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<http://cotvictoria.ca>

## August 2019:

August in our solar cycle brings a ripening in the bounty of life.  
Some things have come to fruition already, and others are tantalizingly  
within reach.

The cycle of growth is maturing.  
If we were to put the spiritual goal of life's mastery into a musical  
metaphor, what would we hear?  
Let us be still for a moment, and listen.

Within the Silence there is the symphony of life.  
In the Silence there is Peace and Love.  
This is true.

But beyond the Silence on another level of awareness,  
is the music of the spheres,  
the music of you.

For truly music is all there is.  
Energy, always in motion, manifests as music.  
Your entire being is music,  
as each cell sings its perfect note in harmony,  
in rhythm with all of the other cells in your body.  
Can you hear this song so beautifully composed by your Soul?

It is the song of Love,  
for music is the energy of Love in motion.  
Now listen, beyond your own singular self.  
What do you hear but the songs of all beings, of all life.  
There is not one form found in the physical that does not sing.  
Each one radiates the beauty of Love in a unique, flowing, endless song.  
When you are aware of the members of the chorus,  
the musicians in the orchestra,  
then you hear, you truly hear,  
the symphony of Life.

The poem is composed by Peggy Muncaster-first paragraph and Merrilee Soberg-second paragraph

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

# SUNDAY SERVICE SCHEDULE for August

Aug. 4th Topic: **Identifying with Humanitarian Values and Asserting Them Through Group Process**

Greeter: Louisa Fiander  
Moderator: Sharon Ford  
Meditation: Kirsty Inglis  
Speaker: Radhika Devi  
Coordinator: Sharon Ford

Dutch- born Canadian, Radhika Devi aka Rishika, poet, painter, teacher and contemplative, holds a MA degree in Literature from SFU as well as Sanskrit accreditation from UBC and has familiarized herself with Vedic- cum-Tantric Integral Yoga Philosophy for almost fifty years. identifying with humanitarian values and asserting in group process

Aug. 11th- **Group process centered on singing and aesthetic expressions**

Greeter:  
Moderator: April Hambly  
Meditation:  
Speaker: Carol Sarokoff  
Coordinator: April Hambly

Aug. 18th- **Spiritual realizations for the greater good: flourishing in hard times.**

Moderator: Brian Martin  
Speaker: Rev. Soshin McMurchy  
Meditation: Rev. Soshin McMurchy  
Greeter: Joyanne Wilkinson  
Co-ordinator: Laura Lane

***Bio: Rev. Soshin McMurchy, a settler of English and Scottish ancestry born on Treaty 6 territory, lives on the ancestral lands of the SENĆOŦEN and Lekwungen speaking peoples, and as a priest with Zenwest Buddhist Society, [zenwest.ca](http://zenwest.ca), serves as a Buddhist Chaplain with the University of Victoria Multifaith Services where she teaches meditation. She works part-time at the Greater Victoria Public Library and lives with her partner of 40 years.***

In Rev. McMurchy's 2018 talk on flourishing in hard times she stated, "...When practicing dissolution, I experience the world as perfect just as it is. Paradoxically, the grounded energy and wisdom that flow from this experience, when channelled into action, will help house the homeless, bring justice for First Nations, welcome refugees, end the wars causing the mass migrations, and sustain the very thin layers of earth, air, and water which support the only life we know of in the cosmos."

Aug. 25th- **What do new relationships need?**

This will be a community service, breaking down into small groups and sharing. The gist of the occasion will hover on a zone for possible development. What kinds of things do we do, or need to do, in the process of developing a new relationship, someone new in our lives?

Moderator: Laurence Beal

Meditation: a CD track

Greeter: TBA

Co-ordinator: Laurence Beal

## **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.

### **SEPTEMBER 2019 INSPIRATIONAL EXPLORATIONS: TRANSITIONING**

The Inspirational Explorations Wednesday evening program will begin again in September. Sessions begin at 7.15 and end around 8.30 unless otherwise noted. This time we are exploring linking sessions with a common broad theme. As always, we welcome ideas for sessions; to offer them, please contact one of the coordinators at the addresses indicated below.

#### **September 4: Ho'oponopono and Transitioning**

Rev. Wayne Kealohi will use a mixture of presentation, music and meditation to explore what his Hawaiian spiritual tradition can teach us about moving through life's challenges and transitions. (Coordinator: Peggy Muncaster)

#### **September 11: Poems and Songs about Life's Transitions**

Bring poetry and/or songs relevant to this theme—your own or someone else's—to the poetry and song circle, with its unique format of reader-audience dialogue. (Coordinators: Chris Bullock, Hendrik de Pagter, Sharon Ford)

#### **September 18: Quantum Hypnosis Healing Technique: Transition to a Deeper Knowing.**

This session on the QHH Technique is presented by Jennifer Sagar. Jennifer introduces the session as follows: "My name is Jennifer Sagar and I recently completed my qualifications as a level 1 Intern in Quantum Hypnosis Healing Technique. I am thrilled to be asked to speak on this relatively unknown technique that was originated by Dolores Cannon at least 45 years ago. This Technique goes much deeper than traditional hypnosis and a step further than past life regression therapy. We go into a couple of past lives but then continue on to the higher mind (self) where answers to your most pressing questions can be accessed in a deeply relaxed state that bypasses the ego mind. It's very simple and yet revealing, even transformative. I will speak about my own passion for QQHT and we will, with your permission, enter into a short regression in a group so you have a personal experience with this technique. There are so many ways we get messages from our higher knowing and this is just one of them, and for me it's one of the easiest

ways. The veil is thinning and we are all being called to a deeper knowing of our true essence. So join me at this session and we'll talk more about this exciting modality. “ (Coordinator: Pat Miller)

**September 25: Garry Oak Trees and Their Habitat: How We Can Help Endangered Ecosystems Transition to Recovery**

Patricia Johnston, retired Native Plant Gardening Consultant and Community Trees Matter Network member, will speak on Garry oak trees and the native plants that are part of the ecosystems. By learning about Garry oak ecosystems and their plants, as well as how to grow them in our gardens, we contribute to the recovery of fragmented ecosystems. (Coordinator: Frances Litman).

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](mailto:chrisbullock@shaw.ca)); spiritual practices: Peggy Muncaster ([muncasterpeggy@gmail.com](mailto:muncasterpeggy@gmail.com)); new/rediscovered frontiers: Pat Miller ([patallanmiller@gmail.com](mailto:patallanmiller@gmail.com)); environment and interconnections: Frances Litman ([info@franceslitman.com](mailto:info@franceslitman.com)).

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

Michele Pedersen	1
Valerie French	2
Don Morris	15
Linda Chan	20
Jennifer Sagar	29