

THE LIGHTHOUSE JUNE 2011



GARDEN OF THE HEART

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GARDEN OF THE HEART is the umbrella theme for June 2011, chosen by the Spiritual Directions Committee.

WHAT is planted in your spiritual HEART will determine your DESTINY.

BE careful what you think
FOR thinking becomes actions
ACTIONS becomes habits
HABITS create your character
YOUR character becomes your destiny
WE are always only three or four thoughts from our DESTINY

The first Sunday, June 5, is entitled How Does Your Garden Grow? This topic will be explored through the idea of gratitude for the healing heart, through the experience of a heart operation.

June 12, is called What Seeds Are We Planting in the Heart? With the idea that Father's Day is approaching, this Sunday will be dedicated to fathers. There will be one speaker to share his experience of fatherhood.

June 19, is called Garden in Full Bloom and seeing this time of year is the summer solstice there will be a ceremony for us to celebrate.

June 26, is a community service. The fellowship will break into small groups and discuss one or two spiritual questions dealing with heart matters. For example: What is blooming for you now or what makes your heart sing?

The Lighthouse June 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 June 2011

June Theme: How Does Your Garden Grow?

June 5 Speaker: Jan Falkowski
 Moderator: Esther Hart
 Meditation: Susan Blackwood

June 12 What Seeds Are We Planting

 Speaker: Laurence Beal
 Moderator: Hendrik de Pagter
 Meditation:

June 19 Garden in Full Bloom (Summer Solstice Celebration)

 Speakers: Brian Martin and Nikki Menard
 Moderator: Brian Martin and Nikki Menard
 Meditation: Norm Smookler and his flute

June 26 Community Service

 Moderator: Marvelous Trudeau
 Meditator: D. Joan Thomas



Continued from page 1

A PATH WITH HEART

In The Garden of Your Heart is Where I'd Like to Be

Instead I Carry Your Love With Me

May God Keep Your Heart Safe and Warm

And May God Protect Your Heart From Harm

By Marvelous Trudeau



MEN'S PANCAKE BREAKFAST

We're inviting all our male members and friends to a wonderful pancake breakfast gathering on Sunday, June 12 at 9:30 am in the Children's room. **No girls allowed** (unless they want to help clean up the mess afterwards!)

Come and share your favorite recipe or sit back and enjoy the relaxed company of some of the great men we have in our community. It's free and guaranteed to be very tasty.

RSVP to Brian by June 5th. See you there...

SOLSTICE CELEBRATION

In honour of our Summer Solstice we are creating a very special service on June 19th, one in which creativity and inspiration are at the forefront. With this in mind, we are inviting 12 people who would like to participate by sharing some creative inspiration they have based on the guidelines we provide. This could be in the form of a poem, prayer, an invocation, a dance, a song, or ... Each person will have up to 2 minutes to present their offering. If this interests you, contact Brian or Nikki to find out how you can be a bloom in our Solstice Garden. The day will be colourful!

Law of Harmony

Laws are the dictates of nature. When adhered to, they produce harmony. Human laws ideally ought to reflect laws of nature. When they don't, then disharmony is created.

When we think of harmony we typically think of music, as this is a clearly seen, or heard, expression of harmony. When sounds are harmonious they are pleasing to us. When notes are combined in different ways they can produce chords, which are used to produce pieces of music we can enjoy together. What is interesting about this example is that for a chord to be produced from a combination of notes, each note must contribute to that formation. Otherwise, discord results from the disharmony.

When a note 'disregards' the whole of which it is a part and does its own thing, discord results. When an individual disregards others and is focused just on doing his or her own thing, disharmony is often created. Just as the note finds its true value in relation to what it contributes, so too humans find their personal value and deeper satisfaction in their contribution to others.

This contribution does not imply conformity, however. When we conform we lose our individuality and our personal uniqueness and value. It is this unique value which is our most precious contribution to others.

Harmony implies that a living thing, including you and me, must contribute in a way that augments (we often say, empowers) others if harmony is to be created. What empowers are those universal qualities we have within ourselves that others need to have supported or awakened within themselves.

When the question of harmony is considered there are always two realities - individuals and a collection of individuals, be they notes, people, animals, etc. A collection of individual humans can be called a community. There are many words in different languages that relate to this fundamental reality of human nature - words like community, commune, communication, communion, common, the commons, commonwealth, and commonweal.

The principle law governing community is the Law of Harmony. A community is a natural reality, and the Law of Harmony is a natural universal law. One of the greatest difficulties we have on the planet is existence of communities in conflict. We have a real need to attempt to create more harmonious communities. Our ability to express ourselves adequately and fulfill our purpose for being depends upon it.

Community is an externalization of the reality we call soul. Literally, a community is a group of individuals living in unity. Most people do not think of unity when they think of community, seeing it more as a collection of individuals who happen to be together. When a community does not live in unity, the soul of the community is denied, and therefore unconditional love, which is the essence of soul, is thwarted. This deprivation of connection and acceptance, easily leads to fear, mistrust, isolation, and in many cases also to racism, hatred and war.

Unity is not uniformity. It therefore does not require conformity. Unity is a state of consciousness and therefore respects diversity of form and expression. It suggests unanimity, which means to be of one spirit or one soul. It is an inner identification with the other as oneself. We could say that it is the soul within recognizing itself in the other. For at a soul level we are one.

Harmony produces harmonics. These are resonances in other octaves. What this means psychologically and spiritually is that when harmony is present those experiencing it open themselves automatically to other dimensions of reality and other levels of their own being. Harmony awakens potentials and expands consciousness, bringing into expression through individuals such qualities as respect, acceptance, tolerance, understanding, empathy, compassion and unanimity.

Harmony awakens the soul and soul creates a community of people who live together creatively and purposefully through which the very best in human nature can unfold.

Andrew Schneider

Submitted by Deborah B. Hawkey

HAPPY BIRTHDAY!

We Celebrate With You

June 11 *Maria Escude*

June 21 *Laurence Beal*

June 22 *Joy Emmanuel*

June 22 *June Swadron*





UP CLOSE With Laura Lane

I will begin by telling you that I was born and bred in Whitehorse, Yukon, a small northern city, in what is affectionately known to me as, “The Land of the Midnight Sun.” If you have read any of Robert Service’s works then you already have a taste of the north and its haunting magic

I was born the 7th of 9 children, the youngest daughter, and consider myself very lucky to have a baseball team of others, who I love, care about and

feel connected to as I travel this life’s journey.

I left the stark, natural beauty in 1981 to come to University here in Victoria. Its softness had called to me many years prior while visiting the island when I was 12 years old and I said, “I will come back here!” and surely I did.

After years of dedication to my studies at the University of Victoria I attained my Bachelor of Arts degree in Psychology, and on a beautiful sunny day in June, celebrated my success with family and friends on a 56’ yacht I had rented from a former Church member! This was in 1989.

Following this, life had a series of ups and downs and did not follow the smooth path I had anticipated. Spirit came forward strongly as I faced both physical and emotional crisis. Doors closed, doors opened, windows provided shadows and then clarity. Laura, as I knew her, began to break into pieces and a new or truer form of me began to emerge from within.

During this chapter of my life, I learned to feel, little by little, what was really me! I began to know slowly, step by step what truly inspired and motivated me. I thought many times, I had just become “a mess”. But life continued to show me, as I continually pulled back and then re-engaged, that who I was, was a WHOLE beautiful being – loved and loving, embraced and accepted, gifted in the ways the Creator and I had agreed upon.

I found this little Church during these years through my new found best friend Marie Logan.

Listening to this knowledge I now had of who I was, I followed my passions and in the external world went into working with elderly people in the area of recreation – to assist in helping them reconnect or stay connected to what inspired them in this vulnerable yet rich time in their lives. I was fortunate also to teach a Therapeutic Recreation Program, with Patricia Coleman as my Administrator, at a private college in Victoria and experience the strength of sharing my years of schooling and life with adult learners interested also in inspiring others.

After my teaching years ended, I found myself going deeper into my soul and coming into a greater awareness of my well of creativity that I wished to offer now to children – the little “us” who were still learning and realizing who they were. This brought me to my current work at an Elementary School.

Along the way, I attained training and certification in a host of complimentary medicine modalities such as acupressure, touch for health and chi gong. I studied the chakra system and the 5 element Chinese theory and then completed a certificate for teaching Music for Young Children.

As I began to play more and worry less, I took on the creative challenge of editing my Mother's book, "In a Sun scorched Land" and a friend's book, "My Best Friend." I started to play piano again, began singing and recording and recently joined my first Folk/Rock Band!

This summer, as I continue to expand my Self and know my Soul, I plan to run children's fine arts groups that I have had a vision of for over a decade called, "Come and have Fun with the Earth, Water, Air and Sun!"

And, day by day, as I continue this journey, when I am in my hours of need and my hours of joy I return to the knowledge that I am a whole beautiful being – loved and loving, embraced and accepted, gifted in the ways the creator and I had agreed upon.

Oneness Wednesdays in June

Spiritual Circles



Church of Truth, Community of Conscious Living
111 Superior Street, Victoria, BC
7:00 p.m. to 8:30 p.m.
June 1, 8, 15, 22 + 29
Everyone Welcome to Drop-In
Free or by Donation

This is an opportunity for small group discussions (ideally 6-8 people) for each circle. 3 facilitators holding space for each of the evening. The facilitator has chosen their own spiritual topic for discussion or has chosen to do an activity for each of their two 15-20 minute circle discussions/activities in the evening.

Format for the evenings:

- * Circle Opening**
- * Introduction to Evening**
- * Each facilitator gives a brief introduction of their topic or activity**
- * People self-organize into each of the circles and can stay in the Sanctuary or choose to go elsewhere in the Church (ie Quiet Room or Children's Room);**
- * Spiritual Discussion / Activity #1 - 15 to 20 Minutes**
- * Spiritual Discussion / Activity # 2 - 15 to 20 Minutes**
- * In Spiritual Discussion / Activity #2, the facilitator can choose to continue the discussion / activity or choose to do something a bit different; People can also choose to change to a different circle or stay in the same circle.**
- * Gathering in Larger Circle for Group Sharing.**

June 1st Spiritual Circles - Opportunity to Choose:

Topic 1 : Reflections on Madness and Enlightenment - Facilitated by Dan Tourigny
Dan will read an excerpt from his short story, "Facing the Mystery: A Story of Madness and Enlightenment" followed by reflection, Q&A, and other peoples' sharing on the topic.

Entire short story at <http://danstab.blogspot.com/2011/05/facing-mystery-story-of-madness-and.html>

Topic 2 : Spirituality and Food: Is there a connection? Facilitated by Linda Chan

Topic 3 - Intimacy. Facilitated by Deborah Hawkey