Samantha and Kevin in your prayers.

The Memorial Service will be held at Inner Quest Church, Saturday March 3, 2018 at 2:00 pm.

Mitch Westbrook Transition

On Feb 25, Bonnie's husband, Mitch made transition. After many years of illness, his soul was ready to return to his Spiritual Home. Mitch was a man of many accomplishments. He was a pilot, worked at Lockheed for 25 years, and was a character of the finest kind.

Our precious, Bonnie has been a cornerstone of our church family and our church functions for over fifteen years. She holds our office together, and we love her.

She will be having a private service, but your love and prayers for her and Mitch are appreciated and welcome. So, let's send a collective hug to her as she goes through this process.

Book Club NEWS

We are always open for new members of the book club. Details for the next meeting:

Mar 4—Rev. Bette Webb will lead; the book we are reading is <u>The Gratitude Diaries</u> by Janice Kaplan.

Every 6 weeks we meet here at the church for one hour (12-1pm) to discuss the subject book. The next meetings are: Apr 15, May 20, Jul 1, Aug 12, Sep 23, with the final meeting on Nov 4. All are subject to change if need be. We hope you will plan to join us.

Sundays at Inner Quest

2018 The Year of Becoming

March

Jesus' Lessons at Heliopolis

| Mar 04 | Staying True to Your Path | Cindy Fuller |
|--------|---------------------------|---------------|
| Mar 11 | Recognizing Intentions | Cindy Fuller |
| Mar 18 | The Path of Great Reward | Cindy Fuller |
| Mar 25 | Palm Sunday | Patrick Abent |

"I grow in God's Love every day!"

April

Easter and Jesus' Accomplishments

| Apr 01 | Happy Easter! | Cindy Fuller |
|--------|-----------------------------|---------------|
| Apr 08 | Loving Those in Need | Patrick Abent |
| Apr 15 | Finding Inner Strength | Cindy Fuller |
| Apr 22 | Following the Path of Love | Cindy Fuller |
| Apr 29 | The Journey of the Christ | Cindy Fuller |
| | "I am ready to become my Cl | rist Selfl" |

I am ready to become my Christ Self!

Sunday mornings are a wonderful time to join with like-minded people to learn about the gifts of God's guidance and truth. During March, I was guided to teach of the tests that Jesus went through in his experiences at Heliopolis right before he began his ministry in Israel. During my meditation, Jesus was showing me that each of these lessons was about how we need to stay connected with God. These tests were all situations that every man faces in learning to hold a higher frequency as he navigates the world. Join us and find your story in His.

Then in April, we will begin our celebration with Easter. You can join us for our Good Friday meditation, and then celebrate Jesus' great gift to the world on April 1! The rest of the month, we will continue our study of Jesus' walk through the tests of man. This series is an awesome look at the subtle energies that can derail us all in our journey of Christing. Make it a point to attend each Sunday. You will be able to feel the energy building in your world.

> Walk in the World as a Child of Light. You are spirit, you are immortal, you are a radiant being, a child of God! Live in your spirit and allow nothing to bind or limit you. The Quiet Mind by White Eagle

Good Friday Communion Service Friday, March 30 12:00 -1:00PM

This is a beautiful ceremony that prepares your heart for your Easter experience.

Through this act of communion, we are able to fine tune our physical bodies to the frequency of the Christ. This allows an unrestricted connection with the heart of God. You will feel the energy pouring into your body, mind, and spirit.

The church will be open for silent meditation at 11am, and our service will begin at noon. The Angelic presence is always strong and there is no doubt that Jesus Christ and the Silent Brotherhood are with us.

The Spiritual Access you will feel is deep and immense. We are here to demonstrate the Christ, and this is a way to touch that unexplainable presence of God. We would love for you to share this very sacred and holy time with us.

Spiritual Communion is usually only offered once a year at our Good Friday service.

> 20's and 30's Group Meeting Fridays from 7-9 pm April 20 March 16

Can you believe it has been a year since this group started meeting in February 2017? And what a

blessing. You won't find a more loving and accepting group of young metaphysicians who are sincerely trying to create a world of joy and peace for themselves and others.

If you are in your 20's or 30's, join us in creating a fabulous new future! Yea God!

> Mark Your Calendars! You don't want to miss the next



Saturday, May 5 from 11am-5pm

This is our semi-annual fundraiser and is always a lot of fun.

We offer readings, healings, classes, freshly prepared lunches, and we line our walkway with vendors selling unique products.... gifts for yourself or for others, consumables for personal health or enjoyment, and one-of-a-kind art.

There will be things for the entire family to enjoy, so plan to be here!

Registration starts April 23rd

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

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



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

March

This month, we are redesigning the interior landscape of our consciousness. Each Tuesday will bring about a deep healing. And if you can attend them all, you will definitely feel a shift in consciousness.

- Mar 06 **Group RoHun** Tonight we will look, forgive, and release an emotional aspect of self that no longer serves us. We will reclaim and reinvest that energy into our forward motion.
- Mar 13 <u>Subconscious Files— a Healing</u> Tonight we will be visiting a space in your subconscious where your files on a specific topic are held. We will first identify the topic you want to clean up and then we will go in and resort your files for a cleansing healing.
- Mar 20 <u>Garden of the Heart</u> Tonight we will travel into our hearts to balance our inner Male and Female. Our Male is our outer action energy and our Female is our inner intuition energy. Let's get them working together for joy!
- Mar 27 **Bridge Meditation** A very special process in which we release all of our past completed energies and baggage; and then bring into this incarnation all of the skills and talents that you can now use in this lifetime! Very Powerful!

April

April is all about the light! We are going to let the wonderful energies of healing light move into our bodies! Patrick is a Master Color Therapist and will be leading this series—taking us all on a journey of evolution.

- Apr 03 <u>Color Therapy Refresher</u> We will go over the basics of color therapy, and then have a colorful experience. So bring your pillows and blankets for a comfortable journey.
- Apr 10 **Yellow- Your Achiever** Activating your solar can really help you get your body in gear! If you are needing a boost, this is the color for you!
- Apr 17 <u>Color with Solfeggio Tones</u> We will experience the 417 frequency to help break negative cycles and bad habits. The color will be bright red for activation. A very energizing experience.
- Apr 24 <u>Turquoise- Your Authentic Self</u> Tonight we will activate your inner self which will lovingly support the expression of your uniqueness.

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.

God made the universe by thought; he paints the lily and the rose with thought. Why think it strange that I should send a healing thought and change the ethers of disease and death to those of health and life? Aquarian 84:23-24

The Details Matter by Charmayne Scruggs

I think most of us have heard the expression "You can't see the forest through the trees". This means we have become so involved in the details of an event, situation, or creation that we miss the reason for it in the first place. But if you think about it, it is the details that pull together one cohesive experience into matter. Without the trees there could be no forest.

One of the simplest examples is a wedding. We all know there can be hundreds of details that need to be worked out like where to have it, who to invite, what the colors will be and so on. Each separate detail plays a role in bringing the wedding together as one event. And the reason for that event is Love. Two divine beings came together creating a synergetic energy that brings family and friends together in celebration of that love.

I'm sure this sounds familiar to most of us. Now let me give you another example that holds a similar energy. This example is an Inner Quest Sunday Service but not all of us realize there are hundreds of details that need to be worked out before it takes place.

Like what songs will support the message that week or making sure the bulletins are accurate and printed and emails have been sent to all the volunteers. And what about making sure the sanctuary has been set up and is ready to receive all our family and friends.

The reason behind Inner Quest Church is love of God... it brings family and friends together in celebration. Love is what created the idea of Inner Quest Church and the details are what bring it into matter for all of us to experience. The more energy we have invested in the details, the greater the experience we will have.

As each of us becomes invested in Inner Quest, a synergetic energy can occur that will expand us beyond our current understanding of what Inner Quest is and who we truly are. Moving forward, act in Love and invest your energy in what feeds your higher self.

The forest is the first of many beautiful things you will start to see!

Inner Quest

Sharings

Poetry and Scones Night

We're Here Tonight

We're here tonight to taste some treats For some of us new friends to meet.

The poems will come from deep within The challenge being just where to begin.

What's on the list of flavors to enjoy? Let's review the menu and experience pure joy.

- -Potato chip cookies the best of all goodies.
- -Blueberry lemon scones don't eat these alone.
- -Cake with apple served with tea or snapple?
- -Orange scones with cranberry eat these and be merry.
- -Peach tarts the taste so smart.
- -What a take on a cake? Lemon pound to bake.
- -Ginger snap cookies and strawberry meringue drops Oh! Call the cops!

Calories galore I'm sure you'll enjoy And the poetry, well, it's just a decoy. By Jim Scruggs

ME

Life, an expression of who I am And yet I am so much more

I am more than a kind word to another More than the helping hand of a mother Or even the lips that kiss her lover I am so much more if you would take the time to explore

I am Hope, I am Faith, you may see this in my face Or maybe you feel the energy from within me Quite possibly a connection like a familiar friend

We are uniquely different yet one in the same Divine intelligence is the host of this frame

The spirit within this human form
Has qualities that have yet to be born
A spirit of light, pure and unwavering is what you see
Filling this body with what I call me
By Charmayne Scruggs

The Answer

The answer is dormant, waiting Quiet and motionless, waiting Without meaning yet, yet, ever present Lacking purpose, for the time being Its reason for being not yet fulfilled.

Then, at just the right moment in time, The question arrives and the answer can be born, revealed in all it's majesty.

By Jim Scruggs

Life

The journey has been a long one.
Journals of past days are long gone.
Memories are now colored by the lessons that they brought.
It all seems so simple.

As I look back, I can see the path clearly However, at the time, it was shrouded in darkness. I am amazed to see the synchronicity emerge Within the framework of the journey.

Every step tells its own story
While finding its place in the tapestry
of a greater story,
One yet to be completed.
Such is life. Everyone's life.
By Cindy Fuller



Dark Night of the Soul

I stood there in darkness, pain filling my heart. I stood there thinking I was alone but I knew that was not true deep in my heart.

I closed my eyes and wished to be in a place far away from me.

With pleas and cries and tears in my eyes I asked to be taken home.

There stood before me an angel in white. Who took me by my hand that dark and lonely night.

He brought me before the elders up high.

They asked me if I was ready to leave my body behind.

But before I could answer I was shown the light.

For my absence would affect more than I had known that night.

I made a choice and here I stand because I know the light within me is grand.

Beyond just a child of light and love, I Am the incarnation of Source from above.

That pain was gone for I fully understood that in order for the light to shine, the darkness was always good.

By Brandi Robinson

Truth

The truth is a valley of Flowers with different colors and kind.

A beautiful picture of movement that can be viewed from many different perspectives. In the Center there is always God.



Enrichment Classes and Special Workshops

Special Classes and Workshops

During 2018, we will be offering one day workshops and special classes throughout the year. Mark your Calendars for these special events!

<u>Psychic Development I</u> Mar 01– Apr 05 Thursday Evenings, 7:00-9:30, \$450

This is a six week class designed to sensitize you to begin "reading" the energies of others. Whether you are seeking to expand your intuition for self or for helping others, this program will give you the tools you need to begin to focus and decode the information you receive.

<u>Abun- Dance</u> -Rescheduled- New DATE April 28 - Saturday, 7pm-??

Join us for an evening of building up energy to become magnets for good. It is good to dream, but it is also important to get your entire energy field involved. Come and "dance in" abundance.

<u>Public Speaking— Workshop</u> April 13-15 Friday 7:30-9:30, Saturday 10am-4pm, Sunday 1-5pm \$200

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

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

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

<u>Healing Class</u> June 23-24, 28, July 5-26 Thursday Evenings, 7:00-9:30, \$450

This is a foundational class on energy healings. You will learn how to enter the energy field of another; how to channel God love for a deep healing; how to heal long distance; and how to "see" beyond the symptoms into cause. This very extensive class is an experience of deep revelation for every student!

<u>Psychic Development II</u> Sep 6- Oct 11 Thursday Evenings, 7:00-9:30, \$450

This class teaches you how to deal with energies in the environment. . . understanding astrals, missing persons, identifying and dealing with earth-bound entities, and understanding how to contact loved ones on the other side. 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. Psych I is a prerequisite.

Other Workshops

Everything you wanted to know about the Bible- Now you can ask!
March 18 - Sunday, 1pm-3pm

This is a great time to explore any and all questions you might have about any text in the Bible. We will look at these ideas and concepts from a Metaphysical Perspective, with the help of Dr Errico's cultural input. *Love Offering*.

<u>Dating Metaphysically!</u> March 23 - Friday, 7:30pm-9:00pm

God supports you in every endeavor especially ones toward love. Join us as we explore some basic tips to help you maintain your spiritual beliefs while you are searching the world for the love of your life! Easy-to-follow steps will be outlined for you to maintain your sense of self as you "put yourself out...there."

This is for those who are "looking for love" and find themselves back in their "old" perceptions of relationships and value. *Love Offering*.

Feng Shui Classes

April 27 - Friday, 7:30pm-8:30pm

I was guided to offer some basic Feng Shui classes that would allow each participant to begin to anchor in the Feng Shui mindset as they create the home and office of their dreams. We will be taking this very slowly, so I will be offering a class once a month on a Friday night over the next six months.

Class Outline is:

April 27 Class One– Wind & Water
Understanding energy and the Bagua
June 1 Class Two– Entrances & Exits
Examining how energy moves through your

home or office.

June 29 Class Three– Do You Love it?

Learning to have a new eye about what your

home or office is energetically telling you.

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.

The cost of each class will be \$27. Hope to see you then.

Dates to Remember

Inner Quest Fest– spring Malta Trip Inner Quest Fest– fall

May 05, 2018 May 17-26, 2018 Oct 13, 2018

What to Be

When patterns seem to take away The spontaneity of Life Questions lose their meaning Experience loses feeling

Cluttered closets tend to hold the soul Unaware of its true goal Just going through the motions As a cork tossed on the ocean

Letting go what's served us As scary as it seems Presents to us the gift of choice Reveals the power of our voice

Calling forth the dreams we hold Expression of the light Another step in destiny Fulfilling... Our birthright.

Peace, Patrick



Inner Quest

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God Bless.....