

# THE LIGHTHOUSE

October 2019

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## November 2019:

### HONORING THE DARK

If October is the month where the issue of balance comes to the forefront, the clustering of festivals and celebrations honoring the dead that occur at the end of October and the beginning of November, indicate that this month is shifting into a concern with a good relationship with ancestors, the dead, and the darkness symbolized by early evenings and a shortened day. Hallowe'en, Samhain, All Souls Day, All Saints Day, the Day of the Dead, all carry this message that celebration of the dark is still a celebration. All aboriginal peoples honor their ancestors and carry their wisdom forward, just as we honour the fallen on Remembrance Day, and try to learn how to relate to war. Plants need the dark to germinate; people need a time of reflection and going within to balance the busyness of the summer months. But November can be busy; the Day of the Dead, in particular, is a colorful and joyful festival, reflecting the fact that relating to the dark is one way in which people can build community. As a further extension, when we reach out to those beings (human and otherwise) thrown into darkness by an uncaring social order, we are carrying into the world the "light inside the dark" spoken of by the Zen teacher, John Tarrant.

--Chris Bullock

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The Lighthouse November 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 November**

### **November 3—Self-management in uncomfortable environments**

Coordinator Laurence Beal  
Moderator: Stephen Kinsella  
Speaker: Herb III  
Meditation: TBA  
Greeter: TBA

### **November 10—ACTING TOGETHER: EXPANDING THE CIRCLE OF CARE AND COMMUNITY**

Moderator: Chris Bullock  
Meditation: Robert Winkenhower  
Presenter: Chester Phillips  
Facilitators for community discussion: Chester Phillips, Chris Bullock  
Greeter: Louisa Fiander  
Coordinator: Pat Miller

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.

The presentation section will start with a brief talk by Chet Phillips introducing GVAT’s vision of acting together to expand the circle of care and community, and briefly discussing the practicalities of how the coalition works and what is involved in membership. We will then move into a community circle, where each person will have the opportunity to direct questions to Chet or Chris and to give their “take” on the decision to join or not to join.

CHESTER (“CHET”) PHILLIPS is a recent arrival in Victoria after 22 years in southern Arizona, where his work focused on organizing and empowering student organizations to create positive institutional change on the University of Arizona campus and in Tucson. Prior to that he worked with grassroots organizations in southern Arizona on collaborative conservation planning and institutional partnership building. Chet originally

moved to southern Arizona to be mentored by Jim Corbett, co-founder of the American Sanctuary Movement. In all his work, as with GVAT, he is guided by Jim's saying that "An individual can resist injustice, but it takes a community to do justice."

### **November 17—Poetic reflection on the dynamics of change**

Moderator: Pat Miller

Mediation: Lorna Rennie

Speaker: Junie Swadron

Greeter: Louisa

Coordinator: Marilyn Smando

Poetic reflection on the dynamics of change./Poems about memories and how writing is instrumental in integrating the process of change

We can all read the poetry of Rumi or Hafiz, David Whyte and Mary Oliver and have our hearts lifted to the heavens by the simple weaving of their words.

But what if the harshest circumstances of your life were also considered poetry? Poetry in Motion. Events, when funnelled through the Heart of Awareness became the alchemy of Grace leading you to transformation, leaving you triumphant, a Phoenix rising up from its ashes. Poetry in Motion.

Perhaps by now you have come to expect The Trickster lurking around every corner. God's secret design to mould us humans into a poem of all possibilities. Divinity showing off its finest attire. Forcing us to traverse and transcend as we forge through parched deserts and darkened forests, swamps and jungles until we emerge upon sparkling waters and coral colour beaches leading to abundant meadows of dancing wildflowers kissed by sunbeams and rainbows.

Yes, we are God's Ever-Expanding Creations of Poetry. Tentative. Unsuspecting. Naïve perhaps, yet all the same, Blindingly beautiful – each of us – all of us - Perfect Poetry in Motion.

Junie Swadron

Bio:

Junie Swadron is a psychotherapist and professional writing coach. She is the author of four books, a playwright, international speaker and workshop facilitator who has spent the last twenty-five years guiding thousands of students in writing and sharing their life stories.

Junie sees the therapeutic process and the creative process as one. "It is about accessing a special place within us where serenity, love, courage and truth reside. It is from this place that we begin to know our true spirit. It is from this place we begin to heal."

Junie Swadron is known for helping people honour the journeys they've walked, the unique paths that have led them to who they are today. And even though you may have never met, she is sincere when she asks you, "What is Your Story?"

Her latest book, an Amazon Number 1 Best Seller in 3 Categories, is *Your Life Matters! Learn to Write Your Memoir* in 8 easy steps. Although you can purchase it on Amazon, Junie is offering it to you the digital download here for free. Simply click on this link and she will send it to you. [www.junieswadron.com/memoir](http://www.junieswadron.com/memoir) Don't miss her talk at our Sunday service, on Sunday November 17th followed by what will be an unforgettable, experiential evening -Wednesday, November 20th.

You will have an opportunity to purchase Junie's books and the DVD of her play, *Madness, Masks and Miracles*. You can also find and join Junie every Sunday afternoon at her Sunday afternoon Sacred Writing Circles. They are a drop-in, in James Bay. Come novice, come pro. Everyone is welcome! All details here: <https://junieswadron.com/workshops/sunday-afternoon-2/> Wanna know what they are like, ask our veteran CoT member, Pat Miller. Pat has been a faithful attendant for over a decade!

## **November 24—A Jazz and Blues Creation**

Moderator: Laura Lane

Mediator: Norm Smookler

Presentation: Victoria jazz singer, Lorraine Nygaard and pianist, Michael Heaney along with musicians from our community will help create this service on the theme of "Creation" - What's it all about?

Greeter: tba

Coordinators: Laura Lane and Colin Lee

## **NOVEMBER 2019 INSPIRATIONAL EXPLORATIONS: THEME FOR THE MONTH: HONORING THE DARK**

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of the Dead, in particular, is a colorful and joyful festival, reflecting the fact that relating to the dark is one way in which people can build community. As a further extension, when we reach out to those beings (human and otherwise) thrown into darkness by an uncaring social order, we are carrying into the world the “light inside the dark” spoken of by the Zen teacher, John Tarrant

--Chris Bullock

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

**November 6—Sitting with the Dark--** Facilitator: Kathleen Heilman

Meditation is about turning 180 degrees and directly experiencing Self, yourSelf without any concepts about what that IS. I invite you to join me in the effortless practice of just Sitting. In doing so, you may become more familiar with WHO AM I and WHAT AM I and how that connects to ALL that is. With a little right practice and right understanding, you will soon realize your TRUE NATURE is something that is eternal and infinite. The teaching will always point you back to one thing only...WHAT IS IT THAT IS SITTING IN THE CHAIR. (Co-ordinator: Pat Miller)

**November 13—Poetry and Song Circle: Relating to the Dark. Facilitators: Chris Bullock, Hendrik de Pagter**

Poetry and song is not always about light. In fact, in the literary and performance arts, an inspiring message often arises from relating to life's or the seasons' darker stretches. Bring a poem or song, yours or someone else's, experience some dialogue with your audience, and, when relevant, let's explore “the light inside the dark.” (Coordinator: Chris Bullock)

**November 20—Poetic Reflection Workshop on the Dynamics of Change.** Facilitator: Junie Swadron

This workshop considers poems about memories and explores how writing is instrumental in integrating the process of change

We can all read the poetry of Rumi or Hafiz, David Whyte and Mary Oliver and have our hearts lifted to the heavens by the simple weaving of their words. But what if the harshest circumstances of your life were also considered poetry? Poetry in Motion. Events, when funnelled through the Heart of Awareness became the alchemy of Grace leading you to transformation, leaving you triumphant, a Phoenix rising up from its ashes. Poetry in Motion. Perhaps by now you have come to expect The Trickster lurking around every corner. God's secret design to mould us humans into a poem of all possibilities. Divinity showing off its finest attire. Forcing us to traverse and transcend as we forge through parched deserts and darkened forests, swamps and jungles until we emerge upon sparkling waters and coral colour beaches leading to abundant meadows of dancing

wildflowers kissed by sunbeams and rainbows. Yes, we are God's Ever-Expanding Creations of Poetry. Tentative. Unsuspecting. Naïve perhaps, yet all the same, Blindingly beautiful – each of us – all of us - Perfect Poetry in Motion.

Bring your pens and the poetry that dwells hidden within your stories and watch them emerge upon the page as you are guided by Junie Swadron, a writing coach for 25 years.

**BIO: Junie Swadron** is a psychotherapist and professional writing coach. She is the author of four books, a playwright, international speaker and workshop facilitator who has spent the last twenty-five years guiding thousands of students in writing and sharing their life stories. Junie sees the therapeutic process and the creative process as one. “It is about accessing a special place within us where serenity, love, courage and truth reside. It is from this place that we begin to know our true spirit. It is from this place we begin to heal.”

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at [www.junieswadron.com](http://www.junieswadron.com) or [junie@junieswadron.com](mailto:junie@junieswadron.com) (Coordinator: Pat Miller)

**November 27—From Darkness, Decay and Discontent to Creation and Connection.**  
Facilitated by Chad Thiessen and Frances Litman.

The eternal cycle of life has been largely ignored for over a century, now the planet teeters on the brink of environmental, economic and social collapse. By simply “closing the loop” on natural cycles, we can reap massive benefits in nearly all aspects of our life.

Chad Thiessen of Futures Forward, supported by his 10 year old son Austin, has a plan to empower natural cycles to create a quality of life most of us only dream about. This vision can be duplicated around the globe to the benefit of not only those who share that dream and join him, but all those around them. The concept revolves around the creation of an environmentally, economically and socially sustainable community just outside of Nanaimo, BC. Join Chad, Austin and co-facilitator Frances Litman to explore how you can apply the core ideas of that community in your own life. (Coordinator: Frances Litman).

## HAPPY BIRTHDAY

Jennifer Hastie	3
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Marek Losinski	12
Joyanna Wilkinson	17
Jayne Gerlach	21

We Celebrate with YOU!

### From the Sunday October 20 service



From Cedona:

As requested by Pat Miller, I would like to offer here a very brief Summary of my presentation Sun. Oct. 20:

As I mentioned during our Service devoted to Balance, in my opinion, the more time we can spend in “Spirit”, ie. the deepest Truth of who we are, the more balanced we become. That, as far as I am concerned, is why we meditate: to reach way down deep into our spiritual Essence so that we can then bring that Universal Balance, Spaciousness and Grace into our daily lives. I hope this simple visual can provide a useful roadmap as well as supplement our Service to those who had difficulty hearing my words. My apology and promise to remedy the situation should there be any future presentations from me. With a prayer for our deepening into Peace, Harmony and Balance

as we learn to bring the depth of our spiritual nature into every moment of our lives.  
Namaste....



## **Cedona's Higher Guidance On BALANCE for Wed. Oct. 16**

Dear Higher Self

I would love to hear your wisdom and guidance on Balance. How can we stay balanced during such turbulent times? Please guide us. Thank You.

Cedona and Friends

Such a good topic for discussion! We wish to say to you that you all have come here (Planet Earth) to work your inner landscape, to weed your inner garden so to speak, so that your inner Garden can be filled with the most beautiful flowers, no matter the weather prevailing.

This is no small task we know and we also know that very few up until now have seriously taken on the task of tending their inner garden, not nearly so much as people tend their outer gardens. Nothing wrong with spending blissful times amidst the flowers and greenery of your outer gardens! In fact we say YES, by all means luxuriate in the massive spiritual gifts of spending time on the Earth, your feet and hands in the very soil from which YOU have sprung.

To use the times you are in maximally for your Soul's highest evolution however, you must find a way now to tend to your own Inner Garden. The rewards will far exceed what you might have imagined possible.

Cedona can attest to this, as she herself has witnessed her own evolution to be more and more filled with Light, filled with Grace, filled with spiritual connectedness the more she took on the blessed work of doing her ego clearing work.

That is to say, to weed the garden of the very polarities which keep humanity in the SPIN of duality. And yet so few have known this truth: that each one of you contributes to the spin of consciousness - or conversely, to the deep Peace available to all in the very eye of the storm. So you each get to choose! Do you want to keep spinning or do you want to embody the eye of the storm?

- ◇ This evening's work and offering is to say yes to becoming the eye of the storm, to release your addictions to drama, which may be seen as quite similar to humanity's addiction to coffee! Do you really want to spend the rest of your life in a revved up state? You will neither serve your nervous system, nor the awakening of humanity.

We suggest you commit to the Peace of your True Nature. This is a very big commitment indeed. Become the beautiful flowers in your garden. Let yourself be humble and sweet, your faces to the sun, in a state of pure Beingness. Let the simplicity of life touch you deeply. Let go of complexity, of hoarding, even emails and courses and techniques!

Purify, simplify, be clean and clear and free of all of your attractions and repulsions. Then you can enter into the sweetness of your inner Garden, your true state of emptiness, where you become One with All and fulfill your highest Dharma of the awakened state.

We suggest new commitments with deep resolve for the extraordinary times you are in, when each action, each word and each thought has vast consequences for your Soul's evolution and the very evolution of humanity. Please take yourselves far more seriously than you have been until this moment. Witness clearly everything you do, everything you say and even everything you think. Employ new skills for these brand new times, for the acceleration of the energies are like no other time in the history of planet Earth. And with this acceleration comes brand new opportunities for you to achieve the completion of your karmic cycles.

We ask you to choose wisely. We ask you to turn up the dial on your self witnessing. And we send you all our Love and Blessings for a most glorious ride. Be not perturbed by the ups and downs of the times. Just hold your quiet center and bless everything and everyone who comes your way.

Om Shanti - Peace and Blessings. Cedona's Highest Self in deep reverence to all.

*Cedona Holly has been accessing Higher Guidance through writing since the early nineties and this was recently posted onto her "Angel Writing Blog" on her website: [www.EternalOneness.org/blog](http://www.EternalOneness.org/blog)*