

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770)521-2875

www.InnerQuestChurch.org

COMMUNICATIONS

September and October 2019

Easy

Gentle and EASY! That has been my prayer for over 30 years. "God— let the growth be awesome and gentle and easy." And in every situation, no matter what I am manifesting, there is always one element that creates a challenge for me. I have very little patience to wait for *"the gentle and easy"*.

In our desires, we usually feel that *if* we can see the problem, and are open to the solution, then the resolving steps should be "right there"! But often they are not. Patience.

There are so many details that hold our daily lives at this current level of consciousness. And when we are seeking change, we are affecting every one of those little details. Perhaps that perfect new job is in another city or state. A lot will have to move to get you there. Perhaps that perfect person for the job you currently have open will arrive at the moment the job becomes slightly different from what you expected but perfect for them and you. Patience.

As we seek to expand in consciousness, we need to become aware of the composite of our world. Even if our desired change is not visible, we can change something. We could add a decoration, rearrange our furniture, travel a different route to work. When we change something in our outer world, we are literally changing the molecules that make up our reality. We are beginning the "shifting waves" that will eventually bring in the desire we wish to manifest. It is all energy.

If we can get busy with changing something we *can* change, we can become patient with the energies that need to morph to bring in the greater. Changing one thing will actually wake us up. It will require that we create a new relationship with our world in some way. And when we look at one thing differently, it is easy to look at everything differently.

Jesus said to ask for what you want. Then he told the parable of the woman who repeatedly had to pester the judge before he finally ruled in her favor. The woman was growing in her consciousness so that she was able to receive the great blessing she was seeking.

Receiving New Fabulous Experiences requires us to embrace something completely different than we ever have. So, we must keep the focus, patiently ask for the energy to shift around us, and make the changes in our material worlds that make sense to us in this moment. When we are awake— we are ready for the new!

So, I shall change something today and begin to embrace Patience. This time I shall enjoy the *Gentle and Easy!*

Happy Creations!

Much love to all,

Cindy



New Community

What can we accomplish as a spiritual community? By spiritual community I mean a community of individuals who are aware of their divine nature and the divine nature in all; who come together and create space for awareness to be experienced.

I think that when we move into an awareness of oneness, harmony can truly be understood and realized. Harmony in the sense of accepting consciousness evolution as the natural order of life since we are always in the process of expansion. When we begin to realize how we are expanding, and what we are expanding, the door to infinite possibilities opens.

This process is an individual, as well as a collective consciousness experience. In this experience we are being asked to participate at this new level of consciousness in thought, word, and action.

Our life will probably change, as well it should. The question is, can we accept change as being for our highest good, and love ourselves through the process? As we accept change and allow love to guide us, we will find that our new adventure will bring us into greater harmony with life, and reveal glimpses of our true nature. We will be shown how to "Be" in the world, but not of the world, and that the true gift of life on Planet Earth is to experience GOD'S LOVE EXPRESSING...

Our love of life allows us to cease our fight with life and begin to accept the love and support that is ever present in life. Our energy can now be used for creation. We are the sons and daughters of God, creators, and our time is now to stand forth in this truth and "Be."

Our next step is to join our energy in brotherhood with all of life. This step supports the vibrational shift needed to lift consciousness to a new level, a higher level. This step in harmony supports the change for the greater good of the whole. And, yes, our world will change! Look at all of the changes the world has gone through in just the last 100 years, not to mention the last 4.5 billion years. Now, we can judge them or accept them...but

Here we are

What do we want our world to look like?

Consciousness is the key and love is the way when we see, accept, and act in consciousness of the divine beings that we are. The shift will occur individually and collectively. The time is now.

So as we lift our vision to oneness, open our hearts in unconditional love, and live in harmony with all life.

GET READY

"Eye hath not seen, nor ear heard, the glories God has for us."

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:

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

Upcoming Events

- Sept 02 **Labor Day** — **Men's Breakfast is cancelled. Enjoy your Labor Day off!**
- Sept 14 **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.
- Sept 15 **Book Club Meets** — Discussing *Gilead* by Marilynne Robinson. Bonnie will lead the meeting from noon to 1pm. Join us if you'd like to see what Book Club is all about.
- Sept 21 **Merkaba Workshop** — Saturday from 9am to 4pm. Build an energy body of pure love which will draw only love to you. \$160 for the class. Bring a lunch.
- Sep 20 **20's & 30's** — *Friday night, 7pm-9pm. Time to gather and discuss Metaphysical topics of interest. Everyone in their 20's and 30's are welcome to join. It is always a blast!*
- Sept 29 **Heritage Pot Luck** — After our play on Sunday, join us for a pot luck on the grounds. Everyone is invited to bring a dish representative of their heritage. Or just bring something good!
- Oct 01 **Inner Quest Fest bookings** — Call in and schedule your sessions for the InnerQuest Fest. We will be taking prepaid reservations starting at 10am.
- Oct 07 **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.
- Oct 12 **InnerQuest Fest** — Saturday, 10am to 4pm. Join us for a beautiful Saturday on the grounds as we provide healing sessions, mini-readings, free classes, and lots of shopping with unique vendor items. Of course, we will be grilling and offering tasty lunches. *You don't want to miss InnerQuest Fest!*
- Oct 19 **Terry and David Lufkin's Vow Renewal Ceremony** — Saturday, 3-5pm. Join us for a beautiful Celebration! Ten Years of Marriage! Come and Share your heart with this amazing couple.
- Oct 25 **20's & 30's** — *Friday night, 7pm-9pm. Time to gather and discuss Metaphysical topics of interest. Everyone in their 20's and 30's are welcome to join. It is always a blast!*
- Oct 20 **Bookclub** — Sunday at 12pm. Andrea will lead the group in discussing *The Weight of Ink* by Rachel Kadish. This is our last meeting of 2019, and we plan to celebrate 2 years of book club with a luncheon hosted by Peggy & Steve.
- Oct 27 **Church Business Meeting** — 12:30 on Sunday. Let's gather in the consciousness of creating a sustainable foundation of love.
- Nov 3 **Shungite Workshop**, Sunday Afternoon 1-4pm Learn the awesome powers of this wonderful stone. A miracle stone to help protect for EMF's, 5G, wifi, and geopathic stress.

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

**Festival—
October 12**



**10 am-
4pm**

Mark your calendars and come early!
Come for Fun and Bring your Family— There will be Readings, Classes, Healings, and Great Food.

Our Vendors are always amazing!
These Festivals always bring a greater light and joy to our property and our church family. We greet many people who would not otherwise come to experience our belief systems. And They Love it!

Come and be a part of this awesome event.
Let's make it a celebration of Living the Light!

***Heritage Pot Luck
September 29 after church
Join us for a feast on the grounds***



Bring a favorite dish to share! IQ will provide an entrée! We are inviting everyone to bring a dish representative of their much distant past. It would be fun to taste some English, Irish, Chinese, Italian, French, Columbian, African, Jamaican, Scottish dishes. But you don't have to have a special recipe — feel free to bring anything as your contribution. We've never turned down good food!

Inner Quest Church Business Meeting

October 27, Sunday after church from 12:30 to 2:30ish

It is time for us to get together and create a new conceptual foundation for our church structure. As your Ministers, Patrick and I would love to establish a new structure that will stand the test of time.

We will be discussing:

Leadership

Foundational Thoughts

Honoring Volunteers- (who have kept us going all these years)

Please plan on being in attendance. A church is truly the body of its members. So, let's gather in the consciousness of creating a sustainable foundation of love.



Welcome New Member! Grace Doscher

God, thank you for bringing this beautiful soul into our church family! May her life 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!

Recommitment Ceremony October 19 at 3pm.



The Lufkins will be celebrating 10 years together with a vow renewal ceremony in October. The wedding was held here at IQ and it is their intention to have the recommitment ceremony here as well.

David and Terry are extending an invitation to the entire church to join them for this special occasion. The recommitment ceremony will start at 3pm to be followed by a short reception.

The Lufkins have requested no gifts, but encourage donations to Inner Quest in lieu of gifts. We are looking forward to a lovely event and a heartfelt occasion. Put this one on your calendar!

School Supplies Drive

Thanks to everyone who contributed in our drive for school supplies! Patrick's truck was full to overflowing. It was an amazing success and North Fulton Charities was very grateful to receive! Many, many lives have been touched by your gifts!

Holiday Shopping in the Bookstore



As your mind turns to ideas for holiday shopping, we may be able to help you in the bookstore. Of course you know about the stunning and unique jewelry we carry, the crystals that are priced so reasonably, and all the other gift items here.

Books and music are also great ideas. So many of you will come in at the last minute and want to purchase 5-10 copies of a book like ***The Quiet Mind***, or ***You Can Heal Your Life***, or the ***Aquarian Gospel***. If you plan to purchase books as gifts in quantities of 5 or more, please come see us in the bookstore. We can offer you special pricing and make certain the books are available to you. The same is true for music. We can recommend music CD's appropriate for meditation or relaxation.

Please plan ahead if you will be making these bulk purchases. We'd love to help you out, and as always, thank you for shopping at IQ

Sundays at Inner Quest

2019 The Year of Spiritual Communion



September

Metaphysics of the Ten

Sept 01	Love– the Greatest Power	Patrick Abent
Sept 08	Our Relationship with God	Cindy Fuller
Sept 15	Our Relationships with Each Other	Cindy Fuller
Sept 22	Maintaining Your Own Energy	Cindy Fuller
Sept 29	A Play	IQ Players

“I feel and acknowledge the love of God!”

October

New Directives for the New Age

Oct 06	All Things are Thought	Cindy Fuller
Oct 13	How the Soul Evolves	Cindy Fuller
Oct 20	Navigating the Earth Plane	Cindy Fuller
Oct 27	Walking in the New Age	Patrick Abent

“The Christ in Me expresses Divinity!”

Time to go back to basics. During the month of September, we will be looking at the metaphysical energy of the ten commandments. During the Sermon on the Mount, Jesus went into great detail about the energy behind those famous words and what they were designed to create. Join us as we look at the original intentions and the metaphysical applications of today! You will be very surprised that these “teachings” were not meant to become Laws. They were actually guidelines for behavior in their new world of freedom.

Then in October, we will be exploring the Precepts for a Universal Church that were discussed at the beginning of the Age of Pisces. Jesus said that man was not yet ready for these ideas. He had to, first, instill the Law of Love into our hearts and minds. And after the age of Love, we would be able to bring in these new concepts in the age that would follow. We will discuss the thoughts that were presented and how they will create a valuable path to God awareness today. We are the new age!

Sundays are the time when we gather with our church family, those of like mind, and allow our selves to be fed. Where two or more are gathered in love, the energy created is enormous.

Don't think that we are unaware of your disappointments and hardships, and the fears that possess you.

We in spirit know that you have tests.

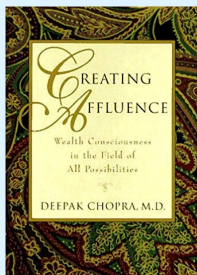
We know that the physical body is not always as fit and perfect as it could be.

We know that the material conditions in your life can be irksome.

We are so attuned to you that we absorb your feelings.

We know the problems and the difficulties; but we would reassure everyone of you that if you will truly follow the light within your heart, all will be well.

The Quiet Mind by White Eagle



Adult Discussion Class Sunday Morning 9:30am

In 1993, Deepak released his book, **Creating Affluence**, which explained Prosperity in terms of Energy and Wealth in the Field of all Possibilities.

This is not a *step by step* “how to”. Rather, it is a *concept by concept method* of Calling forth your desired level of wealth — and thereby, holding a frequency that will sustain it's reality. Deepak breaks it down in such easy simple terms that anyone can embrace these techniques.

Join Patrick and begin the journey of Wealth. This is not about making more money. It is about becoming the magnet that will forever vibrate abundance to it!

The Classes will discuss each idea and help one another embody the possibilities!

Crystal Corner

Golden Selenite

Champagne Golden Selenite is one of the rarest and most unusual forms of Selenite, like a super-charged version. It holds the message of unity and wholeness, helping to reconnect everyone on our planet. Golden or yellow selenite illuminates your third eye and solar plexus chakra to unify your mind, heart and wisdom to develop a sense of trust and empowerment. Connecting with its energy helps you to achieve your soul's highest purpose in your lifetime.

As a more recent crystal discovery, it's as if this powerful stone was discovered to enlighten mankind, raise our vibration and usher us into the next era of consciousness. When you connect with its energy, it's as if you've found an old friend, one who will help you transform to become whole again and live life from a place of truth and authenticity.



*Sunday Services now available on YouTube and Podcast– innerquestchurch.com.
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.

September

This month will be a month of healing and transforming our Health and Family areas of our lives! We will release the old patterns and renew our relationships with a higher intention. We will create a space of Home— a space of safety, love, and health. Recognize, Release and Redesign.

Sep 03 **Releasing the Past Family Patterns**— Tonight we will acknowledge, honor and let go of the building blocks that our earthly family gave us that are keeping us from the family we desire. Redesign begins with release.

Sep 10 **New Family**— Tonight we will begin to redesign our concepts of what we desire in a family. We will look at what we want to contribute and what we want to receive. Come ready to create new building blocks.

Sep 17 **New Health**— The next step. We can not truly experience a healthy family when we are not experiencing the personal health we desire. Tonight we will take our creating to the next level. Redesigning continues.

Sep 24 **New Health and Family Forward Motion**— Tonight we will infuse all that we have been creating with our love and the Love of God. Our New World begins.

October

In October we will be learning some easy techniques to open our psychic perception! Many are not ready for the dive into a deep study of psychic development, but everyone can begin to open to "reading" the vibrations in the people and places around them. Join us for some fun!

Oct 01 **Breath of Life Meditation**—Consciously appropriating the life force energy allows you to repair cells, activate DNA and lift your vibration to a higher frequency. Dress comfortably as we will be on the floor.

Oct 08 **Crystal Meditation**— Tonight we will use the energy of crystals to open the dreams of this lifetime. We will connect with our Higher Self and the original plan for our growth and soul expansion.

Oct 15 **Group Past Life Meditation**—Tonight we will journey to another time and space where your lifetime there is still affecting your lifetime now. We will experience and heal unfulfilled energies.

Oct 22 **Inner Child Meditation**—Rev Cheryl Provence will lead this experience of realigning with our inner child, which allows growth into our Divine Potential.

Oct 29 **Divine Feminine Meditation**—Rev Cheryl Provence—Tonight we will experience the power of being receptive and magnetic. We will access divine wisdom for our lives.

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

If you are unable to attend, you can e-mail your prayer requests to us.

The results of God's love moving through each situation is amazing!

Love Offering.



Merkaba Workshop

Sept 21, 2019 9am-4pm

\$160 for the Class

Mer: A counter rotating field of light

Ka: Spirit (on earth)

Ba: Body (our human body)

A counter rotating field of light (about 55 feet across) that will interact and translate the spirit and the body from one world into another.....

We must see the unity of life before we can integrate.

God's plan has no end

It is life in the house of many mansions.

God in his goodness renews the creations continually

--- and speaks through light.

Come and learn how to build and activate your own Merkaba field. You will walk in Safety, Love and Peace.

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.





Transformation with Crystal/Color/ Sound

By Bonnie Westbrook

Patrick has begun a new series of crystal sessions and I've fallen in love with the #3 selection: ***Divine Antidepressant Music***. The description reads: "energy therapy with color and crystals to uplift and shift stuck energy patterns. You experience peace as you are cradled in an energy field of Love, Appreciation, and Support."

I've done this type of session three times in a row. Each time I've experienced a remarkable sensation. I'm effortlessly cushioned and moved into a series of tranquil states, each higher than the last. This happens in each session. I am aware; I don't completely zone out. However, I am aware of the states of bliss. I DO feel loved, appreciated, and supported.

It's hard to describe the gentleness of this formula. I would highly recommend you try this protocol without expectation. See what happens for you. These therapies work on the energy bodies (physical, spiritual, emotional) you bring to the table. But I have never experienced such a consistent uplifting energy. Often, when we are fighting through stuck energy, the physical body experiences discomfort. Not so with this protocol. This is gentle and life affirming. Everyone should try it!

Something New

I've been associated with Inner Quest for about 17 years, and I've been coming to church service on Sundays for the last ten years. Last Sunday I heard something completely new! And this is often the case. Something that isn't even spoken because it's assumed everyone knows...will crop up in a conversation, and there you go, I've learned something new.

Learning to look at life metaphysically is like the process of living; you learn as you go. Information may be presented many times before you have the level of awareness to receive and incorporate that knowledge. This is particularly true when students graduate from our continuing education classes.

Some Sundays I could follow along; some Sundays I would find concepts a little over my head. That changed tremendously as I completed the study of Metaphysics and the Aquarian Gospel. These classes taught me those basics you need to understand and get the most out of the concepts presented on Sundays and Tuesdays.

But – it's all good. Understanding comes to you when you're ready for it. And life takes us on a journey whether we're ready or not. Join us Sundays where you can hear something for the 10th time, and it will be like you heard it for the first time. There's always something to learn. *Bonnie Westbrook*

Awaken by Reba Wright

Waking the heart from a long slumber. Oh, the thrill and hope she feels.
Then she remembers,

the loss that so overwhelmed faith and hope
that swallowed her and wrecked her
chewed her into numbness
as love died within her

Waking the heart, deep breath. Draw hope into her to feel something, anything other than slumber or pain.

Hope floods over the shards, soothing
like centuries of river flow
turns the stone and polishes her
smoothing the edges

Something wonderful, so pleasant to hold comes from allowing

breaks to occur,
over and over,
smaller and smaller, until
all that does not serve,
that cuts at love
has been released.

Wake the slumbering heart, feel
breath come into your dreams.
Expect all you ever dreamt of

to come here
to receive now
the dreams of the slumbering
heart

~Now awake

White Eagle Teachings

Each of us learns in different ways. Some of us need challenge and struggles to learn the same lesson that another can learn with opportunity and support. Why we choose what we choose can be a mystery, even to us!

White Eagle says:

"Some undergo an initiation or experience through pain or joy. (pain and joy are but reflections of each other)."

"Each soul must go through such experiences, perhaps many times, before understanding what it means to be humble. The greatest mind is ever the humble mind; you will find this in all elder and wise brethren. Humility is indeed the most important virtue if the soul is to attain any degree of understanding and experience of God. Through the experience of human life with all its pain and joy, the souls are quickened and enabled to see truth– which means of course that it can recognize its relationship with the Eternal Spirit."

The Best of White Eagle



Festival

Inner Quest Presents



Saturday, OCTOBER 12th
from 10am to 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 various classes are free!

These festivals are annual 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.

The InnerQuest Fest is **fun for everyone**. It will be a wonderful day to explore the grounds, purchase gifts for yourself and for others, and enjoy a **tasty lunch**, freshly grilled just for you. We offer hot dogs, hamburgers, brats, salmon, and vegetarian items as well. Many come just for the lunch!

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, and incense.

InnerQuest Fest Registration: ***Prepaid reservations will begin on October 1.***

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

For this festival we are **HIGHLY** encouraging you to book before the event if you want a specific reader or a specific healing. We are wanting all of our great workers to 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 your other questions at that time.

SET-UP: Vendors bring their own tables and/or canopy and set-up begins at 8:30am, Saturday, Oct 12.

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
(don't call during the fair!)

Fini

Swirling mists of living light
Beckon our return
Too long the journey of a prodigal son
Remember, we are one

All the stories that have been told
Always seem outside us
Seeking for the golden ring
This quest has been man's onus

Seems only when we take a breath
Surrendering to the moment
That all the pieces fall in place
Finally, room for grace

Imminent—Transcendent
God is ever present
The dreamer and the dream are one
Complete—Another round is done.



Peace,
Patrick

Inner Quest

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God Bless.....