

THE LIGHTHOUSE

July 2019

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July 2019:

Summer

Venni, Vidi, Vici - he came, he saw, he conquered and left us his name for our 7th month. In the heat of July, when flowers love to be intensely red, let us take time to sit and reflect on...our names and the person or persons we were named for. Do you know the first name of your maternal grandmother? How about her mother? Reflection leads to remembrance. Try recalling those stories vaguely heard or told to you. Bring them into focus - perhaps feel their presence. July is for sitting in the hot sun with a cold drink AND A BIG HAT!

D. Joan Thomas

The Lighthouse June 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

Past President	Brian Martin	250-415-3518
President	Troi Leonard	250-384-8241
Vice President	Chris Bullock	250-532-3442
Inside Maintenance	Jacque Gerlach	
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
Sharon Ford	sharonagnes@gmail.com
Marilyn Smando	250-516-9687
D. Joan Thomas	250-721-4054
April Hambly	

Rentals Esther Hart 250-896-5933

Newsletter cotoffice2017@gmail.com Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE

for July SUMMER

July 7 - Reflections on Summer

Speaker: Rev. Gordon Thurston
Moderator: Pat Miller
Meditation: tba
Greeter: Bob Winkenhower
Coordinator: D.Joan Thomas

Long time member of COT, Gordon was often invited to speak at our services, sing in the choir, join the men's breakfast group, host summer parties on his ample deck in Brentwood. He and Heather participated in so many of the happenings here that they became part of the fabric of our church. We happily welcome him back.

July 14 - Practices on spirit path

Moderator: Lorna Rennie
Speaker: Atousa Faryar
Meditation: Sharon Ford
Greeter: Louisa Fiander
Coordinator: Sharon Ford

Bio: Atousa Faryar is a Kundalini yoga teacher and a Shamanic healing practitioner. Both Atousa and her husband, Soheil began their spiritual journey with Sufism in their teens. Their metaphysical store located in Fernwood Village is called '7Rays' where they hold space for healing and offer spiritual service.

July 21 - Catharsis through Passion

Moderator : Laurence Beal
Speaker : Rev Wayne Kealohi Powell
Mediation : Rev Wayne Kealohi Powell
Greeter : Jean Gregson
Coordinator :Marilyn Smando

Experience the Healing Miracle of HO'OPONOPONO with Rev Wayne Kealohi
Rev Wayne Kealohi Powell is the Founder and Senior Instructor of Shamanic Bodywork—an educational vehicle for creating optimum health and true wealth in all your relationships. Rev Kealohi is a Dr. of Divinity, Holistic Health Educator, Applied Kinesiologist, Author, Songwriter, and a Recording Artist/Producer of spiritual music for New Thought Churches.

This his plan for workshop after the service:
July 21 - Sunday Service - 11 am ~ 12 pm.
Using a Breakdown For a Breakthrough!

July 21 - Sunday Class - 1:30 ~ 3:30pm.

INTRO to Self-ID Ho'oponopono ~ \$20

July 27 - Saturday - 10 am ~ 4 pm.

Ho'oponopono Sacred Circle ~ \$111 All Events at: The Church of Truth.....

To book a private healing session, Text or call: +1 (808) 431-4549 or Email: spirit@trustlove.us

July 28 - compassionate and gentle manner conducive to sharing wisdom

Moderator: April Hambly

Speaker: TBA but hoping for member from the Falun Dafa/Gong

Meditation: Laurence Beal

Greeter: TBA

Coordinator: April Hambly

INSPIRATIONAL EXPLORATIONS WEDNESDAYS

SCHEDULING NOTICE: PLEASE NOTE THAT INSPIRATIONAL WEDNESDAYS IS TAKING THE SUMMER OFF. SESSIONS WILL NOT RUN DURING JUNE, JULY AND AUGUST, BUT WILL RESUME AT THE BEGINNING OF SEPTEMBER.

The coordinators of Inspirational Explorations invite contributions from as wide a range of presenters as possible. Send proposals or ideas to any one of the coordinators: Arts area and general: Chris Bullock (chrisbullock@shaw.ca) and John Vanden Heuvel (sunvann@yahoo.ca); spiritual practices: Peggy Muncaster (muncasterpeggy@gmail.com); new/rediscovered frontiers: (patallanmiller@gmail.com); environment and interconnections: Frances Litman (info@franceslitman.com).

HAPPY BIRTHDAY

We Celebrate with YOU!

Bob Winkenhower 12

Victor Van Buskirk 25

A Book Review by Rev. Greg Skala

***Sweeping Changes* by Gary Thorp, Broadway Books, ISBN 0-7679-0773-6**

Sweeping Changes offers gentle guidance to cultivating Zen wisdom while engaged in even the simplest of daily doings. This is not instruction to overthink tasks. It is, rather, an invitation to make all of our moments mindful ones; and the book's examples generally highlight activities associated with maintenance of our personal well-being, of other things both animate and inanimate, and of our environment. Sweeping a floor can be an occasion for meditation, appreciation, and satisfaction as we each embrace a sincere personal role in taking good care of our world. A key is to be fully aware of the interconnectedness of everything and of the value of our stewardship. In fact, it was while using a broom that Gary Thorp got the inspiration for a title. He discovered that mindful *sweeping* positively *changes* both his floor and himself.

I will share with you six of the many beautiful quotations that I encountered while reading *Sweeping Changes*, one from each of the book's six short parts. In "Part One: Traveling the Household," I was delighted to find and ponder this gem: "Taking care of your windows can be a richly rewarding experience. . . . What do you look for when you seek more clarity in your life? What is it that interferes with experiencing this clarity?"

Part Two concerns transforming food preparation and other kitchen tasks into opportunities for beneficial meditation. Consider this: "You can select a recipe or plan and then search out all the ingredients you'll need in order to produce the desired results, or you can gather what you have on hand and creatively construct something wonderful by using sincerity, spontaneity, surprise, and invention." One can, of course, apply mindfulness to either approach.

A very brief insight found in "Part Three: The Bedroom, Bath, and Washroom" is truly applicable anywhere and at any time: "You try to get out of your own way."

Part Four focusses on doing what we can to help maintain our outside surroundings; and I love this included quotation: " Temple instructors often tell their students that one's entire life is just 'sweeping the garden.'"

From "Part Five: Living Arrangements," I learned a lot about exercising a more enlightened attitude during interactions with my family, our congregation, and various work and interest groups. I copied this next quotation and posted it in my study: "It's often said that living with others is like putting stones in a tumbler; the stones are rubbed against each other, and their rough edges are eventually worn

smooth. In this way, the stones can settle closer together and show a bit more polish.”

The concluding section, with the intriguing title “Part Six: Sweeping Sun, Waxing Moon,” provides this treasure: “In fact, nothing in your life is ordinary. There is no ordinary breath or heartbeat; there is no ordinary force of gravity; there is no ordinary birth or death. *Natural*, yes—but never ordinary.”

I will close this book review with a story Gary Thorp tells about a man whose pet raccoon lived, seemingly well-content, in a hutch that filled all of one wall in a large apartment. When this man unexpectedly had to go out of town for a few days, he left plenty of food and water for his pet.

Apparently, though, he had not given mindful-enough attention to the raccoon’s possible other needs.

Left alone, the raccoon—perhaps bored, fretful, or lonely—figured out that a great many human things were held together by parts that unscrewed counter-clockwise. Cleverly and adeptly, the raccoon unscrewed all of the fasteners of the hutch, all of the lightbulbs in the apartment, the knobs on drawers and cupboards, plus the connecting rods and other machined components of his human friend’s antique typewriter. These things were then arranged neatly on available tables. Raccoon and human enjoyed a happy reunion, but the human learned that adequate “maintenance” of a pet calls for non-hasty, contemplative consideration. Such mindfulness is surely important in every situation.