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Contact:

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

THE CREATIVE POWER OF LIFE

Within us lies the ultimate, creative, energetic of our beingness: LIFE ITSELF!! Like an engine it propels the self into ever expanding forms. It too is LOVE at work magnetically unifying all forms into a cohesive whole.

In partnership with LIFE (the fiery animating principle within every living form), co-exists the intelligence of creative activity: musicality and potentiality. Bound together by the mysterious power of Love, they create the multiplicities and diversities of this world and future worlds to come!

It is our birthright as co-creators with Source/God to help transform, magnify and beautify our existence... and we do so by opening to 'divine inspiration from within.' When we allow self to be guided by the intuitive nature of Soul expressing its creative passion and wisdom we fulfill our human and divine potential.

Submitted by Troi Leonard, SDC~ edited by Don Morris

The Lighthouse April 2015
A Newsletter for Friends of the Church

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 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.

Church of Truth – Community of Conscious Living
Sunday Service – 11:00 am

Working for you
Your Board of Directors

| | | |
|----------------------------------|-----------------|--------------|
| President | D. Joan Thomas | 250-721-4054 |
| Past President | Roland Guenther | 778-433-4386 |
| Vice President/Secretary/Rentals | Esther Hart | 250-896-5933 |
| Treasurer | Ron Rayner | 250-474-2715 |
| Outside Maintenance/SDC Liaison | Stephen Graves | 778-677-7597 |
| Inside Maintenance | Dancing Wolf | 250-418-0694 |

Your Spiritual Directions Committee

| | |
|-----------------|--------------|
| Don Morris | 250-580-2121 |
| Moneca Gabriel | 250-891-9002 |
| Colin Lee | 250-514-1270 |
| Peggy Muncaster | 250-370-0187 |
| Troi Leonard | 250-532-3442 |
| Laura Lane | 250-474-9938 |

Newsletter—Deborah Hawkey Email: dbhawkey@gmail.com

SUNDAY SERVICE SCHEDULE

April Theme: The Creative Power of Life

**April 5 Community Service - The Spirit of Easter -
A Celebration Followed by Pot Luck**

This service is meant to honour Trish Coleman - of Blessed Memory- and her contributions to our Community.

Coordinators: Sanjara Omoniyi & Moneca Gabriel
Moderator: Sanjara Omoniyi
Meditator: Sanjara Omoniyi
Speakers: Members of Our Community
Greeters: Marie Logan & Don Morris

Note: This service may last a little longer than usual

April 12 Initiating Action: Hitting Resistance

Coordinator: Colin Lee
Moderator: Marek Marcus
Meditator: Troi Leonard and the Men’s Circle
Speaker: Lynn Gordon
Greeter: Gisel Bechard

April 19 Union of Spirit & Matter

Coordinator: Don Morris
Moderator: Junie Swadron
Meditator: Paul Monfette
Speaker: Tegan Forbes
Greeters: Daniel Ouimet & Sanjara Omoniyi

April 26 Community Service - Claiming Dynamic Leadership

Coordinator: Troi Leonard
Moderator: Marvelous Trudeau
Meditator: Troi Leonard
Speaker: Rod Keays
Greeter: Lou Hammond

Description of Services

April 12 Initiating Action / Hitting Resistance

It is interesting that we all have ideas about what is best for ourselves and the group as a whole and yet it seems that our best efforts run aground and sap our energy and enthusiasm. It seems that every generation has its raft of leaders whose efforts hit the proverbial wall regardless of how brilliant their ideas or leadership skills. The question is: is there another way of working together which does not require a designated leader? How do we arrive at this answer? Are we rudderless ships lost at sea without direction? If yes, is there a way back home?

Bio of Speaker:

Lynn worked for many years as a lecturer in business. He has always been involved in teaching and considers himself to be a full time student. Training and teaching tai chi and chi Kung for over 30 years, he has lived in Canada for the last one and a half years where he studies Chinese medicine at a college here in Victoria. A long time devotee of the way of compassion he sums up his endeavours as "return to the natural" in all realms - physical, mental and spiritual.

April 19 Union of Spirit & Matter

In this unique service Tegan will speak about the union of matter and spirit and do a relevant, live Tarot Card reading on stage specifically for the Church of Truth.

Bio of Speaker:

Tegan is an uplifting intuitive reader, energy worker and visual artist. A professional, full time tarot reader and astrologer she uses tarot cards and astrology to bring guidance to client's challenging situations. Her sessions offer insight and support helping people move through large life transitions such as starting and ending relationships as well as recognizing one's soul purpose and life agendas.

Born in Vancouver Tegan is a west coast girl at heart. Her career as an artist and teacher has led her across the world and sparked a variety of creative endeavours, dynamic life experiences and lasting friendships. In graduate school at Concordia University she studied print making then went on to design print making courses for Concordia, Vancouver Island School of Art, Alberta College of Art & Design and Ontario College of Art and Design. In 2006 to 2007 she studied art in Europe at Bauhaus University in Berlin.

Tegan knows creativity is the spark of the Divine touching us through Spirit and to honour our self, each other, our communities, the world and planet at large it's only "just" to feed one's creativity. Tegan's mantra is "know your heart and trust your feelings!"

April 26

Claiming (expressing) Dynamic Leadership

Dynamic Leadership is the power that initiates and continues to activate, inspire, and motivate ideas into activities, characterized by constant change and progression. It is the force that catalyses 'transformation.'

It takes courage and a certain measure of fearlessness to step into the heat of conflict and resistance by those blinded by ambition and ignorance of the greater view of evolution.

Dynamic Leadership contains that 'magnetic quality' that attracts us to a personality infused with unbridled enthusiasm and faith of conviction of a purpose higher and nobler than itself, allowing the light of the Soul shine forth.

It is that something which 'resonates' with our own center of dynamic potential, which voices from within...You have the right to claim and express Dynamic Leadership.

Bio of Speaker:

Having started his first men's group here in this room in 1985, Rod has continued to develop programs for men. He was actively involved in the creation of The Victoria Men's Centre in 1994 and The Well Foundation for Men's Health in 1996. In 2012 he published his first book "The Naturally Good Man and The Ten Thousand Blades of Life", a book on male purpose and the decline in male ambition. In 1996 Rod and The Well Foundation created a wilderness retreat centre for men and boys. He is the past-President of The Well Site Retreat Centre located in the Malahat area near Victoria BC. Currently he is a board member of The West Coast Men Support Society and Advisor to The Canadian Association for Equality. In addition, Rod is completing a BA in Adult Education so he can more fully facilitate men's issues workshops and courses.

HAPPY BIRTHDAY
We Celebrate with YOU!



APRIL

Steve Atkinson

Apr-14

Cynthia Pattison

Apr-27

Peggy Muncaster

Apr 30

In preparation for the Annual General Meeting on April 26, 2015, it is time for membership renewal and for members to consider serving on the Board or SDC. The renewal form is included in this newsletter. Please note that there is a place to check if you want to be part of the Member Exchange Network – People Helping People.

If you are considering service on the Board or SDC, please feel free to discuss your interest with anyone currently serving on either one. There is no need to wait to be nominated. We encourage you to advise us of your interest.

The Board of Directors

The purpose of this network is so that people can ask for the support they need from other members of the network. This option does not preclude asking people directly. We are limiting this Network to COT-CCL members at this time.

Members are invited to put a check mark on their church membership renewal form for 2015 indicating that they wish to be part of the Member Exchange Network.* Members who have joined the Network will have the opportunity to use the Network to ask for support and/or provide support. There is no obligation to respond to any request.

It has been determined that the first step in implementing Community Support for the members of the Church of Truth - Community of Conscious Living (COT-CCL) is to set up a Member Exchange Network.

Cynthia Pattison has agreed to be the contact.

On The Newly Created Member Exchange Network...

By Cynthia Pattison

"...Necessity is the Mother of Invention"
- From Plato's The Republic,

Book II, 369c

While looking around at the trees, plants and flowers coming to life this spring, be sure and take note of a new birth in our own community. Here's an update on the progress of the new program called the "Member Exchange Network." It's a homegrown innovation born of a need to connect people to people in a closer way.

The Member Exchange Network is up and running this week with the first request. Thankfully we have twelve Membership Renewals and two New Memberships: enough members of the Member Exchange Network to get started. The best way to learn how it works is to begin receiving the email requests.

Additionally, there are 'Drop-in sessions' in the Yellow Room on Sundays (except March 8th) for the annual Membership Renewal Period. After the coffee hour at 12:30 pm promptly.

There will be New Membership forms for those who've been attending services for a while and are ready to choose a spiritual community. Come by and complete your 2015 Member Renewal for \$10.00, and stay for a visit if you have time.

What are the "nuts and bolts" and what does the Network do?

This is an email network generated by an application called Mail Chimp. All requests go to: <memberexchangenetwork.com> to be distributed to COT members who "opted in" on the Membership forms.

By definition, a network is an "interconnected system, web, or nexus of people, places or things." As a verb, to network is "a way to connect with people, places or things." Stating the obvious to most, (with no judgment on those who do not use this tool,) the worldwide web provides another, often central, way that people stay connected.

At its very least, this Network would be a safety net in order to ensure that no member "falls through the cracks" so to speak.

Does every request and response go to all members?

Email requests go to all email addresses. However, the responses do not. One would only reply if agreeing to help.

Does every member feel comfortable asking for help, and/or do members have to reply?

Of course not. One replies if one feels he/she can help. And as is often the case, a person is not comfortable asking directly for help. If so, that person can request anonymously.

***Email buddy informs both anonymous and/or non-email user.**

What about long term needs or those that community members cannot meet?

All neighbourhoods should have Community Centres with Social Workers on Staff to provide specific information for residents. Nothing should be taken for granted as far as residents knowing who their local Social Worker would be, or what they can offer. Though I have deposited a green notebook in the office with brochures and ideas for professional or community help, this area is a layered and ever-changing field from what I understand.

As the Social Worker at the James Bay Community Project explained, 'the best idea is for a resident to speak directly to a Staff Social Worker at their neighbourhood Centre on current professional and community programs.'

Some people may feel understandably frustrated because as this Exchange Network is being created anew there is no instruction manual on how it works. Understood. At this point, I hope members will try it out by "opting in" on the Membership forms and to explore the possibilities, including, but not limited to, rides to and/or from needed destinations, computer help, home chores, meals, errands, and shopping are a few. Here are some members' ideas as well:

- Several people say they enjoy volunteer service in the areas of healing: Reiki or Spiritual Healing or in a Prayer/Meditation email circle. These are private people themselves who would be willing to respond to healing requests on a case basis as they feel they can help.
- A member may not want everyone to know that he/she requests healing intentions as a privacy matter, thus the contact person or email buddy can help on their behalf.
- Cedona Holly is willing to hold prayer/meditation at certain times either long-distance or in person.
- Again, it should be known that is not a counseling service. It is an information-sharing network.
- More ideas will spring from these in terms on how to meet the needs of our community as closer connections will encourage.

Developing this Network is can be described in the adage: “Necessity is the mother of invention.” The Exchange idea is an organic one. So far, a sequential happening born from our members who showed up to help several members the past year in their time of need. New friendships and closer community bonds have been formed. Thus, the desire for more community building emerged.

Last fall, Patti Huot and I brainstormed about having maybe a “Member Exchange Day,” sort of like the annual Saturday “Work Day.” Just one day where members could come together to share chores - only with members helping members.

Esther Hart’s vision with the email solution helps put these two ideas together in a larger view. As our Administrator, Esther is known for her capable willingness to find solutions. Thanks to her, a homegrown idea is being born in the Member Exchange Network.

Down the Road Ahead

Finally, looking further down the road, it seems we are now part of a wider community or society that in many ways has morphed into something very different from what most of us have past known. People often live far from family and their former roots. And those who do have primary relations have said that at times of acute need close family or friends felt overwhelmed. Much of what Government used to provide in the way of resources and tangible assistance must now be performed by us – all of us. As we age we see that “Aging” issues are before us daily in our close circles and in the wider community that making this idea and other to come even timelier.

I’d like to share something from a recent Times Colonist Editorial. While reading, replace the word “seniors” with “people” to envision the inherent value and possibilities of our new program.

“...The need for seniors’ care will not go away. Government, families, seniors, health regions and non-profit agencies will have to bring their best ideas to the table.”

“Seniors’ Care Need is Growing,” TC,

February 06, 2015, A11.

Submitted by Cynthia Pattison

ONENESS WEDNESDAY in April
111 Superior St. in James Bay
7:00 – 8:30 p.m.
Free or by donation

Oeness Wednesdays for April - The Healing Power of the Voice

April 1 Vibration + Intention = Healing!

To get us prepared for the weeks to come we will be learning about 'tuning' our bodies through gentle movement and accessing our own vibration through chanting the seed sounds of the chakras. An easy practice with no vocal experience needed. This class is facilitated by Pauline Karch.

Pauline is a singer/songwriter with roots in Jazz and Vocal Improv. She draws from these genres as well as from a variety of other musical styles to express her exploration into the beauty of life. Pauline regularly plays in a Jazz Trio at the Government House and can also be found playing various venues throughout Victoria. Pauline has a deep interest in using the voice as a means of healing for oneself, relationships, local and global communities.

April 8, 15 & 29 SoundBody Studio Oeness Wednesday Offerings

Bisia, founder of SoundBody Studio, Margot (certified teacher) and Kim (teacher in training) will be offering a VoiceWorks voice and movement series for Oeness Wednesday in April.

SoundBody Studio offers expressive arts and body-centered therapy as strategies to maintain physical, emotional and mental health. Come learn how to Tune Up and Compose yourself using voice and movement fusion as a way to enter oneness. We will be using the voice, movement and presence to participate in and co-create improvisational musical moments that will help you access your aliveness and presence to your creative self. All vocal comfort levels welcome!! To find out more about Bisia and SoundBody Studio please visit, www.soundbodystudio.ca

April 8 Bisia

Bisia is the founder of SoundBody Studio, a registered massage therapist by profession and a singer, educator, performance and recording artist by passion.

She founded SoundBody Studio in 1997 where she combines both of her consuming interests into a variety of offerings: Weekly voice and movement fusion classes; workshops in vocal/anatomy and anatomy; and "vocalbody" intensives. Over the last 10 years she has engaged health care professionals when presenting her "VoiceWorks for Compassion Burnout" workshops across Canada. SoundBody Studio is now in its 18th year and the teaching team has grown! Bisia returns to MISSA (Metchosin International Summer School of the Arts) in June for a 2 day VocalBody intensive with VW teacher Margot Johnston.

April 15 Margot Johnston

Margot Johnston loves to sing, especially improv.... in the shower, in the street, at the store, at the beach. She trained with Bisia Belina and is a certified VoiceWorks instructor at SoundBody Studio. Her Monday night VoiceWorks classes are fun and empowering. You can find more information about her classes at www.soundbodystudio.ca . Margot also performs as a singer and songwriter in a variety of venues. She is a visual artist (BFA) and holds a certificate in Adult Continuing Education. She works as an elder companion, offering her clients music, art and improvised creativity.

April 29 Kim Goodliffe

Kim Goodliffe is passionate about movement and voice as a way to connect and play – with self, others and beyond. As a singer, writer and practitioner of sacred dance, she honours the ever-moving path of creativity. Currently in the teacher-in-training program with Bisia Belina at the SoundBody Studio in Victoria (www.soundbodystudio.ca), Kim leads a monthly Movement to Voice exploration group in Sooke, and will be leading a spring/summer Vocal Improv drop-in class in James Bay. She holds a Master of Fine Arts and is the author of Lowballer, a collection of poetry about one very long season of planting trees. You can find a copy at: <http://brunswickbooks.ca/Lowballer/>

April 22 Norm Smookler & Pauline Karch

This week we will have Sound Healer Norm Smookler and Pauline Karch improvising using a variety of flutes, drums and other percussive instruments and voice. We will then explore the vibration of the voice through chanting and sounding followed by silent meditation.

COMMUNITY SERVICES DIRECTORY FOR CHURCH of TRUTH MEMBERS

For information only. These events and services are not endorsed by the Church of Truth, Community of Conscious Living.

| NAME | SERVICE | CONTACT INFO |
|--|--|--|
| Susan Blackwood 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings | Ceremonies | www.ceremoniesbydesign.ca |
| Renn Butler Archetypal Astrology Consultations, Holotropic Breathwork Workshops | Consultations/Workshops | rennbutler@shaw.ca |
| Stephen Graves 778-677-7597 All things PC (and little things MAC) Hardware, software, troubleshooting, networking and web design. \$25.00 per hour | Computer Service | stephen@spiritquest1.ca |
| Dr. Roland Guenther 250-650-1662 email: roland@natures-mystery.com | MD (Germany), PhD, Homeopathy | www.victoriahomeopathy.com |
| <p>Roland is specialized in helping people with severe chronic diseases. Homeopathy is a holistic modality that can provide healing in a wide range of health problems, anxiety, and depression, and their manifestations in the body.</p> | | |
| Esther Hart 250-896-5933 Esther inspires people with her talks, coaching and writing, always encouraging people to experience freedom by trusting their own knowing. She gets great pleasure from supporting other writers to blossom into authors so that their inspirational stories can reach the people they are meant to inspire. | Author, Speaker, Freedom Coach, Author Mentor | www.authorssolutions.com |
| Deborah Hawkey 250-813-1747 Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes & Cover Letters | Technical Writing | writeitright@shaw.ca |

Cedona Holly **Spiritual Counsellor/Meditation Facilitator**
250-642-1060 www.EternalOneness.org
www.whitelionschildrensbook.org

Pauline Karch **Videography Services** paulinekarch@gmail.com

Kelly Kerr **Massage, Energy Healing** 250-999-9282

Laura Lane **Celebration Pianist** 250-893-9656
Accompanist, Pianist, Singer. Available for Weddings, Celebrations of Life &
Special Events
“Comfort Zone” Band, Boomers, Folk, Light Rock music group.

Paul Monfette **Carpenter** 250-896-4439
Specializing in Reno’s, Decks & Alterations

Michelle Pedersen **Make-up Artist**
For make-up consults and pricing please email me at
sweetpeamakeup@gmail.com

Sharon Schroeder **Alternative Healthcare Services** 250-661-0072
Healing Energy with Foundation Beauty

Bernadine Sperling **Pet Sitting** 250-384-5721
(drop-in cat visits & James Bay dog walking)

Junie Swadron **Author, Writing Coach, Workshop Facilitator**
250 - 813-0183 **& Psychotherapist**
www.junieswadron.com
junieswadron@hotmail.ca

**CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING
GUIDELINES FOR MEMBERSHIP Renewal**

1. Attendance at our services.
2. A strong desire to participate in our community demonstrated by attending services and getting involved as a volunteer and/or by giving your financial support.

Our Mission Statement says it well:

"We are a supportive community of spiritual discovery. We are a gathering of unique individuals, exploring and allowing our diverse expression of belief. We respect the interconnectedness of all life. We welcome all who are willing to commit themselves to participating in our collective creation. Together, we share our sacred place, this adventure ... this celebration!

Please complete the membership renewal application at the bottom of this form.

Your annual \$10.00 membership fee is due before the AGM in April.

Your continued membership is based on your active participation in our community.

Name _____

Mailing Address _____

Postal Code _____

Telephone _____

E-mail (optional) _____

Please indicate your birthday: Day _____ Month _____

Amount enclosed with application: \$ _____ (Rcvd. by Treasurer _____)

Please add me to the Member Exchange Network _____

Please include me on the community contact list. _____

Check what you would like to have listed:

Name _____ phone _____ home address _____ email address _____

**Church of Truth – Community of Conscious Living
Participation Information Form**

The Board invites you to consider how you want to participate and the benefits you wish to receive from your participation in the Church of Truth – Community of Conscious Living.

Please complete the form below. (check all that apply)

Participation

Sunday morning greeter _____

Coffee serving/cleanup _____

Provide Snacks for after service _____

Gathering/putting away music and order of service _____

Flowers _____

Maintenance _____

Children’s Program _____

Other _____

Areas of Interest/Expertise

Spiritual Directions Committee _____

Choir/Music _____

Meditation _____

Workshops _____ Moderator _____

Speaker _____

Fundraising/Functions _____

Other _____

Benefits

Please share anything you would like the Board to know about the benefits you wish to receive from this community. (Please use the back if more space is needed.)

Name: _____ Phone Number _____

Email address: _____