



THE LIGHTHOUSE

SEPTEMBER 2013

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

COLORS OF LIFE

Feeling in the “pink” and loving every moment, I am. Although I must admit that on the rare occasion I do feel “blue”, but then that’s “life”, right? Hmm, seems to me there might be a theme here.

There is, there is! September’s theme actually. And the perfect month indeed. The colors of our world changing, leading us into the wonder and magic of fall.

Yet there is so much more we can choose to be aware of: Colors of my Mind, Colors of my Heart, Colors of Sound, Colors of Magic, Colors that Bridge Spirit and Matter.....

These, in part, are what we are going to explore in September. How Spirit graces, blesses our journey with Color and the Sound of Color.

September 1st-Expression: Brings to our consciousness the impending change of the season and the promise of a colorful fall. We cannot but be awed by the myriad 'expressions' of Spirit in all facets of life. This week’s facilitators will give us their interpretations of the 'Expressions' of life.

September 8th-True Colours: What value and purpose does authenticity have in our lives? In particular, what does it mean to be spiritually authentic? Is your authenticity acceptable in the greater community? Do you sport your true colours everywhere or limit yourself to certain circles? How do we divine and nourish our true nature and support others to do the same in a culture dominated by stereotypes? Does persona have a purpose or is it ego driven by trauma or culture? How does the authenticity, the spiritual vibration of the natural world speak to your higher self?

September 15-Pot of Gold: To enhance the awareness of our connection to Mother Earth, the elementals, fairies and other beings that offer such a wealth (Pot) of abundance and blessing to us.

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The Lighthouse September 2013
 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 September 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	Roland Guenther	778-433-4386
Past President	Patti Huot	250-385-0941
Vice President	D. Joan Thomas	250-721-4054
Treasurer	D. Joan Thomas	250-721-4054
Secretary	Paul Monfette	250-896-4439
Rentals	Esther Hart	250-896-5933
Outside Maintenance/SDC Liaison	Jack Hyatt	250-592-1422
Inside Maintenance	Elizabeth Morris	250-433-4386

Your Spiritual Directions Committee Members are:

Susan Blackwood & Sanjara Ominiya	250-889-5335 778-433-4386
Stephen Graves	778-677-7597
Colin Lee	
Peggy Muncaster	250-888-7664
Dancing Wolf	250-418-0694

Community Care Liaison – Lorna Rennie 361-2079
 Newsletter—Deborah Hawkey Email dbhawkey@gmail.com
 Linda Chan <http://cotvictoria.ca>

SUNDAY SERVICE SCHEDULE FOR SEPTEMBER

September Theme: Colors of Life

September 1

Expression:

Co-ordinator: Colin Lee
Moderator: Monica Gabriel
Meditation: Cedona Holly
Speaker: Marie Logan - Founding member of the
Church of Truth
Cedona Holly -
<http://www.eternaloneness.org/bio.html>
Greeter: Elsie Mary McGeough

September 8

True Colours

Co-ordinator: Dancing Wolf
Moderator: Zsuzsa Harsman
Meditation: Dancing Wolf
Speaker: Brian Martin
Greeter: Jennifer Hastie

September 15

Pot of Gold

Co-ordinator: Stephen Graves
Moderator: Lorna Rennie
Meditation: Stephen Graves and Tanya Devine
Speaker: Tanya Devine - Ecological Landscape
Design, Master Gardener, Permaculture Design, Artist,
Didgeridoo Sound Healer and Performer.
Greeter: Joyanna Wilkinson

September 22

Colors of Fall: Equinox celebration.

In this special service we will look back at the summer with its light and lightness. Equinox invites us also to look ahead at fall, embracing the many colors of fall and the opportunities and potentials that they hold for us.

Co-ordinators: Susan Blackwood & Sanjara Omoniyi

September 29 Rainbow Bridge: Community Service

Co-ordinator: Peggy Muncaster
Moderator: Paul Monfette
Meditation: Joyanna Wilkinson
Greeter: Elsie Mary McGeough

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September 22nd Colors of Fall: Equinox celebration. In this special service we will look back at the summer with its light and lightness. Equinox invites us also to look ahead at fall, embracing the many colors of fall and the opportunities and potentials that they hold for us.

September 29th Rainbow Bridge: Community Service - Contemplating Physical, Mental, Emotional and Spiritual Practice Diversity, and its melding into vibrant expression in our human universe.

Blessed to be upon a Grand Adventure, we are. Let us Journey Well!

Stephen Graves SDC

HAPPY BIRTHDAY

We Celebrate with YOU!

Ella Brown September 23



CREATIVES



Church of Truth
111 Superior St.
7- 8:30 p.m.
September 11, 18 & 25
Free or by Donation

September 11 Alchemy Quartz Crystal Bowls with Nancy Watters

Sound Therapist Nancy Watters is a registered clinical counsellor and Reiki Master. She is known for her angelic vocals that blend with the sound of crystal bowls to produce deep healing.

Alchemy Quartz Crystal bowls, Reiki and chant helps to reduce pain & stress, overcome depression, trauma, anxiety & abuse, sleep, improves memory & creativity and helps you connect with your True Self.

September 18 & 25 Return of the Playful Warrior with Paul Monfette

Paul is a naturally playful guy and started out in grade two as the star of his class production of, " Muffet at the Bat ". It's been all down-hill from there with stops in the Kremlin and Peking as a bear trainer and bear cuddler.

With stints in the musical theatre world; first as village half-wit Mimiko, in the VOS Production of "*Zorba the Greek* " and as the evil "Mr. Fox" in the Four Season's musical theatre Production of "*Pinocchio*". Paul is well prepared to pass on the "pathway of foolish-ness and fun" to all who come. Be prepared to expose yourself to the risk of mortal embarrassment as a life changing proposition.

From the creators of "*The Way of the Playful Warrior*" comes
"The Way of the Striped Lemur "

Come and be prepared to PARTICIPATE in two Oneness Wednesday's where play, fun, laughter and hand-puppets will help transport you to the land beyond concepts....

Be prepared to be scared silly, to have your name turned into song and your child within welcomed to play with friends.

Be all you can be
Co-create and be free
Don't be afraid
There's nothing to lose
But your head

Ha Ha Ha

WANT TO DIVE DEEPER INTO THE SPIRITUAL SEA?

Oneness Wednesday started in January, 2008 and has continued for 10 months of each of the past 5 years with a varied offering of topics & facilitators. As stated in the Oneness Wednesday link on our Church of Truth website, <http://cotvictoria.ca> here is the simple description of our mission:

In community partnership with a rich diversity of Victoria's spiritual groups & individuals, the Church of Truth: Community of Conscious Living, invites people of all faiths & beliefs to come together & experience the inherent oneness of humanity. Each Wednesday evening is honoured as a peaceful time for reflection or meditation in order to nurture the self & the whole of our global village. The sessions, which can encompass 1 to 4 Wednesday evenings, are up to 2 hours in length, and offered free or by donation.

The Church of Truth, Community of Conscious Living, is located at 111 Superior St. in James Bay. Our objective is to provide nurturing interactive sessions that are intimate, spiritual & reflective in nature and provide opportunity for individual and group-sharing.

This sampling of Oneness Wednesday presentations during the past year includes: Ceremony, Death Café, "The Men's Perspectives on the Great Change" Truth & Reconciliation & Beyond, Equinox & Solstice Celebrations, The Point of Power, Emotional Freedom Technique, Evening of Poetry, Music Night, Explorations on the New Cosmology & the Work of Brian Swimme - Gertie Jocksch, & Non-Violent Communication.

At this time, Oneness Wednesday is looking for facilitators for the upcoming September 2013 - June 2014 season. If you have a program or workshop that fits our mission you are cordially invited to submit the details to Deborah Hawkey at dbhawkey@gmail.com or call 250-813-1747 for more information.

Submitted by Deborah Hawkey

Special Invitation to all Women

The CoT Women's group has accepted an invitation to facilitate 4 weeks of Oneness Wednesday in November. At this point the general theme centers around the female perspective on many different issues. We are still in the brainstorming stage and welcome your participation. If you are interested in joining us please meet at the church **Friday evening September 6 at 7pm or contact Sanjara at Sanjara@hotmail.ca**
Submitted by Deborah Hawkey



Microphone & Sound System Practice
for
Speakers, Moderators, Meditation Leaders
or anyone operating the sound system

10:00 am Sunday, September 8

There has been some concern that our sound system is not adequate. The Board has asked me to provide an opportunity for all who present at the church to come to a practice session to see if we can make our system work better.

Bob Winkenhower has agreed to be there to give us feedback and Deb will be there to practice with the volume controls.

If you participate in the services, please reply to cotrentals@gmail.com to:

1. Confirm that you will attend on Sunday, Sept 8 or
2. Let me know what additional time would suit better
Another Sunday morning before church (if there is no choir)
Sunday afternoon
Saturday afternoon

Thanks,
Esther Hart

The Great Clothing Swap!
Sunday September 29, 1 -2:30 pm

It's that time of year again, clean out your cupboards and closets and get ready to recycle your clothes, shoes & purses. Please bring clean & gently used clothes to the next church services and we will store them till the big day. Volunteers welcome for set-up and takedown. Please contact Zsuzsa at zzharsman@gmail.com



The Annual Inside & Outside Cleanup Blitz will be held at the Church of Truth on **Saturday, September 21, starting at 9:30am**. We need as many willing pairs of hands as possible. Further details will follow during Sunday morning announcements at Church.

Submitted by Jack Hyatt

Quinoa (key-nwa) and Parsley Salad

A delicious fresh salad full of protein and vitamins... You can taste how healthy it is!

Cook

½ cup of dry Quinoa as per directions with a pinch or two of salt

While that is cooking... In a large bowl prepare

1 large Tomato, washed and diced

2 or 3 Green Onions, washed and chopped

1/2 Yellow or Orange Bell Pepper, washed and diced or 1/4 of each for colour

2 or 3 Radishes, washed and diced

1" or 2" of Cucumber, washed and diced (optional)

Set aside

1 bunch of Fresh Parsley, washed and spun dry (if possible) Large stems removed and coarsely chopped

Add Dressing to above ingredients

A generous amount of Extra Virgin Olive Oil (pour count to 4)

1 Clove of Garlic, crushed or squashed with the broad side of a large knife to release the oil and fragrance then finely chopped

1/4 Fresh Lemon squeezed (no seeds)

Vinegar to taste Rice or Apple Cider works best (pour count to 2)

(Careful not to over-power lemon, vinegar can be adjusted at the end)

1/4 tsp Cayenne Pepper

Gently stir to coat ingredients and place in fridge to marinate and cool

By now the Quinoa should be ready or nearly and it needs to cool before adding it to the salad. When removed from heat, stir regularly to release the steam for about 15 mins. When it's at about room

temperature add it to the cool marinating ingredients from the fridge which will cool it even more before adding all the parsley. Toss well to mix parsley evenly into mixture.

Taste and tweek with fresh ground pepper and salt and add a little more vinegar or oil if needed as the Quinoa will absorb it. Taste remembering not to overpower the essence of lemon. You want a well coated salad without big puddle at the bottom.

Best refrigerated for 1/2 hour and tossed again before serving. Eat within 48hrs...if it lasts that long. :)

This is great as a light lunch or ramp up the protein with tuna or brain boosting salmon, trout, sardines or herring on the side. Enjoy playing with this and tailoring it to your taste buds! :)

Submitted by Tracy`s Taste Buds

If you`re a foodie or just love to eat, you might want to become a “Taste Bud”.
For more information talk to Tracy Fraser.

7 Surprising Health Benefits of Parsley! I found this online

Parsley is rich in many vital vitamins, including Vitamin C, B 12, K and A. This means parsley keeps your immune system strong, tones your bones and heals the nervous system, too.

It helps flush out excess fluid from the body, thus supporting kidney function. However, the herb contains oxalates, which can cause problems for those with existing kidney and gall bladder problems.

Regular use of parsley can help control blood pressure. The folic acid is like a tonic for your heart.

Parsley essential oil, when massaged into the scalp, may reduce hair loss.

Use parsley daily to feel relief from joint pain. That`s because the herb has anti-inflammatory properties.

Parsley tea relaxes stiff muscles and encourages digestion.

Studies indicate that parsley—especially its essential oil—may have a role in inhibiting cancerous tumors. In fact, scientists have billed it a ‘chemoprotective’ food.

COMMUNITY SERVICES DIRECTORY

For information only. These events and services are not endorsed by the Church of Truth, Community of Conscious Living.

NAME	SERVICE	CONTACT INFO
Susan Blackwood 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	Ceremonies	www.ceremoniesbydesign.ca
Renn Butler Archetypal Astrology Consultations, Holotropic Breathwork Workshops	Consultations/Workshops	rennbutler@shaw.ca
Tracy Fraser 250-661-8365 Email: tlcpersonalassistant@gmail.com Supporting seniors in maintaining their freedom, dignity, home and connection to community. TLC Personal Assistant and Companion offers support with personal shopping, errands, meal preparation, light house-keeping, laundry, assist in and out of shower or bath, dressing and grooming. Chauffeur and accompany to shops, appointments, events, socials and exercise. Also offering respite for primary caregivers, pet care and house-sitting.	Personal Assistant and Companion to Seniors	
Tracy Fraser 250-661-8365 Email: divinemisst@gmail.com Allow the ancient art of the Tarot to tap into your Divine Self and guide you in all aspects of your life. Mystic Inspirations Tarot Readings are professional, private and confidential. Individuals, groups and parties - gift certificates also available. Ask how to get a free reading.	Tarot Reader, Spiritual Intuitive and Empathic	
Tracy Fraser 250-661-8365 Email: divinenisst@gmail.com Spiritual Intuitive, Empathic, Healing Practitioner References available on request	TLC Love Centered Healing For your Furry, Feathered and Other Friends	
Lynn Goodcare 250-642-2882	Life and Love Coach	www.openingtolovenow.com

Stephen Graves Computer Service

778-677-7597

stephen@spiritquest1.ca

All things PC (and little things MAC)

Hardware, software, troubleshooting, networking and web design.

\$25.00 per hour

Roland Guenther MD (Germany), Homeopath

778-433-4386

www.natures-mystery.com

email: roland@natures-mystery.com

Homeopathy is a holistic healing system providing solutions for both acute and chronic conditions. Roland can help you with a wide range of health problems, including anxiety and depression and their manifestations in the body.

Esther Hart Author, Speaker, Freedom Coach, Author Mentor

250-896-5933

www.authorssolutions.com

Esther inspires people with her talks, coaching and writing, always encouraging people to experience freedom by trusting their own knowing.

She gets great pleasure from supporting other writers to blossom into authors so that their inspirational stories can reach the people they are meant to inspire.

Deborah Hawkey Technical Writing

250-813-1747

writeitright@shaw.ca

Sales & Marketing, Career Coaching, 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

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250-893-9656

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