



THE LIGHTHOUSE OCTOBER 2011

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Contact:

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

The Love Project

On the first Sunday of every month, the Spiritual Directions Committee convenes to create the following month's service. As a group, we develop a theme for the month and individually pick a week and a sub theme that fits the month's theme and our own interest. It is an exciting process that leads us down all kinds of avenues. Sometimes we look at the astrological implications of the day or month for inspiration and sometimes one of us comes with a theme that has been speaking to them. Some months we do both.

For October, Trish Coleman brought one of her current favorites - the Love Project. The Love Project was created and written by Arleen Lorraine. She received the six *Love Principles* in 1970 when she was teaching in a ghetto high school in Brooklyn, New York. When these simple principles were put into practice in [The Love Project](#), the school was transformed from a center of violence and hostility to a place of love and caring where learning could actually occur.

Since 1972, Arleen and Diane K. Pike have traveled across the continent sharing these six principles with people of all ages who have used them to transform their lives.

The Six Principles

Receive all people as beautiful exactly as they are.

Be the change you want to see happen, instead of trying to change anyone else.

Create your own reality consciously.

Provide others with opportunities to give.

Have no expectations, but rather abundant expectancy.

Problems are opportunities.

We are encouraged to Remember:

Choice is the life process. In every new moment of awareness, you can make a new choice.

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The Lighthouse October 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		

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

Newsletter—Deborah Hawkey Email dbhawkey@gmail.com

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 October 2011

Theme: The Love Project

October 2 **In Every Moment of Awareness, You Are Free to Make a New Choice**

Moderator: Susan Blackwood

Meditation: Marek

Speaker: Ann Moffat

October 9 **Provide Others with Opportunities to Give
Thanksgiving – Deep Gratitude**

Thanksgiving Community Service

Moderator: Trish Coleman

October 16 **Receive All Persons as Beautiful Where They Are Including Yourself**

Moderator: Marvelous Trudeau

Meditation: Rev. Doreen Holmes

Speaker: Rev. Doreen Holmes

October 23 **No Expectations, Abundant Expectancy: Adventurous Play**

Moderator: Paul Monfette

Meditation: Pauline Karch

Speaker: D. Joan Thomas

October 30 **Community Service
Create Your Own Reality Consciously**

Moderator: Cynthia Patterson

Meditation: Ella Brown

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We each chose a principle that seemed to fit into the astrological aspect of that week and our own personal beliefs and values. (At this point, we usually go out into the community looking for fresh blood in the form of a Moderator, Meditation Leader and Speaker – you have been warned).

Arlene believes that following the six principles will unblock the life force and let it flow uninhibited through our energy field. We will then be able to be the power of love in our own lives. Come and explore the Love Project with us, each Sunday in October.

Submitted by Susan Blackwood, Spiritual Directions Committee



*Happy Birthday
We Celebrate With You!*

Oct. 08 – John Hutton
Oct. 10 – Bernadine Sperling
Oct. 16 – Greg Skala
Oct. 23 – Gillian Scadena
Oct. 26 – Lorna Rennie

**Saturday November 12 – fall clean-up, inside and out.
9:00 a.m. to after lunch**

Please mark your calendars and plan to attend this social event with your fellow church community members. Working together to support the church is a great way to bond and to feel connected to the community.

- There is **indoor cleaning** to be done like the brass candle holders, oven, etc. and there is **outdoor garden clean-up** to be done.
- You don't have to know how, just show up and be willing to be guided.
- If cleaning isn't your thing, you might want to make a **pot of soup** or bring a **fancy bread** to go with a pot of soup so we can all share a meal after our fulfilling work.



Please confirm to **Patti** at **church** or at **250-385-0491** your attendance and if you want to bring food. Thank you.

Flower Felting Playtime

ABC (Art By Committee) – Here we come! We are ready to embark on yet another textile project for our church.....How about some lovely felted wool flowers for those winter Sundays when real flowers are a bit scarce? Come on out and learn how to create an amazing needle felted bouquet! Who knows? It may be the first of several....

When: Saturday, Oct 22/11

Where: Church of Truth

Time: 9:30 AM to 4 PM (or whenever we feel we've had enough)

Bring: Enthusiasm to try something you likely have never done before (remember those of you who had never handled fabric before our 'Shasta Daisy', 'Tree for all Seasons' and Church Logo hangings?) There is no charge for this 'playshop' but ALL who attend must be prepared to 'play' with wool fibres.

Bring a **bag lunch**.



Reply to: Heather Thurston of FibreAntics
by October 15

hthurston@life-events.com (preferred)

OR 250-652-4289 if you do not have e-mail

(I need to know numbers for supplies, preparation etc.)

(Sample only – not necessarily what we will be creating)

ELLA'S MIRACLE

Do you believe in miracles? Me – I was marinated in miracles thanks to the agency of the Roman Catholic Church and the good hearted nuns who ran St. Ann's Academy, the school which I attended. The nuns must have rented out every film reel there was of religious movies about saints, miraculous appearances of the Virgin Mary and the life of Jesus to show in the auditorium; all this in addition to the forty minutes of Catechism lessons each morning. So, yeah, you could say I'm well pickled.

While Catholicism and I parted company decades ago, something of the mystical side still remains within me, so I do know a miracle when I experience one. Mine took place on Sunday August 25th at approximately 1:30 am.

Ever since Dean's death I've had a terrible time getting to sleep and staying there. That Saturday night, exhausted and disheartened, I went to bed at 9:30 pm. Cried - Couldn't sleep. Cried - Couldn't sleep. Cried - couldn't sleep. Finally around 1:00 am, I gave up; decided to toddle into the living room to listen to music. Put on a George Michael CD – one which has a particularly beautiful song on it entitled 'Like Jesus to a Child'. However the living room couch was too short for me to lay on in comfort.

"I know," said I to myself. "I'll take George with me into the bedroom." I have a small boom box with a CD player on top which I can operate in the dark as the dials and eject button are so easily accessible. So, in I plopped George's CD and turned the thing on; plunked myself back into bed to listen.

What occurred next gave me chills. Instead of George's mellow voice I heard . . . the sweetest . . . most angelic . . . sounding music. WHAT?! BUT WHERE'S GEORGE? I KNOW I PUT ON THE GEORGE MICHAEL CD! But, no, I won't get up. This music is so – so heavenly. In the next breath, I asked aloud. "God, is this a miracle?" God didn't answer but the music continued. "Why, YES, this must be a miracle!" I decided. "Maybe a message from Dean saying he's all right. WOW! A miracle – just for little old me! Thank you, God! Thank you!"

Strange thoughts assailed me. The story of **Ella's Miracle** would make its way all the way to the National Enquirer. Everyone in the world would flock to buy George's Michael's CD. George could start his own church! My story would get published in the next volume of Jack Canfield's **Chicken Soup for the Soul** volume! I'd be famous! Of course, canonization might be a bit much to expect, considering that in Mother Church's eye, I'm 'lapsed'. Oh, well, can't have everything. But, sure as heck, God is looking out for me!

ALLELUIA!

When the music ended, I almost felt I should kneel – in the old fashioned Catholic manner – to thank the Deity. Instead I turned on the lamp and ran to the boom box to see whether or not the CD I put in was indeed George Michael's - and there it was! OH! MY! GOD! I reached in to take out the CD and picked up not only George but . . . a new age CD beneath his which I forgot was already there!

And I laughed and I laughed and I laughed. I fell asleep laughing and I woke up laughing. And, no, it hasn't lifted the entire burden of grief and anxiety from my shoulders, but something inside me has indeed 'lightened up' .and the intense feeling of strain has been eased considerably. And that, ladies and gentlemen, is the true miracle.

By Ella Brown

PS. If you truly want to know, the name of the album is Ladies and Gentlemen: The Best of George Michael. The song is on the first CD – 'For the Heart'. The 'angelic' CD is Stephen Halpern's Music for Massage.

Many Faces of Communication
A Mindful Journey into Relationship
Facilitated by Susan Blackwood



Oneness Wednesday
Church of Truth
Every Wednesday night In October
7- 8:30pm

Free or by donation
Drop into one or more evenings
Info: <http://cotvictoria.ca> or Linda at (250) 380-6383

You are invited to a fun and interactive month of exploring how we come into relationship with self and others.

October 5th - Journeying.

A Qualicum Beach medicine man, Gary Gaudet, will take us on a journey through the use of drums and rattles. Using mindfulness meditation, we will pay attention to how this influences us individually and collectively.

October 12 - Open Hearted Communication with Melanie and Pietro Abela,

Founders of the ARC Institute. In an authentic, inviting, intimate and safe way, they will help us explore supportive communication tools that we can take back to family and friends.

<http://www.thearcinstitute.com>

October 19 - Movement.

Using a simple Tai Chi practice we will use physical movement from the subtle to fully engaged, to expand our awareness of self and group dynamics.

October 26 - Talking Circles.

The final week is back to the more familiar. Talking Circles. But, with a little twist. When we listen without needing to find an answer, we can often hear what is being said at a deeper level.

Bio for Susan Blackwood. Susan is a seeker. She has spent 35 years researching and studying many forms of alternative health and spiritual teachings. She taught a daily meditation class in the Qualicum Beach Wellness Center and ran her own successful private energy-based healing practice. Her energetic awareness coupled with a strong curiosity about community and how we form it has led her to take an unusual view of self-awareness and how we fit into community.

Church of Truth Community of Conscious Living
 Thanksgiving for the Harvest Celebration Oct. 9th, 2011
 Service at 11am and will probably last at least 1 1/2hours
 Meal following from the 4 corners of the world



Norman Rockwell



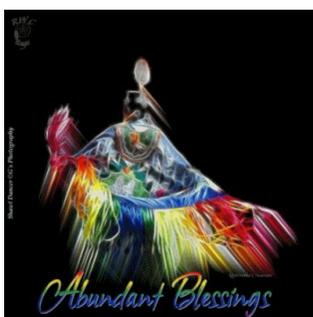
East



Middle East



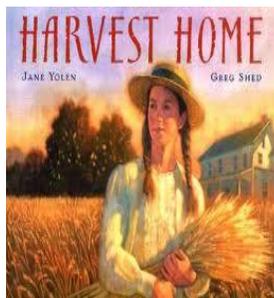
South



West



North America



North

Pot Luck sign- up sheet will be available September 25th after the 4 'Direction' conveners have made up the special menu from their part of the world
 Please sign up soon and get your tickets from Trish \$5.00 donation appreciated

It is going to be exciting! Everyone welcome