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SEPTEMBER THEME: HARVEST AND THE SOUL'S JOURNEY: PART ONE

September is traditionally the month of harvest, the gathering in of what the summer has produced. The autumnal equinox in mid-September –when day and night are equal again—is a reminder to balance the external life of daylight with the internal life of night. However this balancing is not something that can be achieved in a single day, but rather something that may be achieved in the course of an extended and challenging journey. In other words, harvest is not a single event but a journey with dark and light sides, and physical, emotional and spiritual aspects. In many ways, September marks the beginning of a process that finds its full ripening in the month of October.

SUNDAY SERVICE SCHEDULE

Sept 4th: The journey without distance to a goal that has never changed

Autumn always ushers in a most beautiful time, where every leaf becomes a flower and our lives seem to bloom as if the Spring was arriving once again. We find there is so very much to be grateful for as if the flowering of the trees reminds us of the unending rebirth we all experience with each step of our lives. This step has been called the "the journey without distance to a goal that has never changed"

We begin this journey once again and I AM so very grateful we always do it together. Our harvest is the fruits of our lives whose seeds were planted in spring and show us more of who we really are now.

Moderator: Marie Logan
Meditation: Laurence Beal
Speaker: Laurence Beal
Greeter: Ella Brown
Coordinator: Leonard Thornton

About Laurence Beal: Laurence has great interest in the individual and the group processes, developments that we humans invest in. A bachelors degree in philosophy gave him a grounding in the history of western thought, politics and religion. With a family steeped in many aspects of education and psychology, the years of counseling and tutoring were a natural course of action. Active fitness and dietary routines are also key interests.

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The Lighthouse September 2016
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	Brian Martin	778-430-1872
Past President	Sanjara Omoniyi	250-900-0281
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Marvelous Trudeau	250-384-2563
Secretary	Michelle Pederson	778-350-7999
Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Bill Israel	250-744-0590

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
Chris Bullock	250-384-8241
Linda Chan	250-380-6383
Jennifer Sagar	778-440-5234
D. Joan Thomas	250-721-4054
Leonard Thornton	250-598-4303

Rentals Esther Hart 250-896-5933
Newsletter dbhawkey@gmail.com

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September 11th: The Inner Harvest

We will explore the idea that harvest is not just an external phenomenon but also an internal one, and that, as the year moves towards fall, going inward and keeping a balance between inner and outer are essential for the soul's journey.

Moderator: Chris Bullock

Meditation: Marvelous Trudeau

Speaker: Sue Clough

Greeter: TBA

Coordinator: Chris Bullock

About Sue Clough: In her previous life in Toronto, Sue was a high school and adult educator for 35 years whose area included teaching Math as well as being a Chaplain and a spiritual guide.

Her decision to uproot from the East and move to Victoria was the best decision in her early retirement. For the past 9 years, Sue enjoys being so close to the beauty in nature, loves photography, poetry, and being with friends and family. Sue continues to offer workshops and retreats on several topics relating to the human-spiritual journey.

September 18th: Soul's Journey

Too soon the august light fades as the sun makes an earlier and earlier exit. The Incas used beaten copper mirrors to harvest and bend light around corners and so illuminate the darkest passages leading to the centre of their sacred places. Fishermen of old used to trap the moon in their nets and so seduce the fish to follow. We too could bend our inner light around the dark passages of the heart, allow the seduction of our senses, let go and believe in spirit's journey and the sweet harvest of the soul.

Moderator: Marvelous Trudeau

Meditation: Brian Martin

Speaker: Bill Israel

Greeter: Linda Chan and D Joan Thomas

Coordinator: D Joan Thomas

September 25th Community service: Celebration of the Equinox

Members of the Women's Circle will facilitate a celebration of the Equinox. Expect a creative and participatory event! Details currently TBA.

Following our Community Service will be a Finger Food Potluck Lunch.

Ego: is it vs. Egotism or Egocentrism?

By Laurence Beal

Words are like mandalas for awareness, directing attention toward a focal objectification. The word, ego, may be used to name an attribute of consciousness. In the history of language and thought, the three parts of mind or attributes of conscious function have been found to universally resolve into the same three discernable zones. Plato reflected on the same three aspects of being, and Freud modernized the terminology on the same objectified realms. So from Freud's work, we nowadays have the terms Ego, Id, and Superego.

In modern or recent times, in the shadow of west meeting east, an emphasis has emerged on the importance of managing the Egoic impulses. This has been misinterpreted to be an imperative to get rid of the Ego, an impossible task. Instead, the corrected attitude toward egoic awareness puts the directive function onto a different or shifted focus. The Ego must center in favor of the more balanced and comprehensive awareness found with the Superegoic levels. Prior to reaching for the stars of intuition and insight, the ego may be dominated by an imbalance of influence from Id consciousness.

Analogically, the Id is like an animal level of awareness, reactive, instinctive, fearful and hungry. Also then, the animal levels of socialization issue from this center. In a playful image, the Id is like a horse, even in the herd complexities of social order.

It is important to note that awareness through higher intuitive means is found in the Superego. From damaging and then unresolved experiences stored up in the Id, the Ego is yet unfinished in its own completion and potential of being. The Superego would not then be accessed and the Id dominates the vulnerable Ego. The being, an ego with insufficient stability will be compelled and thus chained to fate. Just in the Id, the biological psycho-chemical and general body awareness does add the unconscious and subconscious drives into the Ego through many kinds of feelings. Yet these feelings are different from the Superegoic intuition.

Remembering that Ego, Id and Superego are words, the real focus is upon a useful discernment of three distinct characteristics or attributes. Using this word set, the Ego can now be spoken of as having in true function, a synergistic role in navigation.

Egotism or Egocentrism are basically uncorrected dictatorships in the psyche. The Ego cannot, and should not be thought of as the center of conscious navigation until the Superego balances the Id. With intuition as a considerable sense contributed through the Superego, the superiority of such balanced states of mind cannot be diminished.

In some of the contemporary writings, a person who decides to heal the Id and learn to navigate from the Egoic seat, integrating Superegoic states of mind, the beginning of building a SELF is initiated. The SELF is what the integrated whole of being might be named, Ego-Id-Superego all together as one. SELF. Moving further now to redefine the picture, sharpen the blade of focus, the uninitiated project of making SELF leaves the Id driven Ego at the mercy of last ditch efforts to save itself. Once having decided to learn and build SELF into being, the Ego is balanced through access of the greater picture and inclusion, more comprehension. The balance of feeds from both the lunar soulful Id and the solar spirited Superego bring the conscious being toward ever greater potentials.

WADING IN ON THE CONTROVERSY REGARDING OUR NAME

Dear Church Members:

Since I became a member of our church I have witnessed an ongoing discussion regarding our name. Having read the letters from Linda Chan and Greg Scala in the August newsletter, I feel compelled to join the discussion.

Although my husband and I have lived in Victoria since 2001, it took me until about 2008 to open the door and walk in to the Church of Truth. I was looking for a spiritual social community apart from my Buddhist classes, but the word “church” kept me away. What finally made me open the door on a Sunday morning and come in was the thought that I could always leave should the “air” be too stifling for me.

I learned that I was not alone in these views. As a new attendee, I remember telling a church member that I was a refugee from the Anglican Church. He replied “I think that we are all refugees from the mainstream churches.” That comment gave me hope that I had found a spiritual community that I could embrace; however, it took me another two years before I found the courage to become a member.

Recently I was talking with two new attendees at church; one who has been attending our services for about 4 months; another who was there for the first time. Both of them expressed their distaste for the word “church” and the idea that the Church of Truth “knows it all,” i.e., that we have “the truth.” The three of us all had the same reaction. When I hear that a church believes that it has “the truth” I immediately think about the fundamentalist Christian churches in the southern parts of the United States who believe that their way is the only way to achieve salvation.

No one really knows the truth—this statement reflects a modern concept of truth. I believe that this concept comes to us as we become more familiar with other spiritual disciplines in our globalized world. As we study and learn about these disciplines and have access to their books and their gathering places, we recognize that, ultimately, we must decide for ourselves what is best. What we decide becomes our truth and it will vary according to our individual life experiences.

Today, when I deliver the fruit to Our Place, I like to mention whom I represent and where the fruit comes from. I am always embarrassed to say “The Church of Truth” because so many patrons of Our Place are First Nations peoples who typically harbour a great deal of anger toward the United, Catholic and Anglican churches because of the abusive behaviour that they experienced in the past. Furthermore, First Nations peoples were expected to give up their spiritual ways and follow the “only true way,” i.e., Christianity.

I believe that our church community needs to review our name every so often as the years go on. Meanings of words change through the years and mean different things to different people. The word “truth” is certainly a good example.

Legally changing our name may indeed become problematical and expensive. After much thought about this problem of what to call ourselves, I ask you: why don’t we simply leave off the first part of our name—Church of Truth—and go by the second part of our name—the Community of Conscious Living? It is rather like someone who goes by their second or middle name, rather than the name that appears first on his birth certificate. I’ve always enjoyed and felt proud to be a member of the Community of Conscious Living.

I would like to see us devote a Sunday Service to this discussion—Sunday in order to get the opinions of those people who only attend on a Sunday.

Jennifer Hastie

Oneness Wednesdays in September:

Meditation Circle --- September 7, 14, 21 + 28 - 7 p.m. to 8:30 p.m.

Everyone Welcome to Drop-In!

Free or by Donation

Info: <http://cotvictoria.ca/onesness/> or Linda at [250-380-6383](tel:250-380-6383)



HAPPY BIRTHDAY
We Celebrate with YOU!

SEPTEMBER

Ella Brown September 23

Women's Healing Retreat

Saturday, Sept 17th

The Yurt, CorUnum

All Women Welcome to Register

Details will be posted to <http://cotvictoria.ca>

There will be a sign-up sheet at Sunday Services in September

For more info and to help co-create this retreat, please contact Linda
by email at lindainvic@gmail.com or by phone 250-380-6383

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.

Deborah Hawkey Technical Writing 250-813-1747 writeitright@shaw.ca

Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes & Cover Letters

Laura Lane Celebration Pianist 250-893-9656

Accompanist, Pianist, Singer. Available for Weddings, Celebrations of Life & Special Events
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Leonard M. Thornton, Ph.D. Liberating Energy Psychology with EFT removes blocks to health, happiness and freedom!

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Marvelous Trudeau, Escort 250-384-2563

Will take people to 1st A.A. meeting

Linda Chan, Coordinator, Spring Ridge Commons 250-380-6383

<http://springridgecommons.ca> lindainvic@gmail.com

Visit Spring Ridge Commons, our community urban food forest/permaculture garden – corner of Chambers Street and Gladstone Avenue (in Fernwood)

Volunteer or join us for tea and conversation in the garden at Bee in the Garden – Every Sunday afternoon from 1:30 p.m. to 3:30 p.m.