



THE LIGHTHOUSE AUGUST 2012

SUMMERTIME

Inside:

P2 Who We Are

Board of Directors

**Spiritual Directions
Committee**

**P3 Sunday Service
Schedule**

P4 Community Retreat

**P5&6 Spring Ridge
Commons**

**P7 Oneness Wednesday
Donations
Happy Birthday**

**P8&9 Up Close with Lavana
Kilborn**

**P10 Invitation from Cedona
Stories by Bernadine**

P11 Engagement by L. Beal

**P11 & 12 Community
Services Directory**

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

...an' the livin' is easy; Fish are jumpin', an' the cotton is high. One of these mornin's you goin' to rise up singin'; Then you'll spread yo' wings, an' you'll take the sky.

Words by DuBose Heyward

This ripening period at the ending of the warmer season is a 'time out' for many people in our post-modern culture. The old days of human community and activities being tied intrinsically to the sowing of seed, growing and harvesting are long left receding into the past. Yet, organically, we still seem to be oriented in the end of the summer with an expectation for a respite from the toils of the workzone. Summer Vacation was inculcated in us with the experience of having a break from the school regimen.

With this in mind, we can appreciate Dancing Wolf's 'take' on the August paradigm: Imaginative Aspiration – "While I might desire to be somewhere else this summer and actually go there, I have a stronger longing to travel deeper into my relationship with the mystery that keeps my heart beating, lets the sun give 20,000 times the energy we consume on earth as a species, and gifts me with these sacred senses...yet this same mystery has about it a darkness that appears unfathomable. My aspiration this summer is to find some peace with this dichotomy, or perhaps just prepare myself for a journey without a destination."

There then, a road with a mysterious end, we are going to a place with no name, a mystery that unfolds in our engagement. For further reflections, a few words from Patricia Coleman: "Many times I hear people talk about very special times in their lives that gave them spiritual awakening, clarity, aha aha moments and as we have been reflecting, [we now have] a time to share [these] moments with each other."

The open space in our minds and hearts may be cleared with the opportunities that come our ways this August. Just a little bit of effort might be required to set the stage for launching off into wild and exceptional outreaches of human experience.

Submitted by Laurence Beal SDC

The Lighthouse August 2012
 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 – 11:00 am
 Working for you - Your Board of Directors

| | | |
|---------------------------------|------------------|--------------|
| President | Patti Huot | 250-385-0941 |
| Past President | Esther Hart | 250-896-5933 |
| Vice President | Roland Guenther | 778-433-4386 |
| Treasurer | Hanna Figon | 250-412-7446 |
| Secretary | Cynthia Pattison | 250-661-8687 |
| Rentals | Esther Hart | 250-896-5933 |
| Outside Maintenance/SDC Liaison | Sanjara Omoniyi | 778-433-4386 |
| Inside Maintenance | Dancing Wolf | 250-418-0694 |

Your Spiritual Directions Committee Members are:

| | |
|-------------------|--------------|
| Trish Coleman | 250-721-1973 |
| Laurence Beal | 250-380-6429 |
| Hendrik de Pagter | 778-440-5234 |
| Stephen Kinsella | 250-478-5363 |
| Dancing Wolf | 250-418-0694 |

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>

Sunday Service Schedule for August 2012

THEME: SUMMERTIME

August 5 **Fertile Goals: What Are You Doing This Summer?**
Coordinator: Hendrik dePagter
Moderator: Lorna Rennie
Meditation: Stephen Graves
Speakers: Marie Logan & Paul Monfette
Greeter: TBD

August 12 **Imaginative Aspiration**
Coordinator: Dancing Wolf
Moderator: D Joan Thomas
Meditator: Katharina Nolla
Speaker: Robert Cerins
Greeters: Stephen Graves, Dancing Wolf

Robert Cerins is an Artist and Musician and an Out of the Box kind of guy who will tickle our sense of the sacred. <http://www.robertcerins.com/>

August 19 **On the Road: Journey and Destination**
Coordinator: Stephen Kinsella
Moderator: Esther Hart
Meditator: Ella Brown
Speaker: Joyanna Wilkinson
Greeter: Stephen Kinsella

August 26 **Summer Reflections – Spirit Awakened**
Community Service: ‘Share your spiritual experiences’
Coordinator: Patricia Coleman
Moderator: Patricia Coleman
Meditation: Susan Blackwood
Greeter: Daniel Ouimet



Come to the Community Retreat, Saturday, September 8th

The Community is blessed with so many new members which is why we need your input and presence at our late summer retreat. Who are the church members? Anyone who loves our community! Some are registered; some are not. To help deepen our connection to each other, to the natural world around us, and to our spiritual lives, we will meet for a one-day-retreat, Saturday September 8th at the “Yurt” in Saanich at 10 a.m.

The program includes:

- Discussions about the future of our community
- A chance to experience nature with a spiritual focus
- An opportunity to get to know new and long-time members
- Lunch and Dinner being planned
- Campfire after closing for those who can stay
- Carpool and caravan from the church and back

The cost is \$25.00.

Please register with Cynthia by Aug. 20th with post-dated check for Sept. 1, 2012 made payable to the Church of Truth. If not enough registrations, checks will be returned.

Contact Cynthia at church or email at cynthia1776@gmail.com.

Bring your smile, thoughts, and sun hat.

Leave your T.V., computer and ringing cell phones to enjoy the beauty of nature.

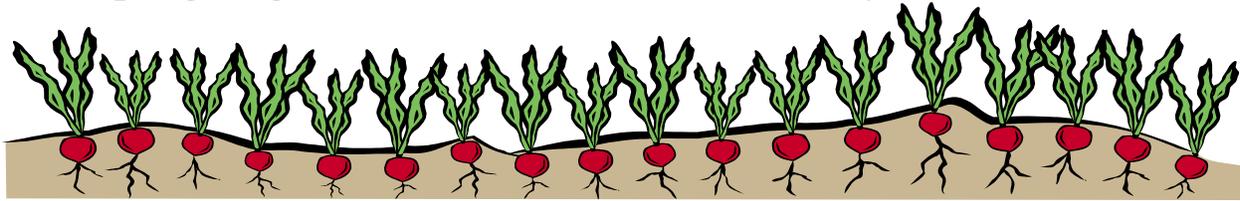
Directions:

The Yurt, 5990 Old West Saanich Rd. V9E 2G9, is approximately twenty minutes north of downtown. From Hwy 17, take a left on Keating Rd., then left on W. Saanich Rd. Then when Old West Saanich Rd. branches off on the left take Old Saanich Rd. After 1.5 km, turn right onto Killdeer. On your left turn is the parking between the trees.

Reminder: as mentioned above, it is possible that not enough people will register. August is a vacation month. People are away or already have plans. In that case, we will plan a spring retreat!

-from the Board: Patti, Esther, Roland, Sanjara, Cynthia, Dancing Wolf, Hanna

Spring Ridge Commons - A Garden Where Everyone is Welcome!



Located in Fernwood at the corner of Chambers and Gladstone on a ½ acre city lot, Spring Ridge Commons is an example of what is possible when you transform a gravel parking lot in a relatively low-income area near city centre.

Designed as a freely accessible community open space, Spring Ridge Commons contains over 100 species of plants, many of which have food and/or medicinal value. At various points during the season, the garden produces strong yields of goumi, pie cherries, seabuckthorn, damson plums, medlars, and especially desert king figs. There are secondary yields of several more fruit species, as well as a number of herbs. A home for many native birds (including hummingbirds) plus bees and other insects, the commons is intended to be a place where community members can meet, engage and share on land held in common, by everyone.

Spring Ridge Commons has evolved over the years, starting out as the site of Spring Ridge School, Victoria's first elementary school from 1887 to 1968. Then, for many years it was a vacant gravel causeway, a passive landscape (previously a parking lot for school buses) with little to offer the community, other than a crossroads for foot travelers.

In 1985, the Fernwood Community Association (FCA) initiated Spring Ridge Commons and in 1994, proposed an evolving volunteer project known as Spring Ridge Commons to the Victoria School District and was granted an on-going lease. (This lease is currently held by Fernwood NRG).

The initial plan for this site was as a volunteer-run open space and pathway project (enhanced by rock walls) and it soon developed into a neighborhood run garden and took root as a Permaculture garden in 1999 when Geoff Johnson, a local Permaculturalist coordinated and led volunteers to build soil, plant fruit trees, shrubs and herbaceous plants, build rock walls, and tackle the grasses and other invasive species (like morning glory and couch grass).

In a permaculture garden, compatible plants are situated together. There is an emphasis on berries, fruits and other perennial plants. The soil is mulched but otherwise left to develop its structure without disturbance, so the annual planting and cultivation work associated with traditional vegetable gardens is not required. As a permaculture garden evolves, yields increase while inputs of materials and energy decrease.

People are encouraged to enjoy the garden – pick berries, herbs, etc. or sit in a sunny spot watching the birds and the bees. There are regular work parties at Spring Ridge Commons providing people the opportunity to get their hands in the dirt and have fun with other volunteers. Sheet-mulching and weeding to build up the soil and control the couch grass and morning glory are some of the regular activities in the Commons. Watering, working on the drip irrigation system, repairing the centre arbor, building benches, signage to identify plants, etc. are some of ways that volunteer can get involved.

If you can volunteer to help out, this would be greatly appreciated. Call Linda at (250) 380-6383 or email her at springridgecommons@gmail.com

Visit <http://springridgecommons.ca> for information and upcoming work parties, events and happenings at Spring Ridge Commons

*** Spring Ridge Commons will soon become its own Society – Friends of Spring Ridge Common where people will have the opportunity to become a member and support the garden in a variety of ways.

Web site: <http://springridgecommons.ca>

Here are the 4 areas where Linda Chan & I would like to donate \$900, which is half of the Oneness Wednesday donations from 2011:

| | |
|---|-------|
| Victoria Society for Children with Autism | \$300 |
| Spring Ridge Commons Community Garden | \$300 |
| James Bay Community Project | \$200 |
| The White Lions Foundation (Africa) | \$100 |

Thank-you,
Pat & Linda

James Bay Community Project’s Kitchen + Herb Garden:

Behind the James Bay Community Project is the kitchen garden in an area shared by the Family Centre. Little kids and their parents or caregivers wander by this strip and sometimes play or pick veggies (peas), strawberries, etc. in the garden. The food that is produced in this kitchen garden supports JBCP Programs/ Soup Making. The garden this year will be designed by Dan Miller, a gardener who lives in James Bay. The watering people continue to be Linda Chan, Paul Monfette and Bill Wilson.

There is also an area at the back of the James Bay Community Project dedicated to growing drought tolerant herbs - i.e. oregano, lemon balm, thyme and lavender.

Currently we are also growing red clover, Austrian Pea and Broad beans as a soil amendment.



Spring Ridge Commons:

Spring Ridge Commons is a community multi-layered food forest located at the corner of Chambers and Gladstone. It is a gravel parking lot in a residential area. Designed as a permaculture garden, it contains over 100 species of plants, and is a home for many native birds and insects, the commons is intended to be a place where community members can meet, engage and grow on land held in common, by everyone.

permaculture garden at the corner of Chambers and Gladstone when you start with a city centre. Commons contains plants of medicinal value. A

Web site: <http://springridgecommons.ca>

HAPPY BIRTHDAY

We Celebrate with YOU!

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





UP CLOSE

With Lavana Kilborn

I was born in north-eastern Germany, into a traditional family – steeped in the “good” and the “bad”, pretense and all the rest of it. It was part of the culture at the time.

Girls were nice to have, but you knew where your place was as a female. Our emotionally distant mother, four naughty brothers and an often absent father and I were the family unit.

This meant that I spent a lot of time by myself and often felt lonely. But, as soon as I was able to read, my world changed, it took on colour, action and adventures.

Early in February 1945, the next change occurred for me. During the mass evacuation toward the end of WW 2, I became separated from my family, stayed with different relatives, until one of my brothers and I made a daring escape from Russian occupied territory to the West. We then became reunited with the rest of the family.

Like everyone else, we found ourselves in utter confusion and poverty. Due to the food shortages, I fell ill and was sent to hospital on doctor`s orders. I was then sent to Switzerland to a farm for a year, “to fatten up” so to speak. It was a good time for me.

I had felt earlier in life the strange feeling of being protected. Thus being less fearful, probably prevented serious emotional scarring. Upon return to Germany, I stayed with an aunt of mine and found another safe haven and a structured kind environment, however still missing the company of girls.

The time came to prepare for my future. I arrived in Hamburg in 1953, where I entered the School of Nursing and graduated 3 years later. This time was exciting for me. There were girls – lots of them – learning and working together.

Ten years later, while working at the University Hospital in Giessen, a brother of mine visited from Canada. He convinced me to follow him.

This was after my parents` divorce. After my dad`s passing, it felt right to make an other change in my life. I boarded the “Ryndam” for the voyage to Canada. It was great fun for me, almost like a cruise.

The next challenge for me was to prepare myself for the American Nurses` exam. After receiving my RN, I worked in Lethbridge, Alberta. There the atmosphere was relaxed and friendly due to better staffing than in Germany.

Moving about had by now become a way of life for me.

By 1975 I found myself in Ponoka, taking a 6 month post- basic course in Psychiatric nursing and in the spring of 1976, I started working at the Eric Martin Institute in Victoria for the next 4 years.

Some years later, I met my husband John. We both enjoyed downhill skiing, cycling, hiking and swimming. However the small town, one industry mentality became increasingly more difficult for me and we left for Nanaimo.

This was our first move together and a pleasant change. Family problems, related to substance abuse by John`s son, with ever increasing demands for financial assistance plus nasty gossip which followed us, forced us to leave for Victoria. No one in the family knew our address nor phone number for quite some time and we recovered in beautiful Victoria. So did John Jr. as there was no more money forthcoming. Finally family relations began a healing process which is ongoing.

As to my spiritual journey, I travelled from Christianity to the Emissaries of the Divine Light, then to Eckankar. Then, I followed studies in the teachings of Paramahansa Yogananda, being initiated in Krya Yoga in 2006.

The Best of All the teachings, I integrated into my life, which makes for a powerful mix to draw on as well as to share.

For being here with you together, growing, playing and laughing,
I am most grateful.

THANK YOU SO MUCH



Dear Community;

On September 9, 2012 from 2-4 pm
Cedona is inviting all those who wish to learn
about her recent adventure in South Africa at
the White Lion Leadership Academy, All are
welcome!

Cedona in South Africa in 2004

I have rented the COT Sun. Sept. 9, 2-4 pm to offer all I have learned and become in Africa to the Community.....well, as much as I can in 2 hours! In addition, I will be offering my THREE books for sale. It is called "Unimaginable Grace", and is Chronicles of Awakening in Poetry and Prayer. I will also be offering my artwork in order to offset the costs of my summer trip to Africa.

www.EternalOneness.org

www.whitelionschildrensbook.org

STORIES

A spiritual teacher of mine said
"Your story is designed to eject
you from it."

And I waited with both dread and longing
for this to happen to me.

And now I have a story that is ejecting me.

Do I fight to hold onto this story, attempt
to run back and reclaim it, or perhaps
feel the need to replace it with yet
another story?

Do I still dream of the future, and long for
happy endings?

Or do I have the courage to reside in that
empty space beyond all longing -
and embrace the gap that is storyless?

Alone, yet at-one with everything, in the
wide-open boundaryless spaces, feeling the
caress of the sunlight and the breeze,
and letting duality fall away.

Bernadine Sperling, June 2012.

Engagement

These days, the involvement of ourselves in groups is taking a turn toward divine chaos. I say this because of what I am experiencing and hearing from friends and family regarding the shifts happening in peoples engagements with group process. It appears that we have reached a phase in the big human process generally referred to as civilization, including the subcategory of culture. For context, there is a book written on the perspectives driving the epiphenomenal character of our human social body, Up From Eden by Ken Wilbur.

So the long and the short of it boils down to this: Many people engaged in group processes are now questioning the methodology, engrained attitudes, and blind assumptions that appear to support the injustices that emanate from our institutions, clubs and purpose oriented groups. In this “loosening of the soil” in which the roots of our group processes were set, the traditions and protocols of process, themselves, are being reviewed, refined, rehashed and sometimes rejected. This leaves the members involved in such groups with a chaotic blend of reaction, experimentation, and venting, all in the dimly seen direction of trying to discover new ways that sidestep or prevent the dysfunctional resulting group expressions.

If the impulses of re-creation are rooted in the personal and deep unprocessed wounds that we are heir to, only venting and un-contextualized expression contributes to the chaos. When on the other hand, the impulses are rooted in the stilled and peaceful center of spiritually orientated identity, group vision appears to grow into the collective and transpersonal envisionment which is sourced in the divine. In this, the vision or dream is in common. No conflict appears.

The inertia of polarized modeling, win-lose, achieve-fail, self-other, god-devil, good-bad, judgment-accusation, human survival- death, is omnipresent in our world of politics and economic ambitions. The new ways rooted in the realizations of individual, healed and loving acceptance of connection really seem to propel group expression toward the greater rebirth of humanity. [by Laurence Beal]

COMMUNITY SERVICES DIRECTORY

| NAME | SERVICE | CONTACT INFO |
|-----------------|--|--|
| Laurence Beal | Counsel | swimonmars@hotmail.com |
| | Philosophical dialectic is used addressing issues of concern, personal, relationship, transition, etc. | |
| Susan Blackwood | Ceremonies | 250-889-5335 |
| | | www.ceremoniesbydesign.ca |
| | Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings | |

Renn Butler **Consultations/Workshops** rennbutler@shaw.ca
Archetypal Astrology Consultations, Holotropic Breathwork Workshops

Lynn Goodcare **Life and Love Coach** 250-642-2882
www.openingtolovenow.com

Deborah Hawkey **Writing** writeitright@shaw.ca 250-813-1747
Sales & Marketing, Websites, Desktop Publishing, Resumes & Cover Letters

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

Gillian Huot **Housekeeper** 250-385-0941
Weekly, bi-weekly, monthly
\$25/hr

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.

Daniel Ouimet **Craftsman** 250-507-6711
www.chanteclerwoodcraft.com
Home renovations, Furniture making, Functional art

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)

Bernadine Sperling **Massage Therapy & Reiki by donation**
(former RMT- retired, You supply the table) 250-384-5721

Marvelous **Escort** 250-384-2563
Will take people to 1st A.A. meeting