



## THE LIGHTHOUSE MARCH 2012

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### Contact:

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

### The “I” Within the Storm

Don't we just love those unexpected “gifts” the Universe sends us from time to time, in order to integrate spiritual teachings?! No doubt we can all give numerous examples of this. Here's a fairly recent one from my own life.

About eight months ago after increasing concerns about balance and mobility challenges, I asked the doctor for a referral to a neurologist. In the interim I was sent for an MRI. When the results came back I was told they weren't good. The report said that there was brain atrophy, decreased blood supply and possible demyelination. She said she was sorry to leave me hanging, that it would still be around nine more months to get into any neurologist (I had already waited at least a month), and to try not to worry too much. Also, to report any further symptoms so that I could possibly get in sooner. (Apparently, unless I came down with diabetes, very high cholesterol or a serious heart condition, however, I didn't qualify!)

You can imagine what condition I was in when I walked out of that office! Had this been a few years ago, I shudder to think how I might have dealt with this situation. Needless to say, my head was filled with worse case scenarios, terrifying myself more with each passing moment.

Hanging on my bathroom wall for the past few years has been a framed print with the inscription "Serenity is not freedom from the storm but peace within the storm." To say that I was not residing in that place at that point in time was an understatement.

This time I realized that I could ill-afford to indulge my reclusive nature. I reached out to several people in this spiritual community. This was definitely beyond my comfort zone as I didn't know these particular people well, but I felt the need to take the risk and be vulnerable. The responses I received were so loving and supportive that something in me shifted at a core level.

On August 13, 2011, I wrote the following note to myself: "I am now aware that throughout my life, my mind carried the belief system that there was a shortage of love in my life, for I believed myself to be unloveable. It was this faulty belief system that caused my brain to atrophy. The

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# *The Lighthouse March 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**

<b>President/Rentals</b>	<b>Esther Hart</b>	<b>250-896-5933</b>
<b>Past President/SDC Liaison</b>	<b>Brian Martin</b>	<b>778-430-1872</b>
<b>Vice President/Inside Maintenance</b>	<b>Patti Huot</b>	<b>250-385-0941</b>
<b>Treasurer</b>	<b>Pat Chapman</b>	<b>250-479-1761</b>
<b>Secretary</b>	<b>Cynthia Pattison</b>	<b>778-433-0261</b>
<b>Rentals</b>	<b>Esther Hart</b>	<b>250-896-5933</b>
<b>Outside Maintenance</b>	<b>Sanjara Omoniyi</b>	<b>250-857-8185</b>
<b>Member at Large</b>	<b>Jan Falkowski</b>	<b>250-370-9192</b>

## **Your Spiritual Directions Committee Members are:**

<b>Trish Coleman</b>	<b>250-721-1973</b>
<b>Laurence Beal</b>	<b>250-380-6249</b>
<b>Marvelous Trudeau</b>	<b>250-384-2563</b>
<b>Bernadine Sperling</b>	<b>250-384-5721</b>
<b>Susan Blackwood</b>	<b>250-889-5335</b>

**Community Care Liaison – Lorna Rennie 361-2079**

**Newsletter—Deborah Hawkey Email [dbhawkey@gmail.com](mailto:dbhawkey@gmail.com)**

**Newsletter Submissions welcomed by the 21<sup>st</sup>. of each month**

**Linda Chan <http://cotvictoria.ca>**

**Rev. Joan Hopper Pastoral Care for free consultation call 250-384-3637**

# Sunday Service Schedule for March 2012

## Theme: The "I" Within the Storm

### March 4 "Steady As She Goes" \*

Moderator: Hendrik de Pagter  
Singing Invocation: Jennifer Sagar  
Meditation: Silent (Moderator holds the space)  
Speakers: Gordon and Heather Thurston  
Coordinator: Laurence Beal  
Greeter: Laurence Beal

\* "Referring to the centering and processing that relating pairs must do in getting through the bottlenecks with highly charged polarities"

### March 11 "Love is the Way Home"

Moderator: Esther Hart  
Meditation: Catherine Denison  
Speaker: Trish Coleman  
Coordinator: Trish Coleman  
Greeter: Pat Miller

### March 18 "Finding New Ground" - Spring Equinox

Service conducted by Brian Martin and Nikki Menard

Coordinator: Bernadine Sperling  
Greeter: Bernadine Sperling

### March 25 "Re-centering" (Community Service)

Moderator: Hendrik de Pagter  
Meditation: Jennifer Sagar  
Coordinator: Marvelous Trudeau  
Greeter: TBA

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Universe arranged for me to find out about this when I was strong enough to shed this illusion. I was then placed in a position to choose to reach out to others, rather than to become a reclusive victim. The loving responses and support I received have touched me so deeply that I now see ever more clearly that I was under a deep illusion about the shortage of love. I now claim full responsibility for creating this situation, these thoughts in my brain that caused it to atrophy and

diminished its blood supply - its life force. IN SO DOING, MY BRAIN CELLS DANCE WITH JOY, AS THEY LOVINGLY REGENERATE!!!"

After this healing of my psyche, I released the need for a particular outcome, for I knew that this was far better than any would-be "cure" I could ever possibly undergo. In many respects, I became that still-point in the eye of the storm. Nevertheless, I made a decision to be proactive. I made an appointment with an excellent craniosacral therapist, added a couple of additional supplements to my regime, and was blessed to find a neurologist who could see me on very short notice. Unfortunately, although he was known for his brilliance he also had a reputation for having an extremely abrasive and uncompassionate bedside manner. I prayed to see him differently, and as God's representative. (Thank you, Rev. Joan Hopper!)

John went with me to the appointment and we both found this neurologist to be very compassionate, sensitive and thorough, with an excellent bedside manner! After studying the imaging, the report and giving me a thorough neurological exam, I was given a "clean bill of health." He said that he sees dozens of similar MRI's daily and was not the least bit concerned. He felt that I was doing just fine, and no follow-up was necessary. And many people say that neurologists never give good news!

In closing I would like to say that this experience for me has encapsulated not only the monthly theme but the four weekly ones for March as well: ~ becoming more "steady as I go", finding that Love truly is the way Home, finding new ground, and continually remembering to recentre. Life, for me, is now filled with constant miracles and much joy!

This month is an invitation to all to look more deeply at that "I" within the storm and where we reside on the spectrum. Is it our pattern to want freedom from the storm(s) of life, or peace within them?

With Love, Blessings and Gratitude to each and every one of you.

Submitted by Bernadine Sperling, SDC



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### **AGM April 22, 2012**

Please consider how you want to participate in the community and let someone know if you are willing to serve on the Board or Spiritual Direction Committee.



## UP CLOSE

With Genevieve Eden

Constants for most of my life have been an exploration of ideas, experiences, and relationships with others, nature, and myself. Underlying these explorations has been an intense spiritual quest. This began at age 9 when I converted to Catholicism which I left in my teens.

Over the next decades I explored myriad spiritual paths including Buddhism, Zen, Vedanta teachings, Eckankar, Quakers, Course in Miracles, and mysticism. Informally, I also inquired into aspects of science to attempt to better understand the micro and macro universes. The world of ideas enthralled me - materialistic interests rarely have been a priority in my life.

At age 32, I left a lovely house, husband, and job and started university. It was such a privilege; no-one in my extended family had attended university; my parents had little formal education but had a strong work ethic - my father mowed lawns for the city of Winnipeg, my mother worked in a laundry. Failing high school, I'd started work in sales at Zellers. Over time, new pathways opened paralleling a growing restlessness within and a surging energy seeking expression. I obtained a degree in drama which segued into producing and hosting a cable TV miniseries on spirituality. I then shifted to a different bent to explore a passion for law.

Ultimately, I obtained a Ph.D. in industrial relations at the University of Toronto specializing in employment law. I applied a similar intensity to my student and working life as I had to the spiritual, becoming a driven workaholic. My career included acting as counsel at arbitration, mediator, adjudicator, and professor at UVic.

Pushing boundaries on many fronts, I was blessed with an immense abundance of energy. I stretched myself physically attending Outward Bound school, rock climbing, running, martial arts, canoeing, hiking, and trekking the Andes. After marriage, I experienced several serial relationships; I'm grateful to all who allowed me to share a part of their lives. I don't regard these ended relationships as failures, they simply ran their course - most ended on good terms. I still have a deep love for my former husband and we continue to be friends. I simply wasn't drawn to be with one life partner. Rather, friendships always have been a main priority in my life; my long term close friendships are one of my greatest joys. And I'm blessed to have a wonderful godson and loving sister.

The abundance of stamina, and my life as I'd known it, came to an abrupt end in my mid 50s with serious illness that kept me mostly in bed for several months. It was devastating and terrifying, a dark night of soul - I thought I might never emerge. While it took years to gradually recover a modicum of my previous energy, this experience was a gift. It forced me to go deep within, and to experience the world in yet a new way. I learned to "be," to rest - pacing myself with time in nature, personal growth workshops, drumming, piano and guitar lessons, theatre volunteering, a clown course, frequenting concerts and art shows, connecting with friends, and

some travel, including a train trip across Canada and most recently Morocco and Paris. There is still a tendency to immerse myself deeply in whatever I'm exploring.

During and after my illness, my spiritual journey was even more intense. But I must have a flair for the drama. My spiritual seeking ended as abruptly as my career. About 3 years ago, in the midst of a chest cold, going through boxes of Kleenex and sweating through bed sheets, I woke up one morning to realize that, with all the clearing of mucous and sweat, my beliefs had cleared out too! After decades of reading hundreds of spiritual books and exploring many paths, it seemed ironic that I would be in this state of no spiritual beliefs.

Strangely, this seemed hilarious to me. It was like arriving at the edge of emptiness and laughing out loud! Attempting to navigate the labyrinth of language doesn't describe the experience. Still, reflecting on my life, the numerous synchronicities and mystical experiences, and the perfection in it all, even including sporadic chaos and darkness, I know that some kind of "universal energy" exists; this knowledge comes from direct experience rather than being programmed by books and others' beliefs.

A practice of silent meditation informs my life immeasurably - when I make time. My primary compass is inner guidance, though at times the distinction between inner and outer dissolves as insights are received also from the environment around me including rocks, trees, and other manifested forms. For some time, I've been grappling with how to contribute in these changing times on our planet; I keep coming back to listening to inner guidance: to be open - in heart and mind, to do what makes my heart sing, to love, and ample time of simply being ... I deeply appreciate our Community of Conscious Living where we support each other in our personal journeys and I'm inspired by the creativity, courage, wisdom, and giving nature of those in our community.

I'm profoundly moved by the countless people who have helped me, in so very many ways, on my journey. I feel enormously blessed and grateful for the fullness and richness of my life, for this amazing adventure! Often, I am filled with wonder and awe of all life, animate and inanimate ...

in gratitude,  
Genevieve Eden



## Movie Night at the Church Truth Fri, March 30

Movie to be confirmed

Arrive at 6:30 pm for pot-luck snacks and visiting. The movie starts at 7:00 pm. Stay after for discussion.

If you have suggestions for movies, please submit them to the board for consideration.

**Everyone is welcome.  
Free or by donation.**



## **Oneness Wednesdays in March:**

**Drop-in on March 7, 14, 21 + 28**

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: Linda at (250) 380-6383

### **The Meaning of Current World Events and How We Can Express Our Role**

**Facilitator: Blair Little of SEQL**

**March 7th and 14th, 2012**

#### **March 7<sup>th</sup>**

- ~ World events and the underlying matrix of purposeful energies
- ~ Three forces moving humanity forward.
- ~ Personally experiencing their effects.

#### **March 14<sup>th</sup>**

- ~ Humanity's path - One Life
- ~ Our role as a unit of One Life
- ~ Learning to align; learning to become.

#### **About SEQL:**

Society of the Enhancement of Quality of Life (SEQL) offers educational programs to increase the awareness of the fact of soul and One Life thereby enlivening an energy of peace in service of a New World Community

#### **March 21st**

Spring Equinox Celebration  
Birthing a World that Works for All

Facilitator: Joy Emmanuel

What would it look like to create a world that works for all? What is our highest vision of a world where everyone is able to realize their personal, intellectual and spiritual potential and where we cooperate to optimize our collective possibilities? Sound a bit far-fetched? It might take a while - and yet every day we co-create the world through all of our actions. What if we just change the channel a bit and align our efforts? Let's start with a vision of the world we choose to co-create and allow our intentions to support us in birthing a new world – today!

In this time of significant change on the planet, let's intend in the direction of a positive shift toward greater social synergy and draw on the power of the Light to guide, balance and renew our collective efforts in birthing a world that works for all beings!

“Whatever you can do or dream you can, begin it.  
Boldness has genius, power and magic in it!”  
Goethe

*Joy Emmanuel is a Transformational Coach, Adult Educator, Organizational Developer working non-profits and co-operatives. Joy lives at OUR Eco-village in Shawnigan Lake. She offers transformational change programs for individuals and groups of all sizes. One-on-one coaching sessions can be arranged.*

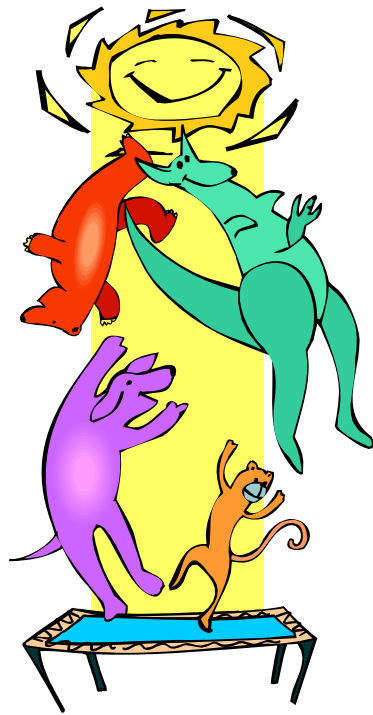
### **March 28th**

#### **Balancing our Human Ecology with the Aid of Our Ancestors**

With Don Morris

As it is respectful to create balance in nature... that also pertains to our own inner ecology. In our evening session we will explore our 2-way relationship with our ancestors through lecture, discussion, ancestral contact and meeting one's own past life character.

Don Morris has significant personal and professional experience in this fascinating dimension of life and wants to share it!



Happy Birthday  
We Celebrate With You!

Gaynor Hughes	Mar-02
Eleanor McKinnon	Mar-02
D. Joan Thomas	Mar-04
Carol Jean Douglas	Mar-20



## COME MAKE A JOYFUL NOISE

Our intrepid choir will once again raise its collective voice in praise and celebration. New hearts and voices are welcome to join the fun. Rehearsals will commence at 10am sharp on Sunday, February 5th. Ability to follow the bouncing ball (or waving hand in this case) is more important than skill at reading music. We will explore new and old repertoire for musical fun and perhaps a few performances along the way.

For those who wish to explore and share their talents with our community I will also be available to guide, arrange, accompany or otherwise assist you in gaining some wonderful experience in smaller combinations of singers and/or performers.

Our intention is to offer a rich and varied musical component in our Sunday services.

Brian Martin, Choir Director



**Talent Show 2012**  
**Saturday, May 19**  
**7:00 pm**

For several years now we have had the great opportunity under the guidance of Ella Brown to perform in a church talent show. I think participants as well as the audience have found it entertaining and worthwhile. This year Ella is taking a sabbatical and has kindly consented for someone else to do the organizing, that being me.

If there is going to be a theme or title to the evening it will be "School's Out". Your imagination for the most part will be accepted in working or not working with this title.

Acts can be from 2-10 minutes in length and can include skits, song, dance, monologues, readings i.e. (poetry, short story) playing musical instruments piano, violin etc. and other skills such as juggling, card tricks or magic.

To be part of this program, the act, the participant(s), time estimate and a short line or two of what the act is about should be submitted to me no later than May 10th. This will help in organizing the program.

I have booked the church for Friday evening and Saturday daytime for rehearsals if wanted. To book the church for rehearsal please call Esther at 250-896-5933 to get a time slot. Be considerate of others when reserving the length of time sought.

Bob Winkenhower  
Email: [rwinkenhower@gmail.com](mailto:rwinkenhower@gmail.com)  
Phone: 250-388-9465



## Church of Truth - Community of Conscious Living

### Questionnaire 2012

**Name** \_\_\_\_\_

**Telephone Number** \_\_\_\_\_

**Email** \_\_\_\_\_

**Member** \_\_\_\_\_ **Non Member** \_\_\_\_\_

Please return to any member of the Spiritual Directions Committee by  
Sunday March 11<sup>th</sup> 2012

Spiritual Directions Committee 2011-2012----- *Susan Blackwood, Laurence  
Beal, Patricia Coleman Bernadine Sperling Marvelous Trudeau  
Brian Martin (Board Representative)*

We would like to compile the results in order to have them ready for the  
AGM on April, 2012

(If you choose **not** to sign your name that is fine but it would be helpful if we know if you  
are a member. We do want everyone's input member, or not, however, in order to give the  
new SDC direction for the upcoming year.)

**The Spiritual Direction Committee wish to thank all of you for your participation in  
the spiritual life of this community**

Namaste




## Church of Truth Community of Conscious Living

Please let us know your thoughts and feelings so the Spiritual Directions Committee can better serve you in the future. Thank You for everyone's incredible participation this year

<p><b>What have YOU found most inspiring useful enjoyable important this past season ?</b></p>	
<p><b>What can YOU see being improved or changed?</b></p>	

<p><b>What would you Like to see in the future?</b></p>	
	<p><b>How would you like to be involved?</b></p>
<p><b>SDC Member?</b> Now or in the future?</p>	
<p><b>Meditator</b></p>	
<p><b>Moderator</b></p>	
<p><b>Speaker</b> What is your area of interest as a speaker?</p>	
<p><b>Part of a panel?</b></p>	
<p><b>Music</b> How would you like to participate?</p>	
<p><b>Write</b> for the Newsletter?</p>	
<p><b>Facilitate</b> a group or workshop? (What would that look like?)</p>	
<p><b>Put on a Special Event????</b></p>	

<b>Meditation</b>	<b>Please let us know what you prefer as a meditation</b>	
	Prefer total Silence every time?	
	Prefer total Silence most of the time?	
	Prefer total Silence occasionally?	
	Prefer Silence with music in the background most of the time?	
	Prefer Silence with music in the background some of the time?	
	Prefer guided meditation? How often?	
	If someone speaks before the meditation how long should that be and what should that look like or include?	
	Happy with all kinds of meditation but it should come from the feeling/spirit level not from the intellect /head level?	
	Don't care for meditation?	
	Other thoughts on the Meditation	

Future Topics	
Future Speakers	
What are your hopes for the future of the Community?	
What does the community mean to you?	
Please let us know how the SDC can help to meet your spiritual needs	
How would you like to contribute to your community?	
Ideas----- Suggestions----- 	Thank you your SDC2011/12