



THE LIGHTHOUSE

MARCH 2013

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Contact:

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

Phoenix Rising

The cycle of life, she renews, Halleluiah!

Phoenix rises from the grey lifeless ashes of the complete self-immolation of its predecessor.

How, you say?

First comes surrender to the process, peace within, a gathering of resources.

Potential shimmers under the surface, then bursts forth in new life full of colour and potential.

Firebird soars towards the sun, singing full-throated praise to life.

The cycle of life renews.

A gardening analogy: We till the soil, we discard the debris, we plan for the coming season, and we wait and watch and hold space. Then, when the time is right and sap flows and birds return and all is budding, quickening, livening –

Then we plant and water and weed and shape and delight in the life that has sprung forth.

The cycle of life, ah yes. Easter.

We have gone through a Lenten period of reflection, of quiet, of winter.

Now it is time to celebrate a resurrection, a renewal, a rebirth in spirit and the life all around us and within us. Halleluiah!

Respectfully submitted by Peggy Muncaster, SDC

The Lighthouse March 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	Hendrik dePagter	778-440-5234
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:

Catherine Denison	250-592-1436
Stephen Graves	778-677-7597
Hendrik de Pagter	778-440-5234
Peggy Muncaster	250-888-7664
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 March 2013

MARCH THEME: PHOENIX RISING Honouring Rebirth/Renewal

March 3

Preparing the Path:

The inward journey, tilling the soil, connecting with the silence

Co-ordinator: Stephen Graves
Moderator: Rebecca Kinsella
Meditation: Stephen Graves
Speaker: Susan Blackwood
Greeter: Jack Hyatt

March 10

Into the Dark: Creating Space for New Life

We shed what is dead in our lives to create space for new life

Coordinator: Catherine Denison
Moderator: John Flowers
Meditation: Marek Losinski
Speaker: Stacey Campbell, R. C.
Greeter: Pauline Karch

March 17

Green Shoots Germinating

The force that nurtures, that helps us peak our heads out of the soil matrix of our rebirth

Coordinator: Peggy Muncaster
Moderator: D. Joan Thomas
Meditation: Stephen Kinsella
Speaker: Rebecca Kinsella
Greeter: Jack Hyatt

March 24

Garden Maintenance: Keeping the Wonder Alive

Coordinator: Dancing Wolf
Moderator: Dancing Wolf
Meditator: Susan Blackwood
Speaker: Rod Keays, Professional Gardener, Author & Community Leader
Greeter: Cori Ander

March 31 Easter Sunday-The Phoenix Arisen

Spring is here, the equinox, Christ's Resurrection.
We too arise, in spirit and in purpose

Coordinator: Hendrik de Pagter

Moderator: Brian Martin

Meditator: Marie Logan

Speakers: Lorna Rennie, Trish Coleman & Gordon
Thurston

Greeter: Bernadine Sperling

Annual General Meeting

It's time to mark your calendars for the 2013 Annual General Meeting.
The date is April 14.

That means it's also time to consider your participation in the Church of
Truth - Community of Conscious Living for the coming year.

Hopefully you will all consider seriously whether you feel called to let your
name stand for election to serve on the board of directors or the Spiritual
Directions Committee.

Serving on the SDC and board has been a wonderful experience for me. Each
month I look forward to the meetings because they are wonderful times of
sharing and supporting each other while focusing on the needs of the church
community.

Here is a brief explanation of the board situation.

There are 6 **positions** in addition to Past President:

1. President

2. Vice-President

3. Secretary

4. Treasurer

5. Member at Large

6. Member at Large

The people in these positions have the following **duties**:

- | | |
|-----------------------|--|
| 1. Secretary | 2. Treasurer |
| 3. Inside Maintenance | 4. Outside Maintenance |
| 5. Rentals | 6. Spiritual Directions Committee
Liaison |

Detailed descriptions of all the duties are available for your perusal.

People are elected to the board, not to a position. However, the people elected must be willing to fulfill the duties required.

The position of President must be filled by someone who has been on the board for at least 1 year at any time in the past.

The terms of the current board members all end at the AGM. Some are willing to let their names stand for re-election. A person can be elected up to 3 times consecutively.

There are 5 people elected each year to the SDC committee. Some are people who are standing for re-election.

We want to hear from everyone interested. If you have any questions, please ask. Brian Martin is the chair of the nominating committee.

Submitted by Esther Hart, Past President

Membership Renewal

Membership fees are now due for 2013. For your convenience we have included the membership renewal and participation forms on the next pages.

Please complete a new participation form even if you have done so recently. We want to know what your current interests are for areas of participation.

Thank you.

**CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING
GUIDELINES FOR MEMBERSHIP Renewal**

1. Attendance at our services.
2. A strong desire to participate in our community demonstrated by attending services and getting involved as a volunteer and/or by giving your financial support.

Our Mission Statement says it well:

"We are a supportive community of spiritual discovery. We are a gathering of unique individuals, exploring and allowing our diverse expression of belief. We respect the interconnectedness of all life. We welcome all who are willing to commit themselves to participating in our collective creation. Together, we share our sacred place, this adventure ... this celebration!

Please complete the membership renewal application at the bottom of this form. Your annual \$10.00 membership fee is due before the AGM in April. Your continued membership is based on your active participation in our community.

Name _____

Mailing Address _____

Postal Code _____

Telephone _____

E-mail (optional) _____

Please indicate your birthday: Day _____ Month _____

Amount enclosed with application: \$ _____ (Rcvd. by Treasurer _____)

Please include me on the community contact list. _____

Check what you would like to have listed:

Name ____ phone _____ home address _____ email address _____

Church of Truth – Community of Conscious Living
Participation Information Form

The Board invites you to consider how you want to participate and the benefits you wish to receive from your participation in the Church of Truth – Community of Conscious Living.

Please complete the form below. (check all that apply)

Participation

Sunday morning greeter _____ Coffee serving/cleanup _____
Provide Snacks for after service _____
Gathering/putting away music and order of service _____ Flowers _____
Maintenance _____ Children’s Program _____ Other _____

Areas of Interest/Expertise

Spiritual Directions Committee _____ Choir/Music _____
Meditation _____ Workshops _____ Moderator _____ Speaker _____
Fundraising/Functions _____ Other _____

Benefits

Please share anything you would like the Board to know about the benefits you wish to receive from this community. (Please use the back if more space is needed.)

Name: _____

Phone Number _____

Email address: _____



HAPPY BIRTHDAY

We Celebrate with YOU!

- | | |
|--------------------|--------|
| Gaynor Hughes | Mar-02 |
| Eleanor McKinnon | Mar-02 |
| D. Joan Thomas | Mar-04 |
| Carol Jean Douglas | Mar-20 |

ONENESS WEDNESDAY IN MARCH

RE-WRITE YOUR LIFE: Sacred Stories, Celebrating Your Life Journey

Facilitated by Junie Swadron and Hendrik de Pagter

Wednesday, March 6, 13 & 27 from 7 p.m. to 8:30 p.m.

Church of Truth, Community of Conscious Living, 111 Superior Street

Everyone is Welcome to Drop – in, Free or By Donation

Info: <http://cotvictoria.ca> or Deborah Hawkey at (250) 813-1747

Every story, no matter how painful can become the elixir of healing, transformation and ultimately joy! All of us have experienced heartbreak, regrets and sorrow in our life. Some people cannot seem to get past those things. They are not able to let go of the pain, live in fear, are unhappy and do not move forward.

Yet many people with seemingly insurmountable burdens move on to live joyful, meaningful and fulfilled lives in spite of their history.



Why is this? What are the ingredients that allow some people to transcend the painful past and turn those experiences into life learnings and blessings while others cannot?

In these experiential, enlivening evenings, you will gain personal insight into this question. You will also have an opportunity to let go of the stories that are

holding you back from loving the life you live!

Bring your journal, your pen and your smile!

About Junie Swadron: Junie is a psychotherapist, author, writing coach and workshop facilitator and has been facilitating Re-Write Your Life Workshops for 20 years.

www.junieswadron.com

About Hendrik de Pagter: Hendrik is a recently retired psychiatric social worker who also worked in child protection social work and as an immigration officer for the Canadian government. Together they bring a masculine and feminine perspective to living and sharing stories of courage, faith and possibilities.

Spring Equinox 2013 – Be the Change You Want to See!

Facilitated by Joy Emmanuel

Wednesday, March 20, 7 p.m. to 8:30 p.m.

Mother Earth is waking up from her long winter slumber. In the forest the first tiny buds are appearing on the snowberry bushes. Ruby-throated hummingbirds are scouting the forest for the first nectar of spring. Just as Mother Earth is waking up, so too are we (awakening to a new time), as we go deeper into the Great Turning and the nurturing of a Universal Humanity.

The Great Turning is a conscious shift toward a life sustaining society. Part of that shift is the awakening to what we are here to co-create together as a Universal Humanity, aware of our power to destroy the planet or to co-create a just, fair, sustainable, and beautiful world.

Spring is a time for planting seeds and caring for new growth. Spring 2013 is a time for nurturing the new seeds of a planetary culture as agents of creativity and love - as agents of conscious evolution being the change we want to see in the world.

Please join us for this celebration of Spring as we honour our intention to birth co-creative, loving change in the world.

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

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



Hot and Sour Soup

Discovered and submitted by Tracy Fraser

This soup is designed to be a main course for discerning taste buds. I came across this in a serendipitous moment waiting in line at the bank. An interesting photo drew me in and once I read the ingredients I was sold. I had to have this for dinner! My taste buds were already salivating in need of something spicy, soothing and richly stocked with vegetables, mushrooms and that pork that was waiting in the fridge to be turned into something spectacular. I already had half the ingredients and picked up the rest on the way home. The rest is history. TRY IT you'll LOVE IT! On Deb's insistence we finished the whole pot...that night. :) Oink!

Once the stock is ready it doesn't take long to make the soup so it is best to have everything prepared and ready to go.

Preparation time: 25 min plus stock simmering time Cook time: 30-40 mins Makes about 4 servings

Any protein source you would like (Pork, Chicken, Prawns, Shrimp, Scallops...cater it to your taste buds)

Brown Pork in separate pan before adding to broth at start. Chicken should also be pre-cooked. Raw fish can be added to broth, to cook prior to serving.

4 Cups Chicken Stock (If you are not using poultry and have no carcass to boil "Better than Bouillon" is great!)

3 Cups Water

1 Tbsp Chopped Fresh Ginger

1-2 Garlic Cloves smashed and finely chopped

1 Tbsp Smooth, Hot Asian-Style Chilli Sauce (Sriracha) or to taste

1 tsp Sesame Oil

2 Tbsp Soy Sauce

1/4 Cup Rice Vinegar

2 tsp Sugar

1 Small Carrot, halved lengthwise and thinly sliced

1 Celery Rib, washed, halved lengthwise and thinly sliced

6 Medium Fresh Shitake, White or Brown Mushrooms thinly sliced

1 8oz Can Sliced Bamboo Shoots, well drained

Add last when carrots and celery are nearly cooked to desired consistency

2 Baby Bok Choy or 4-5 Ribs of Regular Bok Choy, washed trimmed and coarsely chopped
2 Green Onions thinly sliced (save a little for garnish)
1/2 Cup Fresh Cilantro Sprigs, washed, coarsely chopped, or to taste (save a little for garnish)

Add vegetables to hot seasoned broth at med to med-hi heat when it heats back up reduce to med-low until it starts a light boil then simmer at low. Add the last 3 ingredients for the end when the celery and carrots are nearly cooked. Simmer 10 more minutes.

In separate pot cook up some "Rice Stick" thin noodles (boil water add noodles and cook med to med – low for a few minutes until cooked. They cook very quickly 5 minutes tops. Strain and place about 1/4 cup of noodles in the bottom of each meal size bowl. Ladle the soup on top.

Garnish with fresh green onion, fresh Cilantro and a drizzle of sesame oil.

COMMUNITY SERVICES DIRECTORY

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

NAME	SERVICE	CONTACT INFO
Susan Blackwood 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	Ceremonies	www.ceremoniesbydesign.ca
Renn Butler Archetypal Astrology Consultations, Holotropic Breathwork Workshops	Consultations/Workshops	rennbutler@shaw.ca
Tracy Fraser Email: tlcpersonalassistant@gmail.com 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.	Personal Assistant and Companion to Seniors	
Tracy Fraser 250-661-8365 Email: divinemisst@gmail.com Allow the ancient art of the Tarot to tap into your Divine Self and guide you in all	Tarot Reader, Spiritual Intuitive and Empath	

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.

Lynn Goodcare
250-642-2882

Life and Love Coach

www.openingtolovenow.com

Roland Guenther MD (Germany), Homeopath

778-433-4386

www.natures-mystery.com

email: roland@natures-mystery.com

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

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

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

Cedona Holly **Spiritual Counsellor/Meditation Facilitator**

250-642-1060

www.EternalOneness.org

www.whitelionschildrensbook.org

Gillian Huot

Housekeeper

250-385-0941

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

Pauline Karch

Videography Services

paulinekarch@gmail.com

Kelly Kerr

Massage, Energy Healing

250-999-9282

Laura Lane

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Daniel Ouimet

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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

Marvelous **Escort** 250-384-2563
Will take people to 1st A.A. meeting

