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

## **How About Love?**

Starting the month off we'll head in the general direction of love being a zone of investment. With key points of interest in this spiritual aspect of life, loving, and expressions of love can be tuned to orchestrate with ever greater groupings of people, two, or ever more. Even the creative and poetic language we use in interpersonal exchanges offers opportunities for the listener to explore subtlety and beauty. As obvious needs are met in a loving community, what moments of realization become available in the everyday enlightening moments of 'getting it'? We all keep 'getting it' - love and enlightenments all lifelong.

Submitted by Laurence Beal, SDC

The Lighthouse February 2016  
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	Sanjara Omoniyi	250-900-0281
Past President	D. Joan Thomas	250-721-4054
Vice President	Deborah Hawkey	250-813-1747
Inside Maintenance	Jennifer Sagar	778-440-5234
Secretary/Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Colin Lee	250-514-1270

Your Spiritual Directions Committee

Don Morris	250-580-2121
Chris Bullock	250-384-8241
Colin Lee	250-514-1270
Marvelous Trudeau	250-384-2563
Troi Leonard	250-532-3442
Jack Hyatt	250-592-1422

Rentals Esther Hart 250-896-5933

Newsletter dbhawkey@gmail.com

# **SUNDAY SERVICE SCHEDULE**

## **Theme: How About Love**

**February 7**

### **Loving**

Coordinator: Marvelous Trudeau  
Moderator: Paul Monfette  
Meditation: Laura Lane  
Speaker: Calder Brown  
Greeter: TBA

**February 14**

### **Expressing Love**

Coordinator: Bill Israel  
Moderator: Lorna Rennie  
Speaker: Esther Hart  
Meditator: Sanjara Ominiya  
Greeter: Cedona Holly & Bill Israel

**February 21**

### **Love is a Poem**

Coordinator: Jack Hyatt  
Moderator: Peggy Muncaster  
Meditation: Ella Brown  
Speaker: Moneca Gabriel  
Greeter: Marie Logan.

**February 28**

### **Community Service - Topic: Love: How Does It Show?**

Coordinator: Laurence Beal  
Moderator: Laurence Beal  
Meditation: Musical meditation from Hildegard von Bingen/Sibyl of the Rhine  
Community Topic - Everyday enlightening Ah-ha moments

## Speaker's Bio:

**February 7** Calder Brown is an enthusiastic, energized, free spirit. At 23, he is a proud student of the University of Victoria in his final year of mathematics. His passion and pursuits are always changing and diversifying, from playing guitar, to painting, fitness, reading, writing, he meets life with ambitious curiosity, and consciousness. In 2015 Calder discovered his most recent passion for public speaking. Although new to it he has competed and won Toastmaster speech contests in club, division, and area level. This February he plans to bring to you the same level of preparation, presentation, and energy!

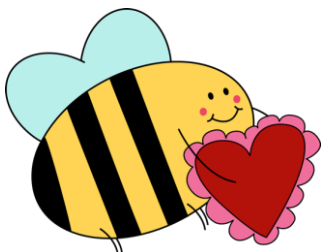
**February 14** Esther Hart has been an actively involved member of the Church of Truth – Community of Conscious Living for more than 15 years. She has served on the Board in many capacities. She recently experienced an epiphany regarding how she expresses her love for the church. She will share her story.

**February 21** Moneca Gabriel has been a teacher for 48 years including a Teacher-trainer for over 4 years at the Shanzu Teacher Training College in Mombasa Kenya. What remained with her is how keen, appreciative and caring they are. Entrance requirement to be a teacher in 2 years was about a Grade seven. They LOVED students, washed their white uniforms in river water and stones, used rolled up plastic bags for soccer balls, made bean bags, used sisal for skipping rope, limestone chalk on a make shift 'black' board etc.

Moneca is a LIFE coach, a workshop leader and an avid business woman. She is passionate about Landmark education worldwide; having poverty be history, an alternative health care expert and has 'adopted' a second Kenyan who will be given a scholarship for at least 4 years of secondary school..

She has 2 sons, a daughter and 4 grandchildren.

*HAPPY BIRTHDAY*  
*We Celebrate with YOU!*



Paul Monfette	Feb-01
Madge Tolmie	Feb-01
Patricia Miller	Feb-18
Hendrik de Pagter	Feb-20
Nikki Menard	Feb-23
Troi Leonard	Feb. 25
Daniel Ouimet	Feb-27

## **In Memorium: Heather Thurston**

Heather, a larger than life personality, left us some beautiful memories and some “fabricated” ones. She was always trying new stuff in fabric art from scenic quilts to stunning hangings. Always the teacher, RN Heather taught other nurses while living on the Prairies. When she came to Vancouver Island, she worked in palliative care. When her first grandchild came along, it was time to spend more time with family. Young Tyler spent a few Sunday mornings at C of T much to our delight. Retired from nursing on a full time basis, Heather was never one to “sit still” and so the next adventure was Driving Miss Daisy. This brings me back into the Church and the huge fabric hanging of a Shasta Daisy in the Sanctuary.

Pay attention now – here’s the history break:

Heather inspired a small group to come together on a wall hanging for the Church. We submitted pictures and photos and a large Shasta Daisy head was chosen. The Art By Committee group was formed. Heather bought all the materials and set us to work on Saturdays, cutting, gluing, sticking and laughing. When we had the form we (she) was happy with, Heather took it away and spent however many hours machine sewing the design and the fabric backer. This was the Sanctuary’s first wall hanging. Next came The Tree of Life. The ABC group came back, with some new members and off we went again. Heather provided the outline guide on the fabric and we “would be” artists cut, stuck, argued on colours, came to agreement and then sent her off with our tree showing all 4 season but needing the master’s touch to sew it all down. For the last one, our Ying/Yang design from our program, we merely chose colours and left the rest to Heather. We owe so much to her for gracing our Sanctuary with colourful, elegant pieces.

This is just a slice of Heather’s life. We miss her presence, laughter, singing in the choir, parties and so much more. We bless her on her way and presume she’ll be organizing Heaven and fabricating wings!

Submitted by D. Joan (Thomas)

A service for Heather will be held at McCall’s Funeral Services on February 15th, at 2:00 p.m.

## **In Memorium: Janet Taylor**

As you all probably know by now, Janet Taylor passed on last Sunday, February 10th, after I and another friend discovered her lying on the floor around 1 PM. Janet was taken to the Jubilee and passed around 7:30 in the evening. It was a powerful time over the next couple hours, as from my home, I felt strongly connected to Janet and all her emotions as she was leaving the body. With all the help I had called in from the Inner Planes, this fortunately lasted only a little more than an hour and then I felt Janet was free; I received her message in no uncertain terms; free at last.

Although I wrote this poem many years ago, it seems that it perfectly expresses what I would like to say, knowing Janet the way I did for the past five years as healer, counselor and friend. All her feelings of remorse and repression going back to childhood, all her hopes and aspirations, her desires for more contact with people, more friends, to be of greater service, greater ability to express her talents and abilities, a more fulfilling life, all these came up many times.

The Poem, Blessed Be, speaks to these simply as universal feelings and needs we humans have.

### **Blessed Be**

Blessed be the light that sparkles in your eyes  
Happy be the thoughts that flow through your mind  
Strong be the arms which uplift you  
True be the hearts which love you.  
Blessed be the dawn that greets you  
Fulfilling be the day that awaits you  
Joyful be the friends who greet you  
Warm be the sun which lights your way.  
Blessed be the night that calls you  
Sweet be the memories that close your eyes  
Loving be the light which embraces you  
Eternal be the peace that enfolds you.  
Blessed be.

There is always much more that could be expressed, and perhaps I will be able to share this some time, but for now may we all be at peace in the knowing that although the body is ephemeral, the spirit is eternal and the spirit that is Janet is alive and well!

In Light, Love and peace,  
Submitted by Leonard Thornton

## **Conscious Aging A Workshop on Conscious Living**

Form blossoms into Essence  
Essence transcends into Formlessness  
Formlessness holds the seeds of All

From the ego world of Form  
To the realm of Soul's Essence  
To the Formlessness of the Awakened State  
We walk between the Worlds

This experiential workshop is an invitation to give ourselves the gift of reflective, sacred time to be present to the shifts, challenges and insights of this third phase of our life journey. Through guided meditation, life review and visionary exercises, sacred dance, sharing circles and transformative practices, there will be opportunities to reframe the internalized messages around what it means to age in our society and reconnect more fully with the deep soul work we came here to do. Exploring possibilities for individual and spiritual growth we will create spaces for bringing our life wisdom and gifts more fully into the world. This will be a time to honour the darkness and the light in the transcendent dance of being spirit on a human journey of Awakening. Drawing on the work of such spiritual teachers as Ram Dass, Barbara Marx Hubbard, Joanna Macy, and my own journey of self-discovery we will explore the richness of the spiritual journey in the later stage of life through the lens of conscious aging. In a supportive community of kindred spirits, participants will be invited to share and to listen for the wisdom of their own inner guide.

Saturday, February 27, 2016

9:30 am to 4:00 pm

Sanctuary – Church of Truth – Community of Conscious Living

\$80.00 – includes gst but please bring a simple contribution for a pot luck lunch.

Facilitated by Joy Emmanuel. Joy is a Transformational coach and experienced workshops facilitator trained in adult education, experiential, transformational practices and Inclusive Leadership.

To register or for more information, contact Joy Emmanuel at [Joye@telus.net](mailto:Joye@telus.net)

**CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING  
GUIDELINES FOR MEMBERSHIP Renewal**

2016

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.)

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Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

\_\_\_\_\_  
Email address:

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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
<b>Susan Blackwood</b> 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	<b>Ceremonies</b>	<a href="http://www.ceremoniesbydesign.ca">www.ceremoniesbydesign.ca</a>
<b>Renn Butler</b> Archetypal Astrology Consultations, Holotropic Breathwork Workshops	<b>Consultations/Workshops</b>	<a href="mailto:rennbutler@shaw.ca">rennbutler@shaw.ca</a>
<b>Waterfall Good</b> 250-384-7994	<b>Spa Services</b> including Swedish Massage, Facials, Pedicures, Manicures, Reflexology, Reiki treatments; for men that I know personally or for any women.	<a href="mailto:waterfallgood@gmail.com">waterfallgood@gmail.com</a>
<b>Stephen Graves</b> 778-677-7597 All things PC (and little things MAC) Hardware, software, troubleshooting, networking and web design. \$25.00 per hour	<b>Computer Service</b>	<a href="mailto:stephen@spiritquest1.ca">stephen@spiritquest1.ca</a>
<b>Dr. Roland Guenther</b> 250-650-1662 email: <a href="mailto:roland@natures-mystery.com">roland@natures-mystery.com</a>	<b>MD (Germany), PhD, Homeopathy</b>	<a href="http://www.victoriahomeopathy.com">www.victoriahomeopathy.com</a>
<p>Roland specializes in helping people with severe chronic diseases. Homeopathy is a holistic modality that can provide healing in a wide range of health problems, anxiety, and depression, and their manifestations in the body.</p>		
<b>Esther Hart</b> 250-896-5933	<b>Author, Speaker, Freedom Coach, Author Mentor</b>	<a href="http://www.authorssolutions.com">www.authorssolutions.com</a>
<p>Esther inspires people with her talks, coaching and writing, always encouraging people to experience freedom by trusting their own knowing. She gets great pleasure from supporting other writers to blossom into authors so that their inspirational stories can reach the people they are meant to inspire.</p>		

**Deborah Hawkey**      **Technical Writing**  
250-813-1747      [writeitright@shaw.ca](mailto:writeitright@shaw.ca)  
Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes &  
Cover Letters

**Cedona Holly**      **Spiritual Counsellor/Meditation Facilitator**  
250-642-1060      [www.EternalOneness.org](http://www.EternalOneness.org)  
[www.whitelionschildrensbook.org](http://www.whitelionschildrensbook.org)

**Pauline Karch**      **Videography Services**      [paulinekarch@gmail.com](mailto:paulinekarch@gmail.com)

**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.

**Paul Monfette**      **Carpenter**      250-896-4439  
Specializing in Reno’s, Decks & Alterations

**Daniel Ouimet**      **Carpenter/Craftsman/Designer**  
For all your renovation, restoration and furniture design needs (and wants)  
[chanteclaraartisal@gmail.com](mailto:chanteclaraartisal@gmail.com)

**Michelle Pedersen**      **Make-up Artist**  
For make-up consults and pricing please email me at  
[sweetpeamakeup@gmail.com](mailto:sweetpeamakeup@gmail.com)

**Bernadine Sperling**      **Pet Sitting**      250-384-5721  
(drop-in cat visits & James Bay dog walking)

**Junie Swadron**      **Author, Writing Coach, Workshop Facilitator**  
250 - 813-0183      **& Psychotherapist**  
[www.junieswadron.com](http://www.junieswadron.com) or [junieswadron@hotmail.ca](mailto:junieswadron@hotmail.ca)

**Leonard M. Thornton, Ph.D. Liberating Energy Psychology with EFT**  
removes blocks to health, happiness and freedom!  
<http://www.eftandmorelive.com>      250-598-4303  
[celestial999@gmail.com](mailto:celestial999@gmail.com)