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Contact:

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

"The Flowering of Heart and Mind"

In March, Spring officially arrives. In Victoria, flowers associated with Spring usually appear well before March, (though our Smug List of early bloomers has changed a little because of our frozen January). Nonetheless, the official arrival of Spring has an archetypal significance. The equal daylight and night have a direct effect on the circadian rhythms of the biosphere. In our experiences and personal navigations of the life journey, moving forward has taken resolution and effort in January and February. Emerging in March, our resolution and community connections are now reflected by the flowering and flowing of life. Creeks frozen in the earlier part of the year are now flowing freely, and river of life is gaining momentum. Spring cleanup of the dead wood fall brings fire to the brook side scenario.

-Submitted by Chris Bullock and Laurence Beal, SDC

The Lighthouse March 2017
A Newsletter for Friends of the Church

We are a spiritual community supporting each other in exploring our personal journeys regardless of spiritual path or belief. Our community is comprised of a rich field of individual and collective energies that is ever changing and evolving.

While we are accepting of diverse expressions of belief, we recognize the interconnectedness of all things and the power of love and appreciation. We hold reverence for all life.

We welcome those who wish to share their journey with us through their insights, reflections, experience and creative self-expression.

We are open to inspiration and recognize that our openness to others' ideas enhance our own awareness and expansion.

We meet our basic human need to socialize, bond, cooperate, celebrate and have fun, in a warm-hearted way, through a variety of events and activities.

We acknowledge our opportunity to be agents of change in the world and we encourage and support service to others through individual and group activity.

We share our sacred space with the larger community.

With gratitude, we live thoughtfully on the Earth with kindness and compassion for all.

We welcome you.

Church of Truth – Community of Conscious Living
Sunday Service – 11:00 am

Working for You
Your Board of Directors

President	Brian Martin	778-430-1872
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 Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE

Theme: Heart Work and Community

March 5

Focus and Vision

“If... thine eye be single, thy body will be filled with light”

Matthew, 6:22

Our ability to focus helps the flowering of life and light in us. If our focus is in a spiritual direction, then the access to Spirit becomes stronger in us.

Moderator: Marvelous Trudeau

Presenter: Jacob Enns

Meditation: Linda Duarte (and Aidan Duarte-Enns)

Coordinator & Greeter: Chris Bullock

March 12

Intuition

The inner voice calling the heart to open, the seed to germinate and the mind/body to replace contemplation with action.

Speaker: Laura Lane

Meditation: Norm Smookler

Moderator: Bob Winkenhower

Greeter: Jennifer Sager

Co-ordinator: D.Joan Thomas and Jennifer Sagar

March 19

Season of Sprouting Intentions

Meditation: TBA

Moderator: Laurence

Greeter: TBA

Co-ordinator: Laurence Beal

March 26

Community Service:

Moderator: Brian Martin

Meditator: Laura Lane

Speaker: Rev. Richard J. DiCastrì

There will be a brief ceremony and a dedication stone to Richard DiCastrì and Marion Ewart outside after the service to commemorate the beginnings of the Church of Truth.

Biographical Notes for March 5th

Meditation: Linda Duarte has over 20 years of experience as a therapist.

She graduated from Simon Fraser University with a Masters in Counselling Psychology. Along with traditional counselling approaches she has helped clients by utilizing EMDR, energy healing and mindfulness techniques. She is currently working in Student Services at the University of Victoria and working on a PhD in “servant leadership.”

Aidan Duarte-Enns (age 6) will assist in the meditation.

Presentation: Jacob Enns trained for 4 years to be a pastor in a church and kept expanding his ‘family’ according to love. When graduation finally arrived he realised he was too inclusive for the fundamentalist church system he trained under. Instead of proceeding as a pastor, he went on to spread his appreciation for a conscious life to a more transitory congregation for over 15 years. Since coming to Victoria he has joined the Spiritual Care team at Our Place.

Jacob and Linda collaborate in private counselling and energy healing and can be contacted at transformativecounsellingandcoaching.com. They and Aidan first attended the Church of Truth on March 5, 2010.

March 26 A very interesting opportunity has come to this community. Richard DiCatri, the founding minister of our church will be speaking about the history of our church and where we’re heading.

Richard committed to his studies in esoteric and metaphysical philosophies in the early 1970's under the Tutelage of Dr. Emma Smiley in the Victoria Truth Centre.

He attended the Albert Grier School of religious studies where he received his Ordination as Minister in 1983 - and returning to Canada, set in motion the process which would later coalesce into The Church of Truth in Victoria.

"I am most interested in the subtle nuanced expressions of the psyche, and how it generates our personal narrative - the stories we spin around our perceptions of the World - how a changing narrative shifts the field of awareness. I am interested in both how the subconscious mind compels the choices we make, and in provoking questions around assumptions we make with regard to free-will and the nature of reality."

The Church was intended to be a departure from the usual formulaic approach of - "attaining idealized states" - either conceptual or material - where the Individual could explore multiple and pluralistic approaches to questions regarding Spirituality - and how together as a collective, this process of open consideration could lead to enrichment and inclusiveness within a diverse community.

ANNUAL GENERAL MEETING - APRIL 23

The health and strength of any community relies upon the participation of its members. Each year we have the opportunity to reinvigorate our community life at the AGM. Too often people shy away from serving on the Board or SDC fearing it will be too big a commitment or thinking they don't have the necessary skills to be effective. This need not be the case any more than standing up in front of the sanctuary and serving as Moderator or Mediator does.

There is more support and guidance than you may know if you are only willing to step up. It is such a wonderful opportunity to learn and grow and really have a sense of connection to the community.

It is an opportunity to infuse your unique creativity and spirituality into the community for the good of the whole.

Please consider deeply letting your name stand for election to either the Board or the SDC. There are several positions coming available and each one has a resource book outlining the duties and responsibilities for that position.

Sanjara is Chair of the Nominating Committee but you can talk to any of the current Board or SDC members.

Looking forward to another year of positively inspiring community life!

Sincerely,
Brian Martin, President

HAPPY BIRTHDAY

We Celebrate with YOU!



Eleanor McKinnon	March 02
D. Joan Thomas	March 04
Carol Jean Douglas	March 20

COMMEMORATIVE ROCK CEREMONY - Sunday, March 26th

The Board has granted permission for a commemorative rock to be laid on the northwest corner of the property to honour our founding minister, Rev. Richard J. DiCatri, and major donor Marion Bruce Ewart. A ceremony to dedicate the rock will take place on March 26 and more information will be in March's newsletter. Submitted by Marie Logan, Laura Lane, Brian Martin & Lorna Rennie

Rock Talk

When I asked Deb if she would be interested in me submitting a column about minerals and crystals for our newsletter she replied, "Sure! It's always good to have new content."

At first I was ecstatic! Then after a brief moment, my mood dropped as I started thinking of all the 'what if's' and had these self-dialogues: "What if people think I am WAY out there? (Hmmm they may already, that is good!)" "What if someone works with a crystal and they feel a negative effect and blame me? (Each of us can choose to accept personal responsibility.)" "What if they think I am an expert? (I am NOT.)" "What if...? What if...?"

Then... silence. "No," I thought to myself, "I will not let these thoughts stop my fun and creative idea. I shall forge ahead!"

So, here goes...but with a disclaimer! I put forth this information from many sources: some fact, some intuitive notions from others and my own personal experience. Use this information in whatever way feels right to you and remember, "To Thyself Be True" and "Buyer beware – no projecting allowed."

The first mineral I would like to introduce to you is Citrine. Citrine comes from citron, a French word for lemon. It was given its name 269 years ago in 1748. Its chemical formula is SiO₂ (Silicon dioxide) and has a hardness of 7 on the Mohs scale. Citrine is found in many countries: Brazil, Africa, Madagascar, Spain, France, Scotland and the USA.

To complicate things, there seem to be two types of Citrine, one is a type of quartz that ranges from smoky yellow to olive yellow to a lemon yellow and is formed when aluminum and lithium are trapped inside the crystalline structure and exposed to radiation that is naturally occurring. The other is referred to as heat-treated citrine that starts as amethyst, which is colored by iron built into the quartz crystal lattice that has been exposed, not to aluminum and lithium but to gamma rays. When these crystals are exposed to gamma rays, they turn purple (amethyst).

If amethyst is then heated to about 900 degrees Fahrenheit it turns colours that vary from bright golden, to amber to orange and brown. This heating can happen in the earth itself, or mechanically.

Most likely natural citrine



Most likely heat treated



Now, different writers give different attributes to the heat-treated citrine, varying from having amethyst properties to having unique but similar properties to Natural Citrine.

I will share with you the unique qualities as they are most interesting, in just a moment, and you can decide what you think. Remember amethyst is generally attributed to helping with protection, purification, divine connection and with the higher chakras.

Historically it is said that Citrine was used in the breastplate of the Ancient High Priests to help with mental focus and endurance. I imagine it was the natural citrine but I do not have any evidence to support my thought. In any case, imagine how beautiful that would look! I wonder if it worked.

Both Natural Citrine and heat-treated, according to Simmons & Ahsian (2015), are associated with the 1st, 2nd, 3rd and 6th chakras and their attributes combined, including: energy, creativity, mental clarity, manifestation and empowerment. In *The Magic of Crystals and Gemstones* (2009), which does not distinguish types of citrine, it states that citrine ‘...helps dispel fundamental levels of fear; brightening even the darkest corners of one’s perceived reality and helping one to ‘laugh without restraint’ (p. 33). I like this idea!

Simmons & Ahsian, (2015) further suggest that natural Citrine helps with manifesting energy into form by connecting us to our imagination and creativity (2 chakra) and through this to our Will (3rd chakra), purifying one’s will centre. ‘When one chooses the path of love and joy and opening to Divine Will, Citrine supports us in bringing forth what is truly beautiful’ (p.150). The authors also suggest that heat-treated or common Citrine can help with manifestation. Heat treated, is said to help in particular with assertiveness, boundaries, being out going, and seeing what one wishes to manifest. It brings a lightness of being and clarification of the mind. Wow – I had been thinking that the heat-treated Citrine

was “fake” citrine, and therefore not of as much value, as do many customers I meet at the Mineral store, but hey, I guess it best not to pre-judge even a mineral!

I leave it with you to take time to meditate and communicate with these crystals, or a photo to see if you can feel the essence of these mineral beings and tap into their energies. Notice through your mind, emotions, spirit and senses anything that comes, including physical sensations. Perhaps you might ponder what you can do for the crystal as well as what it brings to you. I like to think of the mineral kingdom as friends, ready to communicate and be in relationship with us, rather than objects that only do something for me.

If you would like to share any of your experiences, knowledge or stories about Citrine – natural or heat-treated, I would love to hear from you. I would describe my personal connection with Citrine as follows, “I am completely drawn to this stone and feel very optimistic and strong looking at it. It seems to offer friendliness to me. I sense my confidence being boosted when I see it, a sense of it being an essence of my soul and a bit of showiness. I feel supported to honour it by becoming light in spirit and going forward. I love citrine!”

Please write to me at lauras.myc@shaw.ca, and let me know if you are open to sharing any of what you say through the newsletter forum. Keeping it confidential or sharing it are equally respected. Be well and Rock On!

Submitted by Laura Lane

References:

1. Simmons R. and Ahsian N. (2015). The Book of Stones; who they are and what they teach” – Revised and expanded edition. East Mont Pellier, Vermont: Heaven and Earth Publishing.
2. The Magic of Crystals and Gemstones (2009). Third Edition. Simon’s Town, South Africa: TOPSTONES (Pty) Ltd.
3. <http://www.gemselect.com/citrine/citrine.php>

OUR PLACE NEEDS YOUR HELP – ARE YOU ABLE TO DONATE 1.5 HOURS A WEEK TO SHARE YOUR LIFE/WORK SKILLS TO GIVE A HAND UP OUT OF POVERTY?

We are looking for active or retired teachers, chefs, business people, students, mental health workers and social workers, home makers, plumbers. Anyone who

would be willing to donate 1.5 hour per week for at least 3 months and who would be willing to attend Train the Trainer orientation session. This orientation session is designed to share adult facilitation strategies, necessary to work with our multi-barrier population.

**For more information please contact: Marianela Avendano
Employment Program Developer
Our Place Society
919 Pandora Avenue, Victoria, BC V8V 3P4
250-388-7112 ; email: Marianelaa@ourplacesociety.com ;
www.ourplacesociety.com ; www.facebook.com/ourplacesociety**

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FAX 250-220-4026**

**Oneness Wednesday & Meditation Circle
Church of Truth
111 Superior St.
Free or by donation
Everyone Welcome
7:00 - 8:30 p.m.**

March 1, 8, 15, 22 & 29



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

Fentanyl Crisis Fundraisers: Benefit Concert + Fundraising Campaign to raise money to send Pierre Morais, Founder The Scared Straight Tour to the World Conference on Addiction in Prague in August 2017

Pierre Morais, a long-time attendee at the CoT-CCL, has been invited to attend a World Conference on Addiction in Prague in August 2017 as a keynote speaker. He is to do a presentation about how bad the fentanyl crisis is here in BC (it's worst here than anywhere else in North America) with the goal of trying to help other communities around the world prepare for what is likely about to hit them.

Funds need to be raised to send Pierre, the founder of [The Scared Straight Tour](#)-a program where youth are taken on tours of Vancouver's Downtown Eastside to educate them about the dangers of addiction) to this World Conference. A crowdsourcing campaign has been started to help raise money for this worthwhile cause.

The link for the fundraising campaign for anyone who wishes to donate is:
<https://www.gofundme.com/fentanyl-crisis-fundraiser>

There will also be a Fundraising Benefit Concert at the Gorgeous Cafe on Saturday Mar 4th at 7.00pm.

Facebook page event for the concert is:
<https://www.facebook.com/events/306329376435195/>

Anyone who has questions or wishes to volunteer a bit of time to help with the various events can reach Pierre's at info@scaredstraighttour.com.

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It's That Time Again!

The Annual Church Spring Cleaning

Saturday April 8 from 9-3
Hot Lunch will be provided.



**CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING
GUIDELINES FOR MEMBERSHIP Renewal 2017**

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:
