



THE LIGHTHOUSE

OCTOBER 2014

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DYNAMIC BALANCE

Our monthly theme contains two very powerful processes...the intrinsic action necessary to maintain a constant state of balance. Balance doesn't just happen...the ebb and flow of Life's pulse resides in everything, and the effort it takes appears to be one of the most challenging of dilemmas.

With the sign of Libra...the Goddess of Justice and Truth, we are deeply stirred to assess our life's purpose and present state of being...everything is weighed on the scale of the Soul's indifferent and compassionate knowing...our very Lives, thoughts, emotional and physical expression, are now 'revealed' by the angel of Karma...Cause and Effect...and we are asked to make a 'Choice'....

So let us reflect...and in 'due course'...make that choice...

Submitted by Troi Leonard, SDC

If—

BY RUDYARD KIPLING

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be TIRED by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,

Con't on page 3

The Lighthouse October 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

Con't from page 1

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Poem submitted by Colin Lee, SDC

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October 5 Evaluating My Life

There are certain times in the life of our human journey, when we have to face ourselves and re-evaluate our identity, our purpose, and our direction in life.

Often these times are brought about by a 'crisis' of some sort...or they may be imbedded as a natural rhythm of growth and evolutionary change...a crossroad is ahead.

We are bidden to respond to a deep 'inner calling'...and seek out the source of the unrest...we may leave our normal routines, struggle with an illness, go on a prolonged journey, take 'time out' from our present relationships, meditate, journal, or seek answers in our dreams...all are though...as a reflecting mirror, held up to 'oneself'...as a time of Choosing.

If one is earnest and sincere in this process, the resultant changes will become a platform for a more fulfilling, creative and Soul infused Life.

October 12

Esther is a long-time member of the Church of Truth and has served in many roles during her years with us, including President of the Board of Directors. We are very fortunate to have her back again to speak to us from her truthful heart and her brilliant mind. She is an

Inspirational speaker, a published writer and supportive coach, “always encouraging other to trust their own knowing.” (from her Website authorssolutions.com) She has authored two highly recommended books about life, “Journey to Personal Freedom” and “The Giggle Factor: A Grownup Fairytale.”

Esther is a true testament to a woman who “walks her talk.” She blesses us with her insightful awareness, as she shares her true life stories, always revealing a deep and meaningful truth about life. This Sunday she will share her experience and thoughts on “Embracing Chaos: Finishing Old Cycles.” Come and hear what surprises she has to share on this thought provoking topic.

October 19

Junie Swadron is a psychotherapist, author, International speaker, workshop facilitator, writing coach, and a devoted advocate for mental health. Her greatest passion is helping people find their authentic voice and expressing it. For over 20 years she has been working with individuals and groups using writing as a profound creative/cathartic healing tool.

Junie is passionate about assisting writers to become authors. Her motto is:

"The sweet whisperings of your soul meet you on the page and something shifts. You strengthen. You begin to stand taller and one day you notice that your voice on the page has become your voice in the world."

Dear Community of Conscious Cleaners

It is that time again when we spruce up the Church inside and out. Always a fun time while doing the things that maintain the integrity of our Sacred Space. We will have a Potluck Lunch break at 12:30. This is a rain or shine event.

For further info email Dancing Wolf at 1heart@telus.net

Submitted by Dancing Wolf



HAPPY BIRTHDAY
We celebrate with YOU!

John Hutton
Bernadine Sperling
Greg Skala
Lorna Rennie

October 8
October 10
October 16
October 26

SUNDAY SERVICE SCHEDULE FOR OCTOBER

October Theme: Dynamic Balance

October 5

Evaluating My Life

Co-ordinator: Troi Leonard
Moderator: Chris Bullock
Meditation: Troi Leonard
Speakers: Arie Lade, Bob Winkenhower & Sanjara Ominiya
Greeter: Linda Chan

October 12

Embracing Chaos: Finishing Old Cycles

Coordinator: Laura Lane
Moderator: Laura Lane
Meditator: Marie Logan
Speaker: Esther Hart
Greeter: Linda Chan

October 19

Harvest Time

Coordinator: Moneca Gabriel
Moderator: Moneca Gabriel
Meditation: Pauline Karch
Speaker: Junie Swadron
Greeter: Colin Lee

October 26

Community Service: The Beauty of Balance

Coordinator: Colin Lee
Moderator: Hendrick De Pagter
Meditation: Arie Lade
Greeter: Shari Adamson

Symmetry, order, balance, chaos, harmony, peace, destruction, growth and development, murder and mayhem, happiness, sadness,...A stick with only one end, the sound of one hand clapping.... Crazy, impossible....hurt, pain, suffering.....

...to everything there is a season.... Turn, Turn, Turn.

What do workers gain from their toil? V.10, I have seen the burden God has laid on the human race. V.11, He has made everything beautiful in its time. He has also set eternity in the human heart; yet[a] no one can fathom what God has done from beginning to end. V.12, I know that there is nothing better for people than to be happy and to do good while they live. V.13, That each of them may eat and drink, and find satisfaction in all their toil—this is the GIFT of God. V.14, I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that people will fear him.

Ecclesiastes 3: 9-14

Can we find the 'Beauty of Balance' in our lives?

ONENESS WEDNESDAY in OCTOBER

With Renee Lindstrom

111 Superior St. in James Bay

7:30 – 9:30 p.m.

Free or by donation

Renee Lindstrom of Inside Awareness, will be presenting 'The Beauty Path's 4 Aspects of Self.' This will begin on the first Wednesday that is the eve before "World Empathy Day" with a community outdoor candlelight Labyrinth Walk. The consecutive Wednesday's will move indoors into the Church of Truth's beautiful sanctuary.

The indoor events will begin by shifting focus to a Medicine Wheel from the Labyrinth. The Medicine Wheel is a traditional Peoples reflective walking pattern that has been adopted by Canada's West Coast Tribes from our Plains Tribes. We are happy to have Nicole Mandryk, a Metis Songstress sing for us and pay tribute to our first Peoples of the land in James Bay where the Church of Truth is located. This will be followed by an elder of the Church, Stephen Graves, who will open the Medicine Wheel and call in the four directions.

At the next two Wednesday's in October the focus of attention will shift from conscious movement to mindfulness as we begin to explore each quadrant of the Medicine Wheel's four aspects of self: mental, emotional, physical and belief. We will sit in a talking circle of respect and friendship.

On our last Wednesday evening together in October we will integrate our personal experiences of the Medicine Wheel into experiencing a labyrinth walk. It will begin by laying a labyrinth together to create and hold the space. This will be followed by walking our pathway to the heartbeat of our month-long experience together.

October 1 - 7:15 – 9:30 pm CANDLE LIGHT LABYRINTH WALK

Location: Irving Park: on the corner of Menzie's and Michigan Streets

On the eve of World Empathy Day (International Day of Nonviolence) join a community Candle Light Labyrinth Walk.

October 8 Beauty Path: Calling In the Medicine Wheel

October 15 Beauty Path: Exploring 4 Aspects of Self: Mental & Belief

October 22 Beauty Path: Exploring 4 Aspects of Self: Physical & Emotional

October 29 Beauty Path: 4 Aspects of Self While Walking a Labyrinth in Community

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

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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.

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Sales & Marketing, Career Coaching, Websites, Desktop Publishing, Resumes & Cover Letters

Cedona Holly Spiritual Counsellor/Meditation Facilitator

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www.EternalOneness.org

www.whitelionschildrensbook.org

Gillian Huot

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Pauline Karch

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Laura Lane

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