



THE LIGHTHOUSE NOVEMBER 2012

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From Here to Eternity

(Death & Dying)

It is my experience that many people who work in Hospice and many others who have faced death in the eye have come to the realization that it isn't the fearful event they had perhaps once thought it was. That is not to say it is easy, or without deep emotions to watch someone you care for die or even being the one who is dying! It does help to accept that death is inevitable and can be the beginning instead of the end. Some say that I am not saying the truth when I say I do not have fear when it comes to my own death but that is how I feel. I truly feel at Peace.

In Patch Adams, the movie, Patch visits a young man who is dying and is very, very angry.

He is miserable to the nursing and medical staff and even throws a bedpan at Patch, a medical student. Patch reaches the man's anger by calling death by all the names he can think of and eventually the young man can think of some. Some of the names were "kick the bucket", "buy the farm" "the last big sleep". You probably can add to this. We also avoid the word DEATH with words such as "passed away", "made her transition," I do see life after death as a new adventure, for some who have been very ill; a graduation day, a day of freedom from an earthly shell that doesn't serve them well anymore. I believe it is a continuation of our Spirit in a different form. What do you think?

Perhaps some of you have read or heard of Anita Moorjani's book 'Dying to Be Me'. In her book she describes her NDE (near death experience).

Anita explains that while in the coma state she was actually in a really amazing and beautiful place where she was aware of everything that happened around her, including how distraught her family was. In fact, she didn't understand why they were so distraught, because she felt so good. She was free from pain and suffering.

But, there was more. Anita felt absolutely surrounded by unconditional love so magnificent that words cannot explain. She describes the feeling like the warm comfort of home.

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The Lighthouse November 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	D. Joan Thomas	250-721-4054
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 November 2012

NOVEMBER'S THEME: From Here to Eternity (Death and Dying)

- Nov 4** **Death: Crucible or Curse**
Coordinator: Dancing Wolf
Moderator: Joyanna Wilkinson
Meditator: Don Morris
Speaker: Rachelle Lamb
Greeter: Bob Winkenhower
- Nov 11** **Peace and Remembrance**
Coordinator: Stephen Graves
Moderator: Stephen Graves
Meditation: Laurence Beal
Panel: Bob Winkenhower, Junie Swadron &
 Kim Ouimet
Greeter: Cynthia Pattison
- Nov 18** **Conscious Dying**
Coordinator: Patricia Coleman
Moderator: D. Joan Thomas
Meditation: Norm Smookler
Speakers: Sacred Talking Circle
 Roland Guenther, Sanjara Omoniyi, Trish
 Coleman & Don Morris
Greeter: Janet Taylor
- Nov 25** **Nobody Gets Out of Here Alive**
Coordinator: Hendrik de Pagter
Moderator: Hendrik de Pagter
Meditation: Patti Huot
Speaker: Community Service
Greeter: Lorna Rennie
Song: Jennifer Sagar (May the circle be unbroken)

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Anita could see, hear and feel everything that was happening within the entire situation. She heard doctor's talking about her condition when they were not even inside her room. She knew her husband called her brother to tell him the news. She had awareness of her brother and knew that he was coming to see her. While in the coma, Anita felt the presence of her father who died 10 years prior, as well as the presence of her friend who died from cancer.

In this state, Anita explains there is no time lapse, when she brought something into her awareness it instantly appeared before her. She was aware of other lives as though she lived other lives, but not as past lives, as lives that were actually happening then and there in front of her. It's like all of time exists at the same time. Everything is happening in the present moment – past, present and future. Anita saw her future. She had a choice of whether she wanted to come back or not. Anita saw the outcome of both scenarios play out.

Anita also understood that we are all One, all part of the One consciousness, all facets of the One Source. Anita was able to feel the emotions of everyone she put her awareness on, every doctor, nurse, her mother, brother and her husband. Without her body, she realized that our bodies make us feel separate, in truth, we are not separate we're all One and whatever we do and feel affects everybody. Whatever she focused her awareness on, she became it. Without her body she felt she was everywhere at the same time.

If she uses the term God she must add that God has no form. God is formless. Anita explains, the minute you put form on God you put limitation there. All she knew for sure was that something really huge had happened and that she connected with something. That something that she connected to made her feel that she was that something. When she was in the state without her body she was also a part of that something, she was everything, she was invincible, she was connected to everybody and every living thing.

Anita became the universe in that state. She realized she had the universe inside of her and that we all do. Anita describes, it feels as though we are all at the center of the universe. When you find that center place you can start allowing everything that is yours to enter into your life. It's not about pursuing anything. It's about allowing what is yours to come to you.

So she suggests that we relax and realize that the journey to creating our reality is to discover our Real Self, who we truly are. The more we discover our True Self the more we allow that which is truly ours to come into our life. Once you know that you are an amazing magnificent being that is worthy and deserving of

everything that you desire, once you know that you are worthy and you deserve love, unconditional love, in the way that you desire it, you only have to realize it and allow it in. We seem to believe we have to compete to have our desires met, but we're all different, no two people have the same desires and the universe needs all of us. We are all facets of the universe and we've come to express who we are. Death is a clinical process, a process that can be observed and documented. Many have made the 'journey' and returned to tell about it. Others, such as the Shaman, have made it a practice of taking the journey intentionally. We have a wealth of opinion about what happens to us when we make this journey as well as a wealth of information that has been gathered from those who have actually been there and back.

At our core essence we are pure Love. When we are being our true self all we can be is Love because that's who we are at our core. Love is all there is. One commonality is evident, all judgment is self-judgment. Almost without exception, the report is the light did not judge us - we judged ourselves!

The Immortal Journey by James Dillet Freeman from his book Time and Eternity

We make an immortal journey. Through chance and change, by way of worlds forgotten and courses unremembered yet graven in my soul, I came here and I journey on.

This is the human condition.

I have risen on immortal mornings,

I have slept through innumerable nights.

I have journeyed on innumerable journeys.

I have lived in familiar and unfamiliar worlds.

I have had brave and beautiful companions, lovely friends.

I shall have them yet again.

I have been weak and strong, wise and unwise.

I have come on much curious knowledge, some remembered, and some forgotten.

I have done many deeds, some worthy, some unworthy.

What I am undertaking I am not sure- but I am sure it is a destination worthy of myself.

Here I am at this place on this day. Tonight I shall lie down once more to sleep
And tomorrow I shall rise again and journey on.

Plagiarized from **The Traveller** by J.D. Freeman

Our life did not begin with birth,

It is not of the earth,

And this that we call death, it is no more

Than the opening and closing of a door-

O Spirit I thank you for the faith that frees,
The love that knows it cannot lose its own,
The love that, looking through the shadows, sees
That all of us are but ONE

Laughter is the Best Medicine!

-While standing at the 5th tee, a funeral procession was seen going by the golf course. One of the players took off his golf cap and bowed his head. His companions were a little surprised and curious. "Do you always do this when you see a funeral possession go by?" they asked. "No," the golfer replied, "but she was a good wife for 40 years."

-A woman was dying and she asked her husband, who had never got along with her mother, to do a last favour for her and that was to drive in the funeral procession with her mother. At this the husband gave a great sigh and said, "All right, but it will spoil the day for me."...

Submitted by P. Coleman SDC

ONENESS WEDNESDAY IN NOVEMBER

Yin Yang: Honouring the Dance - Men's Perspectives on the Great Change

A series of four Wednesday evenings on the changing role of men at this pivotal moment in human history, presented from the perspectives of the Men's Group of the Church of Truth

November 7 History – Herstory

A look back at the patriarchy and how it affects us, personally, today

November 14 Work in Progress

An examination by two men of the challenges they have experienced and still experience regarding the changing "role of men," and tools they have used to guide them on their journeys

November 21 Birth of a Vision: Freedom and Responsibility

A panel of men share their upbringings and subsequent evolution of their ideas of the masculine

November 28 Balance and Ceremony

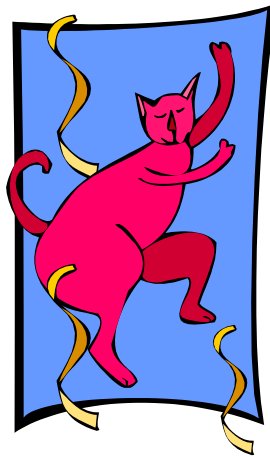
The men of the church share healing ceremonies with the attendees.

Church of Truth, Community of Conscious Living
111 Superior Street (in James Bay)
7 – 8:30 p.m.

HAPPY BIRTHDAY

We Celebrate with YOU!

Nov. 11	Katherina Nolla
Nov. 12	Marek Losinski
Nov. 17	Joyanna Wilkinson
Nov. 21	Jane Gerlach
Nov. 21	Deborah Hawkey
Nov. 24	Janet Taylor



UP CLOSE

with

Ella Brown

My Patchwork Life

On September 23rd, 1948 the world was born; at least according to my infantile outlook. My new world consisted of a Mommy and a Daddy whose roles in life were to cater to my every need. Our home in the wider world was located in Sherborne, England. When I was two, a large ship ferried us over to Canada, to live in Edmonton where my father found work in a logging camp.

One year later, we made the move to Victoria and my dad found his true calling at the Empress Hotel as a chef. He came home one day, boasting that he had cooked lunch for the queen! It was in this fair city that I learned to share my life – and parents – with two new arrivals – my sister and my brother. Not always easy for a somewhat spoiled eight year old!

During my first five years I had an idyllic childhood; however, starting kindergarten was traumatic as I only knew how to speak Polish. I felt stupid not understanding what my teachers wanted. My teachers, by the way, looked like penguins – all black and white. My mother explained to me that they were nuns. Anyhow, my feelings of stupidity led me to lose myself in a fantasy world and to always hide behind a book at recess and lunch times. I was very shy.

A later challenge was my dad's problem with alcohol. I won't say a lot about that but when my mother and I discovered Al Anon, we both found the help we needed. The twelve steps, to this day, are my spiritual foundation.

When I was twenty, I bought a \$15.00 guitar. My musical experiments led me into song writing. I must have been 'attuned' somehow as I wrote thirty songs in one year. Lyrics and melodies fell into my lap like ripe apples! My dream then was to be a famous singer/song-writer. After earning a BA in Theater and English, I left for Toronto where I hoped to be 'discovered'.

Alas! Singing at an 'open mike' session in a restaurant only earned me a few free meals. No one paid attention. Mind you, I felt so nervous I sang with my eyes closed so I wouldn't have to look at anyone! Later I entered a singer/songwriter contest. The prize would be the production of a record free of charge. The man in charge, who claimed he once coached Gordon Lightfoot, told me that I was 'an excellent lyricist', my songs were 'non-commercial'. So much for that idea. Because of problems in my secretarial job and a skewered romance, I returned, broken hearted, to Victoria.

My 'career', since then, resembled a patchwork quilt. I've worked as a dishwasher, library clerk, market researcher, secretary, writer/researcher, retail clerk and would change jobs every two years. Finally, in my forties, I settled for working for the Provincial Government as an administrative clerk, enabling me to retire with a decent pension three years ago.

Having a questioning mind, I left the Catholic Church. Eventually I found Unity and was a member there for about ten years. However, I now feel that our little Church of Truth is my true spiritual home, with its lack of hierarchy and true democratic principles. I have been coming here for eight years.

I met Dean, my husband, when I was 31 and two years later we married. We shared a good 29 years together. On July 19, 2011, however, Dean died unexpectedly from congestive heart failure – which had been misdiagnosed as Asthma. This has been a tremendous loss for me and I am still struggling to adjust to my newly single life.

Throughout the past year I've had wonderful support from the church community. Esther Hart organized a chain of 'ella-sitters' to stay overnight with me during the first most painful weeks. I am so grateful to you all.

At the church I am probably best known for being 'the talent show lady'. I had coordinated a talent show at Unity and thought this would be a nice fundraiser for my new spiritual home, as well as – okay, I admit it! – exercising my singing and comedic attempts. So for seven years, I organized and took part in these shows.

I have hugely enjoyed watching the participants bloom from buds to flowers as they honed their talents and grew more courageous and outrageous each year! This year, Bob Winkenhower kindly took over organizing the show as I was still in shock from the loss of Dean, and he did a wonderful job.

I do have a book 'in the works' and, when the dust settles, who knows? Maybe next year, "Miss Hissy and Me" will finally be available to the public. In the meantime, I'm settling in James Bay, volunteering at the Community Closet (thrift store) and the James Bay Community Market. Love the neighborhood, love the community spirit, love you all!

The topic this month is on Death but... **What was Life Before We Arrived?**

Imagine this scene if you will. Two babies are in utero confined to the wall of their mother's womb, and they are having a conversation. For the sake of clarity we'll call these twins Ego and Spirit.

Spirit say to Ego, "I know you are going to find this difficult to accept, but I truly believe there is life after birth." Ego responds, "Don't be ridiculous, look around you. This is all there is. Why must you always be thinking about something beyond this reality? Accept your lot in life. Make yourself comfortable and forget about all of this life-after-birth nonsense."

Spirit quiets down for a while, but her inner voice won't allow her to remain silent any longer. "Ego, now don't get mad, but I have something else to say. I also believe there is a Mother."

"A Mother!" Ego guffaws, "How can you be so absurd? You've never seen a Mother. Why can't you accept that this is all there is? The idea of a Mother is crazy. You are here alone with me. This is your reality. Now grab hold of that cord. Go into your corner and stop being so silly. Trust me, there is no Mother." Spirit reluctantly stops her conversation with Ego, but her restlessness soon gets the better of her. "Ego", she implores, "please listen without rejecting my idea. Somehow I think that those constant pressures we both feel, those moments that make us so uncomfortable sometimes, that continual repositioning and all of that closing in that seems to be taking place as we keep growing, is getting us ready for a place of glowing light, and we will experience it very soon."

"Now I know you are absolutely insane." replies Ego. "All you've ever known is darkness. You've never seen light. How can you even contemplate such an idea? Those moments and pressures you feel are your reality. You are a distinct separate being. This is your journey. Darkness and pressures and a closed-in feeling are what life is all about. You'll have to fight it as long as you live. Now grab your cord and please be still."

Spirit relaxes for a while, but finally she can contain herself no longer. "Ego, I have only one more thing to say and then I'll never bother you again."

"Go ahead," Ego responds impatiently...

"I believe all these pressures and all this discomfort is not only going to bring us to a new celestial light, but when we experience it, we are going to meet Mother face-to-face and know an ecstasy that is beyond anything we have ever experienced up until now."

"You really are crazy Spirit. Now I'm truly convinced of it."

Writer Henri J.M. Nouwen
Submitted by P. Coleman

A NEW FAN CLUB: YOUR MOST MARVELOUS MOMENTS

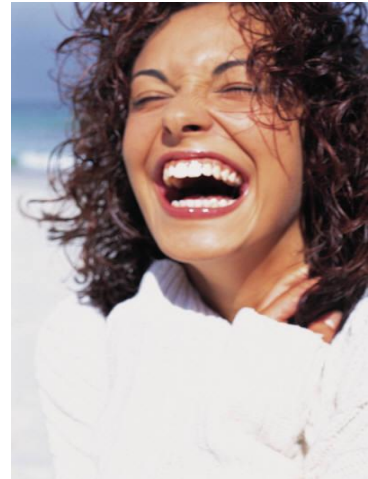
This is a fan letter from Marvelous to all of you out there.

I am inspiring you to write a letter to me TO BE READ ON STAGE. I will read the funniest letter I receive for my stand-up routine; I will mention your name, if you want recognition.

For example, the most embarrassing moment of my life, an inspiring moment, a miracle moment, a good belly laugh joke, one-liners, anything you feel must be shared to be enjoyed.

Please call 250-384-2563 if you want more information.

Marvelous Trudeau
#303 -332 Michigan St.
Victoria, BC V8V 1R5
Email: marvelous9@shaw.ca



COMMUNITY SERVICES DIRECTORY

NAME	SERVICE	CONTACT INFO
Susan Blackwood	Ceremonies	250-889-5335 www.ceremoniesbydesign.ca
Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Nameings		
Renn Butler	Consultations/Workshops	rennbutler@shaw.ca
Archetypal Astrology Consultations, Holotropic Breathwork Workshhops		

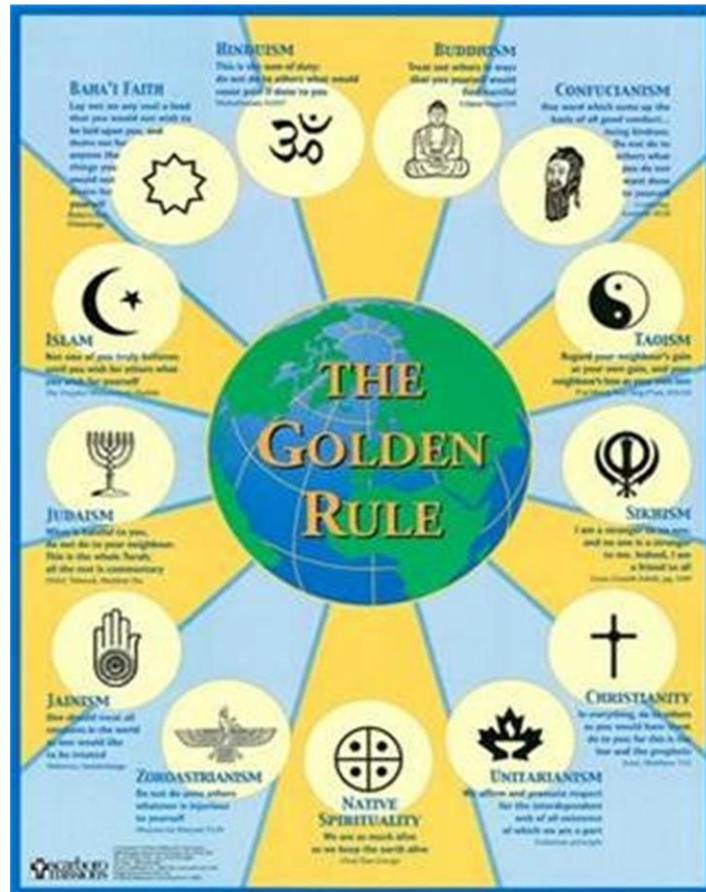
COMMUNITY SERVICES DIRECTORY cont.

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		



Remembering on November 11th 2012



(As found in the Quiet Room)

The golden rule is endorsed by all the great world religions; Jesus, Hillel, and Confucius used it to summarize their ethical teachings. And for many centuries the idea has been influential among people of very diverse cultures. These facts suggest that the golden rule may be an important moral truth.

The golden rule, with roots in a wide range of world cultures, is well suited to be a standard to which different cultures could appeal in resolving conflicts. As the world becomes more and more a single interacting global community, the need for such a common standard is becoming more urgent.

In remembering the horrors of war and the lives that were taken or changed forever we also need to remember the hope for peace.

- Peace is not just the opposite of war, not just the amount of time between wars, peace is more. Peace is the law of human life. Peace is if we act right and if justice prevails between each individual human and human race.

(Mohawk's saying)

- Save me, Great Spirit, from judging other people if I have not walked a mile in their moccasins.

(Unknown Apache fighter)

Submitted by P. Coleman