



**THE LIGHTHOUSE**

**NOVEMBER 2014**

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## **ACHIEVING THE IMPOSSIBLE**

As we face uncertainty, how does one begin..???

I look down and see the heading on the newest Common Ground,  
“Who’s gonna Stand Up for the Earth..?”

It dawns on me that we are here to do JUST THAT –  
To Stand Up for the Earth.  
She is our Mother, our Home,  
Our Fields and Streams, our lakes and oceans....  
Our very existence and livelihood...

A voice from within whispers:  
Has it not always been so?...

At the time of greatest crisis we find the answers we seek.  
The Human Spirit and Soul awaken and in their stirring’  
cause disturbances within the field.

The body, physical and energetic/magnetic/electric:  
This is the vehicle within which we theorize  
and fantasize  
a world living in Peace and Harmony....  
Here we can create a peace that begins in oneself and ends in One.

As we meet each other in our living patterns...  
And realize that we are not alone -...  
that we are able to move forward...  
One step at a time.

As we begin to do what makes us tic,  
What makes our Hearts do a Dippedy Do Da -...  
As we feel the sunshine of a smile of another...  
Or the pain of a being in need.

Celebrate your giftedness by sharing it!...  
Sing “The Impossible Dream.”

Achieving The Impossible...  
Is a daunting task - but not Impossible.

Submitted by Troi Leonard SDC

The Lighthouse November 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

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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

**November Theme: Achieving the Impossible---A Daunting Task**

**Nov. 2**

**Aspiration: Desiring to Achieve**

Coordinator: Laura Lane  
Moderator: Brian Martin  
Meditator: Pauline Karch  
Speaker: Jack Hyatt  
Greeter: Marie Logan

**Nov. 9**

**Preparation: Gearing Up**

Co-ordinator: Peggy Muncaster  
Moderator: Patti Huot  
Meditation: Katherine Muncaster  
Speaker: Carole Glenn  
Greeter: Junie Swadron

**Nov. 16**

**Battle: The Struggle to Achieve**

Co-ordinator: Don Morris  
Moderator: Deborah Hawkey  
Meditation: Catherine Denison  
Speaker: Leonard M. Thornton, PhD  
Greeter: Jennifer Sagar

**Nov.23**

**Triumph**

Coordinator: Moneca Gabriel  
Moderator: Dennis Pierson  
Meditation: Sanjara Ominiyi  
Music: Jennifer Sagar  
Speaker: William Geimer  
Greeter: Ella Brown

**Nov. 30**

**Community Service  
The Phoenix Rising... Giving All Achieves All**

Coordinator: Colin Lee  
Moderator: Paul Monfette  
Meditation: Elsie Marie Poliquin  
Greeter: Pauline Karch

## **November 2nd... Aspiration... (Desiring to Achieve)**

To aspire or desire something other than what one experiences is the first step in the process of Achieving the Impossible. Of course impossible really means what I think or others think is not possible. But is it really?

Think of a time when you had a passion or an urge for change in your life: what sort of feelings and thoughts did you go through as you approached the idea that seemed daunting yet full of hope for you?

Did you experience excitement, fear or anger and then back to intrigue and interest...only to return again to disbelief or something else? .What were you believing and what was your state of mind? What if anything helped you open to receiving that which was seemingly not possible?

Jack Hyatt will share with us his thoughts and experiences on this powerful and helpful concept.

Jack is a retired social studies teacher from Calgary, and has lived in Victoria for ten years. He is a Reiki Master, and applies his craft one afternoon a week at the James Bay community Project. He also is a lay counselor, and works out of Esquimalt Neighbor House. He has a married son and daughter in Calgary, and at present, has two and a half grandchildren. He loves the outdoors, and is an avid cyclist.

## **November 9th.... Preparation... Gearing up**

One gathers one's tools as one prepares to tackle our greatest and highest goals  
Carole Glenn's life is steeped in musical tradition. She plays multiple musical instruments and has enjoyed the choral experience from all sides of the podium - singer, composer, arranger, director. She was a high school music teacher for much of her career, and currently sings for hospice patients to smooth the transition experience. Spirit has been her guide always, and she has facilitated many gatherings of like-minded aspirants

## **November 16... Battle: The Struggle to Achieve**

Leonard Thornton is a published author and former Professor of Sociology at UVIC. At Camosun College he developed and taught holistic health and healing courses for 14 years. After settling in Victoria he underwent a major life transformation, started meditating and had some powerful awakening experiences through dreams, visions and meditation. Around the late nineties he discovered and learned the tremendous liberating power of EFT (emotional freedom technique), and became adept at using this to help many.

## November 23<sup>rd</sup>...Triumph

William Geimer is a retired lawyer and criminal law professor. He was one of the original Public Defenders in NC, and later chief counsel for 40,000 migrant farmworkers. While teaching at Washington and Lee in Lexington, VA, he founded what was then the only trial level Centre to assist attorneys whose clients were facing a death sentence. . Now he is a Canadian citizen and has practiced law in Victoria for 7 years. Bill is a second generation paratrooper, veteran of the US 82d Airborne Division- turned peace advocate, and author of the forthcoming "Pierre Burton, Canada, and Other People's Wars." His great grandfather was chief of the Choctaw tribe, part of the Cherokee Nation.

## November 30<sup>th</sup>...The Phoenix. Rising...Giving All Achieves All

In Greek mythology, a phoenix or phenix (Greek: φοῖνιξ phoinix) is a long-lived bird that is cyclically regenerated or reborn. Associated with the sun, a phoenix obtains new life by arising from the ashes of its predecessor. The phoenix was subsequently adopted as a symbol in Early Christianity. While the phoenix typically dies by fire in most versions of the legend, there are less popular versions of the myth in which the mythical bird dies and simply decomposes before being born again.[1] According to some legends, the phoenix could live over 1400 years before rebirth.[2] Herodotus, Lucan, Pliny the Elder, Pope Clement I, Lactantius, Ovid, and Isidore of Seville are among those who have contributed to the retelling and transmission of the phoenix motif.

In the historical record, the phoenix "could symbolize renewal in general as well as the sun, time, the empire, metempsychosis, consecration, resurrection, life in the heavenly Paradise, Christ, Mary, virginity, the exceptional man, and certain aspects of Christian life".[3]

- Wikipedia

Question for the community conversation: Is this myth relevant today? If yes, how does this symbol reveal itself in your life?



*HAPPY BIRTHDAY*  
*We Celebrate with YOU!*

Jennifer Hastie	Nov-3
Katharina Nolla	Nov-11
Elvira Perella	Nov-12
Joyanna Wilkinson	Nov-17
Jayne Gerlach	Nov-21
Deborah Hawkey	Nov-21
Janet Taylor	Nov-24

## **ONENESS WEDNESDAY in NOVEMBER**

**With Don Morris, M.Ed Counseling**

111 Superior St. in James Bay

7:30 – 9 p.m.

Free or by donation

Don, who with wife Elizabeth, kick-started Canada's 1st Death Cafe will debut his latest end-of-life educational offering; a spin-off of the international cafe entitled End-of-Life Conversations. It differs by having guest speakers and a weekly focus at the end of the each session on My Voice, BC's Advance Care Planning Guide. There will be multiple group discussions throughout each evening.

Don's professional background revolves around death, psychotherapy and end-of-life concerns. He is currently co-developing a national online community for death midwifery as well as building an ethical will/legacy letter writing business. As a visionary he is passionate about shedding more light on the wholeness of life, death, and our relationship to Mother Earth. In his spare time he volunteers as a community counsellor at the Esquimalt Neighborhood House.

### **Nov. 5 Ethical Wills/Legacy Letters with Don Morris**

Don, a certified ethical will/legacy letter facilitator, will explain what these heartfelt letters are all about. Included are the whys and how's to write one plus sample writing exercises. For more info: <http://legacies.shawwebspaces.ca>

### **Nov. 12 Advance Directives - Your Wishes for Future Healthcare Treatment with Dawn Dompierre, RN, BSN**

Dawn works for VIHA as an Advance Care Planning Nurse for Seniors Health where she educates the public on advance care planning. Her PowerPoint presentation will walk us gently through this important topic.

For more info: [http://www.viha.ca/advance\\_care\\_planning/](http://www.viha.ca/advance_care_planning/) -&-  
<https://www.youtube.com/watch?v=5BD9yJJdhIQ&feature=youtu>

### **Nov. 19 Buddhist Perspectives on the Afterlife with Rebecca Hanson**

Rebecca, a student of Kelsang Zopa, will speak to us and answer questions on the Tibetan perspective of life after death.

For related info: <http://meditatevancouverisland.org>

Adrian, a retired kidney specialist, believes that mentally competent adults in intolerable suffering should have the right to die. Dr. Fine will attempt to answer some of your most pressing questions.

For more info: [http://www.dyingwithdignity.ca/chapters/pacific/salt-spring-island/inner\\_articles/471.php](http://www.dyingwithdignity.ca/chapters/pacific/salt-spring-island/inner_articles/471.php), -&- <https://www.facebook.com/DWDCanada>

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## **What's with this meditation stuff???**

By Jim Bennett

I have been asked by a COT member to describe my meditation practice. It's simple and does away with a lot of preliminary tasks that some folks see as a necessary routine. It is my way of meditating.

I sit in a comfortable chair, upright, with feet flat on the floor. I close my eyes and take a couple filling breaths. And then observe my mind. Is it on a rampage about something? If it is I just switch to addressing who I want to join me during the meditative time. I will ask the Master Jesus to join me, those Beings of Light and Love who regularly work with me, and then my Higher Self. And anyone else who would like to join us to help raise my vibration.

Some people see a danger here that an entity will slip in that does not have their highest interest at heart. Never had it happen probably because I'm asking for positive energy to help raise my vibration, it is said that they will leave. Or you can ask for protection, simple enough. Right away I ask that those present help me raise my vibration, at that moment. It works nicely if we all start at once. I ask that my vibration be raised, which is my contribution. One can actually do it oneself after a little practice, but it's nice to have the company. You will see why later. When it's me I can feel energy around my whole body.

While I'm buzzing I ask that my Heart Center be topped off with "Divine Love." This is God's Love or Unconditional Love, as one chooses. While we are there, I choose to radiate this same love to all those around me, who joined me for the meditation. This is so they can get Love also. I'm sure they have more than one source.

In the prayer that I submitted a couple months ago to the "Lighthouse" and was included in that issue, there is a sentence that states: "Chord of Love, sing through me into thine own ear." I like doing that and that's why I like the company. I will include that prayer in this article as well; as some readers brushed it off as only a poem. One can also radiate love to the rest of the globe at the same time, if one chooses.

I then ask that I enter my place of stillness. It is a place where I observe my mind as having no thoughts. There are no images, just a blank wall of grayish/blackish/whitish hue. And I sit there and look at it. If it starts to have some images I gently bring the blank wall back. There is no amount of time I keep the blank wall. However this place is important

because this is the time when God's Grace is able to flow through to you unimpeded by limiting thought forms. When I want to move on to something else, I do not express or verbalize gratitude, I feel the gratefulness or gratitude emotionally.

The next is asking to feel God's, Christ's, Spirit's, Source's, Divine's, Presence's presence (take your choice). Which I feel as an emotional welling up. As our bodies are only shells filled with Christ and the Divine, we are able to feel Its presence once we accept that that's the Truth. I will stay focused on this feeling as long as I choose. It is not Jim writing this text, it is the Divine that dwells within me. Like, man, closer than breath.

Practice, Practice!!!

The next is asking my Higher Self to have a little chat. If there are some issues I would like to discuss. This discussion is very much like talking to one's better half. Mine comes as verbal words; for others it may be visual or other. I may get confused with what is being expressed and ask for clarification or I may just drop it until later. I have to watch myself because I ALWAYS want to know the future and I won't get it. If I do, I ask that my aura and energy field be cleared of unwanted entities. And I also ask for protection so I can get on with the chat. Usually about this time, about 30 to 40 minutes into my meditation, my mind starts to fall to pieces and then it's time to stop.

A word on the Prayer of Jesus!

The Lord's Prayer we all know, at least about, was given by Jesus 2000 years ago as an example on how to pray. This Prayer of Jesus is channeled and is a prayer given by Jesus as a modern prayer for modern times, also as an example. I pray it every morning, it describes as I want to be! This is a prayer in poetry form. Love you, Jim

## **THE PRAYER OF JESUS**

God of my being, Seed of my reality,  
I open myself inward to You.  
Shine upon me. Feed me life.  
Trickle to me love from the center wells of Your light.

Light of Lights, I open my eye to You.  
Light me, and light through me Thyself,  
that through my being the center Light may light Itself.  
For Thy light is my home.

Core of Love, — Gatherer of all into One,  
stretch out Thy boundaries to encase me,  
that I may lose myself in the folds of Thy tenderness.  
Chord of Love, sing through me to Thine own ear,  
that the sound of the One may resound through me  
and find its rest again in the One.  
For Thou art all me, and I am all Thine.

Thou art the rock upon which I stand,



and the wind upon my face.  
I cannot look anywhere without seeing Thee my God:  
nor can any look upon me without beholding  
Thy shell, O God.

Tune me. Fill me. Grind me to powder, and form me.  
Uncreate and recreate me at this moment,  
that I may know the hand of God in its action.

Energy of all that is,  
leave me not still, but vibrate through my being.  
Loosen me from all things static.  
Loosen me. Melt me. Pour me into Thy waters.  
Stir me in with Thee. Stir me up with my brothers.  
Drink me, and give me of Your cup.  
For I am Thee and Thou art me;  
the Father is the Son and the Son the Father.

Center me home in the Center, as though I never strayed.  
Father of fathers, I have come back — home.  
I fall into You.

Submitted by Jim Bennett



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