

# Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770)521-2875

www.InnerQuestChurch.org

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## COMMUNICATIONS

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November 2019

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### Thank you God!

When I began my “committed-daily” spiritual journey in the mid 80’s, I would receive all kinds of symbolic messages. I loved every one of them because they held within them the hope for something greater. I carefully recorded the details in my journals, paying special attention to the ones I really did not understand.

I recently found, again, a message that I loved. When I had originally seen the picture in my meditation, I thought it was going to be the cover of a book that I was going to write. And I was excited. It was very clear.

***There was a road winding between two mountains in the distance moving to the sun rise.***

I even drew a picture of it. Then I forgot it.

Many years later, I would rediscover this promise of an awesome book cover. And to my great surprise-I realized what it was. It was the inside of our Inner Quest Logo that had been designed years after the meditation had been forgotten.

I re-found the writing recently and was quite humbled. The book that I had been writing was immense. Within it you will find,

- \*A new universal love of God
- \*An idea of inclusion of all of God’s children
- \*An understanding that we, too, can Christ and use our talents and abilities to create what we desire in harmony with life
- \*A deep connection with Jesus Christ and a joint commitment to assist in maintaining the frequency of love for all.
- \*An understanding of healing and renewal.
- \*And so much more!

There are times the guidance we are given is just enough to get us going. But it is up to us to fulfill the missions.

Living every day, seeking God and believing in a personal purpose will always put you on the path that you are to follow. Everyone’s life is a book. We are all writing the story of our lives, whether it is to become a Church or a best seller.

I am so very grateful for my journey and for this beautiful church which came from it. Thank you God for allowing me to channel your love. I love my book!

Love,

Cindy



### Your Picture

The flow of love is the essence of life, and I think gratitude is the lens that enables us to see this truth.

Love, the essence of life, is sometimes hard to see and even harder to understand. Until we are open to see beyond our little self, we are caught in the world of survival, and around and around we go.

It is when we ask to see the bigger picture, the beyond, and ask for understanding in our life, that we can begin to lift, actually shift, our perception. Then the who, what, where, when, and why of life that we may have casually pondered can now be seen in a new light.

It’s easy to see the good in the good things that happen to us, the blessings we receive, the love we experience. However to see the good in ALL of our experiences, we must exercise a working faith, faith in God’s plan. This means seeking to understand “cause” so that we are able to glean a truth or the lesson in any experience, and see how it supports our soul journey. How it supports us now is important to know.

You see, our big picture began long before this lifetime and will continue beyond this short span. All of our dreams, questions, answers, and guidance came from within. Talk about something to be grateful for – “The Father Within”. When we ask God “Who am I?” glimpses of our soul journey will be revealed and the bits and pieces of this lifetime will begin to make more sense. We will be shown our purpose this lifetime, our unique expression and how it will serve our soul. Through the simple act of asking, we are inviting God into our life to effect change on some level. Thank you, God. Our journey home begins!

Ask and you will receive!

Our world is on the cusp of transformation and we all play a part. As we transform, our world transforms. All we are asked to do is “to be”. To be our unique expression of divine love – the essence of life.

As we walk through each and every day in the consciousness of “I am Love,” all the walls we’ve created will come tumbling down. Our heart, as well as the heart of man, will heal and this knowing of oneness will truly be felt.

A whole new world will be revealed – validating our choice to live as love and as One.

It is easy to be grateful for all of life as we allow the “Big Picture” to be Revealed. Ours is just to Be and Breathe and Breathe and Be.

Peace  
Patrick

# Inner Quest

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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

- Nov 03 **Shungite Workshop** Sunday 1-4pm \$20 Learn about this amazing Stone!
- Nov 04 **Men's Group** Monday 6:30pm All men are invited for a men's breakfast. Join Patrick for food and enlightening conversation!
- Nov 09 **Reiki Night** Saturday 6pm-8:30pm *Love Offering* Come and receive the gift of God's healing love through Reiki. All are welcomed. No appt. necessary.
- Nov 15 **Wreath Making Class with David Famer** Friday Night. 7-9:30pm \$35 per person. Sign up today!
- Nov 22 **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 24 **Decorate the Church for Christmas** Sunday-Immediately following our Service! Stay and create!
- Nov 28 & 29 **Closed for Thanksgiving** The church will be closed. Enjoy the holiday!
- Dec 02 **Men's Group**—Monday 6:30pm— Join Patrick as he makes eggs for breakfast for all to share! Bring a dish and have spiritual conversation.
- Dec 07 **Christmas Party in the Bookstore**, Saturday 10am-2pm Patrick is working deals. Come, snack and shop.
- Dec 14 **Reiki Night** Saturday 6pm-8:30pm *Love Offering*. Come and receive the gift of healing through Reiki. All are welcome, bring friends and family.
- Dec 15 **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, Tuesday evening 7:30pm Join us for a time to honor Jesus the Christ and the light within us all. *Love Offering*
- Dec 29 **De-Decorate the Church** Sunday, following the Service. Help us prepare and clear for the New Year
- Dec 31 **Burning Bowl Service** New Year's Eve, Tuesday at 7:30pm *Love Offering* An evening of renewal as we prepare to embrace a new year—2020!

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





## Inner Quest

Our Inner Quest Meeting was awesome!  
We discussed a new management style that  
will take us into the New Age in a New

Way!

Thanks to all who came and held the light for us! We  
are ready to begin a New Walk on a Higher Spiritual  
Path!



### THANK YOU

To Everyone who  
Came and participated in any way!

This past Festival was amazing! You could  
feel the presence of God from the  
beginning to the end!

This was a Magical day! And the  
contributions were great- everyone  
stayed busy-

Spirit Blessed the Day with an energy  
that was measurable.

Thank you Father/Mother God for all of  
your love and support! We are ready to  
create a space of Heaven on Earth!



## Holiday Healing Special

**Three Sessions for \$130!**

Work with Patrick to create the perfect healing pack-  
age for you. Sessions can include:

Color, Crystal, Reiki, Inner Light, Crystal Color Sound  
or even Counseling!

Select the three sessions you would like, and sched-  
ule! This would make a great gift for yourself and loved ones.

Packages are available from November 1 through  
December 31. These must be completed by January 31, 2020.

## 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 all energy work: color therapy, crystal  
sound therapy, Reiki, or Inner Light is \$65.

To gift someone with a reading is \$130.

Think about giving a unique gift this holiday season - or any-  
time.



## **Come join the fun!**

**Cookies, brownies, tea and hot cider**

*Patrick is throwing a*

**CHRISTMAS PARTY in the BOOKSTORE**

**Saturday, December 7**

**10am to 2pm**

**Patrick** is opening the doors to the bookstore and run-  
ning a 4-hour sale on ALL INVENTORY at least 10% off –  
**but he's willing to make some deals!**

Come with your Christmas list in hand and  
bring your friends and family. Shopping and Refresh-  
ments – or just come for the fun!

*Weekly Specials in the Bookstore  
will be announced on Sundays during December.*

## **Reiki Night– Nov 9 and Dec 14**

*\*Wow, thank you for helping me release the stuck energy  
that was holding me. My heart was able to open and let the  
Love of God come through me. Thank you for the love, heal-  
ing and transformation that happened today. I am at peace.*

*\*It was fantastic. I feel very loved and peaceful.*

*\*Very calming and reassuring that all is well. I feel ground-  
ed and my mind is clearer as to what steps to take. It was  
wonderful, thank you.*

*\*I felt a lot of Chakra work and the reiki at my knees was  
marvelous. Thank you for strengthening my Body.*

## **Wreath Making Class with David Farner**

Friday Night, November 15, 2019

7:00-9:30pm



David Farner will be teaching 12 lucky people  
how to create a beautiful wreath.

Since we are so close to our Christmas Season, we  
will be focusing on Holiday Décor.

BUT these techniques and tips can be used for ever season!

Included in this Workshop is:

\*Demonstration of how to work with live flowers to  
create beauty that will last for weeks!

\*Demonstration of how to work with silk flowers  
and various other “decorative things” to create a statement of  
your own!

\*Supplies will be included for you to make a wreath  
of your own to decorate your home for the Holidays.

The cost for this informative event is only

**\$35 per person!**

## **This workshop is for 12 people!**

**No more, no less-**

So, sign up today and bring a friend! Everyone knows the  
great Artistic Talent that David Farner is, and this is the first  
teaching workshop that he has ever agree to do.

Awaken your own inner artist!

12 lucky people– get ready to receive.

# Sundays at Inner Quest

## 2019 The Year of Spiritual Communion

Preparing the Soil to Grow the Christ

### November

#### Christing Human Behavior

Nov 03	The Judas Syndrome	Rev Cindy Fuller
Nov 10	The Faith of Peter	Rev Cindy Fuller
Nov 17	The Sons of Thunder	Rev Cindy Fuller
Nov 26	Gratitude	Rev Patrick Abent

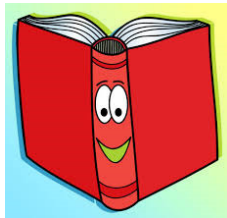


**“God, I am in 100%”**

It is time to re-adjust some of the simple “go to” attitudes that we are not even aware of! This month we will be looking at the behavior of some of the disciples. They willingly followed Jesus Christ in all of his teachings and healings, yet they still had many human qualities that were needing to be perfected.

If you have ever thought that you had to be perfect first, this series is for you! Join us as we look at the immense love that Jesus had for each of his disciples. His patience, and complete support was evident in every moment. Even when they fought among themselves for “position”, Jesus calmed them with understanding and love. A great Master teaches us all how to become Spiritual and love our human beingness as we evolve.

*“The soul growing strong, the soul in whom the flame burns brightly,  
will face all renunciation philosophically, tranquilly, joyously.  
For that wise soul knows that what is lost has served its purpose,  
and something better now awaits the soul,  
though whether on the spiritual or the material plane it cannot know.  
Learn to face the cross with tranquility,  
knowing that out of the ashes of the past new life is born.”*  
***The Quiet Mind by White Eagle***



**Have you read a good book lately?** October 20th was our last Book Club meeting for 2019. We celebrated 2+ years of book club meetings with a lovely luncheon hosted by Peggy Mills. All of our book club meetings are regularly scheduled for a Sunday after church and the meetings run from noon to 1pm. Everyone is invited to attend whether you’ve read the book or not! We love to have people join us and enjoy the discussion. Here are the titles we have selected for next year.

**If you are interested, mark your calendar and join us!**

### 2020 Book Club Meetings

January 12—*Arthur Conan Doyle’s Book of the Beyond* by White Eagle Press

February 23—*Before the Fall* by Noah Harley

April 5—*I Know Why the Caged Bird Sings: a memoir* by Maya Angelou

May 17—*The Only Woman in the Room* by Marie Benedict

June 28—*To Kill a Mockingbird* by Harper Lee

August 9—*I Miss You When You Blink* by Mary Laura Philpot

September 20—*Elevation* by Stephen King

November 1—*The Library Book* by Susan Orlean

*Sunday Service can be viewed on YouTube,  
AND we are now on 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 be celebrating our personal energies! Time to explore all of the Good in your world.*

Nov 05 **Healing with Color** – We go within and ask our Spirit what colors we need to heal and balance. Join us as we explore a simple, gentle way to heal. *Rev Patrick Abent* leads.

Nov 12 **Feng Shui Tune Ups for the Holidays** – Tonight, we will look at how color and decorative energies can affect our homes. Come for helpful tips to attract joy and prosperity. *Rev Cindy Fuller* leads.

Nov 19 **Celebration of Life Meditation** – Every moment is a gift. Join us as we touch the ways the Universe gifts us in our world. Bring a picture of yourself! *Rev. Patrick Abent* leads.

Nov 26 **New Moon Meditation** – Join us in planting our seeds for greater growth in this Sagittarius energy. Time to Expand! *Rev Cindy Fuller* leads.

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

*All classes are offered on a Love Offering Basis.*

**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!**



*Tuesday Night Healing Circles have been done religiously for 29 years. Every Tuesday, the Universe knows that the children of God will gather to pray for their fellow man and for Mother Earth herself. So Universal Beings, Angels and folks on the other side all gather to join our healing hearts. As each healing circle is conducted, you can feel the energies of many others joining their prayers with ours, creating greater love.*

*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!*

## Shungite Workshop–

*Learn the awesome powers of this magical Stone!*

**November 3rd, Sunday Afternoon  
1-4pm**

The world is focused on this amazing stone as they are exploring the many ways shungite interacts with the energy fields of our times. Known as the Miracle Stone, it will help protect from such frequencies as EMF fields, 5G, wifi and geopathic stress. It can also purify your water even if you don't have a water filter.

Shungite is known to absorb and completely neutralize the frequencies which allows the wearer to maintain an undisturbed field.

Patrick will be demonstrating how we can use this mineral in our homes and in our lives. You will see how the stone can balance your energy field and create a space of protection for your own frequency.



**Jesus Christ Allows us to touch the perfection of God even when we have not yet evolved in Consciousness to hold this on our own.**

**Through Jesus Christ, we can be lifted to through our human confusion into the clarity of Gods Love.**

## Christmas Family Time!

Cherokee County DFCS has reached out for us to sponsor some children again this year. We have told them we would take 10 kids. As soon as we are given the specifics, we will post the list of proposed gifts in the lobby. Since Thanksgiving is late this year, we will put these out as soon as they are received ~ so we can take advantage of the early Christmas sales!

The agencies we work with are always so appreciative of our church's contributions. And the Families that receive are also so grateful.

The generosity of our church family is very impressive! Yea God!



*Just wanted to let you know how much I enjoyed the Newsletter. I look forward to reading it as soon as I find it in my in-box. It's like a present waiting for me to open. It always makes me happy. Thank you!!*

*Love and hugs,  
Lori Tinsley*



### Messages from the Selenite Crystal Meditation Tuesday, August 20, 2019

In a state of deep peace and relaxation,

I found myself being shown files: an infinite number of files...they were opening and closing all around me; they seemed never ending, and drenched in shades of purple and blue. As Patrick began to lead our meditation to its close, I felt my own resistance; I did not want to depart from this place of peace!

At that moment, I saw a goddess figure emerge; she rose from the white Selenite column. Even though my eyes were closed, I could "see" her energy forming from within the crystal column. She was very beautiful. She began to swirl and spread her opened arms; as she did that, her energy formed itself into a flower with thousands of petals. The petals just kept opening and swirling, and opening and swirling, as if they were multiplying themselves. The flower rose and rose until it disappeared into the cosmos above us. Ready, but still a bit reluctant to bring my energy back into the sanctuary, I opened my eyes, but sat in quiet awe of the experience for several minutes before I could bring myself to speak.

I'm still not sure exactly what I was being shown, but I know I will meditate on it for some time to come.

Andrea Spidalieri



### Wonderment 1893

In a publication from September 15, 1893, Swami Vivekananda, a beautiful Indian Hindu monk, stated:

*"I am a Hindu. I am sitting in my own little well thinking that the whole world is my little well. The Christian sits in his little well and thinks the whole world is his well. The Mohammedan sits in his little well and thinks that is the whole world."*

***I have to thank –you of America– for the great attempt you are making to break down the barriers of this little world of ours, and hope that in the future, the Lord will help you to accomplish your purpose."***

As I read this, I was so honored to be a part of a country that had this intention at its core. We were created as a space where unification could take place. All would contribute and all would be a part of creating a new world of acceptance. We, still, are all part of this great experiment.

Many gifts merging into a harmonious whole.

### Membership is Easy

Often you will hear us ask on Sundays if anyone is guided to join. And afterward people will ask, what is involved in joining the church? Well, membership is so easy; we just don't make a big issue of it. Even though it's easy; ***it's important.***

All you have to do is decide that your energy is in harmony with what you see, hear, feel, and do here at Inner Quest. You make the conscious decision that supporting our church would be the right thing for you to do, would make you feel good. You are guided to join your efforts with the people you meet here. And as a community, a family, our impact is so much greater than that of any individual. We join to synergistically produce that exponential effect to lift the consciousness of mankind.

If you are guided to join, you fill out a form which gives us contact information for you. We ask for your birthday so we can send you a card and a certificate for a free energy healing during the month of your birthday. We ask what vision you hold for yourself. This is very simple and whatever you are guided to state. It's helpful to define your intentions for yourself. Once you've submitted your membership form, we ask that you stand and be recognized by the members and receive their blessing. You can't have too many blessings, and this gives people an opportunity to know you by name!

That's all there is to membership here. When you are guided to join, take that simple step joining your energy with ours and together we will create something fabulous.

### Investing yourself

Once several years ago, one of my clients made the comment:

***"It is easier to make an enemy than it is to make a friend."***

I was completely enthralled as he explained that to make a friend required an investment of energy. You had to get to know their unique energy. You had to learn to accept those parts of them that you did not care for or understand. AND, you also had to give them your energy. You had to invite them into your life, thereby, exposing all of your beliefs and ideas that you normally do not allow anyone to have an opinion on. Friends require work.

My client went on to say that making someone your enemy is much easier. You judge them, dismiss them and you are done.

And all of this is true, but the energy invested in maintaining that "wall against one person" is continual. With friends, there is a sharing of energy– a giving and receiving. The flow of friendship is a much better investment in your energy than creating a stagnant wall of dismissal.

## Events



### Inner Quest Turns 29!

Nov 20, 2019

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.

WE send our sincere love and appreciation to all who have been a part of our Church Family.

We, together, have changed the world for the better! Yea God!!!

### **Ways to Support Inner Quest that Cost You Nothing!**

**AMAZON** We are moving into the holiday season and that always means looking for that perfect acknowledgement to someone of how much they mean to your life – yes, that's involves looking for the perfect gift. And while you're purchasing, remember that we are a registered charitable site for AMASONSMEILE donations. All you have to do is log into AmazonSmile (<https://smile.amazon.com>) and select Inner Quest Unlimited as the recipient of your donation. Your prices remain the same; Amazon simply donates 0.5% of all sales to the church. This really adds up through the year and especially during the holidays. Consider letting Amazon support your church!

**KROGER** also lets us participate in receiving your charitable donations. Enroll in Kroger Community Rewards by signing up with your Plus Card # (or an alternate ID, usually your phone number), and select your chosen organization (Inner Quest Unlimited is #49149). Now every time you purchase from Kroger, the church earns between \$25 quarterly up to \$8000 quarterly in donations! This includes all purchases: gas, grocery goods, and drugstore purchases. Help us earn in the \$1000's!

### 2020

It's really hard to believe that we will be moving into the energy of 2020– an entirely new vibration than the last decade. As long as we had a 1 in the year -(2019, 2010, etc), we were dealing with new beginnings at some level. This allowed us to shift and change our positions in relationship to the other numbers of the year. We could always find a new breath!

But now we will have—2 Relationship, 0 God, 2 Relationship, 0 God. Intense, huh? Yep, we will all find ourselves in relationship with our spiritual connections at all levels– no escaping for air! This will be the year when we will be faced with all that we have thought we believed and all the beliefs that we have been actually living. Good Times!

So, during November, you may want to do a little house cleaning just to ensure you are in the God relationship you really desire! Blessings– Cindy

### Up Coming Christmas

#### Events

#### The Metaphysics of Christmas

*This is our annual presentation to  
begin the Holiday Season.*

At Inner Quest, we were guided to tell the Christmas story from the beginning– the beginning of mankind's journey on our Planet! From this perspective, you can see why Jesus came and how important his life was to our evolution.

Join us for a fun light hearted presentation 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!

**December 15, 2019**

**Sunday 7:30pm, Love Offering**



#### Christmas Eve Candlelighting Service

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 Love Offering

**Sunday Evening, 7:30 p.m.**

**December 24, 2019**



#### New Year's Burning Bowl Ceremony

Join us in lifting into higher vibrations of love as we enter the year 2020. We will release what no longer serves and call forth what we want to manifest in the coming year. Love Offering

**Sunday Evening, 7:30 p.m.**

**December 31, 2019**

## Gaia's Gift



Transformation all around  
Thru leaves and wind and water  
A gentle crispness greets each day  
Inviting us to come out and play

To join our heart with the rustling leaves  
And be fed by the colors in the wind  
Life's simple pleasures there for all  
It's up to us to heed the call

Mother Earth brims with joy  
As she offers up her bounty  
Unconditional love- her greatest gift  
We, too, can lift

Into the place of harmony  
Of all that ever is  
And give the essence of our soul  
Revealing that we're His.

Peace,  
Patrick

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*God Bless.....*

