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SEPARATING THE WHEAT FROM THE CHAFF

This month we continue our focus on harvest, but with a different angle. Harvest involves collecting nourishment, both outer and inner, for the winter ahead. Yet farmers do not keep everything that is in the field; the process of milling involves separating the wheat from the chaff, separating the nourishing grain from its inedible surrounds. And we too need to collect what nourishes us in life, and let go of the rest. This is a particularly important lesson for those approaching the winter of life, where a focus on essentials is more and more necessary for psychic and spiritual health. Astrologically, this month involves balancing spontaneity and breaking out of habit with a concern for building community and social dialogue. Overall, the question for the month is: what is nourishing for the spirit and what do we need to release?

Submitted by Chris Bullock, on behalf of SDC

The Lighthouse October 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
Jane Campbell	778-533-7978
Chris Bullock	250-384-8241
Marilyn Smando	250-516-9687
D. Joan Thomas	250-721-4054

Rentals Esther Hart 250-896-5933

Newsletter dbhawkey@gmail.com Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE

for October

October 7: - **Thanksgiving - Sharing the Harvest**

Moderator: D. Joan Thomas

Invocation: Lorna Rennie

Meditation: Choir

Community Sharing Discussion

Greeter: TBA

Co-ordinator: D.J. Thomas

A pot-luck lunch to follow the service

October 14: **Discovering Essentials through the Shamanic Journey**

Speaker: Kirsty Inglis

Coordinator: Chris Bullock

Moderator: Chris Bullock

Meditation: Hendrik de Pagter

Greeter: Joyanna Wilkinson

October 21: **Becoming the True Self by Letting Go of the Old**

Moderator: Marvelous Trudeau

Speaker: Steve Kinsella

Meditator: Louisa Fiander

Greeter: TBA

Coordinator: Jane Warren Campbell

October 28: **Listening to Our Soul Messages**

Moderator: Laurence Beal

Community service

Meditation: Marilyn Smando

Greeter: TBA

Coordinators: Marilyn Smando and Laurence Beal

Oneness Wednesdays has been renamed as Inspirational Explorations

Inspirational Explorations in October

October 3, 10, 17, 24, & 31

7:15 pm to 8:30 pm

Everyone Welcome to Drop-In! Free or By Donation.

Our topic for October is: **INSPIRATIONAL EXPLORATIONS**

Oneness Wednesdays has been renamed to reflect a change in the orientation of these Wednesday evening events. Inspirational Explorations will feature a variety of sessions organized by a variety of facilitators, including some sessions that may continue for a while on a monthly basis. The aim of these sessions will still be to explore and experience dimensions of spirit, community and conscious living, but from as wide a range of perspectives as possible. In pursuit of this goal, members and friends of the Church of Truth are warmly invited to send in proposals for facilitating a session or a series to any of the IEco- coordinators—addresses below. Inspirational Explorations will begin at 7:15 p.m. (unless otherwise stated), and will be by donation, or free if a donation creates hardship.

Inspirational Explorations on Wednesdays in October will include sessions on dance and politics, spiritual readings, poetry and song, community, and a Hallowe'en party.

Oct 3, at 7:30 **Dance for Democracy.** Facilitation: Frances Litman.

Enjoy an inspirational evening of learning, laughter and movement that is guaranteed to leave you feeling lighter, happier and empowered. CreativelyUnited.org founder and community connector Frances Litman will facilitate this fun, free community event that incorporates laughter, art and even dance with knowledge about this fall's historic referendum and why it's vital to vote Yes for Proportional Representation.

Oct 10: **Spiritual Leanings in Literature.** Facilitation: John Vanden Heuvel

This event invites anyone who cares to share - quotes, sentences, paragraphs and poems, from any style of literature, that have inspired **you** with its 'spiritual life insights'. We'll share, contemplate and discuss our offerings in a 'light-hearted' informal way. John Vanden Heuvel will guide us through the evening. All are most welcome, invite friends

Oct 17: **Conversing with the Muse: A Poetry and Music Circle.** Facilitation: Chris Bullock, Hendrik de Pagter, Terence Stone.

Poets, songwriters, and lovers of poetry and/or song are all invited to be part of this event. Participants will sit in a circle, and read aloud/perform a poem or song (either their own or someone else's), say a few words about why it is meaningful to them, and then invite brief comments from anyone who has been inspired by that poem/song. No-one is required to either perform or to comment. And having said that, we should add that creativity might inspire us sometimes to do quite other things, like write a poem together, express by movement, who knows what. Or a volunteer facilitator might invite participants to bring in works on a particular theme. No fixed rules—lots of inspiration (we hope).

Oct 24: **Community Circle.** Facilitation: Sanjara Omoniyi.

The Opportunity of Change

Excerpts from Sherry Morgan's message on 2018.09.09

Change is a constant, but we humans often resist change. There is great opportunity in change!

The spirit of Fire speaks through 6 people on the planet at this time to help us return to heart awareness. Fire is our heart energy. Because culturally we're in our minds a lot, Fire speaks through these humans so we can hear the messages more clearly. Via our heart we access connection and relationship with our authentic selves, with each other and the world around us, and we find our joy.

Someone at a special Fire Speaks event in Toronto this summer asked Fire to speak about the significance of the longest lunar eclipse of the century, which had happened just the night before.

Fire said that this disruption in the regular moon phase pointed to a time of great changes to come and mentioned that not just the moon, but certain planets were pointing to great changes also. Fire said that our long ago ancestors knew how to read these signs and would meet in council to discuss where changes could be made. They understood that changes were also great opportunities. Fire invited us to sit in community, to introspect, and see where changes could be made in our lives.

What I did was meet with three close friends to support each other in seeing where changes could be made in our lives. One friend saw that he had put finding a new life partner ahead of his first commitment, which was to make a difference on the planet with his interest in peace work.

I saw that I had conflicting beliefs in the cross-over domains of finance and work. On one hand I valued my work and others valued my work too. I wanted to get it out more but didn't. I saw that in the domain of finances, I had an unconscious belief that making money, especially profit, was wrong, even evil. I was thwarted in my ability to get my work out.

I invited people to consider where there was opportunity for themselves in examining where change may be beckoning for them and offered the following suggestions for how to engage in looking:

1. What allows for change? Bringing something from unconsciousness to consciousness is an important step. Our problems move from the unconscious to the conscious when we bring awareness to them. **Shakespeare said – “All difficulties are easy once they are known.”**
2. Examine what you think about a lot? Often we think about something over and over again. Thoughts go round and round in our minds, but we often don't do anything about them. The thoughts maybe pointing to where we have fear or doubt. These are mind signatures. Take the opportunity to look at what those thoughts are and what they might be pointing to with regard to a needed change. Journaling about these thoughts can help bring focus to our looking.

3. Examine the domains of your life (e.g. work, relationships, home, finances, environment, etc.). As you do, feel into which domain may be calling for change. Set aside 2 or 3 hours with pen and notebook to do this looking.
4. Are there things in your life that you are afraid of taking on? Fear and doubt are signatures of the mind. Journaling or writing is an important way to examine aspects of our lives. Light a candle (to represent and bring in your heart energy) and journal what you are afraid of, or where you hold doubt about right action. If you bring to conscious awareness to what those fears and doubts are, you will have greater access to what is beckoning for change in your life.
5. If you have self-deprecating or negative thoughts that bring you down, try gratitude - copious expressions of gratitude! Starting a daily gratitude journal can be very helpful. Personally, I love prayer! An indigenous teacher had me go outside at sunrise and again in the evening to offer prayers of gratitude to everything I could witness or think of in nature to give thanks to. Note TO, not for. These prayers transformed my thoughts and my life, had me feel connected and related with the world around me, receive direct personal guidance. Gratitude TO aspects of nature not only brings medicine to our lives, it brings relationship medicine to nature.

HAFIZ said:

*I wish I could show you, when you are lonely or in darkness,
the astonishing light of your own being.*

I invite you to embrace change as a way to brighten the astonishing light of your being!

Sherry Morgan

Love is Round

www.LoveisRound.net

Valued Elder Recognition Award (VERA) to be presented to Bill Israel

Since 2000, the Valued Elder Recognition Award (VERA) has honoured volunteers who, over their lifetime, have given exemplary service to helping others in the Capital Regional District (CRD).

Starting in 2016, the Institute on Aging and Lifelong Health and the Eldercare Foundation began partnering to present the VERA. With the Eldercare Foundation's support, the VERA will recognize those who make a difference each and every day. Agencies and individuals are invited to make one nomination each year.

The 2018 award ceremony will be held at the Salvation Army CITADEL at 4030 Douglas Street (off McKenzie Avenue) at 1:00 on Monday, October 1st.

The public is welcome.

The United Way of Greater Victoria was the nominating agency for Bill Israel and he had 6 letters of support including from Brian Martin at the Church of Truth – Community of Conscious Living.

The other support letters came from Big Brothers Big Sisters of Victoria; the Programs Manager at William Head Institution; the Director of the Restorative Justice Coalition of William Head; the Chair of the Board at the Bill Mudge Halfway House in James Bay; and Island Health Care (through the Yakimovich Wellness Centre on Hillside Avenue).

Fall Cleanup October 20 2018!

It's that time again to come together to spruce up the inside and outside at our lovely church building and property.

Necessary jobs are removing the many cobwebs, cleaning windows, making order out of chaos in the cupboards, etc.

Marie will be available to advise people, who prefer to work outside, about the clean-up and maintenance required there.

Once again it would be wonderful if anyone wants to contribute a pot of soup or other goodies to share in a communal noon meal. It's always a good time and a great way to get to know each other better.

We'll plan to work from 9 a.m. to mid-afternoon so if you can drop in any time for as much time as you can spare, it will all help. Thank you!

Lorna

Inside Maintenance

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