



## THE LIGHTHOUSE MAY 2011

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## DREAM THE UNIMAGINABLE...

Dreaming the unimaginable...what could be more exciting than that? Leaving one so open that we can think beyond our belief system, acquired judgments, prejudices and our perceived truths.

At one time, people thought the world was flat and you know how that went!!! Historically, there are billions of new thoughts and ideas that have changed the course of life, believed to be unimaginable and become accepted as fact. Sometimes my world feels flat, the unimagined happens, and in that moment my world changes.

The unimaginable does not always have to be grandiose. It can happen when we are awake and present in every moment. Letting go of our expectations, allows for the unimaginable to be birthed often. How many times have you said: "I never thought I would come up with ..." or "I never thought it could happen to me..." I love this word, unimaginable, with its multitude of possibilities and lack of limitations. It allows me to go beyond what I believe I can't do, to saying, YES I CAN! Once we step to the edge, it's our choice to fly and allow ourselves to soar into the unknown and discover the great mysteries that truly are accessible to us.

Sundays in May, we will explore Dreaming the Unimaginable through these topics:

One of the unimaginable experiences in my life is, ***The Grandmother Tree Speaks***. At first, it was a sharing of energies that are wordless. Now that I can 'hear' her, she whispers her realities and words of wisdom to me: "***Dream the Unimaginable, create, create, create.***" My communion with nature and all my relations is a very powerful experience for me.

***Healing Circles of Love: Opening the Divine Heart.*** Healing circles came into being in all walks of life as people dreamed the unimaginable. Healing Circles have been created to assist many people, cultures, and countries, to move beyond their edges or borders, towards acceptance, love and understanding

# *The Lighthouse May 2011*

## **A Newsletter for Friends of the Church The Church of Truth - Community of Conscious Living**

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.**

### **Sunday Service - 11 am**

#### **Working for you - Your Board of Directors**

<b>President</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/Outside Maintenance</b>	<b>Patti Huot</b>	<b>250-385-0941</b>
<b>Treasurer</b>	<b>Jan Falkowski</b>	<b>250-370-9192</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>Inside Maintenance</b>	<b>Tracy Koebel</b>	<b>250-857-8185</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 May 2011

**May Theme:** Dream the Unimaginable

May 1

The Grandmother Tree Speaks

Speaker: Nikki Menard

Moderator: Patty Huot

Meditator: Daniel Ouimet and Elvira Perrella

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May 8

Healing Circles of Love: Opening the Divine Heart

Speaker: Stephen Ward

Moderator: Lorna Rennie

Meditator: Stephen Ward

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May 15

Happy, Healthy, Holy

Speaker: Julie Henderson

Moderator: Marvelous Trudeau

Meditator: Julie Henderson

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May 22

The Empowered Voice in My Story

Panel: Deborah Hawkey, Susan Blackwood &  
Sanjara Omonivi

Moderator: Bernadine Sperling

Meditator: Paul Monfette

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May 29

Giving Voice to Your Dream  
Community Service

Moderator: Tracy Koebel

Meditator: Laurence Beal

Continued from page 1

**Happy, Healthy, Holy.** Based on the kundalini yoga's tradition, the 3HO's global mission is to serve, inspire, and empower humanity to be healthy, happy and holy. The organization describes itself as a spiritual community welcoming of all religions and lifestyles. The movement's gender politics are egalitarian. (Wikipedia)

**The Empowered Voice in My Story.** The panel will address pushing the envelope, taking the next step, taking risks and seeing what's around the corner beyond fear. Come, listen and witness how they have become the empowered the voice in their own story.

**Giving Voice to Your Dream.** It's the Self, going beyond where no Self has gone before, journeying into the great unknown. What does this mean for you? What are you opportunities and possibilities in dreaming the unimaginable? Come and share your thoughts in our Community Service.

Join us for the month of May as we dare to Dream the Unimaginable.

Namaste...

Nikki Menard  
Past SDC member

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### A MYSTERY UNEXPLORED

**"There will be a Easter Sunday Potluck following "Easter / Spring Celebration of Life Renewed: Opening to the Mystery".**

I was thrilled to hear that our "Conscious Community" was having a vegetarian potluck following Opening to the Mystery. An opportunity to enjoy, what to some is a mysterious way to eat. An opportunity to taste the huge variety of delicious dishes in such a way of Being.

I am very disappointed, that on some level, it must have seemed unfair to carnivores. Hmm, I wonder what the animal being eaten would think?

It seems that as a "Conscious Community" we are unwilling to let go, even for a meal, the opportunity to share a community meal without meat.

I am frankly disappointed.

Sincerely, Joyanna

## PLEASURE

People often feel guilty about a variety of things that they have either done or not done. Whenever guilt is present in a person's life, they will find some way of punishing themselves – usually without realizing that they are doing so. That punishment might be psychological – such as repeatedly telling themselves that they are no good, or it might be physical – such as denying themselves certain pleasures.

Food is often used as a means to punish oneself, even though it might take the guise of being a reward. When food becomes an addiction or even a reward it is not being used appropriately as pleasurable nourishment, and therefore the satisfaction derived from it is extremely temporary. Then because it does not do what we want it to do, we tend to increase the quantity as a substitute for the quality we are lacking.

The experience of pleasure is essential to the aesthetic sense which enables us to experience the beauty and harmony of life, which then opens the heart to love and appreciation.

It is often a very helpful process to support someone in discovering guiltless pleasures, or to teach yourself to do the same. If life is not enjoyed it becomes a pain. And if people do not feel good about experiencing pleasure they will not find much to love within themselves or in their life.

Do you have any religious or cultural conditioning against the experience of pleasure? In many circles the experience of pleasure has long been considered sinful. Soul centered spirituality requires us to view and experience the world in which we live as wonderful, beautiful and pleasurable.

Andrew Schneider

Submitted by Deborah B. Hawkey

# HAPPY BIRTHDAY!

*We Celebrate With You*

*May-03 Maisie Thomas*

*May-20 Patricia Coleman*

*May-21 Cedona Holly*

*May-29 Logan, Marie*

*Happy 96<sup>th</sup> Birthday*

*Happy 80<sup>th</sup> Birthday*

*Happy 60<sup>th</sup> Birthday*

*Happy 65<sup>th</sup> Birthday*



## **PROFILE: CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING**

Our church has existed as a legal entity since 1984 when it was incorporated as the “Canadian Fellowship of Religious Mysticism” under the B.C. Society Act. Over the years, our name has changed, in sometimes subtle ways, culminating in the “Church of Truth - Community of Conscious Living” in 2001. Since 1994, the church has been managed and administered by a volunteer Board of Directors made up from the membership.

### **Evolution of our Spiritual Direction**

**Background:** The church began as an enthusiastic group formed around the spiritual leadership of Richard Di Castri, ordained as a minister in Pasadena California’s Church of the Truth. The combined energy of this group manifested the funds and drive to create this body as a non-profit society, and to design and construct our building. In 1989, Richard ordained Joan Hopper who is the only minister member of our church to hold this distinction.

During its early evolution, the church maintained an association with California’s Church of the Truth\* and with the International New Thought Alliance; our last membership with this Alliance was in 1994. Since then the church has evolved on its own auspices and is an independent entity.

In the early 1990s, Richard resigned as minister to follow other interests. With his resignation, and the subsequent hiring and departure of another minister after one year, challenges to the church’s survival manifested with a greatly reduced number of members and no revenue. The Board was considering dissolution of the society.

The Board was then approached by church members Maria Escude and D. Joan Thomas; Maria with a deep sense of guidance, proposed that the church did not need a minister. She and Joan volunteered to coordinate Sunday speakers and recommended that the community look at the prospect of renting the church space for much needed revenue. The Board agreed and committed members brainstormed for methods to make the church viable. This began the one step at a time of rebuilding the church. Our community is deeply grateful to the dedication of still current members Maria and D. Joan, Joan Hopper, Marie Logan, Laura Lane, Brian Martin, Lorna Rennie and Madge Tolmie who were among those instrumental in keeping our church alive.

**Spiritual Directions Committee:** Maria and D. Joan were the precursors to the Spiritual Directions Committee created in the late 1990s. This Committee is elected by the members and has the mandate of ensuring spiritual activities are provided that are congruent with our constitution.

\*The Church of the Truth was founded in 1913 in Spokane, Washington by Dr. Albert Grier; his vision was to shape a broad, universal religion of inclusiveness with no perception assumed as exclusively true or superior. The Churches of Truth ultimately became part of the already established New Thought Movement of which Dr. Grier became a prominent leader.

## Who We Are

A unique element of the church is that no minister is employed by it. Another distinctive aspect is that we are a spiritual community that welcomes all, regardless of spiritual path or belief. Our openness and evolving nature is well expressed in our current Who We Are pamphlet:

“Our community is comprised of a rich field of individual and collective energies that is ever changing and evolving.”

While we remain committed to the vision of a no minister policy, we currently have three church member ministers, Joan Hopper, Greg Skala, and Gordon Thurston who have been granted the status of “religious representative”, i.e., they are licensed under the Marriage Act to perform marriage services. In addition, Joan provides pastoral care to our community which is one of our purposes as a society set out in our constitution.

## Our Sacred Space

The spirit of our church is embodied in its history, architecture, and with the energy of all who have graced it with their presence.

**Architecture:** Notes from John Cawood, a church co-founder and designer of our building, reveal the following. The sanctuary is designed in the transcendent image of the mandala which is a diagrammatic metaphor by which we can understand the deeper mysteries. The mandala is expressed in the form of a cross, representing the temporal body; the cross is within a circle representing the eternal spirit. All directions are drawn to the centre as illustrated by the break lines (converging on a small circle) set into the floor matching the rooflines overhead. From this centre, the spirit of our congregation flows out to the world beyond. Windows set high raise our vision to the light by day and carry the light of the church out into the world by night. The triangular skylight symbolizes God’s blessing on our church and also brings light to the memory of Marion Bruce Ewart whose gift of land and money was instrumental in making the building a reality. The exterior roof’s triangular form of a tent symbolizes faith in the protective presence of God which we carry with us on our journey. The triangle is also a metaphoric image of consciousness. Its horizontal base is our dualistic consciousness; the vertical thrust is our transcendent consciousness.

**Serving the Community:** Our sacred space is imbued with the energy of its architectural uniqueness and symbolism as well as with the spirit of all who have been drawn to it. Over many years, it continues to serve the larger community via rentals for such events as musical performances or concerts, workshops, meditation/yoga and private functions such as weddings, memorials and other celebrations of life. Rentals help defray our operational costs.

Sources include:

Church historical files

Liz Connolly Bennett, Notes from November 7, 2004

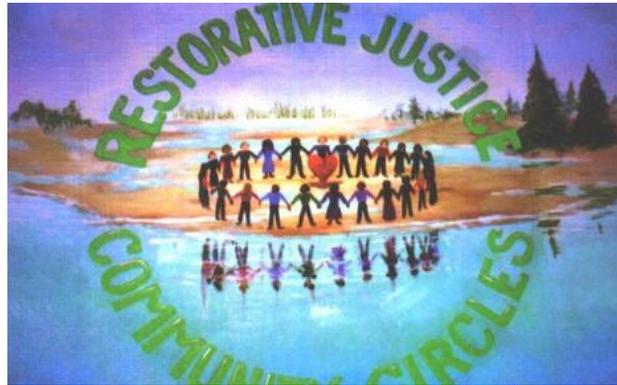
John Clinton Cawood, The Thought Behind the Design of our New Building

Website: [albertgrier.wwwhubs.com](http://albertgrier.wwwhubs.com)

Submitted by Genevieve Eden

## Oneness Wednesdays in May .....

**Restorative Justice: Healing Community with Joyanna Wilkinson and Friends – May 4, 11, 18 + 25, 7 p.m. to 8:30 p.m.**



**Restorative Justice in Community is about healing the harm through forgiveness and healing mediation before the hurt multiplies in community**

We are one humanity on this planet.  
All life is interconnected and interdependent  
All share in the Universal bond of love.  
Love begins with self acceptance and forgiveness.  
With tolerance and compassion we embrace diversity.  
Together we make a difference through love.  
--- The Love Foundation

All meetings will be in a circle format and open for sharing.

### **May 4: What is Restorative Justice in Corrections and Community**

**Intro by Joyanna:** Spiritual aspect for me

**Meditation and contemplation with Galalisa Star** :Ceremonial singer and Visionary \* 1

**Circle discussion:** "We are the ones we've been waiting for". We are all part of the problem AND the solution.

**What is Restorative Justice in corrections and in community?**

**Film segment of First Nations circle from Healing River film about Restorative Justice in BC** \*2

### **May 11: Experiencing Restorative Justice Mediation**

**Invocation:** Joanna will play One by One by Michael Stillwater \*2 "...healing the World One heart at a time".

**Frank Smoke:** meditation

**Experience RJ mediation by doing a mock session of Family group Conferencing** with volunteers for victim and offender and volunteer in support of each person.

**Susan Langlois facilitator:** Susan Langlois was a Probation Officer and Family Court Councillor for 30 years, always believing in healing the harm instead of punishment. On retirement she continues to be very involved in Restorative Justice with First Nations families.

## **May 18: Spiritual Aspects of Restorative Justice**

**Spiritual Aspects of Restorative Justice**

**Invocation:** Feels Like Home, song by Michael Stillwater

**Stories from our circle at William Head with Margaret White: Restorative Justice volunteer, RJ advocate and Sunday liturgy attendee at William Head**

## **May 25: Exploring Possibilities of Mediations in Families/Communities**

**Invocation:** Joyanna

**Effects of victim/offender mediations.**

**Exploring possibilities of mediation in families/communities.**

**"BE THE CHANGE YOU WANT TO SEE IN THE WORLD"**

**--- Gandhi**

\*1 Galilee: CD's available on the 4th and at [www.galalisa.com](http://www.galalisa.com)

\*2 Michael Stillwater: CD ChantWave

\*3 Healing River: [www.heartproductions.ca](http://www.heartproductions.ca)

### **About Joanna (Joyanna) Wilkinson:**

Joyanna first experienced Restorative Justice in action at a Symposium at William Head Institution with Katie Hutchison as keynote speaker; Katie came with the young man who murdered her husband. Together they were healing the harm by going together to schools with their experience.

Joyanna was moved to join the Restorative Justice Coalition, some 5 years ago; This group meets weekly at William Head. For Joyanna, this circle is an awakening of her heart, mind and spirit and she believes that we all grow together as we explore at a very deep level.

### **Drop – In to Oneness Wednesdays (Attend one or more evenings)**

**Date:** Wednesdays, May 4, 11, 18 + 25

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

**Location:** Church of Truth, Community of Conscious Living, 111 Superior Street

**Cost:** Free or by donation

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

## **The Mozart Effect**

There is something called “the Mozart effect” that has a healing effect on whomever listens to and surrenders to the music, listening and opening to the beauty flowing within us and through us, like the music of Creation. It is beautiful when research comes together with that unexplainable something that makes us breathe easier, like the music that flowed through Mozart with his childlike surrender to the beauty -----and like the night breeze that opens our heart---- like the singing nightingale that helps us remember the Creator that formed us. When we listen, we feel the flowing love from the Beloved One who envisioned us and loves us with a majestic Love, and we hear a personal whispering Love that awakens something deep within us that becomes a remembrance of the Heart out of which we arise.

It touches something in us that sparks a flame within our own souls that is not about reason, but about the Divine Love rising like the mist from the rivers and the oceanic beauty of Creation itself.

Energy from the earth sings through our feet when we are in love with our Creator, a Love that is flowing out to us, flowing within us, a Love flowing in the translucent Spirit like the Vintage Wine from the Purest Heart.

A living Presence circles through us sharing the Love to show us how to Love, to release our own divine breathing that connects us to All Breathing. We can breathe and feel the peace that passes all understanding within our being, and we receive the blessed assurance that comes from the Source of Life, comforting soothing, lifting us to feel Love in a way that is beyond what we could imagine alone.

We know in that sacred Presence that everything within us flows out into that embrace and gives us All we have ever needed to live, a Love that will sustain us in Life affirming grace that knows no beginning and no end.

It is more than the Mozart effect.....it is the effect of the Beloved coming alive within us, awakening us.....it is the music of the tides, the rhythm of the Creator breathing within us.....the Beauty that humbles us and brings us to our knees.....and the Universe bows to its Presence.....

The Beloved is drawing us into the warmth and embrace of an empowering energy, sharing a Divine Generosity and Grace in a thousand ways each day, each moment, and we watch and listen and recognize the Coming and feel the tears and Joy of our own grateful hearts giving thanks for such sweet love.

We are so Blessed A special thank you to the people that organized a superb Pot Luck lunch. It was so well organized. And delicious. Namaste **Love Trish**

### **Extraordinary General Meeting**



At the AGM , the building committee announced that there would be an assessment of the condition of our building and the actions required, and that we would bring the results and a proposal for action to the general membership.

The meeting has been called for Saturday, May 28 at 11:00 at the church. The board and building committee hope you will be able to attend and participate in planning for the necessary repairs.

MARK YOUR CALENDAR!  
COME CELEBRATE MARIE'S 65th BIRTHDAY (ALONG WITH  
ALL OF YOU WHO ARE HAVING MILESTONE BIRTHDAYS TOO!)

SUNDAY, MAY 29 - 6651 WELCH ROAD.

You are all invited to a picnic at Villa Paradiso  
after church. The country or highway routes are  
below. Allow 1/2 hr to get here from church. There  
is not alot of parking so car pooling is appreciated.

- ABSOLUTELY NO GIFTS -

There will be a donation box & all will go toward  
our church recovery. As you know, our building is  
experiencing some 'envelope' problems - please be  
generous - I will be matching your donations.

There will be a sign up list at church so we  
know how many are coming. ~~Mr~~ Sue & I will be  
providing sandwiches (regular & vegetarian) fruit  
vegetable plates, tea, coffee & of course, a cake! If  
you have a diet that doesn't allow these menus, please  
bring your own.

Please bring a lawn chair or blanket, a sweater or  
jacket, sun hat etc (let's all do a sun dance), a guitar  
or it won't go amiss! - & your donations - ha, ha!

Looking forward to seeing you here.

Sue & Marie

COUNTRY ROUTE

Cook Street to Maplewood, which becomes  
Blenkinsopp, which becomes Cordova Bay Rd.  
Pass Matticks Farm. Over the hill Cordova  
becomes Fowler Rd. This continues to high-  
way. Before this, you will notice a fork  
to your right - Hunt Rd. Turn right.  
Hunt snakes through a country setting & turns  
into Welch Rd at Dooley Rd. Continue now  
on Welch Road to stop sign. Go through  
stop. Kiwi field on right. New fence &

HIGHWAY ROUTE

North on Highway 17 (as to ferry)  
Pass Tanner Road  
Almost immediately, watch for sign  
Gas, Co-Op  
Go into far right lane, this is Glidden Road  
Follow Glidden down to stop sign, turn right.  
This is Martindale Road. Follow Martindale  
to the cross road at the top of the hill.  
Turn left. Kenoff water tower ahead, kiwi on  
right. New corner fence & here is us.

We are the first driveway on the right. 6651 Welch Rd. Hedge is us.

P.S. Marie will match donations up to \$1,000.00 Please be generous

Reply Forward



## UP CLOSE With Paul Monfette

A profile, a side shot illuminated against some kind of background, mountains against the sky, face against whiteboard, Paul against the backdrop of these times, these turbulent times, this great turning from outer focused conquest, to inner settling and acceptance.

How can you profile an ever changing being.... From railway to swing-stage building renovation, to tree-planting to carpenter to writer....  
From human to???????

There are reasons for all things, Universal Law states. Whenever I question being a carpenter someone says, "Jesus was a carpenter." If only they knew, Jesus is a good bud of mine and when we talk, he reminds me about the carpenter thing.

So I almost didn't get it as I get ready to go back to work as a carpenter, why/ why did these accidents happen? So I can write my book, the beautiful tale of love with my dog friend Ringo.... I guess. But it's not ready for publication yet!!! ) \* ;

Born into a strict, devout, Roman Catholic family, friends surmised that in order to escape repression, Paul reads Tarzan and dreams of living in some remote paradise with Jane and the wild animals..... Paul meets his real life Jane, when both are part of a spiritual group. They move to a remote paradise island and raise a family of cats and Chihuahua's and of course Ringo. Sadly, after 16 years, they fall out of romantic love and Paul and Ringo set off on a series of adventures including a trip to the south-western states where they encounter Havalenas ( wild pigs ), Rattle Snakes and a Crystal Skull.

Carpentry and Ringo keep Paul grounded on this earth plane..... Nine years or so ago. the pain of being human, and another "failed" relationship brings attempts to leave this planet or at least stay in an altered reality,

he hits bottom, comes close to death on a couple of occasions and enters the folds of twelve step and AA for hopefully the last time. He's done. He's ready to live in a different way. Ringo is happy for him.

Let carpentry be your meditation, Grasshopper. Focus on tools and materials, zen and the craft of carpentry..... Building a deck, handrails and stairs for Julie the horse lady, they mount a wooden horse-head atop one of the posts, love in action bringing the unseen into the open.

Often someone works with him and occasionally a partner, such as on the Lynne job, where they added 1000 sq. ft. to the top of a house, including a dog-house dormer no doubt inspired by Ringo, ever present on the job-site and on most jobs adopted as a family member.

What he enjoys building the most is garden structures, which he often designs along side the home-owner. From Trellis's, gates, out-buildings and on, he loves the creativity and working outdoors. A favorite, an octagon deck, built specifically for a wedding; the sad part the separation of the host couple right after.... Ah l'amour....

While the plan for Paul may be becoming a successful author and who knows what else; on a career aptitude test he scored highest as a performance artist. His joy and fulfillment comes from connecting with others energetically through movement, song, dance.

For now a return to some wood-working is in the works..... With a passion and curiosity for what may come, Paul steps out onto life's path and greets his companions.