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Integration and Interconnection in Diversity

For starters, most of us have a subjective context of feelings which need to be re-contextualized with greater perspective, and often then acted upon. With Practice and perseverance we may temper ourselves with spiritual and self disciplinary routines and the formation of habits which leave our feeling natures more free. In such lifestyles, integration of our identities with greater wholes brings greater interconnection with other members of this experiential playground.

Submitted by SDC.



The Lighthouse July 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
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Lorna Rennie	250-361-2079
Secretary/Treasurer	Deborah Hawkey	250-813-1747
Outside Maintenance	Bill Israel	250-744-0590
SDC Liaison	Bill Israel	250-744-0590

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
Jane Campbell	250-588-6722
Linda Chan	250-380-6383
Chris Porter	250-588-6722
Marilyn Smando	250-516-9687
D. Joan Thomas	250-721-4054

Rentals Esther Hart 250-896-5933

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

SUNDAY SERVICE SCHEDULE

July 2017: Celebrating Unity and Fertility

July 2 Starting From the Personal View, Moving Into Compassion

As we grow spiritually and have love and compassion for ourselves and remove the ego. We are more open naturally to transcend into a spiritual love, being compassionate for others without judgment and embracing everyone for their true self. LOVE

Moderator: Marilyn Smando
Meditation: Jean Gregson
Speaker: Eileen Curteis
Greeter: Linda Chan
Coordinator: Marilyn Smando

July 9 The balance between Masculine and Feminine. Can it be achieved with ONE?

Retha Zaffino and Chris Porter Lead of Interactive Group
Discussion Groups
Meditation: Radhika Devi
Greeter: Colin Lee

A discussion from a male and female perspective on the balance of the traits of the other within themselves. An open dialogue and interactive sharing session for all participants to learn more about masculine and feminine traits and how best to balance the power of it all within ONE, yourself!

July 16 Plumbing the Depths of Summer Sunshine

Coordinator: D.Joan Thomas
Moderator: Marie Logan
Meditation: Lou Hammond
Speaker: Carlie Kilduff

July 23 As Within so Without ~ How one's outer experience is a reflection of the inner self.

Coordinator: Jane Warren Campbell
Moderator: Frances Litman
Speaker: Troi Leonard
Meditator: You
Greeter: Toni Bennett

July 30 **Community Service: Being and Doing** by Catherine Denison

At the Community Service on Sunday, July 30, we will be exploring a time in our lives when we experienced a significant shift in consciousness that led us to embody a new way of being and doing in the world.

One of Mahatma Gandhi's most famous quotes is, "Being is the change." He doesn't say that 'doing' is the change. I feel that what Gandhi is essentially saying is that outer reality always reflects inner consciousness, both individually and collectively. What we do, what we create, always reflects our level of awareness and consciousness. There is nothing out there. Everything is in here. Quantum physics confirms that everything is energy and is interconnected. Scientific studies confirm that we change what we observe by the very act of observing it.

So the important question is, "How are we being when we create and do?" What we observe out there reflects what's in here. Our outer reality always mirrors back to us how we are being. As we become more conscious of the interconnection between being and doing, we attune ourselves increasingly to the deeper meaning behind the experiences we create. For example, if we experience someone disrespecting us, the Universe is inviting us to go inwards and explore why we have created that experience. Perhaps it's because we do not feel worthy of respect. And if that's the case, we can then decide if this way of being still serves our evolutionary journey. And if not, we can embrace spiritual practices to help us let go of that emotional blockage in order to embrace a higher way of being, which our outer reality then reflects back to us.

At the Community Service in July, we are inviting you to recall a time when you experienced a significant shift in consciousness that led to a new you, a new way of being, a new way of creating and perceiving reality.

Three members from our community will share briefly on this topic and the microphone will be passed around so that others have the opportunity to share.

Moderator:	Catherine Denison
Meditation:	TBA
Panel:	Ella Brown (+2 - TBA)
Greeter:	Linda Chan
Coordinator:	Linda Chan

*****Following this Community Service there will be a finger food potluck*****

Speaker's Bio

SISTER EILEEN:

Eileen Curteis, a Sister of Saint Ann, is a Reiki Master teacher and practitioner, who has treated and taught numerous people over the last twenty-four years.

After the closure of Queenswood Retreat and Spirituality Centre where she had worked for seventeen years, Eileen carried on the legacy of the former

Queenswood by obtaining a fifteen year trademark for Queenswood School of Reiki. She then went on to co-found with Sharon Burkmar and other dedicated women, Queenswood Holistic Healing and Spirituality Society. Preceding this, Sister Eileen was a teacher, principal and educator for twenty-seven years. Her greatest passion lies in her healing ministry and in the literary arts. She has authored eleven books to date and has become an accomplished poet, artist and writer, as well as being a producer of six CDs and three films.

Carlie Kilduff: Writer, speaker, spoken word artist, spiritual health practitioner, mother of two beautiful boys and wife of awesome husband. Five years ago she resigned from teaching high-school in order to pursue her calling - she shares powerful and passionate messages of love, joy, peace, healing, self value, mental health and spirituality.

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

July 5, 12, 19, 26



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

Format For the Evening Includes:

7 p.m. Opening of Meditation Circle and Welcome (Opening of the Circle, Lighting of Candle, Welcoming People to our Sacred Space, Sharing of “Flower Essence”)

A Short Guided Process to Prepare for the Body for Meditation followed by Chanting the sacred “OM” three times before we enter into Silent Meditation.

7:15 p.m. to 7:45 p.m. Silent Meditation.

At 7:40 p.m. ring chimes once and Attendees are invited to Silently and Individually set a Meditation Intention to the Service, Love & Healing of Others or continue with Silent Meditation.

7:45 p.m. Ring Chimes three times. Silent Meditation Ends and Attendees will be invited to stay for the Sharing Circle or quietly leave.

7:47 p.m. Sharing Circle begins – Attendees are free to contribute to the circle anything they wish to share stemming from their meditation and day to day life. There will also be an opportunity to light a candle(s) and set an intention.

8:20 p.m. Closing of Sharing Circle - Take-away Thoughts, Toning or Chanting, Put out the Candle, and Close the Circle.

HAPPY BIRTHDAY

We Celebrate with YOU!

Bob Winkenhower July 12



Red Velvet Cake Recipe:

- 1 1/4 cup all purpose flour
- 1 cup granulated sugar
- 2 tablespoon Natural Cocoa Powder (i.e. Cacao Powder) *
- 1 teaspoon baking powder

1/4 teaspoon salt
1 8.25 ounce can water packed sliced beets or (1 cup cooked sliced beets with 3/4 cup of water)
1/3 cup canola oil
2 tablespoon lemon juice
1 teaspoon vanilla extract

*** Very important do not use Dutch processed in this recipe**

Preheat your oven to 350 degrees and lightly coat an 8 inch round cake pan with canola oil.

In a large bowl whisk together the flour, sugar, cacao, baking powder and salt so that all of the ingredients are evenly dispersed throughout the mixture. Set aside.

Get out your food processor or blender, and toss the entire contents of the can of beets water included into the machine. Process the beets for a solid 2 - 4 minutes depending on how powerful your machine is, until completely smooth. Add in the oil, lemon juice, and vanilla and pulse briefly to incorporate.

Pour beet mixture into the bowl of dry ingredients and mix just enough to combine.

Pour batter in the 8 inch round cake pan and bake for 18 to 22 minutes, until a toothpick inserted into the center comes out clean. Let cool completely.

The red velvet cake pictured above was made with a double recipe (2 layers). In between the two layers and also on top of the cake is a coconut whipped cream. The cake is decorated with raspberries and shredded mint leaves.

Coconut Whipped Cream Recipe:

1 3/4 cups (400 ml can) full fat coconut milk (not lite) or coconut creme
1 - 2 tablespoon confectioner's sugar (icing/powdered sugar)
1 teaspoon vanilla extract

1. Chill your coconut cream or coconut milk in the refrigerator overnight, being sure not to shake or tip the can to encourage separation of the cream and liquid. See notes for more insight / troubleshooting.
2. The next day, chill a large mixing bowl 10 minutes before whipping.
3. Remove the coconut cream or milk from the fridge without tipping or shaking and remove the lid. Scrape out the top, thickened cream and leave the liquid behind (reserve for use in smoothies).
4. **Note:** if your coconut milk didn't harden, you probably just got a dud can without the right fat content. In that case, you can try to salvage it with a bit of tapioca flour - 1 to 4 Tbsp - during the whipping process. That has worked for me several times.
5. Place hardened cream in your chilled mixing bowl. Beat for 30 seconds with a mixer until creamy. Then add vanilla (optional) and powdered sugar and mix until creamy and smooth - about 1 minute. Taste and adjust sweetness as needed.
6. Use immediately or refrigerate - it will harden and set in the fridge the longer it's chilled. Will keep for up to 1 - 2 weeks!

Submitted by Linda Chan

Full Circle

The calm of the light
The bliss of the darkness
Coming full circle
In the span of a day

Reaching out in the light to friendship
Sharing smiles and laughter
Only contentment radiating
From our hearts

Submissive to the darkness
The day closing before our eyes
The beauty of the moon shining bright
The stars above showing us the way

The calm of the light
The bliss of the darkness
Coming full circle
In the span of a day

Submitted by Anne Roberts

Nature's Promise of Spring

As the trees open their branches
To the budding of new leaves
A new season is upon us
To the dawning of a new day
Lights the way to a new beginning

The flowers are opening their petals
In the beauty of the sunshine
Where her warmth is felt in the newness of life
The fragrance of each blossom are adorned
Keeping us alive with the promise of a new spring

Children emerge from their hiding places
Of the colder weather
Bringing with them the beauty of youth
To share with the world
Holding on to their innocence
They spread their joy in the streets
With the birthing of spring

Dogs can be heard in the distance
Making it known that their tails are wagging

With the sight of spring upon them
Warmer breezes to play in the tall grasses
And tongues painting in the delight of a new season

Each day anew with the promise of spring
Making way for her sister, summer
And the joy she will bring
This heaven we share and delight in
Always here for us until the end of time
Nature's way of telling us she cares
Submitted by Anne Roberts

