



THE LIGHTHOUSE APRIL 2012

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Contact:

**111 Superior St.
Victoria, BC V8V 1T2
250-382-5412
<http://cotvictoria.ca>**



In Transition.

A lotus bud to full bloom

The SDC this year has had great input from our astrologist Laurence Beal. He often has given us insights that have led to the topics that we as a group have chosen. For April he found that there was change and turmoil in the heavens and the topic “In Transition” was chosen.

It is my turn to do the write up. Confusion is right! --What do I write about concerning Transition? I thought about Birth and Death as two of the important transitions we make.

Later it occurred to me that we are always in transition. There is a sense in which there is no present time! There is also a sense in which there is no time but the present. The present time is the invisible point between the past and the future. It begins to pass away before it has come into existence; that which less than a moment ago was future has now already receded into the past. In this sense; in time there are only past and future.

The present is merely the hinge on which they turn. So I propose that we are always “in transition”. Perhaps some events in our lives are more outstanding than others. For me it was probably leaving home for the first time to live in residence at Toronto Western Hospital for my nursing training. Living with over 60 girls was a huge transition. Seeing life begin in Obstetrics; the difficult transitions patients were making because of illness and ultimately their final transition when the soul left their mortal bodies. That was quite a lot of transition to witness in my late teens and early twenties. Then there was the transition of becoming married and the births of my 4 children and on and on our transitions continue. I have had many spiritual transitions until I have come to a place of it all “Just Is”.

I don't have to believe anything. I don't have to do anything. I don't have to be anything. In Time and Eternity I just am. The transitions continue Right now I have forever because the only time there is, is “RIGHT NOW”. The paradox again –To live each moment to the full but know I have forever. I AM one with the Oneness but I am Patricia Anne living out a human existence in this body at the same time.

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The Lighthouse April 2012

**A Newsletter for Friends of the Church
The Church of Truth - Community of Conscious Living
Sunday Service – 11:00 am**

We are a spiritual community supporting each other in exploring our personal journeys regardless of spiritual path or belief.

Our community is comprised of a rich field of individual and collective energies that is ever changing and evolving.

While we are accepting of diverse expressions of belief, we recognize the interconnectedness of all things and the power of love and appreciation. We hold reverence for all life.

We welcome those who wish to share their journey with us through their insights, reflections, experience and creative self-expression.

We are open to inspiration and recognize that our openness to others' ideas may enhance our own awareness and expansion.

We meet our basic human need to socialize, bond, cooperate, celebrate and have fun, in a warm-hearted way, through a variety of events and activities.

We acknowledge our opportunity to be agents of change in the world and we encourage and support service to others through individual and group activity.

We share our sacred space with the larger community.

With gratitude, we live thoughtfully on the Earth with kindness and compassion for all.

We welcome you.

Working for you - Your Board of Directors

President/Rentals	Esther Hart	250-896-5933
Past President/SDC Liaison	Brian Martin	778-430-1872
Vice President/Inside Maintenance	Patti Huot	250-385-0941
Treasurer	Pat Chapman	250-479-1761
Secretary	Cynthia Pattison	778-433-0261
Rentals	Esther Hart	250-896-5933
Outside Maintenance	Sanjara Omoniyi	250-857-8185
Member at Large	Jan Falkowski	250-370-9192

Your Spiritual Directions Committee Members are:

Trish Coleman	250-721-1973
Laurence Beal	250-380-6249
Marvelous Trudeau	250-384-2563
Bernadine Sperling	250-384-5721
Susan Blackwood	250-889-5335

Community Care Liaison – Lorna Rennie 361-2079

Newsletter—Deborah Hawkey Email dbhawkey@gmail.com

Newsletter Submissions welcomed by the 21st. of each month

Linda Chan <http://cotvictoria.ca>

Rev. Joan Hopper Pastoral Care for free consultation call 250-384-3637

Sunday Service Schedule for April 2012

April Theme: In Transition

April 1 Breakthrough

Coordinator: Marvelous Trudeau
 Moderator: Marvelous Trudeau
 Meditation: Zsuzsa Harsman
 Speakers: Panel Carl C. Mashon-B.C. Assoc. of Aboriginal
 Friendship Centers, He works with aboriginal youth
 and Brent Ullerick-Festival Entertainment Producer:
 Directed the Folk Festival 2008

April 8 Transition/ Easter Honouring our First Nation peoples community participation

Coordinator: Patricia Coleman
 Facilitator: Patricia Coleman
 Speakers: 30 members of our community
 Greeter: Janet Taylor

April 15 Deep Love at Work

Coordinator: Bernadine Sperling
 Moderator: Bernadine Sperling
 Meditation: Norm Smookler
 Speakers: Roland Guenther & Sanjara Omoniyi
 Greeter Katharina Nolla

April 22 Stewardship - The Quickening of the Earth on Earth Day

Coordinator: Susan Blackwood
 Moderator: Susan Blackwood
 Meditation: Silent
 Speaker: Earth Day with a special ceremony and sharing about
 our feelings and commitment to the planet with Susan
 Music: Robin Gillmor leading us in chants and singing
 Greeter Paul Monfette

April 29 Community Service Generosity/ Deep Pockets - Generosity is such a wondrous aspect of human life. Most people have a pretty good balance with the giving and receiving. Sometimes we actually feel like we received something in the act or interaction of giving. Sometimes we give and find we have caused a critical shortfall in our own balances. Examining these experiences together, we may find clues in our own management of this critical principal of community.

Coordinator: Laurence Beal
 Meditator: Hold the Silence



Carl C. Mashon
Director of B.C. Assoc. of Aboriginal Friendship Centers

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Continued from page 1

If I was to quote an author who said “The eternal moment is now. Live in the now”  
Who do you think said that? Eckhardt Tolle?

Perhaps he did but long before he said it, it was said by James Dillet Freeman. He was the “Poet Laureate” of Unity. He has had his work taken to the moon twice, a distinction he shares with no other author. His 1941 Prayer for Protection was taken aboard Apollo 11 in July 1969 by Lunar Module pilot Edwin E. Aldrin, Jr. Aldrin had the poem with him when he made his historic moonwalk not knowing who had written it!

Two years later, James Dillet’s 1947 poem [I Am There](#) went to the moon with Colonel James B. Irwin on Apollo 15. Irwin left a microfilm  
Copy of the poem on the moon.

**Do you need Me? I am there.**

You cannot see Me, yet I am the light you see by  
You cannot hear Me, yet I speak through your voice.  
You cannot feel Me, Yet I am the power at work in your hands  
I am at work, though you do not understand My ways.  
I am at work, though you do not recognize My works  
I am not strange visions. I am not mysteries.  
Only in absolute stillness, beyond self,  
Can you know Me as I am,  
And then but as a feeling and a faith.  
Yet I am there. Yet I am here. Yet I answer.  
When you need Me, I am there.  
Even if you deny Me, I am there.  
Even when you feel most alone, I am there.  
Even in your fears, I am there.  
Even in your pain, I am there.  
I am there when you pray and when you do not pray  
Though your faith In Me is unsure,  
My faith in you never wavers,  
Because I know you, because I love you.  
Beloved I am there.

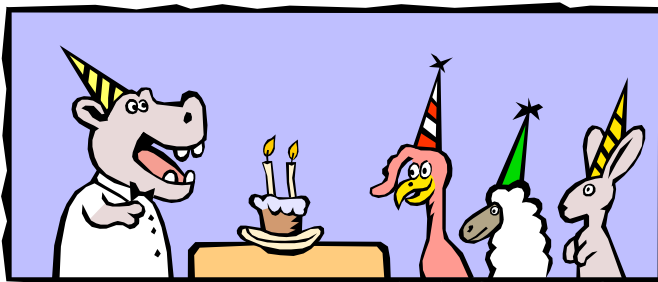
One day when he was listening to a song “It’s Later than you think”. He thought “What a miserable song” and it came to him. “Today is Forever, Forever Today.” He felt it was one of the most important insights he had ever had. We have to live today as if we had forever and live forever as if all we had was today. We have to live for both and both at the same time. We are on an Immortal Journey one moment at a time. **We are “In Transition” and yet there is the sense we are always “present”.**

I feel it is important to sense this when we here of how others view the transitions that seem to be occurring. **They feel that we are in the midst of a great transition, not only physically in and of our world but also of the Spirit. It is believed that** false rules are being destroyed in order to permit the Spirit to be sensed and felt in actual life.

Some feel that the cosmic forces are fighting for dominance. The Earth is also fighting, for survival. Indeed, the world is currently going through a period of purification, a sort of planetary near-death experience, through the bitter experience of natural catastrophe and/or warfare. They feel that the old world will be laid low in order to make way for the building of the new world of spiritual, collective consciousness with universal love at its core. The political map will be altered.

There may even be a change in the geophysical stability of the world. There may be great trials and devastation as this occurs. Some say we will regain our inner powers to enable Love, Compassion, Peace, Joy to be manifested in our world and that the Divine force is inherent in every aspect of creation.

Submitted by Trish Coleman, SDC



Happy Birthday  
We Celebrate With You!

Joyanna Wilkinson  
Cynthia Pattison

## MUSIC NIGHT at the CHURCH

Mark your calendars folks. Friday April 6th (Good Friday) will be the first of perhaps many Music nights to be held at the Church. Everyone is invited to come on down and singalong, strumalong, humalong or just plain jamalong with whatever tune emerges from our collective musings. All instruments are welcome as are dancers, clappers, stompers and interested listeners.



© Ron Leishman \* [www.ClipartOf.com/439129](http://www.ClipartOf.com/439129)

Bring a favourite tune to share in whatever style moves you're groove. It's all about having fun with the music.

We'll tune up and start at 7:00 pm and play till the cows come home (which is about 9pm for most of us!) Some small percussion instruments will be available. We prefer to stay acoustic.

Call me if you need more input. See you there...

Brian Martin 778-430-1872



## UP CLOSE

with

Stephen Thomas Hopkins Kinsella

I was born in Newmarket, Ontario August 21st 1969 around 7 pm but I don't remember much about that! But I am really glad it happened. My early years were spent on a super property outside of Stouffville called Lemonville that had a pond for swimming and skating and woods with a stream. My siblings David, Andrew and Cathy thought it was the centre of the world but we moved to Aurora when I was 3 so it is a vague memory.

I guess, naturally at this point I would talk about school. I really, really disliked it. I know I am not alone there. My first grade teacher scheduled a meeting with my parents to discuss why I never used the colour yellow. In fact I mostly used BLACK although I was already drawing in perspective.

One of my most favourite pastimes when I was a kid was water skiing on Loon Lake at our cottage in Muskoka, Ontario. At first I didn't have skis that fit so I had to wear my running shoes inside the ski. At the beginning I wouldn't let go of the rope and I was dragged under the water. The first time I got up I felt like I was a fish out of water and I was free. I was determined not to be pulled under again. When I lived in Florida I had the opportunity to ski with some experts and it was great. I played goalie in the IGA parking lot with my brothers at their insistence and really enjoyed baseball.

Another incident I remember at the cottage was the time my brother's cat was mauled by my brother's malamute dog "Blue" The vet said he had only one lung left and would probably die. I gave her pills and nursed her back to good health and she lived to an old age.

When I was eight I discovered my next door neighbour's outhouse. Amazed and wide-eyed as if from heaven the Playboy magazines were bestowed on me.

I could write a book on how Muskoka woods would come to affect my life in a positive way but the story must go on.

If you didn't notice there is a dark and light paradigm here. At the age of twelve my parents divorced, into the darkness we go. My mother was remarried to a man in Florida and soon after that my father remarried Grace, the stepmother from Cinderella and I was the main character.

At this time I filed for Resident Alien Status which took 3 years. My mother's second husband Bill died of bladder and bone cancer in 1986. I moved to Florida the next year. A whole new slate! I was a senior in high school. I was finally cool. School had become interesting and engaging for the first time. I was aware of my uniqueness. Back to the light again!

From here I entered Tampa Technical Institute and graduated with an Associates' degree in Graphic Design. While there I lived in "The Projects". I felt like the cream in a package mostly full of chocolate cookies. I learned what it is like being a minority which, by the way, is very humbling.

My family was calling. I felt suddenly very alone in Florida. Having finished High School, College, getting almost killed in "The Projects", I felt it was time to move on. My eldest brother David and family as well as my mother and stepfather were living on an island in British

Columbia. I had not heard of that place before, but I was excited to get started on my journey. So, I quit my job, said goodbye to the few good friends. Victoria, here I come. I packed very little, for I was travelling in a 1981 Datsun 210 banana yellow car! Does that paint a pretty picture for you? So after getting all my maps outlined for my various routes I headed out. I headed north out of Florida, Georgia---take a left etc. Interesting thing about the States, some States can be totally covered in a couple of hours like Alabama, Louisanna, others take forever like Texas. Anyway, a highlight of my trip was being passed by a new corvette going at least 100 mph. In Death Valley Arizona I was topped at 35 mph. Ten miles down the road I pass the speedy pants corvette. The hood was open and it was bellowing steam. I had a new respect for my piece of S?!!T car. So onward and upward I go. Two weeks later I'm at Port Angeles Ferry Terminal. As I drive off the ferry into Canada I get out of my car and breathe the most beautiful air in my life.

My new life began here in Victoria. It felt like home as soon as I drove off the Ferry. A little while later I met a girl at the Church of Truth, Heather, with whom I had a tumultuous relationship. However, we had a beautiful baby girl Skye. The greatest day of my life so far! Many, many peaks and valleys later I'm still finding myself. I've lived in Victoria twenty years and I can honestly say I'm still in love with this magical place.

I have worked in a few interesting places including the Stikine Fish Camp in Northern BC near Alaska, until I find myself away from stonemasonry which I really enjoy as an occupation back to cooking as a sous chef at the Victorian.

Does anyone remember the centrefold of Playboy magazine? They had one pull out where you didn't have to avert your eyes. It was a survey only of "Turn ons" and "Turn offs"

These are mine!

**Turn ons:** The sound of my cat's purr, Sunlight on my face, People with imagination, "Prosperity"

**Turn offs:** Loud obnoxious noises, Close mindedness, Vindictiveness, Stupidity –unless of the "humorous nature"

**Favourite Songs:** Float on by Modest Mouse, War Pigs by Black Sabbath, And too many more to mention.

**Favourite Colour** "yellow" just kidding AQUA MARINE BLUE

In fact art and colour are an important part of my life as I enjoy working with oils and sculpting

And even my culinary skills are part of my appreciation for art.

Throughout all my peaks and valleys, highs and lows I've always had a feeling of a Guiding Presence that has brought light into my darkness and calmed my seas.

One for sure constant in my life has and will be spirituality. It affects my entire being from meditation, to being inspired to create art which seems to be completed before I put a brush to canvas, or pencil to paper, or chisel to stone. These are just a few of the things I am blessed with. I attribute much to the kindred spirits, friends, gods, and goddesses which have graced my being from the Church of Truth - Community of Conscious Living.

Thank you.



## Oneness Wednesdays in April:



### **Nonviolent Communication: A Language for Shifting a World into Peace**

Drop-in on April 4, 11, 18 + 25  
Church of Truth, Community of Conscious Living  
111 Superior Street, Victoria, BC  
7:00 p.m. to 8:30 p.m.  
Free or by Donation  
Information: <http://cotvictoria.ca> or Linda at (250) 380-6383

Please join us to explore how the basic tools of NVC may become your skills for life that support a healthy planet one relationship at a time.

- April 4:**        **Relationships – Facilitated by Judy Morin**
- April 11:**     **Moving Beyond Right and Wrong – Facilitated by Laurel Collins**
- April 18:**     **Activism for Social Change – Facilitated by Renee Lindstrom**
- April 25:**     **Resolving Conflict – Facilitated by Michele Favarge**

At each of these evenings there will be facilitation support by members of the Nonviolent Communication Community and an opportunity for role playing.

For more on the presenters and topics:  
Contact Renee Lindstrom at [renee@insideawareness.com](mailto:renee@insideawareness.com)  
Join - Facebook group - Learning Empathy  
Follow twitter - SNV/NVC at <http://twitter.com/NVCinVictoria>  
Read Waking2heart blog at <http://www.waking2heart.com/>  
BC Network for Compassionate Communication - <http://www.bcnc.ca>





**Talent Show 2012**  
**Saturday, May 19**  
**7:00 pm**

For several years now we have had the great opportunity under the guidance of Ella Brown to perform in a church talent show. I think participants as well as the audience have found it entertaining and worthwhile. This year Ella is taking a sabbatical and has kindly consented for someone else to do the organizing, that being me.

If there is going to be a theme or title to the evening it will be "School's Out". Your imagination for the most part will be accepted in working or not working with this title.

Acts can be from 2-10 minutes in length and can include skits, song, dance, monologues, readings i.e.(poetry, short story) playing musical instruments piano, violin etc. and other skills such as juggling, card tricks or magic.

To be part of this program, the act, the participant(s), time estimate and a short line or two of what the act is about should be submitted to me no later than May 10th. This will help in organizing the program.

I have booked the church for Friday evening and Saturday daytime for rehearsals if wanted. To book the church for rehearsal please call Esther at 250-896-5933 to get a time slot. Be considerate of others when reserving the length of time sought.

Bob Winkenhower  
Email: [rwinkenhower@gmail.com](mailto:rwinkenhower@gmail.com)  
Phone: 250-388-9465



**COME MAKE A JOYFUL NOISE**

Our intrepid choir will once again raise its collective voice in praise and celebration. New hearts and voices are welcome to join the fun. Rehearsals commence at 10am sharp on Sundays. Ability to follow the bouncing ball (or waving hand in this case) is more important than skill at reading music. We will explore new and old repertoire for musical fun and perhaps a few performances along the way.

Brian Martin, Choir Director

# JOAN HOPPER

Spiritual Counselor and Practitioner

Joan's name and telephone number appears in the Church Newsletter each month. Joan is a fully trained and certified Spiritual Practitioner and is always willing to be available for anyone who requires help in the way of spiritual prayer and healing.

As a "healing practitioner," Joan completed a three year course with her Science of Mind studies during the 1970s. This particular study included a four-month practical Course which required her attendance and completion, in San Diego.

Joan is still very much involved with her Spiritual studies and she is always ready and available to help anyone, at any time, who requires Spiritual help and support. Call 250-384-3637.

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AGM April 15, 2012



Please consider how you want to participate in the community and let someone know if you are willing to serve on the Board or Spiritual Direction Committee.

Bring a bag lunch. The meeting will start as soon as possible after the end of the service.

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## Movie Night at the Church Truth

**Fri, March 27**

Movie to be confirmed

Arrive at 6:30 pm for pot-luck snacks and visiting. The movie starts at 7:00 pm. Stay after for discussion.

If you have suggestions for movies, please submit them to the board for consideration.

**Everyone is welcome.  
Free or by donation.**

## **Come Dance With Me**

Aho little friend beneath my feet  
Your world so large and quite unique  
Over mountains and valleys you labor long  
With loads tremendous, you are so strong  
Discipline and order suit you best  
So that you might serve the rest  
Come dance with me, my little friend  
Let us honour our worlds and all within  
Come dance with me

Aho gentle river before my eyes  
The life you contain is no surprise  
Your strength flows on forever more  
To someday caress that far off shore  
You touch my soul, you sustain my life  
You wash away the slightest strife  
We flow forever, let us celebrate life  
Come dance with me

Aho tall friend, majestic one  
Stretching to the sky, you embrace the sun  
You spread your bows out far and wide  
The task at hand, undertaken with pride  
To support all life within your reach  
And by example you try to teach  
All life is one  
You cleanse and enrich the air we breathe  
Some day surely all shall perceive  
That without your blessing, naught would be  
Come dance with me tall friend of mine  
Come dance with me, in the Light Divine

Aho precious one, my friend the deer  
Come closer now, show no fear  
I honour your presence, gentle and innocent  
The child at your side is truly magnificent  
Your eyes do gleam with love and compassion  
The power of gentleness seen in action  
To pass along to those we raise  
Gentle love and nurturing ways  
Perception and clarity of vision, to show the way  
The lesson of the deer to own, I pray  
Come dance with me, precious friend of mine  
Let us celebrate Life Divine

Aho flicker friend, master drummer you are  
Your beat is in tune with every star  
And with the heartbeat of Mother Earth  
You awaken the rhythm of all healing love  
As it is below, it is above  
The heartbeat that is in all to see  
Is balance, joy and harmony  
Come dance with me, friend of mine  
Let us celebrate Love Divine

Aho my friend, crystal clear  
Your history I would like to hear  
Of ages past, when life began  
To the current day and that of man  
Is man the link to you my friend  
And the heavens above, is that the trend  
Will we succeed, the bridge is there  
The path is known, but do we dare  
Venture forth, the cross to bear  
Show me my dreams, crystal friend  
Come dance with me, to my journey's end

Aho my friend, fire bright  
You bless this moment with delight  
With de light and love the spirits dance  
Around and around, as if in trance  
Shimmering coals all aglow  
Flames that laugh and caress the soul  
All around me are dancing now  
My spirit friends for all to see  
They will dance with me for eternity  
Come one, come all, share my quest  
My journey is filled with happiness  
Come dance with me and you shall see  
How we will meet our destiny.

Stephen Graves  
[spiritquestca@shaw.ca](mailto:spiritquestca@shaw.ca)