



THE LIGHTHOUSE

JULY 2013

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Victoria, BC V8V 1T2
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<http://cotvictoria.ca>

The Dog/God Days of Summer!

The theme the SDC choose for this month is the Dog/God Days of Summer. As I write this, I am very aware that summer started officially two days ago. It was a brilliant start to hot sunny summer. Of course being Islanders, that lasted for 24 hours and then rain set in. How appropriate for us. Mother Nature likes to keep us Westcoasters on our toes, never knowing what weather she will blow in.

I am late getting this written. As a member of the SDC I was designated to submit the schedule of services for July. I was going along quite happily judging those in the committee who were late submitting and really, what did it take to send me some details. Really. Then the night before this was due to our newsletter editor (thanks Deb Hawkey for your service) I woke up startled. Yikes, I was supposed to submit an article about our subject for this month. Teach me to be so judgy. It always gets me into trouble.

So, late and scrambling to find the thread of an article, I turn to Google as my trusted ally when researching themes. Most hits were about dogs and their take on summer and then there was Wikipedia on the meaning of the term "Dog days of Summer".

First a little dog poetry to set the mood for long slow relaxing days of summer.

Dog Days Of Summer – by Eric Paeprow

As the summer sun
Raises high in the sky
Noses lift to sniff the breeze
As it drifts slowly by
With squinting eyes
And twitching nose

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The Lighthouse July 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 July 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	Roland Guenther	778-433-4386
Past President	Patti Huot	250-385-0941
Vice President	D. Joan Thomas	250-721-4054
Treasurer	D. Joan Thomas	250-721-4054
Secretary	Paul Monfette	250-896-4439
Rentals	Esther Hart	250-896-5933
Outside Maintenance/SDC Liaison	Jack Hyatt	250-592-1422
Inside Maintenance	Elizabeth Morris	250-433-4386

Your Spiritual Directions Committee Members are:

Susan Blackwood & Sanjara Ominiya	250-889-5335 778-433-4386
Stephen Graves	778-677-7597
Colin Lee	
Peggy Muncaster	250-888-7664
Dancing Wolf	250-418-0694

Community Care Liaison – Lorna Rennie 361-2079
 Newsletter—Deborah Hawkey Email dbhawkey@gmail.com
 Linda Chan <http://cotvictoria.ca>

SUNDAY SERVICE SCHEDULE FOR JULY

July Theme: The Dog/God Days of Summer

July 7

Dog Days of Summer

Co-ordinator	Stephen Graves
Moderator	Zsuzsa Harsman
Meditator	Jennifer Sagar
Speaker	Marvelous Trudeau & Laurence Beal
Greeter	Elsie Mary McGeough

July 14

The God Days of Summer

Spirit's Hand in One's Story

Co-ordinator	Peggy Muncaster
Moderator	Junie Swadron
Meditator	Don Morris
Speaker	Peggy Muncaster & open mike
Greeter	Bernadine Sperling

July 21

Reunion – Proximity of Divinity....

How reuniting with love and loved ones can change our lives

Co-ordinator	Dancing Wolf
Moderator	Bob Winkenhower
Meditator	Brian Martin
Speaker	John Van Buskirk
Greeter	Marie Logan

July 28

Re-treat Community Service

Co-ordinator	Colin Lee
Moderator	Hendrik De Pagter
Meditator	Pat Miller
Greeter	Elsie Mary McGeough

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And the warmth of the ground
Beneath our toes
We lie here and rest
And soak in the sights
Keeping a watchful eye
For squirrels and birds that fly
And as we lie and rest
In the long cool grass
We raise our eyes to the sky
And watch, as the clouds drift slowly past
As we warm our bones and feet
And spend the dog days of summer
Soaking in the sun and drifting off to sleep

Reading the poem, I feel the ground beneath my feet, the cool of grass, the warmth of the sand. Long hours soaking and filling, growing and stretching. No need to plan, to direct, it was all set in motion months before with the planting of spring seeds, spring dreams. We trust summer will grow them in ways we cannot imagine. There is nothing better than letting the day release our cares and worries and jumping in a lake.

Wikipedia, source of so much (even though it is known to lie upon occasion) took me on a journey into the history of dog days. For that we have to travel back into the time of the Greek and Roman empires (approx. 80 BC). Their beliefs were very different and they took them very seriously. They had a connection with nature and the stars above; they knew that the stars had an impact on their day-to-day existence. At that time the Star-Sirius (dog star) rose at the same time as sunrise. This is no longer true due to the precession of the equinoxes. We also changed to a Gregorian calendar and that messed with dates.

They strongly alleged that Sirius was responsible for the fierceness of the sun, so much so that they would sacrifice a brown dog at the beginning of the season to appease the rage of Sirius. They believed that dog days were an evil time; “the sea boiled, wine turned sour, dogs grew mad and fevers and hysterics beset man. All in all it was not a great time to mess with the stars.

I have no idea when we humans changed our storytelling from the dire warnings of Sirius the star to long languid days of a dog’s life. We seem to have gone from one extreme to the other. I guess it offers us the opportunity to move between two polar opposites and find our place, our beliefs, or better yet, we go jump in our favorite lake and let it all go.

Submitted by Susan Blackwood SDC

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HAPPY BIRTHDAY

We Celebrate with YOU!



Robert Winkenhower	July 12
Susan Blackwood	July 13
Elizabeth Morris	July 17
Victor Van Buskirk	July 25

WANT TO DIVE DEEPER INTO THE SPIRITUAL SEA?

Oneness Wednesday started in January, 2008 and has continued for 10 months of each of the past 5 years with a varied offering of topics & facilitators. As stated in the Oneness Wednesday link on our Church of Truth website, <http://cotvictoria.ca> here is the simple description of our mission:

In community partnership with a rich diversity of Victoria's spiritual groups & individuals, the Church of Truth: Community of Conscious Living, invites people of all faiths & beliefs to come together & experience the inherent oneness of humanity. Each Wednesday evening is honoured as a peaceful time for reflection or meditation in order to nurture the self & the whole of our global village. The sessions, which can encompass 1 to 4 Wednesday evenings, are up to 2 hours in length, and offered free or by donation.

The Church of Truth, Community of Conscious Living, is located at 111 Superior St. in James Bay. Our objective is to provide nurturing interactive sessions that are intimate, spiritual & reflective in nature and provide opportunity for individual and group-sharing.

This sampling of Oneness Wednesday presentations during the past year includes: Ceremony, Death Café, "The Men's Perspectives on the Great Change" Truth & Reconciliation & Beyond, Equinox & Solstice Celebrations, The Point of Power, Emotional Freedom Technique, Evening of Poetry, Music Night, Explorations on the New Cosmology & the Work of Brian Swimme - Gertie Jocksch, & Non-Violent Communication.

At this time, Oneness Wednesday is looking for facilitators for the upcoming September 2013 - June 2014 season. If you have a program or workshop that fits our mission you are cordially invited to submit the details to Deborah Hawkey at dbhawkey@gmail.com or call 250-813-1747 for more information.

Submitted by Deborah Hawkey

W.O.W.

The CoT Women's group meets every 2 weeks. If you are interested in joining us please contact Sanjara at Sanjara@hotmail.ca

Our Church Retreat is Coming Up!

Summertime invites us to spend time in nature and we are inviting you to spend time in nature and good company.

The venue and setting will be at the Yurt. The cost is \$25 (with sponsorship available on request). There is also the option of having a sweat lodge with Dennis on the evening of Friday, July 26, before the retreat. We have to discuss with Louise Taylor (owner of the property) whether people can stay overnight in the Yurt. We will keep you posted.

After you sign up please pay the fee as soon as possible so we can balance the expenses for food and rent.

Here is some information about the agenda and a sign up form:

<http://doodle.com/z8p9z3dqg6vvfsqw>

For more information or questions please email Sanjara at sanjara@hotmail.ca or phone her at 250-888-3679 or contact any other member of the SDC.

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 Personal Assistant and Companion to Seniors

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.

Tracy Fraser Tarot Reader, Spiritual Intuitive and Empath

250-661-8365

Email: divinemisst@gmail.com

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Ask how to get a free reading.

**Tracy Fraser TLC Love Centered Healing
For your Furry, Feathered and Other Friends**

250-661-8365

Email: divinenisst@gmail.com

Spiritual Intuitive, Empathic, Healing Practitioner

References available on request

Lynn Goodcare Life and Love Coach

250-642-2882

www.openingtolovenow.com

Stephen Graves Computer Service

778-677-7597

stephen@spiritquest1.ca

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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.authorsolutions.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 **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.

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

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

The End