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**Contact:**

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

**BEING OF SERVICE**

Astrologically speaking, Virgo, embodying the Earth Mother, focuses us on the issue of being of service –to ourselves, to others, to the earth. Service is the next step after preparing for soul work, because service is the keynote of the soul in action. Like all archetypes, Virgo has qualities which are problematic as well as qualities which are enabling. The intense focus and urge to service which Virgo embodies can easily get lost in the by-ways of the over- intellectual mind, the by-ways of perfectionism and judgmental criticism. But the Virgo gift of intellectual discrimination, intellect used in the service of the heart, allows understanding of how spirit is calling one to serve (what an August speaker, Eileen Curteis, described as recognizing the “inner necessity”), and also allows us to recognize the “outer necessity” of understanding the needs of the times that we live in.

Submitted by Chris Bullock and Troi Leonard, SDC

**Description of Services on pages 4 & 5**

The Lighthouse September 2015  
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	Stephen Graves	778-677-7597
Past President	D. Joan Thomas	250-721-4054
Vice President/ Secretary	Sanjara Omoniyi	250-900-0281
Inside Maintenance	Jennifer Sagar	778-440-5234
Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Colin Lee	250-514-1270

Your Spiritual Directions Committee

Don Morris	250-580-2121
Chris Bullock	250-384-8241
Colin Lee	250-514-1270
Marvelous Trudeau	250-384-2563
Troi Leonard	250-532-3442
Jack Hyatt	250-592-1422

Rentals Esther Hart 250-896-5933

Newsletter [lighthouse@cotvictoria.ca](mailto:lighthouse@cotvictoria.ca)

# **SUNDAY SERVICE SCHEDULE**

## **Theme: Being of Service**

### **September 6      Letting Go of Perfectionism**

Coordinator:      Don Morris  
Moderator:      Catherine Denison  
Meditation:      Marie Logan  
Speaker:      Sheahan Letondre  
Greeter:      Jennifer Hastie

### **September 13      Healing the Critical Mind**

Coordinator:      Troi Leonard  
Moderator:      Bob Winkenhower  
Meditation:      Laura Lane & Troi Leonard  
Speaker:      Bill Israel  
Greeter:      Joyanna Wilkinson

### **September 20      The Invisible Necessity**

Coordinator:      Marvelous Trudeau  
Moderator:      Brian Martin  
Meditation:      Marvelous Trudeau  
Speaker:      Alan Stibbard  
Greeter:      Michelle Pedersen

### **September 27      Community Service: Serving the Visible Necessity**

Coordinator:      Jack Hyatt  
Moderator:      Peggy Muncaster  
Meditation:      Cedona Holly  
Greeter:      TBA

**Continued from page 1**

## **Description of Services**

**September 6** In her talk “Letting Go of Perfectionism” Sheahan will draw from her 40+ years of personal experience with being imperfect, and her experience and knowledge as a counsellor, to offer tips and ideas about giving ourselves a break, quieting our fears, and embracing more authentic, meaningful, and perfectly-imperfect lives.

**Sheahan Letondre** wears many hats, often imperfectly and always wholeheartedly-including those of partner, daughter, educator, counsellor, and spiritual-seeker. As a counsellor at local not-for-profit agencies working with survivors of trauma, homelessness, and substance abuse, Sheahan cherishes helping people learn to love themselves and to let their true selves shine. She is always delighted to get to know the amazing “real” person behind the mask.

## **September 13 Healing the Critical Mind**

**Introduction:** When we enter the critical mind as an extension of judgment, than we have separated from the Unity and Oneness of all. Eons ago, after a conflict of cosmic proportions, humanity fell from grace, forgot its’ origin, and entered the denser states of matter and ignorance.

Only as you shift your thinking from objects to relationships will you conquer separation, and harvest the power of life. To know this power is to know the experience of caring. (from The Keys of Jeshua, by Glenda Green). And it is only when you have moved from fear based thinking back to Heart based Living that you will you know yourself as LOVE and BE of SERVICE.

**Biography:** Bill Israel was an ordained minister in the United Methodist Church for 12 years before embarking on a 10 year occupation as a group and family therapist in the United States. He moved to Victoria with his wife Barbara in 1988. From 1991 to 2000 Bill was the Chair of the Board of Directors for Big Brothers and Big Sisters of Greater Victoria. In 2001 Bill joined the Board of Directors for the United Way of Greater Victoria and was Chairman from 2006-2008. Bill is now the Principal Facilitator for a not-for-profit consulting firm called IMAGINE LIFE TRANSITIONS. In addition to his membership with the Church of Truth, Community of Conscious Living, Bill belongs to the Restorative Justice Coalition of William Head Institution and is a member of the Coalition to End Homelessness in Victoria.

**September 20** Alan Stibbard, Neurontologist, expert in subconscious reality, teacher and mentor to the subconscious is the lead instructor in NEURONTOLOGY in the U.S. and Canada. He also retains private practice and consultation service. He enjoys 30 years of training, research, education and therapeutic life experience, all in the arena of SUBCONSCIOUS REALITY.

In speaking with Alan on a consulting basis, you will immediately realize his sense of authority and focus. You will find him a keen and insightful listener as you present your questions, comments or life challenges during your appointment time. He knows you are looking for perspective and insight that may have eluded you. He will not ask you to "reinvent the wheel." Instead, he may point out your systems of thought, new ways of looking at old problems, introduce a "subconscious lifestyle" or two, and mentor and encourage your "Subconscious Abilities" into activity under the watchful eye of your own consciousness and his tutelage. Alan's personal advice to all: Neurontology teaches that THE SUBCONSCIOUS is your greatest asset. Dare to be you!

**September 27** Spirit calls our heart to service. This we feel as a visible necessity. When our heart is harnessed to our intellect, the outer necessity becomes manifest, and the opportunity to address the needs of our time become apparent. In this community service, the members will break into small groups and choose a social problem facing us at a local, international, or global level. After discussing the nature of the problem and its effects on us, they will decide on a course of action to solve the problem. It should be a solution that they would personally commit to in some way.

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**ONENESS WEDNESDAY**

7:00 – 8:30

111 Superior Street

Free or by donation

**Finding Peace with Nature  
with Renee Lindstrom**

**September 16** **A Gathering and Labyrinth Walk in James Bay**, to celebrate Greater Victoria Labyrinth Friendship Day and Irving Park Labyrinth. Officially named Irving Park Labyrinth this year with new signage from the City of Victoria!

Join us for an evening walk at Irving Park. Hosted by Church of Truth Oneness Wednesday and Renee Lindstrom of Labyrinths of Greater Victoria. Refreshments provided. Donations appreciated. More info: [www.walkvictoria.wordpress.com](http://www.walkvictoria.wordpress.com).

This evening will be part of the 2nd Annual Peace Week Project happening from September 13 – 21<sup>st</sup>. This is a grassroots campaign to focus awareness and attention on Peace in our local communities. There will be a community calendar of events to inspire and celebrate! Groups, organizations, schools, families and individual are encouraged to create, join, or volunteer. The goal is to bring “peace awareness through peace experiences”. The theme for 2015 is “Peace + Connection”. Please contact [renee@insideawareness.com](mailto:renee@insideawareness.com) or visit <https://www.facebook.com/events/650401641750005/> for more information.

**September 23      Candlelight Labyrinth Walk** at the Irving Park Labyrinth to celebrate the Fall Equinox. A community candlelight labyrinth walk at Irving Park Labyrinth Pathway to harmonize with the fall equinox. A beautiful balance of walking with an inward focus to connect with self and the element with others holding the same purpose! Hosted by Church of Truth Oneness Wednesday and Renee Lindstrom of Labyrinths of Greater Victoria. By Donation. More info: <http://cotvictoria.ca/oneness/>

**September 27      Life of Balance, Nature as the Guide to Living**  
Nature in balance creates harmony and gifts all life with what they need for a happy life. Nature out of balance takes back its gifts and destroys life. Can exploring the metaphors of Nature guide us in our developing consciousness and take us back into living life in more harmony and balance with each other and our natural surroundings. As a labyrinth reflects an ancient natural form of going inward to find a connection to return differently lets continue the journey to exploring our nature characters and how to be more understanding in relationships using the virtues reflected in nature.

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## **The Silent Blessing**

Aloha! Once again as we joyfully share life energies!

Today we focus on the silent blessing, as it is probably the most powerful of all. In my view, it is important to know and feel that you are a great blessing to the world around you when you are simply fully present with yourself, your True Being. From the Center of Being our individual spiritual identity and vibration radiates out through the outer self to the world, as energy, frequency and vibration. The expression from Psalm 46:10, "Be still and know that I am God," powerfully expresses our potential to connect to the Divine and allow this to express through our outer self.

It is important to know and feel this Presence within. I emphasize both knowing and feeling because knowing expresses but one aspect; the much more important aspect is feeling; without feeling, especially deep conscious feeling, there is little power of radiation. The more strongly and clearly you FEEL the power within the more it actually radiates out through your aura and body to the world around. Many times we may think

we know something, but when we are really in touch, we experience a very deep feeling of connectedness that releases tremendous positively qualified energy. In the end, it is the energy of the Indwelling Presence, that is the source of all blessing.

Many times when we know of someone in distress, or of some part of the world where this suffering, our outer self wants to do something helpful. Sometimes there are things to be done. Yet we often forget that the greatest help we can give comes from within our very being. Just by quietly going within, taking our attention off the outer problem, and connecting to Source, we allow pure Divine healing energies, illumination, forgiveness and blessing to take place in a most valuable way.

Since the Divine is not limited by space and time (non-local), we can be anywhere with our Source Energy and actually be fully present where there is need. In the words of the powerful decree of the Beloved Ascended Master St. Germain, "I AM here and I AM there, I AM Divine love and blessing flowing everywhere!" This is one of my favorite ways to counter anything negative, whether it be a news item from the other side of the world, or something right in front of me. One can then take that knowing and feeling deep within and meditate quietly, allowing the power to flow wherever it is needed.

We don't have to "fix" the situation by ourselves; in fact, we know from experience, that that is usually not possible, and our outer interference may even create more problems. In order to be able to connect deeply to Source, some form of daily meditation is needed. I like to emphasize cultivating the feeling of connectedness to Presence and this involves establishing a personal relationship with the Source. The I AM Presence knows and loves you fully and unconditionally and but awaits your reaching within and opening more and more to Itself. My experience is the more I pour my love, appreciation and gratitude with feeling, the more the Presence pours back. In this sense, the Presence needs our love in order to release its much greater love. Our love and acceptance, however little it may seem, opens the door. We literally need to raise our vibration higher and higher on the frequency of love and we come closer and closer to the Divine. I do not know of any faster or better way to connect than through love. The more I love the Divine, the more, in effect, It can love me because I am opening the door wider and wider to that great, unlimited flow of Love Divine.

And when I do this with the intention to bless and heal anyone or anything, miracles truly happen.

I hope this may help open the door to new possibilities for you to ever more joyfully share your life energy. ALOHA.

Leonard Thornton, Ph.D.  
Freedom is Your Destiny

--<http://www.eftandmorelive.com>

## THE TALKING CIRCLE

In the August issue of *The Lighthouse*, we presented an article on the Men's Circle composed from the contributions we received from the men involved in the Circle. This month we present an article on the Talking Circle composed in the same way. After an introduction on the origins of the circle composed from material provided by its original co-facilitators, we then present the perspectives of those members of the Circle who responded to our invitation to contribute. What editing we have done has hopefully been in alignment with the spirit of each contribution.

Stephen Graves, Hendrik de Pagter, Chris Bullock

### **How did the Talking Circle come about? (Zsuzsa H, Hendrik deP)**

A series of events arose from requests from the COT community that led to the forming of the Talking Circle.

In Spring 2013, a COT member asked the Board to add a line to the moderator's script to recognize that our church stands on unceded Coast Salish territory so that it would be mentioned at all services. This suggestion was reviewed but not endorsed. The COT member then spoke to other congregants about this idea and a few more members shared the concern. A suggestion was made in an email that a line that our church stands on unceded Coast Salish territory be printed on page four of our weekly programme and the Board recognized that this was a topic that needed more discussion. The issue was raised at the 2013 retreat and a deep discussion ensued. There was no consensus; we needed more time for discussion, and names were taken of those interested in possibly meeting to discuss further.

In Fall 2013, Zsuzsa Harsman and Hendrik de Pagter offered to co-facilitate a church group regarding this and related issues. Over the next few months a series of meetings were held to set up the group. The influences determining the nature and conduct of the Talking Circle were many. Some of the male participants had benefitted from the COT Men's Circle practices (circle, opening and closing prayers, talking stick, active listening, no interruptions, no cross-talk, confidentiality, etc.), which in turn were greatly influenced by First Nations circle practices. Other crucial influences, such as feminism (principles of inclusion, connection rather than separateness, and mutuality in relationships rather than dominance) and Bohmian principles of Dialogue (examining the processes interfering with real communication, observing collectively how our hidden values and intentions can control our behaviour, catching unseen cultural differences that can clash without our realization, seeing dialogue as a place of collective learning from which harmony, fellowship and creativity can arise) were vital to creating the safe, respectful space the Talking Circle endeavours to embody.

It was important to have a clear focus, so a statement of intent that fit within the COT vision was drafted and repeatedly refined until the Talking Circle settled on:  
In a safe, sacred, respectful space  
to engage in conversation.  
to explore with our spiritual community.  
what it means to us, individually and collectively,  
to be in relationship  
with the First Nations people of Canada.

In addition to this clear statement of purpose, the Talking Circle collectively drafted Group and Facilitator Guidelines to strengthen the principles described above, and ensure safety and respect. Kelly Kerr joined the group as a facilitator over the winter months and added her many gifts and talents as the group continued to explore the many places our questions were coming from.

Since establishing its guidelines and identifying its intent, the Talking Circle has continued to meet regularly and has explored many ways of engaging with the overarching question of relationship with the First Nations people of Canada.

#### **Zsuzsa H:**

I've been yearning since moving to Victoria to find a safe place to explore questions about First Nations issues.

Before moving here I belonged to a faith community that introduced a theological and social justice view of the deeper spiritual meaning of the world issues that were happening around me, tying it into something bigger than me that called on me to practice living in peace. It was a place where questioning and divergent opinions were welcomed and where it was part of the landscape not only to question church doctrine but also to change it. The United Church introduced to me that peacemaking was more than changing individual behaviour: it was about seeking the root causes and how as a spiritual community we may even have contributed to it.

For me, the Talking Circle was a place where I began to see that my personal struggles were part of a larger picture; across Canada, many of us were trying to understand what Truth and Reconciliation was all about. I realized the small struggle within the COT around the issue of acknowledgment was a microcosm of what was going on all around us in Canada. Good people everywhere (including me!) having great difficulty understanding root causes and how the trauma of our history affects our present reality. I found the Talking Circle helpful, especially as we stretched our learning of Canadian history and heard from young native people in their own voices through the LeadNow Solidarity webinars. Our conversations gave me a place to practice listening with respect and I am profoundly grateful to all the members who joined us.

As time went on, I found I needed more and began to search out other places, like the United Church and the Truth and Reconciliation Commission, which had many resources dedicated to this issue and were putting their best efforts to work together. I witnessed the historic closing events of the Truth and Reconciliation Commission in Ottawa in June 2015 and witnessed seven generations of First Nations people who had survived the trauma of residential schools, come together with their children, grandchildren and great grandchildren to this historic event, some to apologize for their actions or to courageously tell their stories of survival. The most profound part of what I witnessed was the dignity and strength of a proud people who continued to make us feel welcome and invited us to work with them to find the way forward together. I heard the following words that have stayed with me and that I am trying to practice: reconciliation is a spiritual journey, it is not about forgiving and forgetting, but to change.

### **Carol D:**

Like all of us, I have been on a learning curve all my life. My particular path has taken me into deepening and branching ways of practicing medicine as my life purpose. I focused first on the physical as a GP, and then integrated the emotional/mental as an academic and later holistic psychiatrist. Finally, the spiritual path invited me to train as an integrated Kabbalistic healer.

Next on my journey, I felt called by daytime dreams and the books I was drawn to read, to learn about the aboriginal culture. I hungered to understand and share in their teachings, culture and wisdom, and my move to BC in 1998 facilitated this. During a healing transition 10 years ago, serendipity created a meeting with someone who is now a dear aboriginal friend. We immediately recognized each other as soul sisters. As the creator of the Masters program in Aboriginal Counseling at U Vic., she invited me within hours of our meeting, to participate in its inception. I was witness at a weekend retreat to see how she, her aboriginal academic colleagues, some elders and a few non- aboriginal academic colleagues could work together to create an entire Masters Program in a weekend. The creativity was exquisite. The university quickly approved it, funding was found, and it all flowed very quickly and smoothly. I was on a sharp learning curve as the only outsider, and felt honoured to be asked to participate on their Advisory Board. I was asked to do some bridging and connecting in quiet ways, and began to absorb the aboriginal ways and learned, sometimes painfully but always willingly, to be open to their ways, and share mine only when asked. In various venues, I was brought into the energy of, and experienced deeply the pain that First Nations has had to endure from colonialism and its Residential Schools. I was able to experience the consequences of this victimization in my personal interactions with them over subsequent years, and continue to learn how and when to connect. I feel gratitude that I was blessed with this opportunity.

When I heard of the Talking Circle, I joined, wishing to share my First Nations experiences and learn from others. I joined when the formal format of the meetings was being finalized, and while I attended only a few meetings, I found them valuable. Unfortunately, my health did not allow me to attend as many as I would have liked.

I chose to participate in the Talking Circle/Board Healing Circle, as I was deeply aware of the many dynamics of the Board/Talking Circle issues that needed to be healed.

My experience there was challenging and wounding, particularly as I felt we only completed a partial healing. In First Nations healing circles, the stick is passed in round after round, until resolution has been accomplished. Time and planning did not permit that, and some of us left unhappy with the lack of resolution. Many attending were aware of neither the full range of the dynamics nor of the woundings, and left with good feelings. I took personal responsibility to facilitate healing of my own wounding, but what might have taken hours at that time, took many weeks. As is usually the case, I found that I learned some personal lessons from this entire experience, and it increased my appreciation of the purpose and wisdom of the way the First Nations teach and practice - to have a full, rather than partial healing circle.

Due to my ongoing health issues, I have not been able to participate in what sounds like many special First Nations events exclusive of our talking circle meetings. I continue to feel grateful for the personal experiences I have had and continue to have with First Nations people. And I value the talking circle meetings that I attended.

#### **Lorna R:**

Prior to becoming part of the Talking Circle at the Church of Truth Community of Conscious Living, I was introduced to the sad and tragic history of First Nations people in Canada through hearing testimony from many people over several days when the Truth and Reconciliation Hearings were held in Victoria several years ago. I did not know much – almost nothing – about the residential schools that operated across Canada until as recently as the 90's. Joyanna Wilkinson was another church member who was also witness to these stories and she felt drawn to continuing the conversation with First Nations people and our community over a series of Oneness Wednesdays. I attended other “where do we go from here” conversations and events sponsored by other churches after that too. So it was a logical step to participate with other interested individuals from our community when Hendrik de Pagter and Zsuzsa Harsman offered the opportunity and the Talking Circle was born.

I remember in the early days spending a lot of time talking about our Purpose and the way the Circle would operate, knowing that it might be ever-changing but striving to reach something we all agreed upon at the time. The ritual of the circle was important to me in that it was designed to respect each person's views without interruption after the circle was opened and that there was time for closure.

I value the opportunities to share information such as helpful books and upcoming events for the benefit of all. In particular I got hooked on the series of online presentations and discussions arranged by a team from LeadNow as a way of giving voice to aboriginal people of all ages and backgrounds from across Canada. This was so informative and parts of it really emotional for some of us as we found in discussion

afterwards. To hear a young woman share how she felt she had a foot in both worlds, white and aboriginal, and not really comfortable in either was heartbreaking.

We've been able to attend such events as Pow Wows, sweat lodges, the annual Aboriginal Day festivities, volunteering at the Annual BC Elders Gathering, art shows with speakers, theatre performances, documentaries and meetings involving the important work being carried out by First Nations in BC. We haven't always had time to meet soon after events to share our experiences and that is something I look forward to planning for in future.

I believe there is much to learn about and from First Nations communities locally and across Canada and that the Talking Circle can help facilitate our moving forward together in the true spirit of reconciliation.

### **Colin L:**

Before I arrived at the Church of Truth I had not heard about the Sacred Circle. Now, like my cell phone, I can't leave home without it. Through my experience with the Men's Circle, I learned that being present, listening without judgment and expressing my feelings with integrity and respect are the tools required to work in a Circle.

I had been attending the COT only a few months when the Talking Circle was started. The aim of this Circle was to provide a safe space where the relationship between the First Nations and the Settler community could be examined. I was very happy when Hendrix invited me to attend the first meeting because I knew next to nothing about First Nations/Settler relationship but felt a visceral connection to First Nations because of my own heritage and hoped that this forum would provide an opportunity to learn.

My learning started on the very first evening as we worked through the protocols of the process. It was exciting to be a part of a really creative activity: chipping and shaping a form which has fostered learning through doing, studies of documentaries, a webinar and various texts, presentations from group members and visitors as well as visits to a Pow wow, a Pot Luck dinner celebrating the successful recovery of a burial ground on Grace Islet, and volunteering at the 39th Annual BC Elders Gathering. Through these studies I have come to equate the words 'blessing', 'respect' and the Zulu phrase for 'I see you' (<http://wisdomtogo.com/i-see-you-a-new-kind-of-hello/>) ([http://www.huffingtonpost.ca/glen-pearson/africa-famine\\_b\\_922063.html](http://www.huffingtonpost.ca/glen-pearson/africa-famine_b_922063.html)).

One more thing. To me government is the process through which people who share space and time ensure the rights of each other. The Sacred Circle seems to be a structure which could be used to great effect in all organizations.

### **Stephen G:**

What's in a name?

What first attracted me to our "Talking Circle" was its theme.

In a safe, sacred and respectful space  
To engage in conversation  
To explore with our spiritual community

What it means to us, individually and collectively,  
To be in relationship  
With the First Nations People of Canada.

I must admit that for many years I have felt a special resonance with and to “Native Spirituality”. I have sat in mountain meadows relating to and appreciating all the elements, all the creatures, all the magic surrounding me. I have witnessed sweat lodges, pow wows and experienced the wonder of other “First Nations” ceremonies. Here was an opportunity to expand my awareness of our relationship with the indigenous community, to share my thoughts and feelings and perhaps in some way contribute to the sacred union of all my relations.

Our “Talking Circle” has certainly provided this and I anticipate, with joy, the experiences that lie before us.

“Talking Circle” ... a safe, sacred and respectful space to engage in conversation.  
I do love our circles.

### **Chris B:**

As a result of my intermittent attendance, the meetings of the Talking Circle I’ve attended haven’t really gathered momentum for me; I’m not very clear on where the Circle itself is moving, and what the thread that joins the discussions is. Having said that, though, I have found that this circle has the benefits that all good circles have: having some ceremony, listening carefully to what others say, receiving careful attention oneself. And what I love about this particular Circle is that it keeps leading outwards, towards events in the community that are focussed on First Nations. As a result of prompts from the Circle, I witnessed a very moving First Nations organized meeting on the Site C dam, and I have had the chance to volunteer at a gathering for BC Elders. Indeed I would say my best experiences of the Circle are the events it has pointed me towards, and I look forward to more actual involvement with First Nations events as a result of being in the Circle.

Finally, I think the presence of the Talking Circle contributes to the COT larger community in two very important ways. First, it promises to spread an awareness among members of COT that the First Nations world view – of nature as alive and its beings being our fellow beings – is vital to human survival on the planet. Second, the principles and procedures of the Circle, and of the First Nations circles which inspire it, provide a steady pressure on the COT community for democratic and transparent governance, a pressure that can only benefit us all.

*HAPPY BIRTHDAY*  
*We Celebrate with YOU!*



Ella Brown September 23

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### **Member Exchange Network**

Be available to offer a helping hand to fellow members by “opting in” to the Member Exchange Network, our community-wide email support system. Post personal requests for yourself or on behalf of another.

Just choose to “opt in” on your annual membership form.

Contact: [memberexchangenetwork@gmail.com](mailto:memberexchangenetwork@gmail.com)

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### **BLACKBERRIES AVAILABLE from THORNLESS BUSHES**

**U-PICK \$3/ LB. OR WE PICK \$4 / LB.**

**Other Produce Available (New Potatoes, Beet Greens, Kale, Zucchini).**

Support Local Farmers And Get Superb Tasting & Nutritious Food.

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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>Susan Blackwood</b> 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	<b>Ceremonies</b>	<a href="http://www.ceremoniesbydesign.ca">www.ceremoniesbydesign.ca</a>
<b>Renn Butler</b> Archetypal Astrology Consultations, Holotropic Breathwork Workshops	<b>Consultations/Workshops</b>	<a href="mailto:rennbutler@shaw.ca">rennbutler@shaw.ca</a>
<b>Stephen Graves</b> 778-677-7597 All things PC (and little things MAC) Hardware, software, troubleshooting, networking and web design. \$25.00 per hour	<b>Computer Service</b>	<a href="mailto:stephen@spiritquest1.ca">stephen@spiritquest1.ca</a>
<b>Dr. Roland Guenther</b> 250-650-1662 email: <a href="mailto:roland@natures-mystery.com">roland@natures-mystery.com</a>	<b>MD (Germany), PhD, Homeopathy</b>	<a href="http://www.victoriahomeopathy.com">www.victoriahomeopathy.com</a>
<p>Roland specializes in helping people with severe chronic diseases. Homeopathy is a holistic modality that can provide healing in a wide range of health problems, anxiety, and depression, and their manifestations in the body.</p>		
<b>Esther Hart</b> 250-896-5933 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.	<b>Author, Speaker, Freedom Coach, Author Mentor</b>	<a href="http://www.authorssolutions.com">www.authorssolutions.com</a>
<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>

**Cedona Holly**  
250-642-1060

**Spiritual Counsellor/Meditation Facilitator**

[www.EternalOneness.org](http://www.EternalOneness.org)  
[www.whitelionschildrensbook.org](http://www.whitelionschildrensbook.org)

**Pauline Karch**

**Videography Services** [paulinekarch@gmail.com](mailto:paulinekarch@gmail.com)

**Laura Lane**

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