



THE LIGHTHOUSE APRIL 2010

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Contact:

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

In February we explored “Love in Action”, in March we explored “God – by any other name”. In April we will explore “Being Human”.

We begin the month with celebrating New Life – the abundant expectancy that comes with spring and the equinox. Patricia Coleman has once again worked her magic and created a special celebration that will include a great deal of music and community participation.

Next we explore that controversial aspect of being human – the ego. Some love it, some want to transcend it. There will be a panel presentation of individual thoughts on this topic.

We follow that with an exploration of the body. Do you love your body or hate it. Again we will have a panel present their thoughts and experiences with their body.

We wrap up the month with a community service where you will be asked to consider if the challenges of being human have changed over time, historically or in your own personal experience.

I look forward to many lively discussions on this topic throughout the month.

Esther Hart
Board/SDC Liaison

The Lighthouse April 2010

**A Newsletter for Friends of the Church
The Church of Truth - Community of Conscious Living**

We are a supportive community of spiritual discovery that encourages and supports the concept that the responsibility to connect with Spirit or the Divine is ultimately that of the individual.

Through study and contemplation we can attune to Spirit or the Divine, giving us greater insight into our place in the structure of life as well as our interconnection with all things. We respect the inter-connectedness of all life. Moreover, in achieving a deeper attunement with Spirit we can be of greater service to our community and to our world.

We acknowledge and respect the contributions of all established religions.

Programs established or sanctioned by the Community respect each individual's path to spiritual growth.

“Within our Church community there exists a rich field of changing elements made up of the collective energies of our community. We strive to reflect the ecology of our community in ways which encourage exploration and respect for our diversity.”

We welcome all who want to share this sacred place, this adventure, this CELEBRATION

Sunday Service - 11 am Working for you - Your Board of Directors

President	Brian Martin	778-430-1872
Past President	Roy Leaman	778-430-1905
Treasurer/SDC Liaison	Esther Hart	294-6416
Secretary	Eleanor McKinnon	474-2715
Rentals	Patti Huot	385 0941
Inside Maintenance	Nathaniel Poole	984-4024
Outside Maintenance	Marie Logan	652 8586

Community Care Liaison – Lorna Rennie 361-2079

**Newsletter—Deborah Hawkey Email dbhawkey@gmail.com
Newsletter Submissions welcomed by the 21st of each month**

Spiritual Directions Committee

Brian Martin	778-430-1872
Cedona Holly	642-1060
Joyanna Wilkinson	361-3181
Esther Hart	294-6416
Nikki Menard	1-250-537-9380

Linda Chan <http://cot.rd123.ca/>

Rev. Joan Hopper Pastoral Care for free consultation call 250-384-3637

Sunday Service Schedule for April 2010

Theme: Being Human

- April 4** **New Life** – A celebration created by Patricia Coleman
- April 11** Panel – **The Ego**—love it or leave it – coordinated by Esther Hart
- April 18** Panel—**The Body**—love it or hate it -coordinated by Nikki Menard
- April 25** Community Service—**Being Human Today** – have the challenges changed? – coordinated by Cedona Holly
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Compassion in Action Committee Meeting: 1:00 p.m. in the Quiet Room on **Sunday, March 28**. Everyone is welcome to join in. We welcome your ideas and inspirations! For additional information, please contact Cedona at 250-642-1060.

AGM – Sunday, **April 18** – **12:30** – after the service – bring a bag lunch

Renew your membership or if you are new and wish to join the community, submit your application for board approval at the April 11 board meeting.

Consider serving the community as a board member or on the Spiritual Directions Committee. Share your interests with a member of the board.

Newsletter submissions

This is your newsletter. The editor compiles the information that is provided. If you have written or come across something you think the others members would enjoy, please submit it to dbhawkey@gmail.com

From Russia With Love:

Misha's "Mindful Yoga" Arrives in James Bay by Patricia Miller

Misha Gitberg, RN, MA, RCC, Psychotherapist, Yoga and Meditation Instructor along with his wife, Teodora, a Voice Coach and Choral Conductor, fortunately chose to settle here in James Bay last year after leaving their busy Toronto lifestyle. Their arrival came after three years of travel and study of yoga and meditation in Asia. Their precious first born, Ezra, arrived mere weeks ago. Misha loves the gentle beauty of Victoria and finds the proximity and affinity here for the natural world is reminiscent of the Russian town in which he lived his first ten years.

Misha generously volunteered his special form of "Mindful Yoga", a calm, meditative type of Hatha Yoga, during February as part of the community outreach "free or by-donation" monthly drop-in sessions of "Oneness Wednesday" evenings organized by The Church of Truth: Community of Conscious Living. The white Church with the peaked green roof is located on Superior Street near Fisherman's Wharf. His inspiring classes were so well received that he has agreed to offer another month of "Mindful Yoga" classes for all abilities at the Oneness Wednesday evenings in the fall.

Misha's "Mindful Yoga" is unique in that it can be practiced in the regular manner on a floor mat but also sitting on a chair. This took me by surprise! Those of us who practiced the yoga poses on a chair were amazed at the variety and depth of movement possible. Misha explained the

many versatile possibilities of chair yoga for all ability levels, such as when travelling in airplanes, trains or buses, when injured or physically challenged and in confined office or school settings.

In her March James Bay Beacon column, "Spirit, What Is It?", Judith Polston could have been describing Misha's beautiful yoga classes: "We are like a river of energy where the mind and spirit play the governing roles. How we choose to interact with others, with the world, with our own physical challenges and acceptance, forgiveness, and love can change our overall health." Thank you, Misha, for gracing our unique neighbourhood with your special talents, compassion and commitment to a deeper awareness of body, mind and spirit.



Contact Misha: misha@soulstir.net or www.soulstir.net or 778 678 0137
His next Mindful Yoga Course of 6 sessions starts at The Church of Truth on Thurs., Apr. 22 from 5-6:30pm. By registration only so contact Misha beforehand.

“Oneness Wednesdays” continue on with a variety of monthly offerings from
7:00 – 8:30 p.m. at The Church of Truth, 111 Superior St.
everyone welcome to drop in.
Free or by donation

Additional Information: Linda at (250) 380-6383 or <http://cotvictoria.ca>

Oneness Wednesdays in April.... Awakening the Dreamer - Changing the Dream

Join us to explore a new global vision built on Sustainability, Spiritual Fulfillment and Social Justice....

This series of four evening presentations is based on the Awakening the Dreamer, Changing the Dream Symposium developed by the Pachamama Alliance and will be facilitated by Michael Tacon, Program Director of The Well Foundation. The series is designed to engage people about the issues of change in our world today and to inspire us to get involved and become more part of the solution.

View the trailer at: <http://awakeningthedreamer.org/content/view/115/135>

Each evening will consist of inspiring short films featuring respected community leaders and leading edge information along with lively group interaction. There will be time for reflection, group sharing and some guided meditations.

You are invited to drop-in to one or more evenings although we recommend that you attend the whole series.

April 7 - Where Are We?

We review the state of our modern world environmentally, socially and spiritually. We reflect on our personal responses and explore ways to centre ourselves through meditation.

April 14 - How Did We Get Here?

We examine the world view and assumptions that underlie our current way of life and take a look at what needs to change within ourselves - our attitudes, core beliefs and behaviors.

April 21 - What is Possible For the Future?

We open up to new perspectives and possibilities that will form the foundation for a bold new future. We will take a look at the groundswell of grassroots activism which is emerging all over the world including here in Victoria.

April 28 - Where Do We Go From Here?

We explore what each of us can do, both individually and cooperatively to move the world in a new direction. We join with others in the common cause of creating a truly sustainable, socially just and spiritually fulfilling presence on Earth.

About the Well Foundation:

The Well Foundation is a volunteer-based non-profit society with the mission is to promote the learning and acquisition of new skills, attitudes and resources to empower people individually and collectively to handle the challenges that profound change will bring to our lives. Their purpose is to:

1. To foster and support an orientation towards the future and its challenges that is positive, hopeful, sustainable, and creative on a local and grassroots scale.
2. To operate as a catalyzing and facilitative influence on Southern Vancouver Island by promoting the learning of resilience and the development of social as well as technical ingenuity.
3. To offer conferences, community circles, retreats, workshops, public presentations and ongoing support groups to inform, stimulate, and empower people to become proactive and engaged in the challenges presented by profound change.

Well Foundation website: <http://www.wellfoundation.org>

Special Easter Service - April 4th - Everyone is welcome to attend. There will be a finger food pot luck lunch after the service for anyone available to stay.

Talent Night on May 1 at 7 p.m. Come One, Come All. \$10.00 donation or whatever you can afford. Food! Fun! Fantastically Talented people! Performers and Volunteers Needed. Call Ella Brown – at 250- 477-2022 or e-mail at ella-dean@shaw.ca. (Please see attached Ella for guidelines for performers and specific volunteer tasks).

Happy Birthday

We celebrate with you!

April 4	Joanna Wilkinson
April 10	Natasha Eichenlaub
April 14	Tena Atley
April 29	Joan Thomas

