



THE LIGHTHOUSE JANUARY 2010

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Contact:

**111 Superior St.
Victoria, BC V8V 1T2
250-382-5412
<http://cot.rd123.ca/>**

Just Forgive and Move On..... Yeah Right!!!

When I first came to our Church Community about a year ago I was amazed and impressed that an attitude of forgiveness was being discussed and promoted. For me that was a sign I was in the right place, as I found myself in a Community which was what I would call “spiritually mature”. Since then we have had various meetings and think tanks as we determine our future direction and are now setting up a training for conflict resolution, should future conflicts arise in our Community. It seems we all WANT to forgive but some of us feel we are challenged when the time comes to actually get down TO it. So we have a whole month dedicated to honing our skills of forgiveness.

What happens to families, relationships, communities and countries when people DON'T forgive? What is the opposite of forgiveness? Perhaps it is blame, judgment, resentment and ultimately separation...the stuff wars are made of. So when we take on this project of learning how to forgive and practice with one another, we are helping not only our Community but everyone. Unity, Oneness, inner and outer peace are the result. Please join us for the month of January as we deepen our inquiry into the forgiveness process and hone our communication skills with one another. All are welcome.

The Lighthouse January 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

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

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

Sunday Service Schedule for January 2010

Theme: Just Forgive and Move On..... Yeah Right!!!

January 3

Topic: There's Only Me To Forgive **Speaker:** Cedona Holly

Coordinated by Marvelous Trudeau

January 10

Topic: Can That Really be TRUE?

Community Service Coordinated by Brian Martin

January 17

Topic: I'm Right... So What's To Forgive? **Speaker:** Esther Hart

January 24

Topic: Living in the Heart **Speaker:** Julia Day

Coordinated by Cedona Holly

January 31

Topic: Are We There Yet?

Community Service Coordinated by Nikki Menard

Church of Truth - Community of Conscious Living Supports the Local Community

In the budget, the board allocates funds to pay honorariums to the speakers for our services. On those Sundays where there is a panel discussion or community service, no honorarium is paid. Recently I made a request to the Board, at C of T, to donate unused honorariums to feed children who, for one reason or another, don't have breakfast at home before they leave for school. This request has been approved. Each month that the budgeted honorariums are not paid to speakers, a cheque will be sent to James Bay Community School. When I questioned the principal on the need, she advised that lunches are provided by the Ministry (our contribution will help bless our future - that's who these children are. Cheers,

D. Joan Thomas

HAPPY BIRTHDAY

We celebrate with you!

January 4	Rita Roy
January 12	Marvelous Trudeau
January 13	Laura Lane
January 25	Brian Martin
January 26	Esther Hart



tax money at work) but there was no breakfast program. Instead, children who come without breakfast have access through their teachers to healthy snacks at recess. Our donation will help to stock that cupboard.

For your information, the principal told me that lack of breakfast isn't all about poverty; some working parents just don't have the time it takes to make breakfast or to cajole a child into eating. Statistics say that children who do eat breakfast before school learn quicker than the hungry ones. Here's hoping

UPCOMING EVENTS

Joy Emmanuel Workshop

January 9 10:00 – 4:00

\$25 special price for COT members

Art Therapy with Nathaniel Poole

January 4 & 11

(for those who are registered)

18 & 25, (new series of 6) 7:00 – 9:00

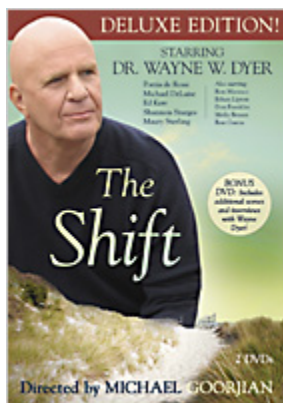
Conflict Resolutions Workshop

with Norm Smookler (\$25.00)

Saturday January 23 9:00 – 12

MOVIE NIGHT *The Shift*,
with Wayne Dyer.
Friday January 22
arrive at 6:30 for (potluck) refreshments and
conversation—
movie at 7:00 followed by discussion
by donation

**Best-Selling Author and Renowned
Spiritual Teacher, Dr. Wayne W. Dyer,
Presents His First
Feature Film—*The
Shift* (formerly
titled *Ambition to
Meaning*).**



The Shift

What is *The Shift*? It's the story of the most important moment of your life—when you stop striving and start arriving! It's the choice you make to move toward a life that gathers up the pieces of your best, most fulfilled, most loving self. It's the moment when you start living a life rich with meaning and begin playing the music you came here to play!

Are you ready to make *the shift* that changes everything? When will you find the joy, the peace, and the love that you came here to give and to receive?

In this inspiring new movie, you'll enjoy an engaging, heartwarming and humorous tale of transformation on vacation. You'll marvel at the beauty of the windswept ocean scenery. Share the characters' delight as they receive the most precious gift—permission to follow their hearts. Hear Wayne say, "Don't die with your music still in you" and see everyone set free to join the orchestra!

Join Wayne Dyer and a star-studded cast for a story that will capture your imagination and send you on

your own quest for a life of meaning and purpose. In *The Shift*, we share the stories of three modern lives in crisis—a young mother who nurtures everyone but herself, an overachieving husband who has forgotten what love means, and a moviemaker desperate for the opportunity that will make him worthy in his own eyes. Every life has a turning point, a shift, a choice to make about what really matters.

Early in life, we follow the path mapped out by ego, a path of ambition, competition, and striving. When midlife dawns, we too often find ourselves stranded in a lonely and desolate place we never intended to visit. Our feelings of sadness and frustration tell us we took a wrong turn. Like a shift in the wind or a change in the tide, the yearning we feel at midlife is a call to renewal. *The Shift* shows us the path home, the path to rediscovering our true self, our purpose, and the life of meaning that is our true calling.

"When you get it—that you don't do things because of what somebody else is going to do for you, but you do them because you're living your life's purpose—you can light up the whole world with that kind of love. That's how it works for me."

—Wayne Dyer

"From the moment I began watching the movie until the very end, I was just in tears. I was blown away by the story, and I'm so excited for people to be able to see this film."

—Cheryl Richardson

"The Shift is a movie that touches your soul. Michael Goorjian has directed a visually beautiful movie with stirring music. Wayne Dyer's message lingers with you long after the final credits. I loved it."

—Louise L. Hay

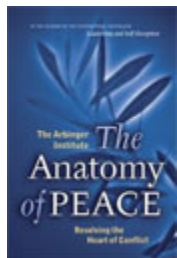
Oneness Wednesdays January 20 & 27

From Discord to Harmony

Based on *Leadership and Self-Deception* and *The Anatomy of Peace* by The Arbinger Institute

“How can I get so angry with someone I love?” If this question is familiar to you come and learn how to find the answer to that question and to transform the situation.

The sessions will be led by Esther Hart, author of *Journey to Personal Freedom*. Esther’s passion is to share her insights and experiences to inspire people to live their lives free from guilt, self-doubt and despair. She has personally lived with all of those feelings and shares her stories of sorrow and triumph from her heart. Through her books, speaking engagements, coaching and friendship, Esther’s stories have transformed many lives.



What if in our conflicts with others there is something we want more than solutions? What if conflicts at

home, conflicts at work, and conflicts in the world stem from the same root cause? And what if individually and collectively we systematically misunderstand that cause, and unwittingly perpetuate the very problems we think we are trying to solve? These are among the important questions explored in *The Anatomy of Peace*.

Through an intriguing story of parents who are struggling with their children and problems that have come to consume their lives, we learn from once bitter enemies the way to find peace whenever war is upon us. Yusuf al-Falah, an Arab, and Avi Rozen, a Jew, each lost their fathers at the hands of the other's ethnic cousins. *The Anatomy of Peace* is a story of how they came together, how they help warring parents and children to come together, and how we too can find our way out of the struggles that weigh us down.

You can learn more about Esther at www.authorssolutions.com

When we embrace love, we embrace our humanity. When we see ourselves as human with all our strengths and challenges, we can truly love ourselves without judgment and hesitation. When that occurs, love for others is the natural result. Our definition of love expands and is refined. We open our hearts not only when we feel safe, but always. When we put love first, we are free to express our passion, trust the process, live by our intentions, see expanded possibilities, surrender to the present moment, be accountable for all aspects of our life, connect with the world around us, gain more willingness and awareness than we ever dreamed possible. Love is who we are.

~Rhonda Britten

"Catch a Flash of Christmas Future"

by Rev. Chad O'Shea

Picture every last person on the planet celebrating the sacred nature of the whole of creation,
including themselves
Picture every heart serene and peaceful
Every eye sparkling with the radiance of the awakened state
Nobody is cold and hungry
Nobody's naked or homeless
Health care and nurturing work is available to everyone
War, crime, terrorism, all forms of violence and abuse have succumbed to the planetary embrace of
an enlightened code of conscious conduct and are no longer options in the arena of human affairs
The Earth Mother is considered sacred
Voluntary simplicity is the dominant lifestyle
All children and elders are respected and cherished and cared for with impeccable integrity
The role of parenting is honoured as the planet's most important human activity
Gender equality is taken for granted
Sexual preferences are taken for granted
The New World is discovering all the ways of being that extend love to the world, while discarding all
the ways that do not
As your creative life force liberates, you may be inspired to sing, dance, write, make art or otherwise
celebrate
Don't let your day job get in the way...

"The Light in the Darkness" Musical event December 20, 2009

I wanted to express my great gratitude in the Lighthouse for the wonderful musical event co-created by Patricia Coleman. As a member of the SDC I was most fortunate to receive the offer from Patricia and thrilled to have it on my week. I wanted to write my thanks to all who participated in this wonderful event. Patricia sent the following out and I pass it on to readers

"Laura's beautiful piano playing was so appreciated
Brian's song that he wrote especially for the day was amazing. Gave me 'Godbumps'
Hearing D. Joan's poem again was just right as well as hearing the group sing In The Bleak Midwinter

Many thanks. Joyanna

Having the young people Kayla and Emilie a special treat *Let it Be* was so appropriate as we thought of the children around the world and what a treat to have Annabelle. She really helped to set the tone of the morning with her candle lighting and words
The lighting of the menorah by June was memorable and it was done so consciously and reverently.

Patricia's group were exceptional as always
Everyone did their speaking parts beautifully.
Lorna, Patricia, Patti, Bob Joyanna, Ella, Annabelle

It was reverent and sincere and full of love.
What more could you ask"....



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.

Beginning this January 17th and thereafter 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.*

Sunday, January 17, 2010

2-4p.m.

Church of Truth, Community of Conscious Living

For more information: Patti Huot 250-385-0941

By donation.

The Light of Mystical Experiences

The first thing I want to say is, being a part of this church, is a mystical experience as our community goes through different levels of transformation and innovation. This is such a blessing. As each one of us embodies the Divine or god or Spirit, and grow consciously, what seems apparent to me is that we are now ONE. We are Spirit driven and as a group, we are Divinely moving forward with passion for a higher purpose and for the good of all, bringing light into our hearts and souls.

While writing on this theme, I had a vision in my minds' eye about this community: all of our souls are playing, loving and experiencing our purpose. Each of our souls is a soft blue whose energy and colour are expanding through the design of many intentions. With this expansion, we magnetize other souls in the bigger community and these souls are red and yellow, purple and green. As we grow, we are now creating a magnificent rainbow of souls all experiencing the inexplicable co-creation of love. This rainbow is so large, it blankets the earth with this wonderful occurrence of love

and peace. Sounds euphoric? Mystical? Is there not truth in this story that resonates in your hearts? Are we not part of the whole, bringing light to this wonderful earth, our home.

For me mystical experiences have different levels of being-ness at different moments in time. It is often related to having spiritual significance or what I like to call otherworldly or the Great Mystery. A person might seek, by contemplation or self-surrender, to obtain union with the Divine, says on e dictionary. they are inexplicable feelings or states of being deep within ourselves, rather than the intellect dictating the experience. In the "Heart Sutra", a mystical experience is said to have no feeling, thought, impression, understanding and not eye, ear, nose, tongue, body, mind. No form, sound, smell, taste, touch, or thought..." To emphasize this statement, Carlos Castaneda says: " Seeing without seeing, hearing without hearing... and so on. Sometimes, feelings of awe-inspired wonder come into play. Or, it might be an encounter that we feel is very mysterious and unusual.

Our awareness might become expansive, our hearts bursting at the seams. Great clarity will reveal itself about a certain issue or belief. Our bodies might vibrate or feel transformed somehow. The heart takes over and the mind steps aside. After a mystical experience, we might hear others or ourselves say: " What an amazing experience, meeting, or event, or feeling. I don't know what just happened here nor can I explain it. I can't quite put it into words." It speaks to us in such different ways that do our everyday experiences. It might even be life changing. Does this sound familiar to you? Have you had such an experience or experiences?

Mystical experiences are also in the realm of spectacular displays of beauty that nature constantly bestows upon us, be it the moon, the sunset, the crashing waves, a flower, the birth of a child. There is so much in life that takes my breath away. Man is constantly searching for answers to the unknown, the unbelievable, the mystical; the quest for knowing is in every single area of life. Where I

find the impact, is not in the knowledge of he how and why or what of mystical experiences, but in the actual event. For me, it happens when I feel or am Spirit in every cell in my body, leaving me wordless and awe-inspired. When there is no mind. Where pure love exists, where Spirit within can soar unimpeded, connection with the all and the one takes its' place. The questions cease. Our hearts expand. There is no fear. Being and peace reign.

Let me share a few stories of mystical experiences that have happened to me in my life. I will start with the most recent one. A week ago, Saturday night, I attended a Sacred Fire Circle. The fire was consecrated in the Huichol Indian tradition from Mexico, using the 4 elements. It was a very casual circle, giving lots of safe space to be. We chatted, we laughed about many things, important and not. The fire was beautiful and reminded me of how much I love being outside. The host had put up a large white tarp to protect us from the rain. The fire below it was aglow with warmth and spat up sparkling-like fairy dust, dancing in the night. The wind was blowing softly and at times the tarp would appear to be breathing with the wind. I closed my eyes at one of those breathing moments and felt myself lifted somehow. I saw a smoky, floating blue circle, the same circumference as our circle. Its shape was that of a cone pointing towards the fire. In front of each person, I could see their heart separate from their bodies, floating and dancing with the wind on and around the circle. I was feeling each of their essence. There was an incredible peace in that moment. It was surreal and beautiful. In the simplicity of the fire, and the sharing of us, came an unexpected mystical experience. This was one of those moments when I said to myself: "What just happened? Wow."

Another time, several years' back, I went on a personal journey, which I like to call a Spiritual Quest and chose Penticton as my destination. On one of my day trips, I decided to go to a park on a small mountain. It had a spectacular view of Okanagan Lake, the mountains and beyond. I thought it would be the perfect place to chant and drum, offering prayers to Spirit. I

got out of my car with drum in hand. Not another soul was in the area of the park. I started on the trail, walking up the mountain. On this butte, the trees or shrubs were more at the base of the mountain, the remainder mostly bare. As I walked, I noticed a number of flickers flying about. (A flicker is in the woodpecker family with orange on the underside of its wings.) The flicker is my totem animal. I have a great connection with birds. As I was watching them, I couldn't believe my eyes.

There must have been a dozen flickers all flying up towards the top, inviting me to go up higher. The invitation was so powerful. They were pulling me up with imaginary ribbons. I felt so honoured that they would gather and invite me so. Once on the top of the mountain, I was guided to sit in a particular spot to drum and chant. I sat down, offered my gratitude. As I sang and drummed, I could hear and feel a presence behind me. I did not open my eyes until the chanting was done. It felt to me like some spirit was keeping me company, protecting me. I looked over the edge to the parking lot and saw a car pull in and people coming to the park. I felt like Spirit had held this sacred space for me, with no one interrupting my journey. I felt so blessed and deep gratitude for what nature and Spirit had gifted me with.

Near the end of October of this year, I went to Chemarus with a friend to see some native artwork at the theatre complex. I felt incredibly inspired by Ice Bear's work. He wrote a story or poem with each of his pieces. As I read each one, I had strong feelings building up inside of me. I started to lose my present awareness and shifted into some kind of altered state. I was so moved by what I was feeling; I had opened up to a higher vibration or reality. I sensed such a strong calling to be and live who I am and to use my gifts. My friend had already gone outside. She was waiting by the fountain. When I came out, I sat next to her and told her how I was feeling and my connection with Spirit. She could see my body vibrate and hear my voice shaking. I felt "big", expanded. I was feeling Spirit's energy totally filling me up. Things became clearer, my heart opened. I felt euphoric and such inexpressible joy and

intensity that felt overwhelming, yet true. I have had these feelings before. Spirit had called me before. Yet this time felt different to me somehow. My friend saw that I needed to follow my path, my calling. She could sense the power of the mystical experience in my voice. This past month, as I continue to say yes to this calling, I experience my life integrating more and more. All the work, all the healing, being spirit driven to manifest change within myself, retrieving all of my lost soul pieces, has opened me up in ways I did not think possible. Even as I share this with you, words escape me. It is humbling.

Often, there are times, when I am painting or dancing or singing I feel ecstatic and in an altered state that transcends my daily awareness into a more mystical one. I am going higher and higher and lighter and lighter until all else escapes me but the euphoric feeling of oneness. Recently, I am feeling more and more moments that life is a mystical experience and that its' grandness is in the here and now.

Last month I spoke about honouring our calling. I looked at the every day, where everything is possible no matter what we do, how we serve or not and how we follow a calling or souls' journey. I feel the same about mystical experiences. They happen to each of us in so many ways that often we call it by another name. I am talking of the smaller ones, like déjà-vu, synchronicity or expecting one thing but it is the unexpected that shows up. WE tend to dismiss these events as being mundane. Mystical experiences happen anytime, anyplace, anywhere. It is the unexpected that happens to you and me not just to guru-types. What would happen if we acknowledged our mystical experiences big or small? How would life be for us? How would it change us? How would it benefit us to know that we are so much in sync with spirit that these become occurrences from: they are rare and they don't happen to me, to a miracle that assists us to feel the wonder of life in every moment. That feels pretty mystical to me. Accepting that we are the Divine and connected to all as One, including having

mystical experiences, brings this to another level of consciousness.

December brings darkness in nature and also brings about the increase of light. This paradox reminds us of our own darkness and through this darkness comes the light of our rebirth. In this rebirth we can include the awareness of what mystical experiences bring to our lives. They are a jolt of energy powering us into furthering our expansiveness and wonder about life. They feed us with a knowing that the unbelievable can be manifested in the here and now. We are at one with the all, the Divine. That itself is a mystical experience in every moment. So breathe it in...this is a gift for us all.

Thank you and blessings to you.

Hopi Letter

"You have been telling the people that this is the Eleventh Hour.
Now you must go back and tell the people that this is the Hour.
And there are things to be considered:

Where are you living?
What are you doing?
What are your relationships? Are you in right relation?
Where is your water? Know your garden.
It is time to speak your Truth.
Create your community. Be good to each other.
This could be a good time!

There is a river flowing now very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold on to the shore.
They will feel they are being torn apart, and they will suffer greatly.

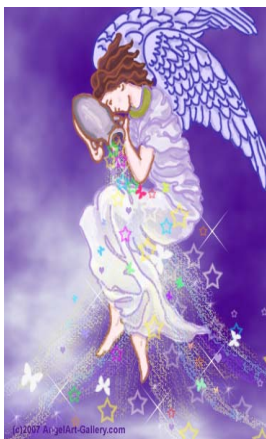
Know the river has its destination.
The elders say we must let go of the shore, push into the middle of the river.
Keep your eyes open and your heads above water.
See who is in there with you.
And celebrate.

At this time in history we are to take nothing personally
Least of all, ourselves.
For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the line wolf is over. Gather yourselves!
Banish the word "struggle" from your attitude and your vocabulary.
All that we do now must be done in a sacred manner and in celebration.

Ware the ones we've been waiting for,"

The Elders/Oraibi, Arizona/Hopi Nation



ANGELS NEEDED

We are looking for volunteers to assist with preparing coffee/tea Sunday mornings before the service and/or helping with clean-up afterwards. The morning duties involve arriving at church about 10:30am to start the coffee urn and ginger tea, set up the tea service cart (with cups, saucers, spoons, sugar), put the snacks on a plate etc. The clean-up involves putting dishes in the dishwasher, washing the coffee urn and teapots and general tidy up in the kitchen.

It seems to work best if a volunteer can assume the job for a month at a time although any assistance would be much appreciated. If you are able to help or would like more information about the job please feel free to talk with Tracy or Lorna at church.

Tracy