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October 2019: Balance

October is the month where the issue of balance comes to the forefront. It is the epitome of Fall - on the cusp of the movement from summer to winter - and contains elements of both these seasons. Most of October is governed by the astrological sign of Libra, represented by the scales. Libras tend to be fair minded and concerned with justice, but they are an air sign, and their tendency to thought and abstraction needs grounding in earth to be healthy. This is a reminder to all of us that balance isn't a given, but a dynamic matter, requiring spiritual work and clear perception.

Chris Bullock

Oct. 6 - Individual assertion towards healing

Moderator: Lorna Rennie

Meditation: tba

Speaker: Racelle Kooy

Greeter:

Co-ordinator: D. Joan Thomas

BIOGRAPHY: RACELLE KOOY: Born and raised in British Columbia, Racelle Kooy grew up with a deep love for salmon, the Pacific Ocean and the mighty cedar forests. Her Dutch immigrant father encouraged her curiosity and critical thinking, and her Secwepemc/St'atl'imc mother helped ground her deeply in a sense of place and connection to people. Both parents demonstrated the richness of building and supporting community through service. Racelle is a member of Samahquam First Nation with strong family ties to Stswecem'c Xgat'tem. of First Nations and the Indspire Foundation. She is also our local Green candidate.

The Lighthouse October 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 October

October 13th - Potential for integration

Moderator: April Hambly

Meditation: Laura Lane

Speaker: Community Service

Greeter: tba

Coordinator April Hambley

The community service will explore the theme of recognizing and engaging social connection to promote gratitude and harmony in the face of challenge.

October 20 - Acting Together: Expanding the Circle of Care and Community

Greeter: Louisa Fiander

Moderator: Chris Bullock

Meditation: Sharon Ford

Presenter: Chester Phillips

Facilitators for Community Discussion: Sharon Ford, Chris Bullock

Coordinator: Sharon Ford

Presentation Information

Chester ('Chet') Phillips is the action organizer and administrative officer for Greater Victoria Acting Together (GVAT), a coalition of churches, other faith groups, union, environmental and activist organizations seeking to help the situation of marginalized people in the Greater Victoria area. Its main focus at present is on two issues: homelessness and mental health/ addiction, seen through the lenses of indigenous reconciliation and climate change.

The Church of Truth has been invited to become a member of the GVAT coalition. The Board has approved this idea in principle, but wishes the larger Church community to be involved in this decision. The SDC has agreed that this service could serve that role.

Oct 27 - poetic/private self processing - Interior monologue

Moderator: Laura

Meditation: Marilyn

Speaker: April

Poetic language internal love yourself is not about relationship with others but yourself. "Nothing glows brighter than the heart awakened to the light of love that lives within."

Coordinator: Marilyn

OCTOBER 2019 INSPIRATIONAL EXPLORATIONS: CREATING BALANCE

Everyone Welcome to drop in

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Wednesday sessions begin at 7.15 and end at 8.30, unless otherwise indicated. They are held at the Church.

October 2—Balance and the Quality of Life—facilitator: Blair Little

Blair Little will present a talk on the philosophical grounding of the Society for Enhancement of Quality of Life (SEQL), and lead us in a meditation set to beautiful music. The meditation technique is designed to, over time, increase awareness, sensitivity and knowledge of the qualities and functions of the energies which impact humanity so that in service of humanity we can live more deliberately and effectively. (Coordinator: Peggy Muncaster).

BLAIR LITTLE is a founder of SEQL and has been teaching courses on esoteric topics for 21 years.

October 9—Poetry and Song Circle: Seeking Balance.—Facilitators: Chris Bullock, Sharon Ford, Hendrik de Pagter

As our theme statement for the month reminds us, balance isn't a given. And this is true especially for art, which often is created from the effort to reconcile conflicting elements in one's psyche, one's experience, or the world. Bring a poem or song, yours or someone else's, experience some dialogue with your audience, and, when relevant, let's explore this issue of conflict and balance further. (Coordinator: Chris Bullock)

October 16—Creating Balance—Facilitator: Cedona Holly.

The magnificent truth is that our deeper Self is always in perfect balance! Our evening will be fully experiential and may include new initiations, commitments, centering, grounding, deepening into the Heart, movement, dance, laughter, fun, emotional/energy clearing (gentle) and receiving higher guidance specifically designed for those present.

Each person who chooses to be with us will play an active role in co-creating the energetic matrix we offer to help the world heal and awaken during our brief and precious time together. Meditation and prayer will be the ground-base upon which all of our other activities are built this evening. Come with a sincere desire to move old energies out and to bring new energies in, so that all present can move forward from this evening in even

deeper Service to the Highest Good of all Beings - in the most clear and loving way possible. (Coordinator: Pat Miller)

CEDONA HOLLY is a Spiritual Counsellor and Meditation Facilitator.

October 23—Planting Trees Properly –Facilitator/Coordinator: Frances Litman, with special guests.

September 25th was National Tree Day. October offers a great opportunity to follow celebration with action. This informative evening will feature expert advice on how to choose the right trees to plant, where to plant, and how to ensure long term success for trees to survive and thrive.

October 30-- Death Conversation Café—Presenter and Facilitator: Don Morris.

On October 30, we are close to Hallowe'en. Though Hallowe'en has become focused on costumes and treats, peoples from the ancient Celts to the contemporary Mexicans view this time of year as the time when the membrane between the living and the dead is at its thinnest. It's a very appropriate time of year to explore the significance to us of death and the ceremonies to honour the dead.

Don Morris will use the format of small groups reporting to the group as a whole to explore significant death-related topics, using guidelines which allow people to feel safe, to open up and express themselves without other's people advice or judgment.

DON MORRIS has been committed to helping bring healing to death and dying issues throughout his lifetime. In his Home Funeral Practicum, nationally performed workshops, he educates and trains 'grassroot deathcarers' to reclaim family and community deathcare for its many healing benefits.

HAPPY BIRTHDAY
We Celebrate with YOU!

Chris Bullock	12
Greg Skala	16
Lorna Rennie	26