



THE LIGHTHOUSE

JANUARY 2013

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We Made It!

Trusting I am as this is being written on December 20th, oh well.

I would like to begin by honouring the West and the setting of the sun. The end of the day. And that perhaps this was represented by the event of the 12/12/12 celebration. Honouring the conclusion of a Grand Adventure, an adventure into and through the experience of duality.

And a moment to celebrate letting go. Letting go of the feelings of separation and the desire for the acquisition of personal power that I might be supreme.

The setting of the Sun, gifting us with a moment to reflect, as does the Moon. Knowing the Sun, the giver of life, is about to gift us with the dawning of a new day and another adventure. Perhaps a Grand Adventure into the awareness and experience of Unity of Community.

However we view these celebrations, the 12/12/12, the Winter Solstice and New Year's Eve, this year there is an enhanced awareness of "New Beginnings" Which brings me to the month of January. (do love it when the plan comes together)

The SDC has chosen for the month the theme of "Beginnings with Gratitude"

If I can say I Am Who I Am in this moment of my Eternal Now and I Love Who I Am then I indeed have much to be grateful for. I may still be a work in progress but I can, with heart felt courage, step into the dawning of a new day.

I shall also trust that the Sunday Services in January will offer moments to feel in our hearts the awareness of joy and gratitude. The awareness of "New Beginnings".

After all is said and done ... We Are So Beautiful ! ...

Stephen Graves SDC

The Lighthouse January 2013
 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 – 11:00 am
 Working for you - Your Board of Directors

President	Patti Huot	250-385-0941
Past President	Esther Hart	250-896-5933
Vice President	Roland Guenther	778-433-4386
Treasurer	D. Joan Thomas	250-721-4054
Secretary	Cynthia Pattison	250-661-8687
Rentals	Esther Hart	250-896-5933
Outside Maintenance/SDC Liaison	Sanjara Omoniyi	778-433-4386
Inside Maintenance	Dancing Wolf	250-418-0694

Your Spiritual Directions Committee Members are:

Trish Coleman	250-721-1973
Stephen Graves	778-677-7597
Hendrik de Pagter	778-440-5234
Dancing Wolf	250-418-0694

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 January 2013

JANUARY'S THEME: Beginnings with Gratitude

January 6 Cherish the Challenge

Co-ordinator:	Dancing Wolf
Moderator:	Dancing Wolf
Meditation:	Roland Guenther
Speaker:	Pierre Morais
Greeter:	Janet Taylor

Pierre Morais, B.S.W., M.C. is a psychotherapist specializing in Mental Health & Addiction Counselling. He has worked extensively with First Nations people and recently spent 5 years working with the Dene people in the Northwest Territories. He is a Sundancer and has been a Pipe Carrier leading Sweat Lodges, and other ceremonies, around the Island and beyond. He was also head helper for 2 different Medicine Men and spent a great deal of time working with inmates in the prison system and court mandated clients. He also runs a program called the Scared Straight Tour where he introduces teens at risk to the ravages of life for drug users living in Vancouver's downtown east side.

January 13 Attitude of Gratitude

Co-ordinator:	Stephen Graves
Moderator:	Lorna Rennie
Meditation:	Jennifer Sagar
Speaker:	Junie Swadron
Greeter:	Stephen Graves

January 20 Too Blessed to be Stressed

Co-ordinator:	Trish Coleman
Moderator:	Peggy Muncaster
Meditation:	Laurence Beal
Speaker:	D. Joan Thomas, Bob Winkenhower & Trish Coleman
Greeter:	Ron Rayner

January 27 Greatful in the Now

Co-ordinator:	Hendrik de Pagter
Moderator:	Laurence Beal
Meditation:	Dodie Green
Speaker:	Community Service
Greeter:	Hendrik de Pagter

John Lennon once said “Life is what happens when you are busy making other plans”. So often in our lives we come up against situations and circumstances that are not of our own choosing at least not consciously.

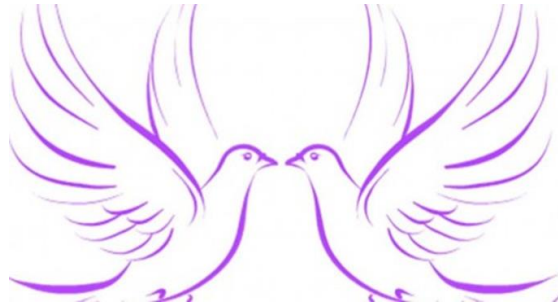
Many of these challenges are daunting and intimidating but they also offer us fertile ground for growth. It is one thing to be grateful for what feels good in our lives, quite another to embrace what doesn't.

Not a gratitude ensconced with the naivety of new age rhetoric but a deep authentic gratitude honouring all that is on our path.

ONENESS WEDNESDAY IN JANUARY

Ceremony and You: How Does It Influence Our Lives

Facilitated by Susan Blackwood, Certified Life Cycle Celebrant



Susan Blackwood will share her passion and beliefs of the place ceremony - marking rites of passage holds in our modern life. We will look at some ceremonial practices of ancient and current world practices. We will explore our ancestral roots, what did or does our family of origin believe. Most importantly we will explore how to create ceremony for ourselves individually and collectively.

About Susan Blackwood: Susan has had a varied career and interest in the energetic healing arts, practice and teaching of meditation techniques, brain balancing and indigenous medicine way. She has taken all these interests into her new business of the past two years, creating and performing ceremonies for all occasions. For more information, please visit: <http://ceremoniesbydesign.ca/>

Wednesday, January 16, 23 & 30th

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

Church of Truth, Community of Conscious Living

111 Superior Street

Info: <http://cotvictoria.ca>

HAPPY BIRTHDAY

We Celebrate with YOU!

Marvelous Trudeau	Jan 12
Laura Lane	Jan 13
Agnes Amundrud	Jan 20
Brian Martin	Jan 25
Esther Hart	Jan 26
Pat Chapman	Jan 31



UP CLOSE

With
Ringo



Sitting here in front of my Macbook Pro just now remembering that Ringo has an “Up Close and Personal”, due for the "COT Lighthouse " right about NOW..... SOOO.... Over to Ringo.

Woof to that Paul. It is sure a good thing that we are still a team what with your forgetfulness and my being in Spirit form these days I can sneak up on you out of the blue and remind you of what's coming up next.

So, as y'all might know or not, Paul and I are writing a book about our adventures during the 12 years we were together and I tell ya we really had a douzy of a time. Yup. We did everything from flying in these things called air-o-planes and real little ones which take-off and land right on the water. I was sure we were a goner that time. Also we went out fishing on these things called whale-watching boats that go really fast and do donuts. If you've never tried that before, don't bother. It feels like your stomach is going one way and your bowels the other, if you catch my drift.

About spirit form or lack thereof, as we are all here together, me watching Paul type and Pepa the Cuban rescue dog trying to get comfortable on Dan's rather chilly and hard floor and Dan sitting on his orange knit blanket covered exercise ball. This is the life, this is the life.

Ok enough of that spiritual stuff, now where was I? Oh yea, back to me when I'm in flesh and blood and hanging with my charge, Paul, for you see I'm really an

Angel whose person to look out after this time around is ya know that beautiful human who has so much trouble seeing that and other parts of his beauty, challenge and all things human. It appears that Paul is not alone in this human realm with seeing more of the negative traits he has.

Soo, along we come, us dogs with our unconditional enthusiasm, joy, spontaneity and love cause that's what we are here for. Ok cats as well, but they are a whole other kettle of fish. Ha, Ha, Ha. Us dogs like to put one over on our cat friends if we get a chance.

Those Tibetan Monks are now chanting in the background. I'm sure glad I haven't been assigned to one of those guys yet cause all they seem to do is sit around chanting and drawing pictures with coloured sand that's all well and good in and of itself but not too much of a challenge for me. Why with my past person having addiction issues as well as always falling in love with a variety of mates, my life was never dull.

One of my favorite excursions; our trip down to the desert one time walking up a dry gulch and bingo there it lay stretched out in the sun 4feet long, thick and menacing looking even when sunbathing.

A rattlesnake woke up and holy what a scary sight they are coiled up; tail rattling, hissing at you. We got out of there pronto and even today, well not too much to worry about on this plane I guess.

Ok, we gotta go but be sure to tune into our adventures in full when our book comes out later this spring.

Until then don't let any rattlesnakes cross your path. But it could be a good omen...
Woofingly,

Submitted by Paul Monfette

Ringo

COMMUNITY SERVICES DIRECTORY

NAME	SERVICE	CONTACT INFO
Susan Blackwood	Ceremonies	250-889-5335 www.ceremoniesbydesign.ca
	Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	
Renn Butler	Consultations/Workshops	rennbutler@shaw.ca
	Archetypal Astrology Consultations, Holotropic Breathwork Workshhops	
Lynn Goodcare	Life and Love Coach	250-642-2882 www.openingtolovenow.com

