



INNER QUEST CHURCH

Communications

Inner Quest Summer



In this issue:

- Sunday Services –unlock the promises of Jesus Christ
- Tuesdays Nights –May is all about learning to harness the energy that we are. Then in June our focus will be Meditations.
- Reiki Nights– May 10 & June 14
- Higher Education Classes Continue– August
- Men’s Group– May 5– the last one until September
- Women’s Group off for the Summer
- Pot Luck– May 4
- Fall Festival -October 11, 2025

Welcome to a New Beginning! This summer will bring a tremendous amount of opportunities, movement and harmonies. And at Inner Quest, we are going to be “taking it easy”. We would usually have a lot of classes, but we know that your worlds will be very full of activity, so we are being guided to have Inner Quest as the quiet space that you can come to for refueling and renewing.

Our Sunday Services are “coming down” as informative and inspirational. Our Tuesday Night program as well will be all about how to bring greater light into our personal reality. When we are relaxed, we can truly begin to allow our authentic selves to express. So, this Summer, let Inner Quest become your home of peace.

As we all plug into the works that Spirit is giving us, we will find that ease will become the guide word for this time. Ease, Rest and stay connected.

Come to Tuesdays, Sundays, get your healings, and come and just meditate on the grounds. There is an amazing sense of all of the angelic beings who are with us all of the time. Ask to meet one of the angels in the meditation garden or the crystal garden. And of course you can ask to connect with the Beings of light in the Faerie Gardens. All of these beings are here for all of us. Their love for mankind is immense and they seek to help you find that clear connection with Father/Mother God.

This summer when the world is reeling– come to your home of peace. God’s love can be found here. And you are joyfully celebrated home every time you come. **Let there be Love on Earth, and let it begin with me!**

“Amazing! I feel lighter, looser and filled! I could feel the energies within me while letting go of the energies holding me down” RR

“Relaxing and reassuring that all is well. The heat and healing was exactly what I needed” PS

“I feel energized and rejuvenated, cleansed” KJ

“Absolutely AMAZING! I feel lighter in what was worrying me and the Divine Love! I believe deeply that everyone should experience this powerful healing” KR

May the Fourth be with You



Our First Pot Luck of the Summer! May 4th immediately following the Sunday Service!

Please join us the first Sunday in May as we come together to celebrate life and the New Beginnings that are all around us.

Our Pavillion is a wonderful space to enjoy food, family and the wonderful nature that surrounds us. This time of year brings a magical energy of possibilities and expansion. As we join with our church family to laugh and share, those potentials begin to grow in their energy and dimension. So, not only are you having fun, you are also allowing your energy to be fed by all of the love of everyone around you. It is a Blessing for every individual.

So, bring a dish to share, all of your family and friends, And bring your joyful self. Lets join our hearts as a family of God’s love.

Our Fall Festival is Coming! October 11, 2025 11am to 4pm

Mark your calendars and get ready to Volunteer, Get an Amazing Healing and Reading, and Get Blessed!



God’s Love is Peace, Purity and Acceptance!



2025– A New Reality Becoming the Light

During Jesus’ walk within his ministry, he taught people how to live with their hearts open to God’s love and direction. But, all along the way, he only taught what the people could receive. He said, there is so much more for me to teach you, but if you can not accept a new way of handling the world you

have already created, how can you learn the steps to creating a world that is based on Spirit? During May and June, we will look at the next steps that we can begin to embody as Children of God.

Sunday Services for May 2025

In May, it is time to take a deeper look at one of the most promising scriptures we have received from Jesus’ teachings. “Ask and it shall be given unto you. Seek and you will find. Knock and the Door will be opened unto you!” Time to take a step into this promise of the Christ!

Metaphysics– Expanding our Level of Awareness

May 04	Ask	Cindy Fuller
May 11	Mothers Day	Patrick Abent
May 18	Seek	Cindy Fuller
May 25	Knock	Cindy Fuller

“I am Ready to Take My Next Step in God’s Love!”

Sunday Services for June 2025

You are a unique Child of God. No One is YOU!!! Join us as we expand our awareness of our magical self and potential to be amazing.

Be YOU!

Jun 01	Mold Breakers Don’t fit the Mold	Cindy Fuller
Jun 08	Activating Potential	David Fuller
Jun 15	Father’s Day	Cindy Fuller
Jun 22	Realization of Self	Patrick Abent
Jun 29	Another Day, Another Step	Cindy Fuller

“Jesus said, “Everything I do, You Shall Do and Greater!”

One Thing at a Time

*“When your tasks seem a little heavy and overwhelming,
remember just to do one thing at a time quietly and leave the rest
because the rest is not your job.*

*What you can not get through you must hand back to God,
and he will work it out for you.”*

The Quiet Mind by White Eagle

Reading for

Enlightenment

Many times we are asked what books we recommend that reflect the Metaphysical Christian Mindset– So, let me offer:

Aquarian Gospel– This book from the akashic records gives an amazing insight into Jesus’ teachings and life. You can hear the truth in every word, and can feel his love for mankind. The book closely follows the events of the traditional Bible but also adds his journey into other countries as a young man. It will definitely open your heart.

Life & Teachings of the Masters of the Far East– Based on a true adventure of Baird Spalding, this series shows you the unlimited power of man and introduces you to the Masters that are guiding humanity into the Awareness of the Christ within. The knowledge shown here will grow with light every time you read it.

White Eagle Books–

Actually, any White Eagle book is a direct line to spiritual light.

Jesus Teacher Healer–

Amazing in the depth of its information given. You can feel Jesus’ love on every page.

The Quiet Mind– A beautiful little book to Divine Dip in for the perfect message for you.

Choose which ones are right for your Journey!

Direct emails to the church:
iqc@innerquestchurch.org

See Updates on our website:
www.innerquestchurch.org

WHAT WE BELIEVE

June 29, 2025 12:00pm to 12:30ish

Immediately following the service, we will have our annual opportunity for everyone to come and ask questions, share ideas and get a metaphysical perspective on any topic!

Yes, Any Topic! With all of the odd things happening in our world, it is a great opportunity to seek a greater understanding of what might be happening and what the energies are showing us.



As Metaphysical Christians, we keep our focus on love and seek to come into harmony with all of life. However, sometimes, the world events are difficult to see in that way. So join us for a lively discussion which will be driven by YOU!

We can talk—Bible, Current Events, Mother Earth, Other Realms and Dimensions, Healing

Energies, Soul Choices...and the List Goes On!

There will be a sign up sheet in the lobby so you can let us know that you will be there! These are Exciting Times!

Tuesday Nights

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

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



WE are all aware that we are energy beings of God's love. BUT how do we use this awareness? How does this change our actions, desires, or creations? Do we even stop to turn our energy towards what we would like, or do we find ourselves victim to whatever is occurring—feeling weak and directionless? In May, we will be learning tools that allow us to Be-Come the Masters of Energy that we already are! Learn to Express with your Christ Light on!

May

- May 06 **Physical Energy of Your Body** Tonight we will explore the basic principles of our vibration in the physical world. Our Body is an amazing channel of our Christ. Time to become aware!
- May 13 **Sharing Energy** Tonight we will experience the flow of sharing energy with another. Becoming aware of this movement allows you to begin to measure exactly what you are putting out into the world and how it is affecting others.
- May 20 **Sending Energy** Our connection with the world is truly measurable by scientific standards. Where there is light, there is health, love, and prosperity. Where there is fear, energy contracts and illness and disease result. Tonight, we will learn to feel the energy we send and how it feels to become part of a collective.
- May 27 **Spiritual Energy** God is the source of all of life. There is no aspect of your world that is not held in the energy of God Love. Tonight we will learn to connect and channel the highest energy possible for God's love to flow to us and through us for the good of the whole.

In June -Each Tuesday will be a different meditation experience to help us all center more deeply into God's Love.

June

- Jun 03 **Meditation– The Garden of Peace** We all need to visit a deep state of peace in order to reset our vibration. Join us ready to release and renew.
- Jun 10 **Meditation– The Silence** Tonight we allow our thoughts and emotions to completely dissolve in the creative silence of God's love.
- Jun 17 **Meditation– Higher Consciousness** Now that we are more receptive, we are ready to access our Higher Selves and begin to consciously bring that perspective into our reality.
- Jun 24 **The Bridge Meditation** We will have the opportunity to release all of the patterns that no longer serve us and to call forth all of the gifts and talents from previous incarnations that can help us in our journey in this lifetime. Join us as we build a new foundation for our life here now.

Join us if you can. It is time for our expansion into Greater Love Expressing!

Each Tuesday Night, we will open with our Healing Circle– which we have been doing for 30 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.



Men's Group Meets Monthly May 5

The men's group will meet the first Monday in May, and then they will be taking the summer off.

This is always a great opportunity to discuss current events, private and public, in a meta-physical way. We are creating a world of Light.

All men are welcome. Come and share your light. The gathering of men creates an energy of power, purpose and dreams fulfilled. Come and align your heart with this great group.

**Women's Group
Is on hiatus for the summer. Stay tuned for the details of their next meeting.**



Reiki Healing Nights

May 10 & June 14 6:00-8:30pm

Reiki nights are a wonderful opportunity to come and receive a 20 minute reiki session on a Love offering Basis. **Reiki Energy** heals on every level– including causal. It is received by the client as their body draws in the warm healing light. This is the most gentle method of receiving God's love directly where it is needed.

Be sure to Mark your Calendars for the next Reiki Nights in May and June! You can just drop in or call the office to book your session.

Our healing team has volunteered to be there for you the second Saturday of every month, with the exception of October due to our all day Inner Quest Festival—where you can receive a Reiki Healing through out the day! Mark your calendar for that as well!

Thoughts of the Ministers



Love is Life

Our life is not only a precious gift, it is a most powerful gift as well. For through the gift of life we are presented with all manner of information and experiences that truly serve our soul. The secret to receiving and understanding our gifts is to pay attention to life.

From the perspective that we are on a soul journey, our life takes on a whole new light. Now as we begin to discern rather than judge our experiences, we can understand that they are blessings and gifts. Life isn't just about what you see, it is what you get, the bigger picture of life contains the why's and how's. These are the keys that free the imprisoned soul. The choices we make can seal our fate or expand our divine presence in life.

When presented with an opportunity or choice the question to ask is – “Does this support my soul journey?” If the answer is yes, ask for guidance for the next step, then take the next action step. The journey begins – the journey in knowing true self.

We live in a loving supportive universe and it's time to choose to experience this creation.

We are not alone – we choose our company. We can choose murmurers or prayer partners, just remember – is my choice supporting my highest good, and is Love my foundation? When we surround ourselves with “holy company” those who love God, we create a sounding board and a network that allows and supports our true growth. A spiritual family is important in that they not only see who you are, they love who you are and become your biggest cheerleaders. Leaders as Love.

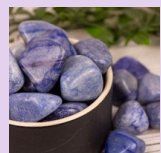
As individuals bring the light and love of their true selves into expression – the new way will be revealed. Humanity is expanding into a completely new way of living – living from the heart – into a new world of undiscovered possibility.

It is through the love we express that we understand how precious life is. Our Love is a vehicle for the energy exchange that lifts the whole – how powerful.

It is through the free expression of our divine love that true transformation takes place.

To be the giver and the gift of Love is our destiny.
We can do this

Peace,
Patrick



A New Shipment of Crystals are arriving on May 22! Come and see if any new energies would like to support your journey!

Our Faerie Friends

About ten or fifteen years ago, I was feeling very sad. My life was challenged, the church was in a shadow moment and I was feeling very defeated, helpless, sad. I couldn't see God's guidance through the storm I found myself in. It was a very dark night of the soul.

One afternoon I was home alone, again feeling lost. So I went into my backyard and climbed the hill behind the house. I sat down and just cried. I cried for everything I understood and everything I didn't understand. And I just kept praying for God's help.

After five to ten minutes, I suddenly felt lighter. I opened my eyes consciously acknowledging the heavy feelings were no longer there. It was at that moment I became aware of a presence of little beings that were around me. I knew they had been helping me, almost as if they had been pulling all of the sorrow out. Then I heard a little voice that said, “We are here to help you.” I knew immediately that I was sitting in the energy of little faeries. She then said, “we are here to help you with your emotions. We help all humans by lightening the deep disturbed emotions and helping them to reconnect to God.” She showed me my house. She said, “we see you in there sad, but we can't get into that big box you live in. You have to come and see us.”

It was then that I realized that the faerie kingdom was not some realm that didn't care about our world. They were loving beings that wanted to help us but we had to enter their world to receive.

I stayed in the energy for a while, sending love and gratitude to all of my yard faeries and to God. I think this was the beginning of my daily communications with the Faerie Realm. And I can tell you that they deeply love us all.

At Inner Quest, we have a Faerie Garden that you can visit. I speak to them every day as I come to work. They are informative, funny, and so connected with Spirit. Their realm is one of harmony, love and seeing the value of all of God's kingdom. It's almost as if they hold the energy of what our world would look like if we could truly embody God's love in every moment. And you are welcome to visit them.

As you approach, always ask for permission to enter, but when you get the “yes”, step gently into their world. Here you must bring an open heart to connect. Breathe—ask God's love to fill them and then they will open their hearts to embrace you and bring light to your journey.

The job of Faerie is encouraging life, harmony, love and co-operation. Humans are a part of their mission. Next time you are feeling sad or lost, take a moment to connect with this realm. You may not be able to feel God in your sorrow, but the Faerie can reach you where you are and help lift the heavy from your heart.

We live in an amazing and wonderful world.

Much love to all,
Cindy



LIGHT OF JESUS AND JEEPIN'!

Every morning on my way to work, I have a conversation with Jesus. It starts as I am pulling out of my driveway and I look up at my home and I start telling God and Jesus everything I'm grateful for in my life. It goes something like this...

Father, Mother God, and Jesus, I am so grateful for my home, the bed I was just sleeping in, the shower I was able to take, the food I ate, and all the beautiful souls who live with me, Bob, my cats, and the kids who wander in and out from time to time. I am grateful for my parents, my extended family, and your watch care over them. Jesus, help me to have all the right words and actions for my students today and my colleagues. Jesus, thank you for my Jeep! I look forward to the days I can take the doors off and drive in the sunshine through this beautiful state and others. God, I am grateful for the abundance and prosperity that flows to me and through me. I give thanks that it is so.

My Jeep gets to hear this conversation every morning.

When I wake up, the situations in my life that cause me stress or things that spark fear are right there in my thoughts. As I am getting ready to leave the house, I repeat positive affirmations, sing songs, and try to get the negative energy to release.

It is only when I get into my Jeep in the morning and have my conversation with Jesus that all of it just slides away. Jesus takes it and transmutes it into something beautiful. Or, just takes it and I no longer am attached to it.

There are many mornings, I do teach middle school, that I get in and say, "Jesus, take the wheel!" because I am tired or feel behind, or the day already feels heavy. Then I imagine Jesus wearing a Nirvana t-shirt and a pair of jeans with rips in the knees with Birks, and his sunglasses telling me to get in the copilot seat...he's got this!

My stress and fears ebb and I flow into my day with the right and perfect energy. My day is full of love, ease, and blessings.

I highly recommend Jesus and Jeepin'!

Rachel Shively



Higher Educational Program

If you are currently in our program, here are the classes remaining for the year. Mark your calendars!

Teachers

Metaphysics III	Aug 2—Sep 6	David Fuller
Metaphysics IV	Sep 20—Nov 1	Cheryl Provence

New Testament I	Aug 2—Sept 6	Cindy & Patrick
New Testament II	Sep 20—Nov 1	Cindy & Patrick

Each class is six weeks and held on Saturday Mornings at 9:30 to 12pm.



Energetic Challenge for a Month

From Rachel Shively

Pick something about yourself that causes your self-judgment recording to go off in your head. For example, due to life circumstances and age, I would like to relocate my core muscles, and if I happen to lose some pounds doing it, then bonus. This is how the challenge works. It is just with you, God, and your angels, guides, and teachers. That is quite a support team!

For one month, every day, you use positive self-talk about your area of focus. When you meditate, you envision your focus area to be just as you would like it to be. You send your focus area love. You do something positive for your focus area. That's it!

Doesn't have to cost money. If it is difficult, then put yourself on the Reiki Train, put yourself in the prayer basket, and/or meet with the prayer minister after the Sunday service. You are important! You are worthy!

You can do this! Get ready to see a change!



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No Illusion

We often seek the optimum
Of life's abundant bounty
“What's good for Me is good for All”
But perhaps our vision is too small

Take rain—its truly a blessing
Yet we think it will spoil our plans
But what about the collective
All life across the land

The mosaic of life—we are but a piece
Our place is perfect for the whole
To see the puzzle completed
Our ego must let go

Within our heart—we'll find the path
Revealing life's mystery
And the secret that isn't a secret
“What's good for the whole is good for Me”

Peace,
Patrick



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God Bless.....