



THE LIGHTHOUSE

JULY 2014

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TIDES OF THE SOUL

In all natural rhythms and cycles, there is a consistency of change, and as with all change, we are gently reminded or forcefully propelled to acknowledge this movement as a natural and inevitable process of living and life.

It has been said that the personality is disposed to follow the path of least resistance. The Soul's goal, however, is to find its way home. What does that look like? Sometimes it means facing our most difficult challenges, and other times, living life with awareness, joy and compassion. We find the path of enlightened consciousness.

The choices we make within the tides of the Soul cannot be ignored, for they have the power to change our lives. We learn to listen to our inner wisdom.

Join us on July 6th, for JOY RISING. In the warm balmy days of July our spirit soars, our beingness percolates joy! Joy makes us sing and praise! Today's service brings different perspectives and life experiences together inspiring us to be ourselves, the joy we are! Special "channeled" musical performance by Joseph Martin.

On July 13, we look at CELEBRATING LIFE. There are many forms and ways in which to celebrate life, music and dance standing foremost in providing both an increased level of vitality and health, as well as stimulating our inner passions to become a much needed energy boost towards our creative expression. We are hoping to activate your spontaneous joy button as the men's group lead us into the 'Groove.' Please feel open to bring an instrument of your choice and participate.

Submitted by Peggy Muncaster, SDC

The Lighthouse July 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 JULY

July Theme: Tides of the Soul

July 6

Joy Rising

Co-ordinator: Don Morris
Moderator: Lynn Gordon
Meditation: Sanjara Omoniyi
Speaker: Joyanna Wilkinson
Greeter: Peggy Muncaster
Special musical performance – Joseph Martin

July 13

Celebrating Life

Co-ordinator: Troi Leonard
Moderator: Stephen Graves
Meditator: Men's Group
Speaker: Men's Group
Greeters: Men's Group

July 20

Healing Humanity

Coordinator: Moneca Gabriel
Moderator: Hendrik de Pagter
Meditation: Jennifer Sagar
Speaker: Moneca Gabriel
Greeter: Sanjara Omoniyi

July 27

COMMUNITY SERVICE

"YOUR drop in the bucket makes all the difference!"

Coordinators: Colin Lee & Laura Lane
Moderator: Paul Monfette
Meditator: Renata Shaw
Greeter: Jim Bennett

Renata Shaw is a singer-songwriter and will be presenting her own composition.

Community service question to ponder:

What can I do to enhance my ability to sense and feel the heart of others?

HAPPY BIRTHDAY

We Celebrate with YOU!



Robert Winkenhower	Jul-12
Susan Blackwood	Jul-13
Elizabeth Morris	Jul 17
Victor Van Buskirk	Jul-25

Will You Miss Oneness Wednesdays This Summer?

I will!

So, I would love to meet for peaceful Walking Meditations at the beautiful James Bay Labyrinth in Irving Park on Wednesday evenings in July & August from 7:00 – 8:00 p.m. These drop-in, informal & free opportunities in the great outdoors will support personal exploration of this ancient meditative practice. The quiet, back corner of the historic park at 250 Menzies St. (next to the New Horizons) is surrounded by lovely cherry trees & many huge heritage trees. You can complete the Labyrinth in 20 minutes or longer, as well as walk it several times if you choose.

Renee Lindstrom, multi-skilled teacher of many Oneness Wednesday classes & webhost of “Labyrinths of Victoria” will join us & contribute her expertise at our first Irving Park Labyrinth Walk on Wednesday, July 2. She has also kindly passed on 2 resources:

From www.labyrinthsociety.org A labyrinth is a single path & tool for personal, psychological and spiritual transformation. Labyrinths are thought to enhance right brain activity.

From www.laurenartress.com “The labyrinth is a sacred pattern, an ancient mystical tool that can help us quiet the mind and create a space for self-reflection and prayer.

Labyrinths are usually in the form of a circle with a meandering but purposeful path, from the edge to the center, large enough to be walked. The labyrinth is an archetype, a divine imprint, found in most religious traditions in various forms around the world. It is a spiritual practice meant to awaken us to the deep rhythms that unite us to ourselves, our communities and to the Wisdom that beckons.” See you there!

Submitted by Pat Miller

Book Review: Dying To Be Me (Anita Moorjani, Hay House, Inc., 2012)
—reviewed by Rev. Greg Skala

It is a rare find when a book comes one's way that seems to be both excitingly speculative and sensibly practical. Anita Moorjani's account of her Near Death Experience and of the new, relaxed attitude of self-acceptance that she now practises in her life have made her book just such a double treasure for me.

Born in Singapore, and then living most of her life in Hong Kong, the author was raised in the Hindu religious tradition. As a young adult, she worked in sales and distribution for a French fashion accessory company, a job that gave her opportunities to travel extensively. She was happily married, deeply devoted to her other family members, and an energetic lover of life when, in 2002, she was suddenly shocked by a cancer diagnosis.

Not quite four years later, her doctors and most family members assumed that her death was imminent. On February 2, 2006, she lapsed into a coma, and Anita's husband was counselled that she had only a few hours to live. Amazingly, thirty hours later, she woke from the coma, and even more amazingly, she felt and announced that her bout with cancer was over.

Incredulous doctors put her through extensive tests even though Anita felt sure that her healing was complete. The unfortunate side to the medical follow-up was that she was apparently subjected to tests and therapies she no longer needed; the positive result, though, was that there are now extensive medical records and corroborative testimonials from formerly skeptical doctors to substantiate the author's claims and to provide further inspiration for those of us now able to read this amazing story.

What mechanism enabled Anita Moorjani's healing? Her own belief is that, during her NDE, she experienced an epiphany causing her to love herself unconditionally and to forgive others and herself totally. In my own opinion, that simply-stated but all-too-rare mental accomplishment is as magnificent as her speedy restoration of physical health.

Looking back to her life before her NDE, she writes: “. . . I was a victim of circumstances rather than the creator of my own life.” Now, recognizing that lessons learned during her thirty hours of NDE were of vital personal importance, she states: “. . . the cancer itself wasn't the enemy . . . it was in fact my body's way of trying to heal me.”

I do not know whether that amazing conclusion would be the right one for every human being. I do know that reading Dying To Be Me has motivated me to change my thinking about many events in my own life that I formerly regarded as “enemies” and to start focussing instead on positive lessons they might yield for me.

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	Ceremonies	www.ceremoniesbydesign.ca
Weddings, Funerals, Celebrations of Life, Divorce, Retirement, Baby Namings		
Renn Butler	Consultations/Workshops	rennbutler@shaw.ca
Archetypal Astrology Consultations, Holotropic Breathwork Workshops		
Tracy Fraser 250-661-8365	Personal Assistant and Companion to Seniors	
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.		
Tracy Fraser 250-661-8365	Tarot Reader, Spiritual Intuitive and Empathic	
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.		
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
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

