

## **PREPARATION**

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September's theme directs us into the depth of our being to create a sacred inner space, a vessel for a wonderful "holy birth/rebirth" of our higher spiritual Self. Though our higher Self desires this, our ego doesn't, for it is afraid of the "void". One of the best things we can do is to practice greater self-observation as well as 'amping' up our positive, can-do, can-be, all that we can-be nature. Be assured all our good work will lead us ever more deeply into a life of "living love" and exemplary service.

The process of preparation is similar to cleansing a house for a new tenant. Clutter and tired energies need to be removed allowing for freshness and lightness. It's about making an inviting womb/home/space.

Self-defeating patterns need to be "rooted out" so beautiful "virtues" of our soul may enter, take root and grow healthfully!

Cleanliness, order and organization have their appropriate places yet to be fully prepared we need to "get on" with the work of self-nurturing. Try experimenting with "returning to simplicity," and finding a safe, special place to practice deepening of stillness in!

Difficulties arise when we become overwrought with worry over existential concerns and start acting bossy and controlling to satisfy our wanton need to have everything "just right." Yet, no worries... for we already possess the right amount of love and inner fire to be "perfectly gentle" with ourselves and others. We can, yes we can... let go of the need to justify/defend our actions and find the lovely, harmonious inner rhythm which keeps us calm and peaceful.

So let's "get into" preparing for this coming holy birth/rebirth of Self by being a little bit more gentle with ourselves and commit to strengthening our meditation, self-observation and prayer life! In doing so we'll GET that our "beautiful, caring Mother of All" is always at our side!

My gratitude to Troi for his guidance in helping me compose this message.

Submitted by Don Morris SDC

The Lighthouse September 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
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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 SEPTEMBER

## September Theme: Preparation

### September 7      **Letting Go of Perfection ~ Judgments**

Co-ordinator:      Troi Leonard  
Speaker:            Brian Martin  
Moderator:        Troi Leonard  
Meditation:       Stephen Graves  
Greeter:            Marvelous Trudeau

### September 14     **Accepting Our Innocence**

Coordinator:       Laura Lane  
Moderator:        Sanjara Omoniyi  
Meditation:       Laura Lane  
Speaker:           Gale Gray  
Greeter:            Paul Monfette

### September 21     **Stepping Into the Light**

Coordinator:       Moneca Gabriel  
Moderator:        Junie Swadron  
Meditation:       Michael Heaney & Moneca Gabriel  
Speaker:           Jennifer Tenant  
Greeter:            James Bennett

### September 28     **Community Service Dissolution of Reality - The Birth of Oneness**

Coordinator:       Don Morris  
Moderator:        Dancing Wolf  
Greeter:            Elizabeth Morris

This is something we're all working at - becoming more connected to Spirit - seeing life through the eyes of Oneness - not allowing ourselves to be separate from anything. Dancing Wolf will pose questions for you to explore how to better connect with Oneness as well as to realize what is holding you back.

**September 7** As the mother of Virgo is preparing herself to give birth to the Christ Child, that is, the Soul of the Self...the mind is to be cleared of all assumptions and judgments of any kind, releasing oneself of all acts and deeds related to the past and based on the idea of “perfection”...in itself an illusion of reality.

Judgments of having sinned, fallen short of ones expectations (missed the mark), hopes and dreams...may now be...let GO off, accepting your Life in the NOW, just as it is, cleared of old outdated belief systems, accepting yourself without having to be perfect, without the need to control the people or situations in your life.

One of the most important parts of this process is to be completely honest with yourself, using your keen mind and sensitive heart to find the answers to your particular challenge, remain open and involved, play, laugh more...and occasionally bend some rules without harming others. Allow fantasy and love to be your playmates.

**September 14** One instrument in the toolbox of "The System" is "The Guilt Trip`. We grow up in a culture of blame. Something is always our fault - or we point the finger at someone else. Is this healthy? Is there something that can replace this old paradigm for a more effective way of running our lives? Let us take a look at accepting our innocence.

Gale Gray – Gale was a Nuclear Engineer but became a Mystic, He uses the didgeridoo to accelerate change and is known for making the esoteric simple and easy. Recording as Doctor Gale, his CDs are available on iTunes and Amazon. He lives in Poulsbo, Washington and has conducted spiritual seminars and workshops for 28 years. To learn more about Gale and his work, visit [SerendipitySeminars.com](http://SerendipitySeminars.com)

**September 21** About Jennifer: She 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.

**HAPPY BIRTHDAY**

We Celebrate with YOU!

Ella Brown September 23



## **Oneness Wednesday Update:**

Once again, Oneness Wednesday's will be starting up after the summer hiatus..... What offerings will this year bring? Who will be willing to come forward and play on the edge of who we continually invent ourselves to be? Will it be you?

Over the years since Oneness Wednesdays have come into being as the inspired idea of Linda Chan and Pat Miller, there have been a wide variety of offerings. We have invited meditation and circle dance and chi gong; explored the decline of patriarchy, and attended Death Cafés and flying sessions. We created labyrinths to walk, sacred ceremonies, and more, much more!

This coming season's presenters promise to be just as varied and dynamic with a return by our Writing Diva, Junie Swadron kicking off in September, followed by labyrinth and medicine-circle exploring with Renee Lindstrom in October.

November will bring a follow-up to the Death Cafes with a further exploration of end-life preparedness strategies with everyone's favorite Death Mid-wife, Don Morris. Susan Blackwood will lead us the first three weeks of December with an exploration of the symbology that was put into creating the physical structure of the Church of Truth. She envisions physically activating the original symbology that was used to create the space - a perfect sacred activity for finishing up the calendar year. Renee Lindstrom will help us bring in the New Year's energies with a December 31 labyrinth walk focused on manifesting our goals.

We are continually open to new suggestions and feedback, of course - let's dialogue!

Oneness Wednesday's are offered on a free or by donation basis with half the monies collected going to the COT and the other half going to church outreach. Running from 7:30 – 9pm on Wednesdays with the possibility of an extension, they are an excellent way of fostering community and sending goodwill out to the broader community.

Please join us in our sacred space, 111 Superior St by Fisherman's Wharf. Help send streams of Love, Joy, Peace and compassion to this beautiful planet, our home.

Be at Peace.

Submitted by Peggy Muncaster and Paul Monfette

## ONENESS WEDNESDAY IN SEPTEMBER

with **Junie Swadron**

111 Superior St. in James Bay

7:30 – 9 p.m.

Free or by donation

- September 10**     **Re-Write Your Life - A Sacred Path to New Beginnings**
- September 17**     **Your Voice on the Page Becomes Your Voice in the World**  
For those who have ever considered writing a book, blog, play,  
or lyrics
- September 24**     **Resurrecting the Beauty, Intimacy and Elegance of Letter Writing**

### **Bio**

Junie Swadron is the author of *Re-Write Your Life, A Transformational Guide to Writing and Healing the Stories of Our Lives*. She is also a Speaker, Psychotherapist and Writing Workshop Facilitator. You can also find her at the BC Schizophrenia Society where she works part time as a Peer Support Worker and certified WRAP (Wellness Recovery Action Plan).

Junie loves the ever growing opportunities that allow her to inspire people to live their passion, creativity and highest potential.

Junie will be offering her writing workshops this fall and can be reached at:  
junieswadron@hotmail.ca    www.junieswadron.com

## 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>
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