

December 2019:

Moving into Lightness of Being

The nights grow long.

Wrapped in the dark chill of winter, we turn to our inner resources to create light.

Slowly the city comes to life as the holiday displays sparkle in the velvet night, like jewels in the crown of our seasonal festivities.

We bring to mind the Advent candles – hope, peace, joy and love, in the four weeks leading up to Christmas.

What do these mean to you?

Here are some thoughts – Hope for connection with friends, family and higher self, peace in the world and within, joy to the world starting with our singular point and rippling outwards, and love copious love where ever and whenever it may land. It is a time of blessings – let us partake in it.

by Peggy Muncaster

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Contact:

**111 Superior St.
Victoria, BC V8V 1T2
250-999-1064
<http://cotvictoria.ca>**

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 Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE for December

December 1 - Inviting in the Light

Co-ordinator and Moderator: Peggy Muncaster

Meditation leader and Speaker: Jennifer Sagar

Jennifer Sagar will speak on delving into one's shadow side to reveal more light into ourselves through the QHHT (Quantum Hypnosis Healing Technique).

December 8 - Advent theme of this week is: Peace

Theme of the week: Using personal contemplation and dreams to review and process our work of this lifetime.

Coordinator: April Hambly

Moderator: April Hambly

Meditation: Marilyn Smando

Speaker: Pearl Gregor

December 15 - Feast of the Senses

Speaker: Rev. Joan Hopper

Meditation: Norm Smookler

Moderator: tba

Greeter: Louisa

Coordinator: D.Joan Thomas

December 22 - Advent theme of this week is: Love

Theme of the week: Honoring the Heart-based energies of the Winter Solstice, Christmas, Hanukkah.

Coordinators: Laurence Beal, April Hambly, Laura Lane

Moderator: April Hambly

Meditation: Sherry Morgan and April Hambly

Speakers: assorted!

Greeter- Bob Winkenhower

December 29 - Community service on Resolution and Good Routines.

Coordinator: Laurence Beal

Meditation: Soundtrack to be played

Topic to be prepared for, in sharing: as in the title.

"Stone Soup", community snack potluck, large circle, speak or pass - short statements.

DECEMBER 2019 INSPIRATIONAL EXPLORATIONS:

The Inspirational Exploration program will take a break during December and on New Year's Day. The program will resume on January 8 and run till the end of May. Details will appear in the January Newsletter and Lighthouse.

INSPIRATIONAL EXPLORATIONS: ADVANCE NOTICE FOR "CREATIVE AWAKENING"

On January 29, 2020, we will have a pop-up event which we're calling "Creative Awakening." CA will combine performances in talent show style, with some tables on which visual artists, writers etc. can put their products for view, and possibly sale. This will be a "pop up" event in the sense that we won't have the room till after 7, so will set up chairs and tables in 15 minutes and proceed from there. "Keep it simple" is the motto. But, though no elaborate planning is required, it would be helpful if people interested in performing or displaying or both would contact chrisbullock@shaw.ca to let Chris know of their interest. Thanks!

HAPPY BIRTHDAY

Kirsty Inglis	9
Colin Lee	2
Sanjara Omoniyi	23

We Celebrate with YOU!