



**THE LIGHTHOUSE**

**FEBRUARY 2014**

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**111 Superior St.  
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<http://cotvictoria.ca>**

## **Passion**

The month of February is ornamented with the first blossoming of Spring, the shy crocus and snowdrops, and appropriately contains Valentines' Day in it. The mind and heart turns to the topic of passion, which is our theme this month.

The Sufi poet Rumi in a succinct quatrain hints at a world of passion:

The sun is love. The lover,  
A speck circling the sun.  
A Spring wind moves to dance  
Any branch that isn't dead.

Please join us on February 2 for an exploration of "Passions of the Heart". If the burning bush which Moses encountered after his wilderness experience is seen as a symbol of the passion with which we need to address our search for enlightenment, be prepared for a view of a 'Passion of the Heart'. For this service, Don will take us along the path of his lifelong passion: Judaism

The topic on February 9 addresses "Cupid's arrows – Aiming at Fulfillment or Folly". How does spirituality connect and interact with romantic love and how much do we allow Eros to enter our intimate relationships?

On February 16, the monthly theme of passion is explored through creative expression – "Heart Expressing". How do we express our passion for life, how do we tune into our hearts and listen to love expressing. For our three speakers it is poetry, humour and music.

February 23, the last Sunday of this short month, is a community service. Its topic is "Abiding in Passion". We can explore the quote "I used to be an intellectual analyzing my world to death. But whilst dying was reborn to the feelings, to the Wisdom of my Heart and that is when life began to live. I realized I was abiding in the Great Presence that I am and the passion of Creation was the source of my Love. Forever I shall be the Vagabond Poet"

Submitted by Peggy Muncaster, SDC

The Lighthouse February 2014  
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 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	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](mailto:dbhawkey@gmail.com)

# SUNDAY SERVICE SCHEDULE FOR FEBRUARY

## February 2            **Passions of the Heart**

Coordinator:        Colin Lee  
Moderator:         Pierre Morais  
Meditation:        Don Morris  
Speaker:            Don Morris  
Greeter:             Monica Gabriel

In addition to being a licensed Psychotherapist with 17 years of experience, **Pierre Morais** is also a Sundancer and Pipe Carrier. He has worked closely with 3 different Medicine Men; learning the ways, teachings and traditions of many Native cultures but predominantly the Lakota tradition.

**Don Morris** has a Master's degree in Social Work. He is a regular guy with unusual interests. In addition to supporting those who are seriously ill and dying, his many interests include Death, Dying, Green Burial and their connection to love, to spirit, and wholeness.

## February 9            **Cupid's Arrows – Aiming at Fulfillment or Folly**

Coordinator:        Dancing Wolf  
Moderator:         Bob Winkenhower  
Meditation:        Jennifer Sagar  
Speaker:            Hendrik dePagter  
Greeter:             Sharon Schroeder

## Feb 16                **Heart Expressing**

Coordinator:        Susan Blackwood  
Moderator:         Ella Brown  
Meditation:        Lynn Gordon  
Speakers –Panel:    Dancing Wolf, Marvellous & Pauline Karch  
Greeter:             Pat Chapman

## Feb 23                **Abiding in Passion; Community Service**

Coordinator:        Stephen Graves  
Moderator:         Lorna Rennie  
Meditation:        Stephen Graves  
Greeter:             Giselle Bechard

## HAPPY BIRTHDAY

We Celebrate with YOU!



Paul Monfette	Feb-01
Madge Tolmie	Feb-01
Heather Thurston	Feb-15
Patricia Miller	Feb-18
Hendrik de Pagter	Feb-20

### **ONENESS WEDNESDAY IN FEBRUARY**

Church of Truth

111 Superior St.

7:30- 9:00 p.m.

**February 5, 12, 19 & 26**

**"Combining Mind, Body and Breath - the Ancient Art of Health and Longevity"**

With Lynn Gordon

Relaxation is the heart and the key to all other endeavours.

Relaxation means letting go and this is not so easy, but health and freedom begin here.

Breathing and meditation are intrinsic to the exercises. We will also engage with simple self-massage practices that induce energy flow and well-being.

Lynn has been training for more than 30 years and teaching for over 20 years.

These will be largely experiential sessions using exercises and techniques from Chi Kung and Tai Chi.

Everyone will be able to participate including those whose physical condition requires them to sit rather than stand.

## **VIBRATIONAL SOUND AND COLOR with Troi Leonard**

The directed waves of Vibrational Sound and Color are able to support the Souls work, deepening our Intuition, discerning the Voice of Inner Guidance and Truth, and the Courage to BE Your SELF. A Oneness Blessing will be offered each evening.

**TROI LEONARD**...Experienced Spiritual Guide, Teacher and Healer, has been travelling worldwide for more than thirty years, studying the practical use of Colour and Sound in daily living. Through the application of the Energies and Qualities inherent in the Seven Rays, you will become proficient in balancing the inner state of energy flow, increasing vitality, stabilizing emotional calmness and fostering clarity of mind.

**Mondays 7-9 PM**

**February 3, 10, 17 & 24**

Suggested Donations \$10-15

Church of Truth...111 Superior Street  
St. Lawrence Street side entrance...'Golden Room.'

For more information and/or a Private Appointment or Healing  
call Troi at 250-532-3442 or [mail@rainbowphoenix.dk](mailto:mail@rainbowphoenix.dk)

## **COMMUNITY SERVICES DIRECTORY**

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

<b>NAME</b>	<b>SERVICE</b>	<b>CONTACT INFO</b>
<b>Susan Blackwood</b> 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	<b>Ceremonies</b>	<a href="http://www.ceremoniesbydesign.ca">www.ceremoniesbydesign.ca</a>
<b>Renn Butler</b> Archetypal Astrology Consultations, Holotropic Breathwork Workshops	<b>Consultations/Workshops</b>	<a href="mailto:rennbutler@shaw.ca">rennbutler@shaw.ca</a>

**Tracy Fraser                      Personal Assistant and Companion to Seniors**

250-661-8365

Email: [tlcpersonalassistant@gmail.com](mailto: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 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  
250-661-8365                      For You and Your Furry, Feathered & Other Friends**

Email: [divinenisst@gmail.com](mailto:divinenisst@gmail.com)

Spiritual Intuitive, Empathic, Healing Practitioner. Gentle, non-invasive, miracles. References available on request

**Lynn Goodcare                      Life and Love Coach**

250-642-2882

[www.openingtolovenow.com](http://www.openingtolovenow.com)

**Stephen Graves    Computer Service**

778-677-7597

[stephen@spiritquest1.ca](mailto:stephen@spiritquest1.ca)

All things PC (and little things MAC)

Hardware, software, troubleshooting, networking and web design.

\$25.00 per hour

**Dr. Roland Guenther    MD (Germany), PhD, Homeopathy**

778-433-4386

[www.victoriahomeopathy.com](http://www.victoriahomeopathy.com)

email: [roland@natures-mystery.com](mailto:roland@natures-mystery.com)

Roland is specialized in helping people with severe chronic diseases.

Homeopathy is a holistic modality that can provide healing in a wide range of health problems, anxiety, and depression, and their manifestations in the body.

**Esther Hart**      **Author, Speaker, Freedom Coach, Author Mentor**  
250-896-5933      [www.authorssolutions.com](http://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](mailto: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](http://www.EternalOneness.org)  
[www.whitelionschildrensbook.org](http://www.whitelionschildrensbook.org)

**Gillian Huot**      **Housekeeper**      250-385-0941  
Weekly, bi-weekly, monthly\$25/hr

**Pauline Karch**      **Videography Services**      [paulinekarch@gmail.com](mailto: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  
Specializing in Reno’s, Decks & Alterations

**Michelle Pedersen**      **Make-up Artist**  
For make-up consults and pricing please email me at  
[sweetpeamakeup@gmail.com](mailto:sweetpeamakeup@gmail.com)

**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](http://www.juneswadron.com)

The following is a Channeled Writing given to Jennifer Sagar  
at Cedona's Angel writing workshop on Sunday January 19, 2014

**Dear Higher Self,**

**Do you have any messages for me today?**

Dear Jennifer,

Yes we do, we always have a message for you if you will be still and listen. We are always here and always at your beck and call, as you say. It is our pleasure to be here for you- and to be a source of guidance in your life.

Please know that your presence is a gift and you bring with you an energy that is beautiful to those around you. You are often in a quandary as to whether you are of much value, and we tell you - you are very much of value and valuable - to us of course - and to everyone you come into contact with. It is of utmost importance that you know of the impact you have on those around you.

Many times you doubt yourself and your contribution. However we know of the very bright light that you are shining in this world. We see that light so bright and beaming out to the universe. You must know that your light is of a rare beauty and unique to you. You are unique and cannot not be a blessing to the world. Your very presence is a blessing and we also know how it may be easy to doubt that, to fall into the trap of the 3rd. dimensional illusion and not give yourself credit for who you are.

You are complete and completely incredible. We love you so much and care for you always. We are sending you this now to remind you of your specialness to us and to the world.

Never doubt your place in the world and your role - however you want to play it out - is to be the spirit that you are. You have often forgotten this and doubted your own divine nature. We are so happy to be able to re-connect with you and to be a source of comfort and love. To help sustain you in this time of chaos and uncertainty. In these times you can be certain of our love and support.

This is our message to you today and we send you nothing but the highest of energies on your journey and throughout your life.

Your guides and angels.

Submitted by Jennifer Sagar

## The Gift

This day I was given a beautiful gift. But a gift that I cannot share. And I wept with both sadness and joy.

While reflecting upon unconditional love, I knew that to make you happy, I would gladly give you the world. But that is only a material thing.

I would, with joy, give my life for your well-being. But that is only my physical existence in a moment of time.

To support your spiritual growth, I would honour your freedom, realizing the perfection that you already are. I would honour your journey.

And I would be who I Am. I would be unconditional love.

And as I considered this, I was given the gift. The gift was understanding.

To be Who I Am, I may have to endure the fires of hell, whatever my hell might be. To purify body, mind and soul. To be the best I can be.

I then appreciated what the Masters have done, in order to flood our world with light.

I knew why the Angels support us with their love and light.

Why we are given opportunities, by those who love us, to experience both joy and pain.

I realized the purpose of each journey, each soul, each flame.

To experience the Divine in all that is. That all is really One.

And I knew that only one being could give this beautiful gift.

The Almighty God that Is.

I accepted, with true humility, this gift of understanding. The understanding of Who I Am.

This gift from myself.

From the Beloved Spirit that I Am.

I then felt my eyes sparkle and the tears begin to flow again.  
Because eyes that smile when the heart is filled with love, can only cry tears of joy.

Submitted by Stephen Graves



Photo submitted by Cedona Holly