



THE LIGHTHOUSE FEBRUARY 2012

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Contact:

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

STRUCTURE & FREEDOM

I went to a concert last night. It was great. The whole evening just flowed, appearing to move effortlessly from one musical configuration to another. There were a lot of people on stage and it had to be choreographed minutely. Yet watching it, one would never consider the organization that would be needed to make it happen. There was joy and laughter, dance and voice ringing, that is all the audience saw.

That brings me to this month's theme. Structure and Freedom. Last night's concert had both of them. The organizing structure allowed the creative expression.

So, what is my relationship or thoughts about structure and freedom? Outwardly they seem to be completely different experiences. We could call them by different names: Form and formless, solid and fluid, emptiness and expansiveness. Perhaps like the yin yang symbol, one cannot live without the other.

My dance between structure and freedom has been a long one. I discovered after many trials and errors while creating retreats, talks, lectures and ceremonies that there are many ways to prepare for them. With experimentation, I have done them tightly organized down to the last word, or I have gone into the situation and just winged it. I was trying to find my path to the most effective way of public speaking and sharing of ideas. But mostly I was looking for a way to be comfortable and feel safe. I have worked with groups that have seemed to not need tight structure. They have loosely had a format, no one was in charge, they did not have a set timeframe and they made changes up to the last moment. Working with them was invaluable. I discovered that I could wing it even though I was not comfortable.

When working with a large group with multiple elements and rituals being presented and participated in, I longed for structure. I recognized that the individuals I was working with did their life best with a loose structure. They appeared to me almost scattered in their approach, yet they were comfortable and confident in presenting their part. That is truly the first time I recognized that everybody does public presentations differently and that there is no one-way.

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The Lighthouse January 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 February 2012

Theme: Structure and Freedom

February 5 Poem – Aid for Changing

Moderator: Laurence Beal
Meditation: Instrumental soundtrack
Speaker: Dancing Wolf and Pauline Karch
Coordinator: Laurence Beal
Greeter: Bernadine Sperling

February 12 Insightful/Reflection

Moderator: John Hutton
Meditator: Bernadine Sperling
Speaker: Anthony Hamilton
Coordinator: Marvelous Trudeau
Greeter: Marvelous Trudeau

February 19 The Healing Power of Compassion

Special Music: Choir and Jennifer Sager

Moderator: Bob Winkenhower
Meditation: Linda Chan
Speaker: Hendrik de Pagter & Catherine Denison
Coordinator: Patricia Coleman
Greeter: Sharon Schroeder

February 26 Structure and Freedom

Community Service

Moderator: Brian Martin
Meditation: Patti Huot
Coordinator: Susan Blackwood
Greeter: Bernadine Sperling

Continued from page 1

Working with groups in whatever capacity has affirmed that I work best when I have laid the whole event out. I will either write it down or at the least have a firm picture in my mind of the beginning, middle and end. I feel safe when I have that in place. Looking at the great motivational speakers of our times, Barbara Marx Hubbard, Marianne Williamson, Anthony Robbins and Deepak Chopra, they always appear to be winging it, they do not have notes or appear to be reading from a script. I have always thought they are winging it. But research has shown me that is not the truth. They have created the talk, worked it through, read it many times, tweaked and then gone out and delivered it seamlessly.

As I develop structure in presentations and talks, the more time I put into the detail the more I can let go and improvise and flow with the energy of the group when presenting at an event. I have experienced it over and over again. Without the structure, I do not have the safety to be free from form, I feel unsure and lost. I have come to realize that within structure creativity lives, formlessness speaks and flow comes out of it to be put into structure once again in another form. I can't have one without the other. We are all individual in how we do life, some have more yin than yang or vice a versa. So my question for you this month is how do you dance between structure and freedom?

Submitted by Susan Blackwood, SDC



Happy Birthday
We Celebrate With You!

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

Annual General Meeting

It's time to mark your calendars for the 2012 Annual General Meeting. The date is April 22.

That means it's also time to consider your participation in the Church of Truth – Community of Conscious Living for the coming year.

Hopefully you will all consider seriously whether you feel called to let your name stand for election to serve on the board of directors or the Spiritual Directions Committee. Serving on the SDC and board has been a wonderful experience for me. Each month I look forward to the meetings because they are wonderful times of sharing and supporting each other while focusing on the needs of the church community.

Here is a brief explanation of the board situation.

There are 6 **positions** in addition to Past President:

- | | |
|-------------------|--------------------|
| 1. President | 4. Treasurer |
| 2. Vice-President | 5. Member at Large |
| 3. Secretary | 6. Member at Large |

The people in these positions have the following **duties**:

- | | |
|-----------------------|--|
| 1. Secretary | 4. Outside Maintenance |
| 2. Treasurer | 5. Rentals |
| 3. Inside Maintenance | 6. Spiritual Directions Committee
Liaison |

Detailed descriptions of all the duties are available for your perusal.

People are elected to the board, not to a position. However, the people elected must be willing to fulfill the duties required.

The position of President must be filled by someone who has been on the board for at least 1 year at any time in the past.

The terms of the current board members all end at the AGM. Some are willing to let their names stand for re-election. A person can be elected up to 3 times consecutively.

There are 5 people elected each year to the SDC committee. Some are people who are standing for re-election.

We want to hear from everyone interested. If you have any questions, please ask. Brian Martin is the chair of the nominating committee.

Submitted by Esther Hart
Soon to be Past President



UP CLOSE

With D. Joan Thomas

A small part of a woman's history.

In my early sixties, a visit from an aunt brought joy and insight. I was suggesting to her that perhaps I should have remained in England, in one job, and then, as my older cousin did, taken early retirement and received a pension plus a lump sum. "Oh! no," she said, "you've had the most interesting life."

At five an unknown man came into my life - returned from the war, he was my father. Soon after a new family member arrived in the shape of a brother. I wasn't particularly pleased with either of them but they grew on me.

At ten my grandmother died. A major loss to me and the close family I was a small part of. One of her sisters, my Great Aunt Lou, came to spend time with us and while there she read my fortune with her cards. All I can remember is the joy of hearing that I would travel. School, secretarial college and a job followed in the next years but I had yearning inside me to escape into an adventure. I found two friends who were also looking for something more exciting than the lives they were living in their parents' homes. One fine August day we sailed west from Liverpool, England, across the Atlantic to Montreal. I can't remember any trepidation only "abundant expectancy" - I was obviously learning C of T words even then.

We were all C of E but we went to the United Church in Toronto because it was next door to our apartment block. Accustomed as we were to wine with our communion wafers, the United grape-juice was a singular disappointment, however, the vicar was usually on form and seemed to be talking directly to us with his sermon on hedonism. Did we look so hung over?

After nine months gestation one morphed into being a Canuck, while two of us escaped again to cowboy country in Calgary this time. We had been joined by an older Limey, a blonde, which gave us the full spectrum: a blonde, a brunette and a redhead. Many adventures followed in cowtown including riding, rowdy parties, company BBQ's and dances, the Stampede, driving on square wheels in the winter, tennis and badminton for me, a German fiancé for the redhead, etc. We crammed in as much as we could because a) we were young and b) we had promised our respective parents we would return in two years.

We returned by car - a \$50.00 deal from my boyfriend - which broke down in Moose Jaw, and then from there a final breakdown around midnight on top of the Lakes on a highway with little traffic. Blessed all the way with wonderful Canadian help, we managed to reach Montreal by bus just in time to board the Empress of Canada for the trip home. I got off the boat in complete Calgary regalia: boots, jeans, black shirt, necktie and, of course a white Stetson. I had only 25c in my pocket. My father was not amused.

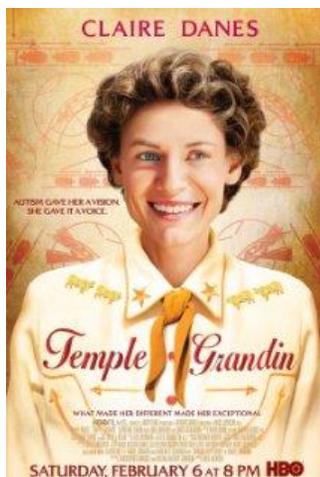
Travel you say. We flew back to Calgary after nine months at home. The blonde and the brunette shopped in London for bridesmaid material – she, deep blue and me, gold. We cut them out in Toronto and finished them off in Calgary in time for the red-head's wedding.

Calgary contained me for another six or seven years and then with the blonde and a Canadian friend, I travelled again, only this time it was to New Zealand for a year. There the love bug caught up with me and I came home (to Calgary) with a man. In those days it was an RCMP motto we believed in about always getting your man! This wasn't the end of the adventures or the travelling nor will be I trust.

Was it all spiritual you ask? I believe it was all meant to be and part of the soul's journey, and, yes, dear Aunty, I have had a very interesting life.

PS No animals were injured in the making of these travels although one or two broken hearts were sighted in passing.

D. Joan Thomas: January 2012



Movie Night at the Church Truth - Fri, Feb 24

Temple Grandin

Storyline

Biopic of Temple Grandin, an autistic woman who overcame the limitations imposed on her by her condition to become a Ph.D. and expert in the field of animal husbandry. She developed an interest in cattle early in life while spending time at her Aunt and Uncle's ranch. She did not speak until age four and had difficulty right through high school, mostly in dealing with people. Her mother was very supportive as were some of her teachers. She is noted for creating her 'hug box', widely recognized today as a way of relieving stress in autistic children, and her humane design for the treatment of cattle in processing plants, which have been the subject of several books and won an award from PETA. Today, she is a professor at Colorado State University and well-known speaker on autism and animal handling.

[Trailer](#)

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.**



ONENESS Wednesday

in February

Drop-in on February 1, 8, 15, 22 + 29
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

Why does music affect us so deeply?

How can we be more musical in our thoughts, words and actions?

How can we develop greater coordination, flexibility and emotional expressiveness in our lives?

What does it take to be co-creative and authentic in group situations?

Through these topics and more we will explore the Art of Living Music. Using simple and fun interactive exercises, meditation and discussion we will discover how to embody the musical principles of Rhythm, Melody, Harmony and Tone and access the wisdom of our whole self. No prior musical experience is necessary so please come and enjoy Living Music with a symphony of friends

February 1 — Living a Musical Life

February 8 — I've got Rhythm

February 15 --- Sing a New Song

February 22 —What is Harmony, anyway?

February 29 — Is Sound Sacred?

About Brian Martin: Brian is a music teacher; singer-songwriter; composer; choir director; sound healer.

Living Music represents a convergence of his musical and spiritual studies of the last 40+ years.

HIGH-FIVE TO THE CHURCH OF TRUTH COMMUNITY OF CONCIOUS LIVING

Why do I keep coming back to the church of truth?
Because spiritual partnership is between equals,
For the purpose of spiritual growth.
Because you & I are connected to consciousness,
The same as any religious leader that you have ever met, or ever read about.
You have the same access to the same information they do.
Consciousness doesn't do hierarchy.
I understand, that I am worthy beyond description
I understand I am here to expand to the magnitude, of who I really am.
So this is what I will manifest

Inspirational people around me—who specialize in the impossible.
People who say “yes” to someone else, who says, “I think I can do this.”
People who look everything in the eye, because nothing is greater than we are and we are no
greater than anything else.
People who claim, we are not part of that infinity, we are that infinity.
People who know the magnificent oak was once a little nut, who held its ground.
So here is to the people who come to the church of truth,
Here is to the crazy ones, the rebels, the ones who see things differently,
they're not fond of rules, and have no respect for status-quo,
they're round heads in square holes, because people who are crazy enough to think they can
change the world,
are the ones who do.

Submitted by Marvelous Trudeau

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 will commence at 10am sharp on Sunday, February 5th. 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.

For those who wish to explore and share their talents with our community I will also be available to guide , arrange, accompany or otherwise assist you in gaining some wonderful experience in smaller combinations of singers and/or performers.

Our intention is to offer a rich and varied musical component in our Sunday services.

Brian Martin, Choir Director

Oneness with Spirit in Life and Death
Saturday Evening Feb 4 6:30 - 9p.m.

An evening of embracing our Oneness with Spirit & its healing qualities through out-breathing.

We will work with the idea of death and rebirth; specifically the experience of it where our out-breath meets our in-breath for it is at that point we can consciously bring ourselves back to unity, love; back to Oneness with Spirit.

In the second part of the program we will send light and loving energies to our living relations across the Threshold who live within and through us. Facilitated by Laurence Beal and Don Morris.

The program was inspired by the life and death of Seann Daniel Tanner who wanted to help in the growth of spiritual awareness in the community. His family will be attending

There will be sacred dancing, breath-work, musicians, meditation, lecture and ritual. A pot-luck supper begins at 6:30pm. A \$5.00 donation for church rental is requested. Betsy Nuse will be leading the sacred dancing and a small ensemble from the Getting Higher Choir may be joining us.

Submitted by Don Morris

Membership Renewal

Memberships fees are now due for 2012. For your convenience we have included the membership renewal and participation forms on the next pages.

Please complete a **new participation form** even if you have done so recently. We want to know what your current interests are for areas of participation.

Thank you.

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 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
GUIDELINES FOR MEMBERSHIP Renewal

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