

THE LIGHTHOUSE JUNE 2010



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<http://cotvictoria.ca>**

PREJUDICE BUSTING

From my observation, this is for you and me. At some point in our lives, or even now, we have some form of prejudice. I would like to claim:” everyone else has prejudice, except for me” but the reality is I am not free of prejudice. I am aspiring to change it by being conscious of my/others language and reframing my thoughts, comments, perceptions and heart.

The dictionary has many definitions and I chose two:

1. The act or state of holding unreasonable preconceived judgments or convictions
2. An adverse judgment or opinion formed beforehand or without knowledge or examination of the facts.

The media has more than covered this topic on prejudice and its victims and it also has articles, which are detrimental to increasing prejudicial thoughts of groups, cultures etc. Socialization, conditioning and beliefs have permeated our cells and memories with all kinds of notions on people, places and things. Often we think these are harmless thoughts; for example, in our off colored jokes or strong opinions, such as men are....,women are...generalizations to name but a few. We have all had thoughts, though they seem harmless to us at the time. However, they do impact the recipient: our loved ones, our neighbours, co-workers and even ourselves.

Here is an example. Years ago I attended Co-dependents Anonymous, a twelve-step program. When I got there, I thought "who are these people". They have so many problems. They all look like losers. I don't want to be here with these people. I was judging them with all kinds of ill-informed information and preconceived ideas. Then I realized that I WAS one of them, being a person who needed help and support and love, instead of allowing fear to take over.

The Lighthouse June 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	Esther Hart	250-294-6416
Past President	Brian Martin	778-430-1872
Vice President/SDC Liaison	Carol Douglas	250-386-9192
Treasurer	Jan Falkowski	250-370-9192
Secretary	Genevieve Eden	250-361-0035
Rentals	Tracy Koebel	250-857-8185
Inside Maintenance	Lorna Rennie	250-361-2079
Outside Maintenance	Nathaniel Poole	250-858-4978

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 June 2010

PREJUDICE BUSTING

JUNE 6 PREJUDICE TO COMPASSION

SPEAKERS—Marvelous Trudeau, Deborah Hawkey, Katarina Nolla

MODERATOR---Bernadine Sperling

MEDITATION---TBA

JUNE 13 EVERYBODY WANTS TO GO TO HEAVEN BUT NO-ONE WANTS TO DIE

SPEAKER--Gordon Thurston

MODERATOR – Marvelous Trudeau

MEDITATOR---D. Joan Thomas

JUNE 20 A JOURNEY OUT OF VICTIMHOOD

GUEST SPEAKER--Joe Carlson

MODERATOR- Paul Monfette

MEDITATOR--Joe Carlson

Joe is a man who has packed much into one lifetime. A volunteer with hospice for twenty five years. A native Indian with Black blood Joe has Seminary training and a degree in Moral and Religious Philosophy. Being Queen Victoria in the Gay Pride Parade could not have been always easy. Above all Joe is a man who Loves indiscriminately.....

JUNE 27 COMMUNITY SERVICE

FACILITATOR FOR DISCUSSION--Nikki Menard

MODERATOR--June Swadron

MEDITATION---Patti Huot

Continued from page 1

What is it that we say about ourselves, OR how we TREAT OURSELVES? How do we attack ourselves for not measuring up to our perceived perfection? Self-talk is pervasive. How do we treat our loved ones when we have unreasonable judgments about certain behaviors or situations that are not measuring up to our standards?

Many of our prejudices are subtle and seemingly innocuous. Are they really? What about the prejudices we might have encountered towards us or our friends? How have we managed to deal with other people's misconception of our culture, language, gender or even being white etc...? Have we been a victim or have we victimized others? How do we move from prejudice to compassion? How do we let go of any form of prejudice, within our minds, with others, in our communities, on the planet? How would it be to live in a world BEYOND PREJUDICE of all forms? It starts with us in our healing, our renewed understanding, our empathy toward others and ourselves for the highest good of all. Let the ripple effect permeate all things and people on the planet with love and compassion. The only cure is PREJUDICE BUSTING.

Nikki Menard SDC

The Compassion in Action Committee (CAC)

Invites you to roll up your sleeves and join us!

Would you like to support a worthwhile cause, Woodwynn Farms, dedicated to creating HomeFULLness? Want some fresh air, good exercise, great company and the satisfaction of making a difference?

We have set aside Thurs. June 17 and Sat. June 19 as dates for our farming outing....weeding, clearing and any other ground work necessary to help out.

Please email Cedona at sunyata333@shaw.ca if you are interested!

Thanks Conscious Gardeners! See you in the field!





CONSIDER THE HOUR!

Church members have no doubt noticed for some time now the steady disruption to Sunday morning services by latecomers, sometimes only a minute or two late, sometimes up to twenty minutes late. In order to show respect to the moderator, the person asked to lead meditation and the members who have arrived on time, the Board wishes to implement a change to the way things are now.

Currently a Board and/or SDC member is responsible for either staying out in the foyer until meditation is over, to usher people in at an appropriate time, or sitting near the back and jumping up each time the outside door opens. A recent service felt like a gong show to me with all the interruptions – I missed the message of the invocation and I spent the meditation time thinking only of a way to improve the situation.

Lorna Rennie

To get all there is out of living, we must employ our time wisely, never being in too much of a hurry to stop and sip life, but never losing our sense of the enormous value of a minute.

Robert Updegraff

My proposal was accepted by the Board so an announcement will be made on May 23, and on May 30 the sanctuary doors will be closed at 11 a.m. with a sign posted on them saying “Service has begun, Please remain in foyer until door is opened, Thank you for your respectfulness”. A board member and/or SCD member will then only be responsible for opening the door(s) before the Awake song, before the first song and before the introduction of the speaker, if necessary.

If latecomers have trouble standing in the foyer for the necessary time, they are welcome to sit in the Quiet Room.

I personally will appreciate everyone’s cooperation in this new practice and welcome feedback, positive or negative.

Does't thou love life? Then do not squander time, for that is the stuff life is made of.
Benjamin Franklin

Oneness Wednesdays
7:00 p.m. – 8: 30 p.m.
Church of Truth, Community of Conscious Living
111 Superior Street
Free or by donation
Information: <http://cotvictoria.ca> or Linda at (250) 380-6383

June 2 – The Return Home: Recognizing the Ones we have Been Waiting for.

The first session begins in the only place where we can begin, in the present moment. And, with the one who waits for us, our self. What is possible when members of a community come home to their own wholeness, wisdom and wildness?

Bio for Susan Neden: Susan Neden has worked for over thirty years with organizations, communities and individuals as they move through times of change and transformation. Her work is strongly influenced by Buddhist teaching and the practice of deep inquiry. Playfulness is one of her most treasured companions. She is a member of the [Victoria Vipassana Community](#) and leads [weekly Dharma Walks](#)

June 9 - The Power of Curiosity and Personal Story

What do we value in life? Lives are being transformed by powerful questions. It's all based on the belief that everyone has a story worth knowing and sharing. We're going to celebrate what makes life worth living, what we bring to each day. We'll look at how to craft the questions that bring out the 'golden stories' and we'll discover and use your questions. This is a highly engaging workshop with immediate implications and applications for our lives.

Bio for Christopher Bowers: Christopher is the creator of [ConversationWorks.ca](#) and the Executive Director of [Community School Interviews](#). He has been called the [Story Catcher](#) of Victoria. He works with education, business and community organizations to understand the power of the great questions and resulting personal story. Christopher also coordinates [Green Drinks Victoria](#), a network that supports sustainable businesses and community development. His latest initiative is the launch of [What's Gone Well Today.com](#) – a new way to shift thoughts.

June 16 - Community Circles: Exploring Voluntary Simplicity

Community Circles are wonderful ways for group - sharing and in engaging with others. Questions are designed so that it is an open inquiry- there are no right or wrong answers; Discussions move into interesting and unexpected areas. There is a curiosity to discover other points of view . The purpose of the community circle is to understand one another and ourselves more fully and to move towards harmony with all of earth. This evening will be

facilitated by Beth Cruise, [Canadian Earth Institute](#) with assistance from the [James Bay Sustainability Commons](#) Voluntary Simplicity Discussion Group.

Bio for Beth Cruise:

Artist, environmentalist, group facilitator/counselor, and visionary with a long standing commitment to living harmoniously with the earth. With her first Voluntary Simplicity course in 1997, her passion grew to facilitate the exchange of ideas on how our habits and attitudes affect the environment and what each one of us can do to make a difference. She founded and is Executive Director of the Canadian Earth Institute, a sister to the North American network that has inspired over 100,000 participants to become more earth friendly with eight sustainability discussion courses. CEI now offers hands-on Natural Building courses such as Cob Building, Earthen Plasters, Earthen Floors, and Lightclay/woodchip Infill.

“To understand the heart and mind of a person, look not at what he has already done, but what he aspires to do.”

Kahil Gibran, 1883-1931, Lebanese poet and novelist

Summer Solstice: Celebrating the Heart and Soul of Transitioning at this Time of Planetary Change



June 23

Summer Solstice has been celebrated in many cultures over the centuries and is associated with such common themes as Fullness, Manifestation, Balance, Coming into the Light. This is the time when we see what has come forth from the seeds planted in, and nurtured through, the dream-womb of winter and quickened by spring's luscious dance of life. Yet this is a time of a new story unfolding in the history of life on earth. It is a time of planetary change, of challenge, and, what some call, the birth of the Universal Human. The new story is emerging and we are part of that Great Unfolding. This Solstice celebration will reflect some of the diversity of ways that we are naming and engaging the heart of this journey, as we soulfully seek to manifest new ways of being on this precious planet

Joy Emmanuel will be coordinating the evening and joined by Betsy Nuse, Libby Seabrook, Gertie Jocksch, and others.

Joy is a Transformational Coach, Adult Educator, Organizational Developer, and Community Animator. Joy offers transformational change programs for individuals and groups of all sizes and hosts one-day retreats with a focus on Spiritual Awakening. In the fall of 2009, Joy was privileged to do a training program with Joanna Macy. She is also active in the [Victoria Transition Town](#) initiative – a global grassroots movement around creating a post-oil dependent society.

June 30 — Letter Writing as a Vehicle for Social Change

Personal giving has always been an important of community action; small efforts by many really do add up. But no matter how deep your pockets or how great your energy, individuals will always be limited in what they can accomplish.

But writing letters to elected officials can transform the power of one to the power of the state, which has vastly more resources. And despite commonplace cynicism, elected officials do listen to the people and do respond – when approached the proper way.

For more than twenty years RESULTS Canada has demonstrated the power of the pen in motivating government and leveraging hundreds of millions of dollars towards effective aid programs in the developing world.

Bio for Nathaniel Poole:

Nathaniel Poole is a Victoria counsellor, writer and sailing instructor. He has volunteered with [RESULTS Canada](#) for 18 months and has seen just how influential a few motivated citizens can be in delivering enormous resources to where it is needed most.

Christopher Bowers has been invited to be a facilitator at a Oneness Wednesday evening in June and he is wondering whether anyone from our church community would be interested in participating on the Spiritually Speaking Blog: <http://www.changeeverything.ca/blog/conversationworks/new-collaborative-effort-spiritually-speaking-blog-times-colonist>

If you would like additional information or would like to participate, please call Christopher Bowers at (250) 213-5340.

A HOPI ELDER SPEAKS

“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.

And do not look outside yourself for the leader.

We are the ones we've been waiting for.

Then he clasped his hands together, smiled, and said, “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 will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water. And I say, 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 lone 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.**

We are the ones we've been waiting for.

Oraibi, Arizona

Hopi Nation



Clothing Exchange

A fundraiser for the Church of Truth

– Community of Conscious Living

(111 Superior Street)

**Clear Some Clutter in Your Clothes Closet
and Discover Great New Finds For Your
Wardrobe**

Cash Donation to the Church Welcome

Donation of Used Clothing in Good Shape

**(* Clean * All Buttons * Intact * No Rips,
Tears or Stains)**

Sunday, June 27th

12:30 p.m.

**Queries to Patti at (250) 385-0941 or Linda at (250)
380-6383**

**[Donations Can be Placed in Quiet Room Behind
Dividers]**

Leftover Clothing will be donated to agencies in need.

Only believe

On a day like today
seeing a young cow
tethered
in an urban lane
my heart cracks open
and a tear falls
soundlessly
uncomprehendedly
and washes my soul

On a day like today
knowing I've touched
heaven's heavy sadness
I begin to contemplate
a future where fear
has no dominion
and my heart
is heady with the thought

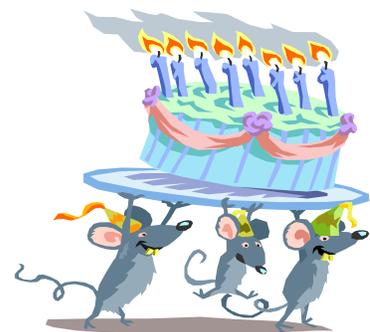
...there are no limitations
if you believe...

by D. Joan Thomas

HAPPY BIRTHDAY

We celebrate with you!

June 5	Jim Bennett
June 8	Maureen Nicholson
June 22	Joy Emmanuel
June 22	June Swadron
June 28	Frank Smoke



Your Spiritual Directions Committee Members are:

Cedona Holly 250-642-1060

Nikki Menard 250-537-9380

Marvelous Trudeau 250-384-2563

Deborah Hawkey 250-813-1747

Paul Monfette 778-430-2430
