

THE LIGHTHOUSE

MARCH 2015



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Contact:**

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

Culmination – The Victory of Love

``Conquer your circumscribed consciousness and expand your spiritual powers without limit. You can go as far as you want to go, past all limitations, and live a supremely victorious existence.``

``Love is the divine power of attraction in creation that harmonizes, unites, binds together...Those who live in tune with the attractive force of love achieve harmony with nature and their fellow beings.``Paramahansa Yogananda

These two combined quotes from Paramahansa Yogananda seem to nicely express the theme for March services at the Church of Truth. As winter falls away and burgeoning new life manifests, we feel a resonance with that part of the cycle of life that is a culmination and release of the past, and a welcoming and acceptance of creative unfoldment to the Divine impulse within us all.

Respectfully submitted by Peggy Muncaster, SDC

Culmination – The Victory of Love – a commentary by Troi Leonard

At each ending of an age we face the task of freeing ourselves of the vestiges of the past. There is no escape and no shortcuts in the work that must be done in removing the blocks that hinder the flow of healing love. Our history is filled with battles won and lost, with sweat on the brow of endless toil, the nurturing mothers, nurses, doctors and seekers for answers in earth, blood and stars....the list goes on in endless cycles, as we struggle to master the challenges of our time.

The victory of love is attained the moment we give our life and struggle over to our Soul, the moment we say with utmost conviction...not my will, but thine be done.

Continued on page 3

The Lighthouse March 2015
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	D. Joan Thomas	250-721-4054
Past President	Roland Guenther	778-433-4386
Vice President/Secretary/Rentals	Esther Hart	250-896-5933
Treasurer	Ron Rayner	250-474-2715
Outside Maintenance/SDC Liaison	Stephen Graves	778-677-7597
Inside Maintenance	Dancing Wolf	250-418-0694

Your Spiritual Directions Committee

Don Morris	250-580-2121
Moneca Gabriel	250-891-9002
Colin Lee	250-514-1270
Peggy Muncaster	250-370-0187
Troi Leonard	250-532-3442
Laura Lane	250-474-9938

Community Care Liaison -
Newsletter—Deborah Hawkey Email dbhawkey@gmail.com

The coming Aquarian age asks us to become more Soul conscious and be willing to work together as groups linked up with open hearts and guileless minds. Let us begin with seeking the 'peace within,' as we meditate and live, sharing, and knowing that Love is victorious in the greater plan unfolding.

SUNDAY SERVICE SCHEDULE

Theme for March - Culmination – The Victory of Love

March 1 Dying of the Old Self

Coordinator: Don Morris
Moderator: Marie Logan
Speaker: Renee Lindstrom
Meditation: John Vanden Heuvel
Special Musical Guest: Joseph Martin

Renee's presentation will reflect upon the attitude of 'learning to learn' with the intention to 'go beyond what you think you already know with more ease and grace.'

March 8 Going into the Void

Co-ordinator: Peggy Muncaster
Moderator: Peggy Muncaster
Speaker: Greg Skala
Meditation: Jennifer Sagar
Greeter: Bernadine Sperling

March 15 The Victory of Love

Coordinator: Laura Lane and Colin Lee
Moderator: Lorna Rennie
Meditation Brian (and music with Laura)
Speaker: Cedona Holly
Greeter: Ella Brown

Cedona will share with us her understanding of the process that occurs from the tumultuous struggle of the self to stay the same to a true and deep letting go; a surrender to the Divine Love and all it entails. She speaks from a profound personal experience of this transformation that stays with her today. A transformation that changed the ultimate direction of her life.

March 22

Divine Child Emerging

Co-ordinator: Troi Leonard
Moderator: D.Joan Thomas
Speaker: Chris Bullock
Meditator: Troi Leonard
Greeter: Marie Logan

March 29

World Service Community Service

Coordinator: Moneca Gabriel
Moderator: Elvira Perrella
Meditation: Pauline Karch
Greeter: Marie Logan

As the first two aspects of the Divine Trinity are the Mother and the Father Divine, then their offspring is the Divine Child ...the Soul of Humanity. It is the Soul that balances the energy of Spirit (father) and of matter (mother). It expresses both with its nature...Love/Wisdom.

What we are witnessing worldwide is the ‘transformational power’ of the Soul essence...some calling it magic...revealing reality and truth in making wiser choices, expressing beauty and creativity of all inspiring awe...it is the Soul that gives us glimpses of a world without war, a world free from enslavement and suffering.

What is also being witnessed is the resistance to such changes, and all the pain and sacrifice evidenced in every kingdom of nature...the birth giving process of the Divine Child Emerging is taking place in every one of us...it is our Hearts crying out to be heard and listened to...to continue to further our self-destructive behavior or act from love and compassion, healing ourselves and each other.

In the depth of each of us, a divine child cries out and sings its song of Joy and Life. I recommend reading ...The Secret Within, No-Nonsense Spirituality for the Curious Soul...by Annemarie Postma.

Speakers for March

Chris Bullock was educated in England and taught as a professor in English at the University of Alberta for thirty years, co-authoring several books and collections, including a popular essay writing text which is presently in its seventh edition. Since early retirement in 2000, he has co-authored detective novels with his wife and is working on a series of essays about grand parenting and the inner child. His wide-ranging interests include men's work, facilitating presentations for the Pachamama Alliance, hiking, poetry, environmental issues, dance and movement, and spiritual exploration.

Renee Lindstrom was given her Buddhist Refuge name, Karma Chodren, by the Venerable Thrangu Rinpoche in the late 90's. In the same time frame she began sharing Sacred Space Ceremonies and Talking Circles in the Greater Victoria Community. She is a graduate of an Art of Placement training program based upon principals of the Black Hat Buddhist Sect with a focus on Aboriginal and European Geomancy traditions and rituals. In 2001 she began sharing a communication enrichment program for balancing relationship interactions using the late Dr. Marshal Rosenberg's, (1934 - 1915) model of Nonviolent Communication. Soon afterwards she became a Certified Somatic Movement Specialist in 2007. Currently Renee integrates contemplation, environment, relationships and movement awareness techniques in her educational and coaching programs.

Renee founded yyj Peace Week Project in 2014, Labyrinths of Victoria in 2013, Greater Victoria Peace & Intercultural Celebrations in 2012 and created a Culture of Values Educational Program in 2011. She offers personal life, love, lifestyle & somatic movement awareness coaching and group educational programs.

Rev. Greg Skala was ordained as a Church of Truth minister by the Board of the University of Metaphysics, Spokane, Washington, in 1977. Besides serving in a ministerial capacity in four Canadian Provinces and four U.S. states, Greg has worked as a medical lab technician, a railroad switchman, and a school teacher (mostly with Kindergartners). His hobbies include creative writing, flamenco dancing, chess, photography, and playing and composing music. He retired to Nanaimo six years ago with his wife Beth, with whom he raised a son and two daughters.

Rev. Cedona Holly

In 1997 Cedona experienced her first spontaneous "surrender" to her deeper Self. Taken by surprise, she was undefended and so was able to experience a new reality which never left her. Since then she has been diligently unraveling her ego structures, and indeed, towards the end of 2012, began to experience Divine Love in a new and profound way. Still on the journey, she is forever grateful to all those who have supported her and continue to support her steadfast dedication to making it all the way Home - to dwell in the Love that has no opposite.

HAPPY BIRTHDAY
We Celebrate with YOU!

MARCH

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



In preparation for the Annual General Meeting on April 26, 2015, it is time for membership renewal and for members to consider serving on the Board or SDC. The renewal form is included in this newsletter. Please note that there is a place to check if you want to be part of the Member Exchange Network – People Helping People.

If you are considering service on the Board or SDC, please feel free to discuss your interest with anyone currently serving on either one. There is no need to wait to be nominated. We encourage you to advise us of your interest.

The Board of Directors

The purpose of this network is so that people can ask for the support they need from other members of the network. This option does not preclude asking people directly. We are limiting this Network to COT-CCL members at this time.

Members are invited to put a check mark on their church membership renewal form for 2015 indicating that they wish to be part of the Member Exchange Network.* Members who have joined the Network will have the opportunity to use the Network to ask for support and/or provide support. There is no obligation to respond to any request.

It has been determined that the first step in implementing Community Support for the members of the Church of Truth - Community of Conscious Living (COT-CCL) is to set up a Member Exchange Network.

Cynthia Pattison has agreed to be the contact with assistance from Deborah Hawkey.

On The Newly Created Member Exchange Network...

By Cynthia Pattison

"...Necessity is the Mother of Invention"
- From Plato's The Republic,

Book II, 369c

While looking around at the trees, plants and flowers coming to life this spring, be sure and take note of a new birth in our own community. Here's an update on the progress of the new program called the "Member Exchange Network." It's a homegrown innovation born of a need to connect people to people in a closer way.

The Member Exchange Network is up and running this week with the first request. Thankfully we have twelve Membership Renewals and two New Memberships: enough members of the Member Exchange Network to get started. The best way to learn how it works is to begin receiving the email requests.

Additionally, there are 'Drop-in sessions' in the Yellow Room on Sundays (except March 8th) for the annual Membership Renewal Period. After the coffee hour at 12:30 pm promptly.

There will be New Membership forms for those who've been attending services for a while and are ready to choose a spiritual community.

Come by and complete your 2015 Member Renewal for \$10.00, and stay for a visit if you have time.

What are the “nuts and bolts” and what does the Network do?

This is an email network generated by an application called Mail Chimp. All requests go to: <memberexchangenetwork.com> to be distributed to COT members who “opted in” on the Membership forms.

By definition, a network is an "interconnected system, web, or nexus of people, places or things." As a verb, to network is "a way to connect with people, places or things." Stating the obvious to most, (with no judgment on those who do not use this tool,) the worldwide web provides another, often central, way that people stay connected.

At its very least, this Network would be a safety net in order to ensure that no member "falls through the cracks" so to speak.

Does every request and response go to all members?

Email requests go to all email addresses. However, the responses do not. One would only reply if agreeing to help.

Does every member feel comfortable asking for help, and/or do members have to reply?

Of course not. One replies if one feels he/she can help. And as is often the case, a person is not comfortable asking directly for help. If so, that person can request anonymously.

***Email buddy informs both anonymous and/or non-email user.**

What about long term needs or those that community members cannot meet?

All neighbourhoods should have Community Centres with Social Workers on Staff to provide specific information for residents. Nothing should be taken for granted

as far as residents knowing who their local Social Worker would be, or what they can offer. Though I have deposited a green notebook in the office with brochures and ideas for professional or community help, this area is a layered and ever-changing field from what I understand.

As the Social Worker at the James Bay Community Project explained, 'the best idea is for a resident to speak directly to a Staff Social Worker at their neighbourhood Centre on current professional and community programs.'

Some people may feel understandably frustrated because as this Exchange Network is being created anew there is no instruction manual on how it works. Understood. At this point, I hope members will try it out by "opting in" on the Membership forms and to explore the possibilities, including, but not limited to, rides to and/or from needed destinations, computer help, home chores, meals, errands, and shopping are a few. Here are some members' ideas as well:

- Several people say they enjoy volunteer service in the areas of healing: Reiki or Spiritual Healing or in a Prayer/Meditation email circle. These are private people themselves who would be willing to respond to healing requests on a case basis as they feel they can help.
- A member may not want everyone to know that he/she requests healing intentions as a privacy matter, thus the contact person or email buddy can help on their behalf.
- Cedona Holly is willing to hold prayer/meditation at certain times either long-distance or in person.
- Again, it should be known that is not a counseling service. It is an information-sharing network.
- More ideas will spring from these in terms on how to meet the needs of our community as closer connections will encourage.

Developing this Network is can be described in the adage: "Necessity is the mother of invention." The Exchange idea is an organic one. So far, a sequential happening born from our members who showed up to help several members the past year in their time of need. New friendships and closer community bonds have been formed. Thus, the desire for more community building emerged.

Last fall, Patti Huot and I brainstormed about having maybe a "Member Exchange Day," sort of like the annual Saturday "Work Day." Just one day where members could come together to share chores - only with members helping members.

Esther Hart’s vision with the email solution helps put these two ideas together in a larger view. As our Administrator, Esther is known for her capable willingness to find solutions. Thanks to her, a homegrown idea is being born in the Member Exchange Network.

Down the Road Ahead

Finally, looking further down the road, it seems we are now part of a wider community or society that in many ways has morphed into something very different from what most of us have past known. People often live far from family and their former roots. And those who do have primary relations have said that at times of acute need close family or friends felt overwhelmed. Much of what Government used to provide in the way of resources and tangible assistance must now be performed by us – all of us. As we age we see that “Aging” issues are before us daily in our close circles and in the wider community that making this idea and other to come even timelier.

I’d like to share something from a recent Times Colonist Editorial. While reading, replace the word “seniors” with “people” to envision the inherent value and possibilities of our new program.

“...The need for seniors’ care will not go away. Government, families, seniors, health regions and non-profit agencies will have to bring their best ideas to the table.”

“Seniors’ Care Need is Growing,” TC,

February 06, 2015, A11.

Submitted by Cynthia Pattison

Mindfulness & Contemplation

From the Feb. 1 Moderator’s Talk (as requested) by Pat Miller

For the month of February, our Spiritual Directions Committee has chosen the timely theme of “Collective Consciousness”. In his description of this theme in our Feb. Newsletter, Troi Leonard suggests that, “Collective Consciousness, if truly acknowledged & respected, will open the door to working together towards peace, harmony & communion of our essential oneness.” That makes sense to me. It seems possible & quite urgent.

Now, more than ever, in this era of various levels of “terrorism” towards each other & our Mother Earth, “working towards the peace & harmony of our essential oneness & our Collective Consciousness” could be greatly assisted by the practice of “Mindfulness & Contemplation”, which comprise today’s topic. That makes sense to me.

“Mindfulness” is an ancient Buddhist practice & also lies at the roots of Taoism, yoga, First Nation’s wisdom & my lifelong inspirations, Emerson & Thoreau. Mindfulness & Contemplation are the topics that Gen Kelsang Zopa from the Bodhichitta Buddhist Ctr. will be addressing today, as well as leading us in a Meditation. We’re very happy to welcome him back!

In yesterday’s TC newspaper, an article titled, “Meditation & the Reality of Terror”, by local Zen teacher, Wayne Codling, alluded to one bleak reality of our “Collective Consciousness”: the status quo.

Here are some compelling parts of Codling’s argument on the need for Meditative practice now:

“Terrorism should be confronted as intimately connected with the status quo; ... We are all complicit in the status quo; which is not to assign blame or guilt, but to offer the hopeful potential to modify our status quo, in ways that prevent individuals & groups from falling into extremes... There is a great urgency to learn from the wisdom of Buddhist thought... Meditation (which includes Mindfulness & Contemplation) is a missing element to bring about a necessary cultural shift to counter radicalizing influences on youth... We are a good-hearted society, but without the stabilizing influences of meditation, the expediency of greed, ill will & ignorance will continue to impel us toward a fearful extinction.”

That makes sense to me.

Last year, when I interviewed Gen Kelsang Zopa about how his Meditation classes could help us in our troubled world, his answer offered us a fitting Invocation for today:

“We can learn how to focus on a source of inspiration & peace within ourselves. Then, by keeping meaningful life goals clearly in mind, we become less pre-occupied with the details, the drama & the stress of everyday life. By removing within us the causes of conflict in this world, such as anger, attachments & hatred, we can become a living example for others of how to be peaceful, loving & compassionate.”

That has made more & more profound sense to me over the past few years as I’ve attended Zopa’s Meditation classes & learned to meditate regularly, so thank you, Zopa, for being a living example of peace & inspiration.

Submitted by Pat Miller

Intro to Elsie Mary’s Article

A few years ago I was sculpting some client’s soul angels. On the completion of the creation, there would always be a guided poem that would come forth. The inspiration and guided poem 'Heartbeat' was on the completion of

Angel Alcee " 'The Old Crone'-'Sweeper of the Path' " Approximately half of this forthcoming poem was from that time, I added onto the poem for the meditation. Also, in keeping with this week's theme of the Phoenix Rising- Giving All Achieves All.

Heartbeat

Within the Heart of a raindrop
lies the brilliance of All
Within the heartbeat of Mankind
Lies the heart of the raindrop
And, so it is the connectedness of All
Beating in the heartbeat of All-
Listen, listen, listen hear the Heartbeat of the All-
Herein lies the simplicity and profoundness of life.....

Will we as a humanity allow and accept the Heartbeat of All?
Allow-Listen-Be Still-Embrace the Sacredness of Life-
Love embraces all-Pause, Allow Allow
As we view the whole of planet Earth-this too-is the Heartbeat of the All...
Beyond our wildest and widest imagination-
Life is vibrant with possibility-
Unseen, untold treasures within the whole-the Heartbeat of the Whole.
Listen, Listen to the Heartbeat of the All...
The next moment arrives
 A gift of insight
 A gift of inspiration
 A gift of creation-not known to man at present-
However, within the Heartbeat of the rainbow
Lies the Heartbeat of the All-
All is-
 Beyond ones' wildest imaginings
Creation is-
 Creation is Love
 Creation is Insight
 Creation the inspiration of the Heartbeat Within-
Choose to allow this instant the All within the Heartbeat-
 Giving All Achieves All.

You, are the miracle Heartbeat of God.
 Feeling the heartbeat of you-
You, the Miracle Heartbeat of God within you.
 Giving All, Achieves All.

The Qi Gong Meditation and Practice

When I first read the small leaflet for Qi Gong, there was a connection of knowing; perhaps a remembering.....

The leaflet from James Bay Community Project on Michigan:
Qi Gong

Learn the fundamental building blocks of Aung Medical Qi Gong: breathing, concentration and posture/movement exercises. Become more aware of the circulation of Qi (Vital Energy) throughout your whole being-body, mind and spirit.

Qi Gong was introduced to me over a year ago. This particular type of Qi Gong is a medical Qi Gong introduced by Dr. Aung in Edmonton.

When I first participated at the weekly Friday morning Qi Gong, I knew this practice would assist me in bringing balance, health and focus into my mind and body. I now practice approximately 30 to 40 minutes daily.

The Yang breathe energizes- warms, heals, intensifies energy in a location. It also resonates with the Yang organs; small intestine, large intestine, triples energy, stomach, bladder and gall bladder.

There are concentrated exercises, focusing attention and bringing the physical body energy and mind into alignment and shared focus.

The gift of Qi Gong in this practice of breathe focus has been pivotal for me, with uniting the whole of me through breathe and light-thus bringing more clarity and acceptance in embracing me!

In Joy and Gratitude

Poem and article submitted by Elsie Mary Poliquin



Collective Kitchen

When cooking a nutritious meal is an ongoing struggle, for whatever the reason, a "Collective Kitchen" can offer a solution. Collective (or Community) kitchens have been around for over two decades helping small groups of people plan, shop for ingredients and share in the preparation and cooking of those meals. The meals are then divided into containers to be taken home by each of the participants. This means that there will be ready made meals on-hand when the lack of time or energy makes cooking difficult, and it's cost efficient as the cost of the food is shared.

A pilot project for anew "Collective Kitchen" is being introduced at the James Bay Community Project. I will start on Monday, February 16th at 1:30 p.m. with an orientation meeting for interested participants.

This group will meet twice a month from 1:30 to 4:00 p.m. on Monday afternoons to cook and plan meals until July. Registration will be required and 8 to 10 people can participate in this venture. The kitchen space and cooking utensil are provided.

This particular "Collective Kitchen" will focus on vegan, gluten-free, healthy recipes using organic and locally grown ingredients as much as possible. Participants can add whatever else they like to their meals at home, however the prepared meals will provide all the nutrition required for healthy eating. If someone is not i with vegan or gluten-free cooking, this would be a god place to learn, as well as a place to share recipes and cooking tips. A Collective Kitchen runs on group participation and consensus, and it's a good place to reactivate an interest in healthy cooking and healthy eating while exploring diverse and interesting food dishes. It certainly beats standing in a kitchen by yourself wondering what to make for dinner when cooking is not what you really want to be doing.

If you would like more information, please call one of the Collective Kitchen Coordinators, Linda Chan at 250-380-6383 or Lou Hammond at 250-380-9500. If you are interested in signing up for the February 16th orientation meeting, please call Lisa Gleinzer, Coordinator of Volunteers and Community Programs at the James Bay Community Project at 250-388-7856 Ext. 308. The James Bay Community Project is located at 547 Michigan Street.

Submitted by Lou Hammond, Collective Kitchen Co-ordinator

ONENESS WEDNESDAY in March
111 Superior St. in James Bay
7:00 – 8:30 p.m.
Free or by donation

March 4 A RAY OF GRACE - SOUND & SILENCE INNER JOURNEY



Please come to A Ray of Grace, a 90-minute inner journey. This is an opportunity for deep relaxation, to more fully hear your inner voice, and to receive the blessing of a ray of grace. Our time will include receiving two no-touch energy balancing (attunements) while listening to flutes and soft percussion instruments live, as well as in-depth journaling in silence. A Ray of Grace and its 3-hour version The Quickening have been delivered over 100 times in various countries since 1994.

Jonathan Beals is a Master Attunement Practitioner and StoryCatcher for Matters of the Heart and a leader in Conscious Community development for over 35 years.

Jasen McQuarrie, Certified Attunement Practitioner, has been a small business entrepreneur for the past 10 years. He is a leader in Non-Violent Communication and certified in Reflexology.

Rose Meeker has been a spiritual mentor and confidante for over 40 years, and is an experienced Energy-Work Practitioner. She is also a poet, singer and choral composer.

Norm Smookler, creator of A Ray of Grace, is a consultant in Trust Building and 360 Feedback. He recorded several Meditation CDs and 2 documentary soundtracks.

Please come with the question:

“What would I like to have happen in my life?”

For more information, please visit: <http://cotvictoria.ca/oneness/> or call Peggy at 250-888-7664

Primordial Chi Kung with Lynn Gordon



Wednesdays March 11, 18 + 25

Over the course of 3 evenings, we will practice Primordial Chi Kung, a powerful form of Taoist meditation.

By practicing Primordial Chi Kung (11 exercises and movements with visualizations), within a short period of time, the practitioner will notice the benefits, principally in energy available for everyday tasks, with better

concentration and mellowness of spirit. The time you spend with the exercise will serve to liberate your thinking and reveal your essence.

Once learned, the Primordial Chi Kung set will forever be a source of enjoyment, self-healing and self-cultivation.

It is recommended that participants wear loose fitting clothing and slippers, flat-soled shoes or thick socks.

Lynn Gordon has been studying and teaching Tai Chi and Chi Kung since 1981 as part of an enquiry into the process of letting go and waking up. His interest and research has included yoga, diet and variety of healing styles. He worked in the business world as a trainer, teacher and motivational speaker. Today he continues his teaching and healing practice and is also a student at Pacific Rim College.

For more information, please visit: <http://cotvictoria.ca/oneness/> or call Peggy at 250-888-7664.

Valentine's Evening Movie Night & Pizza Party at Our Place

Sunday night, Feb. 14, found 7 of our Church of Truth members (including Allan, my husband) laughing together & sharing a great old flick, "Sleepless in Seattle" and some Domino's Pizza in the Chapel Room at Our Place, one of Victoria's homeless shelters.

Don Evans, of Our Place, suggested this Outreach project for our church & other groups, after he spoke at an early Feb. Sunday Service. A kind & generous person soon donated enough money to our organizer, Don Morris, for the church to host this successful Movie/Pizza night & hopefully this ball is rolling now & will continue.

About 30 members of the Our Place "family" sat amongst us & afterwards we served several piping hot pizzas to the joy & lip-smacking of all. We were all heaped with a multitude of thank-you's & exclamations of how delicious Domino's pizza had become & how kind & friendly our church members were!

After the pizzas were demolished, we took the opportunity to chat with many of the Our Place "family", which was interesting & heart-warming. A tidy, 40ish fellow with a backpack asked if he could share some of his Valentine's love poems with me & then he wanted to send one as a gift of gratitude to our church. Some of his poem follows:

A Heart Full of Love - by Normand, Feb. 14, 2015

You are wonderful, my love, in the way you are.
Your spirit is with me, has the presence of you,
Is part of my consciousness where ever I go.
You are with me.

I am grateful of your love, which has touched my heart,
You are the treasure chest of my memories in my heart.

We are one in spirit.
Unity is the cement of our love in our hearts.

If you would like to see Normand's entire poem, I will bring it to church for the next few Sundays! This experience is just another enriching sample of how it feels every time I volunteer at Our Place. I recommend it.

Sincerely,
Pat Miller

POTS, POTS, POTS!

To all readers: Please check your kitchen to see if you could possibly have accidentally taken home something from the church kitchen. Specifically, the metal pot lid to our new pot for brewing our ginger tea. Currently being used is a much larger lid that belongs to a larger pot which has also gone missing. Any help in reuniting the pots and lids would be most welcome! Thank you.

Lorna Rennie



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.

NAME	SERVICE	CONTACT INFO
Susan Blackwood 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	Ceremonies	www.ceremoniesbydesign.ca
Renn Butler Archetypal Astrology Consultations, Holotropic Breathwork Workshops	Consultations/Workshops	rennbutler@shaw.ca
Stephen Graves 778-677-7597 All things PC (and little things MAC) Hardware, software, troubleshooting, networking and web design. \$25.00 per hour	Computer Service	stephen@spiritquest1.ca
Dr. Roland Guenther 250-650-1662 email: roland@natures-mystery.com	MD (Germany), PhD, Homeopathy	www.victoriahomeopathy.com
<p>Roland is specialized in helping people with severe chronic diseases. Homeopathy is a holistic modality that can provide healing in a wide range of health problems, anxiety, and depression, and their manifestations in the body.</p>		
Esther Hart 250-896-5933 Esther inspires people with her talks, coaching and writing, always encouraging people to experience freedom by trusting their own knowing. She gets great pleasure from supporting other writers to blossom into authors so that their inspirational stories can reach the people they are meant to inspire.	Author, Speaker, Freedom Coach, Author Mentor	www.authorssolutions.com
Deborah Hawkey 250-813-1747 Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes & Cover Letters	Technical Writing	writeitright@shaw.ca

Cedona Holly **Spiritual Counsellor/Meditation Facilitator**
250-642-1060 www.EternalOneness.org
www.whitelionschildrensbook.org

Pauline Karch **Videography Services** paulinekarch@gmail.com

Kelly Kerr **Massage, Energy Healing** 250-999-9282

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.

Paul Monfette **Carpenter** 250-896-4439
Specializing in Reno’s, Decks & Alterations

Michelle Pedersen **Make-up Artist**
For make-up consults and pricing please email me at
sweetpeamakeup@gmail.com

Sharon Schroeder **Alternative Healthcare Services** 250-661-0072
Healing Energy with Foundation Beauty

Bernadine Sperling **Pet Sitting** 250-384-5721
(drop-in cat visits & James Bay dog walking)

Junie Swadron **Author, Writing Coach, Workshop Facilitator**
250 - 813-0183 **& Psychotherapist** www.junieswadron@hotmail.ca

**CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING
GUIDELINES FOR MEMBERSHIP Renewal**

1. Attendance at our services.
2. A strong desire to participate in our community demonstrated by attending services and getting involved as a volunteer and/or by giving your financial support.

Our Mission Statement says it well:

"We are a supportive community of spiritual discovery. We are a gathering of unique individuals, exploring and allowing our diverse expression of belief. We respect the interconnectedness of all life. We welcome all who are willing to commit themselves to participating in our collective creation. Together, we share our sacred place, this adventure ... this celebration!

Please complete the membership renewal application at the bottom of this form.

Your annual \$10.00 membership fee is due before the AGM in April.

Your continued membership is based on your active participation in our community.

Name _____

Mailing Address _____

Postal Code _____

Telephone _____

E-mail (optional) _____

Please indicate your birthday: Day _____ Month _____

Amount enclosed with application: \$ _____ (Rcvd. by Treasurer _____)

Please add me to the Member Exchange Network _____

Please include me on the community contact list. _____

Check what you would like to have listed:

Name _____ phone _____ home address _____ email address _____

**Church of Truth – Community of Conscious Living
Participation Information Form**

The Board invites you to consider how you want to participate and the benefits you wish to receive from your participation in the Church of Truth – Community of Conscious Living.

Please complete the form below. (check all that apply)

Participation

Sunday morning greeter _____

Coffee serving/cleanup _____

Provide Snacks for after service _____

Gathering/putting away music and order of service _____

Flowers _____

Maintenance _____

Children’s Program _____

Other _____

Areas of Interest/Expertise

Spiritual Directions Committee _____

Choir/Music _____

Meditation _____

Workshops _____ Moderator _____

Speaker _____

Fundraising/Functions _____

Other _____

Benefits

Please share anything you would like the Board to know about the benefits you wish to receive from this community. (Please use the back if more space is needed.)

Name: _____ Phone Number _____

Email address: _____