



THE LIGHTHOUSE FEBRUARY 2011

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THE LIGHTHOUSE JANUARY 2011

A Deeper Calling: Expanding Our Open Heart

Expanding my heart in loving service to others has always been a place where I have wanted to be. Going deeper has taken on many forms, such as: learning more about different forms of spirituality, having a greater connection with nature, attending spiritual workshops and deepening my connection with Spirit. What will it take for us to go deeper and expand the calling of our open heart?

Going deeper does not mean sacrifice, carrying a huge burden or striving to the nth degree. There have been times where I have strived to be perfect and the goals I set up for myself, unreachable. You know: “The setting myself up for failure syndrome?”

How do I respond to this calling? By study, or experiences, or by responding to it? No matter what my calling, if I let it be in love, I become more present and ‘Become the Love.’

When I let go of the mental aspect for a moment, my ego takes a break and my heart takes over. Achieving the depth of an open heart lies in the allowing. As my heart expands, I allow for the calling to be heard. As I let go of my resistance, love flows more easily and the pieces of the puzzle fall into place, leaving more room for blazing new territory.

What does Blazing New Territory mean for you? It can be as simple as pushing the edges of our own fears, doubts and judgments. Saying “Yes I can, even if I don’t believe I can.” Blazing New Territory might be accepting that in this moment I am perfect and my job is to simply ‘be.’ New territory means staying in my open heart by living it, rather than intellectualizing it.

Continued on page 4

The Lighthouse February 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	
Past President	Brian Martin	
Vice President/SDC Liaison	Carol Douglas	
Treasurer/Outside Maintenance	Jan Falkowski	
Secretary	Genevieve Eden	
Rentals	Tracy Koebel	250-857-8185
Inside Maintenance	Lorna Rennie	

Your Spiritual Directions Committee Members are:

Cedona Holly	
Nikki Menard	
Marvelous Trudeau	
Deborah Hawkey	
Paul Monfette	

Deborah Hawkey Email dbhawkey@gmail.com

Newsletter Submissions welcomed by the 21st. of each month

Linda Chan <http://cotvictoria.ca>

Sunday Service Schedule for February 2011

**February Theme: A Deeper Calling
Expanding our Open Heart**

February 6

Be the Love

Speaker – Cedona Holly

Moderator – Laura Lane

Mediator – Greg Marian

February 13

Blazing New Territory

Speaker – Brian Martin

Moderator – Marvelous Trudeau

Mediator – Marvelous Trudeau

February 20

Road Map to Deeper

Speakers – Barb Waterfall, Susan Broznitsky & Simon Thomson

Moderator – Cedona Holly

Mediator – Joe Carlson

February 27

Community Service

What Is Your Map?

Moderator – Trish Coleman

Mediator – Victor van Buskirk



My road map is about the journey itself and allowing myself to live it passionately and fully. Even though I have fears, doubts and judgments of myself and the world around me, I can continue to experience the sacred in all that I do. When I keep things simple, and accept all of me, going deeper into the sacred becomes a practice in my everyday life. My every action, (no matter how mundane) is my road map to living more deeply.

What is your map? WHAT does it mean to have a deeper calling and expand your open heart? Do you have roadblocks that you set up? HOW will you choose to hear your deeper calling and open your heart in spite of the blocks? What steps will you take to allow this to happen?

Some of the trips I have taken in my life have been what I call 'My Spiritual Quest.' I did PLAN a loose itinerary, but my real plan was to be open to all possibilities and opportunities that were in harmony with my highest good and the highest good of all.

These days, I practice listening to spirit/high self, where every moment is a sacred time and everything I do, a ritual, an offering to the Divine/to me.

My depth of the open heart is to bring an integrated sacred into every moment. By living it and trusting, I bring awareness to it all so that I may hear the calling of the moment. When my mind wanders I simply bring it back to the heart and bless it.

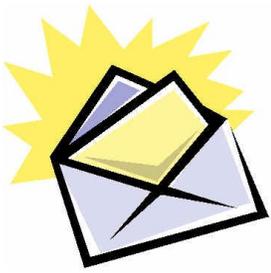
Let's honour our path, our moments, our depth, our journey and our destiny. Let us show up for what is, for that is all there is.

Nikki Menard, SDC

Dr. Barbara Waterfall – Barb's Spiritual pathway includes Native North American Spirituality, as well as the "Ascended Masters ". She learns lessons of Love from her cat, Morris. Dr. Waterfall teaches Social Work at U.Vic.

Susan Broznitsky – After the birth of her daughter, Susan turned to Homeopathy and then became a Homeopath herself. Energetic healing, Reiki and Medical Qi Gong, lead to other healing modalities and to an ongoing, deepening spiritual way of life. Susan is in private practice here in Victoria.

Simon Thomson – Simon is a deeply committed teacher of contemplative retreats for over five years. He travels the world guided by a passionate humble heart and a love of Truth.



Thank you for your gifts

We depend on and greatly appreciate your financial contributions to the Church of Truth – Community of Conscious Living. Tax receipts are issued each year for those who put their name and address on the envelope.

To conserve paper and support our planet, we have provided the opportunity to reuse your envelopes. They are filed alphabetically and available on the front table of the church each Sunday.

If you are making an anonymous cash contribution we would be grateful if you seal only the tip of the envelope flap so that the envelope can be easy opened and reused, or you can drop the cash directly into the basket.

We also thank you for all your non-financial contributions.
Your Board of Directors



Love is Calling

Come, come whoever you are,
Wanderer, worshipper, lover of leaving.
Ours is not a caravan of despair;
Ours is a caravan of joy.
Come, even if you have broken your vow a thousand times,
It doesn't matter.
Come, come, yet again, come.
--Rumi

Submitted by Cedona Holly



HAPPY BIRTHDAY!
We Celebrate With You

February 1 - Paul Monfette February 1 - Madge Tolmie
February 15 - Heather Thurston February 18 - Pat Miller
February 22 - Nathaniel Poole February 23 - Tracy Koebel, Nikki Menard

Come On In, the Water's Fine!

A teacher once told me that in order to evolve, I must get involved. At times I've embraced this perspective and gotten involved in group situations, gingerly at first or jumping in over my head. Both scenarios have marked my involvement here at the Church. From my first tentative musical offerings to having served two terms as President of the Board, I have served our community in a multitude of capacities. This has been one of the richest and most fulfilling experiences in my life. And yes, there have been times of great challenge and frustration which have served to broaden and deepen my life experience in their own way. I believe my involvement in this community has enriched the lives of the other members as well.

I offer this perspective for your consideration in hopes that you, dear reader, will embrace any and all opportunities this community may offer. A very important consideration is, of course, serving in an official capacity on either the Board or the Spiritual Directions Committee. At the Annual General Meeting in April this year, we will be holding elections to fill several positions on these two vital committees. It is your opportunity to get involved and enrich your own life as well as that of our community and its members.

In order to fill a Board position you must have been a member of our community for at least one year. Exceptions apply only if there are not enough candidates to fill all positions. At present, we are looking to fill the roles of President, Vice-President, Secretary, Rentals and Interior Maintenance.

On the other hand, the SDC has no special membership requirements besides being a paid-up member, only a willingness to set aside one's own personal agenda to serve the needs of the larger community. The SDC is typically comprised of 3 - 5 members who meet monthly to plan the monthly Themes and to coordinate the Sunday services.

Each group offers its own rewards for your efforts and involvement. Your unique skills and talents are what make this community the rich field of experience it is. Please consider offering yours.

As Past President, I will be chairing the Nominations Committee this year. I invite all interested persons to contact me directly regarding either the Board or the SDC. Your suggestions and nominations of others will also be gratefully received. Your creative input will make the difference.

Brian Martin, Past President

Oneness Wednesday in February.....

Our Common Purpose: Soul's Journey

Facilitated by Blair Little of the *Society for the Enhancement of Quality of Life* (SEQL)

These four sessions will provide some practical ways to experience the Reality of Life – the energy matrix which is behind our personality expression - and suggest some implications that follow from that experiential knowing. Then we will learn ways of handling our energy world in order to express more fully the soul qualities of Love and Oneness to bring harmony and service to our living.

About SEQL: SEQL offers educational programs to help people become more aware of the fact of soul in order to know the oneness of humanity, to bring an energy of peace to the world and to serve more effectively in their everyday lives. For additional information, please visit: <http://www.members.shaw.ca/seql/>

Everyone Welcome to Oneness Wednesdays. Drop-in to one or all sessions in the month

Date: Wednesdays, February 2, 9, 16 + 23

Time: 7:00 p.m. to 8:30 p.m.

Location: Church of Truth, Community of Conscious Living
111 Superior Street

Cost: Free or by donation

Information: Linda at (250) 380-6383 or <http://cotvictoria.ca>

Authenticity

The greatest social and familial pressure everyone experiences is to conform. We learn early in our life that if we want to get others to help us or cooperate with us, we need to do what pleases them. We also find that we get approval for how we are when we conform to others' expectations of us.

By conforming to gain acceptance and approval, we pay a very dear price. We lose ourselves. We create a split within ourselves – a division between who we feel we are, and who we give the impression of being. Our self-image that we show others becomes our dominant self. But this self-image betrays our true self, and we suffer accordingly.

When we live on the outside, we are dependent on circumstances and others. When focused only outwardly, we are superficial and we do superficial things to try to satisfy our desire for fulfillment. Not finding what we are looking for, we go from one thing to another. It takes greater and greater stimulation to achieve some sense of being alive – more intense music, extreme sports, drugs, to name but a few.

The Soul Journey is a shift of perspective from outside to inside.

Taking the Soul Journey is a voyage to authenticity, a return to our true self. The journey does not involve disowning our self-image, our negativity or the limitations of our personality. We acknowledge, explore and accept what we are in our personality, but we base our living and actions in the core of our being. We learn to go outside from the familiar place we have discovered within.

To be fully alive requires that we live from the source of life. This is within. Living with attention and presence to our innermost reality makes us independent and able to contribute in meaningful and fulfilling ways in all aspects of our life. We then know we are alive, and can direct our energies at will. Giving from our authentic self is not only fulfilling, but it is creative and empowering to others.

When we get caught up in conformity, neglecting the true self within, we are only semi-conscious. The truth is that we can only be as authentic as we are conscious, which means as we are soul-centered. And we are only authentic when we are soul-centered.

Andrew Schneider
Submitted by Deborah B. Hawkey

Up Close & Personal - Cedona Holly



Cedona was born in Budapest, Hungary in 1951. Her family left in 1956 and arrived in Toronto to begin a brand new life. Cedona grew up there and attended the University of Toronto, where she studied music education.

At the age of 21, disgruntled with school, she left the U of T and donned a knapsack to travel. She bought a Eurail pass, travelled Europe on her own for four months and fell in love with the Swiss Alps. This trip changed her life, as she realized she could move to wherever she wanted. It paved the way for her to follow her love of the mountains and, as soon as she could, she moved to the West Coast. She completed her BA with Music Options degree at the University of Western Ontario in London and in 1975 she finally moved to Vancouver.

Now 24 years of age, she studied piano, accompanied violinists and cellists and played cello in the UBC orchestra. She received her elementary school teacher's diploma from UBC in 1977, but instead of teaching school, fell into teaching piano full time on the Sunshine Coast, when Sechelt's piano teacher died and left 35 stranded students. She happily taught piano in Sechelt in her quaint little cabin on the beach, until 1980.

She studied with Dr. Robert Silverman at UBC and was a dedicated pianist. She birthed a music series called "Countryside Concerts", inviting top musicians from Vancouver to come and play on the Sunshine Coast. She played several of those concerts herself. The series continued for many years after she left.

When a young friend died very suddenly of cancer, Cedona subsequently developed a sore throat which lasted for several years. During her journey to try to heal her body, she found her way to the Attitudinal Healing Centre and began her studies of the Course In Miracles. The Course taught her that we are here ultimately to forgive. That core teaching has been a guiding light for her life and has brought about great healing within her body/mind.

In 1989, after a car accident which made it difficult for her to continue to play, she left her career as a musician. Looking back on that now she realizes it was an excellent decision, as she was always sitting on the fence a bit with her musical endeavors. She "leapt off the cliff into the unknown" and found herself at Heartwood Institute, a residential school for the healings arts. She intended to stay for one day, and ended up leaving over a year later, with a certificate as a Transformational Therapist.

She loved her time at Heartwood and, like so many others there, found it difficult to leave the loving, safe and secluded haven it provided. She found herself completely engaged in healing work in a way her musical career had not engaged her. Her training at Heartwood was grounded in prayer and spiritual connectedness, and, as she handed all of her work over to Spirit, she found a deep and meaningful spiritual connection she had not experienced before. She came alive through her new work and now felt completely engaged.

While her new training covered many areas of study, it was her work as a hypnotherapist she found invaluable. It laid the foundation for her understanding of the workings of the subconscious mind. She loved her hypnosis work and learned a great deal about past lives and

the journey of the Soul. Her studies with Paul Pitchford, author of "Healing with Whole Foods", was another highlight of her training, as was her training as a rebirther.

In 1997, she met her spiritual teacher Leslie Temple -Thurston at the Unity Church in Vancouver. This meeting "changed her life." It was during her first meeting with Leslie that she discovered a new aspect of her innermost being and had the feeling she had come Home to her deepest self. She felt whole and complete and as she integrated this experience ever more deeply, all seeking ended. Previous yearnings for external stimuli to fulfill any inner need disappeared. She completely understood the words to Amazing Grace "I once was lost but now I'm found". It was exactly how she felt.

In 1999 she moved to Sooke and began her year long Spiritual Warrior training with Leslie. She completed four years of Teacher Training in 2004. In 2006 she was ordained as a Minister with CoreLight. During her studies, she dove deeply into her meditation practice and learned how to clear the ego through polarity processing. She had many breakthroughs over the years and credits much of her spiritual evolution to the excellent program and teaching she received.

She published her first book, "Meditation Manual for the Modern Day Mystic", in August 2009 and is currently publishing her second work, a children's book, *Over the Sun - How the White Lions Saved the World*. While this book was written to assist the Great White Lions, it also offers great inspiration to both children and adults to make a difference on our planet through love.

Other tidbits about Cedona: •She became a vegetarian at the age of 20 when, after leaving home, she came face to face with the reality of what raw meat looks and feels like. She wanted nothing to do with handling it! •While at Heartwood, she made a commitment to eat only organic food after she tasted for the first time the deliciousness of fresh picked organically grown vegetables, eaten hours after being picked. She never knew vegetables could taste so good! She feels very fortunate to be able to purchase locally produced organic produce from small farms in Sooke. •She changed her name in the 90's after examining a 30 page analysis of her old name by the Kabbalarians. She decided she wanted to optimize the vibrational frequency of her life path and so changed both her first and last name. She has never regretted it.

Favorite foods? Depends on her mood. She loves a huge fresh organic salad with lots of different ingredients in it and loves to include frozen (thawed) peas! When in the mood, she indulges in her favorite desert: "Chocolate Obsession" soy ice cream!





COME ONE – COME ALL! WE’LL HAVE A BALL!

AT THE C OF T VARIETY SHOW

SATURDAY MARCH 5TH AT 7:00 PM

AT THE CHURCH OF TRUTH, 111 SUPERIOR ST.

**(\$10.00 donation is suggested or whatever you can afford.
All proceeds will go to the Church.)**

GUIDELINES FOR PERFORMERS

Singers/Musicians – 2 songs, readings/poems – 3 to 5 minutes, comedy routines 7 to 10 minutes, skits – maximum 10 minutes.

Because we usually have so many people signing up, please time your acts and do not exceed these limits. We want to have a nice flow to the show like we did last year and give everyone a chance to showcase their talents. I know you’ll all be WONDERFUL!

Questions? Phone me – Ella Brown – 250-477-2022 or e-mail ella_dean@shaw.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.

Who We Are

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

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.

APPLICATION FOR MEMBERSHIP RENEWAL - PLEASE PRINT CLEARLY

Name: _____

Mailing Address _____

Postal Code _____ Telephone: _____

E-mail (optional): _____

Please indicate your birthday: Day _____ Month _____

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

Please include me on the community contact list. _____

Please list the following on the community contact list:

Name _____ phone _____ home address _____ email address _____