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December: The Month of Both Sadness & Merriment

The sad dark days and longer dark nights can turn our inward thoughts into despair for the loss of the sun and those of our kinship who take this time to leave, However, in our moments of grief comes a flicker of hope bringing the knowledge that if we can just hold on, with the coming of the solstice, the light will return. AND with the music and JOY of Christmas, we will count our many blessings, give thanks for friends and family who share our love and our nostalgia for what has gone. Together we'll make merry, pray for Peace on Earth and raise a glass for all who live on our blessed planet.

D. Joan Thomas, submitted on behalf of SDC

The Lighthouse December 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 ownawareness 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 December**

Dec. 2 *How Self-awareness Develops Compassion for the Self and Others*

Speaker: Peter Tongue
Moderator: Bill Israel
Meditation: Jane Warren Campbell
Greeter: Louisa Fiander
Coordinator: Jane Warren Campbell

Dec. 9 *Loving Determination*

Moderator: Bill Israel
Meditation: Katherine Muncaster
Greeter: Marvelous Trudeau
Speaker: Sarah Kendall
Coordinator: D. Joan Thomas

Dec. 16 *Using Patience to Support Relating*

Moderator: Brian Martin
Speaker: Troi Leonard
Meditation: Stephen Kinsella
Greeter: Marvelous Trudeau
Coordinator: Marilyn Smando

Dec. 23 *From Dark to Light: A Solstice Service*

Moderator: Marvelous Trudeau
Meditation: Hendrik de Pagter
Presenters: Music and Readings by: Jennifer Sagar, Kay Stewart,
Chris Bullock, others
Greeter: TBA
Coordinator: Chris Bullock

Dec. 30 *Healing Through Movement*

Moderator: Stephen Kinsella
Speaker Facilitator: Lindsay Beal
Meditation: Herb
Coordinator: Laurence Beal

Peter Tongue

Having spent thirty years in two top ranking Independent schools in Canada and the UK, Peter uses his wealth of experience to gain a profound understanding of the complexities of the human condition. For the last 12 years, Peter has been engaged in counselling individuals and groups in resolving their difficulties in life as well as assisting them in awakening to their own spiritual path. His heart-centered understanding of science and spirituality offer a vital and powerful pathway to successful living in this chaotic and confusing time. For five years, Peter hosted a weekly radio show, “Awakening to Conscious Co-Creation”, on the 7th Wave Network of Voice America. He interviewed experts in their respective fields within the central theme of understanding higher consciousness. For the last 4 years, Peter has been helping people gain an understanding of the Gene Keys process through one on one counselling sessions and group workshops.

Author Sarah Kendall is going to share one of her homilies with us, called ‘Loving Determination’. She had a cerebral haemorrhage with right-side hemiplegia in her fifties, and the last 13 years have been spent learning ‘how to inhabit this unfamiliar body’, and how to deal with all the sorrows and joys which surround her. Before the stroke, she was a Massage Therapist and facilitated communication workshops for women; but since the stroke she has suffered from expressive aphasia and loss of speech, rendering communication extremely challenging. The completion of the book **Let Me Show You Chocolate Lilies** has been a joyous accomplishment.

Lindsay Beal

Lindsay has a BA in Psychology and a Masters of Education. Her Masters publication, Art & Art Education as an Integrative Health Practice, is a testimony to her work with people living with chronic health conditions. She studied various movement therapy programs, and in recent years has focused on neurological conditions, giving rise to her weekly Motion Ways program.

Arts & Health is a burgeoning field where benefits are showing across the spectrum of wellness: physical, emotional, social, intellectual, and spiritual. Engagement with the arts, either as an active creator, or as a passive viewer can be a practice of transferable skills that bolster intuition, connectedness and overall wellbeing.

INSPIRATIONAL EXPLORATIONS for DECEMBER 2018

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 IE co- coordinators—addresses below. Inspirational Explorations will begin at 7.15 (unless otherwise stated), and will be by donation, or free if a donation creates hardship.

Because of the Christmas season, Inspirational Explorations on Wednesdays in December will include only two sessions:

December 5. COMMUNITY CIRCLE. Facilitated by Sanjara Omoniyi.

COMMUNITY-WIDE INVITATION TO THE DECEMBER 5TH CIRCLE

Wednesday evening Inspirational Explorations are always open to, and inviting of, everyone interested, whether a member of the Church of Truth or not. But this Wednesday Community Circle is especially inviting of as wide a range of attendees as possible—young and old, members or not – as the Inspirational Explorations team will be firming up the January program but also inviting input on what topics we should be covering on Wednesday evenings in the New year, and inviting offers to facilitate sessions. We especially invite input from our younger attendees at Church. Many of these are not members at present, so those of you who are getting this Bulletin and are in contact with younger people of spiritual inclination, please invite them to come to this meeting –at 7.15p.m. at the Church on Wednesday December 5—facilitated by Sanjara Omoniyi, with a little help from her friends.

Further information, contact Chris Bullock (chrisbullock@shaw.ca), Peggy Muncaster (muncasterpeggy@gmail.com) or John Vandenheuvel (sunvann@yahoo.ca)

December 12. Manifesting the Inner Divine. Facilitated by 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!

Sanjara Omoniyi Dec. 23
Colin Lee Dec. 26

Stories from Our Playful, Collective, Blind Story Writing

Here are a few of the best stories from our playful, collective, blind story writing. So please remember the writers here have no conscious knowledge of the other lines written or that will be written. The Characters to be written about were given: a parrot, a mystic traveller, a child, and a wise old woman. There was also some minimal story structure coaching, like “This first sentence has to be a story opener.” The second was something like, “Bring two of the characters together.” ETC, until the conclusion sentence, “Ok, now write the conclusion with a realization.”

#1

She walked along the rocky trail with Mr. Parrot on her shoulder.

I am blessed to have two beautiful children.

Love the Mystical Traveller.

The parrot kept flying up into the trees, and laughing.

A child arrived to announce that parrot was God!

Mystical parrots, a wise woman, and a spiritual child are all travelling with the Traveller throughout the world.

The images they saw began as shining lights; shimmering outlines of their own faces.

It seems it wants to communicate with me, this voice.

Play the story.

As they got higher and higher into the tree, more and more full of delicious treats, they became very happy.

They all realized at once that life is a song and you write the words to the celestial melody.

#2

Where do I find the wise one? The child asked her mother if she was a wise woman.

Child's mind is wise.

The child is drawn to the mystical person who takes her by the hand.

With her heart in her mouth the mystical childish parrot pooped on the wise woman.

The interest in knowing oneself came from the mystical traveller.

Music comes to calm the savage beast.

Then it came to me in the silence. I am happy. Everything I need is within me.