

Inside:

P2 Who We Are

P2 Board of Directors

**P2 Spiritual Directions
Committee**

**P3 Sunday Service
Schedule**

**P4&5 Sunday Service
Information**

**P5 Happy Birthday
Stephen Graves
Resignation**

**P6-8 Article:
Acknowledging, Accepting
& Appreciating the Self**

**P9 Member Exchange
Network**

**P9&10 Community Services
Directory**

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CONFLICT TO HARMONY

Without a doubt, everyone encounters conflicting situations and conditions. In fact, it seems to be built in to human dynamics challenging us to seek solutions leading toward Harmony and Well Being. The choices we face today are testing the very fabric of our existence, to heal and share the bounty of our earth and each other.

These solutions are always based on an inclusion of the ‘Love of the Heart,’ as true love understands and sees all from a Souls perspective, gaining a deeper understanding of ourselves and each other as a part of one body, one mind, and one heart. ‘What you do to another, you also do to yourself’ ...holds true at all times, leading us out of pain and ignorance, guiding us toward harmless living and compassion, as the ‘Spirit of Peace’ prevails, undaunted by the conflicts evidenced within and without.

Divine intelligence is present...this very moment...in conscious remembering...conscious knowing ...and conscious oneness ...of all that is...and all that will be. Learning to build bridges, not walls, is the key to Harmony with all Life. Right communication leads to communion of Spirit.

Submitted by Troi Leonard, SDC

Continued on page 4

The Lighthouse November 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	Sanjara Omoniyi	250-900-0281
Past President	D. Joan Thomas	250-721-4054
Vice President	Deborah Hawkey	250-813-1747
Inside Maintenance	Jennifer Sagar	778-440-5234
Secretary/Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Colin Lee	250-514-1270

Your Spiritual Directions Committee

Don Morris	250-580-2121
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

Rentals Esther Hart 250-896-5933

Newsletter dbhawkey@gmail.com

SUNDAY SERVICE SCHEDULE

Theme: Conflict to Harmony

November 1

Conflict to Harmony

Coordinator: Troi Leonard
Moderator: Ella Brown
Meditation: Brian Martin
Speaker: Junie Swadron
Greeter: Paul Monfette

November 8

Facing the Crisis for Soul

Coordinator: Chris Bullock
Moderator: Moneca Gabriel
Meditation: Sanjara Omoniyi
Speaker: Sue Clough
Greeter: Laurie Noble

November 15

Into the Battle for the Soul Community Service

Coordinator Don Morris
Moderator Laura Lane
Meditator Lawrence Beal
Greeter Marie Logan

November 22

The Transformation Process

Coordinator Marvelous Trudeau
Moderator Marie Logan
Meditator Elsie Mary Poliquin
Speaker Michael Madrone
Greeter Laurie Noble

:

November 29

The Victorious Soul

Coordinator: Colin Lee
Moderator: Daniel Ouimet
Meditation: Bill Israel
Speaker: Trevor Oram
Greeter: Laurie Noble

Description of Services

Dear members of the COT. Please be advised that for this month only, due to certain errors in scheduling, for which I am responsible, the SDC has requested that I inform you that the Community Service will be held on November 15th, rather than the last Sunday of the month. I apologize for any inconvenience this may cause.

Yours in service,

Jack Hyatt

November 1

There is nothing as inevitable as CHANGE...

The adaptability to change is a continually unfolding process, that is deeply embedded in nature and therefore also in humanity. In our unwillingness and resistance do so lie the majority of problems facing many relationships today.

The major culprit in this regard is our mind, so set in its ways that, due to its fear of uncertainty and loss of control, has fostered habits and patterns that severely limit the choices available for healthy and open communion. One such example is the condition known as Arthritis, which is the result of opinionated, inflexible views and actions carried over from our past, crystallized in our joints.

The logical steps to adopt is an 'open mind,' and wider perspective, free from assumptions and judgments, allowing the 'Heart' to flow unconditionally and without reservation, letting 'love and trust' demonstrate solutions that the mind, holding on to outdated belief, is unable to perceive.

The willingness to change comes from the 'recognition' that something I am struggling with, will continue to plague me and repeat itself endlessly, bringing both pain and suffering to myself and others, and so, become the 'reason and truth' to act accordingly. It demonstrates 'compassion' in the greater good.

Question to ask are...what and where are my beliefs and attitudes creating limitations and unhealthy conditions in my life and relationships... ???

November 8

Whether as an educator massage therapist, or spiritual guide, Sue's interest has been in the area of growing into greater consciousness and authenticity. Ordinary daily living, being at the gym, reading poetry, writing her memoirs or in choral singing, travelling or photographing autumn leaves are all ways through which Sue seeks meaning and greater aliveness. For many years, she has facilitated workshops and retreats on various aspects of the human /spiritual journey and values being present with others as we journey together.

November 22



Michael Madrone is a teacher, writer, translator, natural health practitioner and meditator. For more than 35 years he has explored these topics with enthusiasm. He has studied in both western and eastern medical systems. His quests have taken him across the US, Canada, Mexico, Europe, India, Thailand and Nepal.

He was a body-mind therapist and teacher for 27 years, helping to empower people regarding their pain and wellness issues. He now practices mantra healing. He has taught and spoken at conferences internationally.

Michael is the author of “It Doesn’t Have To Hurt So Much” and “Non Deve Fare Così Male”. (Practical guides using meditation and mindfulness for managing pain and suffering.)

For more than 30 years Michael has maintained a daily meditation practice. He has studied and practiced with numerous great meditation masters and teachers including HH the Dalai Lama, HH Sakya Trizin, HH Sakya Dagchen, HE Gyana Vajra Rinpoche, Geshe Tashi Namgyal, Kalu Rinpoche, Ludhing Khenchen Rinpoche, Serkong Rinpoche, Tzong Rinpoche, Chogye Trichen Rinpoche, Dezchung Rinpoche, Geshe Nawang Dhargye, Lama Thubten Yeshe, Tai Situ Rinpoche, Khenchen Geshe Sherab Amipa, Tulku Dorje Dhenpa, Dr. Nida Chenagtsang and Dzongsar Khyentse Rinpoche among others.

He is an ordained ngakpa, having been initiated into the Sakya lineage by Sakya Dagchen Rinpoche.

On Sunday, October 18, Stephen Graves tendered his resignation. The Board would like to take this opportunity to thank Stephen for his many contributions to the Church of Truth – Community of Conscious Living over the past years.

Sanjara Omoniyi will take the position of president, Deborah Hawkey will be Vice-president and Ron Rayner will become the Secretary/Treasurer .

HAPPY BIRTHDAY
We Celebrate with YOU!



NOVEMBER	
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

Acknowledging, Accepting and Appreciating the Self

Aloha from the Self to the self!

We will start today with a quote from the Buddha: "You yourself, as much as anyone in the universe deserve your love and affection."

In a similar vein from a more contemporary source, Abraham-Ester Hicks, appreciation and self love and appreciation of others are the closest vibrations to Source Energy we have observed anywhere in the universe.

For those of us who have finally opened to loving, appreciating, accepting and being kind to ourselves, this may seem an obvious truism. Yet I believe for most of us, myself included, this has been a most difficult challenge in our lives. Culturally and more often religiously, we are ingrained with fears about being selfish, putting our needs ahead of others, the need to sacrifice, being a good person and the like. Yet from a simple vibrational standpoint if we are on a wavelength of self-negation, criticism, self-judgment, self-deprivation and the like, how is it possible to ever put out a positive vibrational energy to any anyone else? How can one really share a love they do not feel within and for themselves? The dilemma for most of us is perhaps caught in the inquiry: If I am not for myself, who will be? If I am only for myself, what am I?

The essentially simple answer, to me, is that when I truly know myself, when I am really acknowledging, accepting and appreciating who I really am, then, by extension, I am also acknowledging, accepting and appreciating you for who you really are. When I know the god, the Buddha, the Christ, the Self within, I know I am one with everyone else, hence the admonition "to love the lord they God with thy whole soul, the whole mind, they whole heart, and to love thy neighbor as

thymself." Note the word is to love neighbor as, not more than, self! It follows that if you do not have much love for self, there won't be much for neighbor.

If I am truly for my Self, then I am also for every Self. In truth there is no dilemma, save the one created by the mind that sees itself as separate and apart. The real challenge has always been overcoming the illusion of separation, being true to my Self and therefore to you. "Be true to thymself and though canst be false to any man."

Given however what seems to be the sad reality, very few people actually love and know themselves sufficiently and feel so connected to the truth, that what should be obvious is often lost in a sea of negativity, false beliefs, criticism of self and others, low self-worth, and on and on. So we start with ways to overcome this, to feel lovable and loved, appreciated and worthy, valuable and important.

Blessing yourself can be as simple as taking the time to appreciate yourself, choosing to think good feeling thoughts, saying positive words of encouragement, especially when things don't seem to be going well. Use the time-honored expression, "this too shall pass", or one of my favorites, "everything always works out for me, not matter what."

One of the most difficult issues for most occurs around negative self-talk and poor body image. From childhood on we become so fixated on how we look and how others see us that it is easy to come to see ourselves as lacking because our body may not measure up in the eyes of others, and then in our own.

For this I propose, sitting down in front of a mirror, looking yourself in the eyes and giving yourself a big smile and a hug; you can add words if you like. "I love myself right here and now! I love the way I look...I love the way I smile, I love the beautiful Being shining thru these eyes. I love my beautiful mind. I love my strong, loving heart. I love my beautiful body."

Blessing formulated for this are:

I bless the light shining through my eyes.

I bless my teeth with perfect form, health and beauty.

I bless my nose as it is, with perfect smell.

I bless my ears with perfect hearing, inner and outer.

I bless my eyes with perfect sight, inner and outer.

I bless my body with perfect symmetry of form and health.

I bless my hands for perfect work and service.

I bless my brain as an instrument of Divine Intelligence.

I bless my heart with perfect circulation of life and love.

I bless all my negative thoughts and feelings about myself and my body, transmuting all back into greater perfection.

I bless my knowing that I am perfect for me now and my body is also perfect enough.

I bless myself and my body with enough love and appreciation that it grows into greater perfection every day.

Although we often think the world around us is responsible for how we feel and what's going on with our life, the empowering truth is that what governs my life is primarily what I think, what I feel (or don't allow myself to feel), what I say, and what I do.

Who do I think I am? What is my main feeling about myself? What thoughts and mental pictures do I give my power to all day long? What are my repetitive words and expressions? Becoming self-conscious and aware of these things is the most powerful way to grow and transform. When I first started paying attention to the thoughts, mental pictures and emotions I was processing during the day (and through dreams at night), I was quite shocked. That was enough to inspire me to watch and observe and take responsibility. It would be impossible to do all at once, so it is well to take one area at a time, like just monitoring the words and expressions used. Listen to yourself; there is wisdom in that and opportunity for real growth and transformation.

The Ascended Master St. Germain communicated that self-mastery was achieved by mastering one, or all of the following: attention, sight (pictures held in mind) and qualification (feeling and emotions). When I am impeccable with the focus of my attention, mastery is mine; likewise with the others. We generally become aware of the need to work with whatever is coming up; and attention to that enlightens us and helps us to let go of the old patterns and create that which is more worthy of who we are.

Above all give yourself all the love and appreciation you need to feel good, worthy and valuable. Blessing the outer self opens the door to the Divine Self shining through more and more, because each positive, loving thought of self raises your vibration into greater alignment with your divinity and more and more light comes through; greater health and well-being, happiness and freedom follow. You are blessed and you are a blessing, always and everywhere!

ALOHA!

Submitted by:

Leonard Thornton, Ph.D.

Freedom is Your Destiny

<http://www.eftandmorelive.com>

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

COMMUNITY SERVICES DIRECTORY FOR CHURCH of TRUTH MEMBERS

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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 250-650-1662 email: roland@natures-mystery.com	MD (Germany), PhD, Homeopathy	www.victoriahomeopathy.com

Roland specializes 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**
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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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