



THE LIGHTHOUSE

AUGUST 2013

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

DEEPENING CONNECTION

As we find ourselves immersed in the magic of summer, the long days of warmth and wonder can have a very profound effect on us. Perhaps even more so for us living here on the island because we are not often overwhelmed with uncomfortable levels of humidity and heat.

As I bask in the sunlight, moonlight, inner light and your light something awakens or is profoundly affected deep within. You might think my next thought a funny idea given we are almost into August but I think of that proverbial seed under the snow and while most of my companion seeds are coaxed into the world by the miracle of Spring, being a late bloomer I am often beckoned from my slumber by the greater or increased warmth that summer brings. I find it can activate an inner warmth that I can dive into like I do when frequenting the local lakes. Immersing myself into the depths of divine nature is not something I have mastered, as one can always work to improve their technique, yet I prefer what matters over what's mastered. In my case what matters is simply entering into that which brings me truly in touch with those parts of myself that make me fully human. I could say fully spiritual but that feels pretentious as I am not an angel, a saint or a mystic and have yet to meet one.

What I am is a man in true awe of the wonders of the outer world, the land that provides so many sanctuaries of peace and beauty, the other amazing beings we co-habitate mother earth with, the sky that infuses a sense of the infinite within me, the starry heavens that twinkle reminders of something more. Oddly it is this very awe of the outer that opens me to explore and receive the gifts of the inner.

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The Lighthouse August 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 August 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 AUGUST

August Theme: Deepening Connection

August 4 Inward Journey

Coordinator: Sanjara Ominiyi
Moderator: Diana Kuch
Meditation: Diana Kuch
Speaker: Margo McLouglin
Greeter: Jennifer Sagar

August 11 Live Love

Coordinator: Colin Lee
Moderator: Troi Leonard
Meditation: Stephen Graves and Joyanna Wilkinson
Speaker: Cindy Thomson – From Disillusioned Nurse to
Compassionate Healer
Greeter: Elsie Mary McGeough

As our community seeks to reach out to its membership 'deepening connection' with ourselves and each other will become more and more real to each of us as we practice the art of 'living love' on an everyday basis. Both our moderator and guest speaker will share their personal experiences in this way of life.

August 18 Soundness of Spirit

Coordinator: Peggy Muncaster
Moderator: Brian Martin
Meditation: Katherine Muncaster
Speaker: Laura Lane
Greeter: Peggy Muncaster
Music as catalyst to spirit, a sounding board, a carrier

August 25 Dive In Community Service

Coordinator: Stephen Graves
Moderator: Marvelous Trudeau
Meditation: Laurel Circle
Greeter: Hendrik de Pagter

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The most wondrous bridges, for me, from the outer to the inner are love, music and community. Love in its most sensual form leads me to its most spiritual and indeed there are many fine folk who believe that Love and Spirit are one and the same. Certain kinds of music have an effect on me like nothing else, vibratory patterns channeled through human kind and dancing my mind and heart into a communion with my soul. Community, or better still, our community, offers me so much in my quest for a deeper connection with the divine. From ways of being, ways of seeing, ways of doing. The support I feel and offer really affects and enhances my ability to dive deeper into the mystery.

It is from these depths or these hard found places that I can enter a kind of Spiritual wilderness.

Perhaps we will cross paths along the way and celebrate.

Happy Awegust

Submitted by Dancing Wolf SDC

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HAPPY BIRTHDAY

We Celebrate with YOU!



Don Morris	Aug 15
Genevieve Eden	Aug 16
Stephen Graves	Aug 16
Ron Rayner	Aug 17
Linda Chan	Aug 20
Elsie Mary McGeough	Aug 25
Jennifer Sager	Aug 29
Patricia Huot	Aug 30

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



Microphone & Sound System Training

for
Speakers, Moderators, Meditation Leaders
or anyone operating the sound system

10:00 am Sunday, September 8

We want to do our best to make it possible for everyone to hear at the services. Our sound system works quite well when used a certain way.

If you would like to participate in the training, please reply to cotrentals@gmail.com to:

1. Confirm that you will attend or
2. Let me know that you are interested in the training but can't come that Sunday.

If your response is #2, please indicate your preferred time:

Another Sunday morning before church (if there is no choir)

Sunday afternoon

Saturday afternoon

Thanks,
Esther Hart

Marvelous Moments

Marvelous has a new blog. Check it out at:

<http://marvelousmomentsvictoria.blogspot.ca>

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 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.	Tarot Reader, Spiritual Intuitive and Empath	
Tracy Fraser 250-661-8365 Email: divinemisst@gmail.com Spiritual Intuitive, Empathic, Healing Practitioner References available on request	TLC Love Centered Healing For your Furry, Feathered and Other Friends	

Lynn Goodcare
250-642-2882

Life and Love Coach

www.openingtolovenow.com

Stephen Graves Computer Service
778-677-7597

stephen@spiritquest1.ca

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\$25.00 per hour

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

250-385-0941

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.

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