



THE LIGHTHOUSE NOVEMBER 2011

POWER OF INTENTION

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Power of Intention is the theme for the month of November 2011. The first Sunday, November 6th, is called Birth of Intention and we will have a speaker. The second Sunday, Nov. 13th, will be Communication Breakthroughs, and November 20th, is called The Paradox which will be a panel and consist of three men from our community who will speak on this subject. The last Sunday, Nov. 27th, called Fully Engaged which will be a Community service.

Power of Intention is not something I do but something I am connected to. This Force intends me to be. It beats my heart and grows my fingernails. My job is to be ready to keep that connection live and open. I must make it my life's work to learn to understand and expand that connection every chance I get. I have noticed that I can consciously expand that connection when I feel safe, or in nature or have a strong feeling of well being. It is then that I have clarity which enables this indescribable force to more easily fill my mind with a much needed new idea, or (more likely) a desperately needed new idea.

He told me about his drunkenness and the crisis that made him sober up. I picked up his excitement and the intensity of his story. Even though it only lasted a few seconds, I will never forget the feeling that overcame me as I watched him – something happened. I can't explain, except to say that a small slice of my mind opened up and he quickly inserted something in it. I realize now that he had given me part of himself.

I had been helped by others many times before, but this time it was different. This man was honest with his whole being, not holding back anything of himself. For the first time in all my years of therapy, someone had come down to my personal level of pain. He had been there. He showed his vulnerability, his humanness. He stayed with me, not sitting up there in his professional chair while I was down here in my misery.

“One morning, after a terrible drinking bout, I woke up in a dirty, little cot, I felt ghastly. I was full of fear and despair. My body was vibrating and I was terrified at the thought of another day.” As Glenn told the story, I was impressed with his enthusiasm. His body moved in the chair as he made gestures with his arms. As he explained his predicament, a scowl broke over his face, his brown eyes went black as though he'd plunged into the depths of that old torment.

The Lighthouse November 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

President	Esther Hart	250-896-5933
Past President/SDC Liaison	Brian Martin	778-430-1872
Vice President/Outside Maintenance	Patti Huot	250-385-0941
Treasurer	Jan Falkowski	250-370-9192
Secretary	Cynthia Pattison	778-433-0261
Rentals	Esther Hart	250-896-5933
Inside Maintenance	Tracy Koebel	250-857-8185

Your Spiritual Directions Committee Members are:

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

Community Care Liaison – Lorna Rennie 361-2079

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Newsletter Submissions welcomed by the 21st. of each month

Linda Chan <http://cotvictoria.ca>

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

Sunday Service Schedule for November 2011

November Theme: The Power of Intention

November 6

Birth of Intention

Moderator: Cynthia Pattison

Meditation: Carol Douglas

Speaker: Laura Lane

November 13

Communication Breakthroughs

Moderator: Esther Hart

Meditation: June Swadron

Speaker: Pauline Karch

November 20

The Paradox –

I Will Meet You There – by Rumi

Out beyond ideas of wrong doing and right doing

There is a field

I will meet you there

Moderator: Bob Winkenhower

Meditation: Trish Coleman

Panel of Three: Dr. Roland Guenther, Hendrik dePagter,
and Brian Martin

November 27

Fully Engaged

Community Service:

Moderator: Joanna Wilkinson

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“I was in the pit of hell. I was scared and hated myself so much I didn’t want to live. I wished that I had died in the night. But I didn’t. There I was. Still alive. The first thought on my mind was to have a drink to settle my nerves. I remembered the bottle of whisky under my bed had a couple of good slugs left in it. I saved it from the night before, knowing I would need some for the morning after.” He closed his eyes as he told this part of the story. “Before I even opened my eyes, I swung my arm over the side of the bed and searched frantically for my bottle. My hands were trembling as I reached to fetch it.” He made vibrating gestures with his arms and hands and disgusting facial features. He was revolted at how physically and emotionally ill he had been. “Even before I clenched my fingers around the neck of the bottle, I could feel my hands were no longer shaking. They were steady as a rock. I knew the relief was soon to come.” He held out his hands towards me to show how steady they had become, repeating, “They were steady as a rock!” I listened and watched him. I was overwhelmed, I could hardly believe my ears—there’s someone else in the world like me.

“My god,” I blurted out, “I’m just the same! When I reach for my bottle of valium, my hands are shaking like a leaf, but when I put the pill on the end of my tongue my hands are as steady as a rock.” I saw the connection – the effect of the pill hadn’t even coursed through my veins. But I knew that instant relief was coming. I knew I could trust that little pill on the end of my dry tongue.

“It doesn’t matter whether it’s liquid or solid,” he continued, “It’s an addiction and it will kill you in the end.” What sense that made. He should know what he is talking about, he has been there. The Power of Intention was able to help me through an open and honest person.

Submitted by Marvelous Trudeau, Spiritual Directions Committee

Welcome New Board Members

At the last AGM we were short one board member. Over the summer Tracy Koebel resigned from the board. This left two openings. According to our by-laws, the board has the authority to appoint board members to serve until the next AGM.

We are delighted that two members have accepted our invitation and have been appointed. **Sanjara Omoniyi** has taken on Member at Large responsible for Outside Maintenance. **Pat Chapman** has agreed to be Member at Large without a portfolio.

Thank you Pat and Sanjara and welcome to the board.

UP CLOSE with Lorna Rennie

At a workshop I attended recently, participants were invited to think back over their lives and highlight some of the significant events. I found myself listing things furiously so when asked to write something about my life for the newsletter, the list came to mind as a starting point.



Born in southern Alberta in Bassano, a very small town, I didn't have an opportunity to go to Kindergarten so we listened to it "on the air", an experience that I fondly remember. After the first day in Grade 1 I was brave enough to walk to school by myself but not brave enough to walk past the big kids to the washroom so I never went there the whole year (hard to believe now I was such a scaredy-cat). I was so privileged to be raised with bed-time reading and I still remember begging Mom for just one more chapter. Learning to read was the best part of school and still gives me great pleasure.

My dad lost his job in Bassano and I remember it being a bit of a scary time but with help he found another one in Okotoks, just south of Calgary, and we moved when I was almost 10. That was a significant trip - my brother and I and a mattress and our black lab and orange kitty in the back seat of the old green Dodge with the cat throwing up regularly, forcing Dad to stop for cleanup.

Carol, who became my close friend there, lived across the alley and we got into all sorts of trouble together over the seven years I was there. I was broken-hearted to leave my boyfriend and good friends behind when my dad was transferred to Whitecourt, a town northwest of Edmonton. I took Grade 12 year there and made plans to move to Calgary to attend business college after graduation, passing on university since I couldn't imagine being able to function there. I was reluctant to put my hand up for help even in a small classroom and depended on my mom to help me when I got home. What a wonderful mother I had – she even wrote most of my valedictorian speech for me and probably deserved the honour more than I did.

In 1968 I started work for an oil company – no surprise there - and Calgary was a very fun place to be at that time. Almost everyone I knew was from Saskatchewan and man did they know how to party. Stampede weeks were outstanding! A bit of alcohol, sometimes more, certainly helped take away the shyness in those years. Thank goodness there were no hard drugs around. As much as I liked living there, when Carol and I got together for a holiday to Vancouver to visit her aunt, we decided on the way home that we were both falling into a rut (who knows what that meant at the time!) We promised each other we'd quit our jobs and then we made plans to drive across Canada, in her Rambler, Rudy. I don't think our families were too pleased but they were supportive.

Although we had no deadlines to be anywhere at any time, because both our dads had always driven directly from point A to point B with no stopping for landmarks on the way to our destination, that is exactly what we did. We were in Toronto, the first 'relative stop' (my cousin), before we knew it, having slept one night in the car and another in an \$8 motel where I had to crawl out the window in the morning because the door wouldn't open.

After a few days of exploring in that big city we decided it wasn't for us and to move on. One night in beautiful Quebec and the next 'relative stop' was Sussex, New Brunswick (Carol's uncle). He was an undertaker and we lived with him above the funeral parlor for about a month. That's where I decided never to be embalmed. We were so well taken care of there and had so much fun we really had to force ourselves to leave since there wasn't much in the way of work.

On to Halifax (Carol's mom's cousin) and by this time we really needed to find work. I became a lawyer's secretary and Carol worked at an insurance company. As a secretary in Calgary I had made relatively good money and apartments were not expensive. It was just the opposite in Halifax so we ate a lot of chicken livers and bought groceries with gold stamps and never turned down an offer of a meal with a relative (fortunately Carol had quite a few in the Maritimes).

When she was offered a transfer to Toronto after six months, I was happy to go too since we thought we might never save enough money to leave Halifax (not that we didn't like it – it had great seafood, very interesting people and such an amazing coast). Carol had just met her future husband, whose home happened to be Sooke. Toronto was an exciting city and being exposed to all the multiculturalism there was a real education. It was also my first introduction to “downtown food markets” and I loved them.

Obviously I came to Victoria with Carol, arriving in 1974. I was really appreciative of the trek across Canada and felt my Canadianism deeply; I thought it would just be terrible if Quebec were to separate.

Even after finding work, I found it difficult to get to know anyone in Victoria so I started volunteering, first as a Big Sister, for 10 years, and then with the John Howard Society for longer, visiting William Head Prison every week. That way I made all kinds of friends, almost none of whom were from Victoria! In the mid-80's I found my way to the Church of Truth which was meeting on Caledonia Street at the time. Thus began another adventure that saw many steadfast friendships formed and was one of the most influential steps in my search for the “meaning of life”. Along the way I had a serious 10-year relationship with a man who taught me a lot and also caused me much grief and soul-searching. Two positive highlights were the travel experiences we had to Europe and Asia and later my taking in ESL students to make ends meet. I was able to retire in 2004 after 30 years with the Provincial Government and then travel to Scotland to trace my roots, a fantastic experience. More volunteer activities continue to enrich my life.

Poet Lorna Crozier (from Saskatchewan) said “I think where you are in your childhood, that landscape actually shapes you. On the prairies you are overwhelmed with light almost everywhere. You can see forever and there is nothing to block your view.” Perhaps it explains why I love being at the ocean so much, where I can see forever (and collect driftwood for my carving hobby).

A friend recently asked me about my philosophy of life and I checked the dictionary to make sure I knew what I was writing about first: an attitude that guides one's behaviour. I wonder if that wide-openness of my childhood landscape has had a bearing on my desire to see the larger picture. Sometimes I feel like I have no real opinion about anything because I just get lost in all the various aspects of an issue and can't even get to the “larger picture” (too many obstacles to block my view?) It seems to take me a long time to decide on a course of action that feels at least mostly right. I feel strongly about being compassionate, honest, respectful, fair, maintaining integrity and keeping my word. These values were instilled in me at an early age. I believe I am on this earth to help others and to come to know myself in doing so. At this stage of my life I seem to be getting closer to absorbing some aspects of my spiritual self into my social self (as described in a recent workshop I attended) and becoming my authentic self. I strive to see things beautiful just as they are and like everyone I often don't succeed. I am truly blessed, totally happy, and I give thanks every day for the abundance that is my life. The Church of Truth, Community of Conscious Living has provided me so many learning opportunities, tons of fun, a safe place to formulate and practice my beliefs and many friends, for which I am so grateful.

Namaste, Lorna

Oneness Wednesdays in November Transforming Life Compassionately

- Inspired by Dr. Marshall Rosenberg's Non-Violent Communication (NVC) Model
Co-Facilitators: Cherylee Hutchison and Deb Morse

Church of Truth - 111 Superior Street, Victoria, BC
November 2, 9, 16, 23 + 30
7:00 p.m. to 8:30 p.m.
Oneness Wednesdays - Drop-in to one or more evenings
Free or by Donation
Info: <http://cotvictoria.ca> or Linda at 250-380-6383



The Transforming Life Compassionately workshops provide opportunities to discover how thoughts and beliefs contribute to emotionally painful feelings, while revealing compassion's vast potential to deepen interpersonal connections. Through guided meditation, self-awareness exercises and personal sharing, we will explore where breakdowns in communication occur and how to reconnect with respect and honesty.

November 2 – **Observation and Feelings:** The first week, we will introduce the basic concepts of how to connect compassionately with anyone, including one's self, through the process of NonViolent communication (NVC). In particular, we'll see how reframing our 'stories' can be a powerful first step to decreasing conflict and re-establishing natural empathic connection. It all begins with seeing the facts as they are and with being comfortable expressing our feelings.

November 9 - **Needs and Requests:** This second week, we'll explore how acknowledging needs as healthy life-serving expressions, and formulating requests based on those needs, is a powerful way to ensure that everyone's needs are met, and that there are no 'winners' or 'losers' even in conflict situations. This needs-based approach can be applied to all intimate relationships, work, school, families, organizations and disputes.

November 16 – **Communication that blocks compassion:** The third week we'll have the opportunity to identify patterns of thinking that block compassion such as: blaming, shaming, judging, analyzing and labelling – and then move beyond this thinking, through a process that can be used anywhere and at anytime, allowing us to connect with our feelings and needs in a way that brings peace and clarity, even in the midst of emotional pain and distress.

November 23 – **Self-Empathy:** This week we'll explore how to deepen our ability to connect with self with deeper acceptance and understanding. The process of Self Empathy offers profound results and deep internal healing. This workshop welcomes you to take the first step.

November 30 – **Four Ways to Receive a Hard to Hear Message:** Is it Door #1, Door #2, #3 or #4? It all depends on what our intentions are. This week, we'll focus on how our intentions determine our choices and how to get our needs met, in a way that honours our humanity and that of others. Choosing to connect with honesty and empathy can empower us to hear even the most difficult message without blame or shame.

Oneness Declaration - The Text

I declare:

1. That the message We Are All One, inter-related, inter-connected and inter-dependent, with God/Life/One-another, is the one spiritual message that the world has been waiting for to bring about loving and sustainable answers to humanity's challenges.
2. That the world does not have to be the way it is – and that individual people can change it, using the power of spiritual citizenship.
3. That humanity is good and has unlimited potential, and that social transformation starts with personal transformation. I therefore recognize the importance of connecting with my divine essence and inner wisdom throughout my life's journey; allowing the finest and the highest levels of human potential to flourish for the benefit of all.
4. Our aspirations support spiritual principles, global ethics, and universal values such as respect, justice, peace, dignity, freedom, responsibility and cooperation, that underlie this declaration.
5. That human beings need each other to survive on this planet. I recognize that we are all in this together and that community flourishes as we learn about each other and revel in the wonder and beauty of our diversities. I declare that I am playing my part to help to bring about a culture in which we, the peoples of the world, can address our common global concerns in an holistic, positive and transforming way and live together in peace with one another.
6. That Oneness contains All of life – also the parts that we regard as the “other”. I realize that wholeness and togetherness can only be experienced through the recognition of the uniqueness, beauty and purpose of all aspects of life, and that this recognition starts with my Self.
7. That I am part of the emerging consciousness that promotes a spirit of openness, enquiry, connection and relationship with myself and the entire universe, and who continues to recognize the wonder, beauty and mystery of it all.
8. That the time for change is now.
9. That it is important to formally establish a day each year for all of humanity to come together as one human family, to discuss, celebrate, and experience Oneness.

Submitted by Brian Martin

Happy Birthday
We Celebrate With You!

Joanna Wilkinson	Nov-17
Jayne Gerlach	Nov-21
Deborah Hawkey	Nov-21
Katharina Nolla	Nov-23
Janet Taylor	Nov-24





Movie Night is Back

A few years ago Trish and Dave Coleman hosted a movie night one Friday a month. It was always enjoyable as we gathered for pot-luck snacks, movies and conversation. We will be continuing this tradition at the church beginning Friday, December 2.

For that purpose, the board has purchased a large screen TV and mounted it on the wall above the sound system.

Details about the upcoming movie will be in the December newsletter.

Everyone is welcome.

Free or by donation.

Here is the end of Joyanna's story missed last month.

Now my life is filled with the joy of my journey in community. More and more I'm being in "The Wow of Now". (This given to me by a spiritual mentor who happens to be in a federal prison.) The Restorative Justice Coalition that I attend weekly at William Head Institution has opened my heart in a way I have never before experienced.

I know that the only important time is in the moment and ... yet I still need that phrase to bring me back to the present, the Wow of Now, ... the birds, the flowers, the neighbourhood, the beauty and abundance that I am blessed with. I am most grateful for love and abundance in all areas of my life.

Joyanna

I attach what I discovered when Brian gave me the opportunity to act out Turquoise in the service of June 19th. Using the attributes of positive and negative of the colour and what I discovered in the previous service, The Garden of My Heart, I arrived at the following:

The seeds of turquoise were sewn at my birth, always nurtured, sometimes walled in, but never overbearing.

Sometimes wilted and renewed with new vigour. Freedom to BE, always won out.

My garden is exuberant, wild and abundant and has no borders. It is full of surprises and has a natural fragrance.

Birds and bees abound in a multitude of choice.

My garden shares freely of its abundance and healing energies.

As it matures it lets go of outcomes and grows freely.

It welcomes and nurtures volunteers, sometimes known as weeds.

Some areas have been burned and the ashes have renewed the soil for new growth.

Perhaps some neighbours see my garden as overbearing, wild and untended?

SO BE IT.

Turquoise is truly an expression of who I have become. I Am exuberant, cheerful, dedicated, determined, enthusiastic, energetic, sharing, creative and at times innocent.

Hugs, Joyanna (Joanna Wilkinson)