

THE LIGHTHOUSE FEBRUARY 2010



LOVE IN ACTION

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The movie "Fierce Light" examines the idea of change motivated by Love. Gandhi termed it "Soul Force" and Martin Luther King called it "Love in Action". Spiritual Activism is yet another way to describe the necessity for spirit-based action in today's world.

If we are the ones we have been waiting for, it would seem the time is right to get on with whatever we deem necessary to transform this world and our lives into what we have been envisioning for centuries, ie. heaven on earth.

This is the time to put aside the distracting pleasures of purely mystical experiences and start living an even deeper level of reality in our everyday affairs. Put another way, we need to come down off our mountains or out of our closets and caves and start taking responsible action for what we know and believe in is our spiritual heritage and potential. The earth needs us, humanity needs us and we need each other. We've come into this world laden with gifts to share with one another. It is time we started sharing those gifts in benefit to all. And, yes, this will present new challenges and obstacles, but what is the alternative? Are we willing to sit back and let all life on earth, including our own, go down in flames? What will it take to mobilize humanity on its own behalf? What does it take to motivate you to act on your own behalf? How are you putting your love in action? What challenges are you facing and how are you resolving them?

There is much to consider regarding Love in Action. More importantly, we must develop the capacity to act on our considerations and not merely contemplate them. The Sufi mystic, Rumi, put it thusly:

"Let yourself be loved, O Beloved, in the One. And from this One move out into the world, carrying within you the great potent energies of life to green your world, to create planets, suns, stars, stones, waves, oceans, to create new forms of life and expression - whether a friendship, a feeling, or a new form of vocation."

Are we willing to take up our beds and walk and in the process create a living, sustainable world community based on the universal value we call Love?

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The Lighthouse February 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 15th 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 |

Church of Truth, Community of Conscious Living: <http://cotvictoria.ca>
Rev. Joan Hopper Pastoral Care for free consultation call 250-384-3637

Sunday Service Schedule for February 2010

Theme: LOVE IN ACTION

February 7

Topic: Cracking Open the Heart

Speaker: Cedona Holly

February 14

Community Service: Honouring our Love in Action

Coordinated by: Brian Martin

February 21

Topic: The Courage to Love

Speakers: Brian Martin and Nikki Menard

February 28

Topic: Loving What Is

Speaker: Esther Hart

As you embrace the present and become one with it, and merge with it, you will experience a fire, a glow, a sparkle of ecstasy throbbing in every sentient being. As you begin to experience this exultation of spirit in everything that is alive, as you become intimate with it, joy will be born within you, and you will drop the terrible burdens of defensiveness, resentment, and hurtfulness...then you will become lighthearted, carefree, joyous, and free.

Deepak Chopra

Continued from page 1

Our world is changing rapidly to say the least. Every human being is being called to action in some form or another. The question arises, how are we to be spiritual beings amidst our human doings?

What does it take to "Crack Open the Heart" and reveal the gifts and blessings residing in each and everyone of us? How can we "Honour Our Love in Action" in our own lives as well as those with whom we share this world? Does "The Courage to Love" not demand of us great inner strength and resolve to sustain our actions whether it is in facing our demons, creating our relationships or conducting our worldly affairs? What does it take to "Love What Is" and not hide behind excuses or old worn out beliefs that only serve to keep us in limitation and bondage?

Come prepared to be stimulated and motivated from within to put your Love in Action.

Brian Martin, SDC member

Name Change Ballot

The Community has spoken in its own unique way. Of the 45 ballots sent out to the membership, there were 27 responses.

We stated there was a need for a 2/3 majority in favour of a change to proceed with the process. As we did not get that majority number (30 yeses), the issue of a name change is officially dropped. Our Community name shall remain what it is now.

Thank you for your heartfelt participation. I believe the process was of great value to our community.

Annual General Meeting

Our Annual General Meeting shall take place in the church sanctuary on Sunday, April 18, 2010 at 12:30 pm.

All members are encouraged to attend and contribute to the proceedings. Voting for the Board and SDC shall be an important aspect of this year end review.

Thank you

Outreach Committee Invitation

The Outreach Committee is inviting new members to join us. If you wish to serve even more fully this coming year, please come with your passion and creative ideas! We welcome you! Please email sunyata333@shaw.ca or call 250-642-1060.

Rev. Cedona Holly
Outreach Co-ordinator

To be born in love
Is to serve all beings and all creation.
Real lovers serve ardently, hopefully,
And in an ecstasy of awe.
Look for the happiness
Of the servant of love-
All the joys of the world are nothing to it.

Rumi

Community of Conscious Living's Directory of Gifts, Talents, Skills, Ministries and Passions

Dear C of T Members,

Each of us has a variety of gifts, talents, skills, ministries and passions that others in the community may or may not know. Some of us have worked with these gifts and passions to develop small businesses and some of us have developed our gifts primarily as personal pursuits. However, each of us has developed our talents, each of us has something to offer that might benefit others – if others knew what those skills were and, if we were open to offering those services (for a fee, trade, or perhaps for free).

I am purposing the development of a Community of Conscious Living Directory of Skills and Services as a venue through which we can become more aware of the gifts, businesses, and interests that others in our community have and from which we may all benefit. This might range from practical skills, such as web development, painting, singing lessons, or teaching ESL; to spin-offs from hobbies, such as being a comedian, gardening expert, or having reiki training. The basic focus would be on gifts and skills you would like others in our C of T community to know about so that we might draw upon and benefit from your services as opportunities arise, and, in some cases, we might tell others about – IF you offer a public service rather than just something you want to put out to friends in our community.

As one way to further enliven the Conscious Living aspect of our community, every member of is invited to submit a short, one-paragraph bio on your gifts, skills, talents, services, passions and ministries, etc. that you would like others to know about, and that you are open to sharing with others in our community for a fee, exchange, or for free. This directory of services would included everything from business services you might already offer – like meditation classes, workshops, web development, or funeral services; to things you do for personal enjoyment but might be willing to do for others on occasion – like being a

photographer for a special occasion, giving tarot readings, doing handwriting analysis; and it might also include services like being willing to help someone move, or being willing to drive folks to the airport from time to time. It could be something you charge for, or that you are open to an exchange or you would just like to offer for no charge.

I have proposed this idea to the board and have their blessing. It will not be an official church activity and the board/church will not be held responsible for any arrangements made among consenting adults who choose to participate. I am offering to coordinate receiving the one-paragraph bio information and collating all the info into a document. Deborah Hawkey has agreed to give the document her magic touch to make it as beautiful as our newsletters that she does such a great job of formatting and preparing. The document would then be distributed like the newsletter (electronically to most folks with a few printed copies made for those who do not have email).

There has been a request that this document be posted on our C of T website; however, in the interest of protecting people's privacy, I suggest that only those services that people want the broader public to know about be offered on the website (provided the board approves this step).

Bios and questions can be sent to me at: joye@telus.net or call (250) 744-5790
I would like to have responses in by the 20th of February.

I hope this information is clear and that the possibility of creating a Community of Conscious Living Skills and Services Directory excites you. It will be an experiment in conscious living, but hopefully one that will enrich our community!

Blessed Be,

Joy

CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING
GUIDELINES FOR MEMBERSHIP Renewal

1. Attendance at our services.
2. A strong desire to participate in our community demonstrated by attending services and getting involved as a volunteer and/or by giving your financial support.

Our Mission Statement says it well:

"We are a supportive community of spiritual discovery. We are a gathering of unique individuals, exploring and allowing our diverse expression of belief. We respect the interconnectedness of all life. We welcome all who are willing to commit themselves to participating in our collective creation. Together, we share our sacred place, this adventure ... this celebration!

Please complete the membership renewal application at the bottom of this form.
Your annual \$10.00 membership fee is due before the AGM in April.
Your continued membership is based on your active participation in our community.

Name _____

Mailing Address _____

Postal Code _____

Telephone _____ E-mail (optional) _____

Application for renewal of membership

Please indicate your birthday: Day _____ Month _____

Amount enclosed with application: \$ _____ (Rcvd. by Treasurer _____)

Please include me on the community contact list. _____

Check what you would like to have listed:

Name _____ phone _____ home address _____ email address _____

Oneness Wednesdays in February

Mindful Yoga with Misha Gitberg

This gentle style of yoga is based on classical Hatha yoga asanas, which are held for a period of time to allow our body to unfold into a deeper release and opening. On Wednesday nights we will practice either on a mat or in a chair. Chair Yoga is based on mindful performance of classical yoga postures (asanas) while sitting in a chair or using chair for support. It is ideal for seniors, those who are new to yoga and may benefit from an increased sense of safety with chair support, and also those who would like to learn chair yoga to practice in an office or while in travel. Whether you practice in a chair or on a mat, the focus will be on respectfully working with the edge of your ability.

Please bring your own mat or blanket for yoga.

About Misha Gitberg:

Misha Gitberg is a yoga and meditation teacher as well as a mind-body psychotherapist, who combines classical Hatha Yoga teachings and Buddhist meditation practices. His professional and personal trajectory included Western psychotherapy, body-focused psychotherapy, Buddhist meditation practices and yoga, and he lived and learned in Russia, Canada, India, Nepal and Thailand. His aspiration is to live an aware and creative life and to be of service to others who are inspired to follow this path. For more information, please visit Misha's website: www.soulstir.net

Oneness Wednesdays Details:

Date: Wednesdays, February 3, 10, 17 & 24

Time: 7:00 p.m. to 8:30 p.m.

Location: Church of Truth, Community of Conscious Living, 111 Superior Street

Cost: Free or by donation

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

The Mystic Spiral

A Joyful Journey of Chant, Dance... and More

Join in a joyous fusion of music and movement inspired by various spiritual traditions. On the 3rd Sunday of each month, we will be either chanting, dancing, toning, singing, and/or moving in the service of raising the vibration of universal consciousness. Help create a safe environment to nourish the spirit.

No experience needed, just an open heart and adventurous spirit. By donation.

Sunday, **February 21, 2 – 4 p.m.** - **Khrystie Phoenix** leading “Dances of Universal Peace”

For more information: Patti Huot 250-385-0941 or visit <http://cotvictoria.ca>

Art Therapy Support Group

Nathaniel Poole plans to start a new six session series on Monday evenings at 7:00 p.m. of art therapy support group at the church. **Date currently TBA.** We will meet in a group setting to do art and then explore the meanings of what is created. The cost would be by donation to cover materials. No artistic “skill” or training is required; if you can squiggle a line with a crayon you can do this kind of exploration.

If there are difficulties in your life that you would like support with, or simply want to understand yourself better, this could be the program for you. As this would be a group, a minimum 6-week commitment is required.

Nathaniel is a trained and certified art therapist and a graduate of the Vancouver Art Therapy Institute.

If you are interested, please email Nathaniel at myth.wright@gmail.com, or phone at 250 857 8185

Fruit Day” – First Sunday of the Month:

Sunday, **February 7** will be “Fruit Day” which will happen on the first Sunday of each month. We invite you to bring some fruit to Sunday Service – All types of fruit are welcome with gratitude which will be given to “Our Place Society” for the homeless on Monday morning.

Offertory Envelopes



Conserving the trees

For those of you who write your names on the envelopes for tax receipts, please note that the envelopes are filed alphabetically in a little basket that is on the table at the front of the church each Sunday so that you can reuse them.

If you don't desire a receipt, please do not seal the envelopes, again so that we can reuse them.

We and the trees thank you for your consideration.

HAPPY BIRTHDAY

We celebrate with you!

| | |
|-------------|------------------|
| February 1 | Madge Tolmie |
| February 15 | Heather Thurston |
| February 17 | Inger Hansen |
| February 17 | Bhavananda Pope |
| February 18 | Pat Miller |



