



THE LIGHTHOUSE SEPTEMBER 2012

SPIRITUS

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What is happening in the World of Spirit that we are part of right now?
Is it different then it has been in the past? How?
Does religion still play a part in the spiritual lives of people?
How do we feel about the prophecies of this coming age December 21st,
2012?
Does the idea of major change in the world bring fear or excitement?
What do we feel is our role in terms of living in Spirit?
Is that working out for each one of us in our daily lives?
Are we listening to our 'still small voice'? (September 9)
Why not? Why don't I listen? (September 16)

Is Spirit just about our inner lives or is it about living our life as a whole
person. Thich Nhat Hanh puts spirituality into perspective I believe in
living according to our TRUE NATURE, our HIGHER SELF

“The way we live our daily lives is what most effects the situation of the
world. If we can change our daily lives, then we can change our
governments and can change the world. Our president and governments are
us. They reflect our lifestyle and our way of thinking. The way we hold a
cup of tea, pick up the newspaper or even use toilet paper are directly
related to peace.”

“Each thought, each action in the sunlight of awareness becomes sacred.
In this light, no boundary exists between the sacred and the profane.”

“Peace is present right here and now, in ourselves and in everything we do
and see. The question is whether or not we are in touch with it. We don't
have to travel far away to enjoy the blue sky. We don't have to leave our
city or even our neighbourhood to enjoy the eyes of a beautiful child. Even
the air we breathe can be a source of joy.”

“If in our daily life we can smile, if we can be peaceful and happy, not only
we, but everyone will profit from it. If we really know how to live, what
better way to start the day than with a smile? Our smile affirms our
awareness and determination to live in peace and joy. The source of a true
smile is an awakened mind.”

“To think in terms of either pessimism or optimism oversimplifies the
truth. The problem is to see reality as it is.”

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The Lighthouse September 2012
 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 – 11:00 am
 Working for you - Your Board of Directors

President	Patti Huot	250-385-0941
Past President	Esther Hart	250-896-5933
Vice President	Roland Guenther	778-433-4386
Treasurer	Hanna Figon	250-412-7446
Secretary	Cynthia Pattison	250-661-8687
Rentals	Esther Hart	250-896-5933
Outside Maintenance/SDC Liaison	Sanjara Omoniyi	778-433-4386
Inside Maintenance	Dancing Wolf	250-418-0694

Your Spiritual Directions Committee Members are:

Trish Coleman	250-721-1973
Stephen Graves	778-677-7597
Hendrik de Pagter	778-440-5234
Dancing Wolf	250-418-0694

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>

Sunday Service Schedule for September 2012

Theme: SPIRITUS

September 2 **A Spiritual Conspiracy**

Coordinator: Patricia Coleman
Moderator: Sanjara Omoniyi
Meditation: Lavana Kilborn
Speaker: Catherine Dennison
Greeter: John De Veer

September 9 **The Still Small Voice**

Coordinator: Sanjara Omoniyi
Moderator: Zsuzsa Harsman
Meditation: Catherine Denison
Panel of Speakers: Roland Guenther, Junie Swadron & Sanjara Omoniyi
Greeter: Joyanna Wilkinson

September 16 **Why Don't I Listen?**

Coordinator: Hendrik de Pagter
Moderator: Don Morris
Meditation: John Hutton
Speakers: Daniel Ouimet and Esther Hart
Greeter: Bernadine Sperling

September 23 **Reasoning Together**

Coordinator: Laurence Beal
Moderator: Hendrick de Pagter
Meditation: Pauline Karch
Speaker: Clive Beal and Lindsay Beal
Greeter: Marek Losinski

September 30 **Community Service - Spirit in Us**

Coordinator: Dancing Wolf
Moderator: Dancing Wolf
Meditation: Patricia Coleman
Greeter: Stephen Kinsella

Continued from page 1

IS THIS THE ESSENCE OF SPIRITUS?

The psalmist said 'Let's reason together' says the Lord. OK so what's that all about? How do we 'reason together' as a group, as a community? (September 23) Laurence writes "In small group processing, holding respect and integrity at base or foundation is critical to healthy experience. Both Lindsay and Clive have experience in working with small groups which have achieved degrees of notable success. Lindsay has worked with the Head Injury Society, Pandora Arts Collective and others. Clive has worked with committees on local poverty, filming projects on mental wellness, and he has worked as member and president of the Pandora Arts Collective. They bring anecdotes on these experiences in aims of illustrating a healthy potential."

Thich Nhat Hanh wrote "It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community -a community practicing understanding and loving kindness, a community practicing mindful living. This may be the most important thing we can do for the survival of the earth."

As a Community how do we express the Spirit-In-Us? (September 30)
"Spirituality isn't something we create. It just is. It exists in all things, all the time. It is the essence of who you are. You are spirit expressing itself." Oprah

(Patricia Coleman and Dancing Wolf the SDC working together)

A Spiritual Conspiracy (September 2nd)

On the surface of the world right now there is
war and violence and things seem dark.
But calmly and quietly, at the same time,
something else is happening underground

an inner revolution is taking place
and certain individuals are being called to a higher light.
It is a silent revolution.
From the inside out.
From the ground up.
This is a Global operation.

A Spiritual Conspiracy.
There are sleeper cells in every nation on the planet.
You won't see us on the T.V.
You won't read about us in the newspaper

You won't hear about us on the radio

We don't seek any glory
We don't wear any uniform
We come in all shapes and sizes, colors and styles
Most of us work anonymously

We are quietly working behind the scenes
in every country and culture of the world
Cities big and small, mountains and valleys,
in farms and villages, tribes and remote islands

You could pass by one of us on the street
and not even notice
We go undercover
We remain behind the scenes

It is of no concern to us who takes the final credit
But simply that the work gets done
Occasionally we spot each other in the street
We give a quiet nod and continue on our way

During the day many of us pretend we have normal jobs
But behind the false storefront at night
is where the real work takes a place
Some call us the Conscious Army

We are slowly creating a new world
with the power of our minds and hearts
We follow, with passion and joy
Our orders come from the Central Spiritual Intelligence

We are dropping soft, secret love bombs when no one is looking
Poems ~ Hugs ~ Music ~ Photography ~ Movies ~ Kind words ~
Smiles ~ Meditation and prayer ~ Dance ~ Social activism ~ Websites
Blogs ~ Random acts of kindness...

We each express ourselves in our own unique ways
with our own unique gifts and talents
Be the change you want to see in the world
That is the motto that fills our hearts

We know it is the only way real transformation takes place
We know that quietly and humbly

we have the power of all the oceans combined
Our work is slow and meticulous

Like the formation of mountains
It is not even visible at first glance
And yet with it entire tectonic plates
shall be moved in the centuries to come

Love is the new religion of the 21st century
You don't have to be a highly educated person
Or have any exceptional knowledge to understand it
It comes from the intelligence of the heart

Embedded in the timeless evolutionary pulse of all human beings
Be the change you want to see in the world
Nobody else can do it for you
We are now recruiting

Perhaps you will join us
Or already have.
All are welcome
The door is open

Brian Piergrossi
from the book *The Big Glow*



Last minute addition from Susan Blackwood. I will be doing an opening ceremony, lasting about 20-30 minutes. It would be great if everyone brought an item that represents the church and their relationship to it. Other members who can not make it can send an item as well that will represent them during the day.

I will also do a post lunch reconnect ritual and will do part of the closing ceremony.

Come to the Community Retreat, Saturday, September 8th

The Community is blessed with so many new members which is why we need your input and presence at our late summer retreat. Who are the church members? Anyone who loves our community! To help deepen our connection to each other, to the natural world around us, and to our spiritual lives, we will meet for a one-day-retreat, Saturday September 8th at the “Yurt” in Saanich at 10 a.m.

The program includes:

- Discussions about the future of our community
- A chance to experience nature with a spiritual focus
- An opportunity to get to know new and long-time members
- Lunch and Dinner being planned
- Campfire after closing for those who can stay
- Carpool and caravan from the church and back

The cost is \$25.00.

Contact Cynthia at church or email at cynthia1776@gmail.com.

Bring your smile, thoughts, and sun hat.

Leave your T.V., computer and ringing cell phones to enjoy the beauty of nature.

Directions:

The Yurt, 5990 Old West Saanich Rd. V9E 2G9, is approximately twenty minutes north of downtown. From Hwy 17, take a left on Keating Rd., then left on W. Saanich Rd. Then when Old West Saanich Rd. branches off on the left take Old Saanich Rd. After 1.5 km, turn right onto Killdeer. On your left turn is the parking between the trees.

From the Board: Patti, Esther, Roland, Sanjara, Cynthia, Dancing Wolf, Hanna

Please plan to join in on Oneness Wednesday in OCTOBER

TRUTH AND RECONCILIATION and BEYOND

I was honoured to attend the Truth and Reconciliation Commission. It was very humbling as well as hopeful. After the closing ceremony I realized that I wanted to be a part of healing process. I am rapidly becoming aware of the resilience of First Nations peoples and their ability to forgive.

I very much hope that an increased awareness will help to heal the harm. Unfortunately this is a part of Canadian history that has not been taught. Thinking on the disastrous generational damage inflicted on First Nations people enabled me to review my own behaviours, to forgive myself and apologize to my children. I continue along this journey of change as I learn to communicate with First Nations people that I am fortunate to meet.

Our space is limited but we will set up some tables to display art work. Maybe an entire evening can be centered around art and its meaning in our lives.

My hope is that on Oct.3 a representative (s) from the Lekwungan people will share with us the tradition of the land on which the church is situated (111 Superior St, near Fisherman's Wharf).

Oneness Wednesdays: 7 - 9pm, circle at 7 - 8 pm

Setup for arts and food: 6:30 pm

The evenings are free or by donation. All participation is voluntary.

Please contact me for participation in the opening/closing of the circle and/or to speak about the meaning of your art.

Sincerely,

Joanna Wilkinson (Joyanna)

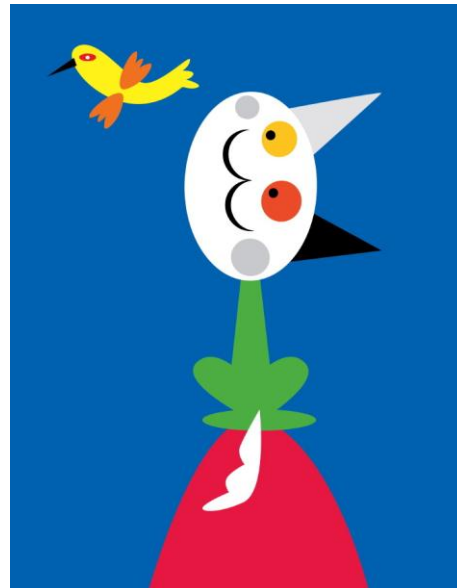
joyanna@islandnet.com

It is not usual to share food on Oneness Wednesdays, however, in this case we will suggest a "snack luck". Anyone wishing to can bring some finger food so we can gather after the circle.

HAPPY BIRTHDAY

We Celebrate with YOU!

Ella Brown September 23





UP CLOSE

with

Don Morris

I've had a rich, varied, privileged life; blessed in many ways. Born in 1951 in NYC, I was brought up in a beautiful, middle and upper middle class commuters, semi-rural (a little horsey-country) suburb of New York City, near the Atlantic Ocean. My father (when alive) and step father would commute daily to their family textile businesses in Manhattan's Garment District. My Mother made a comfortable life for everyone at home and worked a business of her own, a travel agency... out of choice not necessity, 6 days a week for 17 years.

My life's trajectory/early path was dramatically altered in 1957 by the unexpected death of my 39 year old Dad, Julius, who died of complications from a routine hernia repair! Medical malpractice; "modern" anesthesia at the root of this untimely death.

Everything then changed for the worse because our family and community did not help us children let go and grieve. How sad indeed... and what a "bankrupt" reflection of the "modern" Freudian view of grieving. Raw, unhealed emotions tore away at us children... yet due to the strength of my mother's love and her willpower we all hung in and survived - however twisted and scarred we became.

After 10 years of widowhood my Mother married a very good Jewish man, a fine step-dad; Irving Prince. Irv was an athletic, highly intelligent, elegant, self-made businessman from a poor working class Brooklyn family; the son of sewing machine operators. He excelled at baseball and went on to receive a college scholarship and later a draft offer from the Brooklyn Dodgers. Along the way he dealt with the burden of anti-Semitism and became friends with another "societal outcast" Jackie Robinson- the first Black American to play professional baseball. Jackie would come to our house to play tennis with my step Dad.

Growing up we belonged to a country club (when we could afford it) and traveled around in Lincoln Continental convertibles as well as souped-up American cars - mostly convertibles - a family tradition.

I was raised with reasonable rules and respectable boundaries and generally followed them as they were set by honorable, hardworking, good family oriented folks.

My parents (only Bebe, my 88 yr. old mother in NY today survives) were 1st generation children of Eastern European Jews; more cultural than religious.

They came to New York City around 1900 because word was its' cobblestone streets were paved with gold; golden opportunities they threw themselves into. One step at a time they created their own businesses in the textile, sweater, and glove knitting trade; traditional Jewish industries.

My Mother's side came from Russia legally; my Father's the same with forged passports. My true name, if not changed on Ellis Island to the British surname Morris, would be Donald Mordecaivich. Family legend has it my Father's ancestors go back to members of the ancient Persian Mordecai Clan. Mordecai was a beloved Old Testament Biblical figure, a prime minister credited with saving Persian Jews from mass destruction and who raised the great, good Queen Esther. I like to believe he is a Grandfather of mine and is somehow helping me.

Both sides of my family worked hard at the American dream and enjoyed themselves too; worked hard/played hard and prospered, particularly my father's side. Morris Brothers received wholesale textile contracts during WW1 and 2 providing the US Military with cotton fabric which got made into sheets and pillowcases.

Now, what can I tell you about my spiritual journey?

Well, it's been blessed. I have been gifted with some rich experiences I feel I have not deserved (through any actions in this life) but may have come about through past lives, say, one as a religious renunciant - you know, someone seeking enlightenment walking the dusty highway with no possessions except a beggar's bowl for food and money.

In this life, what I believe has helped my spiritual development has been a prayer I formulated as a youngster; a desire to surrender to the Creator to perform Its Will through me. I've begged to become a conduit for love and to make this life a healing one for my wounded heart... and through my healing help others.

My first memorable spiritual experience occurred at age 6. I heard a small, still voice while sleeping tell me I would eventually meet my deceased Dad spiritually/energetically. That promise, slowly however surely came true 49 years later; a healing beyond my wildest imagination!

When I was 23 I was graced by a powerful, transformative, spiritual experience. It was 1974 and I was fresh out of university living in New York City working for the US Supreme Court System in their Circuit Court of Appeals.

While in the midst of an 8 week Hatha Yoga series I started having out of the body experiences as I'd fall asleep at night. Remotely viewing my body frightened me... and a week or so later something even more intense came to pass.

On lunch break from the office (it was in March 1974) as I sat at a small table in a Chinese restaurant in Chinatown awaiting my order of won-ton soup and chow mien I felt this weird, sticking pain in the center of my forehead. As I began massaging it my 5 senses slowly faded/shut down and lo and behold I was "transported" into what appeared to be a 360 degree movie theater! On its "surround" screen I saw a revolving black/white checkerboard square (my higher chakras I later learned were opening up) and in its center was a bright, soft, pulsating, white light. "For the life of me" oh how I wanted to merge with it!! Thinking that thought flew me right into the Light! After traveling inwardly, a short distance, I awoke back in my body sitting erect with the soup's steamy vapors flowing into my face!

I had had a "unitive experience" with the light of Self, my higher self... our universal higher self. Twelve years later (as a result of this experience) the flow of kundalini would travel up my spine and effect a subtle transformation of my nervous system and brain. These spiritual graces did not make my life easier nor give me a drop of emotional maturity however they raised my vibration and provided increased sensitivity to living energies.

There have been other spiritual/energetic experiences which have fueled/led me on my quest for further union with my higher self. However I don't think they are any more significant than our shared task of practicing self-love, self-compassion, forgiveness and mind/emotion control... all what we are working on as members of the COT. What these blessed experiences gave me was needed inspiration to go on living, learning and surrendering to a force infinitely greater than my mind.

Placing these experiences aside... please allow me to share where as a youth I found worldly inspiration. Honestly, it came from the Kennedy Family clan, the iconic, complicated, multi-generational American dynasty. I admired their actions that helped uplift those less fortunate... and the risks in doing so and the prices paid.

As a teenage admirer of this gutsy, charismatic, privileged lot, something I think Bobby Kennedy said struck me; “To whom much is given much is expected in return.” I have tried to follow that in small acts and ways; enough to make me

realize that through giving, in caring for others including the environment; in placing myself out of the way I find needed love, healing and inspiration.

Thank you for your interest in learning more about me. I want you to know that in moving to Canada and specifically here to Victoria, meeting and marrying Elizabeth, and becoming part of the COT community I have found what I’ve also been praying for - a kind, caring, enlightened community of fellow spiritual seekers who embrace transformation.

With much appreciation and warmth of love.

Don Morris

Daffodil
My Flight Into Freedom

This daffodil	And Earth	Allowing
In my heart	Placement	Surrendering
I fall into the yellow	In my body	Falling
Into yellowness		Flying
Itself	Merging	
	At last	The world is yellow
The crown of this daffodil		The SUN
This initiation	Flowing	Is all
This Blessed Morning	Flying	
	Dissolving	I am new
Falling into Yellowness	Releasing	I am Free
Godness	Transmuting	I understand
I AMness	Laughing!	I am Light
Finally		
I understand!	This Daffodil	This Grace
	My Teacher	Is
This Merging		That I am
Into the Heart of Yellowness	This Flower	
Into the Infinite Heart of	My Heart	This flower
Daffodilness		This flower
	This glow	This flower
Find God	My Love	
In Yellow		Respectfully Submitted by
In petal	This new knowledge	Cedona Holly
In Flower	Remembering	

This Morning
Allowing Star, Galaxy

Dear Community

I offer this poem as a gift and carrot to spark your interest in my brand new book of poetry: Unimaginable Grace~Chronicles of Awakening in Poetry and Prayer. This book was written over 13 years as spontaneous documentations of profound spiritual experiences I had, which wanted to somehow be captured so they did not float away in the ethers without ever being shared or remembered.

This brand new book will be available as my third self-published book at my upcoming multimedia presentation on Sun. Sept. 9, 2-4pm at our Church, where I will be sharing my recent adventures with the Great White Lions in South Africa and showing many photos of my journey. I had the profound privilege to be with the lions up close almost each and every day for six weeks while I attended the White Lion Leadership Academy in Timbavati.

I will speak about my experiences with the lions, with other animals we saw and will share a bit about the most interesting parts of our studies at the Academy. I managed to survive a night under the stars with just 2 blankets on the coldest night anyone could remember, the very night it snowed in Johannesburg, the first time in 30 years, we were told. There was an icy covering on someone's glass in the morning. Come hear my hippo story, a story I am happy I can laugh about now!



You are invited to learn more about the Great White Lions and how you can help them and Mother Nature. Perhaps our little event here, dedicated to our love of the Earth and all of the animals will play a tiny part in our creating a planetary shift into love and reverence.

My 3 books will be for sale as well my artwork, offered in many shapes and sizes! Since I spent way more money than I actually had to get myself to Africa, I am raising funds during this event with a silent auction and sale. (Got kids who would love a huge fluffy white lion?) Still, I feel called to offer 15% to the cause of the White Lions, as they need more lands and more funds to fulfill the Global White Lion Protection Trust's dreams of supporting not only their lions, but to eventually free all animals from man-made confinements. My own childrens' book written to assist animals in available: Over the White Lions Saved

I hope some of you event, once again at our Church, are welcome. be served. Thank



this way will be Sun~How the the World.

can make this on Sunday Sept. 9 from 2-4pm. All Refreshments will You!

Submitted by Cedona Holly

www.EternalOneness.org
www.whitelionschildrensbook.org

COMMUNITY SERVICES DIRECTORY

NAME	SERVICE	CONTACT INFO
Laurence Beal	Counsel	swimonmars@hotmail.com
Philosophical dialectic is used addressing issues of concern, personal, relationship, transition, etc.		
Susan Blackwood	Ceremonies	250-889-5335
www.ceremoniesbydesign.ca		
Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings		
Renn Butler	Consultations/Workshops	rennbutler@shaw.ca
Archetypal Astrology Consultations, Holotropic Breathwork Workshops		
Lynn Goodcare	Life and Love Coach	250-642-2882
www.openingtolovenow.com		
Deborah Hawkey	Writing	writeitright@shaw.ca 250-813-1747
Sales & Marketing, Websites, Desktop Publishing, Resumes & Cover Letters		
Cedona Holly	Spiritual Counsellor/Meditation Facilitator	250-642-1060
www.EternalOneness.org		
www.whitelionschildrensbook.org		
Gillian Huot	Housekeeper	250-385-0941
Weekly, bi-weekly, monthly		
\$25/hr		
Pauline Karch	Videography Services	paulinekarch@gmail.com
Kelly Kerr	Massage, Energy Healing	250-999-9282
Laura Lane	Celebration Pianist	250-893-9656
Accompanist, Pianist, Singer. Available for Weddings, Celebrations of Life & Special Events		
"Comfort Zone" Band, Boomers, Folk, Light Rock music group.		
Daniel Ouimet	Craftsman	250-507-6711
www.chanteclerwoodcraft.com		
Home renovations, Furniture making, Functional art		

Sharon Schroeder **Alternative Healthcare Services** 250-661-0072
Healing Energy with Foundation Beauty

Bernadine Sperling **Pet Sitting** 250-384-5721
(drop-in cat visits & James Bay dog walking)

Marvelous **Escort** 250-384-2563
Will take people to 1st A.A. meeting

Subject: Inter-connectedness

"An anthropologist studying the habits and customs of an African tribe found himself surrounded by children most days. So he decided to play a little game with them. He managed to get candy from the nearest town and put it all in a decorated basket, at the foot of a tree.

Then he called the children and suggested they play a game. When the anthropologist said "now", the children had to run to the tree and the first one to get there could have all the candy to him/herself.

So the children all lined up waiting for the signal. When the anthropologist said "now", all of the children took each other by the hand ran together towards the tree. They all arrived at the same time divided up the candy, sat down and began to happily munch away.

The anthropologist went over to them and asked why they had all run together when any one of them could have had the candy all to himself/herself.

The children responded: "Ubuntu. How could any one of us be happy if all the others were sad?"

Ubuntu is a philosophy of African tribes that can be summed up as "I am what I am because of who we all are."

Bishop Desmond Tutu gave this explanation in 2008:

"One of the sayings in our country is Ubuntu – the essence of being human. Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our inter-connectedness.

You can't be human all by yourself, and when you have this quality – Ubuntu – you are known for your generosity. We think of ourselves far too frequently as just individuals, separated from one another, where as you are connected and what you do affects the whole World. When you do well, it spreads out; it is for the whole of humanity."

Submitted by Deborah Hawkey