

THE LIGHTHOUSE

August 2018

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PASSIONS OF SUMMER

Passions of Summer come in many colours, from hot reds to iced blues – all have the ability to burn the flesh and sear the mind. July begins in the red in all its heated moments, rushing from warm to hot in a flushed moment of passion. Enjoy the moment - we were created for bliss, desire and love. All are momentary. Soon the hot winds of August will move into cooling reason and the passions of summer will end with a misty September kiss.

The Lighthouse August 2018
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.

Working for You
Your Board of Directors

President	Brian Martin	778-430-1872
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Lorna Rennie	250-361-2079
Secretary/Treasurer	Ron Rayner	250 474-2715
Outside Maintenance	Ron Rayner	250 474-2715
SDC Liaison	Peggy Muncaster	250-888-7664

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
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Newsletter dbhawkey@gmail.com Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE

PASSIONS OF SUMMER

August 5th: Come on everybody- Lets get moving

The Small group discussions will be on the topic of **Conscious Community - What might this be**

Moderator Laurence Beal
Community Service

August 12th: will be about the **Healing power of music.**

Speaker: Laura Lane
Moderator: Marvelous Trudeau
Meditation: D.Joan and Friends

August 19: This service will explore how

dance and movement connect us to passion and spirit. The presentation will invite participation in exploring the topic.

Moderator: Sanjara Omoniyi
Presentation: Anne-Marie Hogya
Meditator: Jane Warren Campbell
Greeter: TBA

August 26th: For the last service in August the theme of the week is

'Getting Back to Our Roots'. A community service to discuss what we love about living on Planet Earth.

Moderator: Bob Winkenhower
Meditation/Facilitation: Jane Warren Campbell
Greeter: TBA

Fire went on to invite us to bring ourselves to a greater sense of Divine. Until that point, you escape this reality, this truth.

What can we learn about ourselves relative to Fire's invitation?

I invite us all to meditate on the following questions. *(The following questions were spoken with pauses after each one to give time for people to reflect/meditate on them.)*

Do we consider ourselves equal:

- with mountains and rocks?
- with our ocean and other waters?
- with forests and trees?
- with the plants? How about with weeds?
- with animals? How about with insects?
- Are there humans that we feel are superior to us?
- Are there humans we feel are inferior to us?

How would our lives be different if we considered ourselves as equals with all other life forms?

To conclude I have a quote to share from Pema Chodron:

As we learn to have compassion for ourselves, the circle of compassion for others -- what and whom we can work with, and how -- becomes wider.

PEMA CHÖDRÖN

And for the readers, not spoken to on July 8 at the Church of Truth, here are two more quotes on compassion I'd like to share:

We live in a time when science is validating what humans have known throughout the ages: that compassion is not a luxury; it is a necessity for our well-being, resilience, and survival.

ROSHI JOAN HALIFAX

Until we extend the circle of compassion to all living things, we will not ourselves find peace.

ALBERT SCHWEITZER