



THE LIGHTHOUSE

MAY 2014

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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.

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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

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 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*



are many more hard-people who have Our Place because of behaviour. Rev. Al advocated for this the first Executive on to service those society who have but on the streets. His organization is called *Society*. Submitted by *Rennie*

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.

NAME	SERVICE	CONTACT INFO
Susan Blackwood 250-889-5335 Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings	Ceremonies	www.ceremoniesbydesign.ca
Renn Butler Archetypal Astrology Consultations, Holotropic Breathwork Workshops	Consultations/Workshops	rennbutler@shaw.ca
Tracy Fraser 250-661-8365 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.	Personal Assistant and Companion to Seniors	

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Email: divinemisst@gmail.com

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email: 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

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
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
Specializing in Reno’s, Decks & Alterations

Michelle Pedersen **Make-up Artist**
For make-up consults and pricing please email me at
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

