

## THE LIGHTHOUSE NOVEMBER 2010



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## UNVEILING SECRETS

As President of the Church of Truth – Community of Conscious Living, I have the privilege of being an ex-officio member of the SDC. I attended the meeting on October 3 and was once again awed by the way the energy moves in and through the committee members to come up with a theme and topics for the services. When Carol mentioned the word “Secrets”, it was as if everyone in the room felt a sense of recognition, a collective “yes”. Discussion continued on ways to approach the subject. From that, topics arose.

**Secrets and Privacy.** Is there a difference? How do they affect our lives? Carol mentioned a channelling she had read on that very topic. I am honoured to have been invited to incorporate the information from that reading with my own thoughts and experiences to present on the first Sunday.

**Family and Generational Secrets.** We thought this topic would be well addressed by Rev. Gordon Thurston who made reference in a previous talk to the secrets that are revealed to him when he is officiating at “end of life” events.

At the end of the service that Sunday, I was introduced to Galalisa Star. She told me that she was part of our community many years ago, had been travelling and would be in town until December. She offered her services as speaker and meditation leader to share some **secrets** that she has discovered regarding meditation.

On the final Sunday we will invite you to share with each other **Stories of Secrets Revealed** and how revealing the secret changed the lives of the people involved. It could be your story or a story you have heard from someone else.

I am looking forward with great anticipation to seeing how discussing “Unveiling Secrets” impacts our community.

Blessings, Esther Hart, president

# *The Lighthouse November 2010*

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

We are a spiritual community supporting each other in exploring our personal journeys regardless of spiritual path or belief.

Our community is comprised of a rich field of individual and collective energies that is ever changing and evolving.

While we are accepting of diverse expressions of belief, we recognize the interconnectedness of all things and the power of love and appreciation. We hold reverence for all life.

We welcome those who wish to share their journey with us through their insights, reflections, experience and creative self-expression.

We are open to inspiration and recognize that our openness to others' ideas may enhance our own awareness and expansion.

We meet our basic human need to socialize, bond, cooperate, celebrate and have fun, in a warm-hearted way, through a variety of events and activities.

We acknowledge our opportunity to be agents of change in the world and we encourage and support service to others through individual and group activity.

We share our sacred space with the larger community.

With gratitude, we live thoughtfully on the Earth with kindness and compassion for all.

**We welcome you.**

### **Sunday Service - 11 am**

#### **Working for you - Your Board of Directors**

<b>President</b>	<b>Esther Hart</b>	
<b>Past President</b>	<b>Brian Martin</b>	
<b>Vice President/SDC Liaison</b>	<b>Carol Douglas</b>	
<b>Treasurer/Outside Maintenance</b>	<b>Jan Falkowski</b>	
<b>Secretary</b>	<b>Genevieve Eden</b>	
<b>Rentals</b>	<b>Tracy Koebel</b>	<b>250-857-8185</b>
<b>Inside Maintenance</b>	<b>Lorna Rennie</b>	

#### **Your Spiritual Directions Committee Members are:**

<b>Cedona Holly</b>	
<b>Nikki Menard</b>	
<b>Marvelous Trudeau</b>	
<b>Deborah Hawkey</b>	
<b>Paul Monfette</b>	

Newsletter—Deborah Hawkey Email [dbhawkey@gmail.com](mailto:dbhawkey@gmail.com)

Newsletter Submissions welcomed by the 21<sup>st</sup>. of each month

Linda Chan <http://cotvictoria.ca>

## **Oneness Wednesdays in November.....**



### **The Dancing Circle --- Where Oneness and Wholeness Meet**

**Wednesday, November 3, 10, 17 & 24  
7:00 p.m. to 8:30 p.m.**

**Church of Truth  
111 Superior Street**

**Everyone Welcome!**

**Free or by donation**

Sacred/Circle Dance, a meditative offshoot of traditional European folkdance, took root in the English-speaking world when the celebratory energy of old village dances met the intuitive insights of the New Age at the intentional community of Findhorn in the 1970s.

An evening of Sacred/Circle dance combines delight in moving rhythmically together with reflection and embodied insight.

Each November Wednesday we will gather to celebrate our wholeness in community and our inseparability from the one cosmic fabric, enjoying both traditional and contemporary dances to a wide range of music. People of all levels of ability and experience are welcome to participate, and no partners are required as we all dance together as a group.

**\* The above image is courtesy of Circle Dance Friends Company Ltd. © 2006**

## Creative Giving and Receiving

We have all met people who have had a profound effect on our life. Meeting them has changed us. They have in some way helped us to develop some potentials of awareness or potentials of consciousness. This probably began with our parents, and has continued throughout our life.

Think of someone who has done this for you. Do you still feel gratitude? What you have been given in the past continues to be a creative force in your life as long as you have a continued loving response to it. This keeps it active.

When we forget about the gifts of the past, or leave them behind, we are no longer open to their continued creative activity in our life. What keeps the creative energies of change for expanded consciousness and increased awareness alive, is an appreciative openness to receive followed by some heartfelt generous response. As long as there is a continued openness and response, the gifts keep flowing, or we could say that the gifts keep giving. The co-creative process continues.

Receiving and giving are the co-creative forces of life, the yin and yang of all creative energies.

For those of us who have been open, there is no greater gift than to be assisted in the journey of expanding awareness and consciousness. We must always remember, though, that the process of change only begins

when we receive. Receiving is an active state, not a passive one. It affects our awareness; we learn something. We then must take it to another level—the level of consciousness. We do this by our choice to respond with love, by giving.

When we give with love in our heart we actually have a direct effect on the other person's mental, emotional and physical bodies.

The electro-magnetic energy from our heart becomes coherent when we feel love in any of its many forms, like appreciation, gratitude, care, forgiveness, and compassion. If we touch someone or are close to them in this state, our heart energy directly affects their brain waves. Their brain entrains to our heart, enabling them to be receptive to the love we are feeling. This has been demonstrated through ECG and EEG recordings.

This linking has a uniting effect and also a strengthening effect on the other's person's physiology, including their immune system. It also then enables them to be more coherent in their own energies, helping them to have greater mental clarity as well as greater soul access. It can lift them out of their victimhood or defensiveness, and open them to the power of love, which they will then want to express to others. What a wonderful way of co-creating a better world!

Andrew Schneider

Submitted by Deborah Hawkey

William Head on Stage and SNAFU Dance Theatre present:



Photo by Pamela Bethel

## CHALK

Physical Theatre Behind Barbed Wire

Created and performed by SNAFU and six of the men from William Head Institution

This is no night at the opera. CHALK is physical theatre performed in-the-round, by prisoners, for a public audience. Follow eight children “down the

rabbit hole” into their dreams, fantasies, and nightmares, as they face one of humanities deepest fears: the fear of being alone.

*“The most passionate actors and audience I have ever seen. This program is priceless in the questions it raises and the barriers it takes down.”*

-Audience Commentary, past WHoS productions.

*Public Performances :*

**October 22, 23, 29, 30 November 4, 5, 6, 12, 13, 18, 19, 20**

Gate opens at 6:30pm Show starts at **7:30pm (no latecomers)**

*ALL TICKETS MUST BE PURCHASED IN ADVANCE.*

**Tickets** on sale after October 8th at:

[The Moka House](#) (Cook Street Village) 250-388-7377

[The Soap Exchange](#) (On Hillside at Cedar Hill) 250-475-0033

[My-Chosen Cafe](#) (in Metchosin en route to William Head Prison) 250-474-2333

WHoS Theatre Office – 250-391-7063

Submitted by Joyanna Wilkinson

Happy Birthday  
We celebrate with you!

November 11 Katharina Nolla

November 21 Jayne Gerlach

November 21 Deborah Hawkey

