



## THE LIGHTHOUSE

NOVEMBER 2013

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## REMEMBER

Remember what? Remember who? Remember where? Remember when?  
Remember how? Remember why?

What are we without our memories?

"Memories, pressed between the pages of my mind  
Memories, sweetened thru the ages just like wine,  
Memories, memories, sweet memories"

Songwriters: LEWIS, MICHELLE

During November our community will examine what it is to 'remember'.  
The titles selected for examination weekly will catalyze, remind, challenge  
and relax. By November 30 we may sing like Frank Sinatra "I did it my  
way".

November 3: The Catalyst

There are so many catalysts that bless our Journey to the Divine. From  
everyday nudges suggesting maybe this, maybe that .... to the slap in the  
face with a frozen fish, perhaps suggesting "don't blow it now buddy, it's  
worth a leap of faith". Of course then there are the catalysts that direct our  
thinking to "Who am I, What is standing here, sitting in this chair?"

November 17: Remembering the Future

Now is the moment of creation.

In this moment there is no past.

In this moment there is no future.

In this moment there is no creator.

In this moment, all is.

God is Now.

November 24: Memory Lane

Celebrating the Memories that we are grateful for regarding our Spiritual  
journey thus far and honouring those Ha Ha moments and experiences that  
have brought us to a greater understanding or appreciation of life, love and  
enlightenment.

Submitted by Colin Lee SDC

The Lighthouse November 2013  
A Newsletter for Friends of the Church

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 November 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.

The Church of Truth - Community of Conscious Living

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	250-889-5335
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](mailto:dbhawkey@gmail.com)

# SUNDAY SERVICE SCHEDULE FOR NOVEMBER

## November Theme: Remember

### November 3 **The Catalyst**

Coordinator: Stephen Graves  
Moderator: Marvelous Trudeau  
Meditation: Laura Lane  
Speaker: Junie Swadron  
Greeter: Bernadine Sperling

### November 10 **Remembrance**

Coordinator: Susan Blackwood  
Moderator: D. Joan Thomas  
Meditation: Renata Young  
Speaker: Moneca Gabriel  
Greeter: Janet Taylor

### November 17 **Remembering the Future**

Coordinator: Colin Lee  
Moderator: Brian Martin  
Meditation: Lynn Gordon  
Speaker: Esther Hart  
Greeter: Elsie Mary McGeough

### November 24 **Memory Lane – Community Service**

Coordinator: Dancing Wolf  
Moderator: Jennifer Sagar  
Meditator: Pauline Karch  
Greeter: Hendrik de Pagter

# HAPPY BIRTHDAY

We Celebrate with YOU!



November 3 Jennifer Hastie  
November 11 Katherina Nolla  
November 12 Elvira Pirella  
November 17 Joyanna Wilkinson  
November 21 Jane Gerlach  
November 21 Deborah Hawkey  
November 30 Tracy Fraser

## ONENESS WEDNESDAY IN NOVEMBER

Church of Truth

111 Superior St.

7:30- 9:00 p.m.

November 6, 13, 20 & 27

Free or by Donation

### **November 6 Yin – Yang, Honouring the Dance: A Woman’s Perspective on the Great Change with Sanjara Ominiya**

Do you sometimes wonder where on earth we are going or feel powerless and overwhelmed in a demanding world?

What lies ahead of humanity is fiercely challenging. What lies ahead for us might be challenging as well. But we are not alone in this and there are tools and skills that help us to navigate through the challenges and that enable us to even enjoy the ride. This interactive and experiential evening workshop is set to map ways into the vitality and determination we each possess to ignite the healing of our inner and outer world.

Sanjara has experienced many life transitions, from marriage and motherhood in Nigeria, to re-integration into German culture and most recently, as someone creating a new life for herself in Canada.

As she travelled the path of self-discovery, Sanjara developed her understanding of self-liberation and opened her Self to being fully alive. The depth and the brilliant simplicity of her teachings come from her compassionate heart and her longing to explore the depths of her own soul.

**November 13**

**AWAKENING to JOY**

With Sanjara Ominiya & Peggy Muncaster

Join Sanjara and Peggy in an atmosphere of safety, support and shared learning as you move further along the path to your Joy.

In this workshop you will have the opportunity to:  
Connect with community and like-minded people  
Dive into a deeper understanding of self-liberation  
Feel inspired to deepen your connection to your inner nature  
Be encouraged to focus on increasing your joy

**November 20**

**FEMININE POWER & SENSUALITY**

With Marvelous Trudeau & Tracy Fraser

**Marvelous Trudeau**

**“For me to fulfill my feminine power, there is only one power worth talking about and that’s Inner Guidance.”**

Marvelous will share the history of a woman called Joan of Arc, born in 1412. Joan followed her own inner guidance, first personally and then for her country. Joan said she received visions from God instructing her to support King Charles VII to recover France from English domination. With his permission she led an army against England. Charles was crowned King because of her bravery.

She was brought to court by the Christian church, and burned at the stake at age 19 for heresy and insubordination, for she was claiming it was angels, saints and God calling her to serve.

On a personal note Marvelous will share how she was led by an inner voice when she was 14. She had the choice to follow or not follow. She shares the consequences of her choice.

**Tracy Fraser**

“I grew up in Montreal with a working mother fighting for equality, supporting Steinem and Suzuki efforts, with a strong influence towards new age and new thought, my father on the other hand was a traditional, bring home the bacon kind of guy. At best life was interesting...at worst, a tornado. “♪ It feels like a revolution...oh oh♪”. I remember running home from school every day at lunch to watch the Flintstones, it made me wonder... Are Fred and Wilma my parents?”

**“When I think of Feminine Power and Sensuality two names come to mind... Oprah and Marilyn, both made men mad, and the world fall in love with them.”**

Everyone, both male and female fall on a scale of feminine and masculine qualities. Oprah may fall on the masculine side of the female spectrum whereas Marilyn would surely fall on the feminine side.

**Is your brain more Masculine or Feminine? Or do you show compatibility of thought for both sexes?**

Come and find out! It could shed some light on understanding yourself and your partner better. Then you could find out where your friends and family fall on this brain exercise, it could be the most helpful insight you've had all year!

Understanding how one thinks is a powerful tool to great communication!

**November 27      Circle of Men, Circle of Women – LISTENING**  
with Moneca Gabriel, Certified Life Coach

Here is an opportunity to be a 'fly on the wall' and LISTEN to the opposite sex, answer questions; and then have the same questions answered by men!!

This is an invitation to MEN and WOMEN to participate in this Circle and discover more about men and women.

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### **Oneness Wednesdays in January**

As a community of conscious living that is constantly evolving, it is important to check in from time to time to find out:

- Who we are now
- What we want to stay the same
- What is working
- What we want to change, if anything
- What isn't

In order to hear from everyone about these questions, the Board has requested the Oneness Wednesday slots in January to hold open discussions.

The first three sessions will be to get consensus for recommended motions for change. The final week will be an opportunity to vote on the motions.

The sessions will be open to all participants in the community. However, only paid members will be eligible to vote.

This type of all-community discussion has proved very fruitful and enlightening in the past. It also helps us know each other better in a safe and friendly environment as we respectfully express our similar and diverse thoughts and feelings about our spiritual community.

# Spotlight on Tarot Reading

By Divine Miss T aka Tracy Fraser

Have you ever wondered how to get in touch with your Divine-Self?

A Tarot Reading is a great way to achieve this! You can receive guidance on important issues going on in your life, answers to questions you may have been struggling with or be forewarned about possible difficulties that may arise, allowing you to deal with them more productively or avoid them completely.

My interest in the Tarot started as a teenager, when I discovered my love of readings and Psychic Fairs in Montreal. I have been interested in metaphysics and divination since then. In my early 20's I was inspired by a girl friend to get my own cards and started learning about them through workshops, books, studying the meanings of the cards and how they interact with each other.

Over time I got the courage to start doing readings for friends just for fun and at parties. Once, at a party people started giving me money, telling me how great they thought I was, encouraging me to start charging for my readings. This was a turning point, so I came up with the name, "Mystic Inspirations Tarot Reading" because I felt mystically inspired. I have now been reading professionally for over 10 years.

The ancient art of the Tarot works with your energy, angels and spirit guides along with mine to aid in the divination process where sometimes deceased loved ones can "come through" for comfort and/or assistance.

A reading can assist you with:

- Clarity
- Direction
- Peace
- Confirmation
- Release and Letting go
- Decision Making
- Grief and Loss
- Guidance
- Health
- Relationships
- Career and Business
- Success and Finances

Think of the Tarot as an interesting, fun and affordable way to receive guidance and counsel from your Higher-Self. There is nothing to fear...it's a powerful, spiritual practice that guides you to the answers and questions most relevant and important to you at any given time.

Please feel free to contact me at [divinemisst@gmail.com](mailto:divinemisst@gmail.com) to make an appointment to connect with your Divine-Self. Revelations, Awakenings and Epiphanies await!

Blessings for a better world,  
Divine Miss T

## TRACY'S TASTE BUDS

### Hummus

A healthy high fiber alternative for veggie or chip dip

1 can Chick Peas/Garbanzo Beans 540 ml or 19 oz strained and rinsed  
1/4 cup Extra Virgin Olive Oil  
1/2 – 1 Fresh lemon juiced  
2 Garlic Cloves squashed to release oil and roughly chopped  
1/8 – 1/4 tsp salt

Blend all ingredients with a food processor or immersion blender until well blended with a smooth yet oatmeal like texture.

This is the base recipe...Now it's time to get creative with your taste buds!

Add 1/4 – 3/4 tsp of any 1,2 or 3 of these (for a total of no more than 3/4 tsp) unless you want more. I encourage you to experiment with your favourite spices.

My favourites are: Cayenne Pepper, Curry, Cumin, Tumeric, Srirachi chili sauce  
For a Mexican Hummus try Chili Powder and Lime instead of lemon juice!

This is great as a veggie dip, with potato chips, corn chip, pita bread, or as a spread on wraps.

If you are interested in becoming a "Taste Bud" and participating in community food events please express your interest via email to [divinemisst@gmail.com](mailto:divinemisst@gmail.com)

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## 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
<b>Susan Blackwood</b> 250-889-5335	<b>Ceremonies</b>	<a href="http://www.ceremoniesbydesign.ca">www.ceremoniesbydesign.ca</a>
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<b>Renn Butler</b>	<b>Consultations/Workshops</b>	<a href="mailto:rennbutler@shaw.ca">rennbutler@shaw.ca</a>
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Email: [tlcpersonalassistant@gmail.com](mailto:tlcpersonalassistant@gmail.com)

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**Tracy Fraser**                      **Tarot Reader, Spiritual Intuitive and Empathic**  
250-661-8365

Email: [divinemisst@gmail.com](mailto: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.

**Tracy Fraser**                      **TLC Love Centered Healing**  
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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.

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**Junie Swadron**      **Author, Writing Coach, Workshop Facilitator**  
250-384-2205      **& Psychotherapist**      [www.juneswadron.com](http://www.juneswadron.com)

## **Autumn's Promise**

Crimson amber yellow gold  
Lay amongst the ground untold  
Of future growth and dreams to come  
While seemingly a life undone

The pain of death brings with it chance  
To try again to learn to dance  
The past must go and lay to rest  
Feeding roots for buds to crest

Soon the sun again will shine  
To melt the snow just in time  
For new beginnings of green to be  
A new life cycle to set you free

Tracy Fraser 2006

