

THE LIGHTHOUSE AUGUST 2011



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Creativity in Every Moment...

Many of our inspired human members have urged us in writings and in their life examples toward creative expression as a remedy to many of life's maladies. In those who have created great works of art, music, drama, poetry, and dance we have seen the overcoming of great odds and production in spite of adversity, as well as great healings through the experience of creativity. This month, the general area of exploration will be creativity, more pointedly, creative breakthrough.

"Sometimes you've got to let everything go - purge yourself. If you are unhappy with anything...whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out." Tina Turner

"Don't think. Thinking is the enemy of creativity. It's self-conscious, and anything self-conscious is lousy. You can't try to do things. You simply must do things." Ray Bradbury

The August program will bring looking at life navigation, change as opportunity, the key of imagination and the fruit of personal integration, all in relation to the creative experience. Everyday we recreate ourselves; we have, these days, an opportunity to move beyond the old and outworn into new ways of being and being with one another.

"There's room for everybody on the planet to be creative and conscious if you are your own person. If you're trying to be like somebody else, then there is isn't." Tory Amos

"...I remembered a story of how Bach was approached by a young admirer one day and asked, "But Papa Bach, how do you manage to think of all these new tunes?" "My dear fellow," Bach is said to have answered, according to my version, "I have no need to think of them. I have the greatest difficulty not to step on them when I get out of bed in the morning and start moving around my room." Laurens Van der Post

"They who dream by day are cognizant of many things which escape those who dream only by night." Edgar Allan Poe, "Eleonora"

Come dream with us, come and imagine, be inspired to a creative breakthrough.

Submitted by Laurence Beal, SDC

The Lighthouse August 2011

A Newsletter for Friends of the Church The Church of Truth - Community of Conscious Living

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.

Sunday Service - 11 am

Working for you - Your Board of Directors

President	Esther Hart	250-896-5933
Past President/SDC Liaison	Brian Martin	778-430-1872
Vice President/Outside Maintenance	Patti Huot	250-385-0941
Treasurer	Jan Falkowski	250-370-9192
Secretary	Cynthia Pattison	778-433-0261
Rentals	Esther Hart	250-896-5933
Inside Maintenance	Tracy Koebel	250-857-8185

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 August 2011

August 7th

Navigating Complex Feelings

Moderator: Laurence Beal
Meditation: Paul Monfette
Speaker: June Swadron

August 14th

Change-An Opportunity

Moderator: Marvelous Trudeau
Meditation: Clay Brown
Speaker: Gordon Thurston

August 21st

Creation through Imagination

Moderator: Bernadine Sperling
Meditation: D. Joan Thomas
Presenter: Ella Brown

August 28th

Community Service: Integrating Spirit

Moderator: Hendrik de Pagter
Meditation: Pat Miller
Three paintings-what do you see and feel?



**Happy Birthday
We Celebrate with You!**

Genevieve Eden	Aug-16
Ron Rayner	Aug-17
Linda Chan	Aug-20
David Coleman	Aug-25
Patti Huot	Aug-30



**UP CLOSE WITH
Laurence Beal**



Born in Calgary on the beginning of summer at dinner time, Laurence Beal was the first born grandchild in both the mother's and the father's families. In a figurative sort of way, he was born at the philosophical meeting point of science and art. Father, named William, was of the scientific bent, while Mother, named Arlene, was of the artistic orientation. Growing up under the influence of these mental orientations backed up his inborn interests in both of these areas of life.

Laurence's family moved to Dallas, Texas when he was two. Then at four, moving to New Jersey, just across the state border from the Pennsylvania city of Philadelphia, Laurence grew up as a landed immigrant in the US.

In one of the earliest memories, Laurence recalls having a very intense experience in the investigation of figurative language used in scripture, at the age of four. "What does it mean when ~(someone) says that the whole world is going to burn up?" The answer given by mother Arlene was that sometimes words represent things in a symbolic sort of way, not always do these words mean real things. Like "fire" can mean something about feelings and the word "fire" may not point to a real fire.

So onward through life's trials and lessons, Laurence carried this way of reading not only words but also extended this way of reading meanings out of events, dreams, the communication put forward by others, and on and on.

Working on group projects was more or less begun under the mentorship of Laurence's seventh grade Language Arts teacher who sponsored the middle school drama club. Laurence worked as the set artist in that club and learned the basic co-operative attitudes that prevailed and yielded fruit.

Finding absolute joy in meeting up with the lifeworks of Carl Jung, at the age of sixteen, was a perfect conditioner of his understandings in preparation for a step into exploring astrological synchronicities.

Life guarding, teaching swimming lessons, and swimming competitively rounded out Laurence's development. He taught non-verbal, 1.5 - 2.5yr olds for a little over ten years, learning much about intention in communication. Laurence also learned how to manage all the ages of public behaviour by engaging people in the safety project rather than manipulating them into conformity. Lastly, in the pool arena, Laurence attained a level of skill and endurance in competition on the national collegiate level in the USA.

Moving back to the native country of Canada, Laurence landed literally off the Coho Ferry in sunny Victoria, in June of 1980 at the age of 24yrs. Jumping into art school at UVIC was the first project, but that ended quickly when family needs begged the loving duty of Laurence to cohabit with a brother in sharp personal crisis.

To work he went as a pizza/short order cook on the unionized campus of UVIC. There Laurence worked through many workplace trials and conditions, carrying the well worn phrase, "Before enlightenment – chop wood, carry water; after enlightenment – chop wood, carry water." So resolution came in the years and after eight, there was nothing at all bothering Laurence with the workplace.

Next in the timeline, Laurence took the initiative to get a little "snowball" formed and ready to roll from the "mountaintop". With a vision of complete integration of bicycle traffic, legally and publicly embraced, he found people to manifest this development, and the Greater Victoria Cycling Coalition was founded.

Onward, the motivator pushed the man into school once again, this time, philosophy became the focus. The prevailing question for Laurence was, "How did humanity arrive at this present state of affairs?" Laurence was able to develop a cursory overview of the development of the modern western paradigm. And work on his language skill was tutored by his wonderful professors.

Upon graduation, two things happened. First, Laurence injured cartilage disks in his lower back. Then he met the beautiful mother of his son, with whom he journeyed through the midwife guided pregnancy and lively home childbirth.

Practicing astrological consultation and working on artistic photography are the two general areas of endeavour Laurence presently identifies with.

Autobiographical sketch by
Laurence Beal
July 12, 2011

Airline Ticket for C of T AIR Caribbean Festival



Destination: The Caribbean Islands on Glen Lake, Langford
932 Rowils Cres exactly 1 block north of Sooke Rd off of Jacklin Rd. last house on the crescent,
backyard on Glen Lake. (carpooling would be a very good idea)

Date and TIME August 21st 2011

Boarding vehicles--- after church Arrival time approximately 1.30pm until you feel it is time to depart.

Suggestions only on what to bring !!!

Pot Luck! So you may want to bring whatever you would like to cook on the BBQ for
yourself/selves +

A dish to share (salads, Jamaican rice and beans, anything curry or coconut, any kind of kabobs,
fried plantain (?), fruit salad, tropical fruit, banana bread, French bread and butter or
whatever!!!!).

Your own dishes and glasses would be helpful but not absolutely necessary We have cutlery,
serviettes etc.

Jamaican hot sauce, Tabasco, and other pepper sauces and spices will be provided !!!!!

Beverages that may be available virgin pina coladas, Jamaican fruit punch and coffee.

If you prefer a special libation or a different beverage bring it along.

A Birthday Cake for Stephen will be provided—NO GIFTS Steve will be 42 on the 21st-----

Donate to the building fund!

PLEASE BRING CHAIRS IF YOU HAVE THEM OR A BLANKET TO SIT ON THE GRASS

Bathing suits and towels. If you have a body board, boat, or water wings GREAT!

Sunscreen and/or hats WILL be necessary!!! (or we will party at 111Superior)

Musical Instruments especially steel drums, other types of drums, guitars, marimbas, castanets,
and favourite Calypso or Reggae music on CD's

Anyone up for a Congo line or the limbo?

You might consider wearing grass skirts, beach hats, rasta wigs, reggae hats, dreadlock wigs,
bright prints ---or not!





Building News

We had previously announced that the Board and Building Committee would gather information, meet in September to come up with a proposal and then call a General Meeting to submit the proposal for ratification.

At the information session on June 30, Dan Walters of Morrison Hershfield gave a summary of the situation with the building. Anyone with questions was invited to ask and Dan patiently and succinctly answered the questions. From this meeting we understood that it was reasonable for us to do the repairs that were already scheduled and then wait for moisture readings next spring before making further decisions about the building envelope. As a result, there appears to be no need for a General Meeting this fall.

Repairs to the roof have been completed and an overhang installed over the west entrance. Some caulking and sealing has been done and the rest will be completed before the fall. After the carpets have been cleaned, we will proceed with an air quality control test to confirm the absence of mould. Next spring we plan to check the moisture levels, at the same locations that Morrison Hershfield used, to determine if any change has occurred. We will determine at that time if further action is needed and then proceed from there. In the meantime we will perform regular maintenance as well as take and tabulate moisture readings with our moisture meter.

This is a time to be in deep gratitude for what the building has and is providing for us.

Thank you all for your involvement, support and confidence as, together, we deal with this challenging situation.

Submitted by Esther Hart, president, Board of Directors

Oneness Wednesday Donations

When Oneness Wednesdays was created, it was decided that it would be offered by donation and that 50% of the proceeds would go toward the operations of the church and the other 50% would be donated to other programs as part of our outreach.

Each year, Linda Chan and Pat Miller have not only produced all the Oneness Wednesday events but have also researched outreach programs to be considered by the board for donations.

This year the organizations that will receive the donations are:

Spring Ridge Commons - Spring Ridge Commons is a permaculture garden / urban food forest located at the corner of Gladstone and Chambers in Fernwood. In October 2010, Transition Victoria Food Group and the Fernwood Neighbourhood Resource Group assumed leadership in

supporting the Commons. Intent is that Spring Ridge Commons be a public space where people can meet, engage, and grow on land held in common, by everyone. Web site:

<http://springridgecommons.ca>

James Bay Community Project - Garden Restoration Project / Food Garden - Paul Monfette, Bill Wilson and I are continuing with regular watering and maintenance of the food garden at the James Bay Community Project. The Food Garden share a space with the children's play area and at times provides an opportunity for parents and their children to interact with the garden and share in some of the food (this year, we are growing shelling peas and we have put in strawberry plants)' The garden is also intended to support the Project's program (ie. soup-making) or provide produce/herbs to the wider James Bay community. In addition to this food garden, we have also contributed to the overall garden at the James Bay Community Project - Soil amendment / replacement, purchased plants - 5 heather plants, 3 plants for the Native Plant Garden, some herb plants, a few pepper plants, a few shelling peas plants, marigolds, tagettes, johny jump-ups, squash plant, created a potato growing structure plus created an herb garden with mostly existing plants at the Project moved from other areas of the garden.

Stephen Lewis Foundation Grandmother for Africa: The Stephen Lewis Foundation launched the Grandmothers to Grandmothers Campaign in March 2006, in response to the emerging crisis faced by African grandmothers as they struggled to care for millions of children orphaned by AIDS. What began with only a few groups of committed Canadian grandmothers has since evolved into a dynamic and responsive movement, made up of grandmothers and grandmothers working to mobilize support in Canada for Africa's grandmothers. The Campaign currently boasts more than **240 grandmother groups** across the country. Many of the groups have organized into regional and national networks in order to support each other's development, fundraising and advocacy networks.

Funds from the Grandmothers Campaign are used to support African grandmothers with food, health care, school fees and school uniforms for their grandchildren, income-generating programmes, counselling, social support, essential shelter, and other necessities. Throughout Africa, grassroots organizations run by and for grandmothers are sharing insights, deepening their expertise, collaborating with other local organizations, and building their capacity to turn the tide of AIDS at community level Web site: <http://www.stephenlewisfoundation.org/get-involved/grandmothers-campaign>

Canadian Red Cross: Japanese Tsunami Relief Fund - Donations from the Canadian Red Cross go towards helping people recover from the worst devastation imaginable. More than 188,000 people remain displaced, most of them in over 1,000 evacuation centres spread across 17 prefectures.



Clothing Exchange

The clothing exchange fundraiser is back! Mark your calendars for Sunday Aug 28th 12:30 – 2:00 pm at the Church of Truth – Community of Conscious Living, 111 Superior St. Take this great opportunity to recycle those clothes that you no longer want, fit or just never really liked!

Clean out your closets and bring only gently used clothes that are clean with no stains or rips and have all their

buttons.

Start now! No need to wait until the 28th of August you can bring your clothes in early and leave them with us to store until the clothing exchange. Please bring to Sunday services and leave in the library.

All leftover clothes will find a good home and we will make sure that they make their way to Community Closet, Mustard Seed and charities that go directly to those in need.

If you are interested in volunteering please contact Zsuzsa at zzharsman@gmail.com



Quiet Room Notice

The quiet room has been rented full time from now to the end of August. Even though the door is sometimes left ajar for ventilation, please do not enter the room

Thanks

Esther Hart, rentals