

THE LIGHTHOUSE JULY 2011



To Be Inspired by Music



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Throughout history, sound has been used to heal body, mind and spirit. For the month of July we are going to experience the healing sounds of music by the sharing of experiences and by listening to various musical genres. Music itself will be the message, the inspiration and the sheer pleasure.

“I am music, most ancient of the arts. I am more than ancient. I am eternal. Even before life began upon this earth, I was here in the winds and the waves. When the first trees and flowers and grasses appeared, I was among them. And when humanity came, I at once became the most delicate, most subtle and most powerful medium for the expression of emotions.

In all ages I have inspired people with hope, kindled their love, given a voice to their joys, cheered them on to valorous deeds, and soothed them in times of despair. Through my influence, humanity has been uplifted, sweetened and refined. With the aid of humanity, I have become a fine art. I have a myriad of voices and instruments.”
Anonymous

The July program will include the aboriginal spiritual sounds of the didgeridoo, the guitar, the piano, the solo voice and blended voices and hopefully your voice.

Leonardo *DaVinci* wrote, "Do you know that our soul is composed of harmony?"

So like Cat Stevens sang well, if you want to sing out, sing out and if you want to be free, be free “Cause there's a million things to be... you know that there are,” or sing with John Denver, “Come dance with the west wind and touch on the mountain tops,
Sail o'er the canyons and up to the stars
And reach for the heavens and hope for the future
And all that we can be and not what we are...”

How has music affected your life?

We hope you will adventure with us into the sounds of music!

The Lighthouse July 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	250-896-5933
Past President/SDC Liaison	Brian Martin	778-430-1872
Vice President/Outside Maintenance	Patti Huot	250-385-0941
Treasurer	Jan Falkowski	250-370-9192
Secretary	Cynthia Pattison	778-433-0261
Rentals	Esther Hart	250-896-5933
Inside Maintenance	Tracy Koebel	250-857-8185

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 July 2011

July Theme: Sound of the Sacred

July 3rd

Healing Journey with Music

Moderator: Patricia Coleman
Meditation: Laura Lane
Program: Musicians sharing their “Healing Journey with Music” by word and by the sharing of their music: Jennifer Sager vocal solo, Jordan Blaikie didgeridoo, Brian Martin guitar and voice.

July 10th

Sound of the Sacred

Moderator: Pat Chapman
Meditation: The Bedside Singers with Marnie Lamb

July 17th

The Music in the Spheres

Moderator: Laurence Beal
Meditation: TBA

July 24th

Music as a Higher Calling

Moderator: Bernadine Sperling
Meditation: Kim Willoughby
Speaker: Kim Willoughby

(Reflective Meditation regarding the Building: (Gordon Thurston))

July 31st

Musical Voice of the Soul

Moderator: Robyn Patrice
Meditation: Marie Logan
Program: Vikki Flawith & Marvelous Trudeau



July 3
"Buried Music" From "Love Letters Of A Musician"

by Myrtle Reed, Copyright 1898.

"It seems strange to think that my violin was once a tree, but I do not know what else could have caught the music that lies within it, waiting for the touch. It must be centuries old, and through all those years it was the listening and the learning, weaving in with its growth the forest melodies to sing to generations yet unborn.

Wind and wave and song of bird, crash of thunder, drip of rain, and mating-call-all these are in the fibre of my violin. And the thousand notes of sea and storm, the music of the waterfall and stream-what wonder that it is so nearly the human voice! There must have been a love story in that forest, for it sings love, love, and only love, though I do not remember of hearing it until I knew you. Perhaps you have taught it new melody- stranger things have happened-and it has learned your lesson best."



The Didgeridoo is an ancient instrument native to the indigenous and original inhabitants of Australia. The various tribes of Australian Aborigine have incredibly powerful connections with their spiritual system and use the long wooden pipe, hollowed out by natural action of termites and associated ecology, to induce states of trance and meditation.

Every **genuine Aborigine didgeridoo has its own spirit**, a uniqueness arising from

- the inside configuration and measure as the aftermath of termites' feast,
- the species of the tree, more precisely, its density,
- the thickness of the walls, thick enough not to crack, thin enough for good resonance,
- the length of the didgeridoo, real and adjusted by the third of the base diameter,
- The ratio of the top and base diameters, the taper and more...

The expertise of an accomplished craftsman's traditional playing breathes their cultural spirit. When playing the didgeridoo the drone is like an endless sound, without beginning and without end - it is timeless, though broken up with interruptions and a breathing pulse. The pulse is the beat of the universe, the beat of the soul and the drone is the soul's state of timelessness. We are as souls, timeless. We are, as souls, creators of time. As all the great teachings state, the vast 'Spirit' has created the material world and the breath itself. Excerpts written by Written by J. Thorpe

"For the guitar is the most unpredictable and least reliable musical instrument in existence...and also the sweetest, the warmest, the most delicate, whose melancholic voice awakes in our soul exquisite reveries."— **Andres Segovia**

July 10
The Bedside Singers with Marnie Lamb

“A caring voice raised in song is always welcome, and it can be a special gift for someone in hospice or hospital. The Bedside Singers have been sharing their voices with patients at Victoria Hospice since 2007, and have begun visiting a ward at the new Royal Jubilee Hospital patient tower. Marnie Lamb, who started the group when she worked as a hospice volunteer, said the dozen singers range from their late 30s to 70s. "There's quite extensive training, so it takes someone who's really dedicated. We think we make a really nice difference for the patients. Often patients will fall asleep while we're singing, which is perfect. We're not entertainers. We are there to kind of cradle them with the songs.” Excerpt from Times Colonist June 11th 2011



Singing create a vibrational wave pattern equivalent to alpha waves produced by the brain allowing you to enter an altered state of consciousness and awareness. This experience instills a sense of deep relaxation and "Inner space opening up."

July 17
Music of the Spheres

Will take you to the spheres.

The clockwork gearing used to propel celestial movements was known to the ancients. Aged astronomers saw creation's void through refined eyes, discerning the true nature of the universe. Pythagorus was the first to hear the *Music of the Spheres*, quickly teaching others to partake of the astral bounty. He knew the stars to be attached to crystal spheres revolving about the Earth. These heavenly spheres, eternally revolving, produce harmonious sounds only the truly inspired can hear. **Interrogate the *Hand of Science*.** Only the language of mathematics allows us to ascend through the spheres, rising to become one with Divinity. Within the crystal spheres the zenith and nadir of our existence is laid bare. The *Hand of Science* serves as polestar guiding our fragile footsteps. Resist not the Hand, for it is gentle. Story concept by Kevin Nakagawa, written by Scott Sanders (excerpt)



JULY 24
Music as a Higher Calling

Plato ~ "Music is well said to be the speech of angels; in fact, nothing among the utterances allowed to man is felt to be so divine. It brings us near to the infinite."



July 31
Musical Voice of the Soul

Yet music's healing potential may also be extending much further than mere relaxation: "Today we are realizing once again the potential power of music to integrate the personality and temperament, to awaken us to the soul, and to link us to supernal forces of Light that surround us...To be fed by beautiful music is a necessity (Lingerman 145-46)."

Happy Birthday We Celebrate with You!

Robert Winkenhower	Jul-12
Susan Blackwood	Jul-13
Jan Falkowski	Jul-18
Victor Van Buskirk	Jul-25
Penelope Rokeby	Jul-29



Can You Help?

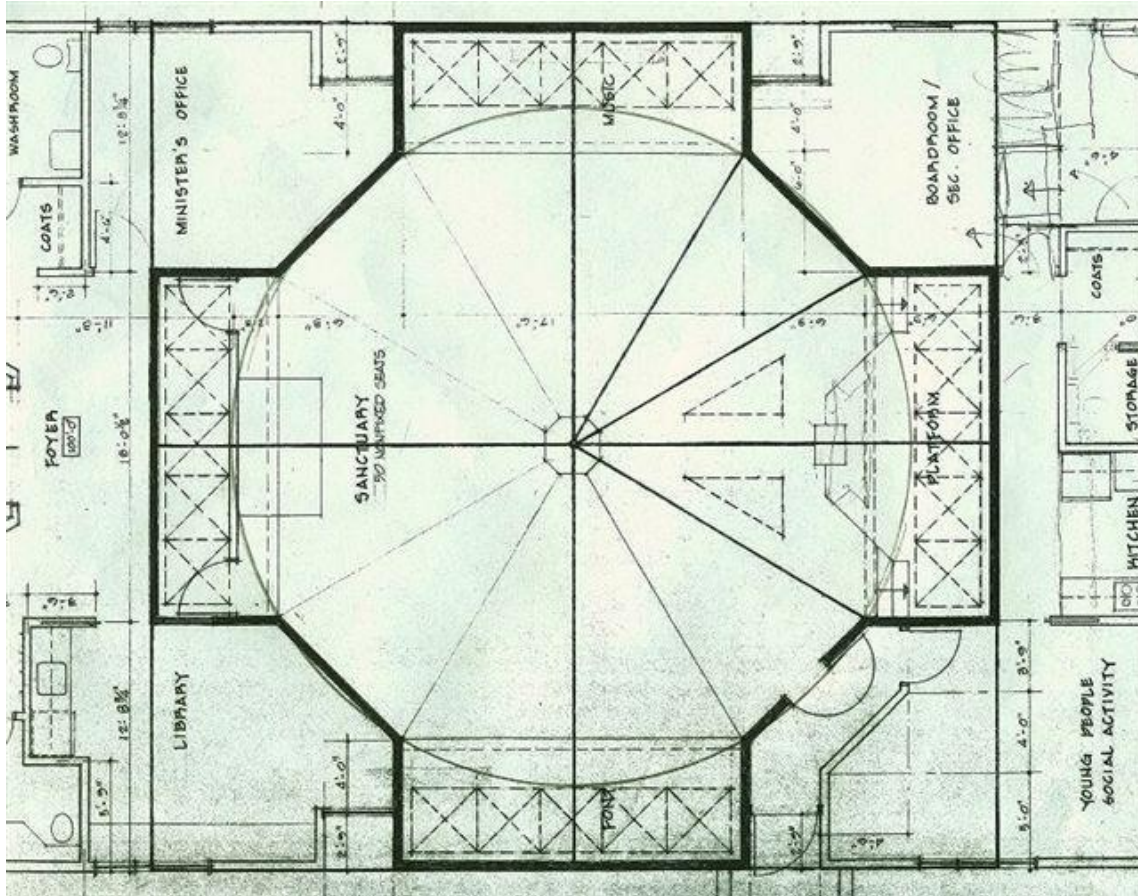
Hi

We are working on making the Children's room more comfortable and peaceful. It is hoped that with some small changes and additions the space may be more pleasing to potential renters. We are in need of a few pieces of furniture and thought we'd ask if any church members have something they might wish to donate. We are looking for the following items (tasteful and in good condition please): 1) floor lamp, 2) table lamp, 3) 1 or 2 matching end tables or small tables, 4) a couple of beautiful painting or framed pictures for the walls 5) an area or Oriental rug (approximate dimensions: between 8-10ft wide by 8-12ft long).

If you have an item or 2 you would like to donate please speak to Esther or Tracy.

Thanks so much for your support!

Tracy



CHURCH OF TRUTH - Geometry of Design. 1986

John Cawood.

I have attached a copy of the floor plan simply as a diagrammatic image which demonstrates clearly the four geometric symbols which are core to the design, and explains the thinking process I followed, always with a view to perfect symmetry and the simplest outcome, being the most powerful form to strive for.

NOTE - refer to the drawing as you read the following.

1 - DOT : I began by placing a DOT (symbol 1) at the centre of my thinking, at the centre of my drawing paper. This DOT represented 'God-at-the-Centre' from which *all must flow*.

2 - CIRCLE : Round the DOT I drew a CIRCLE (symbol 2). This CIRCLE represented the Creative Divine Energy, the Presence, which begins within the DOT and radiates out from the DOT to form a 'circle-of-becoming', with an ever expanding periphery - expanding without end. It is eternal, immortal and incorruptible. It exists beyond time and space and location. It embraces the congregation unconditionally.

3 - SQUARE : The CIRCLE both contains and is contained by the SQUARE (symbol 3). The SQUARE represents physical location described by Time and Space within the four directions - North, South, East and West. Whereas the CIRCLE represents the

extraordinarily mobile, free and weightless, with all of our senses alert and a tingle. We see clearly, we hear clearly. We feel with exceptional sensitivity. Tastes and smells raise remembrances of each soul's truest home. Best of all, our intuitive and psychic senses are primed and ready to serve our need.

Now, we are tunnelled and funnelled toward an ever-growing beautiful light. Behold a Being of Living Light, welcoming us, engaging us, and imparting to us deep, deep understanding and wisdom which we know we will be able to share. Blessed with hyper-lucid enhanced cognition, we now know that we are intelligent enough, creative enough, and loving enough to turn all situations that our Congregation faces to true positives. We are, after all, a Community of Positive Living.

Enabled by the Being of Light, we ascend to a vantage point unrestricted by time or space, and we delight in beholding scenes of the happy and enriching times we have experienced in our beautiful Church. Each of us may treasure different mementoes. Did you sing here? Did you dance here? Did you serve others here? Did you teach a class here, or take one? Did you speak your part in a Sunday Service? Did you share your talents and entertain? Did you thrill to a Service here that was just what you most needed at the time? Did you experience Oneness? Did you celebrate someone's life here, their marriage, their birthday? Did you work here as a Director, a Committee Member, a Musician, Donor, a Helper, a Learner, a Friend, a Presence? In a matter of instants, each of us is able to review the events and reasons that delineate his or her own Quest for Truth that this Church has facilitated.

Each one of us now knows that the Being of Light is assisted by the cadre of our own special and personal guides. Your past and present loved ones are here to share information and inspiration. Do you see the Grandparents, do you see the Avatars, do you see your greatest Teachers? Do you recognize Angels, Spirit Guides, Totemic Creatures, departed Friends, or past Members of this Congregation? The Universe cares about us and for us through multiple manifestations.

We turn in gratitude to this Caring Universe, to God, Spirit, the Creative Principle, to your highest ideal of Good, however you may name that. We request, we invoke, we gratefully accept the best and clearest answers to the questions that confront us.

With compassion for our needs and with all relevant input, The Being of Light now shares with us a blessing. With our collective Consciousness, we will amplify this and focus its power for the decision makers among us who are weighing and considering courses of action for our Church of Truth Community of Conscious Living.

Here is a poetic blessing, an affirmation you may allow to resonate within you and which you may project, in Consciousness and in support, to those we have entrusted as decision makers:

A PRAYER FOR GUIDANCE

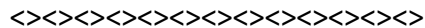
I hold Clarity in my head.
I hold Clarity in my hands.
I hold Clarity in my heart.
Through its open window
I see all sides,
know all paths,
understand all outcomes.

The perfect response
is obvious,
Emitting the light of Truth.
My opportunity for
healing growth
manifests.
I rejoice in its simplicity.
Singing songs of praise
I know Clarity in my soul.
© 2011 Beth Skala

Friend, you now have the option to return to the sanctuary with insights from today's meditation. You can walk the return path confidently, filled with but not overwhelmed by what you have glimpsed, to return now to this room we all have loved, to deliver words, hugs, assurances of our trust, whatever support you can give to our Board Members, our Spiritual Directors, and those oh so committed Committee Members in close touch with our building. Our Congregation is not the building, though we desire to treat our building with love and respect. The soul is not the body, though we wear the garment of this body with dignity. Walk the path back now, but know it is also walking the path forward.

We ask nothing more now of our decision makers than what we have always asked, simply that they do their best and that they try to make wise and prudent moves on behalf of all of us. May they experience great clarity and peace of mind throughout their deliberations.

Open your eyes when you are ready to do so, and Bless you



How We Decide

by Jonah Lehrer (Houghton Mifflin Harcourt, 2009)

A Book Review by Rev. Greg Skala

For those of us who have wondered whether the best decisions are made rationally or emotionally, author Jonah Lehrer has compiled, presented, and analyzed many fascinating studies and examples from the diverse worlds of education, sports, high finance, social sciences, and the military to make a compelling case that we absolutely need both – our “gut feelings” and our logical faculties must both be consulted if we would make effective decisions that can please and prosper us in the long term. Over millennia, Western society has tended to idealize rationality and to treat human emotional responses as potential distractions from clear thinking. Plato the ancient Greek philosopher set the tone for this predilection by describing human logic as a “charioteer,” ever obliged to control and direct those essentially untamed “horses” which are the human emotions. Jonah Lehrer argues convincingly that, while problems that involve relatively few factors or variables may be solvable by sheer logic, many complicated real-life problems, and especially moral conundrums, can only be logically analyzed up to a certain point, at which time it is wise indeed to let one's emotions enter in and put a stop to logic's tendency to spin in endless circles. As he puts it, “A brain that can't feel can't make up its mind.”

depth of this prompting and approached her mother her *own* way. She disobeyed Source and was led astray from her desired goals, exactly as she was warned.

She threw Spirit out again when she made her first communion, “*You can talk to your guardian angel, now,*” it said. She became angry, she did not want to be bothered by this voice. She promised never to listen to this “drivel” again.

The consequences of her defiance unfolded; she acquired panic disorder and became an alcoholic. She spent many years hiding, a recluse, never leaving the house unless she was under the influence of drugs or alcohol.

She did get married. ~~!!!!??

In 1963, being witness to the spirit leaving the body of her dying husband, Larrein had proof that the human form is filled with an energy that totally fills up the body and leaves when it’s time to go.

A few years later she got married again???!!!

This time she married a reliable loving person and had a daughter, Michelle. She was inspired by the 12 step program and began her spiritual life all over again.

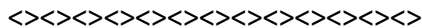
She did her practicum at Nenqaini Treatment Facility and then worked at the Friendship Center in Williams Lake. While working with Native people at the center, profound things began to inspire her.

Through meditation she was given material to write her book, Spirit Knows. Finally, in order to publish it she was told she must move to Victoria. It was the right thing to do. Spirit is always on time.

In 2009 she legally changed her name to Marvelous - - - - - -that is another story.

She now attends Church of Truth, Community of Conscious Living, she is a singer song writer, likes to play blue grass and practice meditation.

Nothing is more important than evolving awareness. The rest is trivial.



The Largest Forest Fire in Arizona History

Wallow Fire - Special Request from the Native Americans, Apache, Navajo and Zuni tribes

Please forward as you see fit

Hello everybody - as you can see on the news the Wallow fire in Northern Arizona is still uncontrollable and spreading. The fire has destroyed everything in its path, over 1/2 million acres so far, the largest fire in Arizona history. Please join us in a tribal prayer to help the firefighters and all involved. Pray so the winds stop and the rains start (without lightning please) We want to

pray for the safety of all. Ask for heavenly walls to protect our land and animals from fire. All the choppers, manpower, planes, and bulldozers are not enough, they need our help.

We are one Nation as Natives and our traditional prayers to the Creator as Natives can be pretty powerful; not only are our tribal lands at stake (White Mountain & San Carlos Apaches, possibly Zuni, and some Navajo areas), but our non-native friends also need our help.

Please let us all connect our minds, hearts and our prayers across the miles and pray. Wherever you are and whatever you have plan please stop for a few minutes and raise your hands to the Creator to ask for help. If all of you can forward this message across the Nations, we can reach many thru phone and internet. Please start forwarding ASAP to reach as many as we can. Please if your spiritual preference is not traditional - pray with us in however way you talk to the Creator.

Thank you,
Dorothea Stevens, San Carlos Apache Nation

Submitted by Nikki Menard