

Inside:

P2 Who We Are

P2 Board of Directors

**P2 Spiritual Directions
Committee**

**P3 to P5 Sunday Service
Schedule, Description of
Services + Speakers Bio**

P5 Happy Birthday

**P6 to P8 Article "Church of
Truth Name" by Linda Chan**

**P9 Community Services
Directory**

**Contact:
111 Superior St.
Victoria, BC V8V 1T2
250-382-5412
<http://cotvictoria.ca>**

Colours of Growth

Hurray! Summer is here. Colours are brilliantly drawing us into our sunlit celebration. As the summer rainbow of color shows us pathways of potential growth and development, we may be reminded of our spiritual paths. Corresponding to the array of approaches and lessons to be worked on, we have, in the West, Maslow's hierarchy of needs and this is a reflection of a more ancient ayurvedic system in India outlining the same general hierarchy in the chakras and their psychological characteristics. We'll be growing from the bottom up, first chakra, then... erps!

Since there's only four weeks and a ripping seven chakras, we had to pare it down to four presentations.

Submitted by Laurence Beal, SDC

Join us for Oneness Wednesdays in June:

Meditation Circle

June 1, 8, 15, 22 + 29, 7 p.m. to 8:30 p.m.

Everyone welcome to drop-in!

More info: <http://cotvictoria.ca/oneness/>

The Lighthouse June 2016
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 |
| Past President | Sanjara Omoniyi | 250-900-0281 |
| Vice President | Troi Leonard | 250-532-3442 |
| Inside Maintenance | Marvelous Trudeau | 250-384-2563 |
| Secretary | Michelle Pederson | 778-350-7999 |
| Treasurer | Ron Rayner | 250-474-2715 |
| Outside Maintenance | Deborah Hawkey | 250-813-1747 |
| SDC Liaison | Bill Israel | 250-744-0590 |

Your Spiritual Directions Committee

| | |
|------------------|--------------|
| Laurence Beal | 250-380-6429 |
| Chris Bullock | 250-384-8241 |
| Linda Chan | 250-380-6383 |
| Jennifer Sagar | 778-440-5234 |
| D. Joan Thomas | 250-721-4054 |
| Leonard Thornton | 250-598-4303 |

Rentals Esther Hart 250-896-5933
Newsletter dbhawkey@gmail.com

SUNDAY SERVICE SCHEDULE

Theme: Colors of Growth

June 5 Red

- Coordinator: D. Joan Thomas
- Moderator: Laura Lane
- Meditation: Sharon Shroeder
- Speaker: Laurence Beal
- Greeter: TBA

First chakra /Red is the energy of vitality and the earthy, biological foundation of life. A drumbeat introduction to silent meditation will be followed with Laurence giving a short introduction to chakra system of understanding self in spirit terms. Then a bit more on the first chakra most relative to grounding and the personal reality check.

June 12 Yellow

- Coordinator: Jennifer Sagar
- Moderator: Linda Chan
- Meditation: Katherine Muncaster
- Speaker: Brian Martin
- Greeter: Jennifer Sagar

Third Chakra – Yellow is the color of sunshine and it is the core of your being. The energy of yellow is vibrant, optimist and full of energy. It is the colour of youth, new beginnings, birth and re-birth. At the same time, yellow is wise and knowledgeable. The spiritual aspects of yellow energy is instinctual knowing and growing into spirit. The developmental task of the solar plexus chakra is autonomy and the development of self. However, on the spiritual level, we must always remember who we truly are and not get lost in the “self” identification. Strong third chakra reflects the ability to move forward in life with confidence and power. It reflects the ability to make conscious choices to choose and to act. The message of the third chakra is: You have the power to choose.*

*Source of chakra description for yellow: <http://www.chakra-anatomy.com/solar-plexus-chakra-colors.html>

June 19 Green

- Coordinator: Leonard Thornton
- Moderator: Cedona Holly
- Meditation: Leonard Thornton
- Speaker: Soren Russow
- Greeter: Marie Logan

Fourth Chakra Green is the energy of balance, harmony and growth, as that energy expresses through the heart center, with growth and transformation through love in a balanced, harmonious way. Perhaps emerald green is the vibration that best embodies this energy. Sunday, June 19th is Father's Day and two days prior to Summer solstice on the 21st.

Speaker Bio: Soren Russow is a loving husband and father of 3 girls; aged 10, 8, and 6. Being a resident of Victoria for 28 years, he spends his summer month's pedicabbing tourists around this wonderful city. Also he owns a Videography business and loves to capture events and tell life stories through video production. In addition, he excels at sports such as beach volleyball, tennis and cycling. Just prior to the birth of his first child 10 years ago, he was diagnosed with a heart condition called Atrial Fibrillation. Since then he has made it his goal to alleviate the symptoms through proper nutrition, heart-centered meditation, exercise and laughter yoga. Being a father of 3, his improved connection to the heart has become essential to his family's well-being.

June 26 Purple – Community Service – ** Please note different format

- Coordinator: Linda Chan
- Moderator: Sanjara Omoniyi
- Purple ceremony: Troi Leonard with members of Community Committee plus Brian Martin and Louise Taylor
- Greeters: Members of the Community Committee

Please wear something purple and bring something to share with others for our Finger Food Potluck Lunch post Community Service

Seventh chakra Purple relates to imagination and spirituality; Imagination is sparked and high ideals are inspired. Spiritually, it is soul transforming, allowing us to expand our awareness and connect to higher consciousness.

**** Purple - Community Service:** On June 26 we will try out a different format for our Community Services with the Community Committee taking the lead in co-creating this service. Attendees are invited to wear something purple to this service and bring something to share with others for our Finger Food Potluck Lunch post community service. In this community services, we will experience purple in a ceremony and in a variety of ways via aromatherapy, toning, music, meditation, poem, chant or song. Purple is the energy of transcendent states, bliss, beyond separation as being itself.

Following our Community Service will be a Finger Food Potluck Lunch.



HAPPY BIRTHDAY
We celebrate with YOU!



JUNE

- | | |
|--------------------|---------|
| Catherine Dennison | Jun-8 |
| Maria Escude | Jun-11 |
| Bill Israel | June 13 |
| Laurence Beal | Jun-21 |
| Joy Emmanuel | Jun-22 |
| June Swadron | Jun-22 |
| ZsuZsa Harsman | Jun-27 |

Church of Truth Name - Submitted by Linda Chan

The name of our building is the “Church of Truth”.....Over the years, there has been a desire by some people to change our building name “Church of Truth” to something else like “Sanctuary of Truth” or “Spirit Centre” or “Collective Soul Centre.” While I definitely feel a change in the name for our Community is needed, I really don’t want to see the name of our beautiful building “Church of Truth” changed to something else.

Like Marie Logan, I would ask people to reflect on what does the word “church” mean to you? - What does the word “truth” mean to you? And if the word “church” or the word “truth” or the combination of the words “Church of Truth” puts you off to a degree, it just might be an invitation to look deeper within to see why you’re reacting. It is also an invitation for us as the Community of Conscious Living to go deeper and to define “Church” and “Truth” and our building’s name “Church of Truth” in a way that is in line with what we stand for or are about.

Giving the broadest meaning to the word “Church”, it can simply be a gathering place for spiritual and community activities. “Truth” for us can be expressed as “There are many spiritual truths and values and Truth is out there for each individual to discover for him or herself. At the Church of Truth, we believe, collectively, in the following spiritual truths.” “We are spiritual beings on a human journey” and “we welcome those who wish to share their journey with us through their insights, reflections, experience and creative self-expression.” We are all connected to each other and we recognize the interconnected of all things. The beauty of the world lies in the diversity of its people and we honour all spiritual and non-spiritual paths and traditions. “Every act, every breath, and every step can be practice and can help up to become more ourselves.” and “We honour Freedom of Spirit. Thinking, seeing, feeling and living in Spirit. By the Source of Life in us. We express clarity and originality of mind, body and environment.” The Spiritual Journal is individual, highly personal. Listen to your own truth. Each person is responsible for their own spiritual journey. We are all here to help others and let our contribution be that of a whole person.

Our beautiful building “Church of Truth” will be celebrating its 30th Birthday this year. On December 21, 1986 work was completed after many meetings, much discussion, searching, garage sales, donations, long term loans from members, and the generous gift from Ms. Marion Bruce Ewart who made it possible to go forward, first with the purchase of the land and then with the building itself. Our church was designed by John Cawood, an architect, artist and UVic professor with a vision. John had designed our sacred space with metaphysical meanings and metaphorical imagery based on the Point, the Circle, the Square, the Cross, the Triangle, the Line, both the Vertical and the Horizontal. Each of these Sacred Elements of Ancient Geometry come together as a whole in the three-dimensional structure of the building, each bringing with it profound meaning for those with eyes to see it. Our building was designed to be a church a sacred space for people to let go of what sets them apart and find common ground and at the same time connect to the divine energies from above. Some of John’s thoughts behind the design of the building: It is a temple for the spirit, a place of sanctuary to rediscover the truth, symmetry and beauty of our God-centered being.

Our building “Church of Truth” like many churches, is a place of sanctuary - a place of worship and connection to the divine through meditation, prayer and music; It is a place where people can be in community with one another in a variety of ways (get-togethers, shared meals, shared interests + activities); It is a place where people can support each other and the wider community; It is a place where our sacred space is shared with the larger community. In identifying our sacred space as a “Church” we can define our non-denominational “Church” as a place of worship and spiritual discovery that is inclusive and welcoming to all while at the same time, embraces the diversity that each person brings to our “Community” and celebrates our unity by finding common ground. We can also raise the bar re: modern day church by letting other people know that we are a democratic, grass-root spiritual community which encourages critical thinking and is receptive to all points of view and ways of living and thinking. We are also a “church community” which encourages people to connect and bond with social

activities and down-home fun! We are ecologically and community minded and attempt through our actions, to restore the earth in everything we do and serve the wider community.

We are blessed to have our beautiful sacred space which we can enjoy and also share with the wider Community. Our multi-functional space has wonderful acoustics and can be reconfigured in many different ways. Our space serves and has served for many years, as a place for music concerts, seminars/workshops, spiritual retreats, venue for Gettin Higher/High Noon Choir practices, Tango Vita dancing, Bhakti Nights, Mindful Yoga, As a rental facility, people love our space and the rental income that we receive covers more than 60% of our operating expenses. The name of our building "Church of Truth" is well-known in the wider community and is highly regarded as a beautiful venue. If a change in the name of our building "Church of Truth" is to be looked at in the future, then the effect this will have on those who rent our facility needs to be taken into consideration. My feeling is that the name "Church of Truth" does not deter people from renting our beautiful facility or participants from attending events held at our church. Changing the name of our building, I feel, would not make our facility more attractive to people who rent our space and would only add confusion as our renters who would need to explain the change in facility name to participants attending their events, gatherings, or meetings. For our "Community" I believe, having a different name for "Community Name" and "Building Name" is the route to go.

Our "Community Name" needs to change in order to reflect "who we truly are" our shared beliefs and values and where we're headed as a Community and our "Building Name" needs to stay the same in order to respect our roots and serve the wider Community.

Sources of Inspiration for this article:

- * Special review of our Church History- 20th Birthday
- * Article Anybody's Church: <http://www.jamesbaybeacon.ca/?q=node/757>
- * Marie Logan's Letter - The Lighthouse - April 2016
- * Esther Hart's Article It's Time to Talk Money - The Lighthouse - April 2016
- * Compilations - Oneness Wednesday Community Circle Discussions

COMMUNITY SERVICES DIRECTORY FOR CHURCH of TRUTH MEMBERS

For information only. These events and services are not endorsed by the Church of Truth, Community of Conscious Living.

Deborah Hawkey Technical Writing 250-813-1747 writeitright@shaw.ca

Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes & Cover Letters

Laura Lane Celebration Pianist 250-893-9656

Accompanist, Pianist, Singer. Available for Weddings, Celebrations of Life & Special Events
“Comfort Zone” Band, Boomers, Folk, Light Rock music group.

Michelle Pedersen Make-up Artist

For make-up consults and pricing please email me at sweetpeamakeup@gmail.com

Leonard M. Thornton, Ph.D. Liberating Energy Psychology with EFT removes blocks to health, happiness and freedom!

<http://www.eftandmorelive.com> 250-598-4303 celestial999@gmail.com

Marvelous Trudeau, Escort 250-384-2563

Will take people to 1st A.A. meeting

Linda Chan, Coordinator, Spring Ridge Commons 250-380-6383

<http://springridgecommons.ca> lindainvic@gmail.com

Visit Spring Ridge Commons, our community urban food forest/permaculture garden – corner of Chambers Street and Gladstone Avenue (in Fernwood)

Volunteer or join us for tea and conversation in the garden at Bee in the Garden – Every Sunday afternoon from 1:30 p.m. to 3:30 p.m.