



## Inside:

**P2 Who We Are**

**P2 Board of Directors**

**P2 Spiritual Directions  
Committee**

**P3 Sunday Service  
Schedule**

**P4 Poem by Stephen  
Graves**

**P5 Love Project Principles**

**P6 The Practice**

**P 6&7 Working with the  
Heart Space**

**P 8&9 Musically Yours**

**P9-11 Up Close with  
Jennifer Sagar**

**P11&12 Oneness  
Wednesday**

**P13 Happy Birthday, Talent  
Show & Walking Group**

**P 14&15 Community  
Services Directory**

### Contact:

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

## Letting Love Back into One's Flow

Love doesn't ever shut itself off, but we can get pretty good at blocking it or turning away from it. I believe there is a spiritual cure for depression, anxiety and even loss. The cure is our acceptance of how unconditionally loved we really are. When we feel loved, we feel empowered. And when we feel empowered, we can move mountains. On the other hand, when we feel disconnected from love, our world seems to fall apart around us.

Taking back the power is a personal choice. Being creatures of free will, we can either wallow in the illusion of pain and loneliness - or seek a path out of it. Sometimes the first step is to surrender the emptiness and make some changes in our life path. Anything new will help - new people, new books, new classes, new clothes or new places to work or gather with others. These changes help create an energy shift, a healing dynamic in life's work. There are not any substitutes for doing our spiritual growth work, but taking back our power lends a positive energy to our present state of being. In this more positive state, we can tune in once more to love. That's when real growth can occur.

Successful people seize their moments of feeling, empowered by love and taking risks. Some dare to reach out to others in a brave new way. Some dare to create brand new concepts and some start thinking outside of the box, tapping into the highest intelligence and presence there is in the Universe. This intelligence is pure and loving. It is without malice and without obstacles. This intelligence knows how to heal us, prosper us and bless us in a thousand new ways, but there is only one way to access its light and that is through the heart center, not the mind.

Love is within everyone and everything. If we allow ourselves to feel this, we become opened up by this presence. The alternative is to block this feeling and never really know the power. We'll still survive; we can still create and live mentally. However, this type of experience is not the one we came here to have. Everyone who is here on the planet right now is here with a purpose of love, and only love will protect and heal the earth. Remember, earth and heart are one and the same, only viewed from a different perspective.

Open your heart to love and use the power to create miracles for yourself and the entire planet. The greater the desire or longing to be a loving co-creator, the bigger and better the outcomes will be. Author Unknown

Submitted by Trish Coleman SDC

The Lighthouse February 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](mailto:dbhawkey@gmail.com)  
 Newsletter Submissions welcomed by the 21<sup>st</sup>. of each month  
 Linda Chan <http://cotvictoria.ca>

## **Sunday Service Schedule for February 2013**

### **FEBRUARY'S THEME: The Heart Space**

**Feb. 3 The Heart Cracked Open** – How suffering, grief, love, etc. allow us to feel Spirit

Coordinator: Dancing Wolf  
Moderator: Hendrik de Pagter  
Meditator: Elvira Perrella  
Speakers: Dancing Wolf & Jennifer Sagar  
Greeter: Daniel Ouimet

**Feb. 10 The Heart of the Matter** - How every experience allows us to connect to heart

Coordinator: Stephen Graves  
Moderator: Stephen Graves  
Meditation: Colin Lee  
Speaker: Brian Martin  
Greeter: Ella Brown

**Feb. 17 The Faces of Love** - Charity, agape, eros, etc.

Coordinator: Hendrik dePagter  
Moderator: Roland Guenther  
Meditator: Hendrik de Pagter heart meditation  
Speakers: The faces of love: Pauline Karch, Colin Lee, Cedona Holly  
Greeter: Janet Taylor

**Feb. 24 The Open Heart is Free-flowing Community Service**

Coordinator: Trish Coleman  
Moderator: Catherine Dennison  
Meditators: Peggy and Catherine Muncaster  
Greeter: Elsie Mary McGeough



In our Western Culture, February has come to be known as 'Heart Month'. We celebrate Valentine's Day' and love and romance is in the air. (We like to hope anyway!) There are many faces of Love, however, that we will look at on February 17th.

While a cracked pot brings in the LIGHT, perhaps a cracked or open heart may serve to guide us to a greater Love of Spirit: February 3rd. On February 10th we will see how not only the warm fuzzy lovely moments bring us to the Heart of the Matter but also that every experience is an opportunity to see more clearly, and love more deeply.

So what are your thoughts on issues of the heart? The opportunity to share these thoughts will come on Community Sunday February 24th. Anatomically and physiologically when our blood vessels are healthy the life giving blood with its oxygen and nutrients flow easily through our bodies. When those same blood vessels are hardened (arteriosclerosis) or thickened (atherosclerosis) the blood does not flow through easily. We may get clots or lack of blood supply—NOT GOOD! Perhaps the analogy is too simple!

When we are open to all that is and to Spirit's guidance we are LOVE. When we have blockages, or are too thick or hang on too hard and won't let go, Love is difficult to Find. (even within ourselves)

Submitted by Trish Coleman SDC (last month on the SDC but always available to assist!).

Delighted to welcome Catherine Dennison, and Peggy Muncaster on the SDC until the AGM and hopefully after the AGM.

Esther will be the liaison from the Board to the SDC while Sanjara is in Germany.

---

"Although, at times difficult to relate to, **Love is and is All That Is.**" and "**Can You Imagine**" written by Stephen Graves

Can You Imagine

Can you imagine a Love so Beautiful, so Pure  
It can allow you to be  
That which you choose to be,  
honouring the veils to its Self  
You have placed upon your path?

Can you imagine a Father that allows  
Pain and strife,  
The tortures of life,  
Knowing that your journey is  
Perfect in every way?



Can you imagine a Mother that embraces  
All her creation as one Precious Child,  
Yet allows the illusion of separation?

Can you imagine a Consciousness so vast  
That it conceives of neither future nor past?

A consciousness that feels every facet of it's Being  
as the expanding awareness of  
Love experiencing Light?

Can you imagine  
The Light of Eternal Love?

Can you Imagine  
That, which I Am,  
Is that which You Are?

Can you imagine

That We Are One?

Can you imagine?

### **The Love Project Principles**

- ❖ Have no expectations but rather have abundant expectancy
- ❖ Be the change you want to see happen rather than trying to change anyone else
- ❖ Perceive problems as opportunities
- ❖ Receive all persons as beautiful exactly as they are including you
- ❖ Provide others with opportunities to give
- ❖ Create your own reality consciously rather than living as if you have no control over your life

Choice is the life process, every given moment we have the opportunity to make a choice.

Diane Pike and Arlene Lorraine  
Submitted by Trish Coleman

Dalai Lama            **The Practice**

1. Spend 5 minutes at the beginning of each day remembering we all want the same things (to be happy and to be loved) and we are all connected to one another.

2. Spend 5 minutes -- breathing in -- cherishing yourself; and, breathing out cherishing others. If you think about people you have difficulty cherishing, extend your cherishing to them anyway.

3. During the day extend that attitude to everyone you meet. Practice cherishing the "simplest" person (clerks, attendants, etc.), as well as the "important" people in your life; cherish the people you love and the people you dislike.

4. Continue this practice no matter what happens or what anyone does to you.

These thoughts are very simple, inspiring and helpful. The practice of cherishing can be taken very deep if done wordlessly, allowing yourself to feel the love and appreciation that already exists in your heart.

Submitted by Trish Coleman

## **Working with the Heart Space**

by Boyd Martin

In the series of books by Carlos Castaneda, the Yaqui Indian shaman, Don Juan, would hit Castaneda sharply on his back between the shoulder blades in order to send his student into the "Second Attention." While in this Second Attention, Castaneda was able to experience a much richer, deeper world, where shamans could do amazing things, and what seemed impossible happened right before his eyes.

I was fascinated by the idea of the Second Attention, but wondered why Don Juan would slap poor Carlos between the shoulder blades to get him there. As I continued in my shamanic studies, I found out that the Second Attention resides in the Heart. When observing and sensing the world through the heart, it allows those



to see "who have eyes to see". It references the world away from the intellect. Using your head to see the world only allows you to see through the filter of social programming and personal judgment.

The heart space in the body is a completely unique electromagnetic system, creating a magnetic field hundreds of times stronger than the brain's. Additionally, some bio-magnetic research has concluded that the heart is a torsion field, capable of accessing alternate realities, different dimensions and creating a bridge to all universal information.

The important point here is that we all have conscious access to this torsion field of the heart. In many shamanic traditions, there is the concept of "journeying." In journeying, one experiences walking a downhill path or taking an elevator down in order to enter into the underworld



where everything is possible and all knowledge is available. This journeying drill is designed to move the focus of attention (the "assemblage point") from the head down into the heart. Once in the heart space, the shaman can now SEE interdimensionally, and have deeply meaningful experiences due to conscious and unconscious intentions and creations playing out within and around the shaman.

Notes on "Quick Coherence" technique:

1. Focus attention on the area around your heart
2. Breathe deeply and notice your breath as coming out of the heart area
3. As you maintain your heart focus and heart breathing, activate a positive feeling. Recall a positive feeling, a time when you felt good inside, and try to re-experience the feeling.

The HeartMath Institute has done extensive research on this technique and has proved it lowers general stress levels, cortisol, blood pressure, and nervousness. You can use it to "press the reset button" when things are getting stressful, and allows you to experience from a new perspective. That perspective is the torsion field of the heart.

In Matrix Energetics, it is, order to sense from a heart dropping down into the heart possible to effectively notice," and see what is



"Drop Down" in space. By space, it is then "notice what you useful.

For example, when dropping heart's torsion field, I saw in a red ball floating in front of "What is useful about this?" immediately went into my my overall intent is to help regenerate and rejuvenate, that red ball going into my ankle must have been useful in carrying out that intent.

down into the my "mind's eye" me. I asked, And the red ball ankle. Because the body

By applying these concepts, shamans (that means anyone) can bridge the artificial gap between what is accepted as "real" and what is "imaginary"--they become the same. That is the essence of shamanism--the inner world IS the outer world.

Quantum physics teaches us that consciousness directly affects matter. And in the shamanic tradition, it is consciousness that is constantly creating everything. So the only measureable difference between this chair you're sitting on and that bright pink parrot across the room is density. Both are real in the shaman's world.

The mistake we all make in consciousness is separating what we call "reality" from what we call "imaginary." We even have rules to define insanity in this way. But,

this thinking, in effect, cuts us off from an infinite amount of information residing in the imagination. The deeper we are into our heads, the less and less real the things we perceive with our imagination become. By dropping down into the heart space, leaving the intellect and all its biases and judgments behind, an entirely new and infinite world opens up, perceptions become sharper, and the true illusion of human physical experience becomes obvious.

Another hindrance to dropping down into the heart is taking along with you expectations, judgments and biases about what is true and what is not. When you drop down, you are doing so with a clear mind, and although your mind (insanity) will clear if you are in the heart space long enough, it greatly enhances the experience by leaving that intellectual briefcase of thoughts at the door before dropping down. Then, simply remain in the heart space with the intention to notice what comes up, comes over, around and through. Once something does show up, ask what it is useful for and the answer will then present itself.

As you work with this type of seeing, don't be surprised if you are visited by a team of dolphins in your kitchen, or see a sword sticking out of your dog's back. Start to respond to this type of information, and you will begin to notice whole new realms of opportunity, love, inspiration, and transformation arriving in your life.  
Submitted by Trish Coleman

-----  
**MUSICALLY YOURS** by Laura Lane

Happy New Year!

The months of October, November and December were filled with new music from our choir/music group. Do you recall the piece, "We Celebrate", that the congregation joined us in? How about, "Sing open the morning" our very first debut piece?

The choir with congregation added for the choruses sang "The Reign of Love", accompanied by Brian on guitar and Sharon on her drum for the blessing of the heart service. "Da Pacem" was sung after the lighting of the 2nd advent candle for peace, and three more pieces were shared for the Winter/Christmas program including, "Let the love wash over me" and "Light is returning".

Special thanks to: Marie, D.Joan, Alisa and Ella, Brian and Laurence who took on solo and duet parts. Our drummers (who joined in on the last round when invited) were spectacular!

Jennifer gave us a beautiful rendition of "Let it Be", and we heard Dave Coleman's nephew in England sing "Ave Maria" on a CD!



For the lighting of the menorah we had a very pretty chant by Junie and a friend. Another musical piece also shared was Brian's beautiful "Let there be Light".

Oneness Wednesday evenings have also had several musical numbers from Church members and others - if someone has this information please pass it on to me also.

Isn't it appropriate that January is about "Gratitude?"!

Please let me know if I have missed other musical "notes" and submit them to me at [lauras.myc@shaw.ca](mailto:lauras.myc@shaw.ca) so I can include in the next update.

Musically yours,

Laura

"Music is my passion and caring is my nature."



## **UP CLOSE**

with

**Jennifer Sagar**

Hello. My name is Jennifer Sagar and it's my turn to tell you a bit about myself. Let's see...I was born in a very small village in rural Nova Scotia where my father was the local Anglican minister. He later went back into the navy so I actually didn't know him as "the reverend" when I was growing up. My mother used to send the four kids off to church to have some "peace and quiet". I later found out she had become a Baptist when she was 15 and was not entirely comfortable in an Anglican church. Definitely some mixed messages early on!

My fondest memories from childhood come from our house in Waverley (not far from Halifax) which was right on a lake. The summers were spent swimming, boating and water skiing and in the frozen winters we went skating and tobogganing. It was pretty idyllic when I think of it. We even had a little boat house which served as a hunting shack for my father and a playhouse for us.

My parents, being from England, felt that a private school education was best so I was sent to The Convent of the Sacred Heart for my junior high years. My first time in chapel I was impressed with the Catholic mass and was catching on to

things when as I started to follow my classmates out of the pew. Suddenly, I was yanked back into my seat and told to sit down! I had been unwittingly heading up to the altar for communion. A big no no! Then one weekend my best friend (Catholic) was told that she could come with me to my church but that it “didn’t count.” I was learning that there were some very strict (and confusing) rules about this religion thing

It has always mystified me how much difference people perceive between the different churches and religions. I had a Jewish friend in grade 2. One day I asked her what that meant and she said that they didn’t believe Jesus was the son of God. I said “Oh” and carried on playing with my Barbie dolls. It still doesn’t seem a big deal to me. I love the line in John Lennon’s song Imagine; “and no religions too.” So for me finding an inclusive place to become a part of has been so wonderful. A place where we all bring our individual talents and beliefs and respect each person’s personal path.

There’s a lot more to tell but for the moment I’ll just mention some highlights.

I went to Haiti as a volunteer in Canada World Youth. It really was an eye opener for me to experience a third world country but the shock was returning home with a different perspective. I was revolted by our excess and I have never quite looked at our society the same way since.

When I met Hendrik he was already a world traveler and was preparing to go to Japan. We went together and spent a year there followed by visits to China, Southeast Asia and stopping in Holland on our way back. We later got to live in South Africa and Paris while Hendrik was posted there as an Immigration Officer. We have been so fortunate to live and visit many countries. My favorite country to visit was Thailand because it is has beautiful beaches, friendly people and fabulous food.

While in Japan I had my first teaching experience. The Japanese have a great respect for the “sensei” so I had a great start to what turned out to be my career. I later went to university in Johannesburg and got my degree in English and French there. When we were in Paris I taught monolingual classes of Parisians and continued with my studies focusing on English as a Second Language. I have been at my current job at Global Village for more than 12 years. It has been the best job as it enabled me to work abroad and has been in demand here since we settled back in Victoria in 1999. I really love the mix of different cultures and watching the students learn about each other is a daily joy.

Throughout all the years I have been involved in various theatrical productions. In fact my first real job was acting in a summer children’s touring company. I was a founding member of Theatre 1707 in Halifax, where I got to be Alice in “Alice in Wonderland.” most recent role was as Richard the 3rd’s mother with Shakespeare

in the Park. As many of you know I perform sometimes at the services. I am truly grateful to the Church of Truth for offering me a stage to sing my songs. Your

support gave me the courage to put on a concert with my new friends Pauline and Marek.

I look forward to continuing to participate in the many activities at the church and to meeting more likeminded souls. The community has grown a lot in the last 2 years since I first attended and I feel so blessed to be a part of its contribution to the awakening of consciousness that I see happening more and more each day.

## **ONENESS WEDNESDAY IN FEBRUARY**

### **LIVE, LOVE, LAUGH**

**Laughter Yoga** is a unique form of exercise that combines voluntary physical gestures including repetitive clapping, sound, meditation and specific body movements together with laughter and breathing exercises. Laughter Yoga can increase oxygen levels, reduce stress, relieve tension, increase immune system, improve circulatory and respiratory functions and more.

We owe it to ourselves to awaken our inner body to display excessive behaviors of happiness and be playful human beings coming together to **CELEBRATE LIFE!** Ride the Laughter Wave, Spreading healthy joyful living and world peace. All you need is the **WILLINGNESS** to **LAUGH**. Come out and have **FUN!!!**



**Bring water bottle, yoga mat or blanket.**

Contact Sharon Schroeder

Certified Laughter Yoga Leader

250-661-0072

laughterangels@gmail.com

Sharon has 15 years of experience as a Licensed Practical Nurse. Having extended experience in the traditional health care fields, Sharon became interested in the complementary fields of alternative self-care techniques. She also offers, Energy Healings, Amethyst Bio Mat, Laughter Yoga, Healthy Mealtime Solutions and Connecting with Your Guardian Angels.

Sharon's many interests include yoga, walking, singing, dancing, reading, writing, drumming, gardening & flowers, photography, exploring nature, spirituality, helping others, community and having FUN!

**Wednesday, February 6th & 13<sup>th</sup>**

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

Church of Truth, Community of Conscious Living

111 Superior Street

Info: <http://cotvictoria.ca>

-----

## **ARE YOU FUNNY? DO YOU LOVE TO LAUGH?**

Join local funny woman, Diana Kuch, comedienne and host of *Last Laugh Monday* for two Wednesdays of fun. In a safe, supportive place explore the basic tools of



stand-up comedy; learn to write jokes; uncover your unique gold mine of humor and try your stuff out on stage.

Please bring a notebook and pen and one of your favorite jokes from a stand-up comedian to the first class.

### **About Diana Kuch:**

Diana lives her life according to her heart's desires and in line with her values. These values have changed over time and so has her work. Like President Obama, Diana was once

a community organizer and a social change agent. For another clump of years she was a jeweler, painter and sculptor. For another spell of time she had the privilege of being a writer and had a regular column in an arts and culture rag. For many years she has been a folk herbalist and wild food forager leading "Tree Hugger Tours" through the forest.

Diana has always been funny. She wrote her first humorous essay at age 11 about "hit and run snowballs". She loved hearing her classmates laugh.

Seven years ago Diana decided she would stand on stage before 300 people and tell jokes. She bombed. She left the stage crying, was escorted to the bathroom by a huddle of friends and didn't try again for three years.

Diana now enjoys being a comedian and loves to entertain. She has performed in several sold out shows, produced successful comedy nights and currently runs a monthly comedy extravaganza at Moka House on Hillside. Diana still bombs occasionally and learns a lot from re-writing jokes and trying again. Diana has extensive experience facilitating community groups and is passionate about co-creating safe space for self-expression. Come join her.

### **Wednesday, February 20th & 27th**

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!*



Paul Monfette	Feb 1
Madge Tolmie	Feb 1
Heather Thurston	Feb 15
Patricia Miller	Feb 18
Nikki Menard	Feb 23
Daniel Ouimet	Feb 27

## CHURCH OF TRUTH'S ANNUAL TALENT SHOW

**Saturday, March 23rd – 7 pm to 9 pm**  
**At the Church of Truth, 111 Superior Street**

### Guidelines for Performers

Singing and Instrumental – 2 songs

Skits - 10 minutes

Stand-up comedy - 7 minutes

Readings and poetry - 7 minutes

Dancers; 7 minutes

Other? To be discussed.

Performers are responsible for finding their own accompanist and making arrangements for sound.

(There will be a volunteer attending to the sound system.)

Suggested donation - \$10.00 or whatever you can afford

All proceeds go to the church

Coffee, tea and goodies will be served at intermission.

Any questions or concerns – Ella Brown, Coordinator

250-477-2022 or ellabee48@hotmail.com

### WALKING GROUP

**Starting Monday February 4<sup>th</sup>**

Meet every Monday morning (weather permitting)

**At Ogden Point Café parking lot at 10 a.m.**

Bring your friends, dogs, walking poles & water

Tea and conversation afterwards

Come out and have FUN!!!

See Sharon or Deborah for more information



## COMMUNITY SERVICES DIRECTORY

**For information only. These events and services are not endorsed by the Church of Truth, Community of Conscious Living.**

<b>NAME</b>	<b>SERVICE</b>	<b>CONTACT INFO</b>
<b>Susan Blackwood</b> 250-889-5335	<b>Ceremonies</b>	<a href="http://www.ceremoniesbydesign.ca">www.ceremoniesbydesign.ca</a>
Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings		
<b>Renn Butler</b>	<b>Consultations/Workshops</b>	<a href="mailto:rennbutler@shaw.ca">rennbutler@shaw.ca</a>
Archetypal Astrology Consultations, Holotropic Breathwork Workshops		
<b>Tracy Fraser</b> 250-661-8365	<b>Companion to Seniors</b>	
Email: <a href="mailto:tlcpersonalassistant@gmail.com">tlcpersonalassistant@gmail.com</a>		
Supporting seniors in maintaining their freedom, dignity, home and connection to community. TLC Personal Assistant and Companion offers support with personal shopping, errands, meal preparation, light house-keeping, laundry, assist in and out of shower or bath, dressing and grooming. Chauffeur and accompany to shops, appointments, events, socials and exercise. Also offering respite for primary caregivers, pet care and house-sitting.		
<b>Tracy Fraser</b> 250-661-8365	<b>Tarot Reading</b>	
Email: <a href="mailto:divinemisst@gmail.com">divinemisst@gmail.com</a>		
Allow the ancient art of the Tarot to tap into your Divine Self and guide you in all aspects of your life. Mystic Inspirations Tarot Readings are professional, private and confidential. Individuals, groups and parties - gift certificates also available. Ask how to get a free reading.		
<b>Lynn Goodcare</b> 250-642-2882	<b>Life and Love Coach</b>	<a href="http://www.openingtolovenow.com">www.openingtolovenow.com</a>
<b>Roland Guenther MD (Germany), Homeopath</b> 778-433-4386		<a href="http://www.nature-mystery.com">http://www.nature-mystery.com</a>
Email: <a href="mailto:roland@naures-mystery.com">roland@naures-mystery.com</a>		
Homeopathy is a holistic healing system providing solutions for both acute and chronic conditions. Roland can help you with a wide range of health problems, including anxiety and depression and their manifestations in the body.		



**Esther Hart**      **Author, Speaker, Freedom Coach, Author Mentor**

250-896-5933

<http://www.authorssolutions.com>

Esther inspires people with her talks, coaching and writing, always encouraging people to experience freedom by trusting their own knowing.

She gets great pleasure from supporting other writers to blossom into authors so that their inspirational stories can reach the people they are meant to inspire.

**Deborah Hawkey**      **Technical Writing**

250-813-1747

[writeitright@shaw.ca](mailto:writeitright@shaw.ca)

Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes & Cover Letters

**Cedona Holly**      **Spiritual Counsellor/Meditation Facilitator**

250-642-1060

[www.eternaloneness.org](http://www.eternaloneness.org)

[www.whitelionschildrensbook.org](http://www.whitelionschildrensbook.org)

**Gillian Huot**      **Housekeeper**

250-385-0941

Weekly, bi-weekly, monthly\$25/hr

**Pauline Karch**      **Videography Services**      [paulinekarch@gmail.com](mailto:paulinekarch@gmail.com)

**Kelly Kerr**      **Massage, Energy Healing**      250-999-9282

**Laura Lane**      **Celebration Pianist**      250-893-9656

Accompanist, Pianist, Singer. Available for Weddings, Celebrations of Life & Special Events

“Comfort Zone” Band, Boomers, Folk, Light Rock music group.

**Pierre Morais, B.S.W., M.C.**      **Voice Dialogue Therapist**      250-857-1868

**Psychotherapist**      [pmorais001@gmail.com](mailto:pmorais001@gmail.com)

**Daniel Ouimet**      **Craftsman**

250-507-6711

[www.chanteclerwoodcraft.com](http://www.chanteclerwoodcraft.com)

Home renovations, Furniture making, Functional art

**Sharon Schroeder**      **Alternative Healthcare Services**      250-661-0072

Healing Energy with Foundation Beauty

**Bernadine Sperling**      **Pet Sitting**      250-384-5721

(drop-in cat visits & James Bay dog walking)

**Junie Swadron**      **Author, Writing Coach, Workshop Facilitator**

250-384-2205      **& Psychotherapist**

[www.juneswadron.com](http://www.juneswadron.com)

**Marvelous**      **Escort**      250-384-2563

Will take people to 1st A.A. meeting