



# Inner Quest

12830 New Providence Road, Alpharetta, GA 30004 [www.innerquestchurch.org](http://www.innerquestchurch.org)

(770)521-2875

## COMMUNICATIONS

December 2019

### Christmas Eyes

It is Christmas- A time of celebration and love. For each of us, we see the Christmas lights in so many ways. Even if we are not “religious”, we are still enthralled with the magic and the energy of a Divine Love.

When the little children see the sparkle all around them, what do they see?

They see their parent’s love. They see that for some reason, they, themselves are now the focus of attention. They also see the love of a greater being –Santa -who knows them and sees them and loves them. They see support and safety. They see sharing as their parents cook and celebrate with family. They see God love in their world.

When the lovers see the sparkles of Christmas, what do they see?

They see hope for a future. They see the soul of the other. They see the magic of freely sharing expectations of greater. They see a bigger life than the one they have. They see God in each other.

When parents see the sparkles of Christmas, what do they see?

They see love for their child. Hope for the child’s growth and future. They see the sparkle in the child’s eyes when they speak to them of a strange magical being who loves them and gives to them. They see their love being reflected back to them by their tiny charges. They see God in the eyes of their child.

What do grandparents see? They see many years of life yet to be lived. They see comfort and joy at the love shared in every moment. They have a knowing of what the Magic really is; and that it will eventually lead to a deeper connection with the Divine. They see the sparks of love that will lead to eternity.

What do those open hearted individuals see when the Christmas lights sparkle?

They see the presence of Jesus’ Love. They feel the tender mercies flowing into every life as they allow God’s love to uplift them. They see God’s love moving entire cities into hope- blazing with Divine Love and Joy. And they see one message : **We are all God’s Children.**

I have never had a lonely Christmas.

The love of God is always there. And the love that surrounds my world is amazing-even when I am alone.

I am a part of the great sparkle that shines with hope. I am participating just by my being.

I am claimed by my God. I am God’s Child.

Merry Christmas  
Cindy



### One Family

In my morning meditation I asked Jesus what he would like to share with Inner Quest this Christmas season.

His reply- *“The blessings I would share are that you are all enfolded in God’s love. In God’s love, I am referring to our Father. The words ‘you are my beloved children’ are spoken with unconditional love and great authority. For throughout all creation the children of God are honored and revered. This would be my directive this day ‘to honor the family of man as your family’ in the sense of accepting love. It is hard to truly know another from the human perspective. It is only when the spiritual eye is open that true vision is revealed. The true essence of man is divine and it is only with divine eyes that we see divinity. There is nothing lost in translation with higher vision. I see your divine light. My love to all.”*

These are powerful words – both humbling and inspiring – a gentle reminder of who we are and why we are here. The collective soul.

The Christmas season is upon us, and this year we have the opportunity to transform this holiday into a Holy Day, if we choose to. By Holy Day, I mean we can once, again explore the sacredness of the birth of Jesus the Christ, and how it is still transforming us. The simple intention to want to understand the sacredness of Christmas will expand our capacity to Love.

A Step to support our expansion as love could be as follows:

Perhaps in the busyness of the season we could choose quiet time for meditation, reflection, or contemplation. We have the power to interrupt the sequence of our life and create anew.

To reflect on the past year and acknowledge our blessings – re-examine them on a higher level – will reveal the true gift.

As we gather together with family and friends and just share our blessings – we open the door to greater blessings. The love that flows from an open heart transforms us all. These times together truly feed the soul, opening the door of destiny.

We are all here on a soul journey, and it can only be seen with divine eyes. It is Christ love that opens our eyes to true acceptance.

Accepting the unique expression in all was and is the gift of the Christ. We are all loved, we are all good enough, and we all bless the whole. Our unique expression is a gift beyond compare.

Blessings of Love  
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

- Dec 02 **Men's Group** —Monday, 6:30-8:00pm. Join Patrick as he makes eggs for breakfast for all to share! Bring a dish and have spiritual conversation.
- Dec 07 **Christmas Party in the Bookstore** —Saturday 10am-2pm. Food, Fun and Outstanding Deals! Everything is at least 10% off. Come and make a deal with Patrick!
- Dec 12 **Whitsuntide** —Thursday— This is a day to connect with the Beautiful Celestial Beings that come to help mankind remember their purpose. Where ever you are, you can open to receive this blessing! Breathe!
- 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*. Childcare provided.
- Dec 24 **Candlelighting Service** —Tuesday Christmas Eve, 7:30pm. Join us for a time to honor Jesus the Christ and the light within us all. *Love Offering*. Childcare provided.
- Dec 25 **Christmas Morning** — May you all feel the love of God and Jesus Christ pouring into your hearts!
- Dec 29 **De-Decorate the Church** —Sunday after church. Stay and help us pack up the old and prepare for the New Year.
- Dec 31 **Burning Bowl Service** —New Year's Eve, Tuesday Night at 7:30pm. *Love Offering*. An evening of renewal as we prepare to embrace a new decade—2020! Child care provided.
- Jan 04 **Metaphysics I, Aquarian I-**  
Saturday, 9:30am –12:00pm. A wonderful way to understand what living Metaphysically is all about! Start with Metaphysics I for a foundational class on living a new truth! (More info on page 6)
- Jan 11 **Reiki Night** —Saturday, 6pm-8:30pm. This is always such a beautiful evening of healing. The Reiki Masters are flowing through our entire healing team, and miracles occur. Come and receive the gift. *Love Offering*.



## 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>Childcare /Sunday School</b>
<b>Tuesday</b>	<b>Tuesday Night Group</b>	7:30-9:00 pm	
<b>Wednesday</b>	<b>Choir Rehearsal</b>	7:00-9:00pm	
<b>Mon-Fri</b>	<b>Healing Sessions</b>	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

*The Journey of Life is to know Oneself,  
the Path begins in the Heart!*

### Our Christmas Family

We love to share our love with the world. This year, we are sponsoring ten children. These little ones are from Cherokee County DFCS. Here are the ages: 2– four months old (twins), 1 eight month old, 2– four year olds (twins), 1– seven year old, 1– eight year old, 1– nine year old, 1–eleven year old, and 1– fourteen year old.

As you look at the “wish list” for most of these kids, the basic necessities are listed as desires.

As usual, you will find the lists in the foyer. Please see what gift you would like to give, sign your name for that particular gift on our master sheet and take the tag with you (the sizes and details of your gift are written on the tag). This year you are able to wrap all gifts. However, make sure you return the package tagged with the gift number and name of the child.

If you would like to contribute, but are unable to shop yourself, please let Cindy or Patrick know. We will make sure that what you want to give is purchased.

Remember every little bit helps to make Christmas wonderful for these kids.

**All gifts are to be labeled with gift  
number & child name.**

**All gifts need to be in by Sunday,  
Dec 15. Check your tags.**



**Come join the fun!  
Cookies, brownies, tea and  
hot cider**

*Patrick is throwing a  
**CHRISTMAS PARTY in the  
BOOKSTORE***

**Saturday, December 7, 2019  
10am to 2pm**

**Patrick** is opening the doors to the bookstore and running a 4-hour sale. It will be amazing!

ALL INVENTORY at least 10% off (except Faeries)– **but Patrick will be willing to make some deals!** The more you buy, the deeper the discount!

Come with your Christmas list in hand and bring your friends and family. Join us for Shopping and Refreshments – or just come for the fun!

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



**Welcome New Members!**

**Suzanne Ardiff  
Dia Fioretti  
Patrice Scattergood  
Cheyenne Taylor**

May God's love bless each of these in their hearts desires, and may our Inner Quest Family continue to blossom in miraculous ways!

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

### Metaphysics of Christmas

Sunday Evening  
**Dec 15, 2019 at 7:30pm.**

This is an annual event where we lovingly share in song and word our festive understanding of how we as Spirits began our journey on this planet. Even if you have seen it before, each presentation is filled with new awarenesses, new understandings, and surprises!

Make it a point to be with us that evening!

And, we would love to have you contribute in another festive way! We could use cookies or goodies for our reception afterwards. If you are able to help with that, please sign up in the lobby.

Let's make this year one of a Metaphysical Family celebrating the joy of Christmas together. This is our tradition. Come and be a part of it. The Blessings will abound!



### Holiday Healing Special

**Three Sessions for \$130!** (Value \$195)

Work with Patrick to create the perfect healing package for you. Sessions can include:

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

Select the three sessions you would like, and schedule! 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.

**Reiki**– it moves out lower vibrations of illness and stress, thus accelerating the healing process. Stress Reducer. Accepted as a healing modality for any ailment. Used in Hospitals.

**Color**–introduces specific color frequencies into an individuals energy field to effortlessly restore balance and harmony.

**Inner Light**–allows clearing of the auric field, balancing of the chakras, and moving of the Christ Light throughout the entire body. Clears deep causal thoughts.

**Crystal Color Sound**–A great shift created through respatialization, incorporating the vibration of color, crystal and sound.

**Counseling**–You can't change it if you can't see it. Our counselors are trained to help you understand new approaches.



# Sundays at Inner Quest

## 2019 The Year of Spiritual Communion

### December

#### Understanding Jesus

Dec 01	Jesus– Metaphysically	Rev. Cindy Fuller
Dec 08	Preparing for Love	Rev. Cheryl Provence
Dec 15	Holiday– Holy Day	Rev. Patrick Abent
Dec 22	Merry Christmas	Rev. Cindy Fuller
Dec 29	Remembering the Blessings	Rev. Cindy Fuller



*“The Christ Light Shines Within Me Now!”*

Christmas—that wonderful time of year when we all seek to access God’s Love. We are open to receive and open to give; and most hearts are in tune to feeling the immense love that the Angels bring. The energy that is felt is very real. There is an outpouring of God’s pure love that enters and quickens all who are receptive. Even as the moment that Jesus was born, the celestial beings from around the Universe reconvene to celebrate that day that the Christed Consciousness was sent to mankind.

We, as a people, had forgotten our Divinity and had believed that we were subject to some unseen power that controlled us. When Jesus came, his message was pure and clear. “You are Children of our Most High Father”. And that “Father dwelt within each heart.” The Inner Power of the Christ Spirit lived within each person. And we heard!

Join us this December as we celebrate the Christ that came and brought us the vibration of our own connections with God. We will, once again, connect with the Angelic Forces and the Special Christmas Spirit that blesses the earth with a magic of Celestial expansion.

Jesus’s love still fills our hearts, especially during this holy Christmas Season. Celebrate with us.

*“Christmas is the greatest Spiritual Season for it  
binds the human family together as the heavenly family is bound.  
The light shines from the heavens and enters the cave, the chakra of the heart.  
There the light gives life to the Child, renews the Christ life.  
It is not enough that you accept this truth with your mind.  
You must accept and believe with your whole being.”*

*“Way of the Sun” by White Eagle*



#### Lori’s Favorite Things

Visit the bookstore to find the perfect metaphysical gifts for your friends and family. Some favorite books currently in stock include:

*The Quiet Mind and Jesus Teacher Healer*  
*The Magic Path of Intuition*  
*Life and Teachings of the Masters of the Far East*  
*Manifesting Made Easy*  
*Behaving as if the God in all Life Mattered*  
*Practical Spirituality*

Card decks also make great gifts because they are a fun way to receive guidance. Recommended new decks:

**Angel Power Cards, Kuan Yin, or even Garden Dragons.**

Crystals– Choose the perfect vibration that supports your loved ones.

**Rose Quartz** for Love and Healing  
**Amethyst** for Divine Connection  
**Shungite** for Healing and Protection  
**Citrine** for Prosperity

You might even find a treasure for yourself.

Happy Shopping!

#### 2020 – The Master Builder Year Time to make Dreams a Reality

April 22, 2019 -

I was told by a Master to “Bring the Tithes into the storehouse.” I said, “I have tried to teach this so many times. Then He said, “Tithing breaks the Seal. You are bringing God into your world of matter.”

Perhaps as we move into 2020, one of our first steps could be to include God in our matter. We all ask for Spirit to make our matter different– more abundant– new cars, new homes, new salaries. Maybe this year, we could give that small 10% where we are Spiritually fed as an investment in our relationship with God.

When you give where you are Spiritually fed, you are not only giving back for what you have received, but you are also investing in that physical Manifestation of God’s Presence in the world. How powerful is that? You, through your tithe, can support what God is bringing to feed you! How beautiful is the circle of abundance....

*Sunday Service can be viewed on YouTube, and listened to on our Podcast.*



# Inner Quest

## Tuesday Nights 7:30pm-9:00pm

Tuesday evenings are set aside for the purpose of touching more intimately the presence of God within our hearts.

### December

December may be the greatest month of connecting with the Universal Energies of Love! Divine Beings of Light draw very close to the earth in response to Mankind's focus on love and brotherhood. Christians, holding their deep and intense love for Jesus Christ, lead the way to creating a vibration of Heaven on Earth. Join us for some amazing opportunities to embrace this angelic love and support!



**Dec 03 Santa Meditation** – Our annual meditation of connecting with someone in the Atlanta area that could use some spiritual strength and faith support. Everyone can share their love!

**Dec 10 Christ Light Meditation**– Come and open to the vibration of the Christ. We will allow the Christmas Angels to flow through us so we can receive the energy that is showering down from the heavens.

**Dec 17 Christmas Healing**– The Christmas Angels bring a wonderful inclusive healing energy. Join us as we open to channeling and receiving this healing of love.

**Dec 24 Candlelighting Service** – Every Christmas Eve, we gather to celebrate the love of Jesus the Christ. We sing, meditate and light our own candles of peace. Join us.

**Dec 31 Burning Bowl Ceremony** – Come to release what no longer serves you and take the first step toward creating your heart's desires for the new year. 2020 will be amazing

*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.*

*(on Dec 24 and Dec 31, a healing circle will be done during the day)*



### New Monthly Metaphysical Class 2020

2020 will mark a wonderful year of expansion for us. New opportunities for education and contribution are being formed. Our first installment of expansion is our new **Monthly Meta Class**.

On the third Friday of every month, we will be offering a class that helps you understand and define metaphysical principles, metaphysical Christianity, and cosmic concepts. Designed to be informative and interactive, these classes will enable you to ask questions about the subject being covered that evening.

So often you hear concepts during a Sunday service, but don't fully realize the impact of the message. These classes will help you formulate a solid foundation for your relationship with God.

First Class—January 17

Second Class— February 21

Third Class— March 20

Mark your calendars and let's make this an experience of enlightenment!



### Jesus Revisits Bethlehem

"Jesus went to Bethlehem... He found the shepherd's home where he was cradled when a babe; here he abode. He went up to the hills where more than thirty years before the shepherds watched their flocks and heard the messenger of peace exclaim:

***At midnight in a cave in Bethlehem the Prince of Peace is born.***

And shepherds were still there, and sheep still fed upon the hills. And in the valley near, great flocks of snow-white doves were flying to and fro.

And when the shepherds knew that Jesus, whom the people called the king, had come, they came from near and far to speak to him.

And Jesus said to them,

***Behold the life of innocence and peace!***

***White is the symbol of the virtuous and pure!***

***The lamb of innocence; the dove of peace;***

***And it was right that love should come in human form amid such scenes as these....***

And once again, the Prince of Peace has come ...And then the hills of Bethlehem were clothed with light, and again the messenger exclaimed,

***Peace, Peace on Earth, good will to men."***

*Aquarian Gospel 76:1-11, 23-24*



## Higher Education Classes- For Everyone! Begin January 4, 2020 Foundational classes to inspire and teach the building blocks of metaphysical thought!

Each class series consists of six classes held on Saturday mornings. Class begins at 9:30am and ends at 12:00pm.

**Metaphysics I**– An amazing experience which will help you define principles of energy. Transformational at its core, the ideas presented here will become the basis of your reality!

**Aquarian I**– The next step for those that have completed the entire Metaphysics Series. The Aquarian opens the heart and calls for the love within to begin to express outwardly!

These series classes are life changing in every way! Check your heart to see if this is your next step! *The First series of Classes begin Jan 4, and run through Feb 8.*  
*Sign up sheets are ready!*

### Higher Education Classes throughout 2020:

Meta II, Aquar II	Feb 22– Mar 28
Aquar III	Apr 11– May 23
Meta III, Aquar IV,	Aug 8-Sep 12
Meta IV, Aquar V	Sep 26– Oct 31

## Other Classes for 2020

### Meditation I Jan 9-30

A four week series to teach the basics of Meditation practices. You will learn a new technique in each class. \$80

### Psychic Development I Feb 6– Mar 12

A six week series to teach you how to calm your focus so that you can begin to see into another's energy. These are easy techniques to not only "read" someone but to also begin to interpret the symbols and energies you touch. Foundational class for all others. \$450

### Psychic Development II Sep 10-Oct 15

The next step in your journey of "reading" the energies more deeply. Once you have completed Psychic Development I, you are now ready to learn about dealing with people on the other side, talking to angels, and doing body scans. \$450

We also offer Healing Class, Psychic Development III, Merkaba, and Color Therapy.

*Class Dates for other classes will be confirmed throughout the year.*



## Mensaje Navideño



Este año ha traído muchas lecciones a nuestras vidas, hemos pasado por experiencias que nos han hecho reflexionar acerca de que debemos hacer para mantener nuestra vida en alineación con la fuente divina y no dejar que las circunstancias de la vida nos arrastren en la desesperanza y el desamor.

En septiembre tuve la oportunidad de participar en la obra de teatro titulada: ¿Como te sientes? trata sobre lo que ocurre después que dejamos nuestro cuerpo físico al morir "revisamos nuestro camino por la madre tierra" ... El tema principal era el de entender de que el **SENTIR** es la clave para poder crear y manifestar lo que deseamos en nuestra vida, que las solas palabras o acciones no son suficiente para ver resultados... debemos integrar el **SENTIR** para poder manifestar en la materia ... sencillo no?

Por muchos años he estado trabajando en mi niña interior para hacerla más confiada y segura de sí misma, sin embargo, por más que lo comprendía, lo hablaba y lo actuaba continuaba con la sensación de que algo me faltaba, que no era capaz de encontrar el chip para hacer el cambio radical y profundo y darle otro sentido a mi existencia... fue hasta el momento que hicimos la obra de teatro que logre entender e internalizar que si no **SIENTO** dentro de mí, nunca lograre verlo manifestado en mi vida...

Mi mensaje navideño para este año es una invitación a que aproveches esta hermosa época que nos hace ser más abiertos y deseosos de compartir sentimientos de elevada frecuencia como lo es el amor, paz, la gratitud, la amistad y que lo llesves a ti... a tu **SER**...aprovecha para **SENTIRTE** en lo quieres convertirte y no dejes que las circunstancias sean las que moldeen tu destino, somos co-creadores de nuestra vida a través de las elecciones que realizamos diariamente, así que **SIENTE** en cada fibra de tu ser lo que deseas crear y veras como tu vida se transforma en lo que tu deseas.

Feliz Navidad familia y amigos, les deseo que nuestra Padre-Madre Amor llene sus corazones de mucho gozo, amor, paz y abundancia y que disfruten estas fiestas al lado de sus seres queridos.... aprovechen este tiempo mágico para crear y transformar sus experiencias en este plano...somos espíritu!!!

**¡¡¡SENTIR dentro de ti, se convierte en ti!!!**

Con Amor

Luz Adriana Suarez



## Events



### *Holiday Activities*

#### *The Metaphysics of Christmas*

*December 15, 2019 - Sunday 7:30pm, Love Offering*

*As always, this is the event of the season!*

This is our annual production of our very own, Metaphysics of Christmas. Through story and song we will explain the journey of mankind on this planet... How we got here and how we got so focused on our individual natures. You will also see the story of how we all came to feel so isolated in our walk. And we will see the great love God has for all of His children. And, hopefully, we will answer the questions:

*"How did we get here in the first place?"*

*"Why did God send Jesus, the Christ?"*

*"Why did we forget our Divinity?"*

The journey of man and the Christmas Story is an event honored by the Angels.

Join us for a fun filled evening 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! Come early for your choice of seating and join us in a celebration of gratitude and joy.

#### *Christmas Eve Candlelighting Service*

The light of God's love shines all around us,  
but no place brighter  
than in our hearts.

On this very Holy night, we gather to celebrate God's Love and the Love of Jesus the Christ.

We can always feel his presence and the presence of the celestial kingdom loving us  
and reminding us that we are truly the children of God. There is no doubt that  
the heavens and the earth truly became one in the moment he of his birth.

We can feel and acknowledge the Light of God within our own Hearts.

Join us in this Candlelighting service and together we will illuminate our world with Peace.

Be part of the beauty as everyone lights their candle in honor  
of the light still shining in each of our hearts.

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

*December 24, 2019*

*Love Offering*

#### *New Year's Burning Bowl Ceremony*

It is time to Renew your commitment for greater good in your world.

Join us as we gather for our Burning Bowl Ceremony.

This is a wonderful opportunity to release the last energies of 2019, and then to set conscious intentions for what we desire for our new year. Join us in lifting into higher vibrations of love as we enter the year 2020. *Love Offering.*

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

*December 31, 2019*



### Dear Jesus

What can I give you this Christmas  
To show you that I Know  
Your Gift, a Gift beyond compare  
Leads all where we're to go

A time when all the worlds stood still  
A gifting like none other  
To stand forth as the chosen one  
The Father's love flows through the Son

Deep within my heart of hearts  
The light, a glowing ember  
I choose to be a Chosen One  
To Be, not just remember.

Love,  
Patrick



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*God Bless.....*

