

## THE LIGHTHOUSE

MAY 2016

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May: Meditation Circle:  
Opening Up to Meditation....**

May 4, 11, 18 + 25, 7 to 8:30 p.m.

Everyone Welcome to Drop-In!  
Free or by Donation

<http://cotvictoria.ca/onestess/>  
or Linda at [250-380-6383](tel:250-380-6383)

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

## NATURE'S POWER

The month of May is connected to the element of fire, the fiery red leaves of new growth on the bushes, the fires of Beltane, the ancient Celtic May festival, the images of fire associated with the month's main astrological sign, Taurus, the bull. We can understand fire as symbolizing the way that, with the arrival of May, spring starts to acquire more power and fullness. And so the fiery month of May invites us to consider what qualities of power we can co-create with nature. May Day is a day celebrating labor, and the understanding of labour is a good place to start the process of understanding true power. Another good beginning place is the understanding of nurture, the care we need at the beginning of life, and the care we hope to give later on. As the process of gaining power continues, we need to understand the value of perseverance, the ability to stick with the process that is unfolding through its ups and downs. And we also need to recognize that power is co-created with nature and spirit; our ego is always tempted to exercise power over others and the world we live in. Once we are able to follow the path of true power, recognizing its sources in nature and spirit, celebration becomes possible for us.

Submitted by Chris Bullock, on behalf of the SDC

The Lighthouse May 2016  
A Newsletter for Friends of the Church

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

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

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

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

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

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

We share our sacred space with the larger community.

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

We welcome you.

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

Working for You  
Your Board of Directors

President	Brian Martin	778-430-1872
Past President	Sanjara Omoniyi	250-900-0281
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Marvelous Trudeau	250-384-2563
Secretary	Michelle Pederson	778-350-7999
Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Bill Israel	250-744-0590

Your Spiritual Directions Committee

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

Rentals Esther Hart 250-896-5933

Newsletter dbhawkey@gmail.com

# SUNDAY SERVICE SCHEDULE

## May 1 Labor of Love

- Coordinator: Troi Leonard
- Moderator: Hendrik de Pagter
- Meditation: Troi Leonard
- Speaker: Brian Martin
- Greeter: Don Morris

Speaker Bio: Brian Martin is a long term active member of our community and is the current President of the C of T, Community of Conscious Living Board of Directors.

## May 8 Nurture - Mother's Day at The Church of Truth

- Coordinator: Don Morris
- Moderator: Pat Miller
- Meditation: Katherine Muncaster
- Speaker: Panel Discussion
- Speakers: Sanjara Omoniyi, Peggy Muncaster, and Marie Logan
- Music: D. Joan, Laura and a special piano performance by Brother Joseph Martin
- Greeter: Linda Chan

D. Joan will take on a creative role in our honoring of mothers in a personal and interactive way.

Panelists will address 'nurturing at the beginning of life and continuing throughout.'

Bio for Special Piano Performer: Joseph Martin is a composer, artist, writer, psychotherapist and real estate agent living in Victoria.

## May 15 Perseverance

- Coordinator: Bill Israel
- Moderator: Laurence Beal
- Meditation: Marvelous Trudeau
- Speaker: Bill Israel
- Greeter: Michelle Pedersen

Topic of Bill Israel's talks will be on the Spiritual Creativity of J Fenwick Lansdowne (1937 to 2008) - J Fenwick Lansdowne was one of Canada's most famous and revered wildlife artist.

Speaker Bio: Bill Israel is the SDC Liaison on the C of T, Community of Conscious Living Board of Directors and a Certified Facilitator of the INTENSIVE JOURNAL program.

## May 22 Co-creation: How to Activate Your Super Conscious Mind

- Coordinator: Marvelous Trudeau
- Moderator: Marie Logan
- Speaker: Marvelous Trudeau
- Greeter: Linda Chan

Speaker Bio: Marvelous Trudeau was born in Chilliwack and now lives in Victoria. She has one daughter, Michelle Pedersen, who also resides in Victoria. She was employed at the Cariboo Friendship Society in Williams Lake as an alcohol and drug counselor and is the author of *Spirit Knows*, a spiritual solution to panic disorder and addiction. Her passions and hobbies include stand-up comedy and ventriloquism with Sid the gorilla. See web page. [Marveloustrudeau.com](http://Marveloustrudeau.com)

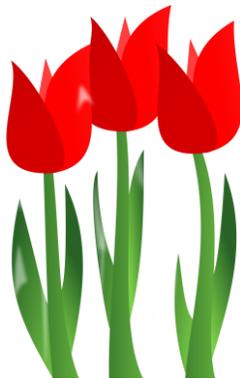
## May 29 Celebration (Community Service)

- Coordinator: Jack Hyatt
- Moderator: TBA
- Meditator: Laura Lane
- Greeter: Joyanna Wilkinson

The beginning of May indicates a time of co-creation in support of the “Transformative Power” of Mother Nature herself. We are bidden to both, look into the future with clear insight, as well as, apply a concerted effort in achieving our desired goals.

As the power of the Sun increasingly infuses all forms of life, we must gather our “internal fires,” and with passionate zeal strive to fulfill our part of the bargain, by activating our Wills and become the “Labor of Love” required, towards externalizing our creative gifts and goals.

Two symbols stand out for meditative reflection, the “Maypole Dance” indicating a multicolored turning wheel...the spiral of life, and the “Taurean Bull,” transmuting lower desires (red) towards an enlightened mind and purpose (Gold)



*HAPPY BIRTHDAY*  
*We Celebrate with YOU!*

Cedona Holly  
Marie Logan

May-21  
May-29

## Community Name Discussion Continues

- by Linda Chan

In response to Marie Logan's request that members of our community respond to her questions and letter in April's Lighthouse Newsletter re: Community Name, I submit the following article in response to her letter.....

I am attracted to our community because we are more spiritual than religious. I love that this community embraces diversity and is accepting of all spirituality. When I reflect on what influenced me to start coming to the Church of Truth for Sunday Service, it was Joyanna Wilkinson, who handed me the brochure 'Who We Are' one day when we were working together on the 'Kindness Project/Compassion in Action'. She mentioned that Sunday Services at the Church of Truth, Community of Conscious Living were something that I might consider attending and that what was neat about this community was that it was more spiritual than religious, that it was accepting of all spirituality. Living only a few blocks from the Church of Truth, I would not have ventured into this space otherwise - I was not a church goer - I was raised in an agnostic family and I resonated with Buddhism and eastern spiritual practices ( i.e. meditation, hatha yoga, tai chi, qi gong).

When I started going to the Church of Truth, Community of Conscious Living for the Sunday Services I also decided to participate in the Gettin Higher Choir which also happened in this beautiful space. At choir practice, Moneca Gabriel, a member of the C of T, CCL took me under her wing and made me feel welcome as a new soprano singer. A bit later when I joined a running / walking group in preparation for the Times Colonist 10 K, I became friends and started to walk regularly with Pat Miller, who was also a member of the C of T, CCL. On Sundays when we walked together, we somehow made the Church of Truth a destination point for our morning walks and timed it so that we could attend Sunday Services.

During the early years of being a member of the C of T, CCL, I remember regularly attending the 'Monday Evening Meditation Group' that Jim Bennett led - A small group of us from the C of T, CCL were huddled into the Quiet Room for about an hour or so; I remember quite often there would be another meditation group led by Peter Tongue in the Sanctuary ..... So what kept me coming to this community were the people that I connected with and became friends with because our shared interests and like-mindedness regarding spiritual beliefs and values.

Our community has always been a non-denominational centre for spiritual self-discovery and we are unlike a church per se. Currently we are an independent society under the BC Registry Society (since 2001 when we changed our name and at the same time amended our purposes and the Declaration of Principles). Therefore, we are unique and free to create our gatherings in any way that we see fit and set up our chairs in any format that we like (in a large circle or in small group format); We are free to decide on the music and can give Laura and Brian and others the creative freedom to explore what would work for our community.

We currently have a Spiritual Directions Committee (SDC) to decide on the content of each Sunday Service and then coordinate our community members and others to participate and co-create these services. In the future, we may also extend this ability to create what happens in a Sunday Service to more members of our community to decide and plan out. Our Oneness Wednesdays, may in the near future, be a forum to reach out to others via meditation as a way for us to serve a spiritual purpose or higher purpose in the world.

The name we choose for our community needs to reflect 'what we are about and the direction that we are heading in the future'. We need to continue attracting like-minded individuals who share spiritual beliefs and values of our community. The word 'church' suggests things that might not be happening within our Sunday Services, ie 'Minister-led, religious more than spiritual, Jesus, hymns, pews, dogma'. The word 'truth' means different things to different people. Truth expressed in the vision of Dr. Grier, the founder of the Church of Truth movement

in North America was, 'Creating a platform so broad that none would be crowded off; one in which individuals can pursue the Universal Truths that will make them free'. Within our community, we don't spend much time reflecting on 'truth'. On the front of our 'Who We Are' brochure is the following, 'We are a spiritual community supporting each other in exploring our personal journeys regardless of spiritual path or belief'.

Nowhere on this brochure or on our web site under 'Who We Are' do we talk about "truth"; On our revised constitution (dated April 6, 2014) the word 'truth' does not come up in either the purpose of the Society (in Article 2) or The Declaration of Principles (in Article 3); However, our past association with the Church of Truth International, the word 'truth' is reflected in the past constitution of our community as 'The spiritual authority for the church is John 8:32: you shall know the Truth, and the Truth shall make you free'. This was also part of The Declaration of Principles. I don't feel this community believed that and this was the reason it was struck off of the revised constitution. Digging deeper by doing a Google search, I believe that this statement means, 'The truth Jesus' disciples receive brings with it freedom. Jesus continues, "And the truth will set you free" (verse 32).

When this issue of changing our community name from the Church of Truth, Community of Conscious Living to something else keeps coming up time and time again, we need to take the time to find out why this is happening and deal with it once and for all, not allow it to be buried under the carpet... I believe that newer members and longer term members have valid reasons for wanting to see our community's name change - we all want our community to survive and thrive into the future by continually attracting like-minded individual to join us and if people are turned off by the name we call ourselves or make erroneous assumptions base on their interpretation of 'Church or Church of Truth then it becomes very problematic for us; people will not venture into our Sunday Services on their own because of their misconceptions or we have to spend time clarifying what we stand for, so that they will not be thrown off by the unfortunate connotations of our name.

On May 3, 2001, the name of our community was changed from 'First Church of Truth' to Church of Truth, Community of Conscious Living' - The intention stated was that those who did not like the name 'Church of Truth' could alternatively refer to our community as 'Community of Conscious Living'. Not having been part of our community in 2001, (I joined in 2005 or 2006) I was not aware of the interchangeability of our name - I saw it as an extension - The question I would like to ask is whether the majority of our member (75% of our membership) would prefer 'Community of Conscious Living' over 'Church of Truth, Community of Conscious Living'? If this is the case, then perhaps our preference of the name 'Community of Conscious Living' can be reflected on our web site, in our E-News and in any of our communications among ourselves and to others in the wider community - We would refer to ourselves as the 'Community of Conscious Living which meets at the Church of Truth'.

I am also a member of the Victoria Insight Meditation Society (VIMS). In 2010, our Buddhist meditation community also went through a restructuring of how our community operated. There was a need at that time to also look at our mission, purpose etc.... We ended by changing our community's name from 'Victoria Vipassana Community' to 'Victoria Insight Meditation Society (VIMS)' among other changes that were made. The reason being that there was already a Vipassana Community following S.N.Goenka's teachings in Victoria and beyond. We wanted to distinguish ourselves from this teaching which is similar yet very different from what we are doing. I recently attended a VIMS weekend retreat and this was very well-attended with over 90 people in attendance and I notice VIMS in general appears to continue to thrive as the result of the restructuring and community name changes.

I too want to see an engaged and active membership in our community with people taking an active role in our community and contributing in a variety of ways. I really feel that we need to look at how we recruit members to our community. It was suggested that there be a sliding scale membership in our community and I am in agreement with this - Perhaps membership can be set at \$50.00 per year and if people are not able to afford this amount, then a lesser amount can be agreed upon and/or some other non-monetary contribution can be made in lieu of this; A sizable percentage of this membership fee can go

directly into the caretaking of our beautiful building. Looking at the membership process for new members.... When someone would like to join our community, then a member who is part of the Membership Committee meets with this individual and has a chat with this person, sharing with them more about our community (the beautiful building 'Church of Truth' is our collective responsibility; Our Sunday Services are community-run). Members are invited and encouraged to contribute both financially (or equivalent) and by volunteering , how they can take an active role and inviting any questions that they may have. The member would have this person fill out a form - the type of questions on the Membership Form would include: Why do you wish to become a member of our community? What are skills or experience that you can or would like to contribute to this community? Membership would be reviewed by the 'Community Committee' or the 'Membership Committee' and if this new member is accepted then a member of our community would be assigned to be this new member's mentor or buddy for the next few month. A mentor's or buddy's job would be to keep an eye out for this new member, to get him/her engaged in activities happening within our community, answer any question this new member will have, etc.

With gratitude for who were really are!



### **Thank You**

I have come to the decision that it's time for me to let go of my volunteer activities at the church and create space for others to shine. I had planned to slip away quietly but Sanjara wouldn't let that happen, announcing my decision at the AGM.

Thank you for the flowers, still lovely a week later, the card Sanjara made with her own beautiful painting and the many notes of appreciation. Thank you also for the many verbal words of appreciation that you have shared with me over the years. I will continue managing the rentals, which brings me a great deal of joy, and I will be available to help in a crunch. --- Esther Hart

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

2016

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.)

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Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

Email address: \_\_\_\_\_

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## 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
<b>Deborah Hawkey</b> 250-813-1747 Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes & Cover Letters	<b>Technical Writing</b>	<a href="mailto:writeitright@shaw.ca">writeitright@shaw.ca</a>
<b>Laura Lane</b> Accompanist, Pianist, Singer. Available for Weddings, Celebrations of Life & Special Events “Comfort Zone” Band, Boomers, Folk, Light Rock music group.	<b>Celebration Pianist</b>	250-893-9656
<b>Michelle Pedersen</b> For make-up consults and pricing please email me at <a href="mailto:sweetpeamakeup@gmail.com">sweetpeamakeup@gmail.com</a>	<b>Make-up Artist</b>	
<b>Leonard M. Thornton, Ph.D. Liberating Energy Psychology with EFT</b> removes blocks to health, happiness and freedom! <a href="http://www.eftandmorelive.com">http://www.eftandmorelive.com</a> <a href="mailto:celestial999@gmail.com">celestial999@gmail.com</a>		250-598-4303
<b>Marvelous Trudeau, Escort</b> Will take people to 1st A.A. meeting		250-384-2563
<b>Linda Chan, Coordinator, Spring Ridge Commons</b> <a href="http://springridgecommons.ca">http://springridgecommons.ca</a> <a href="mailto:lindainvic@gmail.com">lindainvic@gmail.com</a>		250-380-6383
Visit Spring Ridge Commons, our community urban food forest/permaculture garden - corner of Chambers Street and Gladstone Avenue (in Fernwood)		
Volunteer or join us for tea and conversation in the garden at Bee in the Garden - Every Sunday afternoon from 1:30 p.m. to 3:30 p.m.		