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Contact:**

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

Collective Consciousness

The words 'collective consciousness' imply that the consciousness we speak of is that of a group, not of an individual. It also indicates that the collective group is linked together, in thought and in mind.

It has been suggested that if our earth and all its inhabitants represented a human being, than humanity as a whole would be its brain, and if that were so, than all of our ideas, words spoken, and actions taken, past present and future to come...are all part of a greater whole, including imagination and memory, motivation and expression...all that defines us and gives us meaning.

Collective consciousness holds us accountable to our actions and deeds as brothers and sisters of one family, humanity...and even more so, to include all other forms of life present on earth, to be included in the choices we make that will affect everything and everyone.

Collective consciousness, if truly acknowledged and respected, will open the door to working together towards peace, harmony, and communion of our essential oneness.

Submitted by Troi Leonard SDC

The Lighthouse February 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

Community Care Liaison – Lorna Rennie 250-361-2079
Newsletter—Deborah Hawkey Email dbhawkey@gmail.com

SUNDAY SERVICE SCHEDULE

Theme for February Collective Consciousness

February 1

Mindfulness and Contemplation

Coordinator: Laura Lane
Moderator: Pat Miller
Speaker: Kalsang Zopa
Meditation: Kalsang Zopa
Greeter: Marie Logan

February 8

Harmlessness & Nurturing - A Male Perspective

Coordinator: Don Morris
Moderator: Stephen Graves
Meditator: Lynn Gordon
Panelists: Chris Bullock, Pierre Morais, & Rick Fortier
Greeter: Marek Markus

February 15

Divine Expressed; the Goddess Within

Coordinator: Moneca Gabriel
Moderator: Moneca Gabriel
Meditation: Elsie Mary Poliquin
Speakers: Layla Hull & Sanjara Omoniyi
Greeter: Gisel Bechard

February 22

Planetary Emergence and Group Service

Coordinator: Troi Leonard
Moderator: Bob Winkenhower
Meditator: Blair Little
Speaker: Blair Little
Greeter: Peggy Muncaster

Sunday Service Schedule Information

Feb. 1, Gen Kalsang Zopa, a modern Monk, will assist us with this process of becoming more mindful and contemplative, sharing his wealth of knowledge and experience in the Buddhist path. He has spoken at our Church a number of times over the years and his return was requested by members of our congregation. He resides here in Victoria, BC and is a resident teacher at the Bodhichitta Buddhist Centre. For over 19 years Kalsang Zopa has been teaching about the practical and profound Buddhist pathway, including the ancient art of meditation. In this regard he is well known for his clarity and depth of understanding. Welcome back and thank you for leading the way.

Feb. 15, Layla Hull, has been creating Retreats and Workshops since 2003 and is Launching a new Division to her Business "Women Inspiring Women Worldwide RESOURCE DIRECTORY". The focus is on Promoting Women & Business | Networking Sharing Events - to support Women who are sharing their "Purpose and Passions".

While doing retreats in Australia, El Salvador, Arizona, Vancouver Island, and Alberta I connected with some amazing women ... now it is time to support more women internationally so they too can become discovered and known. She is known as the "Goddess of Connection".

Sanjara Omoniyi, is an active member of the Church of Truth and has much to share about her love and purpose of life.

Feb. 22 These terms are fairly new and not normally a part of most people's discourse, yet the true meaning and its implications, will affect every evolving life form present on planet earth.

People are, increasingly so, sharing and acting on, their concerns for the welfare and wellbeing of people everywhere, the demise of much of the animal kingdom, including our environment in crises. At the same time we are witnessing new levels of creative expression, in every area of human endeavour, a kind of new 'Renaissance.'

It appears as though our planet, as Mother 'Gaia,' is in process of giving birth to a totally new expression of herself...the Earth in Transition and Transformation. Our world and lives are participating in this monumental event that paradoxically holds both the pains and the joys of this evolutionary process.

The outer and inner struggle in our personal lives and in the lives of our nations and humanity, is to face ourselves with the freedom to choose...if I wish to

continue my life as a personality interested only in and fulfilling and accumulating more for myself, or choosing to face the realization...a moment of enlightened awareness...that I belong to the group and oneness of all, and that something deep down within me, is calling me ...my Soul perhaps... to take the higher road, the path less trodden on, and rise to the occasion. By doing so, you will improve your health, increase your circle of like-minded companions, finding a joy, that can only be experienced in expressing your inner passion into outer 'Beingness.'

This process is being experienced as 'Radiance' in every kingdom on earth.. .our Sun, the Heart of our Solar System playing an important role in its increasing solar activation.

HAPPY BIRTHDAY
We Celebrate with YOU!



FEBRUARY	
Paul Monfette	Feb-01
Madge Tolmie	Feb-01
Heather Thurston	Feb-15
Patricia Miller	Feb-18
Hendrik de Pagter	Feb-20
Nikki Menard	Feb-23
Daniel Ouimet	Feb-27

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.

Member Exchange Network People Helping People

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 with assistance from Deborah Hawkey. Cynthia will be available in the Yellow Room at 12:30 on Sunday, Feb 15 for an information session. Please bring your well wishes, your questions and your patience as we create this Network together.

How it Works.

Any member of the Member Exchange Network can send an email to memberexchangenetwork@gmail.com requesting assistance** for themselves or another network member. Members who do not have email, will call their Network Buddy*** for assistance in sending the email. The email will be forwarded to the Network.

Some people will be comfortable giving their name and contact information. Others will prefer anonymity.

Here are some sample emails.

If you wish anonymity:

"A member the Member Exchange Network needs assistance with _____ . If you are willing to provide support for this person, please email memberexchangenetwork@gmail.com
or

If you want to be contacted directly:

Cynthia P. requests help in moving a bag of soil and plants from car to her balcony. If you can help, please contact her directly:
cynthia1776@gmail.com."

Please note that this is an information service only and we do not guarantee that someone will respond.

Also, as discussed in the Community Discussions last January, this is to request physical assistance and friendship only.

If you need help finding professional assistance, please feel to contact Cynthia Pattison. She may be able to refer you to an appropriate service.

* If you have already renewed and want to be added to the list, please contact memberexchanenetwork@gmail.com and ask to be added.

** Assistance can include and is not limited to such things as:

- Rides to the airport, appointments or elsewhere
- Tasks around the house

- Yard work
- Visits/companionship
- Hospital visits
- Computer assistance

*** A Network Buddy is someone in the network with email assisting a member who does not use email.

Submitted by Cynthia Pattison

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A few people at Church asked Hendrik to submit his invocation from Jan.4, 2015 for publication in the February Newsletter. Here it is in its entirety.

"A New Beginning"

Here we are a new beginning to our year of services at the Community of Conscious Living. If you are here today, and you appear to be, then you are being in service, for this is what is unfolding as this service proceeds. For me, in this new beginning, it is important to acknowledge that I stand on land traditionally stewarded by the Coast Salish peoples, a responsibility all of us have inherited and are commanded by Mother Earth and by our true natures to fulfill.

We are all beings in a service, a service both familiar and new to us each time it unfolds. And as we are being here, in this service, we are serving ourselves, a heaping plate of community, prayer, meditation, intention, conversation, insight, love, ginger tea. It's so good, we come back for seconds, and keep on coming back, to be in service. There's so much fruit every Sunday here, that when we leave this sanctuary, it spills out of our mouths, our pockets, our eyes, as service to our families, our communities, this country and Mother Earth.

As we sit in service, we begin to understand that service is also service to ourselves, including, as our newsletter put it this month, "relinquishing our antiquated burdens of guilt, shame, and judgmental behaviors." I think I'd like a big plate of that!

And while we are sitting, singing and praying and listening here in service, the very cells of our beings are engaged in service, ceaselessly defending us, replicating us in our entirety every seven years, powering our body's functions, serving us, so that we might be, so that we might be of service.

And while our cells are serving us, so are our mighty hearts, 3 billion beats in our lifetime, ceaselessly pumping the blood that serves to carry the oxygen that serves

to power all our metabolic processes, that we might be, that we might be of service.

As we reflect on this, let's consider the excellent model our cells and our hearts provide: ceaseless service, without which we cannot be; fulfillment of a larger task, homeostasis in the human, through which cells and hearts ensure their sacred purpose and their continuity. Perhaps we cease to be if we are not of service ...

And yet each cell division or other cell task, each heart beat, is happening now, an endless unfolding of opportunity to serve, a new beginning in each second of our existence.

Today, a new beginning spins into being in each of us, the ceaseless receiving of and ceaseless possibility of giving service. Like our cells, like our hearts, we cannot really let this endless upwelling of opportunity to serve ever be stopped. You cannot do it. It is not you. You know this.

So, feel the harmonious resonance with all that is unfolding so that you might be, and surrender to service.

For the invocation I can think of nothing better than to thank Creator for this new, fruitful beginning we all have, this January 4, 2015, from this moment now, to engage in the service or services that showcase our souls. May it be so.

Submitted by Hendrik de Pagter

The Qi Gong Meditation and Practice

When I first read the small leaflet for Qi Gong, there was a connection of knowing; perhaps a remembering.....

The leaflet from James Bay Community Project on Michigan:
Qi Gong

Learn the fundamental building blocks of Aung Medical Qi Gong: breathing, concentration and posture/movement exercises. Become more aware of the circulation of Qi (Vital Energy) throughout your whole being-body, mind and spirit.

Qi Gong was introduced to me over a year ago. This particular type of Qi Gong is a medical Qi Gong introduced by Dr. Aung in Edmonton.

When i first participated at the weekly Friday morning Qi Gong, I knew this practice would assist me in bringing balance, health and focus into my mind and body. I now practice approximately 30 to 40 minutes daily.

Close to 3 years ago, I was afflicted with TIA's-causing brain nerve damage in a localized area resulting in some memory loss and retention ability.

This Qi Gong is an exercise of breathe and light-Yin and Yang, emphasizing inhalation and exhalation and on the Ren and Du meridians and chakras.

Through the Qi Gong exercises I have inwardly watched the flow within my body and mind. I am thankful for this healing energy process! This daily exercise has also increased my eyesight.

The Yin breathe moves energy-unblocks and purifies, cleanses the meridians. Also, resonating with the Yin organs of heart, lungs, pericardium, spleen, kidney and liver. The Yin breathe calms.

The Yang breathe energizes- warms, heals, intensifies energy in a location. It also resonates with the Yang organs; small intestine, large intestine, triples energy, stomach, bladder and gall bladder.

There are concentrated exercises, focusing attention and bringing the physical body energy and mind into alignment and shared focus.

The gift of Qi Gong in this practice of breathe focus has been pivotal for me, with uniting the whole of me through breathe and light-thus bringing more clarity and acceptance in embracing me!

Thank you for the request to share a part of my journey.

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In Joy and Gratitude

Submitted by Elsie Mary Poliquin



A New Collective Kitchen is Coming to James Bay:

By Lou Hammond, Collective Kitchen Co-ordinator

When cooking a nutritious meal is an ongoing struggle, for whatever the reason, a "Collective Kitchen" can offer a solution. Collective (or Community) kitchens have been around for over two decades helping small groups of people plan, shop for ingredients and share in the preparation and cooking of those meals. The meals are then divided into containers to be taken home by each of the participants. This means that there will be ready made meals on- hand when the lack of time

or energy makes cooking difficult, and it's cost efficient as the cost of the food is shared.

A pilot project for anew "Collective Kitchen" is being introduced at the James Bay Community Project. I will start on Monday, February 16th at 1:30 p.m. with an orientation meeting for interested participants.

This group will meet twice a month from 1:30 to 4:00 p.m. on Monday afternoons to cook and plan meals until July. Registration will be required and 8 to 10 people can participate in this venture. The kitchen space and coking utensil are provided.

This particular "Collective Kitchen" will focus on vegan, gluten-free, healthy recipes using organic and locally grown ingredients as much as possible. Participants can add whatever else they like to their meals at home, however the prepared meals will provide all the nutrition required for healthy eating. If someone is not i with vegan or gluten-free cooking, this would be a god place to learn, as well as a place to share recipes and cooking tips. A Collective Kitchen runs on group participation and consensus, and it's a good place to reactivate an interest in healthy cooking and healthy eating while exploring diverse and interesting food dishes. It certainly beats standing in a kitchen by yourself wondering what to make for dinner when cooking is not what you really want to be doing.

If you would like more information, please call one of the Collective Kitchen Coordinators, Linda Chan at 250-380-6383 or Lou Hammond at 250-380-9500. If you are interested in signing up for the February 16th orientation meeting, please call Lisa Gleinzer, Coordinator of Volunteers and Community Programs at the James Bay Community Project at 250-388-7856 Ext. 308. The James Bay Community Project is located at 547 Michigan Street.

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ONENESS WEDNESDAY in February
111 Superior St. in James Bay
7:30 – 9:00 p.m.
Free or by donation

February 4, 11, 18 & 25

Oeness Wednesday evenings at Church of Truth is pleased to have Leonard Thornton PhD as our presenter for the month of February. A gifted and effective Victoria area practitioner of Energy Medicine, he will be doing a series of classes

on New Energy Psychology, using Emotional Freedom Technique (EFT) and other tools for healing and clearing our cellular memory. Dr. Thornton says he will be addressing achieving love, success and happiness in your life using EFT, emotion code, healing codes, guided meditation, imagery and breathwork, and finding fulfillment of mental and emotional health.

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Last Sunday's Community Service with Our Place Director, Don Evans, was well received! For those wanting an in depth group tour e-mail dmorris@cotvictoria.ca A good experience Don tells me is sponsoring a Saturday night movie and pizza night (100.) and serving it.

Please communicate your interest. Thank you!



Submitted by Don Morris

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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 778-433-4386 email: roland@natures-mystery.com	MD (Germany), PhD, Homeopathy	www.victoriahomeopathy.com

**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: _____