



## THE LIGHTHOUSE

MARCH 2014

### SPRINGFORTH

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#### Contact:

**111 Superior St.  
Victoria, BC V8V 1T2  
250-382-5412  
<http://cotvictoria.ca>**

As the daffodils and dandelions avail themselves to the warming atmosphere, so too, in a myriad of ways, do we open ourselves to the wonders of Spring.

We are so blessed to have something in our lives so perennial, that never breaks its promise, never fails us. The Wheel of Life, the Turning of the Seasons is right up there with Love as two of the total stalwarts of the world. As the Spring sun warms the ground, so much life below and above tingles with excitement. So to do we when we Spring Forth into our lives after the stillness, darkness and depth of Winter.

So much to be planted in the gardens of Creation, our own, our community's and our planet's. This month at the Community of Conscious Living we will look at some of the definitive aspects of Spring through our topics.

In Like a Lamb, Seeds of Change, Budding Promise, Equinox, Out Like a Lion.

Please join us as we delve into the mystery, magic and common sense elements of Spring.

The Story of The Spring Beauty: A Chippewa Legend

An old man was sitting in his lodge, by the side of a frozen stream. It was the end of Winter, the air was not so cold, and his fire was nearly out. He was old and alone. His locks were white with age, and he trembled in every joint. Day after day passed, and he heard nothing but the sound of the storm sweeping before it the new-fallen snow.

One day while his fire was dying, a handsome young man entered the lodge. His cheeks were red, his eyes sparkled. He walked with a quick, light step. His forehead was bound with sweet-grass, and he carried a bunch of fragrant flowers in his hand.

"Ah, my Son," said the old man, "I am happy to see you. Come in. Tell me your adventures, and what strange lands you have seen. I will tell you my wonderful deeds, and what I can perform. You shall do the same, and we will amuse each other."

Continued on page 4

The Lighthouse March 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              |                 |              |

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 MARCH

## March Theme: Spring Forth

**March 2**

### **In Like A Lamb**

Coordinator: Peggy Muncaster  
Moderator: Jack Hyatt  
Meditation: Laura Lane  
Speaker: Robert Douglas  
Greeter: Diana Kuch

**March 9**

### **Seeds of Change**

Coordinator: Susan Blackwood  
Moderator: Marvelous Trudeau  
Meditation: Troi Leonard  
Speakers: Moneca Gabriel, Paul Monfette  
Greeter: Gisele Bechard

**March 16**

### **Budding Promise**

Coordinator: Colin Lee  
Moderator: Bernadine Sperling  
Meditation: Sally Ross  
Speaker: Sally Ross  
Greeter: Elsie Mary Poliquin

**March 23**

### **Equinox**

Coordinator: Stephen Graves  
Moderator: Dennis Pierson  
Meditation: Andréa Lougheed  
Speaker: Andréa Lougheed  
Greeter: Bernadine Sperling

## **Andréa Lougheed**

Her knowledge of ceremony and connection to our Earth Mother a joy to witness.

A Medicine Woman, Ceremonialist, Energy Healing and Spiritual Coach, Andréa brings a sense of the Sacred into our daily lives.

If I were to describe myself deeply, I would say I am in my quiet solitude a mystic, a deeply contemplative person. In my outward expressions of service, I am in my

natural habitat walking the path of medicine woman. My spirit is a dancer, ever seeking the rhythms and melodies of interconnected harmonies within such immense diversity.

**March 30                      Out Like A Lion – Community Service**

Coordinator:            Dancing Wolf  
Moderator:             Brian Martin  
Meditation:            Pierre Morais  
Greeter:                Janet Taylor

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Continued from page 1

The old man then drew from a bag a curiously wrought pipe. He filled it with mild tobacco, and handed it to his guest. They each smoked from the pipe, and then began their stories.

"I am Peboan, the Spirit of Winter," said the old man. "I blow my breath, and the streams stand still. The water becomes stiff and hard as clear stone."

"I am Seegwun, the Spirit of Spring," answered the youth. "I breathe, and flowers spring up in the meadows and woods."

"I shake my locks," said the old man, "and the snow covers the land. The leaves fall from the trees, and my breath blows them away. The birds fly to the distant land, and the animals hide themselves from the cold."

"I shake my ringlets," said the young man, "and the warm showers of soft rain fall upon the Earth. The flowers lift their heads from the ground, and the grass grows thick and green. My voice recalls the birds, and they come flying joyfully from the Southland. The warmth of my breath unbinds the streams, and they sing the songs of Summer. Music fills the groves wherever I walk, and all Nature rejoices."

And while they were thus talking, a wonderful change took place. The Sun began to rise. A gentle warmth stole over the place. Peboan, the Spirit of Winter, became silent. His head drooped, and the snow outside the lodge melted away. Seegwun, the Spirit of Spring, grew more radiant, and rose joyfully to his feet. The Robin and the Bluebird began to sing on the top of the lodge. The stream murmured past the door, and the fragrance of opening flowers came softly on the breeze.

The lodge faded away, and Peboan sank down and dissolved into tiny streams of water, that vanished under the brown leaves of the forest.

Thus the Spirit of Winter departed, and where he melted away, the Indian children gathered the first blossoms, fragrant and delicately pink,—the modest Spring Beauty.

Submitted by Dancing Wolf SDC

# HAPPY BIRTHDAY

We Celebrate with YOU!



|                    |          |
|--------------------|----------|
| Gaynor Hughes      | March 2  |
| Eleanor McKinnon   | March 2  |
| D. Joan Thomas     | March 4  |
| Carol Jean Douglas | March 20 |
| Linda Woodbury     | March 20 |

## ONENESS WEDNESDAY IN MARCH

Church of Truth

111 Superior St.

7:30- 9:00 p.m.

**March 5, 12, 19, & 26**

### **March 5                      Crystal Vibrations with Valerie Carter**

Transform your body, mind and spirit at the experiential workshop featuring the harmonic energy of crystal singing bowls. The alchemy tones determined by bowl size, musical note and the mix of pure quartz crystal with precious gem stones and minerals promotes healing through vibration. Give yourself permission to entrain with the frequencies of the bowl's pristine crystalline structure to clear energetic blocks in the physical and spiritual bodies as you respond and resonate at a deep cellular level.

### **March 12                      The Power of Sound with Valerie Carter**

Throughout history the power of sound has been used in many forms with ceremony, prayer and intent to achieve a higher state of vibrational energy to connect with Spirit. Tibetan bowls, chanting and the inaudible sound of prayer were used by Buddhists, while the Indigenous peoples drummed and shook rattles during dance to bring forth rain, abundant harvest and successful hunts. Today, following the traditions of ancient cultures we continue to use the power of sound and intent with crystal bowls and toning for healing and transformation.

## **About Valerie Carter**

My journey to this place of sound healing began with a call to study and practice an eclectic mix of healing modalities as I travelled through the snow covered Canadian prairie provinces to receive my Reiki I & II Attunements and an initiation into Body Talk. Returning to the mild coast of Vancouver Island I enrolled in an eight month Light worker's Energy Medicine Course to obtain my certificate for Reiki Master/Teacher, Crystal Chakra Balancing, Deep Emotional Release, Past Life Regression and Shamanic Energy Medicine.

After hanging my Karuna®Reiki/Teacher Certificate on the wall I took my first trip to the red rocks of Sedona and studied BioridianTherapy® with North American Aboriginal Healer, David Singing Bear. My interest in the Healing Arts expanded as I taught Reiki classes and conducted healing sessions where weird became normal as the increasing awareness of sensations in my body matched energy blockages in the client.

Continuing to answer the call, I returned to Sedona to learn the Ancient Sounds of Pineal Tones and at the same time, following a synchronistic nudge, purchased Crystal Singing Bowls leading to a passion and intuitive knowledge of healing with the vibration of sound. Study included many hours of online courses and practice of the Galactic Dimensions of Sound, Mastering Conscious Sound and Lemurian Pineal Tone Practice Course, as well as a Sacred Journey to the rain forest of Hawaii with renowned Songstress, Lenedra Carroll, mother of Jewel, and Hawaiian Kahuna Kaleiiliahi, focusing on 'Songlines', the ancient traditions of sound and ceremony in nature.

**March 19 & 26**

**ACTIVE DREAMING**

**NANCE THACKER - Level II Certified Dreamworker**

(Robert Moss Dream Teacher Training)  
B.A., Dipl S.T., CH (Certified Hypnotist)

### **Becoming a Dream Archaeologists in the Multiverse**

Our daily life in ordinary reality is enriched when we remember, record, work and play with our dreams. In the dreamworld we are whole, healed and have access to infinite wisdom. The power of imagination and creativity, sleep dreams, conscious dreaming, synchronicity; all will be explored through dream games and the Lightning Dreamwork Process of Robert Moss. As we journey on the beat of the drum we discover that we don't need to sleep in order to dream and that our dreamlife and daily waking life are constantly communicating with each other.

A dream archaeologist is one who embarks consciously into dreams with intention; blends the skills of shamanic dreaming, investigative reporting and scholarship; and brings the dream wisdom into action turning it into useful effects in our daily life and our world.

Healing and transformation await dream explorers in the sacred space and compassionate dreamcircle energy that we create together. As we navigate our way through levels of consciousness, explore other realities and reclaim ancestral wisdom, living our bigger story and our soul's passion becomes possible.

Experienced and novice dreamers are welcome.

Bring with you: pillow, blanket, eye covering, journal, pen, something for the altar, a sense of adventure; wear comfortable, warm clothing.

## **March 26                      ACTIVE DREAMING**

### **Honing our Dreaming Skills with Dream Games and Dream Theatre**

Practice, practice, practice, play and have fun...more explorations in the multiverse, refining tools for navigating between the worlds and living a conscious life here and NOW. Participation in the previous week's workshop, though helpful, isn't essential but a sense of adventure and fun is :-)

Experienced and novice dreamers are welcome.

Bring with you: pillow, blanket, eye covering, journal, pen, something for the altar, a sense of adventure; wear comfortable, warm clothing.

### **About Nance Thacker**

When I was 11 years old the world of dreams demanded that I pay attention; I have been a student of dreams ever since. For over 37 years I've taught the healing and creative art of dreamwork to individuals and groups. I have attained Dream Teacher II level with the gifted, world-reknown dreamer, dream archaeologist, and multiverse explorer, Robert Moss whose methods inspire my own presentations.

For more information on dreams and dreamworkshops:

Contact Nance at [nancethacker10@me.com](mailto:nancethacker10@me.com) or 778-350-4995

Visit Nance Thacker and AWAKENING CHOICE DREAMS at

<http://awakeningchoicedreams.ca>

Robert Moss and THE WAY OF THE DREAMIER at <http://www.mossdreams.com>

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## **Board Message to the Membership**

### **RE: The January 2014 Community Discussion**

In 2013 the Board of the Church of Truth – Community of Conscious Living received some suggestion that would affect the whole community. In order to make informed decisions, the Board created the Oneness Wednesdays Open Discussion. This was an opportunity to hear from everyone who wanted to express an opinion.

In addition to inviting everyone in the community to attend in order to be heard, recaps of each meeting were sent to the members. Members were invited to respond with their comments, whether they were in attendance or not. This way, everyone could be heard from, even those who for any reason could not speak up in the group.

Each week Roland reminded us that we were there to present our views and listen to others, exploring whether our ideas were of interest to the rest of the community without trying to convince anyone.

The first evening was a discussion about who we are and what is already working well in our community, and that is a lot.

The next week we began documenting suggestions and requested responses via email in order to find out which suggestions might be supported by an overwhelming part of our community. After the first request, 29 people responded. The tabulation of their answers to the questionnaire is below. After the second questionnaire, 9 people responded.

The final week, we left the response option open so that people could either agree, disagree or submit their written comments. To this request, again 9 people responded.

In concern for the possibility that there was a computer glitch with the email, an additional request for responses was sent. A total of 18 responses were received for Jan 22 and 17 for Jan 29.

It appears that there is no overwhelming desire from a majority of the members to initiate any major changes. At the same time valuable ideas came up, some of which will be implemented.

The board will look at all the responses and use them to assist in their work. The result will be an organic growth and modifications here and there.

The Board members express their appreciation for all the people who offered their time, effort and patience in listening, their passion in expressing themselves and their creativity in order to keep our community vibrantly alive. Thank you.

Below you will find the results of some of the requests that had been sent out. They are very interesting, please take a little time to go through them.



## Responses to Jan. 15 questions

|   | Yes | No | N/O |
|---|-----|----|-----|
| 1. I would like to see several songs rotated for opening and closing the service.                   | 9   | 19 | 1   |
| 2. I want to keep the opening and closing songs as they are   | 18  | 8  | 1   |
| 3. I would like to hear more special performances in the service in addition to our current 4 songs | 24  | 5  | 0   |
| 4. I would like silence (quiet music) for 5 minutes before the service.                             | 12  | 15 | 1   |
| 5. I prefer to have visiting time before the service and start the silence at 11:00                 | 16  | 12 | 1   |
| 6. I would like more chanting songs   | 17  | 11 | 1   |
| 7. I would like more modernization – electric, reggae – rock the house                              | 16  | 12 | 1   |

## Responses to Jan. 22

| Statement  | Yes | No | N/O |
|--|-----|----|-----|
| i. I like the current structure with flexibility for change from time to time  | 13  | 0  | 0   |
| ii. I want the order of service followed exactly all the time  | 3   | 10 | 0   |
| iii. Some things on the order of service can be left out occasionally  | 11  | 0  | 0   |
| But not _____  | 0   | 0  | 0   |
| iv. It's okay to have an occasional service where none of our current order of service is included                           | 10  | 3  | 0   |
| v. I want the services to end no later than 12:15 unless notification has been given for an extraordinary service            | 15  | 1  | 0   |
| vi. I want the presenters to have the flexibility to follow their inner guidance and speak as long as they feel led to speak | 1   | 15 | 0   |
| vii. I want more silence to absorb aspects of the service  | 8   | 7  | 0   |
| viii. I want the prayers left as they are  | 9   | 3  | 0   |
| ix. I want freshness, new phrases, in the service  | 6   | 6  | 1   |

x.I trust the SDC to create unique services when they are guided to do so

13      1      0

a. I think Community Care to assist with physical needs is an important role

11      0      0

i. I am willing to be on the volunteer list

2      9      1

May Spirit's blessings nurture our community so we will be a contribution for a bright future based on love and respect.

In love and service; The Board

## **Annual General Meeting – April 6**

It's time to mark your calendars for the 2014 Annual General Meeting.

That means it's also time to consider your participation in the Church of Truth – Community of Conscious Living for the coming year.

Hopefully you will all consider seriously whether you feel called to let your name stand for election to serve on the Board of Directors or the Spiritual Directions Committee. Serving on the SDC and Board is a rewarding experience

Here is a brief explanation of the board situation.

There are 6 positions in addition to Past President:

1. President
2. Vice-President
3. Secretary
4. Treasurer
5. Member at Large
6. Member at Large

The people in these positions have the following duties:

1. Secretary
2. Treasurer
3. Inside Maintenance
4. Outside Maintenance
5. Spiritual Directions Committee Liaison

Detailed descriptions of all the duties are available for your perusal.

People are elected to the board, not to a position. However, the people elected must be willing to fulfill the duties required.

The position of President must be filled by someone who has been on the board for at least 1 year at any time in the past.

The terms of the current board members all end at the AGM. Some are willing to let their names stand for re-election. A person can be elected up to 3 times consecutively.

There are 5 people elected each year to the SDC committee. Some are people who are standing for re-election.

We want to hear from everyone interested. If you have any questions, please ask. Patti Huot is the chair of the nominating committee.

Submitted by Esther Hart, Administrator  
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## **Membership Renewal**

Memberships fees are now due for 2014. For your convenience we have included the membership renewal and participation forms on the next pages.

Please complete a new participation form even if you have done so recently. We want to know what your current interests are for areas of participation.

Thank you.

## **CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING GUIDELINES FOR MEMBERSHIP Renewal**

1. Attendance at our services.
2. A strong desire to participate in our community demonstrated by attending services and getting involved as a volunteer and/or by giving your financial support.

Our Mission Statement says it well:

"We are a supportive community of spiritual discovery. We are a gathering of unique individuals, exploring and allowing our diverse expression of belief. We respect the interconnectedness of all life. We welcome all who are willing to commit themselves to participating in our collective creation. Together, we share our sacred place, this adventure ... this celebration!

Please complete the membership renewal application at the bottom of this form.  
Your annual \$10.00 membership fee is due before the AGM in April.  
Your continued membership is based on your active participation in our community.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_  
Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail (optional) \_\_\_\_\_

Please indicate your birthday: Day \_\_\_\_\_ Month \_\_\_\_\_

Amount enclosed with application: \$ \_\_\_\_\_ (Rcvd. by Treasurer \_\_\_\_\_)

Please include me on the community contact list. \_\_\_\_\_

Check what you would like to have listed:

Name \_\_\_\_\_ phone \_\_\_\_\_ home address \_\_\_\_\_ email address \_\_\_\_\_

### **Church of Truth – Community of Conscious Living Participation Information Form**

The Board invites you to consider how you want to participate and the benefits you wish to receive from your participation in the Church of Truth – Community of Conscious Living.

Please complete the form below. (check all that apply)

Participation

Sunday morning greeter \_\_\_\_\_

Coffee serving/cleanup \_\_\_\_\_

Provide Snacks for after service \_\_\_\_\_

Gathering/putting away music and order of service \_\_\_\_\_ Flowers

\_\_\_\_\_ Maintenance \_\_\_\_\_

Children's Program \_\_\_\_\_

Other \_\_\_\_\_

## Areas of Interest/Expertise

Spiritual Directions Committee \_\_\_\_\_

Choir/Music \_\_\_\_\_

Meditation \_\_\_\_\_

Workshops \_\_\_\_\_

Moderator \_\_\_\_\_

Speaker \_\_\_\_\_

Fundraising/Functions \_\_\_\_\_

Other \_\_\_\_\_

## Benefits

Please share anything you would like the Board to know about the benefits you wish to receive from this community. (Please use the back if more space is needed.)

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Name: \_\_\_\_\_

Phone Number \_\_\_\_\_

Email address:

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## Why We Sit

Here at the Church, each Monday to Friday morning from 10am to noon, there is a group that meets to share only silence. We just sit. That's it.

The simplicity of what we're "doing" can never be overemphasized. We maintain our focus on uncontrived, non-conceptual sitting meditation. We simply express the Moment (call it whatever you wish—God, Existence, Consciousness, Awareness, Life, "I") exactly the way it is. We're simply being together, and we don't add anything extra to this endeavor. Nothing needs to be said and nothing needs to be done. This is our Practice.

At a certain stage in the spiritual seeking life, one comes to realize that the "missing link" one hasn't yet explored in depth is one's own Silence. It's a funny thing. We can spend decades moving from book to book and technique to technique in our longing for the truth. Nothing is wrong with this, as it is all part of a natural process of learning, deepening and confirming we're "on the right track." We take heart in the great teachings of the sages and are encouraged by our spiritual communities. Soon enough, what we become most interested in is the essential nature of reality—which must be identical with my own nature—as the unbounded, cosmic, indivisible, imperishable source of

everything. We come across the affirmation (in books, teachings, ah-ha moments) that this is what reality actually is, and we wish to empirically confirm it, inside, for ourselves.

This is a stage of great maturity. If we already have an established quiet Meditation Practice, our only job is to keep refining it by making it more and more simple, more and more “hands off,” with less and less interference of whatever concepts we have accumulated. If we have not yet begun our daily practice of observing silence and stillness, we decide it’s time to get down to business.

If I want to be intimately in touch with what “I” already am, I have to be willing to sit without saying anything about what I am, what you are, what God is, what Enlightenment is. I have to be willing to just be here without tampering in any way. Totally quiet. I have to have great faith in the fact that the Magic that’s spinning my billions of cells in this moment has to be the same Magic that’s spinning all the billions of galaxies in all directions everywhere, because it’s all happening at once. This is not esoteric or metaphysical hearsay. It’s the truth. With this understanding, I Sit. I am no longer interested in what concepts my thought process has to offer me about this, or what someone else said or a book said. I’m interested in the whole Big Picture here and now, which is automatically and spontaneously self-evident in untouched silence.

This is also known as “Self-Inquiry.” In Silent Sitting, we inquire into the true nature of reality. We inquire into what “I” am. We recognize and become devoted to what has always been and can never-not be. Becoming stronger at not getting involved in the antics of the thinking mind when we meditate, becoming more curious and attentive and humble, our practice will expand and deepen eternally. We will know with total conviction: I am infinite, boundary-less, complete, all-inclusive, much more than just “my body” and never separate from any other body. There is no end to this discovery. We sit to know ourselves as this. With this knowledge we live in peace.

Submitted by Sally Ross

### **WANTED: Good Used Clothing for Children (ages 4 to 13)**

Blessings to All,

I will be leaving for Tanzania on May 17th this year to volunteer teaching English at an orphanage. The orphanage has asked me if I could bring good used clothing for their children. The temperature ranges from 10 to 30 degrees so sweaters or light jackets would be good. If you can't bring the clothes to church, I will be glad to pick them up.

Phone: 250-382-3079

Many Thanks,

Maureen Nicolson



## L o v e

The feeling of connectedness we run from - for fear of becoming one. Becoming lost. Naked or undone.

The desire to move towards what makes us feel joyful, happy, alive and euphoric. The warmth and softness of intertwined, chemically attracted essences. Hoping to be seen and fearing it at the same time. Wanting to be needed and fearing they might become needy. We might become needy.

Love is letting go of fear; trusting in the process. Knowing we won't lose ourselves; believing we might find ourselves.

It can cause us to fear getting burned from the heat but it's ever so hopeful the fear is gone. It's passionate and positive, knowing that things are so right in the moment we may never want to return to earth but we always do, finding balance in the mundane.

Love is ever changing; supporting and encouraging one another to be the best we can be. It's friendship that has ignited. Companionship. Someone to play with. Love is a touch so gentle it honors our Divinity. It shows us what we need, what we are worthy of. It takes us to places we never thought we would go. It feels like magic, allowing us to dance on air. Can induce tears of sheer joy as it reminds us why we are here.

Love always thinks of the other, arousing a desire to give freely, openly, honestly and generously.

Love is a hug or a kiss that lingers long enough to imprint a feeling. It's knowing when we have made a mistake – and correcting it. Forgiving with the ability to let go of pride and ego.

Love sees deep inside our soul, where our Divinity lies - and senses the kinship. It sifts through our imperfections, celebrates our quirkiness and focuses on the wonderful unique person we are. It feels like home, unlike any place we have ever known.

Moving like waves over a rock it slowly but surely wears down our sharp edges, leaving a smooth finished surface, displaying our beauty while never taking away our strength and power.

Submitted by Tracy Fraser

©2001

## 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><br>250-889-5335   | <b>Ceremonies</b>                                     | <a href="http://www.ceremoniesbydesign.ca">www.ceremoniesbydesign.ca</a> |
| Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings  |   |  |
| <b>Renn Butler</b>   | <b>Consultations/Workshops</b>                        | <a href="mailto:rennbutler@shaw.ca">rennbutler@shaw.ca</a>               |
| Archetypal Astrology Consultations, Holotropic Breathwork Workshops  |   |  |
| <b>Tracy Fraser</b><br>250-661-8365  | <b>Personal Assistant and Companion to Seniors</b>    |  |
| Email: <a href="mailto:tlcpersonalassistant@gmail.com">tlcpersonalassistant@gmail.com</a>  |   |  |
| 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. |   |  |
| <b>Tracy Fraser</b><br>250-661-8365  | <b>Tarot Reader, Spiritual Intuitive and Empathic</b> |  |
| Email: <a href="mailto:divinemisst@gmail.com">divinemisst@gmail.com</a>  |   |  |
| 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.   |   |  |
| <b>Tracy Fraser</b><br>250-661-8365  | <b>TLC Love Centered Healing</b>                      |  |
| <b>For You and Your Furry, Feathered &amp; Other Friends</b>   |   |  |
| Email: <a href="mailto:divinenisst@gmail.com">divinenisst@gmail.com</a>  |   |  |
| Spiritual Intuitive, Empathic, Healing Practitioner. Gentle, non-invasive, miracles. References available on request   |   |  |



**Lynn Goodcare**  
250-642-2882

**Life and Love Coach**

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

**Stephen Graves Computer Service**  
778-677-7597

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

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