



## THE LIGHTHOUSE

MAY 2014

### **Inside:**

**P2 Who We Are**

**P2 Board of Directors**

**P2 Spiritual Directions  
Committee**

**P3 Sunday Service  
Schedule**

**P4 Sunday Service  
Schedule & Editorial con't**

**P4 Happy Birthday**

**P4-6 Oneness Wednesday  
Schedule**

**P7&8 Our Place Breakfast**

**P9 Used Clothing Wanted**

**P 9-11 Community Services  
Directory**

**Contact:**

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

## EMERGE AND SEE

As we enter into a profusion of flowers and blooms, we are opening to ever increasing LIGHT...the light that ignites Life and Renewal, the Light that helps us SEE more clearly the path ahead, the Light that reveals our inner state of Being. That we are One with the Light. That we are Light.

The Light reveals to us the Emergency-see of a world in need, a world and people in many states of distress and suffering, and we are called upon to express our Love. To extend our hands, offer our care, and respond to the call of the Soul...to Love...It is in this, that we are born again....in Service to the Heart of All.

With all new beginnings comes the need for a strong foundation, a fundamental need to know oneself, and an honest assessment of our strengths and weaknesses.

Our foundation has its roots in our past, revealing our life's journey, our joys and sorrows. With all change and renewal comes a time of reconnecting to our Source, our wellspring of Life, and from therein rebuild our self and life. How may we best serve ourselves and each other, providing a common ground, a healthy foundation upon which we may move forward together into the greater Light? What are some of the essential needs of a healthy state of being, spiritually, mentally, and physically?

On May 18, Leona and Cyril (who will be celebrating their 60th wedding anniversary this summer) will share how they spent three years in Tanzania, Africa volunteering with a development project and experiencing community life in many ways. They lived with others who were also volunteering their time, both lay and religious folk, and worked with and "partied" with people who were native Tanzanians. Their experiences in these "communities" were at times vastly different and led to a wide range of feeling responses: isolation and frustration to belonging and deep appreciation. They will share stories from their time in Africa with us, as they share what values in action brought them into community and a sense of purposeful life.

Continued on page 4

The Lighthouse May 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.

Church of Truth – Community of Conscious Living  
Sunday Service – 11:00 am

Working for you  
Your Board of Directors

|                                  |                 |              |
|----------------------------------|-----------------|--------------|
| President                        | D. Joan Thomas  | 250-721-4054 |
| Past President                   | Roland Guenther | 778-433-4386 |
| Vice President/Secretary/Rentals | Esther Hart     | 250-896-5933 |
| Treasurer                        | Ron Rayner      | 250-474-2715 |
| Outside Maintenance/SDC Liaison  | Stephen Graves  | 778-677-7597 |
| Inside Maintenance               | Dancing Wolf    | 250-418-0694 |

Your Spiritual Directions Committee

|                 |              |
|-----------------|--------------|
| Don Morris      | 250-580-2121 |
| Moneca Gabriel  | 250-891-9002 |
| Colin Lee       | 250-514-1270 |
| Peggy Muncaster | 250-370-0187 |
| Troi Leonard    | 250-532-3442 |
| Laura Lane      | 250-474-9938 |

Community Care Liaison – Lorna Rennie 250-361-2079

Newsletter—Deborah Hawkey Email [dbhawkey@gmail.com](mailto:dbhawkey@gmail.com)

# SUNDAY SERVICE SCHEDULE FOR MAY

## May Theme: EMERGE AND SEE

### May 4      **Foundation**

Coordinator:      Troi Leonard  
Moderator:        Laurence Bell  
Meditation:       Laura Lane  
Speaker:           Lynn Gordon  
Greeter:           Ella Brown

### May 11     **Eye of Illumination**

Coordinator:      Moneca Gabriel  
Moderator:        Moneca Gabriel  
Meditation:       Pauline Karch  
Speaker:           Jennifer Tennant  
Greeter:           Sanjara Omoniyi

Jennifer Tennant-- Moved to Victoria in 2003 to begin a new life on a spiritual path; and was Ordained in 2010 by the International Alliance of Churches of Truth. She is committed to divine service to inspire and empower fellow congregants; and seeks to unite all people in one divine Consciousness of Love, Peace, Harmony and Grace. She is on the Board of Trustees at Unity. Her talk is entitled Epiphany to Coherence.

### May 18     **Sharing the Treasure – What values in action bring you community?**

Coordinator:      Laura Lane  
Moderator:        Lorna Rennie  
Meditation:       Junie Swadron  
Speakers:          Leona and Cyril Lane  
Greeter:           Colin Lee

### May 25     **Community Service: Walking the Beauty Path**

Coordinator:      Don Morris  
Moderator:        Laurel Circle  
Meditation:       Don Morris

Question: How can I add beauty to my walk in life?

Come enter into a rich, meaningful discussion about living with beauty.  
"The perception of Beauty is nutrition for the Soul; the creation of Beauty is exercise for the Soul; the living of Beauty is fulfillment for the Soul

Continued from page 1

From Leona's book, "*In a Sun scorched Land: An African Experience*", Leona writes "We've developed good relationships with our staff and it is hard to leave them. They held a short ceremony of goodbye in one of the classrooms. A note of sadness hung over all of us. Laurenti and Kimome spoke on behalf of everyone, thanking us for what we had done for them. They smiled as they presented us with gifts of carvings and cloth, but their smiles did not reach their eyes. Cyril responded by referring to them as our African family and told them that they had taught us much more than we had taught them. "We will never forget you," he said....(Tamaeli) was silent for a few moments and then said in Swahili, "You are going away and I am grieving." There was no greater accolade that we could receive. "Yes, Tamaeli." we replied, "we are grieving too."

Submissions by Troi Leonard and Laura Lane SDC

## HAPPY BIRTHDAY

We Celebrate with YOU!



|                 |        |
|-----------------|--------|
| Roland Guenther | May 18 |
| Cedona Holly    | May 21 |
| Marie Logan     | May 29 |

## ONENESS WEDNESDAY IN MAY

Church of Truth

111 Superior St.

7:30- 9:00 p.m.

**May 7, 14, 21, & 28**

**May 7**

### **The FIVE LOVE LANGUAGES**

*with Moneca Gabriel*

Have you ever wondered how it is that you can communicate easily with one person; and not with another?? Discover your own love language and hold a

priceless advantage in the quest for love for another spouse, friend, colleague, family member!! You will leave the interaction at the session aware of your language and others. Help each other feel truly loved.

**May 14**                      **The FOUR MAIN PERSONALITIES**  
*with Moneca Gabriel*

Which of these statements do you relate to most?

I am well organized and keep everything in its proper place

It's difficult for me to express excitement even about something that's really important to me

When I shop at the mall, it's not unusual for me to forget where I parked the car

I get annoyed when others don't follow my instructions

Each of us have strengths and when we discover them, we can improve and correct our weaknesses that come along with each. You will be engaged in a discovery about yourself and others; and then understand others by understanding yourself.

Moneca has been a Life Coach for over 30 years and promises an evening of interaction and discovery

**About Moneca Gabriel**

Moneca Gabriel, MSW, is a certified and passionate Life coach who has spent over 30 years coaching and leading workshops. She has been a teacher-trainer in Kenya for 4 years; on International staff as a Team, Management and Leadership facilitator for 15 years; and has volunteered with Landmarkworldwide since 1982.

Moneca's purpose in life is to have people live in unity from their SOUL selves; and she promises to bring out the best in each of us.

She is in the LIFE Leadership business-Living the LIFE you've always wanted. It is a revolutionary self-discovery system that each person customizes and personalizes to one's own goals and needs. LIFE members are compensated 72% of the profits.

Moneca is proud of her two sons and daughter; and is enjoying being a 'young' grandmother of 3 grandsons and a granddaughter.

## **FLYING: Healing Meditation in Movement: Moving Into All That We Are**

*with Nance Thacker*

**May 21&28**

Become skilled in the healing practice of flying and manifesting the future that is your heart's desire, to live your best life, for the benefit of yourself and your community.

Flying opens our loving, compassionate heart to break the chains of old, ill-formed thought patterns that no longer serve us, and release them with ease.

The truth of our full potential emerges and we bring it into the present through the flight.

**You will learn:** Flying, a meditative movement (done to Hawaiian music) from Hawaiian Temple Bodywork; the power of intention from a Huna perspective; the art of Active Dreaming to the beat of the drum and, Ho'oponopono - forgiveness practice.

**Wear:** Comfortable clothing that allows easy movement, material to use as a sarong/pareo to wrap around ones waist (optional)

**Preparation:** Spend a few days working with and refining the intention you want to bring into the present and be ready to state it clearly in one sentence.

**Bring with you:** something for the altar we create together - photo of family member(s), poem, inspirational writing/book, crystal, something that represents people, pets, spiritual mentors/teachers (living or dead), projects, flowers, water, rocks etc. blanket, eye covering, journal/paper and pen,

**Attend one or both. Participation on May 21 isn't a pre-requisite for May 28.**

### **About NANCE THACKER B.A., Dipl S.T., C.H**

I learned the flight (a foundational practice for Lomi - Hawaiian Temple form of bodywork) in 2005 from my Lomi teachers Harriette Sakuma and Birgit Reichman who have given me permission to share it. They, and Kahuna Harry Uhane Jim (Lomi Lomi) showed me the wonders of Huna, the power of heart-filled intent, love and the magic workings of the universe, and Ho'oponopono (forgiveness).share these practices and teachings with heart-filled gratitude. I have been a teacher of dreams since. For over 37 years I've taught the healing and creative art of dreamwork to individuals and groups.

For more information contact Nance at  
nancethacker10@me.com or 778-350-4995  
Website: <http://awakeningchoicedreams.ca>

## LINKING UP WITH OTHER COMMUNITIES

As you know, our Church of Truth Community gathered together during January's "Oneness Wednesdays" to have a serious look at our goals today and to look at what we would like to see as our goals in the future. Most of us expressed a wish to see a stronger link with communities in the greater Victoria area who were different than our own church community, be they other spiritual disciplines, minority cultural groups or underprivileged people.



We spent time in the January meetings trying to decide exactly how to approach other communities. Because of my connection with Our Place and my view that most patrons of Our Place would hesitate to come to us, for they see us as a "successful & rich" group of people with no real problems, I posed the idea to our Board of Directors of possibly sponsoring a meal for the patrons of Our Place. Within a very short time, the Board "ok'd" the money--\$375.00 for breakfast—provided that there were enough volunteers willing to commit to serving the meal.

Finding enough volunteers was easy, for several people at the January discussion groups indicated a wish to help. Consequently, we had seven volunteers (we needed 2-7 volunteers to make this project fit the Our Place guidelines) show up at Our Place Society from 6:45 a.m. to 8:30a.m. Our Place cooks would cook sausages and pancakes; we would pay for it, serve it, and help with cleanup. In addition, we had 2 potential volunteers on backup who had been sick and were not yet fully recovered.



Another volunteer was out of town that week. Imagine, we had enough volunteers without even asking members of our church community who had not been present at the meetings in January!

Here are the comments from our church's volunteers:

"A very positive experience and I was honoured to represent the church to serve over 400 wonderful people. All the staff and volunteers seem to work very hard and stay positive. I'd do it again, for sure!"

“I found it a good experience and the tour afterward particularly informative. I was amazed at the numbers of people who come & provide services for no charge to family members [the patrons of Our Place] and their animals.

“What a great way to contribute to those less fortunate (on a material level at least) as well as connecting with fellow C.O.T. members. I would do it again in a heartbeat.”



“Our Place is so well run with pleasant, helpful, compassionate and informative volunteers (over 400). This was a rewarding experience for me.”

“I found it to be a very positive experience. All the guests seemed to really appreciate the pancakes and sausages, there were lots of thank you’s and smiles. I felt it was a well-run experience.”

“I really enjoyed the experience. Sign me up for the next breakfast.”

From my standpoint, our volunteers were all on time and worked hard. Even though 2 of them had jobs to go to right after their volunteering, they did not let us down. I really appreciated their cooperation and I hope that we can do it again.

Regarding the volunteers, Our Place patrons, once they become sober and reliable, can become part of Our Place’s volunteer brigade. For example, once a month, when I bring our fruit at 9 a.m. for the nutrition bar, I look for a volunteer each time to pack in the large, heavy box of fruit while my husband waits in the car (parking becomes a big problem outside the facility after 9 a.m.) The volunteer cheerfully helps me. Frequently a patron, standing by the entrance and whom I mistake for a volunteer, will say “Oh, I can help with that,” and I follow him in with our donation, saying where the fruit comes from once a month.

Unfortunately, there are many more hard-core homeless people who have been banned from Our Place because of their extreme behaviour. Rev. Al Tysick, who advocated for this the first Executive on to service those members of our society who have nowhere else to live but on the streets. His present non-profit organization is called *The Dandelion Society*. Submitted by *Jennifer Hastie & Lorna Rennie*



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**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

**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><br>250-889-5335<br>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><br>Archetypal Astrology Consultations, Holotropic Breathwork Workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Consultations/Workshops</b>                     | <a href="mailto:rennbutler@shaw.ca">rennbutler@shaw.ca</a>               |
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**Tracy Fraser                      Tarot Reader, Spiritual Intuitive and Empathic**

250-661-8365

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

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

778-433-4386

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

email: [roland@victoriahomeopathy.com](mailto:roland@victoriahomeopathy.com)

Roland is specialized in helping people with severe chronic diseases.

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**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)  
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[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  
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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.junieswadron@hotmail.ca](mailto:www.junieswadron@hotmail.ca)

