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HEART WORK AND COMMUNITY

"We seek fulfillment in our lives through heart connection with others. This is our soul's essence of joy, which spontaneously pulses through us, longing to share itself with another." --- John Friend

THEME: Once the month of January is over and new resolutions made, then the question arises of how to carry these resolutions of the heart out into the larger world. For this, community building needs to occur. In February, we will explore multiple perspectives on community building, ways in which the heart can connect with the hearts of others in a practical and socially valuable way.

February, heart connection month brings renewed awareness of how important our heart connections are, with ourselves, each other and the wider community.

Such connections, whether with self, COT or the larger community are enriched by contact with others. In the end all connections serve to awaken us to greater unity consciousness.

Submitted by Laurence Beal, SDC

The Lighthouse February 2017
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	Brian Martin	778-430-1872
Past President	Sanjara Omoniyi	250-900-0281
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Marvelous Trudeau	250-384-2563
Secretary	Michelle Pederson	778-350-7999
Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Bill Israel	250-744-0590

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
Chris Bullock	250-384-8241
Linda Chan	250-380-6383
Jennifer Sagar	778-440-5234
D. Joan Thomas	250-721-4054
Leonard Thornton	250-598-4303

Rentals Esther Hart 250-896-5933

Newsletter dbhawkey@gmail.com Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE

Theme: Heart Work and Community

February 5 The Pachamama Alliance: For an Environmentally Sustainable, Spiritually Fulfilling, and Socially Just Presence on the Planet.

Coordinator: Chris Bullock
Moderator: Sanjara Omoniyi
Presenters: Michael Tacon and Chris Bullock
Meditation: Michael Tacon
Greeter: D. Joan Thomas

Michael Tacon: In addition to his 14 year sojourn in an ashram community, Micael has lived a varied life working as a land surveyor, college teacher, and a psychotherapist. For much of his life he has sought to bring together a spiritual perspective and his working career along with his involvement in various kinds of social activism of the kind expressed by the Pachamama Alliance. He is currently living in the Harbourside Senior Cohousing community in Sooke.

Chris Bullock, currently a member of the COT Spiritual Directions Committee, retired from an academic career teaching English to follow a more interesting and varied path involving writing poetry, fiction and non-fiction, grandparenting, community activism, hiking and spiritual seeking. From 20012 to 2014, Michael and he presented the Pachamama “Awakening the Dreamer” program in a number of venues, including the COT Oneness Wednesday series.

February 12 The Transformative Power of Community Connections

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Our speaker today, Jack Meredith, has experienced this powerful transforming effect and is happy to share his experiences with us today

Moderator: Brian Martin
Meditation: Elsie Poliquin
Speaker: Jack Meredith
Greeter: Ella Brown
Coordinator: Leonard Thornton

Jack Meredith lives in Victoria West with his wife Lori and has been active with arranging community building events with the Vic West Community Association, Transition Victoria, Resilient Neighbourhoods and the Gorge Swim Fest Society.

One initiative that Jack was involved with, that he will be speaking about, is a Transition Victoria initiative called Transition Streets. This initiative had a transformational impact on Jack and his neighbors on McCaskill Street. The initiative not only brought the neighbors closer together but also enabled them to reduce their impact on the environment through reduced water use, reduced energy use, more thoughtful decisions about consumption, food choices, transportation and waste generation.

One area that is of particular pride and interest to Jack is Net Zero Energy. He and Lori with the help of his friends and neighbors installed 4.2 kilowatts of Photo Voltaic panels on their house and are now closely monitoring their energy use to see if they have indeed achieved Net Zero Energy.

February 19 From the Heart Theatrical Project

Moderator: Lorna Rennie
Meditation: Laura Lane
Speaker: Will Weigler
Greeter: Jennifer Sagar
Coordinator: Jennifer Sagar

Will Weigler is an award-winning community-based theatre director, playwright, and storyteller. He has written several books including *From the Heart: How 100 Canadians Created an Unconventional Theatre Performance about Reconciliation*; *The Alchemy of Astonishment: Engaging the Power of Theatre*; *Strategies for Playbuilding: Helping Groups Translate Issues into Theatre*; and *Laughing Allowed! – A How-to Guide for Making a Physical Comedy Show to Build Neighbourhood Resilience* (co-authored with Rob Wipond and Michelle Colussi)

February 26 Community Service: Heart Work and Our Community

At the Community Service this month, we will have the opportunity of sharing the heart work our Community does in the wider community. Brian Martin, who is a facilitator of our Meditation Circle will share what happen in our weekly Oneness Wednesdays evening Meditation Circle and will also lead us in a meditation. Bill Israel will share our new Community Outreach Program and then introduce Lucy Price who tell us more about Cedars Recovery House and the services that they provide to the wider community. Cedars Recovery House is one of our community's designated recipients. After Lucy's short presentation, there will be an opportunity of a Q + A facilitated by Bill Israel.

Moderator: Marvelous Trudeau
Introduction to Meditation Circle + Meditation: Brian Martin
Introduction to Community Outreach Program: Bill Israel
Short Presentation on Cedar Recovery House: Lucy Price
(with Q + A facilitated by Bill Israel)
Greeter: John Vanden Heuvel
Coordinator: Linda Chan with the assistance of Bill Israel

Lucy Price is the counselor and house manager at Cedars Victoria, a second stage recovery house in James Bay. Lucy has been counseling for over a decade and has been with Cedars since 2012, working in primary care in Cobble Hill for three years and then transferring to the recovery house. Lucy studied social work at the University of Victoria and found her passion working with recovering addicts; she was honored as the You Unlimited Woman of Mentorship and Leadership in 2016 for her work in the recovery community. Lucy is committed to assisting individuals to reintegrate into society and to live their best lives by helping them to walk a path based on spiritual principles.

COMMEMORATIVE ROCK CEREMONY - Sunday, March 26th

The Board has granted permission for a commemorative rock to be laid on the northwest corner of the property to honour our founding minister, Rev. Richard J. DiCatri, and major donor Marion Bruce Ewart. A ceremony to dedicate the rock will take place on March 26 and more information will be in March's newsletter. Submitted by Marie Logan, Laura Lane, Brian Martin & Lorna Rennie

Oneness Wednesday & Meditation Circle
Church of Truth
111 Superior St.
Free or by donation
Everyone Welcome
7:00 - 8:30 p.m.

February 1, 8, 15 & 22



We come together with the intent of deepening our relationship with the soul and group soul consciousness.

HAPPY BIRTHDAY

We Celebrate with YOU!



FEBRUARY	
Paul Monfette	February 01
Madge Tolmie	February 01
Patricia Miller	February 18
Hendrik de Pagter	February 20
Troi Leonard	February 25
Daniel Ouimet	February 27

SECRETARY WANTED

The Board cordially invites you to join our responsive team and contribute your consummate secretarial skills in service to our wonderful community.

Training and assistance will be provided to ease your way into the process.

Please contact any Board member or myself to embrace this opportunity.

Fentanyl Crisis Fundraisers: Benefit Concert + Fundraising Campaign to raise money to send Pierre Morais, Founder The Scared Straight Tour to the World Conference on Addiction in Prague in August 2017

Pierre Morais, a long-time attendee at the CoT-CCL, has been invited to attend a World Conference on Addiction in Prague in August 2017 as a keynote speaker. He is to do a presentation about how bad the fentanyl crisis is here in BC (it's worst here than anywhere else in North America) with the goal of trying to help other communities around the world prepare for what is likely about to hit them.

Funds need to be raised to send Pierre, the founder of [The Scared Straight Tour](#)-a program where youth are taken on tours of Vancouver's Downtown Eastside to educate them about the dangers of addiction) to this World Conference. A crowdsourcing campaign has been started to help raise money for this worthwhile cause.

The link for the fundraising campaign for anyone who wishes to donate is:

<https://www.gofundme.com/fentanyl-crisis-fundraiser>

There will also be a Fundraising Benefit Concert at the Gorgeous Cafe on Saturday Mar 4th at 7.00pm.

Facebook page event for the concert is:

<https://www.facebook.com/events/306329376435195/>

Anyone who has questions or wishes to volunteer a bit of time to help with the various events can reach Pierre's at info@scaredstraighttour.com.



A lot of people have been asking about fentanyl and what they need to know about it. So Pierre is doing a free 2 hour presentation on Fentanyl on Monday Feb 13th at 7.00pm at the Church of Truth. People will learn a lot about fentanyl , why it is so deadly and pervasive today and what can be done about it. There will also be an opportunity to ask questions.

Book Review by Rev. Greg Skala

Cure—A Journey into the Science of Mind Over Body by Jo Marchant
Crown Publishers, New York, 2016, ISBN 978-0-385-34815-7

This important book explores recent statistically significant scientific support for a number of approaches to the maintenance of human health and treatment of human health problems, approaches that have often been shunned as quackery by the medical community. For example, new light is shed on the potential benefits of such practices as placebo therapy, social communion, biofeedback, mindfulness, virtual reality, computer gaming, Reiki, loving empathy, hypnosis, meditation, prayer, etc.

The book inspires a feeling of release from the old, mechanistic Cartesian viewpoint that made it seem that our minds were essentially separated from our

bodies. I have personally believed in the holistic approach to health for many years, but it is reassuring to learn that a science journalist is now able to report that more and more medical people are coming to understand that the human mind–body may be best understood as a single, unified system.

One of Jo Marchant’s main points seems so simple, yet I felt more powerfully aware of it than before when I read: “. . . we have the capacity to influence our own health by harnessing the power of the (conscious and unconscious) mind.” Something that makes us think more positively about an aspect of our personal condition does not merely charm us into reporting less pain, or calming down enough to fall asleep, etc. Our bodies may also show measurable physiological changes.

In short, even apart from any prescribed drug or invasive procedure, whatever improves our thoughts about our condition may actually better our internal organs.

Here is one of my favourites among the examples cited by the author. A teenager who was being treated for the auto-immune disease lupus was experiencing extreme side effects from the very medication that was prescribed to keep her alive. By giving her a bad-tasting placebo whenever her prescription drug was administered, she was gradually weaned away from fully half of the powerful drug, so that the side effects were no longer so threatening. The girl was even aware of this “trick” with the placebo but, like one of Pavlov’s dogs trained to salivate whenever they heard a bell ring, she somehow became attuned to letting the cue of the bad taste activate some of her body’s own biochemical resources to combat the lupus. Activating those was what the powerful prescription drug had been supposed to do, but now she got the same effect with only half of the powerful drug.

In another favourite example, a Costa Rican village that was studied because of the residents’ remarkable longevity was found to have an unusually high degree of friendly social cohesion and communal support. Now, any one of us might have guessed that social support could generate happiness, but researchers found that the DNA of these villagers actually had longer longevity correlated telomeres than those of other Costa Ricans and of other people world-wide, and that their telomeres continued to grow, even though it had been formerly thought that telomeres only shorten with age.

Sentence-by-sentence, paragraph-by-paragraph, and chapter-by-chapter, I did not consider this book to be uniformly well written. A few parts were downright confusing, and I felt the author betrayed her own biases at times. The overall gist of the work meant such a lot to me, though, that I am recommending it to all my friends within our congregation and elsewhere.

Respectfully submitted,
Rev. Greg Skala