
COMMUNICATIONS

March and April 2017

Love in the Details- 2017

How do we walk in love and still get all of those little details done? The other day when I was experiencing an extreme amount of details in my energy field, my response to them was less than loving. These details were all of the many little things that I had to get done— things no one else could do for me.

As I was beginning my morning meditation, all I wanted to do to those details was to shove them from me and give them to God! And as I breathed and began to create space around me, God said, “why not bring God love into them, instead of sending them away. If you do that, they will be transformed in God energy.”

What a simple shift of thought! And so I began. I saw all the energy that had kept me up the night before being filled with the love of God; and then the pressure around my heart began to ease. I knew in that moment that each detail was important, but now they could be handled in a different energy— a God energy.

As my body relaxed I realized how all of those jagged little edges had felt as I had held them close to me, thinking that they needed to be accomplished for God! Breathing deeply, I realized that if they did not get done, it would be ok. Those that needed to be completed would be completed by God energy. The other *very important* things may not be that necessary at this time. God was now in charge.

Letting God love move through what we have created is the key for our Christed Awakening. God doesn't just give us assignments and then step back and see if we are able to do them. God guidance that we receive, is an energy directive that seeks to move through us. God in the world through the hearts and hands of His children.

When Jesus said, “It is the Father Within that Doeth the Works,” he was telling us to allow that Spiritual energy and strength to become a part of all we do— including the love of the details. When we honor every connection as a Divine one, and we conduct all of our business as if it is going to be a blessing to the world, we are inviting Spirit into every moment. We are flowing with the love of God and not taking on the responsibility of the details for God.

God love in us, as us, expressing through us. This is the definition of what the human race is to become. The very thought brings a calm.

So, next time the details start to become more important than anything else, stop and remember— God love can fill those details with Divine Order, Divine Harmony and Divine Creativity. And those that will flow through you are your gift to the world.

Much love to all,
Cindy



Becoming

What a beautiful time of year! It seems like spring has sprung, the energy has shifted, and here we go into the next season of our becoming.

There is a saying, “Things don't change; we do.” This phase gives pause for reflection when we might try to understand what's happening in our world, or even why?

Metaphysically we look at our world as being a reflection of us and then ask “What within me is creating this?” “What beliefs do I hold about myself or another, or the world, or God, that is drawing this experience to me?” As you can see, we are the creator of our reality — yea, Me. From this perspective, we can move from asking “Why is this happening?”, to “Why did I create this?” “What spiritual truth is here for me to see?”

We will be shown what we can let go of that no longer serves, and what to embrace that can now support a new experience. The understanding we gain from this reflection supports our inner urge to create and enjoy life to its fullest. Our life can now move from the mundane to the miraculous.

Every day is a blessing and there is always something for us to gain. Being open to the flow of life and accepting its gift truly supports our evolution in consciousness.

One day we are being taught by the universe or given insights as to who we are. The next day an opportunity may arise for us to just “Be”— our presence the gift. We may be asked to Be kind, Be compassionate, or Be loving. These simple acts are the truth of our Being and reveal our Becoming. Action steps are important!

In those times of receiving in the stillness, the collective takes an easy breath as a greater aspect of love enters the field. In our loving service, action, the collective feels potential realized.

The part we play in life may seem small, perhaps even insignificant in the eyes of man. However, in the ever expanding universe of our Father, Mother, God, each part played is important, is integral, and loved as the uniqueness it is in Becoming. Let's all say this with a mighty voice,

“ I now accept the Love and Wisdom
of Father, Mother, God in My Becoming.”

Peace

Patrick

Inner Quest

12830 New Providence Road, Alpharetta, GA 30004

(770) 521-2875

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

Inner Quest is staffed by:

Cindy Fuller Minister, Reiki Master, Counselor
Master Ro Hun Therapist
Patrick Abent Minister, Reiki Master, Counselor
Crystal and Color Therapist
Charmayne Scruggs Children's Minister
Bonnie Westbrook Office Manager

Upcoming Events

- Mar 06 **Men's Breakfast** Monday evening, 6:30pm All men are invited to join Patrick for a men's breakfast. He prepares the awesome food—eggs and bacon, and you bring a side to share.
- Mar 11 **Healing Night** 6pm-8:30pm *Love Offering* Come and receive the gift of healing through Reiki. Our healing team is ready to channel God's love in a beautiful gentle way.
- Mar 19 **Neuroscience meets Inner Quest** Sunday 1-4pm an action packed discussion of the brain and how it works physically and metaphysically. Bob Lee will take us on an informational tour of our own cells. \$35
- Mar 24 **20's and 30's Group Meeting** Friday 7-9pm Join us for a fun filled time of sharing how we navigate in the world using Metaphysical principles. 20-39 year olds are Welcome!
- Apr 01 **Animal Blessing** 1-3pm Bring youR pet for reiki and a love filled blessing from our healers. Love Offering
- Apr 03 **Men's Breakfast** Monday evening, 6:30pm All men are invited to join Patrick for a men's breakfast. He prepares the awesome food—eggs and bacon, and you bring a side to share.
- Apr 06 **Psychic Development I** 7:00pm-9:30pm This is a six week series, most classes on Thursday nights. The series is a foundational understanding of reading energy in another and how to share that information in a loving and helpful way. The class fee is \$450. We will need a minimum of six students to hold the class. So, if you are interested, please sign up as soon as possible.
- Apr 08 **Healing Night** 6pm-8:30pm *Love Offering* A wonderful opportunity to receive the perfect healing for your body, mind, emotions and soul. Come any time between 6 and 8:30 to receive.
- Apr 14 **Good Friday Communion/Meditation** Our service will begin at 12:00pm, and will last (about 35 minutes) Then we will go into individual meditation where you are free to leave as you are guided. At 1pm, we will close the service. Join us as we prepare our hearts for an Easter Blessing.
- Apr 16 **Easter Sunday** 10:30 am Bring your light as we celebrate Jesus Christ's gift to us all.
- Apr 30 **Pot Luck and Congregational Meeting** right after church — bring a dish to share and if you are a member, plan to stay for a short business meeting.



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	Singing (choir) Rehearsal		7:00-9:00 pm
Mon-Fri	Healing Sessions	by appointment	(770) 521-2875
	Counseling, Spiritual Readings, Body Scan's, Reiki, Color Therapy, Crystal Sound Therapy, Chakra Toning, Chakra Balancing, Inner Light Therapy, Inner Light Therapy and RoHun Therapy		



Inner Quest

2017

Grounds— A great Big

THANKS –to all of the men and women who worked on enlarging the porch to our entrance! It actually looks amazing....you can feel the love that went into every nail and board!

Next, we will be upgrading our walkway so that it will be a much smoother pathway into our home. And, we will be enlarging our prosperity fence at the corner of the property.

As we complete these projects, we are truly welcoming the world to come in and celebrate life with us! Expansion comes in many ways, and this is our affirmation that we are ready to grow beyond our history and evolve into what we can become!

Thank you God!

Sound & Color

New Healing Session with SolfeggioTones &Color Therapy

I have created some new healing session sessions using the frequency of the Solfeggio tones, ancient tones rediscovered by Dr. Joseph Puleo, described in the book, Healing Codes for the Biological Apocalypse by Dr. Leonard Horowitz, in alignment with the corresponding color frequencies.

These sessions are relaxing and transformative and can be targeted for specific issues.

March is National Reiki Month

March is now National Reiki month. Just think, if everyone in the world got a reiki session once a month...what changes would we see in the consciousness of man!

Reiki is a gentle, yet powerful healing energy that expedites the natural healing process of any illness. This healing modality closely resembles the method of Jesus' touch. Working on a body, mind, emotional and spiritual level, reiki moves to the causal level of energies that create discord in your body.

During a session, you will feel relaxed and at peace. Afterwards, you will feel renewed!

During the past 27 years, we have initiated hundreds of people into the Reiki healing art, and they have taken this sacred energy into their worlds to create health and change for all they worked with.

As we at Inner Quest honor this month of Reiki Celebration, we are offering all reiki sessions for the discounted price of \$45.

We will also be offering Reiki I initiations for a discounted price of \$130! This is a fabulous time to take a step in your evolution and make reiki a part of your daily life.



This month, join the brotherhood of healers and make Reiki a part of your reality.



Members-

Don't forget to use your Birthday gift certificate for a healing of your choice! These cards are only good for a month!

Book Club, Anyone?

An idea has been percolating for a couple of years -- maybe because I'm a reader, and I've found over the last few years my perspective, my understanding, of what I read has been changing. Awareness of metaphysical principles really changes what you see and hear. I'd love to have a group of friends to discuss these ideas and notions.

I'm proposing a book club -- for fun, food, and fellowship -- to meet every couple of months. In my mind, this would be informal-- not too brainy, not necessarily spiritual -- involving fiction or non-fiction -- whatever the group decides. We could meet at the church, or rotate hosting group meetings at member homes.

If this idea interests you, let's have a formative meeting on Sunday, May 21st at 12:30pm. Bring your ideas and suggestions. If there is enough interest, we could make a plan and see what happens!

Happy reading.

Bonnie Westbrook

Our New 20's and 30's Group

We had our first meeting of our new group and had a wonderful experience. There were about 10 people all sharing their thoughts, experiences, and most importantly their hearts.

And we learned several things:

*Everyone needs energy.

*Everyone needs comfort. (at least for 20 minutes lol)

*We all need each other.

No matter what you are going through in your life, if you are a young adult in the world, joining this group will help you successfully navigate through energies that you may not understand. Our next meeting is March 24, 7pm. Join us!

Our Spiritual Trip to Malta is Delayed

It looks like our World Peace trip to Malta is being delayed until May or June 2018. This will be our fourth trip and our fifth country in our Mission for Enhancing World Peace. This time, however, we are being allowed to touch the energies that founded the consciousness of mankind as we know our race today.

What a great privilege to connect, align, and redirect the energies toward fulfilling God's love on planet Earth. Please go within and see if you are to be a part of this historic adventure. The galactic council is certainly gathering for this event, and your prayers will help make this happen!

Stay tuned as details get confirmed over this next year

Sundays at Inner Quest

2017 The Year of New Beginnings

Preparing the Soil to Grow the Christ



March

Living as Spirit

Mar 05	Becoming Unlimited	Cindy Fuller
Mar 12	Becoming Generous (abundant, free of lack)	Cindy Fuller
Mar 19	Becoming a Visionary	Patrick Abent
Mar 26	Becoming the Light	Cindy Fuller

“I am the Light of God’s Love!”

April

Jesus’ Mission on Earth

Apr 02	Jesus Knew His Mission	Bette Webb
Apr 09	Palm Sunday– The Mission is Visible	Patrick Abent
Apr 16	Easter Sunday	Cindy Fuller
Apr 23	Making Spirit Real-the days that followed	Cindy Fuller
Apr 30	Jesus in the World Today	Cindy & Friends

“The Christ in Me Resurrects my Life!”

Planting Seeds for a greater Life!

We are so excited to begin looking at the natural qualities that are ours -inherent in our Christed natures. We have been studying Jesus’ foundation, and now we are going to grow our consciousness a little so that we can take another step in our evolution. During the month of March, we will focus on fine tuning our words and thoughts so that a new direction can be anchored into our physical world.

Then in April, we will study the great gift that Jesus Christ brought to our planet. As we approach Easter and all of the details that brought Jesus’ teachings to this great demonstration, it is important for us to remember that his gift was eternal. Jesus Christ created a pathway that we could follow back into our oneness with God. We were no longer dependent on another’s blessings or approval to connect with God. We were the children of God, becoming awake and turning toward home.

Metaphysical Christianity embraces the transformation of the physical body. We embrace all of the miracles of Jesus Christ; and we embrace the possibilities to transform our consciousness to that of eternal Child of God. Join us as we celebrate the Most Metaphysical event in Christian Theology!

*Man has to learn to seek first the kingdom of heaven,
the place of stillness and quiet at the highest level of which he is capable,
and then the heavenly influences can pour into him,
recreate him and use him for the salvation of mankind.*

The Quiet Mind by White Eagle

Good Friday Communion Service

Friday, April 14 Beginning at 12:00 pm and ending by 1pm

This Service is a very sacred way to prepare your heart for renewal during our Easter season.

This is a beautiful ceremony unlike any other event. Through this unusual act of communion, we are able to fine tune our physical bodies to the frequency of the Christ. This allows an unrestricted connection with the heart of God. You will feel the energy pouring into your body, mind and spirit.

This year the church will be open for silent meditation at 11am, and our service will begin at noon. The Angelic presence is always strong and there is no doubt that Jesus Christ and the Silent Brotherhood are with us.

If you have never participated in a

Metaphysical Christian Communion Service, you should consider joining us. The Spiritual Access you will feel is deep and immense. We are here to demonstrate the Christ, and this is a way to touch that unexplainable presence of God. We would love for you to share this very sacred and holy time with us. *Spiritual Communion is usually only offered once a year at our Good Friday service.*

Love Without End Glenda Green

Why do we not enter our heart more easily?
“Because you do not see yourself as pure, perfect, and innocent. Until you see yourself in that way, you will not enter the Sacred Chamber of the heart.”

“In the eyes of God....
you are nothing less than perfect.”

*Sunday Services now available on YouTube– innerquestchurch.
Also check out our Bookstore for the latest spiritual books and gifts.*

Inner Quest

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

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

March

This month, we are learning how to be good stewards with our energy fields. Join us as we learn how -to notice when vibrations shift around us and what to do to maintain a sense of balance for self.

Mar 07 **Numerology New Year** Every Year brings a new vibration to support our growth and evolution. Join us as we look at our *Universal Year* and our own *Personal Year* to see what lies ahead for us.– Class originally scheduled in Jan.

Mar 14 **Clearing and Centering Prayers** Join us tonight as we learn some simple techniques to disconnect from the world and get back into our own energies. Good for use any place at anytime of day!

Mar 21 **Healing Energies** Tonight we learn how to bring in the healing light when we are not feeling balanced and whole. This will be a blessing for all. No previous experience required!

Mar 28 **Maintaining your Vibration** Tonight we will look at how to hold our frequencies and also how to harmonize with other frequencies without having to change them to match our own. Should be a very interesting evening!!!

April

In April, we will be analyzing the amazing choices that we have in sculpting our own experiences on Planet Earth!

Apr 04 **Exploring Past Lives** We have all had many lifetimes on Earth and tonight we will touch one just to enjoy ourselves in a different scenario. Come for the fun!

Apr 11 **Healing the Past** We've seen a past life, now tonight, we are going to heal some of the patterns that we brought in with us this time around. Time to release that which no longer serves.

Apr 18 **Creating our Future Life** Yes, you can! Tonight we will energize our future self with ideas of freedom, abundance, joy and creativity. We will touch the vibration of harmony between the individual consciousness and the group consciousness and see the immense necessity for both. Come and create your future!

Apr 25 **Sitting in the Present** Today, right now is where your power lies. Tonight we will do a meditation to find our purpose in the space we currently live. The circle is now complete!

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 email your prayer requests to us. Each Prayer request is included in our Healing Circle for 30 days! The results of God's love moving through each situation is amazing!

Poems shared from our Poetry and Tea Evening–

A Poem– Vince Spencer

Heaven is but a moment away, they would say
Yet, there's only one way...So you mustn't delay

No, No this just doesn't feel right
For so many people to suffer such plight
And so I push the idea far from my sight

Days and years move by so fast
That surely my dye has now been cast
And lo a small persistent voice in the dark
Has created a bright enduring spark

This still small voice I hear say
Love, not fear is what I would hear
And so love and love alone,
I now hold dear.

God Speaks by Danielle Goekel

I sow the seed in fertile ground
where angels come to play
I listen to the unique sound
my soul came here to say

I travel miles upon this Earth
with friends, sometimes alone
I often wonder– do I birth
a gift that's all my own

God speaks to me in vibrant dreams
and teaches me my song
in stillness as my tears do stream
I had the answers all along.

3 Haiku's by Andrea Spidalieri

-1-

A spectrum arches.
Significant seven bright.
Blessing where I dwell.

-2-

Sea wings catch and soar
Crustacean flung with purpose-
Dinner on the rocks!

-3-

Best friend sent by God;
Always Joyful in De-tails...
Anagram of fur!



Poems by Andres Amezquita

"I cannot go to poem night today"
Said Andres to Adriana.
"I have the measles and the mumps,
A gash, a rash and purple bumps.

My mouth is wet, my throat is dry.
I'm going blind in my right eye.

My tonsils are as big as rocks,
I've counted sixteen chicken pox.

What, what's that?
Today is not the day?

Ok, I'm going to the gym, bye.

Members Movement In the WORLD!

Did You Know that...

Bob Meier has his own Podcast program called Obvious Question. Bob and two other hosts respond to unrehearsed questions with their own unique perspective. The intent is to uncover potential answers in less than 30 minutes and then have our listeners take it the rest of the way.

Questions like: What is love? What does it mean to be a good friend? Why are Mondays so difficult? The podcast airs each Tuesday on SoundCloud, iTunes, Stitcher, TuneIn radio and many other outlets. The Show can be found on obviousquestion.wordpress.com Check it out!

Did You Know that...

Doug Wright is participating in a fund raising event to benefit the Juvenile Diabetes Research Fund (JDRF). He will be running a Marathon at the NORTH POLE! That's right...that is not a typo. Doug is running on the **NORTH POLE!**

On April 9, 2017, Doug and 49 other runners will be racing to the magnetic north pole. Doug's purpose is, not only to win, but to also bring awareness to the challenges of Diabetes in Children and to raise money to bring about a cure.

Most of you know that Jake, Reba and Doug's youngest son was diagnosed earlier this year. It is their prayer that this disease become a thing of the past for Jake and all others who have to constantly monitor their life force in order to stay alive.

To donate you can go to Doug's Facebook page and find the link to fundraising for Juvenile diabetes.

More From Poems for Scones

A Poem by Jim and Charmayne

We're down at the outback having dinner
and Charmayne and I decided we
needed to go home and write a winner

And we sat there discussing the plan of action
until it meant our satisfaction
The drinks were flowing in
the words are rolling
and the next thing we knew it was morning.

Not really we're just having fun
but needed a rhyme or a pun.
To entertain you all and have some fun
Thank you for your time and listening to my rhyme
I hope you're lifted at this time as we share our like
minds



Awareness in the Garden

By Lori Tinsley

I took advantage of our warm winter to do some gardening. I worked happily in the sun, trimming shrubs and tidying the flowerbeds.

As I kneeled to pick up the debris, I found a few weeds along the way. I was enjoying the fresh air as I worked when I found myself in the midst of a long thought path about weeds. I had just trimmed the roses that bring so much beauty, and there I was daydreaming about weeds!

Weeds spring up anywhere and everywhere without regard for what someone might think and do. This is exactly what they are intended to do – take root and thrive. And boy do they thrive! Weeds definitely win the prize for persistence. They have the benefit of effortless travel as the seeds are carried by the wind to new and different places only to spring up renewed. They require no tending, relying upon Divine Order, Balance and a loving Mother Earth to survive.

Many weeds offer healing properties. Some are edible while others can be steeped to make tea or added to a warm bath. Chickweed is wise, appearing when the soil is not fertile to alert a farmer or gardener that the soil needs healing. Weeds provide food and cover for wildlife and serve as homes for beneficial insects. Even those weeds that get pulled leave roots that become food for the soil. The list goes on!

Suddenly I found myself with new appreciation for what I typically considered a nuisance. Perhaps I could be more like the weeds and consistently and persistently follow my guidance. I could plant myself in things that thrill my soul and just start blooming without regard to what someone might think, acknowledging my value, always trusting that I am loved and supported along the way. Maybe I could think differently about other nuisances in my life. Could it be that they aren't as pesky as I imagine?

At the completion of my project, I felt so much love for and from my flowerbeds. When I started my task, I assumed I would be tired and dirty at the end. I never considered that I would be so perfectly grounded and with my head and heart connected as a result of the awareness that came while gardening. Much to my surprise the shift I experienced came as easily and effortlessly as a warm breeze dispersing dandelion seeds.

As I stood admiring the fruits of my labor, I enjoyed the balance and harmony within and around me. That day I found wisdom in the weeds.

Love

Enrichment Classes and Special Workshops

Special Classes and Workshops

Mark your Calendars for these special events!

Animal Blessing

April 1, 2017– Saturday 1-3 pm

This is the time to bring your animal to receive reiki from our wonderful reiki healers. We will be set up in the open field. Please make sure your pet gets along with others, as they will be meeting many new friends.

Love Offering

Psychic Development

April 6-May 11 7:00-9:30 Thursday Evening \$450

This is a six week class designed to sensitize you to begin “reading” the energies of others. Whether you are seeking to expand your intuition for self or for helping others, this program will give you the tools you need to begin to focus and decode the information you receive.

Public Speaking— Workshop

June 16-18 7:30-9:30 Friday Evening Saturday 10am-4pm, Sunday 1-5pm \$200

This is a wonderful workshop that teaches you how to present your message to the world in a way that reflects your unique truth.

You will learn about energy, how to prepare your thoughts, how to maintain focus and how to hold that positive feeling within even while you are sharing it with the world.

A fun filled interactive class that will help build your confidence whenever speaking in front of a group. It will improve your presentation and delivery resulting in a concise cohesion of your message.

Psychic Development II

July 27– Aug 31 7:00-9:30 Thursday Evening

\$450

This class teaches you how to deal with energies in the environment. . . understanding astrals, missing persons, identifying and dealing with earth-bound entities and understanding how to contact loved ones on the other side. Class will include several field trips for hands-on experience, so some class times will alter. Our focus will be spiritual work in the world.

Psych I is a pre-requisite.



My Life is no longer just a series of
Good Intentions!
My Life is now a series of **God Intentions!**

Other Sunday Workshops and Various Classes



Neuroscience meets Inner Quest— a Discussion

March 19, 2017– Sunday 1-4pm \$35

Bob Lee, our resident college professor will be leading a discussion on the brain and how it functions. We will look at how the brain can be understood in physical and metaphysical terms. This is a discussion driven event, so come ready to enjoy!

20's and 30's Group Meeting

March 24, 2017– Friday 7-9pm

This will be our second meeting, and we would like to invite all of our young people to join us. If you are 20 to 39 years old, you will thoroughly enjoy sharing this time with your peers of like mind.

We are open to discuss challenges you might have, opportunities you want to manifest, and anything that you would like support with. And if you don't need support, come and share your light. You never know how your experiences in the world may be a guiding light to others.

Sign up in the foyer and let us know if you are coming. We want to make sure we have plenty of donuts and coffee!

Healing Class - Sat, Aug 19, 9am - 5pm and Sun, Aug 20 1pm - 5pm. Then 5 more weeks. Aug 24, 31, Sep 14, 21 & 28 Thurs Evenings 7-9:30 pm \$450

This Healing Class series lays a deep foundation of healing principles.

You will learn about the chakras and how to balance them for health. You will learn to navigate within another's body to bring light and healing energies directly to the organs and cells. You will learn to identify causal thought and to alter it with a new idea. You will also learn how to facilitate long distance healings.

You will learn about the delicate balance between health and beliefs. Each individual class offers a “stand alone” healing technique.

This series culminates in our own Inner Light Healing Therapy. If you are ready to experience the

Dates to Remember

Spring Festival and Psychic Fair May 13, 2017
Book Club Meeting May 21, 2017
Fall Festival and Psychic Fair Oct 14, 2017

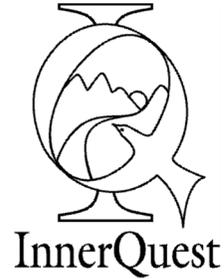
Beyond

If all I see is a part of Me
Perspective comes in play
The majesty of mountains
The deepness of the sea

What moves through out creation
Often goes unseen
Until we take the moment
To ask, what does this mean

Now, answers have a funny gift
They never seem complete
Could they just be stepping stones
That free us from conceit

Expansion brings a knowing
Some might call it grace
Blessed as life expressing
Beyond both time and space



Peace,
Patrick

Inner Quest

*12830 New Providence Road
Alpharetta, GA 30004
(770) 521-2875*

God Bless.....

