

THE LIGHTHOUSE

JANUARY 2016

Inside:

P2 Who We Are

P2 Board of Directors

**P2 Spiritual Directions
Committee**

**P3 Sunday Service
Schedule**

**P4 Sunday Service
Information**

**P5 Oneness Wednesday
Schedule
Happy Birthday**

P6-9 Talk by Laurie Noble

**P9 Member Exchange
Network**

**P9-11 Community Services
Directory**

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NEW BEGINNINGS

The New Year is a time of new beginnings. New Year resolutions are a personal form of new beginnings, but there is also the call of Spirit to support the child, the image of the new, the green and growing part of ourselves and of our world. How do we support new beginnings? In older times, the New Year was associated with cleansing the house or farm, pushing the dirt and bad luck out of one door so good luck could come in the other. It was also a time of celebrating the hoped for continuing fruitfulness of nature; the custom of wassailing (celebrating) apple trees is one example. (Interestingly, this custom has been revived in Victoria at the Sea Cider farm.) In this month, it is time to identify the new beginnings Spirit is calling for, what we need to let go of (cleanse) to support the green and growing part of the world and ourselves, and what actions we need to take to make continuing fruitfulness possible. These questions can be asked on a personal level, but are also questions relevant to the world we live in.

Submitted by Chris Bullock

The Lighthouse January 2016
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: New Beginnings

January 3

LETTING GO

Coordinator: Jack Hyatt
Moderator: Hendrik De Pagter
Meditation: Serguei Martynov.
Speaker: Daniel Ouimet

January 10

PURIFICATION

Coordinator: Don Morris
Moderator: Cynthia Pattison
Meditation: Bob Winkenhower
Speaker: Lynn Gordon
Greeter: Don Morris

January 17

INCLUSION

Coordinator: Bill Israel
Moderator: Lawrence Beal
Meditation: TBA
Speaker: Victoria Pruden

January 24

CELEBRATION: A Celebration Service

Instead of a talk, the topic of celebration will be explored and expressed through the performance of songs, and possibly readings, with the theme of new beginnings, leaving the old behind.

Presentation: Music and Song Coordinator: Ariel Lade
Coordinator: Chris Bullock
Moderator: Ella Brown
Meditation: John Vanden Heuvel.
Greeter: Marie Logan

January 31:

OPENNESS. Community Service

Coordinator: Marvelous Trudeau
Moderator: Leonard Thornton
Meditation: Marvelous Trudeau
Greeter: TBA

Speaker's Bio:

January 3 - Timber Wolf, also known as Daniel Ouimet, was born in Val David, Quebec, nestled in the Laurentians. His parents both had a long lineage on the land on which he was raised. His Father, Roger Ouimet, was the 5th generation of Ouimets to live in Val David, having originally come from France. His mom, Noella, was Anishnabe and French. Her French family originally came to Canada in the 1600's and were in relationship with the Anishnabe for a few generations. Daniel's parents met and married in Val David. The families on both sides were Catholic, as was Daniel growing up. Daniel's first years of schooling were from the Nuns of St. Ann's.

Daniel carries many gifts from both sides, all infused with imagination and creativity. His work has become a combination of two strong cultures connecting. On his father's side he is a 3rd generation carpenter/craftsman specializing in furniture design and restoration. On his mother's side he has been blessed with an artist's soul. Artistic intuition is one of the greatest gifts his mother passed on to him. She was an Anishnabe artist, who wrote poetry, painted, and drew on any available surface.

Today, Timber Wolf lives a life filled with love and gratitude. He has many questions about his Anishnabe heritage that are beginning to be answered. He has a beautiful daughter, Mareena who is 25 and lives in Alberta. Timber Wolf lives in Fernwood with his new partners in crime, Shelley and Maaji.

January 10 - Lynn has worked as a sales trainer and motivational speaker alongside his more than 40 years study of body-mind-medicine. A student and teacher of Tai Chi... perfection of which remains as elusive as ever. By default therefore, he subscribes to the notion of 'beginners' mind'. Presently he is a student at Pacific Rim College of Oriental Medicine in Victoria.

January 17 - Victoria is the Executive Director of Bridges: Bridges for Women Society. Bridges is a gutsy, innovative community agency. Their employment training and supportive programs inspire women impacted by violence or abuse, to reclaim their lives and build economic stability.

Oneness Wednesday in January
Meditations with Peggy Muncaster
Wednesday, January 13, 20 + 27, 7- 8:30 p.m.
Free or by donation

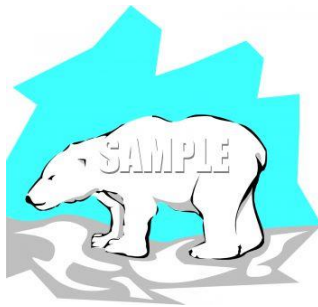
Peggy will be giving introductory meditations and discussions from the Alpha Seminar, Intuitive Mastery, developed by June d'Estelle.

Topics will be:

- Deepening your connection and communication between your conscious and subconscious and superconscious mind
- Deep relaxation
- Releasing negativity
- Creating an inner workshop
- Releasing and problem solving from all levels of yourself
- The techniques used are lightly self-hypnotic, helping a person to entrain deeper brain wave states than a normal beta consciousness.

For more info: <http://cotvictoria.ca/oneness/>

Submitted by Linda Chan



HAPPY BIRTHDAY
We Celebrate with YOU!

Anna Lundeen	Jan-2
John Vanden Heuvel	Jan 11
Marvelous Trudeau	Jan 12
Laura Lane	Jan 13
Agnes Amundrud	Jan 20
John Flowers	Jan-24
Brian Martin	Jan 25
Esther Hart	Jan 26
Pat Chapman	Jan 31

Talk given by Laurie Noble

Welcome to this special place and thank you for sharing your morning, I have been coming here since last year. I was drawn to the expansive feel when I walked through the doors. I like being a part of a group, that doesn't feel the need to qualify my beliefs to be welcome. Yet, when Chris asked me to do this, chat with you about my story, I wavered..... I am not finished my story, but am happy to share what it looks like so far. I know that whatever I feel, and am experiencing and share with you today may bring forward your own stories... So with the theme this month being respecting the dark, I know many of you, will be challenged in different ways to find your way through it.

Everyone lives with some dark in their life, and it often isn't visible. Shining a light on it, or finding a way to be comfortable in it is important. Being comfortable in it...it goes against our human nature... mine anyway... Until these experiences I was that fixing, changing, moving, focussed person. And now, ...now things are different.. I am different.

So, what do you see, when you see me? Healthy, Happy? Yet I also have a dark truth. Am I unique in this? No.

The darkness for me came 2 years ago. I was struggling with my breathing, and through tests we found that cancer has made an appearance in my body again. The area outside my lung, had filled with fluid, collapsing my lung. This is the third time for me with cancer, so of course the stakes are raised. After 2 manual drains with a needle in my back between my ribs, we installed a permanent drain that I could then hook up to a vacuum bottle and empty the fluid myself, increasing my lung capacity again... So, Stage 4, metastatic breast cancer with an inoperable tumour around my aorta...is what the doctors and oncologists decided. Here is the thing though... try not to get too attached to those words...although it is impossible to unhear something, you can refile it to a place of less significance.

When I asked what my prognosis was, the terms "palliative care" and "terminal" floated through the room...I was told, that I had 2 to 4 years...I held it together till I left the office and then my legs buckled....The following mourning... not of the happy sunshine, waking up variety, but the grief that I allowed to settle into myself was strong and immediate. Loss, of my future, my sons...It was a grim time. I joined Hospice and prepared to die. Well that was 2 years ago, so am I half way to their theory...?? What I am not, is allowing their vague unknowns to

define my present, because that would be easy. Every small new pain or change could easily be connected to the cancer, but in reality it is likely just being 58.

Never, never did I rant or shout "Why me?" Why not? I had made many changes to my life and lifestyle that this lesson or message was compelling me to, after my first diagnosis 8 years ago, and yet, here I am again.

You have heard the quote, "the lessons keep presenting themselves till we understand or learn. But life isn't really that simple. We never get to some magic place, where it is all figured out. My friends in their 70's and 80's still encourage me that is continuous. Eating organic and meditating does not create a magic shield from ill health or adversity either. It gives us an illusion of control. Therein lies the problem. If we do all the right things and still find ourselves here, then we must have done something wrong or not done enough... I caution you, if you are trying to build a belief about your health, make it positive!

Basically I am quite selfish...hanging out at hospice, felt premature and self-deflating. This is still my life for whatever period of time; I want and need this to be a valuable time. Regardless of what is happening in my body,... my heart and my head and my ever resilient spirit will mostly decide that this day, I need joy and light. So, I find ways to achieve these... Evan Essar said "You can't do anything about the length of your life, but you can do something about its width and depth".

So, what do I do?

I start with gratitude: not about what isn't but what is.. Every day I wake up warm, safe, well fed, and well loved. I beam when a bird sings on a branch of tree I have planted. We are more than our illness, more than our story.

I volunteer: My vulnerability has made me more aware of others and their vulnerability. When we are brought to our rawest state, I think we become more human. When things were going well, I just wanted to enhance that state.

Remodeling, travel...

Last year I joined a disabled sailing group, thinking of myself as one of the disabled while most of the participants are needing to be in a wheelchair most of the time. A gift for them, is leaving that behind on the dock, and sailing off...So, in this scenario, I am the able bodied person. One of the extra pair of hands needed for this group. Even in our own darkness, we can be a light to someone else.

Who do you know in your life right now, that you can encourage or support?

Remember, "what we do for ourselves while we are alive, dies with us, what we do for others, continues."

People: My relationships are more honest. I know, if I need an ear, I will be heard. I am supported, loved and nurtured by the people I share my life with. The really lovely part that I am experiencing is that my situation has brought out the chivalry in my male friends. Firewood that magically appears on my deck. Offers of bike rides and walks... I have tried to bring humour into my situation. Not everyone is ready for it... some of it is a bit dark, but real. I have a little sign, I put on my outside door when I nap... It says 'napping'... so, I suggested we place it on the casket when my body is finished, maybe altering it to say "Just napping"

In closing:

Even if I was given an all clear, the lessons learned have become a part of my fabric and will stay with me. There is no going back to that time of not knowing or lack of awareness. I believe I am the creator, not the victim of my life story, and it is good. I think too, we can rephrase something to give it a different feel.

When I am asked if I have done something... like going on a trip to Italy, instead of just saying no I like to say not yet. The quiet resignation of no, gives way to allow the more hopeful "not yet"!

Einstein said "The definition of Spirit is an invisible moving force that influences life or matter." Our Spirit is resilient and willing to reinvent itself constantly. I am the physical manifestation of spirit and Spirit can do anything.

I think if we love life, we can never really say when we will be ready to leave. I am not afraid of dying; just not ready to leave yet... Our life force may not require us to strengthen it. We often just need to free it where it has gotten trapped in beliefs, attitudes, judgement and shame.

There is a risk in telling you this...I don't want you to look at me as ill or dying... I want you to see me as well and healing...please. There is power in your being here...the energy in you...in this place.

I wrote this a few years ago and I believe the message of finding our way is timeless...

Submitted by Laurie Noble

Poem

Bending gently, not sure why,
giving in relenting to the breeze going by,
tall green grass and the willow bend,
acknowledging their humble place to the wind.

At the edge of the field, stands cedars tall,
steeling themselves, afraid they will fall,
Rigid, unrelenting, without any give,
hanging onto the soil, that allows them to live.

Different approaches to this thing we call life,
avoidance of difficulty,
avoidance of strife,
it would seem obvious the way to survive,
but we expect more than to just be alive,
The challenge we face is to give when we need,
and soften ourselves to follow,
not always lead,
because standing strong,
can mean standing alone,
and life is to be shared,
not to do it alone.

Submitted by Laurie Noble

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

For information only. These events and services are not endorsed by the Church of Truth, Community of Conscious Living.

NAME	SERVICE	CONTACT INFO
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