



Inside:

P2 Who We Are

P2 Board of Directors

**P2 Spiritual Directions
Committee**

**P3 Sunday Service
Schedule**

P4 Happy Birthday

**P4&5 Oneness Wednesday
Schedule**

**P5-7 Community Services
Directory**

Contact:

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

COMMUNICATION in COMMUNE-I-TY

The key to a successful and creative life lies in our ability to communicate clearly and concisely, our ideas, intentions, and goals. Every aspect of communication carries a message in itself, whether it be in the form of a design, words spoken or written, a color, number or symbol, a song, movement touch or glance. Even our energy emission (aura) is sensed by animals and sensitive, intuitive people, picked up as a scent or feeling, determining safety or threat.

Without communication to create and recreate the world we live in, we simply would not exist, forming the bonds that define us as individuals, family, and humanity.

Without a doubt, one of the most important means of gathering knowledge and understanding of our selves and each other is determined by the relationship we have with our bodies. It is said that the body doesn't lie and that the 'truth' will emerge one way or another. In honoring the body both as a vehicle and as a temple, and through the 'art of listening', we find that the answers we seek in the heavens and the stars are not as pertinent and revealing as the mysteries incorporating the Spirit, Soul, and Body....the greatest of which is LOVE.

All of us have had experiences with "grating" or difficult conversations. While some people embrace these conversations with ease, many more of us shy away from them. Avoidance can bring instant relief, but over time it damages both ourselves and our relationships. On June 22, Sheahan, speaking from her experience will share ideas about the "dos" and "do nots" when having challenging conversations, and how to set the groundwork for deeply transformative conversations that shift the experience from hurtful to heart-ful.

Everything we do, and all that we are, has an effect in the world, be it ever so subtle. Like a stone thrown in a pond, we create ripples that go outward. Our "Affect" or way of presenting our-self has "Effect", or operative influence, in creation. Hmmm. What are miracles and how do they aid communication? This and other questions will form the basis of our discussions at our Community Service on June 29.

By Troi Leonard, SDC

The Lighthouse June 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 JUNE

June Theme: COMMUNICATION in COMMUNE-I-TY

June 1	Body and Soul	
	Coordinator:	Troi Leonard
	Speaker:	Lisa Gunderson
	Moderator:	Marvelous Trudeau
	Meditator:	Lisa Gunderson
	Greeter:	Patti Huot
June 8	Great or Grating Conversations	
	Coordinator:	Don Morris
	Speaker:	Sheahan Letondre
	Moderator:	Daniel Ouimet
	Meditator:	Ella Brown
	Greeter:	Paul Monfette
June 15	Sacred Economics	
	Coordinator:	Moneca Gabriel
	Speaker:	Lisa Helps
	Moderator:	Bob Winkenhower
	Meditator:	Pauline Karch
	Greeter:	Joanne Wilkinson
June 22	Ripple Affect: Looking Beyond the Physical	
	Coordinator:	Peggy Muncaster
	Speaker:	Gale Gray
	Moderator:	Jennifer Sagar
	Meditator:	Gale Gray
	Greeter:	Elsie Mary Palaquin
June 29	Miracles: Community Service	
	Coordinator:	Colin Lee
	Moderator:	Patti Huot
	Meditator:	Pat Miller
	Greeter:	Gisele Bechard

What are miracles and how do they aid communication?
This and other questions will form the basis of our discussions.

HAPPY BIRTHDAY

We Celebrate with YOU!



Pauline Karch	June 2
Maureen Nicolson	June 8
Catherine Dennison	June 8
Maria Escudé	June 11
Laurence Beal	June 21
Joy Emmanuel	June 22
Junie Swadron	June 22
ZsuZsa Harsman	June 27

ONENESS WEDNESDAY IN JUNE

Church of Truth

111 Superior St.

7:30- 9:30 p.m.

June 4, 11, 18 & 25

extended time during June

Literary Cabaret, Victoria's Got Talent & Summer Dance Party
with Junie Swadron. Author, Writing Coach, Workshop Facilitator &
Psychotherapist

June 4 **Literary Cabaret**

A good story is one of life's greatest simple pleasures. Whether you are a fan of fiction, nonfiction or poetry, this evening is sure to delight. Join us for two hours of listening to talented writers and poets.

June 11 **Victoria's Got Talent**

With the talent search open to acts of all ages, "Victoria's Got Talent" is bringing the variety format to The Church of Truth by showcasing an array of performers -- from singers and dancers, to comedians, jugglers and magicians.

June 18 **CELEBRATING THE SUMMER SOLSTICE**

With Betsy Nuse

Litha, Midsummer and St. John's Day are all names associated with Old European festivals at the astronomical event of summer solstice. This time of year has been celebrated in many ways for many, many generations. What meanings can we take

- from both the season and from these old traditions - for ourselves, today?

We'll consider and celebrate - through movement and reflection - how we can more closely align ourselves with the world around us at this time, as we're surrounded by warm air, long days, short nights, greenery and flowers.

We'll gather first indoors, but then spend some time outside in park adjacent to the church before returning indoors to end the evening. Please bring appropriate footwear/hats/sweaters or jackets!

*****Betsy Nuse is a student of sacred/circle dance, gardening/permaculture, poetry and wisdom traditions.

June 25 Summer Dance Party with Junie Swadron
Hey Victoria...Are You Ready...for a Summer Dance Party?!!!
Boogie the night away to all of your favorites. Come in costume if you desire.

Contact Junie via email: junie@junieswadron.com

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,	Personal Assistant and Companion to Seniors	

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

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.

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Tracy Fraser **TLC Love Centered Healing**
250-661-8365 **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

Lynn Goodcare **Life and Love Coach**
250-642-2882

www.openingtolovenow.com

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

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

email: 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

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 - 813-0183 **& Psychotherapist** www.junieswadron@hotmail.ca

