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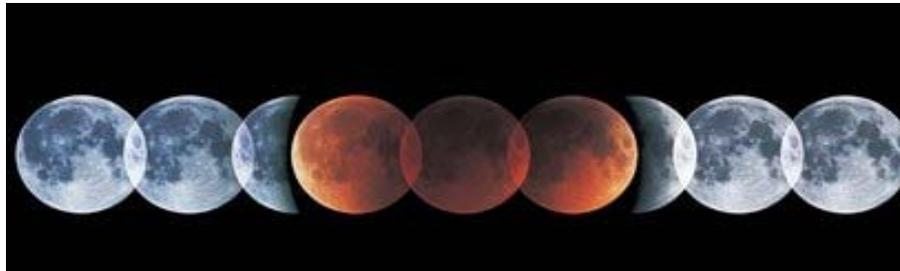
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<http://cot.seedwiki.com>



**Awakening to the Opportunities
of These Times**

Is it by accident we are here at THIS time? Or did we choose to incarnate during these pivotal times for a specific purpose? What might that purpose be? Come join us for an in depth investigation of the specific OPPORTUNITIES we are being offered right here right now, as old dysfunctional structures fall away before our eyes. As we shine a spotlight on the specific opportunities of these challenging times, we offer inspiration and support for all of us to unite with one another as a Community of Conscious Living and to emerge victoriously throughout this global paradigm shift into the awakened heart.

Cedona Holly, Spiritual Directions Committee

The Lighthouse June 2009

**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	652-4205
Past President	Roy Leaman	778-430-1905
Treasurer	Esther Hart	294-6416
Secretary	Eleanor McKinnon	474-2715
Rentals	Patricia Huot	385 0941
Inside Maintenance/ SDC Rep	Nathaniel Poole	984-4024
Outside Maintenance	Marie Logan	652 8586

Newsletter—EstherHart/Deborah Hawkey Email esther@estherhart.com
Newsletter Submissions welcomed by the 15th of each month

Spiritual Directions Committee

Brian Martin	652-4205
Cedona Holly	642-1060
Joyanna Wilkinson	361-3181
Nathaniel Poole	984-4024

Linda Chan <http://cot.seedwiki.com>

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

Sunday Service Schedule for July 2009

Awakening to the Opportunities of These Times

**Sunday
July 5**

Cedona Holly - Opportunities for our Soul's Evolution
Moderator: Pat Miller
Meditation: Cedona Holly

**Sunday
July 12**

Esther Hart - Opportunities for Experiencing
Moderator: June Swadron
Meditation: Carol Douglas

**Sunday
July 19**

Brian Martin - Opportunities for Greater Intimacy

**Sunday
July 26**

Joyanna Wilkinson - Opportunities for Sharing Your Personal Awakenings

Community Care Liaison

I wish to offer what I can to help our community members stay in touch with each other.

Have you ever thought suddenly of someone whom you haven't seen for awhile at Church? Well I would appreciate it if you would remind me about that person. Perhaps someone else will have let me know the reason for their absence but if not I will attempt to make contact. If he or she expresses a need which we can provide, I will pass that information on in the most appropriate way.

Similarly if you know of someone who is sick or troubled or going to be away for awhile or indeed has chosen to move on, please tell me so I can tell others who will be concerned or perhaps need to know for some other reason as well.

As you can see I will need everyone's help to carry out this role. By working together, we will all benefit from staying connected.

Thanks for helping me.

Lorna Rennie
361-2079

"You are brilliant, and the earth is hiring."

The Unforgettable Commencement Address to the Class of 2009, University of Portland, May 3rd, 2009

By Paul Hawken

When I was invited to give this speech, I was asked if I could give a simple short talk that was "direct, naked, taut, honest, passionate, lean, shivering, startling, and graceful." Boy, no pressure there.

But let's begin with the startling part. Hey, Class of 2009: you are going to have to figure out what it means to be a human being on earth at a time when every living system is declining, and the rate of decline is accelerating. Kind of a mind-boggling situation - but not one peer-reviewed paper published in the last thirty years can refute that statement. Basically, the earth needs a new operating system, you are the programmers, and we need it within a few decades.

This planet came with a set of operating instructions, but we seem to have misplaced them. Important rules like don't poison the water, soil, or air, and don't let the earth get overcrowded, and don't touch the thermostat have been broken. Buckminster Fuller said that spaceship earth was so ingeniously designed that no one has a clue that we are on one, flying through the universe at a million miles per hour, with no need for seatbelts, lots of room in coach, and really good food - but all that is changing.

There is invisible writing on the back of the diploma you will receive, and in case you didn't bring lemon juice to decode it, I can tell you what it says: **YOU ARE BRILLIANT, AND THE EARTH IS HIRING.** The earth couldn't afford to send any recruiters or limos to your school. It sent you rain, sunsets, ripe cherries, night blooming jasmine, and that unbelievably cute person you are dating. Take the hint. And here's the deal: Forget that this task of planet-saving is not possible in the time required. Don't be put off by people who know what is not possible. Do what needs to be done, and check to see if it was impossible only after you are done.

When asked if I am pessimistic or optimistic about the future, my answer is always the same: If you look at the science about what is happening on earth and aren't pessimistic, you don't understand data. But if you meet the people who are working to restore this earth and the lives of the poor, and you aren't optimistic, you haven't got a pulse. What I see everywhere in the world are ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world. The poet Adrienne Rich wrote, "So much has been destroyed I have cast my lot with those who, age after age,

perversely, with no extraordinary power, reconstitute the world." There could be no better description. Humanity is coalescing. It is reconstituting the world, and the action is taking place in schoolrooms, farms, jungles, villages, campuses, companies, refuge camps, deserts, fisheries, and slums.

You join a multitude of caring people. No one knows how many groups and organizations are working on the most salient issues of our day: climate change, poverty, deforestation, peace, water, hunger, conservation, human rights, and more. This is the largest movement the world has ever seen. Rather than control, it seeks connection. Rather than dominance, it strives to disperse concentrations of power. Like Mercy Corps, it works behind the scenes and gets the job done. Large as it is, no one knows the true size of this movement. It provides hope, support, and meaning to billions of people in the world. Its clout resides in idea, not in force. It is made up of teachers, children, peasants, businesspeople, rappers, organic farmers, nuns, artists, government workers, fisherfolk, engineers, students, incorrigible writers, weeping Muslims, concerned mothers, poets, doctors without borders, grieving Christians, street musicians, the President of the United States of America, and

as the writer David James Duncan would say, the Creator, the One who loves us all in such a huge way.

There is a rabbinical teaching that says if the world is ending and the Messiah arrives, first plant a tree, and then see if the story is true. Inspiration is not garnered from the litanies of what may befall us; it resides in humanity's willingness to restore, redress, reform, rebuild, recover, reimagine, and reconsider. "One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice," is Mary Oliver's description of moving away from the profane toward a deep sense of connectedness to the living world.

The living world is not "out there" somewhere, but in your heart.

Millions of people are working on behalf of strangers, even if the evening news is usually about the death of strangers. This kindness of strangers has religious, even mythic origins, and very specific eighteenth-century roots. Abolitionists were the first people to create a national and global movement to defend the rights of those they did not know. Until that time, no group had filed a grievance except on behalf of itself. The founders of this movement were largely unknown - Granville Clark, Thomas Clarkson, Josiah Wedgwood - and their goal was ridiculous on the face of it: at that time three out of four people in the world were enslaved. Enslaving each other was what human beings had done for ages. And the

abolitionist movement was greeted with incredulity. Conservative spokesmen ridiculed the abolitionists as liberals, progressives, do-gooders, meddlers, and activists. They were told they would ruin the economy and drive England into poverty. But for the first time in history a group of people organized themselves to help people they would never know, from whom they would never receive direct or indirect benefit.. And today tens of millions of people do this every day. It is called the world of non-profits, civil society, schools, social entrepreneurship, and non-governmental organizations, of companies who place social and environmental justice at the top of their strategic goals. The scope and scale of this effort is unparalleled in history.

The living world is not "out there" somewhere, but in your heart. What do we know about life? In the words of biologist Janine Benyus, life creates the conditions that are conducive to life. I can think of no better motto for a future economy. We have tens of thousands of abandoned homes without people and tens of thousands of abandoned people without homes. We have failed bankers advising failed regulators on how to save failed assets. Think about this: we are the only species on this planet without full employment. Brilliant. We have an economy that tells us that it is cheaper to destroy

earth in real time than to renew, restore, and sustain it. You can print money to bail out a bank but you can't print life to bail out a planet. At present we are stealing the future, selling it in the present, and calling it gross domestic product. We can just as easily have an economy that is based on healing the future instead of stealing it. We can either create assets for the future or take the assets of the future. One is called restoration and the other exploitation. And whenever we exploit the earth we exploit people and cause untold suffering. Working for the earth is not a way to get rich, it is a way to be rich.

The first living cell came into being nearly 40 million centuries ago, and its direct descendants are in all of our bloodstreams. Literally you are breathing molecules this very second that were inhaled by Moses, Mother Teresa, and Bono. We are vastly interconnected. Our fates are inseparable. We are here because the dream of every cell is to become two cells. In each of you are one quadrillion cells, 90 percent of which are not human cells. Your body is a community, and without those other microorganisms you would perish in hours. Each human cell has 400 billion molecules conducting millions of processes between trillions of atoms. The total cellular activity in one human body is staggering: one septillion actions at any one moment, a one with twenty-four zeros after it. In a millisecond, our body has undergone ten times more processes than there are stars in

the universe - exactly what Charles Darwin foretold when he said science would discover that each living creature was a "little universe, formed of a host of self-propagating organisms, inconceivably minute and as numerous as the stars of heaven."

So I have two questions for you all: First, can you feel your body? Stop for a moment. Feel your body. One septillion activities going on simultaneously, and your body does this so well you are free to ignore it, and wonder instead when this speech will end. Second question: who is in charge of your body? Who is managing those molecules? Hopefully not a political party. Life is creating the conditions that are conducive to life inside you, just as in all of nature. What I want you to imagine is that collectively humanity is evincing a deep innate wisdom in coming together to heal the wounds and insults of the past.

Ralph Waldo Emerson once asked what we would do if the stars only came out once every thousand years. No one would sleep that night, of course. The world would become religious overnight. We would be ecstatic, delirious, made rapturous by the glory of God. Instead the stars come out every night, and we watch television. This extraordinary time when we are globally aware of each other and the multiple dangers that threaten civilization has never happened, not in a thousand years, not in ten thousand years. Each of us is as complex and beautiful as all the stars in the universe. We have done great things and we have gone way off course in terms of honoring creation. You are graduating to the most amazing, challenging, stupefying challenge ever bequeathed to any generation. The generations before you failed. They didn't stay up all night. They got distracted and lost sight of the fact that life is a miracle every

moment of your existence. Nature beckons you to be on her side. You couldn't ask for a better boss. The most unrealistic person in the world is the cynic, not the dreamer. Hopefulness only makes sense when it doesn't make sense to be hopeful. This is your century. Take it and run as if your life depends on it.

Paul Hawken is a renowned entrepreneur, visionary environmental activist, and author of many books, most recently *Blessed Unrest: How the Largest Movement in the World Came into Being and Why No One Saw It Coming*. He was presented with an honorary doctorate of humane letters by University president Father Bill Beauchamp, C.S.C., in May, when he delivered this superb speech. Our thanks especially to Erica Linson for her help making that moment possible.

HAPPY BIRTHDAY

We celebrate with you!

July 12 **Ava Mittermuller**

July 12 **Robert Winkenhower**

July 21 **David Barker**



There is wisdom in turning as often as possible from the familiar to the unfamiliar: it keeps the mind nimble, it kills prejudice, and it fosters humor.

....George Santayana

Emotional Aspects of Community

Emotions are the gifts and burdens of being human, are of Divine origin, and bring meaning to our life. In general, our tendency is to move toward the heart opening emotions, and move away from those that close our hearts.

The IQ used to be a measure of success in life, but has now been replaced by the EQ, a measure of Emotional Intelligence.

Just as we as individuals have an EQ, so do communities, so becoming aware of, and attending to the emotional aspect of community, is critical for our successful functioning.

The Electro Magnetic Field (EMF) of a heartbeat is the most powerful energetic field in the body – about 5,000 times greater in strength than that of the brain. It is communicated to the brain and to every cell of our bodies. It also radiates outwards, and can be measured 8-10 feet outside our bodies, and impacts everyone in the field of that radius. Heart and brain waves of one person can be measured in the brain waves of another when they touch. Handholding, healing touch, prayers, meditation, music and emotional storytelling can all create an emotional shift in the room of a group of people.

Hearts can be opened within a group of people sharing space, when hearts are in coherence. Our hearts - those 10 oz masses of faithful, rhythmically beating powerful

muscle, beat in a coherent, harmonious manner when we experience the so-called positive emotions such as peace, love, gratitude, joy and compassion. When we experience the so-called negative emotions such as fear, anger, loneliness, jealousy, frustration and sadness, we create an EMF of chaos. with a heart rate pattern that is jerky, incoherent and random. When we meet as a group or community, the EMF, whether coherent or chaotic can be felt, transmitted, magnified, synchronized or muted. We, as a community, are open to

emotional viruses invading our community and being transmitted, particularly during times of change or transition,, and so we must constantly work on enhancing our emotional immune systems and emotional health. We as a community are also open to helping each other. Thankfully, within each of us is the built-in ability to change our negative emotional fields into positive ones, should we choose. This is a joint, shared responsibility and gift, as we are all a part of the whole.

The Electro Magnetic Field (EMF) of a heartbeat is the most powerful energetic field in the body – about 5,000 times greater in strength than that of the brain

A couple of weeks ago, I came across a U-tube of some young children in a school classroom practicing HeartMath. Heartmath has been around for several years now, and is one of several wonderful ways to deal with stress. It's exercises are and easy to learn, rapid method to calm stress by regulating the heart rhythm. It changes the heart from being chaotic to being coherent.

Simple exercises are learned and practiced, and I'll briefly describe one that we can all try, at the end of this talk, The changes in heartbeat that are evoked by HeartMath exercises produce chemical and electrical changes in the body. They have been scientifically proven to do such things as lower BP, increase the immune system, boost anti-aging hormones, and allow the climate in which to experience understanding, peace, joy and compassion.

I sat mesmerized, watching these earnest children on U-tube with their hands on their hearts, eyes closed, quietly thinking and feeling positive thoughts of gratitude, love or joy before they began their studies. Afterwards, some of the children were interviewed about what it felt like, and how it worked in their everyday life. One little girl spoke of having a new baby brother, and subsequently feeling anxiety, anger and jealousy. In the program, they are taught to identify and name their emotions. Using the exercises in the program helps them to learn to manage their emotions in a healthy manner. After using HeartMath, the little girl was able afterwards to feel love for her baby brother, and feel compassion for her mother's fatigue and need to divide her attention. You can also imagine the positive impact on the playground, especially the bullying that is so rampant today.

In a HeartMath article I recently read, a surgeon told his story. He was scrubbed and ready for surgery, when the anesthetist said he couldn't start because the pre-op assessment wasn't complete. The surgeon became aware of his anger building to a rage, as he felt the stress of his upcoming time commitments for the day. He was about to take his anger out on the anesthetist

when he remembered his training in HeartMath. He took one minute, practiced one of his exercises, felt his chaotic heart beat normalize, could think clearly, and began to realize that the anesthetist was acting on the best interests of his patient.

HeartMath has moved and is moving into many school systems, medical systems, judicial systems, corporations, and even into the military. The impact has been amazing for the individuals, and has permeated into the communities as people begin to open to the message that we are all one, and are inter-connected at a heart level with a potential to harm or help.

I invite you now to experience what is called the "Freeze -Frame." the exercise that the surgeon I spoke of used.

Allow yourselves to think of some stressful situation in your life, Freeze the image by taking a time out from this feeling. Focus on your heart, and pretend you are breathing through your heart. Recall a positive feeling you've had in your life, and try to re-experience it. Sincerely ask you heart what a more efficient response to the situation would be, and listen to your heart's answer.

Please take this exercise home and practice with you if you wish, HeartMathers believe that we can create love and better health in ourselves by practicing such exercises as these, and releasing anger and other negative emotions can create dramatic changes for yourselves, and the communities in which you live.

Carol Douglas MD

After today's church service I feel drawn to share my thoughts and feelings by way of the newsletter.

I always love church no matter what's happening but the two services so far this month, which have been about "community" have been so meaningful to me. Today, Carol Douglas, June Swadron, Tracey Koebel and Joy Emmanuel shared their views about the emotional aspects of community. Each of them gave their heart-felt messages, all of which resonated with me, and I realized just how lovely each of these women are. I knew that on one level already but this opportunity provided for another level to be revealed. That is why I appreciate hearing from our own members/friends as well as outside speakers, as we all have so much to offer each other.

The music, from Rev. Pat Answer and the Dogmatics to Norm Smookler's flute to my favourite chants, was so special and I was totally overcome with emotion. Music at church usually does that to me but today the combination of the messages and the music just about did me in! The joyful emotions just made me want to shout "I love this place so much!" I also wished that all our members and friends could have been there to share it. However with this little synopsis from my perspective, perhaps they'll get a feel for it.

I just want to say thanks to Brian for moderating these services and to the Spiritual Directions Committee for their creative planning and to all the participants!

Lorna Rennie
June 14, 2009

Upcoming Events

Spring Garage Sale – May 9th,
Rain or Shine. FASCINATING ARTS
and volunteers appreciated. Queris

**Postponed to
September**

Truth – (Corner of Superior & St. Lawrence).
EVERYONE! Donation of items in good repair

MONTHLY EVALUATION FORMS

The Spiritual Directions Committee invites you to respond to our monthly programs in a heart-felt and candid manner. We encourage you to respond in ways that go beyond that of personal likes or dislikes to evaluate the essence of what has been presented.

Please consider and respond to the weekly presentations in terms of their continuity and coherence, depth of coverage of the theme or topic, relevance to your own life and that of the community, implications for spiritual growth and

understanding, plus value and meaning they inspire in you that extends beyond the actual Sunday service. Do they challenge you to think outside the box in any way? Do you feel supported in your life journey and a deeper connection to others as a result of your presence or participation in any of the services?

All responses will be held in confidence and given due consideration by the SDC for the purpose of refining our future presentations.

Please know that your sharing will be an ongoing strengthening contribution to our community Spirit.
Thank you

There is a tear-off form on the back.





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.

Thank you,

Tracy

JUNE 2009 MONTHLY EVALUATION TEAR-OFF

Please complete this form and give it to a board member or drop it in the collection basket. Or alternatively, copy the form, paste it into an email and send it to Brian Martin at martinlex@shaw.ca

Week 1 Attended _____ Didn't Attend _____

Comments: _____

Week 2 Attended _____ Didn't Attend _____

Comments: _____

Week 3 Attended _____ Didn't Attend _____

Comments: _____

Week 4 Attended _____ Didn't Attend _____

Comments: _____

Name (optional) _____