



INNER QUEST CHURCH

Communications

2025– A Year of Being YOU

In this issue:

- Sunday Services Focus on Becoming Love
- Tuesdays Nights –Healing the patterns that limit you!
- Higher Educational Classes begin again 2025 ..Metaphysics I and New Testament I
- Reiki Nights Jan 11, Feb 8
- Men’s Group Jan 6 and Feb 3
- Women’s Group begins Feb 10, 2025
- Book Club resumes in Feb

Reiki Night Comments

“It was an amazing experience. I could feel the love, like the love of a mother holding her child.” JM

“Amazing-Healing love and light for my neck, eyes, chest— exactly what I needed.” TC

“I feel completely different—able to let go, relax, and breathe.” AT

“Very relaxing, allowing mind to travel and revisit friends, relatives on the other side and glimpses of their lives now.” CA

“unburdened” DS

2025 is here! This is the year when we will all face “putting the Pieces together in our own Puzzle of Life”.

No matter where you are in consciousness, it is time to define, refine and become greater.

At Inner Quest, it is our desire that each find the unique purpose they have brought into the world. As a result, we are pouring our lights into the growth of all who come.

Our Higher Education Classes– Metaphysics I and New Testament I will be filled with new awarenesses of God and our relationship with God.

On Tuesday nights, we are focusing on learning to feel the energies of healing, energies of love, energies of common support. This training will enable us to be “in the World, but not of the World”.

And in our Sunday Services, Spirit is asking us to dive deep into the inner truths of who we are as Children of God.

2025 will be a year of expanding our walk with God and our fellow man.

Inner Quest was created by God so that all who come can feel the touch of Jesus’ love without having to comply with rules or religious commitments. All are welcome and

all are loved. This energy sustains the church and keeps our members in fellowship.

And Speaking of Fellowship- We currently have a Women’s Group, a Men’s Group, and of course our Reiki Team. As we move into 2025, we would love to expand to include some events or gatherings that will allow us to enjoy that fellowship in a new way.

Thoughts are perhaps:

- Hikes
- Skating events
- Bowling events
- Poetry events
- And more...

As you read these words, see how you feel. Would you like to participate in a fellowship gathering, and if so, what ideas do you have? Please let us know. Email or call the office with your thoughts.

Gathering as a church family for fun can be so rewarding! Let’s make 2025 a year of strengthening our bonds so that as we grow individually in the world, we can feel the support that our church family brings into our world. Time to explore a light that we all share! Remember, even Jesus had friends and he celebrated with them all the time!

So, 2025 lets enjoy heaven on earth.

Inner Quest Social Media

Many of you have been complimenting our new Social Media Campaign. We want to thank all who were a part of the planning team. AND we want to thank Juan and Haley Mencias for being the ones who daily– design, edit, and post all of our media.

Haley has worked tirelessly handling the organization and implementation of the daily posts. So, we asked her to become one of our team. Haley will be joining our office staff providing the marketing touch we need. If you have ideas you think would be great for us, please email and we will get them to her.

We are so grateful to have these youthful hearts creating a new path which will allow the energy of love to move into the virtual world we all live in.



God’s Love holds us in a Brotherhood of Light!



2025– First Steps into a New Reality Sunday Services

How do we become the Spiritual enlightened Beings that we were created to be? This is the question that the Universe is asking us to answer. We all know the basic principles of energy. We share, we receive, we create and we believe. But are we actually seeing ourselves in a way that will allow us to expand into a new perception. Do we still “bounce our thoughts of who we are” against a social norm or cultural expectation that continues to ask us to become a part of their group. Do we comply or do we strive to become greater? Jesus came to tell us who we were. He showed us that God is our Father/ Mother and that we are destined to express as God’s child.

How do we become the Spiritual Enlightened Beings we were created to be?

Sunday Services for January 2025

In January, we will learn about our personal space and how we can own our Uniqueness.

Moving toward a New You

Jan 05	New Goals, Not Resolutions	Cindy Fuller
Jan 12	Discipline– a Daily Practice	Cindy Fuller
Jan 19	Self Inventory	Cindy Fuller
Jan 26	Blessings on the Path	Patrick Abent

“The I AM in me Powers My Life!”

Sunday Services for February 2025

Shifting the Within to change the Without allows us to Experience a new level of Brotherhood.

Metaphysics of the BeAttitudes

Feb 02	Worthy are– The Strong in Spirit & the Meek	Cindy Fuller
Feb 09	Worthy are– Those that seek for Right	Patrick Abent
Feb 16	Worthy are– The Merciful	David Fuller
Feb 23	Worthy are– Those who Master Self	Cindy Fuller

“Brotherhood: I Share my Love with the World.”

“The elder brethren labour ceaselessly for you and for all humanity.

They do not get angry nor do they judge their younger brethren, because they know God’s laws, God’s plan for the unfoldment of the God within each one of you.

The young in soul are quick to pass judgement on others, but the elder brethren are patient; they do not expect too much.”

The Quiet Mind by White Eagle



Jesus

You find me not because you seek me not. You seek for answers in your life. You ask the outer to show you your mistakes and it will. But it will not show you “Me”. It can only reveal your current awareness of “Me”.

Now, go within and seek the kingdom that you know not of. Your life is sacred. Your life is long. Be at Peace.

You will know the truth I AM when you find me in Your Heart.

IQC Women’s Group

All women are welcome to join. During the meeting, there is a focused topic to explore, experience and discuss.

February 10, —Friendly Budgeting

In February, we will learn how to create a budget that will allow us to not only “see” how we are investing our energies, but will also help us “expand” our income to fulfill greater dreams.

April 14, 2025– Make-Up

In April, we will be playing with makeup and learning some tips to enhance our beauty! A fun, fun event!

Each month is a completely different experience that enables everyone to grow and enjoy at a new level. Terry Lufkin will guide the program so that all



who would like to contribute in some way are able to do so. This way, there is always a variety of topics.

The meetings “officially” start at 7pm, but coffee and snacks are available at 6:30. This way you can come and relax in casual bonding with the other ladies before the festivities begin!

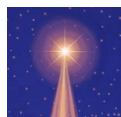
The Mens Group

Our men’s group will continue to meet the first Monday of each month from 7pm to 8:30pm. The first three meetings are:

January 6, February 3, March 3

All men are welcome. The simple act of fellowship connects us on many levels and truly supports our spiritual growth.

Bring your light and share your love. As we align together, we impact the world! Come and be a part!





Tuesday Nights

7:30pm- 9:00pm

Tuesday evenings allow us a hands-on experience to feel God in our hearts..

This January, we will first look at the new year that has begun and how it will affect us individually. Then we will heal. Join us as we allow the beautiful healing energies of color, chakra opening and auric love to transform our energy fields. Come ready to shift your core into a bright light of God love.

January

Jan 07 **What is your New Year?** Numerology– Our annual recap of the energies of the coming year. No matter what your year, 2025 begins a new commitment to self.

Jan 14 **Color Healing** 2025 is a Nine Year, so tonight we will be using the color of our Universal Year for healing. Since a 9 year is all pastels, we will be using pink. This will assist in aligning your energies to the current year's vibration!

Jan 21 **Heaven and Earth Healing** Tonight's technique allows healing energies to move into your body to both ground you and inspire by opening the crown chakra. All can channel this healing love. Join us for an evening of rebalancing and light.

Jan 28 **Auric Healing** Sending healing energy into the auric body is the easiest way to help another. Tonight we will learn to become a healing channel for another. Come ready to give and receive the perfect healing!

2025 is Moving us Forward

In February, we will be looking at the energy of astrology and how it affects our world. We will “play” a little, just to feel the impact, and then look ahead to some of the major planetary shifts that will be happening this year.

February

Feb 04 **Astrology** Let's take a brief overview of the meaning and vibrations Astrology brings into your world. We will do a meditation to connect with the energies of the current moment.

Feb 11 **Moon through the Signs** Tonight we will look at the different gifts that each moon position brings.

Feb 18 **Astrology– the Outer Planets** Looking at the slower moving planets gives us an idea of the “stage” that we will be creating our world on.

Feb 25 **Astrology** Preparing for the movement of Neptune into Aries on March 30. Come and look at the possible energies this will bring into your world.

As with each Tuesday Night, we will open with our Healing Circle– which we have been doing for over 34 years. If you are unable to make it, you can call in, or email your prayer requests or place them in the basket while you are here on Sunday.

Each prayer is prayed over for 30 days, and individually blessed before releasing.

The Journey of Life is to Know Oneself.

The Path Begins in the Heart!



The Inner Quest book club is welcoming new members. We meet 4 times per year. Each meeting is led by a different member who has selected a book for the group. Book selections are quite random; some fictional, some informational, some spiritual.

Usually, we will have 10-12 weeks to complete the reading, and the discussions are always fun. You don't have to read the book to participate. Maybe you'd like to sit in on a meeting and see what it's all about?

Our Schedule for 2025

All meetings are from 12-1pm after church
In the pavilion, crystal garden, or counseling room

2-9-25 **Amy and Isabelle**, by Elizabeth Strout
Andrea Spidalieri leads

4-27-25 Title TBD, leader Kimberley Robinson

7-13-25 Title TBD, leader TBD

9-28-25 Title TBD, leader TBD

It's amazing how much we learn about ourselves and each other when we discuss the stories and topics contained in these books.

2025- January 11 and February 8 Reiki Nights

Reiki is a wonderful healing energy that goes to the spaces in your body where there may be imbalance or illness. Done through touch, it is an amazing, relaxing experience.

The second Saturday of every month, we have our Reiki Nights when you can come and receive a 20 minute Reiki Healing on a love offering basis

Our wonderful Reiki Team is ready to serve! Sessions are available from 6 to 8:30pm. You can make an appointment, or just drop in and wait for an opening. Reiki Nights are always a beautiful, high energy of God's Love!

Reiki Initiations

We offer private First Degree and Second Degree Initiations throughout the year. If you have been wanting to help yourself or another, consider becoming a Reiki Healer. First Degree allows you to channel this God energy through touch. Second Degree allows you to send the God energy through time and space.

Check your heart and see if it is time for you to serve in a new way.

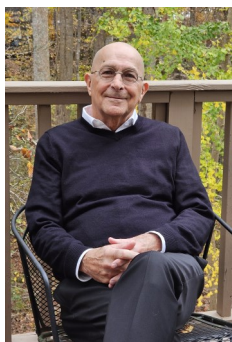
Reiki I Initiation– one 2 hour session \$200

Reiki II Initiation– two 2 hour sessions \$300





Thoughts of the Ministers



You are Enough

You (we) are enough when we live from our heart in the awareness that we are one with all life. Isn't this the simple concept that Jesus taught, That God is our Father – creator of all – and there is one life. We have

heard it a million times – but were we listening?

To accept the simplicity of life has been mans greatest challenge. Let me say that another way – letting go our need to control, has been and still is man's great challenge.

Power, dominion and honor were the Rulers of Race consciousness when Jesus came to the planet. These were the means to an end – man's control.

Jesus came to Restore the Love and Light of God on Earth. The mission continues. Jesus asked us to follow him in completing the mission. To live as Jesus lived is simply to live love and know that *we* are part of the divine plan.

2025 presents us with a new opportunity to not only listen to our divine guidance but also to respond differently. As the veil thins, more is being revealed presenting us with new and different choices. The old paradigm ruled by power, dominion and honor supported the little self (me) and served no one.

When we live guided from our heart – Love - There can be no place for this consciousness in our world. There is only one power in the Universe – God! Life, Liberty and Happiness is our birthright. As we honor God, we naturally honor all life.

We live in a time when we are being asked to now live in this consciousness of God Love.

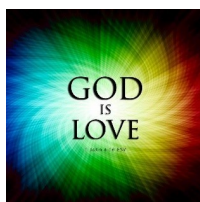
To live and move and have our being with this awareness.

As Jesus said, "It's the Father within", we too can say "It's the Father within". In this consciousness "You are Enough", and in alignment with the divine plan of making Earth a sacred planet. Sacred living is living in Love and harmony with all of life.

In our heart of hearts we know its time to live as one with the Father, Mother, God I AM.

We can Do this. I See You. We are Enough

Peace,
Patrick



2025– A Year to Live Your Truth

2025 is going to be a year that we have never seen in our lifetimes. The energies Astrologically are shifting and this change will affect the globe. Four of the larger outer planets will be changing signs, with Pluto just recently settling into Aquarius. That means that ALL of the major outer planets will be shining new energies to our world. Remember, this changes the landscape of your reality and asks you to navigate in an unfamiliar terrain. And, since Saturn and Neptune are both moving into Aries, it will stimulate everyone's ego sense of self. We can choose to become aware of changes we want to make and how we act in the world, or we can choose to react to the intensity that will be reflected all around us.

Metaphysically, it will be an important time to stay in your inner awareness and look deeper within for your truth in any situation. Before we can change our actual truth, we need to see what we truly believe about anything. This means that as we make our choices, we need to go within and seek what is true for us and what will bring us divine light. Remember, things will be unfamiliar and if we just act out of our "programmed responses" or what we always do, we may find that this behavior does not bring the joy we are seeking. Go within and ask. What is for my highest and best here?

2025 will draw all people into a revised awareness of self– *how to navigate this new landscape so that I survive and my needs are met*. But do we want to focus on our ego self, or can we choose to focus on our Higher Self? This is the question that will determine the path we have chosen as 2025 becomes 2026. Who I am as a human on the earth and who I am as the Divine Child of God will yield two different answers and two different life choices.

And, yes, we will all be brought into an awareness of how our karma has been resolving itself and what is yet to be completed. We get to choose! We get to choose a spiritual path of growth and expansion or a self demanding path to ensure that all of our physical needs are met. And, yes, the energies will soften as we end the year, but in 2026 these energies are back again and will continue– Saturn for two years, Neptune for 14 years. (not to mention Uranus moving into Gemini-July 2025 and Jupiter moving into Cancer-June 2025).

The backdrop to our play will certainly shift. How we create our experiences will continue to be our own personal choice. Know your truth. Find the path that allows your soul to sing. Everyone will have the opportunity to become their unique self. Don't hold back. Become the Christ that you are!

Be a Child of God.

My Love to all,
Cindy





A Christmas Message From Spirit

Dec 2024

All over the world on Christmas, people have gathered to celebrate the Birth of Jesus the Christ.

The evidence of His life has grown greater and greater over the past 2,000 years. It was no accident, no imaginary occurrence, it was real—as real as we are. Jesus is real. His life is real.

The love he brought was real, sustainable, undeniable, measurable and it transforms every heart that it touches. God's love through Jesus was enough to heal all of mankind.

Never before was such a gift given. This gift was an eternal pathway to the heart of God. It was an eternal understanding of God's love for all mankind.

We were all set free from the tyranny of our minds, our thoughts, our behaviors. We were freed to believe a truth we could feel in our hearts.

His life impacted us so much so that His principles are vibrating in the hearts and minds of all people of many different religions.

Love, Brotherhood, Children of God

Casts have melted

Unworthiness is melting

No matter the faith, people are caring about each other. They are seeing the other as their Brother.

His Light has transformed Humanity.

Now, we follow his steps deeper into the creation of a world of no biases, no judgment, no boundaries created by cultural standards.

He leads us into a world of "**Instructions from the Heart.**" The greater he could not share then is now being downloaded into our hearts.

How can Love create a New World?

He says, "Try Now!"



Higher Educational Classes Begin

January 04—February 8, 2025

\$160 for the Six Weeks

Metaphysics I

This first six week series will teach you basic fundamental precepts of energy and how it moves through our creative minds.

You will learn how to unhook and redirect your own focus which will change your world. You will learn to create a foundational understanding that you will build upon for the rest of your life.

Metaphysics I is a compelling class that will stimulate your mind and help clear your emotions. What we have been taught to believe is what has been accepted as the norm. We live in a sea of potential. It is up to us to create the world of our dreams.

This series is the first step in becoming a "Teacher of Principle."



New Testament I

January 18—February 22, 2025

\$160 for the Six Weeks

Aquarian Series is a pre-requisite

This is the first of five six week classes in the metaphysical study of the NT. The first six weeks will take you half way through Matthew, Mark, & Luke. We will examine the teachings with an eye on the culture and idioms of the day. We will touch on the history and learn how to metaphysically interpret anything! A journey through the Bible we inherited, and a deep dive into the consciousness that will lead us into a greater oneness with God. We love Jesus Christ and His Gifts to mankind!

Oneness Affirmation

We all came from the One Light.

Loved, Empowered, and Perfect.

Here on earth when one is blessed, all are blessed.

When one is hindered, all are hindered.

As we remember the light from which we came,

We are once again

perfect love.



Please follow us on:



Twitter.com #innerquestchurch



Instagram.com/innerquestchurch/



Facebook.com/innerquestchurch/

New Year—New Volunteers

Volunteers keep us Running!

2025 is going to be a foundational year for the world and the world needs our light! It is so important that our presence is a constant energy that people can turn to and feel God's love. In order to make this happen, we need You!

Our Volunteers keep us going. The Audio and the Video folks not only make the Sunday Service wonderful for those present, but their efforts allow us to reach the world on our Youtube and website channels!

Our Greeters and Teachers are the cornerstones for setting the energies for the people who attend. Being greeted as you enter by a loving awakened Child of God is always so heart warming. And the teachers show the kids how to Connect with God!

Check your guidance and see how you are being guided to share your light to keep ours going!



Thanks for the love and support on all levels! Church is a community of God

Now

Letting go our yesterdays
Frees us in the Now
Presents to us an open door
Revealing there is more

It's up to us to take the step
And keep our vision high
To move beyond our answers
The secret is to try

Accepting life as perfect
Here for those with eyes to see
Dissolves old pattern of the past
Free to be...at last

**Peace,
Patrick**



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God Bless.....