

# Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770)521-2875

www.InnerQuestChurch.org

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## COMMUNICATIONS

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May and June 2019

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### Blooming

I love the beautiful flowers that bloom in spring. I am always amazed that you can buy a plant—stick it in the ground—put some water on it—and, like a miracle a beautiful flower comes out of no where!

Now you all know that the “program” for the plant to bloom was already an intricate part of the plant’s identity. It was going to bloom—given the right food. And I believe that is so very true for all humans as well.

When we, too, are planted in the proper soil (an environment that supports what we have to share) and given just a little bit of water (emotional encouragement), we, too, will begin to bloom a beautiful creative expression that is also inherent in our identity. And in a garden of blooming humans, you would find each to be unique, clever and contributing to the whole.

So, how do we find the environment that we can plant ourselves into? We can look all around us and there are options, but each situation usually already has some constrictions of expression. You really need to be able to comply—at least a little.

So where do you find an environment that says to you—Be who you are? For me, that world exists in Spirit and can be accessed through meditation. When I close my eyes and allow my human focus to turn to the divine, I experience a peace and acceptance and an understanding that I have never felt anywhere else. I am not only a part of this space, I am encouraged to be in this space. Here, I can feel my own energies of love. And I feel the soil all around me saying, “*plant here. You will be nurtured here.*”

And when I do, when I can let go of all of my worldly perspectives and see myself at home in this spiritual energy, then the water comes. There is an emotionally filled love that pours into my soul. “*Here is all the love, strength and purpose you will need. Let it fill you.*”

Those moments of surrendering to the true nature of my being are overwhelming. I know that I am greater than I have seen in the world. I know that the Spiritual team is supporting and guiding me. And I know that I am free of limitations that would script my expression.

And then the miracle happens. Out of no where a most beautiful flower begins to bloom from within me—but it is visible to the world. It is an expression of God love for the world, and it came through me!

Flowers are simply the expression of the joy of the plant finding it’s identity. May you follow your joy to creating a beautiful bouquet!

Much love to all,  
Cindy



### Summer of Trust

It is here, summertime. The energy of summer supports our letting go the busyness of life. We can breathe a little easier and begin to experience the flow of life, if we choose.

The flow of life is an interesting concept for us to embody. Too often, we are looking for our next step. And, in reality, we are always taking our next step, but how much thought really precedes it? For most of us, the next step is determined by something we have to do, or one we are expected to take, or one we take just because it is who we are. With this approach to life, it is no wonder that our world becomes boring, predictable and not fun-ouch!

We have come to the planet to create our own unique life experience, not someone else’s. When we get off our path for another, our experiences will not be fulfilling in the long run. This is not bad, because we learn from experience, and the experience of who we are not can lead us to who we are. Our true journey, however, begins when we follow our heart and trust.

This summer can be our summer of trust if we choose. We have just walked through the Easter experience with Jesus and were gifted with our true identity. We are the beloved Children of God, eternal. Can we trust the word and have faith in the process?

What could our summer of trust look like? Well, the first thing to do is to accept our spiritual nature and begin to walk with this understanding. As we awake each morning, we can acknowledge this day as a blessing and embrace the unique opportunity it presents. Shouldn’t our world **look different** as we look with new eyes from a higher perspective?

When we ask, “What do I want to create this day?” and then be still and listen in the quiet, we will receive our unique guidance for the day. Know that within each heart is the Father and the fullness, therein. As we trust in this, magic happens. Our lives can have a new meaning. Shouldn’t our world, our life **feel different** from this higher perspective? I think the newness we begin to feel and experience reveals our true nature.

When we begin to trust Spirit, we begin to trust our new experiences. Shouldn’t the new you be free to be?

This Summer of Trust may take a leap of faith, but sometimes faith is our best means of transportation to transformation.

Flow on.

Peace,  
Patrick

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At **Inner Quest**, we are committed to creating Heaven on Earth. We believe in the promises of Jesus Christ - "Everything I do, you can do, and Greater." We are here to take that next step in Christed evolution, and to assist all others in doing the same. We sincerely appreciate your support, your love, and Your Lights. Many Blessings.

**Inner Quest** is staffed by:

<b>Cindy Fuller</b>	Minister, Reiki Master, Counselor Master Ro Hun Therapist
<b>Patrick Abent</b>	Minister, Reiki Master, Counselor Crystal and Color Therapist
<b>Charmayne Scruggs</b>	Children's Minister
<b>Bonnie Westbrook</b>	Bookkeeper

## Upcoming Events

- May 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.
- May 11 **InnerQuest Festival** — 10:30 am—4 pm A festival for everyone. Come and receive a healing, a reading and some delicious food. There will be vendors selling their wares and beautiful inspiring classes. Come and stay all day. 
- May **No Reiki Night** — Due to the Festival. Come and receive a healing there!
- May 17 **20's & 30's** — Friday night, 7pm-9pm. This is an Adventure Day. Check our facebook page for the details of the gathering. See you there!
- May 27 **Memorial Day- Monday** —The church will be closed for business. Have a great Holiday.
- Jun 02 **Bookclub** — Sunday at 12pm. Bonnie will be leading our book this month. We are discussing, Prodigal Summer by Barbara Kingsolder. Everyone is welcome.
- Jun 03 **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.
- Jun 08 **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.
- Jun 14 **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.
- Jun 15 **Pet Blessing Day**—Saturday, 9:00 am– 1pm *Love Offering* Bring your pets in for reiki and a spiritual blessing!
- July 05 **Vision Boards**—Friday night, 7pm-9pm. Bring your favorite magazines, crayons and markers. We are going to create a new reality for our lives. We, of course, will have supplies here at church as well. Join us for an evening of group consciousness aiding in the creation of our new worlds. *Love Offering*.
- Aug 03 **Metaphysics III**—Aug 3– Sep 7, Saturdays 9:30am-12:00pm A six week series covering the Universal Laws. If you have successfully completed Metaphysics II, consider taking the next step in your Metaphysical Journey.
- Aug 23, 24, 25 **Public Speaking Class** —Friday night 7:30-9:30, Saturday 9am-4pm, Sunday 1-5pm  
Learn to energetically convey your message to anyone anywhere! \$220

## WEEKLY ACTIVITIES

<b>Sunday</b>	<b>Metaphysical Class</b>	9:30-10:15 am	Adults
	<b>Sunday Service</b>	10:30-11:30 am	<b>Kids Sunday School</b>
<b>Tuesday</b>	<b>Tuesday Night Group</b>	7:30-9:00 pm	
<b>Wednesday</b>	<b>Choir Rehearsal</b>	7:00-9:00 pm	
<b>Mon-Fri</b>	<b>Healing Sessions</b>	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

May 11, 2019  
10:30AM-4 PM

**NEW  
ENERGY!**



**NEW  
VENDORS!**

**NEW  
CLASSES!**

It's time!

We are so excited for our upcoming Festival. And the energy is building! This year our annual Spring fundraiser will include everything you loved of past years—the readings, healings, food, and our favorite vendors will be returning as well. But this Metaphysical Festival will feature some new classes and many new vendors.

This year, our class focus will be on Healing. We will offer free classes on:

***Energy Healing  
Healing and Causal Thought  
Meditations for Healing***

No registration is required for the free classes. Attend one or all of them. This is the first time these are being taught.

For our **Healings**: Reiki, Chakra Balancing, Sedona Technique, Reflexology and Color Therapy will be offered, as usual. But this year, we will have the special treat of having two Chair Massages going all day long -Thanks to the International School of Skin, Nailcare and Massage Therapy! And we are also offering a new technique -Chakra Clearing.

Even though this may sound like a lot of choices, you may want to make yours now and reserve your healing as soon as the registration starts.

Decide what you'd like to do! We are also still open to volunteers. We'll need people for front desk, food prep, bookstore, setup and cleanup.

**Registration starts April 29rd  
for Readers and Healing Sessions  
770-521-2875  
See you then!**

### **A Very Special Thank You-**

We want to thank everyone who came and made Patrick's 70th birthday so special. He was completely surprised! I am so grateful for each and every one of you who did not let the secret out! Good job, team!



It was a wonderful afternoon of love and family togetherness. Patrick was in awe. He said it was the best Birthday of his life. And he just glowed!

So, if you sent an email, wrote a note, brought some food, or just came and gave him a hug, please know how important it was to him. Feeling your love made these past 29 years at Inner Quest all worth while.

Much love to all of our IQ Family and Friends. Hugs..



Bobby Yadon

As most of you know, my brother— Bob Yadon made his transition on early Sunday morning, March 31. It was a very challenging time for me, and I so appreciate all of the love and support extended by my church family.

We truly have no idea how we are connected to another until they pass. The cords of years of sharings are cut and we, on Earth, must release the energies we have been carrying for years. And, it is a process.

I can clearly see how Bob blessed the earth, and I am sure the energy of his life will continue to bless us all.

Thank you all for your Love and Support.

Cindy Fuller

### **Volunteers Needed**

It is that time of year when we ask all of our church family to help in the weekly responsibilities of supporting our Sunday Services. Each week a group of members shows up to do the tasks that keep us going.

As we plan the schedule for the rest of 2019 and 2020, we would like to invite all of you to step forward and join one of the teams that make it happen.

**Greeters, Audio People, Video People**

**Teachers for the Children**

***The more people we have in each category, the more the work is shared. Please search your hearts and ask how you can share your light with your church family. And let us know.***



### **Book Club**

Our next Book Club meeting is scheduled for Sunday, June 2 at noon, and we will be discussing

Prodigal Summer by Barbara Kingsolver. Bonnie will lead the discussion. Then in July, Tamara will lead us in exploring Becoming Supernatural by Dr. Joe Dispenza.

Please feel free to drop in on any meetings. All are welcome, and we always have a lively discussion. Not everyone loves the books we select!

All meetings are held on Sundays, after church, and run from noon to 1pm. Most of our titles are available in the bookstore.

Upcoming Dates: June 2 July 7, August 11, September 15, and October 20.

# Sundays at Inner Quest

## 2019 The Year of Spiritual Communion



### May

#### A New Dimension

May 05	Write Your Own Story	Cindy Fuller
May 12	Mother's Day	Patrick Abent
May 19	Dimensional Drift	Cindy Fuller
May 26	Moment by Moment Awareness	Cindy Fuller

"I see the Movement of God in the  
Details of My Life."

### June

#### The Father Within

Jun 02	The Father Within	Patrick Abent
Jun 09	Jesus' Father	Cindy Fuller
Jun 16	Father's Day	Cindy Fuller
Jun 23	Identity Again	Cindy Fuller
Jun 30	A Play	IQ Players

"I am Child of God in all things."

As we move forward in every area of our lives, it is time to look at the changing energies all around us. Everything that we each need as individuals is provided for us to succeed in our journey of enlightenment. And the veil is thinning. In May, we will look at the dimensional shift that everyone has been talking about for the past ten years or so. It is upon us! Join us as we discuss how you might better become aware of this dimensional phenomena.

Then in June, we will take a new look at the power of God within our hearts. All power and dominion is within this Christed consciousness. However, in our walk of human, it is vital that we learn to access our own personal power without harming others or denying them their power. And this journey can be quite challenging. Jesus taught us the way of brotherhood. But we really can not enter into a true brotherhood until we are able to own our own powers as Children of God. Time to power up! Join us.

Everything I do, you shall do and Greater!

*The Master takes notice of your every effort to perfect the nature of love...*

*He understands your failures and your triumphs, and continues to pour His love upon you.*

*If He who is so beautiful, so great in spirit, can continue to love you, in spite of all,  
is it so hard for you to give your little love to others, and all living things?*

*But there is much to learn in the lesson of brotherhood;*

*bear in mind that love divorced from wisdom is no longer love.*

*You must learn to distinguish between true, impartial and compassionate love,  
and emotionalism, which will sweep you off your feet and destroy love.*

*To love is to give the highest and truest within you to your brother-sister;*

*to love is to give the light from your own soul, the white light of Christ. This is love.*

***The Quiet Mind by White Eagle***

### Inner Quest Fest

Saturday May 11

10:30am—4pm

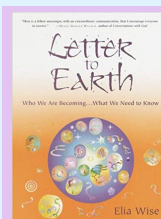
#### ***Activities & Gifts for the Body & Soul***

A festival appropriate for all ages. Join us for a freshly grilled lunch on the grounds and explore the lovely 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 healing opportunities such as Reiki, Sedona Release Technique, 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!

Registration starts April 29rd



Quotes from: **Letter to the Earth**  
by Elsa Wise

Rest assured that the enlightenment of one Human Being illuminates far more than the confusion of many can obscure. Page 65

When we abdicate the privilege to create, whether intentionally, through ignorance, or by taking a break from responsibility for ourselves, we allow the creations of others to include us. Page 194

*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.*

### May

*May is a time of understanding the underlying energies that govern our lives and our planet. Join us as we look at the deep emotional bodies affect us. It is time for us to navigate and heal.*

May 07 **Healing Meditation for the Ocean**— Tonight we will share our radiant energy to consciously participate in the healing of our oceans and water systems to promote greater life.

May 14 **Energy Awareness Night**— Learning about the impact of your energy will definitely expand your sense of power and impact. Join us as we explore the many ways you send your energy out!

May 21 **Dreamwork** Our dreams are made up of sights, sounds, colors and more. We will be using meditation to explore dream imagery to understand what our higher consciousness is trying to communicate. Rev Bette Webb

May 28 **Dreamwork II**— This week we will have fun working with a partner to interpret another's dream. Come prepared with a dream you can share and examine through another's "eyes". Rev Bette Webb

### June

*In June, we will be exploring new ways to play and rejuvenate as the summer energies fill us.*

Jun 04 **Spirit Animals**—Tonight we will learn how to interpret our Spirit Animals beyond what the cards and traditional meanings state. Rev Robbie Hunt

Jun 11 **Manifesting with Music** Listening to music that “moves” you can aide in your manifestation work. Whether it’s today’s contemporary hits or more classical works, if you listen to music and it gets you in the gut, moves you on a personal level, this is a space in which you can work with manifestation energies. Rev Robbie Hunt

Jun 18 **Angel Healing**—Tonight we will be the physical instrument for the Angel’s healing touch. Everyone can do this. Dress comfortably—ready to give and receive. Rev Patrick Abent

Jun 25 **Mantras** —Join us tonight for a meditation that will be specialized to you. We will create unique individual mantras that will have a direct connection to our Higher Selves. Rev Cindy Fuller

*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

### Amythest– the Master Healer



Amethyst, “the stone of spirituality and contentment,” supports the transmutation of lower energies to higher frequencies. The amethyst energy thus balances the energies of the physical, emotional, and mental bodies bringing both stability and peace to our lives.

Amethyst is also known as a “stone of meditation” as it opens and activates the Crown Chakra. The intention of the amethyst is to truly help us focus on Spirit. As we open our Crown Chakra, we open to the violet ray of spirituality which will help us to recognize the truth we hold within the core of our being. This connection provides a flexible and common sense view of life.

Our highest truth awaits and amethyst is a perfect tool to help us in this self-realization.

Amethyst jewelry, pocket stones, or specimens for our homes are ways to receive this powerful energy daily in very user friendly ways. We do live in a loving supportive universe and it is good.

### Elestial Amethyst Spiritual Healing Crystals

These unique Amethyst are new on the market from Brazil. The word Elestial means **Crystal of the Angels**, which means this crystal has a star connection to the angelic realms by holding energies of angels and higher beings.

#### These Amethyst can assist in:



Finding true love and making it a reality.



Help in the healing of Karmic Relationships.



Since it holds the energies of truth, you can access the wisdom of the past, present, and future.

Communications will, therefore, deepen in all relationships.  
Beautiful and amazingly powerful, Elestial Amethyst is a blessing for any home or office.



### Dates to Remember

**Inner Quest Fest– Spring  
Inner Quest Fest– Fall**

May 11, 2019  
Oct 12, 2019

## Classes and Upcoming Events

**20's and 30's - Friday May17—Adventure Night**  
**Friday June 14—Metaphysical Discussion— church**  
**Friday July 19— Adventure Night**  
**Friday Aug 16— Metaphysical Discussion- church**

This is a group that provides space for spiritual support through activities and conversation. Every other month there will be an adventure experience and every other month, we will meet at the church for an evening of discussion and exploration of a different sort. If you are in your 20's or 30's, come and be a part of our group!

All we have heard from the elders around us are "If we *only knew then what we know now!*" Now you can know.

We also have a great facebook page to keep you up to date. Check us out and become part of our group.

**Pet Blessing Day - Saturday 9:30-1 pm**  
**June 15, 2019 Love Offering**

Bring in your dogs, cats, and any creature that you feel would be comfortable being in our IQ Field with other creatures. We will be doing Reiki and Blessings for all of the animals that come. The dogs, particularly, enjoy being in the company of other dogs and healers. It's Father's Day weekend, so bring your dad and his favorite pup. This is always a beautiful energy exchange!

**Vision Boards - Friday 7-9 pm**  
**July 5, 2019 Love Offering**

Tonight, we are gathering to generate an energy of potent potential. Bring your favorite magazines and we will use this group energy to help in creating a new personal vision board. Bring all of your desires, and we will set our intentions for easy, effortless manifestation.

## Classes

**Metaphysics III- Saturday 9:30– 12 pm**  
**Beginning Aug 3– 7 \$150 for the Series**

This is a six week class that continues the education of Metaphysical Christianity. If you have had Metaphysics II and want to learn about the Universal Laws, this is a wonderful foundation for you.

Rev Cheryl Provence teaches.

**Merkaba - Saturday 9-5 pm**  
**September 21 \$160 for the Class**

Build your own Merkaba . The energy body you will build will vibrate at the frequency of pure love and will set a vibration into motion that will draw only love to you.

**Public Speaking Class - Friday Night 7:30-9:30,**  
**Saturday 9-4pm, and Sunday 1-5pm**  
**August 23, 24, and 25 \$220 for the Class**

This class teaches you how to energetically present yourself and your ideas to a group of people. Learn how to use your own energies to inform and inspire.

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## The Telomere Miracle By Ed Park, MD

We all know that the body is miraculously able to repair itself if we get out of the way and allow healing to occur. This applies to aging as well as disease. In his book, Dr. Park discusses the scientific process of aging and disease and how it affects your body.

Briefly stated, our chromosomes are made up of DNA molecules and the "end caps" of our linear chromosomes are telomeres. We are born with, and stem cells have, long telomeres which shorten over time. The "aging" process and the "disease" process are all products of our shortening telomeres. After discussing these scientifically proven principles, Dr. Park gives us some insight about what we can do to lengthen our telomeres (yes – you can turn back the clock).

He begins, "To change your course, it's vital that you believe in things that most health experts don't make money from, such as laughter, play, dance, creativity, community engagement, and service to others---all those things that are going to make you happier, more grateful, and a more telomerase-active person." He then enumerates the Tools to Turn Back Time and he discusses these tools in detail.

### Tools to Turn Back Time:

Breathing – or meditative breathing – to allow your mind to still

Mind – to see gratitude all around you

Sleep – 8.5 hours or 6 complete sleep cycles (goes through all the levels of sleep)

Exercise – change attitude; find gratitude – exercise is necessary to generate healthy replacement cells

Diet – reasonable diets contain everything needed.

Learn to read your body. Attitude again

Supplements – body has ability to take what it needs from any reasonable diet. Very few needed

Yes, Dr. Park does take a telomerase supplement which he believes is helpful. However, he's the first to stress that no supplement will be as effective in renewing health and discouraging aging as the lifestyle changes in the Tools to Turn Back Time. In fact, he doesn't even tell you how to get the telomerase supplement in his book.

He then concludes with this statement: "...while we can't always control what happens to us in life, we can, to a great extent, choose what story, emotions, and importance we assign with charged memory. If we feel powerless, victimized, and threatened, this will degrade our health and wellness. Alternatively, if we find ways to feel empowered, supported, and grateful when experiencing life's challenges, we will grow and be more resilient and fulfilled."

This is an interesting book filed with cellular science. It's nice that you can skip the cellular science and move right into the Tools to Turn Back Time if you like. He's designed it that way!

By Bonnie Westbrook

## Festival

Inner Quest Presents:  
May 11th (10:30am-4pm)



**Activities & Gifts  
For Body & Soul**

### *What is it?*

Our semi-annual *InnerQuest Fests* are fun ways to *explore metaphysical thought*. We offer mini-readings, healings, classes and other activities. The readings and healings are \$15 each, and the classes are free!

These festivals are fundraisers for Inner Quest and we really want everyone to attend and encourage their friends, family and neighbors to make it a fun Saturday event.

Shopping for yourself and for gifts is highly encouraged! We invite *unique vendors* to come and sell their *specialty wares*, like artisan jewelry, decor items for the home, candles, artwork, pottery, and organic or eco-friendly consumables like local honey, eggs, seasonal plants, and produce. Our bookstore and gift shop will be open where you can purchase crystals, books, cards, jewelry, incense, and other gifts.

From 11:30AM to 3:30PM, our grill will be open to prepare a *tasty lunch*. We offer hot dogs, brats, hamburgers, salmon, and vegetarian items as well. Many come just for the lunch!

### *Hours:*

Saturday, May 11 from 10AM to 4:30PM

### *Registration:*

*Prepaid reservations will begin on April 29.*

You can call to book your sessions or make your plans in person anytime you are in the church.

For this festival we HIGHLY encourage you to book before the event if you want a specific reader or a specific healing. It is our intention that all our great workers are able work a little and play a little, so that favorite reader you want, may not be available all day. That healing session you have in mind may only be available early or late, so plan ahead and book early.

### *Vendor Participation:*

**COST:** There is a \$10 non-refundable booth fee in addition to 10% tithe on your total sales. A typical fair will be visited by 150-200 people. You will need to register with the office, 770-521-2875, and we can answer any other questions at that time.

**SET-UP:** Vendors bring their own tables and/or canopy and set-up begins at 8:30am on the day of the event.

**WEATHER:** We have never cancelled in 20+ years due to weather, so it's a rain or shine event. The area is largely covered by trees, so use your own judgment about bringing a tent or canopy. You are welcome to come and look at the vendor area.

### *Special Package Deal!*

**\$25 for  
One Reading Session &  
One Healing Session**

### *InnerQuest Fest Location:*

Inner Quest Church  
12830 New Providence Rd  
Alpharetta, GA 30004  
770-521-2875  
(Please don't call during the fair!)

### Summer Blessings

Summer leaves a fitting gift  
The bow that wraps springs wonder  
They fill the empty spaces  
Defining special places

The hidden glen or refuge  
To soothe a weary Soul  
Or lift a timid Spirit  
Onward toward the goal

Nature shields the secret cove  
With cypress, pine and willow  
Thru a hidden door there waiting  
The seeker enters, breath abating

Each day is filled with treasure  
Thou vision is the key  
To look beyond the wisp of light  
Our gift we now can see.

Peace,  
Patrick



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God Bless.....