



THE LIGHTHOUSE JANUARY 2011

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Brave New Beginnings

Happy New Year! It always seems like New Year's is the perfect time for new beginnings. As we welcome 2011, undoubtedly we have high hopes for a better year. Do you find yourself trying to think of a good resolution? Something easy, something you can stick to. Perhaps you want increased revenue, more down time, more fun or better relationships. How about living with more passion and purpose?

The age old question is: How do you commit to it all without making more work for yourself? How will it be possible when you've come up short in the past on these same goals? What steps will ensure success? What will be different for you in 2011 than in previous years? Simple questions, yet necessary

I assure you this year will be different...why, because of intention.

So what is intention? An intention is connected to your authentic desires. It's like shooting an arrow into the future. The more precise your intention the more likely you are to hit your target. Let's say you have an intention to be peaceful, grateful, joyous, loving, successful, healthy or wealthy. Your intentions are your high ideals and are usually at the root of your motivation for any of your specific goals.

In this way you are affirming a positive existence, not cultivating a sense of guilt or inadequacy. For example, instead of intending more money to flow into your life, try to setting an intention in a more present and joyous way, such as: "I am loving the abundance in my life." This allows you to begin to shift out of a poverty mindset into one of abundance and wealth. You want to avoid negative intentions, such as 'I will not eat sugar,' but instead, "I intend a healthy and nurtured body."

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The Lighthouse January 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	
Past President	Brian Martin	
Vice President/SDC Liaison	Carol Douglas	
Treasurer/Outside Maintenance	Jan Falkowski	
Secretary	Genevieve Eden	
Rentals	Tracy Koebel	250-857-8185
Inside Maintenance	Lorna Rennie	

Your Spiritual Directions Committee Members are:

Cedona Holly	
Nikki Menard	
Marvelous Trudeau	
Deborah Hawkey	
Paul Monfette	

Newsletter—Deborah Hawkey Email dbhawkey@gmail.com

Newsletter Submissions welcomed by the 21st. of each month

Linda Chan <http://cotvictoria.ca>

Sunday Service Schedule for January 2011

January Theme: Brave New Beginnings

January 2

Brave New Beginnings

Community Service

Moderator - Deborah Hawkey

Meditator - Marvelous Trudeau

January 9

Way of the Playful Warrior

Speaker - Paul Monfette

Moderator - Laura Lane

Meditator - Joe Carlson

January 16

Courage to Be

Moderator - Marie Logan

Meditator - TBA

Speaker - Julia Day

January 23

Change- Ya Gotta Love it!

Moderator - Esther Hart

Meditator - Patti Huot

Speaker - Jan Falowski

January 30

What Sparks You?

Community Service

Moderator - Nikki Menard

Meditator - Pat Miller

Continued from page 1

Effective and powerful goals are ones that are specific and measurable. You want to be able to track your progress and know for sure if you are reaching your goals or not. This doesn't have to be a competition and doesn't have to be filled with stress, pressure, shame or guilt. Having your goals as specific and measurable just makes them clear and more likely to manifest.

Action is where the rubber meets the road and is often the place where things break down, which usually has more to do with a lack of support and accountability.

It's been said that there's nothing more powerful than a "collective vision." As a community building project we, the SDC, are introducing a Collective Vision Board. This is a way for you to share your intention(s) with someone in the COT community in a way that will support you and hold you accountable to taking action.

The first steps toward setting an intention are:

1. Get clear about something you want and write it down.
2. Do something today to demonstrate your commitment to your intention.
3. Acknowledge that you did what you said you would and then, take the next step.

My intention is to lose 10 pounds by July 15. I've broken it down into manageable goals of 2 pounds per month. The action I'm taking is I say "I enjoy eating healthy food that nourishes my body and I enjoy exercising and love the feeling of loose fitting clothes." I have a photo of a healthy body and each time I look at it, it will reinforce the positive image of me at my goal weight and my positive thoughts will bring it about.

Start by choosing a theme; gather pictures and words from magazines that "grab" your attention or it could be journal writing or a poem. Commit your vision to paper and glue, get supportive feedback from others, dwell on your vision, get help to implement your plan and celebrate the final result. Have fun with it. We are here to support you.

Submitted by Deborah Hawkey - SDC

IN LOVING MEMORY



Tomas Vieira
1958-2010

The Way of the Playful Warrior



Playful Warrior – Opening To Your Playful and Spontaneous Inner Nature Facilitated by Playful Paul & Friends

Drop – In to Oneness Wednesdays

Date: Wednesdays, January 5, 12, 19 + 26

Time: 7:00 p.m. to 8:45 p.m.

Location: Church of Truth, Community of Conscious Living, 111 Superior Street

Cost: Free or by donation

Information: <http://cotvictoria.ca> or Linda at 250-380-6383 or Paul at 778-430-2430

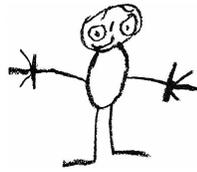
- Playful Warrior Dances in Joy
- Playful Warrior Opens to Love
- Playful Warrior Lets the Universe Play through Us
- Playful Warrior Utterly Lost and Then Comes Back To Speak

Everyone Welcome to Drop-In to Any and All Evenings

Week 1:

Contact:

- ♥ Shine the light: Illuminate the way
- ♥ Are the alligators real?
- ♥ Shedding the old skin.
- ♥ Opening to the new
- ♥ Saying hello



Be a channel of divine play

Be in the body's wisdom

Mining the treasures

Week 2:

Integrity:

- ♥ Shift happens
- ♥ Being willing – to be seen: Being real
- ♥ Being who you are

Living Your Life

Week 3:

Blossoming

- ♥ Becoming a new reality
- ♥ Building a new vision
- ♥ Embracing the dreamer

Week 4:

Flight:

- ♥ Into our endless selves
- ♥ Seeing from a new perspective
- ♥ Listening to the phone ring
- ♥ Effortless being

These are some of the possibilities that will happen in the unfolding of the evenings:

Channelling our higher selves – who we actually are

Let our highest selves tell the story

Humbling service to the soul's intent

Being beyond story

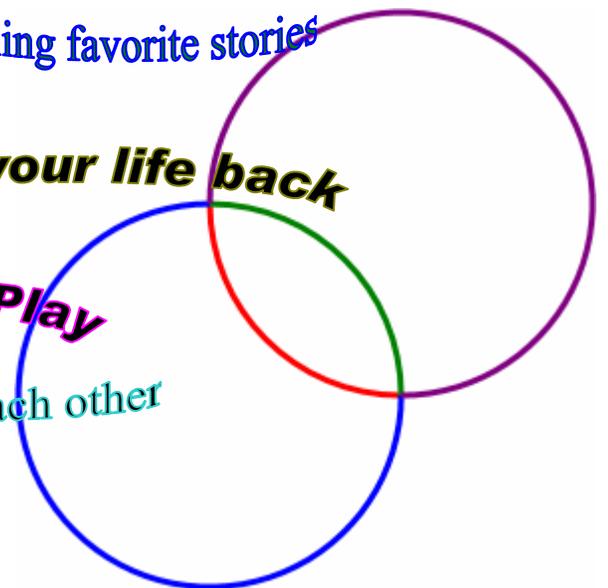
Telling favorite stories

Becoming our heroes

Having your life back

Meaningless Play

Being in wonder of each other



Love

Are you willing to commit yourself to Love - the infinite presence of Spirit in your soul? If so, there are certain basic principles we need to understand about how we love.

In our mentally polarized cultures that are dominated by a male energy that emphasizes doing and producing, we often unconsciously feel that in order to love we must act in certain ways. While this yang aspect of love is important, the primary aspect of love is yin - i.e., receptive, magnetic. Love does not require doing anything. It is a way of being present. This means that without engaging our minds, we allow the soul within to attract the soul of others, enabling soul to soul contact to occur. This is in fact what love is.

Every human being has an infinite capacity for love. In fact, infinite love seeks to express itself unconditionally through every one of us in every thought, every emotion, every word and every act we perform. The essence of the Spiritual Soul within us is infinite love. It doesn't care where that love is directed by us, for it tries to direct itself everywhere all the time.

Our personalities have personalized love that is essentially impersonal. We have sentimentalized and emotionalized love. Our limited nature directs it here and not there, now and not then. By doing this, we've made it an impulse of our desires rather than the force that takes us beyond our desires to the fulfillment of need.

We don't have to personalize love but we do have to individualize it. It is through our individualized nature that infinite love can be expressed uniquely and responsibly. No one else in the world now or at any time can ever express love in the same way you can. Because love is infinite, there are an infinite number of facets to it, perspectives of it, energies radiating from it, forms it can take and pathways to it.

There is a drive within you to keep expressing love. This is really why you love - not because it feels good, or someone wants you to, or because you feel you should. The only reason you love is because you cannot not love. You would die. You know that when you are in some fear and you do not let love through, you do die a little in the form of some pain, illness, discomfort, sadness, anger, discontent or unhappiness.

Getting in touch with the love within you is the most important step you can take on your spiritual journey. It will also be your most rewarding. Being in touch with the love within allows you to be accepting, understanding of yourself and others, vulnerable when you need to be. It allows you to look at your shadow and heal yourself while being supported by the love of Spirit and the soul within. It allows you to be truly who you are.

Andrew Schneider Submitted by Deborah Hawkey

Spring

Warm winds blow upon the cheek

Clouds unburden gentle rain.

Crocuses warm sunshine seek.

Cheery robins new notes attain.

Pussy willows by the brook.

Bursting buds their message bring.

Piping frogs hop out to look.

The moment comes at last

It's SPRING

by Trish Coleman

written in grade 7

**Happy
Birthday**
We celebrate with you!

January 12 Marvelous Trudeau

January 13 Laura Lane

January 20 Agnes Amundrud

January 25 Brian Martin

January 26 Esther Hart



behind the masks

behind the masks
are tear stained faces
hidden behind pretenses
false embraces.

behind the masks
is the fear and the doubt
stalking predators
consuming the hope.

behind the masks
are hidden voices
that cry but do not weep
that talk but do not speak
that scream but do not rise.

behind the masks
are broken dreams
seeking to be heard
seeking to be seen.

behind the masks
are you and me
great pretenders
afraid to see what could be
beyond the masks.

and then here are those among us
who dare to take risks
and move beyond the masks
those who do weep
who do speak
who do rise...into the pain and the glory
daring to be seen weeping or laughing
and then extending a hand
ready to dance.

By Jan Falkowski & June Swadron