



CELEBRATE!

Inside:

P2 Who We Are

P2 Board of Directors

**P2 Spiritual Directions
Committee**

**P3 Sunday Service
Schedule**

**P4 Sunday Service
Information**

P5 Happy Birthday

**P5&6 Oneness Wednesday
Schedule**

P6 Letter from Moneca

**P7&8 Meditation Article
P8 CD&Songbook Release
Event**

**P9 Gift Giving Season
P10 Christmas Day Pot
Luck**

**P11-13 Community Services
Directory**

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

This is the season to celebrate in community with the sharing of food, ceremony and music. A meaningful event, steeped in cultural history and spiritual affirmation is generally the core of it. Resonance can be found with private introspection and alignment that brings joy/love/peace to the beholder, the community, the world.

Dare we say Christmas, Hanukkah, Festival of Lights, Winter solstice, New Year's Eve?

Certain celebrations are deeply tied into the rhythms and cycles of nature and the cosmos. They include the changing of the seasons, the coming of a comet, and the earth and stars in their rotation. These are times of festivity – donning your raiment, taking up your instruments and candles, lighting up your spaces. Now we are called together, or we take personal time to meditate and pray...giving thanks to all life, each other, the love of family and friends, the Soul, God...and God's creation.

Take the time to be still, share a poem, a word or deed of gratitude ...and Celebrate.

An excerpt from Rumi:

“We are the night ocean filled

with glints of light. We are the space

between the fish and the moon,

while we sit here together.”

Submitted by Peggy Muncaster, SDC

The Lighthouse December 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

December 7 Peace on Earth, Goodwill Toward Men

Today we look through the eyes of a Muslim woman for an Ismaili perspective on celebrating this season and bringing peace to the world.

Coordinator:	Peggy Muncaster
Moderator:	Moneca Gabriel
Meditation:	Stephen Graves
Speaker:	Karima Ramji
Greeter:	Elsie Mary Poliquin

December 14 Light

Don will speak on the Jewish holiday/celebration of Chanukah and its deeper meaning for all people.

Co-ordinator:	Don Morris
Moderator:	Bob Winkenhower
Meditation:	Susan Blackwood
Speaker:	Don Morris
Greeter:	Peggy Muncaster

December 21 Winter Solstice

Co-ordinator:	Troi Leonard
Speaker:	Troi Leonard
Moderator:	Brian Martin
Meditator:	Laura Lane
Greeter:	Paul Monfette

December 28 Community Service: A New Thought Burning Ceremony Letting Go of the Past; Celebrating the Future

Coordinator:	Moneca Gabriel
Service Leader:	Jennifer Tenant
Meditation:	Norm Smookler
Greeter:	Linda Chan

IF you are brave enough to say GOODBYE life will reward you with a new HELLO

**Question for the community conversation:
What are you celebrating NOW for the future?**

Norm Smookler is an extraordinary ‘sounds’ man using many instruments and sounds to guide us into a deep state of relaxation and inner silence.

For a FREE download of Norm’s Bass Flute Meditation: www.normsmookler.com/

=====

December 7--Karima Ramji is a Canadian Ismaili Muslim. Born and raised in East Africa, she moved to Canada in 1986 and has been a resident of Victoria since 1996. A proud mother of 2 wonderful children, Karima keeps busy with raising her family and managing a fulfilling career as International Coordinator at the University of Victoria's Co-operative Education Program and Career Services. She looks forward to sharing her story about what peace means to her.

Naz Rayani will also be a special guest at this service. As a goodwill ambassador for the Muslim faith, he has organized many visits from Victoria to the Burnaby mosque.

December 21--Some might say, oh, what a relief...the longest day of darkness is now past, and with each dawning day the light will increase as we await the coming Spring. The Christians have taken the ancient ceremonial events of the Celts and Druids...changed a few days, and recreated a more familiar version of the ‘Birth of the Christ Child.’

The deeper mysteries related to this worldwide event were harbored by a chosen few and reawakened at the cyclic time of ‘Winter Solstice’.

The sacred tree in a sacred grove was beautified with the gold and silver rays, and with all the colors of the rainbow woven amongst the fronds. Many hand-made artifacts and baked designs were hung in celebration...and the Angel and Star were placed in crowning glory.

Overshadowed by Gabriel, the Archangelic messenger and protector of all mothers giving birth (the Divine Feminine)...the Earth...Mother Gaia released the hidden seed of Light from body and womb. The ancient ritual was celebrated with Songs and Dance of Joy ...the Soul is born again...the heavenly choruses set the tone...as we hope for Harmony and Peace on Earth. The Son/Daughter of Humanity comes forth of our ‘True Self’ ...the Soul.

HAPPY BIRTHDAY
We Celebrate with YOU!



Jack Hyatt	December 15
Colin Lee	December 26
Sanjara Omoniyi	December 31
Gordon Thurtson	December 31

ONENESS WEDNESDAY in DECEMBER

111 Superior St. in James Bay

7:00 – 8:30 p.m.

Free or by donation

Beginning in December, Oneness Wednesdays start at 7:00 and end at 8:30.
There will be no Oneness Wednesday gathering on December 17 & 24.

There will, however, be a New Year's Eve "Bringing in the Energy" celebration Wednesday December 31st that will go from 7:00 through midnight. Stay tuned for more info as it develops.

December 3 Buddhist Teachings and Meditation on Developing Compassion with Rebecca Hanson.

During this Holiday season, we will very likely spend time with people who seem to "push our buttons." How can we develop compassion towards them? The main obstacle to developing compassion for all living beings is the feeling of dislike towards others. We cannot have compassion towards all beings while we continue to feel glad to meet some people and irritated or annoyed when meeting others. This 90 minute class will contain several brief guided meditations as we examine how we can begin to change our perspective and discover how developing compassion can make an improvement in all our relationships.

Rebecca Hanson is a member and a senior teacher with Bodhichitta Buddhist Centre, a registered charity and member of the worldwide New Kadampa Tradition. Rebecca has taught in many venues, including the Wednesday morning and Saturday morning courses at Bodhichitta Buddhist Center. She is currently the branch teacher for the Centre's Thursday night Meditation Classes at James Bay. Rebecca draws from both her meditation experiences and her life experiences to make her teachings clear and meaningful.

December 10 An evening of Reiki with Jack Hyatt and Peggy Muncaster

December 17 & 24 Winter Break

December 31 - (7:00 - 12:00+) A Heart Centered New Year's Eve Celebration with:

*Circle Dancing with Betsy Nuse

*Year End/New Year writing workshop with Junie Swadron

*Creating a heart labyrinth of colourful fabric and candles with Renee Lindstrom, and walking it with love and joy

* A potluck finger food feast and time to mix, mingle & celebrate

Dear Church of Truth Members:

It is 4 days since I had my first homeopathic session with Roland and I am still laughing!!

I 'thought' I had understood that the first visit entailed a 'trusting therapeutic relationship' being established and was beginning to feel SOO many feelings about being COMPLETLEY heard. BUT why does he have to ask me so many questions about my family history etc., besides, I wanted him to give me a remedy for my chronic cough which, by the way, had disappeared, so I was debating in the back of my mind that I wasn't going to pay \$400!! And now, especially, because he hadn't addressed my cough ... he had already spent 2 hours with me!! I was mixed up!!

Up came a pregnant pensive pause and he looked at me and said, "I don't have a remedy for you!"

OMG-- after this comment, I was already going through a lot of conversations in my head and now this: there is no hope for me; he has taken a long time and now nothing ; should I give him only \$100 when he has spent so much time with me; WOW, I have not ever been listened to like this before!!

Another pregnant pause and he said, "What I recommend for you is either in Austria or England. So I will order it " -- OMG again: I almost cried: he didn't have to go through his fee; I immediately wrote him a check for \$400 (silly me: I postdated it for a week 'cuz maybe I will change my mind and cancel the check! LOL, LOL)

I kind of knew what Homeopathy was about and didn't; I was truly heard; Dr. Roland knew something that I didn't know!!

Since I saw him, I have read the book on Homeopathy that he gave me. I feel so healed. What can I say? Dr. Roland is a gift! I thank God that I recognized it!!

Submitted by Moneca Gabriel

What is Your Meditation Practice? Let's Learn From Each Other!

I want to express great gratitude to Jim Bennett for contributing an inspiring article on his unique, very personal Meditation Practice & Prayer in the Nov. Church Newsletter. We all know that meditation & prayer can be powerful life tools for achieving inner & outer peace, clarity & wisdom. I find it amazing how each person I speak with about meditating has an entirely different practice that is as unique as each one's finger print.

My personal intention & quest this year has been one of aspiring to & engaging in the practice of almost-daily Silent Sitting & Meditation. I feel great gratitude for the opportunity to finally have achieved the first rewarding steps of my goal - by joining in with the supportive, gentle Silent Sitters Drop-in group here at Church every weekday morning between 10:00 & 12:00! Sometimes I manage to sit for about an hour & other times, for a half-hour. I remember to thank myself each time for attending, no matter how long or how satisfying my time was that day. Research shows that new habits, both good & bad, are formed after 21-30 days of repetition.

My preparation for meditation time involves settling & focusing myself in a very different way from Jim Bennett's! I usually use these 5 simple & effective suggestions from Neuropsychologist & Mindfulness Teacher, Dr. Rick Hanson, author of "Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom":

1. Bring awareness to the sensations of breathing or, a pleasant phrase - set an intention to stay with it for a few minutes.
2. Relax, breathe deeply a few times; relax your jaw, tongue & eyes.
3. Develop a feeling of safety & comfort, think of supportive people in your life, sense your own strengths... lower your guard towards life.
4. Open up to feelings of simple well-being & encourage gentle feelings of happiness, gratitude & positive emotions to fill you up.

5. Get a sense of your awareness being like boundless, infinite space or sky, with no edges. A panoramic sense develops of experiences arising & passing in the vast space of your awareness.

Rick Hanson explains the fascinating Neuroscience of what actually changes & grows in our brains during each of these 5 stages of meditation at the following website:

<http://www.noetic.org/noetic/issue-nine-april/self-directed-neuroplasticity/>

Do yourself a favour & read the Interview with him. It's only about 4 pages long & you will be amazed at what your brain is capable of doing!

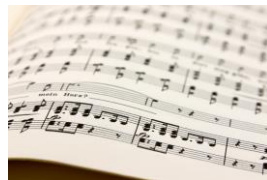
I would love to hear about other people's meditative techniques & practices. By sharing what works for us in our Newsletter, you can be inspired & learn new ways of "coming home to yourself".

Thanks, Jim, for getting the ball rolling on this important topic.

Namaste, Pat Miller

LOVE IS FOR EVERYONE

CD and Songbook Release Event



Let the bells ring out and the banners fly, Brian's 13 song CD has finally arrived. Come celebrate the occasion on Sunday, Dec. 14 from 1 to 4pm in the Sanctuary. It will be an Open House format interspersed with live performances by Brian and Laura.

A portion of the proceeds from CD and Songbook sales will be donated to the Victoria Sexual Assault Centre.

Refreshments will be provided.

Contact Brian at 778-430-1872 or martinlex@shaw.ca

Gift Giving Season



For several years the Board, on your behalf, has contributed Thrifty Smile cards for the hampers for single families at the James Bay Community Project (JBCP). We will do so again this year.

Instead of collecting gifts for the children of these families, the JBCP would like to give gift cards to the Mayfair Mall. For the next few Sundays we will have a basket available if you wish to contribute cash toward the gift cards.

For many years we have also supported Our Place with a cash monthly donation. This year they are appealing to us for help with gifts. The appeal is below. If you wish to participate, please feel free to take your donation directly to Our Place.

Thank you for your generosity.

COT Board of Directors



OUR PLACE SOCIETY

ANGEL GIFT PROGRAM

Would you like to be an “Angel” and enhance Christmas for the Our Place Family?

The Angel Gift Program has been in existence for 12 years with coordination passed from hand to hand. Our Place outreach workers gather names of Our Place Family members who may not otherwise receive a Christmas gift. This list is passed on to the coordinator and then to the contacts who find the “Angels”

Collectively this is what has been accomplished over the recorded history:

2008	975 gifts
2009	975 gifts
2010	925 gifts
2011	925 gifts
2012	852 gifts
2013	803 gifts

The Angels include 19 churches, 1 school, 1 group of employees of a government office, and several individuals.

We have seen smaller numbers of Angels in the past two years and hope for additional Angels this year.

- **Suggested gifts:** new clothing (hooded sweatshirt, sweater, fleece vest)
- **Possible supplements:** socks, mitts, gloves, chocolate bar, movie tickets, gift card for a downtown store or coffee shop
- To ensure gifts are equitable we recommend approximate value of \$40.00
- Gifts have a tendency to break open or lose their labels if they are not wrapped and labeled securely. Using ribbon works well.
- Do not use cloth bags or shiny paper. Gift cards do not adhere to them
- Boxes wrapped in festive paper work well.
- Gift bags should be taped closed and the string handles tied together.
- Bows fall off, so do not use.
- Please write the gift number on the gift card in large letters with a heavy black felt-tip pen. Large letters help us to sort and distribute the gifts. The card should be taped to the package securely
- If you wish to include a personal message to the gift recipient please put it inside the gift, rather than on this gift card

Following these guidelines will ensure that ANGEL GIFTS make their way to the intended recipient in the manner in which they were originally wrapped.

For further information contact:

Linda Ryder

angelgifts@shaw.ca

250-818-5445

Christmas Feast



For many years there has been a community-initiated pot luck Christmas Feast at the church on December 25, inviting members of our community along with family and friends.

If anyone in our community wishes to coordinate such an event this year, the Board will contribute up to \$100 for a free-range turkey.

COMMUNITY SERVICES DIRECTORY FOR CHURCH of TRUTH MEMBERS

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
Stephen Graves 778-677-7597 All things PC (and little things MAC) Hardware, software, troubleshooting, networking and web design. \$25.00 per hour	Computer Service	stephen@spiritquest1.ca

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

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

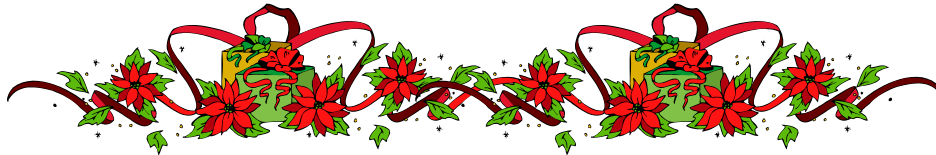
Michelle Pedersen Make-up Artist
For make-up consults and pricing please email me at
sweetpeamakeup@gmail.com

Sharon Schroeder Alternative Healthcare Services 250-661-0072
Healing Energy with Foundation Beauty

Bernadine Sperling Pet Sitting
(drop-in cat visits & James Bay dog walking)

250-384-5721

Junie Swadron Author, Writing Coach, Workshop Facilitator
250 - 813-0183 & Psychotherapist www.junieswadron@hotmail.ca



Happy Holidays