
COMMUNICATIONS

March and April 2019

Claiming Life

I recently had the opportunity to visit my brother in the hospital as he deals with stage 4 cancer and the various treatments given to attempt to contain this condition. As we spoke, I was aware of his complete commitment to his journey, which made me reflect..

My brother was diagnosed with skin cancer seven years ago. He paused his life for a moment to receive the standard treatment prescribed by the medical community. Immediately afterward, he was back at work, and continued to maintain the pace of responsibilities that he had always shouldered. Four years later, he began to suffer from unidentifiable symptoms which lead to the discovery that the skin cancer had gone into his blood and he was found to have multiple tumors growing.

Unlike the first experience, his life stopped in that moment. Treatment was to be aggressive and he would not be able to continue his work. Life changed for him in a flash. He was given four months to a year to live as he became the candidate for experimental drugs. Everything in his world became about him.

Another four years later I was there watching his energy. I could see so clearly that these past years were the only ones, in his entire life, that he had dedicated to himself. *He had claimed his life.* No matter what the next moment would hold for him, he was good. He had made himself a priority and discovered a new value. Now that doesn't mean that he wouldn't have done things differently, but here today, he was claiming his existence.

I woke up to the realization that we all need to claim our lives as well. This does not mean that we stop working and no longer tend our responsibilities, but rather it means that we embrace our responsibilities as our choices. We live from our hearts instead of responding to the expectations all around us. And as metaphysical people, we know this, we teach it. But how easy it is to allow expectations of our family, friends and congregations to affect how we view ourselves.

When we stop seeing our best interests, we stop serving the whole. *When one is loved, all are loved.* Claiming our lives means very simply that we are now choosing to live by— *taking care of our life force first, sharing our love second and walking knowing that God is in charge of all of our fellow man.* They are blessed by us, but they do not need us to sacrifice our life force for them to have an opportunity to shine.

When one shines, all can shine!

I claim my life now. I love you all, you are my brother and my sister, but my life is up to me. And I Claim My Life Today!

Much love to all,
Cindy



Expansion

In these times of change, what is one to do? When the way “it should be” isn't, our dreams seem “oh so far away,” and when the phrase “this isn't normal” fills our daily conversation, it seems being unsettled is the way of the world. The weather seems to have lost its way and our first response is “I guess this is the new normal”. We have slipped into a new paradigm.

It is time to acknowledge the changes happening in our world and to our world, they are real. Perhaps divine order doesn't look the way we expect or want it to, but here we are.

One thing that I do know is that we always have the opportunity to be creative. We are the creator Sons and Daughters of God, aren't we?

Remember, remember, remember

Just getting back to basics will prepare and sustain us in this new adventure. I think the first thing to do is to remember to breathe. When change hits us in the face, our first response can be to take a deep breath and to consciously breathe slowly. This simple exercise will interrupt the sequence of events and allow for a clear perspective.

Our new perspective is in the Now, not the past or the future. The now is where our truth, our power is and the opportunity to create. Be here Now.

Remember—God is source in all things! There are no accidents in the Universe. We have been brought to this moment in time for a purpose. Perhaps as we turn to God as a collective, we will be able to participate in life as ***life unfolding in divine order.***

It is time to ask “what is mine to do?” not just for ourselves, but for the good of the whole. Our journey will take on a whole new meaning as we meditate on this prayer. We have asked for guidance and we will receive guidance, it is the law.

Now to just do it!

Surrendering to the higher is not a new concept, however, until it is lived, fate obscures our destiny.

My favorite White Eagle teaching is

***“There is only one thing that Man must know,
and only one thing,
Man is Spirit and Spirit creates matter”***

We are being asked to consciously participate in this transformation on planet Earth! It is our destiny and our Blessing. Thank you Father.

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

- Mar 04 **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.
- Mar 07 **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.
- Mar 09 **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 17 **Pot Luck**—Bring a dish to share and stay after Sunday service — Spring is just around the corner!
- Mar 22 **20's & 30's** — Friday night, 7pm-9pm. Meet at ***Main Event*** for an evening of fun!
- Mar 24 **Bookclub** — Sunday at 12pm. Andrea will lead the group, and we are discussing, Born Naked by Farley Mowat. Copies available in the bookstore until they run out. Everyone is welcome.
- Mar 31 **What We Believe** —Sunday 12:30 until Bring your questions for a rousing discussion.
- Apr 01 **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.
- Apr 04 **Meditation II** — April 4-April 25 Four Thursday evenings from 7-9pm. \$120 for the series Meditation I is a prerequisite.
- Apr 05 **Intuition Night** Friday night, 7-9pm. Join us for a night of oracle cards. Bring your own cards if you have them, but there will be cards here for everyone. Intuitive card readings by us all.
- Apr 13 **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.
- Apr 19 **Good Friday Communion** —Friday 12:00 pm— Join us for our annual communion service that prepares our hearts for our Easter experience. Love Offering
- Apr 21 **Easter Sunday** —10:30am Join us for a very special Sunday Service as we celebrate the energy of the Christ.
- Apr 26 **20's & 30's** —Friday night, 7pm-9pm. Metaphysics at its most fun! Time to gather and discuss Metaphysical topics of interest. Everyone in their 20's and 30's is welcome.
- Apr 28 **Bookclub** — Sunday at 12pm. Bette will be leading, and our tentative title is: Life & Teachings of the Masters of the Far East, Volume 1. You don't have to have read the book to join.
- May 11 **Inner Quest Fest** Saturday from 10:30am—4pm It is a day of joy! Vendors, Readings, Healings and of course, great food. Make it a family day of fun.

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

March is National Reiki Month



It is so amazing to see the general public becoming educated to the energy of Reiki and the power of the effortless healing it provides. As we celebrate this month of Reiki energy, make it a point to get a Reiki session for yourself. There is no greater self love that you can give than to stop your busy schedule and receive beautiful God energy through a loving practitioner.

Reiki is amazing! Spread the word! And if you are guided to become one of the growing family of Reiki Healers, just let us know. Individual Reiki Attunements can be scheduled at your convenience!

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!!!

Calling All Friends

We need our trees and our trees need us. We are blessed to have this five acres of heaven on earth that we call Inner Quest Church. Being good stewards means from time to time investing our personal energy in this land. Our beautiful trees need our help in removing the ivy that is starting to grow on them. The ivy is pretty to look at but it is unhealthy and distressing to the trees. We are asking "you" to adopt a tree (or three) and remove the ivy. This is a simple process of cutting the ivy at the base of the tree and then pulling it off. This process done in love and prayer, blesses us all. If you have any questions, just call. Thanks,



Bookclub meets every five weeks on Sunday at noon until 1pm. We meet January through October and break during the holiday season.

Everyone is welcome whether you've read the book or not. Like the book or not, we always have a lively discussion.

Upcoming Dates:

March 24	July 7	Check in the
April 28	August 11	bookstore for
June 2	September 15	upcoming titles.
	October 20	



Welcome New Members!

**Pam and Bill Jones
Kathy Lohr**

God, thank you for bringing these beautiful souls into our church family! May their lives be enriched and blessed in every way. And may our Inner Quest Family continue to blossom in miraculous ways!

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



Church Family Pot Luck

**Sunday, March 17th
after church**

There are many reasons to come together to have a pot luck luncheon.

- It's almost spring (Maybe the rain will taper off soon!) and the property is looking better than ever.
- It's been almost 6 months since our last pot luck as a church family.
- Both our ministers are celebrating their birthdays on March 17!

So, bring a favorite dish and your friendly faces and plan to stay for a time of sharing and fun. We will begin the festivity immediately following the church service.

If you can help with the coordinating and set-up, please let us know. It takes many hands to feed the multitudes!~~~

The church will provide the birthday cakes!



**Saturday, May 11 from
10:30am-4pm
(new hours)**

***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.***

So, if you are a vendor and would like to participate in our wonderful event, please let us know as soon as possible. We are also asking for healers and readers. This is a wonderful time to step up and support your church!

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

Registration starts April 23rd



Sundays at Inner Quest

2019 The Year of Spiritual Communion



March

Vibration

Mar 03	It's All Vibration	Cindy Fuller
Mar 10	Claiming Consciousness	Cindy Fuller
Mar 17	Evolving Consciousness	Cindy Fuller
Mar 24	Living the Higher Life	Patrick Abent
Mar 31	The Path- A Play	IQ Players

"I choose in God's Love. All else is an Illusion."

April

A Soul's Path

Apr 07	Jesus's Journey	Cindy Fuller
Apr 14	Palm Sunday	Cindy Fuller
Apr 21	Easter	Cindy Fuller
Apr 28	New Dawn	Patrick Abent

"I resurrect in God's Love daily."

It's Spring!

Time for renewal and rebirth.

As nature begins to produce blooms and new growth, our human hearts are also being called to do the same. This is a time for a new aspect of us to begin to express. This can be done by fulfilling a dream or creating a new vision of self. It really doesn't matter how we grow, it matters that we grow. And isn't this the message Jesus gave us so that we could find a new relationship with God and love. During the month of March, we will be studying the idea of vibrations. We speak of it all of the time, but do we really pay enough attention to apply what we know?

Then in April, we will learn of the wonderful Christed vibrations that Jesus brought to the planet and so freely shared with all. We will open our hearts to more fully embody all of the love and light he brought to us so that we, too, could know the wonders of the Kingdom of the Soul and Heaven on Earth. Join us as we take another step toward expressing our Divinity.

*It may comfort you to know that every one of you,
who undergoes some experience involving pain and anguish,
and which might be described as a crucifixion,
is doing something for the whole world;
for anyone who meets such testings of the soul
in the same resolute and tranquil spirit (in however small degree),
as did the Master Jesus,
is helping to quicken the vibrations of the whole earth.
The Quiet Mind by White Eagle*



Psychic Development II

March 7- April 11

Thursday 7:00-9:30pm, \$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 and House Blessings 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. Psych I is a prerequisite.

Good Friday Communion Service

Friday, April 19

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.

*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.

March

Let's use the laws. Come with us this month on a journey of enlightenment. We have all heard about the law of attraction, but do you know how to activate it? Do you know how to use Universal laws to enhance your life? Join us in taking a step in evolving our relationship with the world around us.

Mar 05 **The Law of Attraction**— Tonight we will learn about how this law operates and how to activate it in a way that makes sense for us as individuals. Bring a journal to start your walk through the laws.

Mar 12 **The Law of Identity**— You are a Child of God. Come and learn what the Universe is telling you about yourself. Learn to find the gift in challenges and the gift in expansion.

Mar 19 **The Law of Love**— Now how can love change the challenge I currently face with my finances? Come and find out. Love is the strongest power in the Universe.

Mar 26 **The Law of Grace**— One of the most misunderstood laws and one of the most powerful ones. Tonight we will learn about this God love that can lift and erase the energies of Karma and negative thoughts.

April

In April, We will be channeling new growth activities to help us find a new paradigm for forward motion. And it all begins in the heart!

Apr 02 **Brotherhood**— Seeing the world as a collective of God's expression requires a new approach. Join us today in "resculpting" our relationship with our fellow man. I can only feel my value on this planet as I value the presence of all.

Apr 09 **Creativity**— Tonight we use the meditation techniques to assist in our manifestations of new creative experiences. Dress comfortably— we will be on the floor.

Apr 16 **Healing**— Tonight we will "reframe" our past life perceptions. Join us as we help one another remove the heaviness from our past life ideas of self. We will plant the idea of being a Divine Child of God in our crown chakras.

Apr 23 **Rose Quartz Meditation**— Join us tonight for a meditation that will open your heart and draw greater Divine Love into your Consciousness.

Apr 30 **Billet Reading**— Learn to "feel" energies and have fun interpreting. Everyone can do this! Bring a question that you would like an answer to!

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

**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!**



Crystal Corner

Gemstones have fascinated mankind since prehistoric times. Users and wearers of crystals began to experience changes in themselves and others, or

in the energy around them, and began collecting data on this. Much of the valuable data has been lost and is only now being reintroduced into our consciousness.

Each day we encounter the energy of crystals in very user friendly ways. Crystals receive and transmit radio waves, power our quartz watches and clocks, set timing in computer devices and are programmable. Simply said, crystals can be programmed, they can store the information and transmit it. Not bad for a piece of silicon dioxide (SiO₂), i.e., Quartz Crystal.

Of all the natural crystals, Quartz is the Master Gemstone. It is easy to work with and readily available, and it responds to your love. If you are open, the quartz can be a wise teacher and a good friend.

Cindy's Suggestions:

Selenite— my favorite for calming and clearing. Even a small piece of selenite tucked in a pillow case or in your pocket can help calm the energy field in a beautiful way.

Shungite— "stone of Life" has anti-bacterial properties. When worn, keeps other frequencies from attaching to your energy fields. Good for purifying water.

Rose Quartz— A beautiful way to keep the vibration of love in your energy field.

Dates to Remember

Inner Quest Fest— Spring
Inner Quest Fest— Fall

May 11, 2019
Oct 12, 2019



Poems from Poetry and Scones

Please Pass the Scones – Lori Tinsley

Poetry, not my thing
No numbers only words
Strung together as if to sing
A song sweet like lemon curd

Poetry, not my thing
Delicious scones on the other hand
Matched with jam and clotted cream
Much better than my poem which is so bland

Poetry, not my thing
Longing to taste Charmayne's delights
I will spread my poet's wings
And compose some verse tonight

My craving now too much to endure
Bringing to a close these rhyming tones
For I know there is only one cure
Somebody, please pass the scones!

Finally – Cheryl Provence
Floating down a shaft of light
Deeper and deeper amidst the midnight blue

Freediving feet first
Heavy yet weightless

Fear letting go
Letting go fear

Further moving into the softness
Stop – Relax

Heart expands with every breath
Rippling light aurora borealis
Through my soul - Peace

Floating up - Face breaks the waterline
Breathe – Focus

Finally everything is beautiful

Brother Consoles Brother – Charmayne Scruggs

Rugby or Football, the energy's the same
As the teams line up and ball is kicked
Their emotions are soaring as they move down the field

The sidelines erupt as the fans start to hoot and holler
The ball is passed by one team then the other
As they both try to score while stopping their brother
Left to right, right to left, the field is now covered
The clock is ticking the goal is in sight
This is their last attempt at showing their mite

The ball is in motion as the fans find their feet
A defining noise fills the stadium and the team is complete
The game is now over and brothers console brothers

Valentine's Day – Jim Scruggs

Valentine's Day has come and gone with all the notoriety
and fanfare
I bought some flowers and candy for my wife and
surprised her with the pair

100 Peruvian Lilies – it said on the site
Grown in American more likely – right?

The candy is great and she loves it so
Chocolate in the shape of diamonds – what do you know

Valentine's Day is great for giving gifts like these
But remembering to say I Love You every day is the true
way to please

What Came to Be – Kristin Quarles

A new day, a new way...
I step outside into this new world full of mystery and
wonder.

Excited to embark on a new adventure,
I look down at my feet as I take my first step,
Shaking, Scared, Unstable...
The ground feels different – clean, clear, crisp and new!
With one foot in front of the other I begin to explore my
new surroundings.

The sights and sounds stir strange new emotions...
Power, Beauty, Peace and Love!
Everywhere I turn I see a new beginning, a new friend, a
new doorway to a new opportunity.
I search beyond the new, looking for something that
remains unknown.

Wonder, Worry, Weary... I grow tired of the new.
Restless and relentless I search...
Still unsure of what it is I'm looking for.
Suddenly, I turn the corner on my winding path to come
face to face with her eyes, her smile.
Alas I found it! My hearts true desire!
My old friend, my old companion, my old soul mate I
know so well!

The sights and sounds stir strange old emotions...
Lifetimes, Lessons, Laughter and Tears!
I know you! You know me! I am you! You are me!
Not in this body but in our Spirit we see,
The Old... The New... together intertwined... I was meant
to be!
What came to be... was me!!!

Presence – Jim Scruggs

How many days in your life do you spend
Waiting for what you call the end
Anticipating some event to occur
And blind to what's happening now in your world
Spending energies looking further ahead
Might have you missing the moment and where it may
have led
The present is where we need to be
So focus your thoughts on the now, in that energy

My Philosopher - Andrea Spidalieri
 News of your passing arrived late to
 my doorstep;
 The rest of your life,
 Accounted where unknown authors
 wept.
 This late edition surprised my soul
 with daydreams;
 Waking memories of moments,
 Forgotten feelings, friendship, fun.



Walking with me, as we had before.
 You let dual days pass...
 And have me search my heart, once more.

I follow your lead this way,
 Through doors, long closed.
 Opening windows, you make me lean out
 To feel soft breezed
 I've needed to lean into
 Capturing their sweet refreshment,
 My soul smiles;
 Grateful for the gifts...
 Amazed you left this legacy of love.

LOVE IS. - Peggy Mills

Love above, love below, covering dimensions afar,
 Love is reflected from the angel's face
 Radiating to a person's heart.

Love is gentle, love is kind, non judgmental and
 soothing,
 Shooting beams of light that that forever will shine
 Creating intentions for soothing.

Love is strong, love is good, allowing hearts to
 behold,
 That sacred space that lies within ALL
 Where the angels help heal our souls.

Quotes from: **Letter to the Earth** by Elsa Wise
*The fact that billions of people are simultaneously experiencing
 unique realities and the world has not collapsed from
 discontinuity, should be evidence of cooperation within a
 unified system of vast tolerance and variability.* Page 203

*If you do not engage your will in your own creative process of
 choice, you can be easily manipulated by the will and choices
 of others.* Page 164

*In love:
 You may think you are wrapping your arms around the other
 person, but you are really wrapping your arms around your
 own projections.* Page 129

You can not transcend that which you have not mastered.
 Page 165

Enrichment Classes and Upcoming Events

Events

20's and 30's - Friday March 22—Main Event

This is a group that provides space for spiritual
 support through activities and conversation. *"We created
 a facebook page to keep everyone connected. Our next
 gathering will be at Main Event in Roswell on March 22.
 We would love for you to come out and play with us."*
 Check the facebook page for details.

What We Believe - Sunday 12:30-2 pm **March 31, 2019 Love Offering**

What a great time this is! We open the floor to
 all questions concerning Anything! All topics and
 questions will be discussed from a Metaphysical
 perspective,. This always proves to be expansive and
 enlightening. No subject is off topic!
 Sign up in the lobby.

Intuition Night - Friday 7-9 pm **April 5, 2019 Love Offering**

Bring your favorite deck of oracle cards and
 come and play. We will read for each other and have a
 great time! If you don't have a deck, there will be plenty.
 Come and enjoy!

Classes

Meditation II - Thurs 7-9 pm **April 4– April 25 \$120 for the series**

This class allows you to Shift Consciousness.
 This 4-week series is all about using Meditation for
 growth. You will learn how to free yourself from the
 energy agreements with others. From Manifestation to
 Accessing Divine Mind, this class takes you within on a
 journey of self exploration and renewal. Join us and
 experience the depth of transformation and beauty that
 lies within you. (Meditation I is a prerequisite)



Inner Quest Fest **Saturday May 11** **10:30am—4pm**

***Activities & Gifts
 for the Body & Soul***

A festival appropriate for all ages. Join us for a
 freshly grilled lunch on the grounds and explore the love-
 ly 5-acre sanctuary which includes a meditation garden, a
 fairy garden, a crystal garden, a prosperity path, and a
 gazebo.

We are always pleased to provide you with heal-
 ing opportunities such as Reiki, Sedona Release Tech-
 nique, various types of massage, and spiritual readings.

Our pathway is lined with specialty vendors who
 offer their latest creations in art, health care, jewelry,
 crystals, and home décor. Look for that perfect gift for
 Mother's Day!

Stillness

Crystal light – transcends the night
An inner glow of knowing
Beckons now the open heart
It's time to play your part

The inner eye must open
For us to make the shift
Standing in the here and now
Reveals our precious gift

Illusion's way has had its day
Experience, a moment fleet
Dream and Dreamer stand as one
Creation so complete

The Masters teach the simple way
To live and then let go
Becoming both the giver and gift
Be still and know

Peace,
Patrick



Inner Quest

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God Bless.....