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## THE POWER OF MOTHERHOOD

Eternal Love is the Keynote of Motherhood

The gift of Motherhood cannot be understated for in the months of gestation the unborn child is provided for and nurtured in ways that to this day remain a mystery. It is the first of many acts of selfless sacrifice which shape and form the rest of our life. We also know that in many cases this time period can be fraught with pain, anguish and uncertainty, even rejection. Yet it must be said that the Soul chooses the bearer and caretaker no matter the circumstances. The Mothers' of Humanity who give birth to humankind's future hopes and destiny belong to the Divine Mother of the Earth and share in her role as custodian of all kingdoms residing upon and within her.

Submitted by Troi Leonard, SDC

**July 5** Part of the power of Motherhood can involve the topic of moving through fear and insecurity and emerging as a more loving, reflective, and confident human being. However, this journey can also be painful, causing long-term trauma and personal difficulties. This week, three women from our community sit as a panel sharing their experiences and insights regarding this important topic.

**July 12** One of the most beneficial of gifts provided for by Mothers everywhere is the feeling of safety and security in her arms, breasts and environment, as primary caregiver in the first of the formative years, demonstrating and developing the needed trust to step out into a larger world and learn to heed ones 'inner voice,' and feelings.

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The Lighthouse July 2015  
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	Stephen Graves	778-677-7597
Past President	D. Joan Thomas	250-721-4054
Vice President/ Secretary	Sanjara Omoniyi	778-433-4386
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Chris Bullock	250-384-8241
Colin Lee	250-514-1270
Marvelous Trudeau	250-384-2563
Troi Leonard	250-532-3442
Jack Hyatt	250-592-1422

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# **SUNDAY SERVICE SCHEDULE**

## **July Theme: The Power of Motherhood**

**July 5**

### **Moving Through Fear and Insecurity**

Coordinator: Jack Hyatt  
Moderator: Peggy Muncaster  
Meditation: Elsie Mary Poliquin  
Speakers: D. Joan Thomas, Deborah Hawkey & Joyanna  
Wilkinson  
Greeter: Sanjara Omoniyi

**July 12**

### **Creating a Loving Environment**

Coordinator: Troi Leonard  
Moderator: Moneca Gabriel  
Meditation: Sanjara Omoniyi  
Speaker: Sanjara Omoniyi  
Greeter: Paul Monfette

**July 19**

### **Taking Care of Business**

Coordinator: Marvelous Trudeau  
Moderator: Catherine Denison  
Meditation: Marvelous Trudeau  
Speaker: Sister Patricia Shreenan  
Greeter: Elsie Mary Poliquin

**July 26**

### **Giving Birth to Love: Community Service**

Coordinator: Chris Bullock  
Moderator: Moneca Gabriel  
Meditator: Ocean Flo  
Greeter: Marvelous Trudeau

Continued from page 1

A mother's love has no boundary, as she will fight 'tooth and nail,' giving her life for the protection of her family. In her role as guide and mentor, she becomes a consummate psychologist (the care and practice of the soul), as she prepares the children of the world in the art of living responsibly, caring and caretaking of self and each other, fair play and fostering openness of expressing thoughts and feelings honestly.

“She is a master of making a temple out of a cave.”

It is important to add that the 'Mother Consciousness' is represented and meant to be equally present in males and females alike, especially those males that have truly adapted/evolved in being open to their feminine side. We now see more souls incarnating and demonstrating a highly sensitive balance of masculine and feminine energy flow expression. - Troi Leonard

**July 12** Sanjara has 3 children, two step-sons and five grandchildren. Coming from Germany she feels blessed to live in Victoria and is an active member of the Church of Truth. Her mother recently remarried at age eighty.

**July 19** Patricia Shreenan, M.Ad.Ed. Patricia was born in Portage la Prairie, Manitoba and resides currently in James Bay. Sister Patricia is a Sister of St. Ann. Certified for Spiritual Direction, she received family relationship training by Virginia Satir and in Enneagram Studies by Helen Palmer and David Daniels. From 1995 until its closure in 2012, Patricia facilitated numerous workshops for adult learners at Queenswood Centre on Arbutus Road. Presently Patricia teaches life-enhancing relational choices to school, civic, and church adult groups seeking emergence from deadly relational practices. She responds to individual requests from those willing to practice deliberate awareness of their "package-deal" gifts of person to make choices that close the gap between theories and actual practices of life-enhancing relational choices.  
Website - [www.atwitsendislandnet.com](http://www.atwitsendislandnet.com)

**July 26** Wisdom says that when a child is born, two other people – the parents—are born; all three come into a new world. In this community service small groups will discuss giving birth to love from various experiential perspectives.

*HAPPY BIRTHDAY*  
*We Celebrate with YOU!*



JULY

Robert Winkenhower	July 12
Susan Blackwood	July 13
Dancing Wolf	July 25

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## **Member Exchange Network**

Be available to offer a helping hand to fellow members by “opting in” to the Member Exchange Network, our community-wide email support system. Post personal requests for yourself or on behalf of another.

Just choose to “opt in” on your annual membership form.

Contact: [memberexchangenetwork@gmail.com](mailto:memberexchangenetwork@gmail.com)

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## **A note of introduction from Pat Miller before you read Ella's perceptive writing:**

The magical time of Solstice is fast approaching on June 21 and walking a labyrinth presents a perfect, reflective opportunity for honouring the longest day of our year.

Therefore, on Wed., June 17, Renee Lindstrom will be leading us for Oneness Wednesday, in the creation and walking of a special Labyrinth in our Sanctuary. Ocian Flo will also grace us with her crystal bowls and sacred sounds for this amazing, unique evening.

On May 31 before Junie Swadron's Sunday Writing Workshop, several participants walked the labyrinth in Irvine Park on Menzies St. Afterwards, we walked back to Junie's home, wrote about the experience and then shared it aloud. In just 20 minutes of free writing, Ella Brown had encapsulated a profound, personal labyrinth experience! Since it is soon Solstice time, she agreed to share her piece with everyone. Thank-you so much, Ella! We look forward to the publishing of your new book.

"I'm standing at the entry point of the labyrinth, contemplating its various twists and turns. The goal, of course, is to reach the center. It strikes me that there are no short cuts here.

I am to follow a given path until - PRESTO! - a sudden twist will set me off in a whole new direction. I proceed. To me the labyrinth represents life. The sharp turns are major events, i.e. marriages, births, job changes, moving, deaths, etc. All at once I'm walking on a different path - which feels far removed from reaching the center. These twists start to feel like interruptions, distractions and obstacles. I think of the saying: "Life is what happens when you make other plans." How true.

Then, at last when I think I'm close to my goal, the path veers sharply away from it and I find myself walking on the outer edges of the labyrinth far, far away. How could this happen? I wonder. Ironically, it is this path that finally brings me to the center. Feeling triumphant, I stand there for a while, contemplating the trees, grass, sky, people passing by. Then it's time to go back.

Again, I'll have to take the same circuitous route to leave the labyrinth. What's the point of that? I've done what I set out to do. Why can't I just cut across and avoid all those crazy making twists and turns?

Hmm . . . maybe there's a purpose to all these annoying obstacles. Perhaps they enable me to revisit past events and to view them from a different perspective. I review. What have I learned along the way?

Here's a question. Do we make our life's journey solely to reach a goal, or is the journey itself the point? Perhaps the center is just a resting place. Only when I have learned the lessons can I return to the entry point and begin my next incarnation!"

by Ella Brown

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### **The Twelve Blessings**

We have probably all seen books on daily affirmations and blessings, which can be helpful. Years ago I came across the book, The Twelve Blessings, which were given by the Beloved Master Jesus through Sir George King in London in 1954, over a period of twelve weeks. These were powerful, cosmic blessings. In giving blessings this way, one links head (third eye, intention, thought) with heart (feeling, esp love) and hands (directing energy, service), allowing the energy to flow down from the I AM Sun of Being, into the crown chakra and out the heart and hands. Conscious blessing is actively being an energy receiver and transmitter, for the good of the world around us.

In my own book, The Book of Blessings, I make the bold statement that our purpose here above all is to be and express the blessing we are; we are blessed and we are a blessing. I then express the three primary blessings, from which all others flow:

I AM blessed and I am a blessing; I AM a blessing to everyone and everyone is a blessing to me: I bless all of creation and all of creation blesses me.

As I expressed it, true blessing is the process of joyfully sharing yourself and your life-energy with the world around you!

When I know and feel my true Inner Being, I know that I am intimately connected to the awesomely whole and beautiful Universe that is within and all around me. As I truly come to know and feel this, blessing becomes as natural and effortless as breathing. Learning to think in terms of blessing and being a blessing is perhaps

our greatest challenge, because unless we feel and know our inner connection to our Being and to life, we will not feel we are much of a blessing. In my book I endeavor to help rectify this and encourage the feeling and knowing that: you are blessed and you are a blessing!

In my next installment I would like to expand further on these ideas and, hopefully, encourage everyone to enjoy more the sharing of their life-energy with the world.

The fuller meaning of Aloha, as I understand it is: I joyfully share my life-energy with you! Until then, Aloha! :)

Submitted by Leonard Thornton Ph.D

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## **The Circle**

Envision, if you will ... a circle ... representing All That Is and the journey of One.

The infinite circle of life.

In the beginning a dot in the center, yet was there ever a beginning?

As when a pebble is dropped in the center of a pond and begins its journey radiating outward.

Will it ever fill the circle, reach the outer rim?

What is its journey? Expanding awareness?

Awareness of self? Awareness of All That Is?

In "Sacred Geometry" (the study of the way that spirit integrates into matter), the circle represents the Spiritual realm.

If we want to commune with Creator, experience has shown that it helps to be in the right environment. Spiritual seekers from the Neolithic builders of the stone rings in Britain and Ireland (and many more), to Egyptians, Hindus and Native Americans, through to Christians, found that by constructing their sacred places using certain geometrical ratios - just a small handful of them - they could more easily connect with their Maker.

Loving Circles:

Self-empowering, nurturing, fostering the understanding

of our World

and

Who We Are

## **An Invitation**

This is the first in what will be a short series of essays on talking circles and their significance for the Church of Truth. This month we start with an introduction to circles. The intention is that this month's essay will be followed by essays on the COT Men's Circle, the COT Talking Circle, an essay on the medicine wheel, and, finally, a concluding essay exploring the contributions circles do and could make to our Community of Conscious Living.

We would like as many voices as possible to be represented in these essays, and so we invite people in the Men's Circle (deadline for submissions, July 15) and people in the Talking Circle (deadline for submissions, August 15) to contribute their ideas to those essays, and church members in general to give us their feedback on talking circles in relation to our Church, feedback we will incorporate in the final essay.

## **From Origins to Politics**

In our imaginations, we see our ancestors, hundreds of thousands of years ago, sitting in a circle around a protective fire at night, telling stories, conveying tribal history, teaching the children, relating the day's events and discussing what tomorrow might bring.

We don't know how "democratic" this endlessly repeated evening event might have been, but we do know from sitting in circles that no one is before, behind, above or below. Each point in the circle is as important as any other. That is the inherent nature of a circle, an endless point moving in orbit around its centre. It starts nowhere and ends nowhere, starts anywhere and ends anywhere. It is a pure symbol of eternity, all of creation contained within, all of creation present without. It is the eternal edge where that which is within and that which is without meet and are melded by the sacred sharing of women and men.

In the heavens, our ancestors saw the celestial spheres of sun and moon. On the plains they observed the bowl of the blue sky. They noted the endless cycle of rain falling, the rivers running to the circling sea, the sun's heat steaming the waters and rain once again returning.

The ancient Yin-Yang symbol is contained within a unifying circle; the black and white duality that reflects the illusory separation caused by the act of perception is contained within a whole that says all is One. And lest this not be crystal clear,

contained within each dualistic teardrop swirl of the Yin-Yang, is the smaller white or black circle, revealing that in each truth another truth lies within, for consideration, and unites the separate into an organic whole. In the circle, unity is inescapable.

In Chinese and Japanese calligraphy, a spiritual meditation discipline exists of drawing circles with brush and ink, an entire aesthetic developed to assess and appreciate the boldness of the stroke, the nature of the circle drawn and the meditation provided by contemplating the within and the without, the void and the whole. In Zen Buddhism this is known as Enso, translating to Togetherness Circle.

In Hinduism, mandalas are ubiquitous symbols of the Universe, of sacred space, and are used to facilitate meditation. Mandala is Sanskrit for "circle." This microcosmic representation of the cosmos is also common in Buddhism, especially Tibetan Buddhism.

For countless generations, indigenous Americans have built medicine wheels, stone structures built on the ground in the shape of circles, with radiating lines from a center point. Medicine wheels incorporate a philosophy of harmony in all things, with the idea that restoring balance and harmony is medicine. Like ancient England's Druidic Stonehenge, some of the ancient medicine wheels "discovered" by archaeologists have spokes that align with the sunrise and sunset of the summer solstice.

These few examples of the power and pervasiveness of circles throughout human consciousness show that we are bound to this structure since time immemorial. The hierarchical thinking present in patriarchal political and social structures has taken many of us away from an egalitarian thought form that is inherent. To the extent that we deviate from the consciousness of the circle, we create division, hierarchy and disorder.

A talking circle consists of a group of people sitting in a circle who make their spoken contributions one at a time, usually going clockwise around the circle. Talking circles emphasize speaking from the heart, while listeners are expected to listen attentively, without interruption or argument, and to keep what they hear confidential.

It is generally accepted that talking circles originated in the practices of indigenous people. These circles were sometimes tribal councils, sometimes healing circles and sometimes general gatherings, where all members of a

community could be heard from. Usually a talking stick, feather or other sacred object was held by each speaker, to symbolize his or her right to be heard, and the sacredness of the occasion. As well, many talking circles were opened through a prayer or smudging, to symbolize the need to cleanse the mind of prejudice and narrow views.

Besides the spiritual aspect of the talking circle already explored, there are also the political and emotional/psychological aspects of the circle. The political aspect of the talking circle develops from the tribal councils where chiefs gave each council member a space to contribute to the discussion of war, defence, home building, hunting, food gathering etc. before decisions were made. In contemporary times, community councils have been extensively used by groups like the revolutionary government in Venezuela and the Podemos (“We Can”) movement in Spain to develop popular support and input into group decisions. We see another manifestation of the talking circle in the conscious-raising groups pioneered by the feminist movement, where the circle format consciously challenged the hierarchical structure of a patriarchal society. The circle helps create what Arnold Mindell calls “deep democracy,” a society where all voices are heard and contribute to a “unified field.”

The way that circles counter the competitive, top-down structure of modern societies makes possible a psychological healing of the emotional wounds created by such societies. A circle may be the first place in a person’s life where she does not need to fight for attention, and where he will be listened to attentively, and at length. A circle may provide the “mirroring” (John Bowlby) which a person failed to receive from her parents, and thus heal a fractured identity.

### **The Invitation Revisited.**

Have any of these thoughts on circles and talking circles resonated with you? Or is there an aspect of circles important to you which we haven’t touched on? Whether you’re in the men’s circle, the talking circle or the congregation, we like to know your thoughts. Send them to [stephen@cotvictoria.ca](mailto:stephen@cotvictoria.ca), so that these essays can truly be collective creations.

Respectfully submitted: Stephen Graves, Chris Bullock, Hendrik de Pagter

## 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.

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<b>Dr. Roland Guenther</b> 250-650-1662 email: <a href="mailto:roland@natures-mystery.com">roland@natures-mystery.com</a>	<b>MD (Germany), PhD, Homeopathy</b>	<a href="http://www.victoriahomeopathy.com">www.victoriahomeopathy.com</a>
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