



THE LIGHTHOUSE JUNE 2012

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<http://cotvictoria.ca>**

May I introduce the new SDC

(Spiritual Direction Committee)

Laurence Beal, Hendrik de Pagter, Stephen Kinsella, Dancing Wolf and Patricia (Trish) Coleman! Good Lord what a lot of testosterone in this SDC as well as deeply spiritual, intellectual, great men with whom to share ideas. It should be a fascinating year.

It is my privilege to write the first introduction for the Newsletter. The title is I AM. The overall impression I have from our first meeting is that we are looking at I AM from a personal point of view. Am I coming from EGO or SELF ESTEEM? We are discovering I AM with likeminded people. Then we look to I AM in the greater community? Finally we round it up with how we have found who I AM and healing through Creative Expression.

Where to start! Well, I believe the only difference between ego and self-esteem is thinking and knowing. What I think about myself may come from years of trying to feel OK about myself and having to accomplish stuff. It may be getting status, making money or being recognized. These things sometimes allow us to logically tell ourselves "I have confidence". I am OK. But they are erroneous. The ego is actually the untrue image we have of ourselves. Self-esteem on the other hand is truly knowing ourselves.

*"This above all: to thine own self be true, And it must follow, as the night the day,
Thou canst not then be false to any man."* -- William Shakespeare

I believe we are actually born with self-esteem, until, as a child or adolescent, it becomes wounded (sometimes it takes years to find it again -- and "re-remember" the self-esteem we had as a child).

Finding it comes from being honest with ourselves. Remember that people with self-esteem don't need other people to approve of them and to validate their actions. We don't need to brag. We don't need anything or anyone to validate our opinion. If somebody pulls the rug out from under us, ideally it shouldn't affect us emotionally because we have a foundation of self-esteem in place. We don't have to convince other people to accept our beliefs and opinions.

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The Lighthouse June 2012

**A Newsletter for Friends of the Church
The Church of Truth - Community of Conscious Living
Sunday Service – 11:00 am**

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.

Working for you - Your Board of Directors

President	Patti Huot	250-385-0941
Past President	Esther Hart	250-896-5933
Vice President	Roland Guenther	778-433-4386
Treasurer	Hanna Figon	250-412-7446
Secretary	Cynthia Pattison	250-661-8687
Rentals	Esther Hart	250-896-5933
Outside Maintenance/SDC Liaison	Sanjara Omonyi	778-433-4386
Inside Maintenance	Dancing Wolf	250-418-0694

Your Spiritual Directions Committee Members are:

Trish Coleman	250-721-1973
Laurence Beal	250-380-6249
Hendrik de Pagter	778-440-5234
Elissa Giles	250-598-8803
Dancing Wolf	250-418-0694

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 2012

THEME: I AM

June 3 I Am Both Self Esteem? Ego?

Coordinator: Stephen Kinsella
Moderator: Bob Winkenhower
Meditation: Stephen Kinsella (music and hold the silence)
Speaker: Stephen Kinsella
Greeter: Linda Chan

June 10 I Am-One with Likeminded People (Birds of a feather Flock Together)

Coordinator: Laurence Beal
Moderator: Lorna Rennie
Meditator: Laurence Beal
Speaker: Melanie Lichtinger
Greeter: Don Morris

June 17 I Am- I Am Here For You - Holding Space

Coordinator: Hendrik de Pagter
Moderator: Elvira Parrella
Meditation: Susan Blackwood
Speakers: Roland Guenther and Hendrik de Pagter
Greeter: Jennifer Sagar

June 24 I AM- Inspired Creativity and Healing Community Service

Moderator: Dancing Wolf
Meditation: Stephen Graves
Greeter: Joyanna Wilkinson

Continued from page 1

I remember someone saying “If it doesn’t come from love it is EGO.” I certainly feel like a work in progress! I Am being with like-minded people reminds me of the ‘Lesson of the Geese’ that feel is very similar to our wee kirk!

In the fall when you see geese heading south for the winter flying along in the "V" formation, you might be interested in knowing what science has discovered about why they fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

Quite similar to people who are part of a team and share a common direction get where they are going quicker and easier, because they are traveling on the trust of one another and lift each other up along the way. Whenever a Goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone and quickly gets back into formation to take advantage of the power of the flock.

If we have as much sense as a Goose, we will stay in formation and share information with those who are headed in the same way that we are going. When the lead Goose gets tired, he rotates back in the wings and another Goose takes over. It pays to share leadership and take turns doing hard jobs.

The Geese honk from behind to encourage those up front to keep their speed. Words of support and inspiration help energize those on the front line, helping them to keep pace in spite of the day-to-day pressures and fatigue. It is important that our honking be encouraging. Otherwise it's just - well .. honking!

Finally, when a Goose gets sick or is wounded and falls out, two Geese fall out of the formation and follow the injured one down to help and protect him. They stay with him until he is either able to fly or until he is dead, then they launch out with another formation to catch up with their group. When one of us is down, it's up to the others to stand by us in our time of trouble.

If we have the sense of a Goose, we will stand by each other when things get rough we will stay in formation with those headed where we want to go. The next time you see a formation of Geese, remember their message that: "IT IS INDEED A REWARD, A CHALLENGE AND A PRIVILEGE TO BE A CONTRIBUTING MEMBER OF A TEAM" Author Unknown

And of course

The Birds of a feather flock together, And so will pigs and swine;
Rats and mice will have their choice, And so will I have mine.

1. Birds of a feather flock together:

Have you e’er been walking and seen in the sky
A flock of geese flying and perhaps wondered why?
They fly in a V-shape—not in some other form
Such as small groups or large groups or straight as the norm.
No feathered brain fowl, these geese really know
How to travel efficiently where e’er they go.
The V has a purpose, aerodynamically smart,
Those birds are good buddies; each one does its part.
They’ve got a neat system that’s often been shown
To provide for hurt geese so they’re not left alone.



And although their squawking won't make a sweet song,
They honk to encourage each other along.
There's rarely a goose with its neck out of joint
Cuz each one gets its chance to fly at the point.
So there's never a leader too tired to lead
For each goose is primed for its turn when there's need.
All of the creatures live lives that can teach
Us humans some lessons! And geese surely preach
How to learn and to lead, to build up and to bond
Why geese can show teammates how they could respond
To each other like geese as they fly. Don't you think?
We could be Team Honkers and teammates in sync?
By Linda Pederson 3/29/94

I Am part of community. The person in our community who exemplifies this in spades to me is Shivon Robinsong

It is a privilege to be part of one of her choirs. She is such an inspiration just by being the amazing incredible person she is.

Shivon shares her passion for singing as the founder and co-director of the renowned Gettin' Higher' Choir and the High Noon Choir. In her singing workshops throughout Canada, the US and in Ireland, Shivon has helped thousands reclaim their singing voices. She believes that singing together in harmony is our birthright, a vital source of health and vitality, both for individuals and groups. Shivon is passionate about building vocal community that is joyful and inclusive. Together with Denis Donnelly, she founded and directs the very successful Community Choir Leadership Training in Victoria BC, and the worldwide Ubuntu Choirs Network.

She believes that everyone can sing! "It's a matter of life and breath! Singing together in harmony is a vital source of energy and connection that's accessible to everyone." She says, "Singing is about listening, making friends with the sound of your own unique voice, and finding your place in a vocal community. Discover how singing together enhances any kind of gathering, whether for business, self-exploration, or just plain fun!" Her choir work is featured in the television documentary, Sing!: Healing Community, Celebration. She has a unique ability to help individuals and groups discover the power of their singing voice. Through workshops, keynote speaking, and conference facilitation Shivon provides tools for building harmony and better communication. On a larger scale as part of the Ubuntu choirs who seek to create a world in which we listen deeply to those around us, celebrate diversity, trust in our voices and bring them forward on behalf of harmony, justice and peace.

And then there is the Kapasseni Project

Perpetua Alfazema, Founder & Coordinator, Kapasseni Project writes "Through our shared love of African songs, the lives of the Gettin' Higher Choir and of our little village Kapasseni have become magically interwoven. It has meant so much to the people of Kapasseni to know there are people on the other side of the world who care so deeply. "The Kapasseni Project is dedicated to assisting in the regeneration of Mozambique by providing children and their families with educational opportunities, medical assistance, community development and spiritual support. The project was founded in 1995 by Mozambican refugees and long-time Victoria, BC residents Joseph and Perpetua Alfazema. The couple were moved to help their

homeland after a 30-year war that destroyed schools, hospitals, cropland, churches, roads and the ability of the people to live healthy, self-sufficient lives. Moved to help make a difference, the Gettin' Higher Choir has performed many Concerts for Kapasseni since 1999.

If you haven't seen the films of Shiron on her 2nd visit to Kapasseni Mozambique, please watch them on you tube for inspiration of what one person with a vision can accomplish. It is simply a miracle how the lives in 4 villages now have been changed in Mozambique. Journey to Kapasseni, and Return to Kapasseni.

And finally I AM a Creative Healing Force

Community query: "How has the healing creative spirit contributed to who I AM?" or who "YOU ARE"

Patricia (Trish) Coleman SDC member and loving it!

WOMEN'S GROUP

"What Makes You Feel Happy?"

This Women's Gathering will be held on Sunday, June 10, 2012 at 7:00 pm
at #303--332 Michigan Street at the home of Marvelous.

Joy to you and me

From Janet and Marvelous

Happy Birthday
We celebrate with you



June 8 - Catherine Denison
June 11 - Maria Escude
June 21 - Laurence Beal
June 22 - Joy Emmanuel
June 22 - Junie Swadron

UP CLOSE

With Trish Coleman



My Spiritual and Life Experiences--My Metamorphosis

Patricia Anne (Rose) (Kinsella) (Stoehs) Coleman or just Trish.

I was born 81 years ago and I was pretty well oblivious to whom I was for many years. I knew what I did and sometimes how I felt but it felt somehow unreal in many ways.

At the age of 8, I was very moved by the movie 'Song of Bernadette.' My father said it was just a bunch of Roman Catholic propaganda. But it moved me. I wondered about a God out there somewhere.

As a teenager I became involved with an evangelistic part of the Anglican Church and had some wonderful spiritual insights and awakenings.

When I was in Nursing School I read 'Hudson Taylor's Spiritual Secret' and decided to go to China as a medical missionary. Then, I decided not to go, which must have come as a great relief to the Chinese people.

After Nursing training at Toronto Western Hospital there came a time of marrying, having 4 wonderful children, Returning to nursing, then more schooling in Health Administration and positions as Director of Nursing, Administrator and Consultant to Long Term facilities from Quebec to BC, New York, Indiana, and Florida.

My 'raison d'être' was to help staff acknowledge their own self-worth and show respect for the senior residents whom they had the privilege of looking after. It was called 'Restorative Care'. I really appreciated receiving Ontario's award for 'Individual Achievement in the Improvement of Long Term Care'.

At this time I left my husband of 26 years. Patrick was a really good man but we had grown apart. I moved to Florida as I was working as a consultant doing a project for the Florida government in Long Term Care. While there I met my second husband Bill. I guess I was sent to look after him as I cared for him through a quadruple bypass and cancer of the bladder. We were married 3 years. Bill died in 1996, the same year my mom was stricken with cancer. After Bill died in July, I returned to Ontario to care for Mom. She passed away on November 1st at 1 am. I am sure she preferred 'All Saints Day' to All Souls Day (Halloween!).

I returned to Florida and met David, who was visiting his sister Dorothy, an English war bride at Christmas of 1987. He stayed an extra week and returned the following June.

We were married February 1989. An Adult Care facility that I owned was too small to compete and failed. I lost most of my money. What was left was put into a franchise so David could stay in the US and it also was a failure. We came to Canada where I had a position of Director of Nursing at St Luke's in Cambridge Ontario. Bad winter-too much snow-David's asthma worse-

He returned to England-I drove to Victoria where son David was living with Katherine and wee Ryan. David was picked up in Vancouver by me 3 weeks later. England wasn't his choice either (much like Tigger in Winnie the Pooh wondering what he liked for breakfast until he tasted Baby Roo's extract of malt!) Of course the past 22 years have been the best and most blessed of my life! My oldest and youngest sons David and Stephen live here and Cathy and Andrew live too far away in Ontario. David has 4 children and 2 step daughters Andrew has 3 boys and 1 stepson Cathy has 2 children, Brennan and Sarah, and Stephen has Skye. David, my husband, has 3 grandchildren 2 girls in England and 1 grandson in Australia. There have been and still are many challenges, as with all families I suppose, but all in all we are tremendously blessed and are very grateful.

Back to my spiritual journey! When I was working in Sutton Ontario in 1972 my father took his life. I became disenchanted with the organized church. A year later I found a very spiritual man Dr. Bruce Robertson who was a nephew of Garfield Weston and was expected to become a wealthy business man-that wasn't for him so he became a medical doctor-that wasn't for him as he felt he was just 'band-aiding' people so he took Psychology at U of Toronto and U of Cambridge England.

While working on a Peace Movement there he was invited to live in an Ashram in India. To me he was like Siddhartha, a wonderfully simple, insightful teacher. He was a very special person. I attended monthly weekends for a year doing dream therapy and guess what-- I woke up to some more-- to my true self. Then I found Diane Pike and Arleen Lorraine of the Love Project and not opened my eyes but I started to move around inside this person I call Trish in LOVE as I began to heal some more.

In spite of the interesting, sometimes strange, circuitous trips I have been on with family, career, creative endeavors, friends, some highs and lows, I find myself in this place at this time. I feel content in the awareness that I am a spiritual being having a human experience. I really don't know what comes next BUT I have learned that whatever it is it will be just the way it will be and that's OK.

I believe that an unconditionally Loving Higher Power exists with whom I communicate. A Higher Power that is so powerful that it has no need to judge the humans it created because this Universal Force is powerful enough to ensure that everything unfolds perfectly from a Cosmic Perspective. I certainly don't totally understand this but I feel I AM one with this Source. I AM one with this essence of life and One with all that is.

I choose to believe that there is a Spiritual purpose and meaning to life. And instead of always wanting and fighting for justice I Know it all JUST IS. That has been my metamorphosis so far.

Oneness Wednesdays in June

Drop-in June 6, 13, 20 + 27, 7 p.m. to 8:30 p.m.

Church of Truth, Community of Conscious Living

111 Superior Street, Victoria, BC

7:00 p.m. to 8:30 p.m.

Free or by Donation

Information: <http://cotvictoria.ca> or Linda at (250) 380-6383



June 6 - Quantum Healing with EFT (Emotional Freedom Technique) Achieving Personal and Planetary Peace with Cedona Holly

When we become peaceful within, the planet naturally aligns with our inner shift. Our personal shift to inner peace helps humanity ascend in consciousness. The simple technology of tapping on our acupuncture meridian points can shift patterns and symptoms in minutes. EFT, or "Tapping", is one of the most potent tools for transformation available to us today. A new scientific study has proven that one hour of tapping lowers Cortisol levels (stress levels) by 24%. We will learn about the "Personal Peace Procedure" and come away proficient in using the basic technique.

Cedona Holly has been utilizing EFT since 2001 as an integral part of her personal quest to be completely free of the limitations of the ego-mind. She uses EFT on just about everything and finds it to be profoundly useful. She has facilitated several Teleconference call series using EFT with wonderful results. She is the author of 2 books and is a Spiritual Counselor.

June 13 – Poetry Evening with D. Joan Thomas

Come prepared to write poetry. Sharing is optional.

June 20 - Summer Solstice Celebration: Dancing into the Fire of Creativity, Chaos and Co-creation with Joy Emmanuel

Summer is the season of light and fire and playfulness. Summer can be a time of letting go of routines and diving into the delights of long days at the beach or sitting by a cozy campfire under a diamond studded sky. Summer is the season of creativity as nature's garden abounds with abundant life growing forth in all directions. Summer can also be a season of change, and even chaos, as we open to new growing edges in ourselves.

As we journey through this year of 2012, which some spiritual teachings identify as a significant year of shifting planetary consciousness, let us come together to celebrate the shifting seasons of life. Let's us celebrate the power of Light and open ourselves to the fire of creativity and the opportunity in chaos. Let us honor the ancient traditions by celebrating the life-giving relationship of Mother Earth and Father Sun and let us be present to the changing times we live in and the new story of co-creative possibility that is unfolding through us.

June 27 – Music Night with Brian Martin

Everyone is invited to come on down and singalong, strumalong, humalong or just plain jamalong with whatever tune emerges from our collective musings. All instruments are welcome

as are dancers, clappers, stompers and interested listeners. Bring a favorite tune to share in whatever style moves you're groove. It's all about having fun with the music.

What do YOU do for fun?

Submit your answers to Deborah at dbhawkey@gmail.com
To be published in the next newsletter.



COMMUNITY SERVICES DIRECTORY

This is Laurence, here, to share some perspectives on our Directory potentials. I do like the sub-title of our organization, Community of Conscious Living. It seems to me that expanding the zones in which our community members interact will facilitate each, individually and collectively, in our growth and supportive community experience. The opening up of avenues for interaction in the areas of our developed capacities I see as critical to furthering growth, community familiarity, and the networks of interpersonal support.

Please entertain the possibility of having yourselves listed with your offerings to the group. I know this has been a past trial offering and the project fizzled before, but I see the overall dynamics to have changed somewhat substantially in the past year giving the present aim a much greater range and depth of possibility. Contact either Deborah or myself if you even have just a question, but most certainly if you do have interest in having yourself listed. Thank-you, L.

NAME	SERVICE	EMAIL:	PHONE
Laurence Beal - personal, relationship, transition, etc	Astrological counsel	swimonmars@hotmail.com	
Deborah Hawkey Sales & Marketing, Websites, Brochures, Newsletters, Ecards	Writing	writeitright@shaw.ca	250-813-1747
Gillian Huot Weekly, bi-weekly, monthly \$25/hr	Housekeeper		250-385-0941
Marvelous Will take people to 1st A.A. meeting	Escort		250-384-2563