

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770)521-2875

www.InnerQuestChurch.org

COMMUNICATIONS

November 2018

God's Plan

This past Sunday, we had our Homecoming Celebration for all of our members over the past 28 years. As we gathered, Spirit reminded me of all of the many people who had come through our doors or touched our light.

An extremely conservative estimate of our service work shows over 4,000 readings, 8,000 counselings and over 10,000 healings! And this was done while running a church. Twenty eight years of Sunday Services and Tuesday nights— we have walked one foot in front of the other, looking only for God's guidance.

As metaphysicians, we can look at the light that was shared with each person and know that that light went into their life and was ultimately shared with thousands through them as well. One of our members reminded me that she works on an international level and our light shines through her globally, every day!

My heart is humbled knowing that one foot in front of the other, right where we are, focused on God can multiply so beautifully for global impact. And I believe that this is so true for each and every person who is walking their spiritual path. Light and love, shared in the smallest spaces still carries with it the connection to the Greater Spirit of God. This little light draws the greater to it and everyone in its path is blessed.

"God has a care for every living thing. And if he cares for the little thing, how much more will He care for you who are created in his image and likeness." Aquarian Gospel.

Walking as a child of God every day keeps that light shining brightly in our hearts. God has so richly blessed this church when I was not looking, and those blessings continue to flow while my focus is on the service.

I can honestly say that I often do not know how I am being used by God, but in moments of expanded awareness, I can see that I am, in fact, an integral part of the awakening of mankind on Planet Earth. I believe this is true for all of us.

Each soul who shines the light and tries to act in God love in every moment is doing so much more than they can possibly measure. God's love needs to express through mankind in order for the hearts of man to see it. I believe this is why Jesus Christ came as a man. We need to see another human "being" God love before we believe that we can do it too!

A new Light Race is emerging and we are all contributing. Each one of you is so important!

Keep that Christ light shining and know that it is circling the globe with its love!

Love and Gratitude for all of you,
Cindy

Metafall

Fall is finally upon us and the bounty of the year is being reflected everywhere. As Mother Earth shares her gift of Life, creating greater Life, this harvest season presents us with an array of experiences that delight our senses and that feed our body. This gift is ours if we can receive.

Fall is a special time of year. The shift in temperature, the cooler days, allow us to embrace the sun and be fed the food we know not. The cooler nights can bring us closer together as we share the warmth from within our heart in expressing our unique blessings. The first frost is the exclamation point nature uses to mark this time, and the leaves begin to paint the landscape with the magical touch of God. The gift complete, yet gone too soon, as bonfires glow with transformation's triumph.

Fall's first fire warms the soul more than the body as it reveals the transcendence of life. The scent of smoke and the crackling of the fire rekindle memories long forgotten, yet held deep within. As we sit in wonder we can now release the past to this transcending flame to be lifted from our consciousness to create a space for the Now.

The process of life is ever unfolding – life is flow. The sacred relationship of the dreamer and the dream plays throughout time, maintained with non-attachment and an open mind.

As summer memories begin to fade and the expectation of the winter season looms, let us take this time to just BE. To "be still" to receive the guidance for Now, the gift of the Now. As we begin our own fall process, we will be shown how important it is for us to "RELAX." It is time to begin to breathe a little deeper, a little longer, and allow the breath of God to fill us. As we slow our pace and our racing mind, we will discover time for reflection. To sit back and observe our year from this perspective of peace will give us clarity and understanding. Call it Good!

Our next step is letting go the residue of experience and embracing the essence of Spirit. This process supports our expansion and ascension into understanding and participating in a higher expression of life.

The gifts of fall are more than meet the eye, the spirit of fall lifts us and supports our life in creating greater life.

Peace,
Patrick



InnerQuest

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 RoHun 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

- Nov 05 **Men's Group**— Monday 6:30– 8:00pm All men are invited for a men's breakfast. Join Patrick for food and enlightening conversation!
- Nov 10 **Reiki Night**— Saturday, 6:00-8:30pm. *Love Offering*. Come and receive the gift of God's healing love through Reiki. You can schedule your appointment ahead of time, or just come in and wait. Everyone is welcomed.
- Nov 16 **20's and 30's Meeting**— Friday Night. We gather at 7 to munch, and then we begin our fun talk at around 7:30. If you're in your 20's or 30's, we would love to have you join us. It gets wild, deep and filled with laughter. A great way to start your weekend! Also, you can bring a healthy snack to share. The church provides veggies, dip and chips.
- Nov 18 **Inner Quest's 28th Birthday**— Sunday, immediately following the morning Service, we would like to invite you all to stay for coffee and cake. On Nov 20th, we will turn 28! Stay and celebrate this wonderful journey with us!
- Nov 22 & 23 **Closed for Thanksgiving**— The church will be closed. Enjoy the holiday!
- Nov 23 **Whitsuntide**— For those interested, we will gather at 9:00am to connect with our Spiritual team during this very special time of year.
- Nov 25 **Decorate the Church for Christmas**— Sunday, immediately following our Service! Stay and create!
- 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, 6:00-8:30pm. *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 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*.
- Dec 24 **Candlelighting Service** — Christmas Eve—Monday evening 7:30pm. *Love Offering*.
- Dec 28 **De-Decorate the Church**— Friday, 1pm. Help us prepare and clear for the New Year.
- Dec 31 **Burning Bowl Service**— New Year's Eve, Monday at 7:30pm. *Love Offering*. An evening of renewal as we prepare to embrace a new year—2019!



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—RoHun Therapy		
	Reiki— Color Therapy--Crystal Sound Therapy		
	Chakra Balancing--Inner Light Therapy—Body Scans		



Inner Quest



THANK YOU-THANK YOU-THANK YOU!

We manifested another great InnerQuest Fest — this one even more successful than last year's! It's really exciting to see our vendors doing so well with their sales, too.

Take a moment and allow yourself to feel the abundance of good energy, fellowship, and accomplishment that results from the efforts of our church family. So many new people found their way to our church, so many people received important messages from our readers, and healings of all types occurred. It was a blessed day!

THANK YOU

Bookstore Specials November—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

Nov 4 thru Nov 10	Christmas Decor and Calendars
Nov 11 thru Nov 17	Select Crystals, 2 for \$5 (no 20% discount here)
Nov 18 thru Nov 24	All Jewelry & Feminine Apparel
Nov 25 thru Dec 1	Cards, Calendars & Christmas Decor
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!



New Members

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

Tamyra Cashman

May God's love bless you in your heart's desires, and may our Inner Quest Family continue to blossom in miraculous ways!

Christmas Family Time!

This year we will be sponsoring 8-12 children who have been provided by Cherokee County DFCS. We have worked with this organization before, and they are always so grateful for our generous contributions. Plan to be a part of the Christmas Blessing for these kids.

Specific names, ages, and requests come to us the week before Thanksgiving. Look for the Christmas Family display after Thanksgiving, write your name on the gift list, and select the prepared gift tags. The names, ages, sizes, and gift description will be listed. After your shopping is complete, wrap the present(s), attach the gift tags, and return the presents to the church by the date listed.

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!



Sundays at Inner Quest

2018 The Year of New Beginnings

Preparing the Soil to Grow the Christ

November

Partnering with God!

Nov 04	God is Here	Rev. Cindy Fuller
Nov 11	The Lord's Prayer	Rev. Cindy Fuller
Nov 18	Tithe— The Greatest Thanksgiving	Rev. Cindy Fuller
Nov 25	Constant Companion	Rev. Patrick Abent



“God is my Source in all Things! And I am so Grateful!”

It's abundance time again! What better way to acknowledge the blessing journey we are walking than to turn our awareness to our own relationship with God?! Every human relationship has moments when a Big Thank You is given for the support and guidance that is received daily. This November, we are taking that moment to look at our ongoing relationship with God and how we can become more conscious as we walk. The topics may sound “old school,” but the energy is new!

We will learn how to Acknowledge God's Presence, the deeper meaning behind the Lord's Prayer, the incomprehensible depth that tithing can take you to, and the knowing of God walking with you in every moment.

This month will give you tools and meditation techniques to use as you take your relationship with God to a higher level. Time to Partner!

*“Every day on awaking and many times during the day,
particularly when you are being overwhelmed and harassed by the affairs of the physical life,
pause and remember that it is the little self, the human personality which is being tried,
and then understand that above you in the invisible realms is that greater self, the Christ-self.*

*Look into that form of glorious colour, that radiant life,
and you will feel infinite power flowing into your personality.
You will be conscious, above your personality, of a self which is limitless,
which is living in God.”*

The Quiet Mind by White Eagle

STAY HEALTHY SPECIAL

Health needs to be experienced in all of our bodies: physical, mental, emotional, and spiritual. All of our energy healing modalities affect every aspect of our being.

Through the end of December we are selling energy healing packages that include one Reiki, one Inner Light, and one Color/Crystal session. All three healings would normally run a total of \$150. During this 2-month special, the price is \$105, a 30% price break. Wouldn't this package make a great gift for anyone?

Don't wait until you are sick to get a healing!

Book Club News — Final meeting in 2018 is Sunday, 11/4 at noon. Bette Webb will lead in a discussion of God in the ICU by Dave Walker MD. If you are interested, stay for the discussion whether you've read the book or not. See if Book Club is for you!

Keeping the Light ON

The world is always asking us to give our energy to some project or person so they can get something done. We are asked to deflate so “they” can be empowered.

When we deflate our presence in the world, we end up with no power, no choices, and no value. Anything that dims our light tends to deflate the energy and effervescence we are!

In these moments, if we can reach up and access our Higher Self, we can be reminded that our light, our energy, and our essence are the reason and value of our life on this Earth.

We can call forth the Substance of God's

love to restore our balance and re-energize our worth. It is time to move into the Bigness of our true Nature.

Now we can share our brightness Freely!



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.



November

During the month of November, we will become the beautiful radiant Child of God that we know we are! First, we will connect with this dimension, then we will connect with a higher dimension— then we will experience the greatest form of unconditional love, and then we will close the month by creating a picture of our new selves. Join us every week to claim your expansion.

Nov 06 **Be Here Now** – Honor your light on Planet Earth. You are all here for a reason. Tonight we will connect with mother earth and balance our energy with the energies of our beautiful world.

Nov 13 **Soul Portraits** – Tonight we will create soul portraits for ourselves and others. We will use chalk, so dress appropriately.

Nov 20 **Gratitude Meditation** – Let's take this time to let God feel our love and appreciation for being on this awesome planet where we can manifest anything we desire! Yea God!

Nov 27 **Crystal City Meditation** – Ride the waves of cosmic energy to a crystal city in the ethers. Receive your unique guidance from the beings who love you. This is going to be a special evening.

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

Tuesday Night Healing Circles have been done religiously for 28 years. Every Tuesday, Universal Beings, Angels and folks on the other side all gather to join our healing hearts. As we connect in the oneness, we call forth divine intervention and healing for all. At each healing circle, you can feel the Power of God's Love moving and it is amazing!

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

Remember to put your prayers in our prayer basket any time during the week!

Message from Spirit— 10/02/2018

It's not about saying "no" to something.

It's about saying "yes."

Say "yes" to bringing the white light into your body every morning.

Say "yes" to feeling God's love and light in you.

Say "yes" to being your Higher Self.

Move toward the light and you will find the strength to be Greater!

Gift Certificates are a Great Idea

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

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

The fee for Color Therapy, Crystal Sound Therapy, Reiki, Inner Light, or Chakra Toning is \$50. To gift someone with a reading is \$125. And for a limited time, we will sell the Stay Healthy package of 3 energy healings for \$105.

Think about giving a unique gift this holiday season – or anytime!

If I had my Life to Live Over

If I had my Life to Live Over-

I would stop worrying about what others thought of me
And Start truly caring about myself.

I would Play— regardless of my finances.

I would take chances on love-
Even when it didn't make sense.

I would trust my Spirit's greatness and
Never let the world tell me that I was small.

I would walk with God, even in the little things.

I would trust Divine Guidance over my own mind.

I would live as if Life were the greatest gift I could receive.

I would leave this world brighter because I had been there.

If I could do it again-

I would remember that Spirit is in charge.
Spirit creates all.

I would play my role in matter like a Spiritual Master.

I would channel God!



**I walked to the kudzu today.
The traffic was heavy and there was a light
sprinkling of rain.
I didn't intend to walk to the kudzu today.
I just found myself standing
at the edge of our neighborhood,
wondering if today was the day that
I was supposed to cross the very busy street.**

I love the smell of the kudzu flowers and every fall, it actually does thrill my soul to smell the fragrance in the air. It marks a movement of seasons. But this year, I did not smell them even though there is a large patch right across the very busy street from where I live.

I kept saying I wanted to smell the flowers, and it was suggested to me that I walk there.

And that is where I found myself this morning. My normal walk was altered by the rain, and I found myself standing facing the kudzu. The morning traffic was very busy with school buses, people going from Holly Springs to Woodstock. I stood there and wondered if this was the day.

I checked my feelings- head said no, heart said go ahead. Then I said, if God wants me to go, there will be an opening in the traffic both ways for me to cross. The opening came, and I didn't move. I knew it was ok that I hadn't, and I told myself that there would be an easier time later in the evening when the commuters had found their way home. I knew that. But I still stood there.

I thought, what if it's now? I am here- what if it is now? And then I decided. This time, I asked God for an opening, and after a few minutes one came. I scurried across the street and jumped over the railing. Walking in the weeds, I made my way to the nearest kudzu bush. There were no flowers left. Even the remnant of one little bud had no fragrance. But I was there.

I was there, and I was not disappointed- I was fulfilled. I had taken a chance- I had acted like a young kid and taken a chance that my dream could be realized. ***I was there and that's what was important.***

I blessed the plants and Mother Earth and turned to check the traffic. After jumping the railing, I actually sat on it for a few minutes as God created another opening to take me back to the safety of my own street. I must have been an interesting sight to all of the trucks and cars that whizzed by.

This morning was not planned. It was completely in the moment. And while I did not get to smell the wonderful kudzu, I got to experience myself - and that, I loved. Thank you God, and thank you my Higher Self.

Cindy Fuller 9/24/18

Jesus never asked anyone to earn their healing. He simply said, "Would you be healed?"

MANIFESTING!

Desire sets a vibration that calls in something greater. It activates the energy of Attaining; and the creation begins.

Attaining requires a space to be opened to house the manifest being called in. A vacuum might need to be created so the manifest can be received and held. Affirmations help us fill this void with the vibrations of what we are desiring.

To acquire something entirely new, all of the shifting work is done during this attaining process. Details will refine your energy as you grow your consciousness enough to receive.

How you attain, you will sustain! If you have been open to evolving during the attaining process, your creation will now be open to growing beyond your original desire. If you have tried to "force" the manifest, you will probably struggle to maintain what you have brought into being.

Metaphysical Study Classes 2019

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



Metaphysics Series is the foundational class in our program. You will learn about the energy concepts of Christianity and God. We study the basic principles that allow us to understand how we, as co-creators with God, can begin to take responsibility for our lives. Each six week class takes you to a new level.

For those of you who have already completed Metaphysics, we will also be offering the Aquarian Gospel series. This is a study of the Aquarian at an energy level. Again, there will be five six week classes to complete this study.

And, if any of you who have completed this series already, we will offer the Metaphysical Study of the New Testament. Again, this series will consist of five six week classes.

Go within and see if this program is for you!

Starting January 5, 2019- the first classes

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

All Classes are six weeks long and cost \$150.

A minimum number of students is needed to offer the class, so REGISTER TODAY!

There is no greater love than the Presence of God in your own Heart!

Events



It's Inner Quest 28th Birthday

Tuesday, November 20 marks our 28th birthday. For the past years, we have been so awesomely blessed by God. We have a beautiful Sanctuary of Love. We have amazing members who have invested their hearts in supporting and growing this ministry of God. And we have seen so many miracles that there is no way to fully understand the energy of God that has been channeled through this church!

Metaphysical Christianity is a religion that all can accept as a gracious means of expressing God's love. We are all so grateful for all of the many blessings we have received over these years. God has demonstrated one miracle after another to ensure that we had a beautiful home to work in and that all of our needs were met! We are, quite frankly, a living testament that God is truly in charge. Even when you can't see how something is going to happen, God always makes a way.

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

Let's join our hearts in seeing this very special church being blessed with a future that only God can create! And thank you in advance!

Volunteers are so Essential to our Church!

Could we take a moment to acknowledge all those who help make our **Sundays** special. Thanks to:

Greeters who welcome everyone to church

Audio & Video people who allow us to record the messages and share them with the world

Choir members who bring the gift of music to our services

Children's Teachers who have a special bond with our kids and look forward to seeing them

Platformers who help set the energy and hold it for our ministers

Prayer Ministers who are available to help with those who need prayer support in moments of stress

And Thanks to those who serve throughout the year:

Children's program minister, Charmayne Scruggs

Reiki Train volunteers who send Reiki daily

And those unidentified people who come and work on the grounds to help us maintain this perfect property.

THANKS TO YOU ALL!

We are also Grateful for:

Upcoming Christmas Events

The Metaphysics of Christmas

December 16, 2018

Sunday evening 7:30pm, Love Offering



This is our annual celebration of the birth of Jesus and a look at the great energy that his life brought to us. This program is unique to Inner Quest and reflects the Metaphysical understanding of Christmas.

The presentation is a fun filled evening using song to enhance the messages given. We truly believe that God sent Jesus Christ to remind us of our true identity and to connect us with our Father/Mother God in such a way that we will be able to live as God's children on this Earth.

Join us 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!

Christmas Eve Candlelighting Service

December 24, 2018

Monday Evening, 7:30pm, Love Offering



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

New Year's Burning Bowl Ceremony

December 31, 2018

Monday Evening, 7:30pm, Love Offering



Release and let go of energies that no longer serve you. Join us in lifting into higher vibrations of love as we enter the year **2019!**



Beauty

Seasons, cycles, changing times
Life presents creation
It's up to us to learn of flow
If we ever want to know

What lies beyond the whispering wind
Or under the deepest sea
The morning light, the setting sun
How we came to be

Too often answers trap us
They interrupt the flow
No longer free to seek to be
We put our Soul on hold

The beauty in each moment
Unique for all who see
A wisp of light revealing
Who we came to Be

Peace,
Patrick

Inner Quest

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

God Bless.....

