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## CREATING THE NEW

For many people, the arrival of the New Year is a simple matter; it's a time to party on New Year's Eve and then, in the morning, to make a raft of resolutions with the uneasy sense that the raft may sink not too long after launching. Among those who hold to older traditions, there is the understanding that bringing a really new, New Year requires both hard spiritual work and celebration.

Many indigenous North American nations believed that the lighting of fires and the chanting of many prayers were necessary to bring back the light. Households in parts of the British Isles still follow the tradition of the "First Footer," the belief that the first person to enter the house in the New Year should be a dark-haired man carrying a lump of coal, a loaf of bread, and a bottle of whisky. This tradition seems to signify the recognition that darkness will continue in the New Year, and that newness will require fire, good food, and celebration.

So let us acknowledge that the coming year will contain darkness, like all other years, and that we can create the new by bringing to 2018 the fire of spirit, the nourishment of community built on principles of equality and respect for nature, and the wonderful gift of celebration.

Submitted by Chris Bullock, on behalf of SDC.

The Lighthouse January 2019  
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 [cotoffice2017@gmail.com](mailto:cotoffice2017@gmail.com) Submissions due by the 21<sup>st</sup>.

# **SUNDAY SERVICE SCHEDULE**

## **for January**

### **January 6 Healing Through Feeling**

Moderator: Marvelous Trudeau  
Meditation: Sharon Ford  
Speaker: Ryefield Ford (biography below)  
Greeter: Louisa Johanna  
Coordinator: Sharon Ford

### **January 13 Open Relating: "To Thine Own Self Be True..."**

Moderator: Lorna Rennie  
Meditation: Bill Israel  
Greeter: TBA  
Speaker: Mary White  
Coordinator: D. Joan Thomas

### **January 20: SONG AND CELEBRATION**

Moderator: John Vanden Heuvel  
Meditation: Siobhan Robinsong  
Presentation: "Inspired Joyful Singing": Siobhan Robinsong  
Greeter: Joyanna Wilkinson  
Coordinator: Chris Bullock

### **January 27 Building Compassionate Practice in Community (a Community Service)**

Moderator: Laurence Beal  
Meditation: Music Coordinator  
Community Service: Topical discussions in small groups, building the compassionate practice in community relating, how can we?  
Greeter: TBA  
Coordinator: Laurence Beal

We already do favour compassionate expressions. But what can we do, what do we do to cultivate the attitude of compassion in our day to day expressions? In this we can throw the nets far, so that we may all hear and

share our own ways with our friends. Expansion on a theme, this will be an opportunity to share takes or perspectives, alternatives from other people, a building of resource. We may build compassion into the ways of our local subculture.

[Small groups of three or four.]

## **Speaker's Bio**

**Demian Ryefield Ford** spent the first phase of his life on Bowen Island with his parents, David and Sharon who practiced meditation, organic gardening while raising goats and sheep. At age four, Ryefield was initiated into Transcendental Meditation, and from that time, he has continued a lifelong spiritual quest. On October 14th, 2005, Rye's life was drastically interrupted at a crosswalk when a car hit him at Cloverdale and Douglas here in Victoria. After a comatose period, long days, months and years were spent in his struggle to recover from a devastating brain injury. Now, Ryefield works in the field of Social Work where he helps men and women with brain injury cope with their lives on a daily basis. Today, Ryefield shares with us, the transformation that he has experienced in both emotional and spiritual life. Welcome. Demian Ryefield Ford.

**Mary**, a Minister's daughter, was born in her father's first mission field, in Emo, a Northern Ontario town. Her Mother was a war bride from England. Mary will tell us a little about her parents' life before telling us about her personal journey to become a United Church minister when she was 40.

**Siobhan Robinsong** is co-founder of Hollyhock, founder of the Gettin' Higher Choir and the High Noon Choir. She has been busting the myth of the non-singer since 1994

## **INSPIRATIONAL EXPLORATIONS WEDNESDAYS: JANUARY 2019**

Inspirational Explorations Wednesdays replaces Oneness Wednesdays with a more diverse program that seeks contributions from all attendees of the Church of Truth, whether members, or (we hope) prospective members. You are invited to bring a proposal for an IE Wednesday to the January 16 meeting, where we intend, together, to plan IE evenings for February and March. If you are nervous about facilitating a whole evening, you can also propose a panel, a joint session

etc. Further information from the IE co-coordinators: Chris Bullock ([chrisbullock@shaw.ca](mailto:chrisbullock@shaw.ca) );  
John Vanden Heuvel ([sunvann@yahoo.ca](mailto:sunvann@yahoo.ca) ), Peggy Muncaster ([muncasterpeggy@gmail.com](mailto:muncasterpeggy@gmail.com) )

January 2      Manifesting the Inner Divine— facilitated by Peggy Muncaster

January 9      DEVELOPING AN EFFECTIVE COMMUNICATION PROCESS, facilitated by  
Steve Kinsella, with input from Chris Bullock.

January 16     PROGRAM MEETING CIRCLE (see invitation above), facilitated by Sanjara  
Omoniyi

January 23     POETRY AND SONG CIRCLE—facilitated by Chris Bullock, Sharon Ford,  
Hendrik de Pagter

January 30     VULNERABILITY in the COMMUNICATION PROCESS, facilitated by Edward  
Butterworth

**HAPPY BIRTHDAY**  
**We Celebrate with YOU!**

Jane Warren Campbell	January 6
Marvelous Trudeau	January 10
John Vanden Heuval	January 11
Laura Lane	January 13
Brian Martin	January 25
Esther Hart	January 26