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September 2019:

Transition and Transformation

The heavens give birth to September once again as the Sun blinks its celestial eye, and Earth by degrees slowly turns to greet her Autumn Equinox in the North. For one moment, day and night stand as equals beside each other, and humans celebrate the coming transition of light into darkness. In September, our energies quicken as we search for extra time needed to finish our summer tasks. We prepare for Earth's transformation into the fall of the year and finally, far off it seems, winter. Our summer psyches seem unable to envision the cold, wet nights ahead when we still bathe our bodies in the warmth of the great body of Sun's heat. In ancient days, the community prepared together for the coming of cold and darkness with festivals of fire, harvest games and competitions which mimicked nature's antics. In modern times we still acknowledge the Harvest Moon, and if we are lucky enough to have a garden, then we gather what has grown and spend satisfying hours canning and drying our bounty for the cold season ahead.

September 1 - Strategies for integrity -expressing insight on social values

Co-ordinator: Peggy Muncaster

Moderator: Chris Bullock

Meditation: Chris Bullock

Greeter: Jean Gregson

This is a community service. In the Age of Trump, we need to discern and express our truth, our integrity. There are so many avenues to do so. Let us explore!

Peggy

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 Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE for September

September 8 - **Collective purpose: bringing forward your vision of our world - what do you want to commit to?**

Speaker: Laura Lane

Meditation " "

Moderator: D. Joan Thomas

Greeter: Jennifer Hastie

The service for this Sunday will be about creating a vision board/collage based on our collective vision for ourselves, our community, our earth, our reality.

What do you desire for our future? What are you wanting to commit to? What elements help create that vision? What feelings, colours, shapes, items represent that essence? What are you wanting to commit to?

We want to have a lot of pictures that reflect these values to choose from on that day, so can you please start cutting out pictures from magazines etc., that reflect this, and then bring them Sunday Sept. 8th please? You are welcome to bring other items too that can be glued to a poster board. Multi-media!! It will be about 5 ft x 5 ft.

We will put all of them out as options, and co-create our reality:)

Any questions, please e-mail me at lauras.myc@shaw.ca or call me at [250-893-9656](tel:250-893-9656).

September 15 - **Speaker led activity**

Moderator- April Hambly

Meditation- tba

Speaker- Nicole Lavoie

Greeter-tba

September 22 - **Resolving conflict of values and making a priority list**

As well, Welcome to Autumn Equinox

Service Format: Community (small groups)

Greeter: Marie Logan

Meditation: Laura Lane

Moderator: Pat Miller

Group Facilitator and SDC Coordinator: Sharon Ford

September 29 - **Parameters in Social/Public Relations**

Large circle sharing - the process is the real focus. In the invocation, a context and some orientation will be given.

Moderator: Laurence Beal

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** (see full article below)

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

HAPPY BIRTHDAY We Celebrate with YOU!

Moneca Gabriel	25
Ella Brown	23
Chris Porter	27

Ho'oponopono ~ Freedom for the Soul

by Wayne Kealohi Powell with Harry Uhane Jim

(Wayne Powell is presenting in on this topic at IE Wednesday, Sept 4 at 7:15)

In speaking with native Hawaiian kahuna Harry Uhane Jim yesterday, I was given some profound things to consider about forgiveness and the metaphysics of how it actually takes place. He shared with me that the foundation of all healing is born of forgiveness. He said that no healing can actually take place without letting go of limiting concepts and mind structures that release one from the bondage of resentment and judgment. Harry said that “As you expand your perspective, you generate humility.” In the kahuna tradition, words are intended to rearrange energy. Uncle Harry has this profound ability to speak to us in such a way that the heart is awakened while the mind is entertained. Here are a few examples of some very healing ideas or concepts that he gave me to share with you about the foundation of forgiveness.

Emotional Maturity ~

becomes the process of each one that takes on becoming awake in this life. “Aversion is

detrimental to your health”, Harry says. It is through emotional maturity that we are enabled to actually embrace the new paradigm of agape~unconditional love~aloha. We tend toward evolving our family lineage by being the rebel, or the black sheep of the family, to create change or evolution. This, in turn, causes a shift in the family dynamic, to allow the resistance coming from the change, to let it in, and stretch into it, while remaining open to a resolution that the only aloha could navigate... The Sobriety of Your Sovereignty ~ Personal sovereignty is the condition of healthy boundaries in all your relationships while keeping your connection to the one spirit, the Spirit of Aloha in all. This forms a container for you to ‘operate in the world, yet not of the world.’ Once we claim sobriety of our sovereignty, we can move through life with a compassionate disengagement from the intense drama, bringing light into it.

Anchoring Joy ~

creates the “Technology of Hope” by activating a portal for accessing infinite resources to come through you and returning you to the frequency of Heaven. Harry says, “The loudest, cleanest, direct communion with the Light of God is the joyous laughter of well-being.” Joy profound is a by-product of an inner peace born of a knowing that everything is OK, just the way it is. We learn to dissolve all that is not good, Holy and beautiful, in our space, in all space. Understanding Joy is infectious, it spreads like wildfire. Comedians help us laugh at ourselves and all the things that we take so seriously. “Lighten up!” is a call to bring more Light to life.

Challenge Authority ~

Discover who and what you are and who and what you have given your power to, then call it back! Television programming tells us, “You are not enough!” you must buy this to be happier!” This authority is questionable. Repeat to your self, over and over, “I am enough!” Harry says. “You are enough because you are an act of God!” Nothing was held back to be given at a later time. All; is All, all the time: as in Vertical Time; totality, here and now. There is no other moment but this one moment we are in right NOW! This is it! pa’a, the present. Uncle Harry says, “Grace is the inalienable right of all beings to receive the Light of God, the inalienable source of all healing. From the power of God comes this completely unconditional love, which heals and propels support. Grace is absolutely free. You don’t have to do anything to get it. Grace is not something that could be taken away from you, in the Hawaiian point of view.”

Gratitude for Being ~

Harry says, “When you ask Spirit to change you, you have to give up the list of changes!” Our Father, who’s heart is in Heaven, knows exactly what we need, and is in a perfect way, willing to give it to us. But in order for us to receive more of what we really want, we must willingly cultivate the ancient law of “Grace receiving Gratitude,” becoming authentically grateful for all that has been given us, and surrendering to receive more Grace, naturally to return gratitude, etc. Gratitude generates a quality of energy that attracts more of itself to the one being grateful. Joy, Gratitude, and Humility together, can generate enormous amounts of anything you desire. All life is drawn to and from these quantified energetics.

Surrender Profound ~

Harry has said, when you understand that “the aimless arrow, never misses” you receive insight into the concept of failure as being totally false. Feeling like a failure is because you can’t keep up the commitment that you made with yourself or with another to hit a specific target. Just let go, and flow downstream saying, “I am enough” and revel in this truth. More will always come when you activate emotional gratitude for the gift of just being alive and connected in Infinite Love. There is a way to be that allows one's life to be driven only by Aloha, this is called surrender profound, to the highest good in every moment, action word and deed. Seeing without eyes and hearing without ears, witness, and surrender.

Understanding ~

That when you see clearly what your affirmations are, when you see clearly what your declarations are, when you see clearly what your proclamations are, then, and only then, will you begin to understand your life experiences, and become an influence in the lives of others who are looking to empower themselves through witnessing where you have placed your attention and intention. Always know that understanding is a byproduct of witnessing Aloha work Miracles in your Life. The Great One is always looking out for us. Once we understand this and arrive at peace, understanding becomes meaningless.

The process of Ho’oponopono is to engage and witness, divinity activating authorities of reconciliation, release, and offering Peace profound.

Laulima ~ ancient and old fashion healing by laying on of hands.

Kahea ~ the practice of calling and feeding creations.

Aloha ~ the true and empowered meaning, animating luxury of wellness, self flowing.

Halau ~ a comfort zone for healing and learning.

Anuenue ~ accessing the resource Anuenue Uhane Soul Bridge;

connecting the dimension of your higher presence to the being of your soul.

Ho’oponopono, Freedom for the Soul ~ is achieved through a revelation of consciousness that sees everyone as innocent and equally loved, loving, and lovable. Releasing all our resentments and judgments requires that complete wholeness return to the being, putting an end to separation. Harry says, “In this place, this space, the reigning idea is that, as God sees us, no one is above another. So humans see God in every form, and in no form, there is always God’s presence. The Hawaiian secret of paradise is Aloha: “the breath of God is in our presence.”

These principles of Aloha—love and acceptance are all-encompassing. They embrace the new paradigm of blending ancient and contemporary wisdom that is emerging from within all the ‘Human Beamings who are awakening at this time, through Vertical Time