

THE LIGHTHOUSE

November 2018

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RETREAT, INTROSPECTION, REMEMBERING.

November is the month that comes after the activities of harvest have subsided, and before the renewal of hope and forward movement represented by the Winter solstice and Christmas have begun. November is linked with Odin, the Norse god who was always accompanied by two ravens, representing Thought and Memory. In this season between outer activity and the renewal of hope lies a time of stillness, of thought and memory, of reflection and going within.

Remembrance Day, which always falls on November 11, is, from this perspective, a reminder, not just to honor the fallen in wars, but to remember our mortality, prompted by the leaves that have fallen and the blossoms that have disappeared, and to learn lessons for the future.

Submitted by Chris Bullock, on behalf of SDC

The Lighthouse November 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 November

Nov. 4 Using Humour to Navigate Life's Challenges and Stay Grounded in its Success

Moderator: Sanjara Omoniyi
Meditation: Chris Bullock
Speaker: Ella Brown
Greeter: TBA
Coordinator: Jane Warren Campbell

Nov. 11 “Lest We Forget”: That Which Can No Longer Be Forgotten

This service, which takes place on Remembrance Day, will explore the deepest lessons of this day, looking both to the past and to the future.

Moderator: Chris Bullock
Meditation: Bob Winkenhower
Presentation: Frances Litman
Greeter: Marvelous Trudeau
Coordinator: Chris Bullock

FRANCES LITMAN is a professional photographer, founder of Creatively United for the Planet, and an activist for political democracy (including proportional representation) and care for the Earth.

Nov. 18 Introspection: the Inner Quest

Moderator: Pat Miller
Meditation: Norm Smookler and his flutes
Speaker: David Srikant Muncaster
Greeter: Marvelous Trudeau
Coordinator: D.Joan Thomas

David Muncaster: Trained as a teacher, David takes ESL postings overseas. He is a devotee of Amma and spends months at a time volunteering at her ashram in India. Between interfacing with people and having the freedom to make his pilgrimages. He's described (by someone who know him very well) as a prime example of someone who lives from his heart - kinda off the grid - and who in a different time would have become a monk.

Nov 25 Community Service

Coordinators: Marilyn Smando and Laurence Beal

Oneness Wednesdays has been renamed as Inspirational Explorations

Inspirational Explorations in November

November 7, 14, 21, & 28
7:15 pm to 8:30 pm

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

Our topic for November 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 November will include sessions on public speaking, spiritual readings, poetry and song, and discovering the inner divine.

Nov 7: PUBLIC SPEAKING FOR THE SHY ONES Facilitation: Marvelous Trudeau

Marvelous Trudeau will present PUBLIC SPEAKING FOR THE SHY ONES, a time for anyone wishing to speak on a mike, sing or play an instrument. This is a free of charge event. A time to challenge yourself to begin to break through the fear.

Nov 14: 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.

Nov 21: Conversing with the Muse: A Poetry and Music Circle. Facilitation: Chris Bullock, Hendrik de Pagter.

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. No fixed rules—lots of inspiration (we hope).

Nov 28: Peggy Muncaster

IE Co-Coordinator: Chris Bullock (chrisbullock@shaw.ca), John Vanden Heuvel (sunvann@yahoo.ca), Peggy Muncaster (muncasterpeggy@gmail.com), Troi Leonard (troileonard5@gmail.com)

HAPPY BIRTHDAY **We Celebrate with YOU!**

Jennifer Hastie	Nov. 3
Marilyn Smando	Nov. 8
Marek Losinski	Nov. 12
Joyanna Wilkinson	Nov. 17
Jane Gerlach	Nov. 21
Deborah Hawkey	Nov. 21

Greeters

Acting as a greeter for the Sunday services is a rewarding way to provide a service to the church community. Until recently, greeters assisted Madge with putting together the Sunday programs. Now that Madge is no longer providing the service, and no one has offered to take on the responsibility, the Board requests that the greeters take on this role.

The Board and SDC are grateful to the greeters for this very important function.

Below are the guidelines for greeters. They are also posted on the bulletin board in the foyer of the church.

Greeter Guidelines

1. When possible, have two greeters, one designated by the Board and one by the SDC
2. Arrive by 10:30
3. Stuff the programs (music is provided by the pianist or musician in charge that day)
4. Ensure that stuffed programs and the used donation envelopes are on the foyer table (envelopes in boxes are stored in the drawer)
5. Greet everyone and hand them a program
6. Give a special welcome to any guests and people new to the community
7. If new people arrive alone and it is appropriate, introduce them to a long-time member
8. Ensure that the person responsible for the sound has turned on the foyer speaker at the correct volume.
9. Close the doors to the sanctuary at 11:00
10. At least one greeter stays in the foyer until after the meditation is complete
11. Ensure that the doors stay closed and no one enters during the 1 minute of quiet or during the meditation. Keep conversation in the foyer to a minimum by requesting people to wait quietly.
12. People arriving during the meditation may be invited to listen to the meditation in the quiet room if they wish to sit

A Book Review by Rev. Greg Skala *The Real Meaning of Life*, edited by David Seaman, New World Library, ISBN 978-1-57731-514-8

David Seaman's concept for this short but remarkable book was rather simple. Faced with a university essay assignment, for which he did not feel that his cognitive "juices were flowing," he posted a question on an Internet forum page and invited any and all respondents to give their answers to it. He typed in "What is the meaning of life?" and pressed Enter. Within fifteen minutes he had dozens of replies, some sarcastic, but most very earnest. The forum posting only remained active for a week, so he then set up a personal website and moved his question there. After receiving more than two thousand contributions from a great variety of thoughtful people, he had the makings of a collection he felt inspired to edit and share, one that I first read when it was selected by a book club to which I belonged. It is now one of the books on my shelf that I most value. By the way, I do not know if Mr. Seaman ever completed his essay assignment, but his little volume is a treasure that I heartily recommend to members and attendees of our Church of Truth Community of Conscious Living.

Not every contributor to Mr. Seaman's website gave light-hearted answers, and some digressed from the actual question in ways that were nonetheless fascinating, but I want to share with you three excerpts here which have meant a lot to me: "Smile, and bring joy to others, and you will find meaning. Don't fall asleep in life's waiting room." —Joe Koller "It seems like such a profound question, but it's really quite simple. The meaning of life is to leave the things on this planet better than how you found them. Whether it's your family, your community, your job, or even your recreation, the ultimate goal is to make them better. If you can succeed in accomplishing just one of those tasks, you have lived a full life." —Nicolle Morrison "The meaning of life is the search for the meaning of life. The search itself is what helps us simultaneously attain wisdom and to create our own wisdom through our life experience. Searching gives us context for the lessons that result. Searching gives us reason (directly or indirectly) for waking up. It gives us a sense of unfinished business that propels us." —Jesse Lanier

The Real Meaning of Life does not seem to be listed in the GVPL or VIREL catalogues, though it can be requested through Interlibrary Loan. Amazon in both its .ca and .com incarnations carries used and new copies, too, plus the Kindle format. Be forewarned, though, that a mystery novel exists with the same title. David Seaman's book is the one that I am recommending to you.

Submitted by Rev. Greg Skala

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