



THE LIGHTHOUSE

DECEMBER 2013

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<http://cotvictoria.ca>

FROM DARKNESS INTO LIGHT

December is a month of extreme contrasts. The days shorten in this clime to the point where night seems to rule the world. Our plant life goes dormant, and our natural rhythms slow. And then winter solstice occurs, turning the tide towards lengthening days. Slowly – oh so slowly it brightens.

In this month that contains Christmas, holiday lights sprout all over the city to light up the gloom, and there is a flurry of social activities, extravagant expenditures and family fun for some, but isolation and cold hard unsheltered winter for others. “It was the best of times, it was the worst of times” would be a fair summation of its properties in the western psyche.

In the four weeks preceding Christmas, Advent candles are lit to represent steps lighting the way to the birth of the Christ Spirit in the world.

The Christmas candle is lit signifying the Light of Christ Spirit, or the essence of creation. We will share the progression of darkness into light, a winter solstice celebration, and camaraderie around the spiritual fire.

The first week, we light the candle of Hope. We hold ourselves open to the possibility of transcendence.

The second week, Peace. The third week's candle is lit for Joy, and the fourth week for Love.

Come share the Advent journey with us, each pre-Christmas week lighting a candle signifying a step in the process towards illumination.

Submitted by Peggy Muncaster, SDC

Lighthouse December 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 December 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 | 778-440-4992 |

Your Spiritual Directions Committee Members are:

| | |
|-----------------|--------------|
| Susan Blackwood | 250-889-5335 |
| Stephen Graves | 778-677-7597 |
| Colin Lee | 250-514-1270 |
| Peggy Muncaster | 250-888-7664 |
| Dancing Wolf | 250-418-0694 |

Community Care Liaison – Lorna Rennie 361-2079

Newsletter—Deborah Hawkey Email dbhawkey@gmail.com

SUNDAY SERVICE SCHEDULE FOR DECEMBER

December 1

Preparing for the Light

Coordinator: Peggy Muncaster
Moderator: D. Joan Thomas
Meditation: Dean Hutchings
Speaker: Cedona Holly
Greeter: Peggy Muncaster

December 8

Nurturing Darkness

Does the canvas inspire the artist is darkness the canvas of life?
Does darkness nurture our journey?

Coordinator: Stephen Graves
Moderator: Marvelous Trudeau
Meditation: Katherine Muncaster
Speaker: Zsuzsa Harsman
Greeter: Elsie Mary Poliquin

December 15

Emptiness/The Silent Night

It is hoped that through the presentation of our personal experiences with darkness and light, we may be able to facilitate a deeper understanding of the beauty and power of the 'emptiness experience'.

Coordinator: Colin Lee
Moderator: Joyana Wilkinson
Meditation: Raymond Pilon
Speaker: Margo McLoughlin
Greeter: Bernadine Sperling

December 22

The Threshold

This is a special service marking the passage of Solstice. We will sing, hold silence, be lead in chant and perform ritual to move from darkness into the light.

Coordinator: Susan Blackwood
Moderator: Susan Blackwood
Greeter: Janet Taylor

December 29

Illumination – Reclaiming the Light - Community Service

Exploring our relationship with personal epiphanies and transpersonal experiences and sharing how our love embodies enlightenment.

Coordinator: Dancing Wolf
Moderator: Steven Pratt
Meditation: Dancing Wolf
Greeter: Anna Ghatt

HAPPY BIRTHDAY

We Celebrate with YOU!



| | |
|-----------------|--------|
| Jack Hyatt | Dec-15 |
| Colin Lee | Dec-26 |
| Sanjara Omoniyi | Dec-31 |
| Gordon Thurtson | Dec-31 |

ONENESS WEDNESDAY IN DECEMBER

Church of Truth
 111 Superior St.
 7:30- 9:00 p.m.
 December 4, 11 & 18
 Free or by Donation

Into The Presence of Oneness with Troi Leonard

Troi will be introducing and processing with the 'Energy Make-up' of our Vibrational Electro-Magnetic Field, to clear and purify 'Old Patterns' and stuck 'Crystalized Matter' ...we will be applying the tools of 'Colour and Sound,' with the intention of balancing, integrating, and harmonizing the 'Life Stream' of our supple bodies with that of the Soul.

Troi has traveled the planet for over 25 years, teaching and sharing practical processes in Self Development and Soul Evolution. He is a Spiritual Guide, trained in the Art and Science of Energy Flow and Healing, with the primary intention to reconnect and integrate with our 'Higher Self--the Soul.'

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 is working | What isn't |
| What we want to stay the same | What we want to change, if anything | |

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.

The Death Café

Victoria's Death Café, hosted by Elizabeth & Don Morris returns Sunday, December 8th from 7- 9 p.m.

Four others Death Cafés will be held on Sunday evenings - January 19, February 16, March 16 & April 13, 2014 from 7 – 9p.m.

Please check the poster on the bulletin board. The Death Café provides a safe, comforting, non-ideological space to share your thoughts, feelings, and experience on the necessary topic of death.

Our hosts provide finger food, desserts and beverages. The Café is always blessed by volunteer artists and musicians.

A \$7 donation covers all expenses with additional monies donated to the Victoria Chapter of Compassionate Friends, an organization providing free support to parents and families who've suffered the death of a child.

For more information see:

[Death Be Not Decaffeinated](#)

[Watch Don on \national TV](#)

[Death Cafe](#)

[Facebook - Canada's 1st Death Cafe - Victoria, BC](#)

Advanced reservations accepted ~ deathcafe@shaw.ca

Submitted by Don Morris

A Scent Free Reminder

This is to remind members and visitors of our scent free policy. Fragrance is found in many products that we routinely use every day. This is not to say we wish you to restrict any or all of these products but ask that you use your common sense to ascertain if the products are heavily scented.

Perfume
Conditioner
Deodorant
Face cream

Essential oils
Body wash or gel
Body powder

Shampoo
Soap
Moisturizer

We thank you for your consideration as many of our congregation and our visitors are sensitive to scents that are found in these products. Please consider their use before attending Sunday Services.

Submitted by Susan Blackwood

Non Sponsored Events at the Church of Truth in December

Daily Silent Sitting Circle

Monday through Friday, 10 a.m. – 12 Noon

A great opportunity to refine your meditation practice and develop a strong, regular routine.

We are a non-denominational, non-sectarian group that gathers daily, in Silence, to meditate together. Whether you are an absolute beginner or a seasoned veteran with many years of experience, you will appreciate encountering a broader, more expanded sense of Being and a deeper realization of Inner Peace.

Please feel free to drop in at any time, stay as long as you want, and leave whenever you wish.

For more information please contact meditationvictoria@gmail.com.

The High Noon Choir

Tuesdays - Noon to 1:30 Fall Session – Sept 24 to Dec 10.

The High Noon Choir invites all who like to sing in harmony to join us on Tuesdays for lively and joyous sessions of song. Directed by Shivon Robinsong, founder of the Gettin' Higher Choir, the High Noon Choir provides a place for singers who are looking for a daytime outlet for their voices.

Our repertoire is eclectic, including but not limited to world music, spirituals, African freedom songs, various rounds and chants, as well as some contemporary music. You do not need to know how to read music as much of the music is learned by oral tradition. New singers are always welcome!

Info: registration (including fees), contact Gloria Hansen at gloria@gettinhigherchoir.ca or 250-995-8731

J.Krishnamurti in Beyond Myth and Tradition series with Evelyne Blau.

Sunday December 8 2:00 pm -4:30 p.m. Free DVD showing, dialogue.

J. Krishnamurti, a 20th century philosopher and educator, who has written and lectured extensively on relevant subjects such as love, truth, and meditation, differed from his contemporaries in his unique ability to tackle his subject matter with such honesty and insight, that those, who applied his perspective in their lives have begun to see the world around them as it truly is. We can listen to him and each other tackle some of the most relevant topics for our times.

The hope is that even for a couple of hours a month, we will have an opportunity to take a break from the mundane and to address the most pressing issues of our times through dialogue. This type of discussion is seen by some as purposeful awareness of the goings on of the mind, while a chosen topic is being looked at. This allows us to listen to others and observe ourselves in the process of discovering each subject anew and with clarity, as though encountering it for the first time. Thus, this is an invitation to learn about ourselves and to summon the courage to act on our new discoveries.

Look us up on and register at <http://www.meetup.com/The-British-Columbia-Krishnamurti-Group/> krishnamurtigroup@live.com www.krishnamuri-canada.ca
250-744-3354

POET'S CORNER

Nakedness

Remove you glasses, let down your hair, smile.
Release your inhibitions, your pride, your passion. Smile.
Strip yourself of all worldly concerns, the economy,
the bank account or lack thereof. Smile.



Let go of all responsibility, all obligations and relationships no longer serving you positively.

Remove false friends, your shoes, anger, resentment, all the losers and employers who could not see your greatness. Smile.

Take off your shirt, your skirt, your bra and panties.
Stand firm and connected. Smile.
Remove your jewelry, your make-up, your polish. Smile.

Look at the good and the imperfections.
You are a divine expression of God.
In all your flaws and attributes.
In all the light and darkness.
In all the glory of self.
A Devine Creation. A Miracle. A Wonder. Smile.

Love the weaknesses and the strengths.
The truths and lies.
The heart and head.
Respect the Divine Creation that is you.
Stand in your nakedness and smile.

We're really not all that different from one another.

Tracy Fraser

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Waiting For You

There is a whisper in my ear, that speaks ever so softly now
"I Am waiting for you".

Tis a gentle voice, a soothing vibration of subtle waves,
of dancing fantasy, of swirling light.

As I quiet my mind I hear:
I Am waiting for you in an infant's smile,
in the grasping of your finger with squealing glee,
in eyes that are a sparkling witness to the glory of my being.
Do you see the joy you bring to my little world?

I Am waiting for you in the waters of a mountain stream.
Flowing around and over polished pebbles, gems that I have created.
Do you hear my excitement as I rush
into the grand adventure lying beyond the next bend?
Even whilst knowing that I Am already there.
And as you peer deep within the silent pools of my being
do you still hear my excitement?

I Am waiting for you in the wonder of the night.
I Am the twinkle of the stars,
I Am the Moon mirroring delight.
Do you feel the vastness of my being
yet the simple magic of a gentle evening breeze
as I caress your cheek?

I Am waiting for you
as the passionate embrace of the Complement of your Soul
upon your return from a journey, arduous and long.
As you melt into my arms will you appreciate my journey too?
Will you discern the journeys worth while?
I Am the yearning of your Soul,
I Am waiting for you.

I Am the mystery of Spirit,
I Am the Glory of Being,
I Am waiting for you.

I Am the trials and tribulations,
the tests you place upon your path
to prove you are worthy.
Do you know there is none more worthy than you?
I Am waiting for you.

I Am the power, the strength of the Ocean wave.
Should I choose I may turn mountains into sand
or take one grain and gently place it upon a far off shore.
Do you know that I Am your strength too?
That I Am waiting for you?

Are you waiting too?

Stephen Graves

The Power of Love

It is said that love can move mountains
It is said that love can endure
Pain and strife and the tortures of life
It is said that love heals all

To me I would see the power of love

In a heart-felt tear, shed in joy
In the caress of a baby's tender grip
In the compassion for a fellow soul
And its journey upon Blessed Mother Earth

I see in the power of love
The revolution of the Spirit
The desire to care and to serve
In the revelation of the Soul
Through the bond of Eternal Love

I see the power of love to inspire
The arts in all their wondrous form
The inspiration to embrace
The Divine Presence in all that is

I see in the power of love
The desire to live life to the fullest
To glorify the art of Being

Beloved of my soul, I see in you
The power of love
And the expression of its heart felt song
In the sparkle of your eyes
In the touch of your loving hands
In your passion to be who you are
A precious gem, a child of the universe
A radiant, shining star

I give thanks to our Eternal parent
For knowing who you were
When our paths so briefly touched

I believe in the Power of Love
I believe in who you are
I believe in who I am

Precious One,
You are the power of love.

Stephen Graves

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 | Ceremonies | www.ceremoniesbydesign.ca |
| Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings | | |
| Renn Butler | Consultations/Workshops | rennbutler@shaw.ca |
| Archetypal Astrology Consultations, Holotropic Breathwork Workshops | | |
| Tracy Fraser 250-661-8365 | 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 250-661-8365 | Tarot Reader, Spiritual Intuitive and Empathic | |
| 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. | | |
| Tracy Fraser 250-661-8365 | TLC Love Centered Healing | |
| For You and Your Furry, Feathered & Other Friends | | |
| Email: divinenisst@gmail.com | | |
| Spiritual Intuitive, Empathic, Healing Practitioner. Gentle, non-invasive, miracles. References available on request | | |

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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.

Paul Monfette **Carpenter** 250-896-4439
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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

