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**Contact:
111 Superior St**

February 2020

Tuning Into the Deep Ocean of Spirit.

Here in Victoria, February holds the first tentative offerings of warmer times to come. Early buds on trees, blooming heather, tulip and daffodil leaves making a determined entry - the harbingers of Spring!

February holds Valentine's Day, feting the blossoming of love and social relationship. How shall we form healthy relationships?

Feb 2: Compassionate Relationships - Being Open to Listening
Moderator: D. Joan
Meditation: Catherine Kinsella
Speaker: Brian Martin
Co-ordinator: D. Joan
Greeter: tba

Feb 9: **Looking within to find your true path**
Moderator: April Hambly
Meditation: Peggy Muncaster
Speaker: Jayka Duncan
Co-ordinator: April Hambly
Greeter: TBA

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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	250-532-3442
Vice President	Chris Bullock	250-384-8241
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
Pat Miller	
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 February

Feb 9 cont'd

Jayka Duncan

Being a professionally trained physical education teacher, a practitioner of healing modalities and an avid student of self-help opportunities, I was provided with the foundation that allowed me to trust my intuition and heal my body when faced with a recurring breast cancer diagnosis in 2016 that had spread to my cervix and uterus. Wanting to avoid surgery and chemotherapy, I did extensive inner work through my surrendering practice which eventually rewarded me with a cancer-free body and so much more.

The 'so much more' aspect was an extraordinary transformation from the inside out that affected all areas of my life; relationships and finances to name a couple, but the most significant transformation that happened for me was that I was finally able to love myself, and my body! This shift has brought me incredible peace, love and joy.

Feb 16: How to have Healthy Relationships; personally, collectively and in the Oneness of everyday life

Moderator: Pat Miller

Meditation: Cedona

Speaker: Julia Day

Coordinator: Marilyn Smando

Greeter: Marie

Julia Day Bio: Since 1996, Jewel has been a spiritual healer and teacher of embodiment through cultivating pure non-dual awareness. Her professional practice combines advanced CranioSacral therapy with esoteric healing and other body-mind modalities. She is an ordained minister and Course in Miracles mentor who facilitates a few residential healing retreats each year, as well as weekly meditations and healing circles. Originally a journalist, Jewel is currently writing a book called: The Alchemy of Oneness. www.juliaday.ca

How to have Healthy Relationships; personally, collectively and in the Oneness of everyday life.

We awaken together, you and I, through learning to discern a metaphysical fact: that the crazy world we see outside of us is a symbolic representation of the unhealed thoughts we collectively carry within our own unconscious mind.

Oneness is the absolute Truth of our Being, blissfully Present within and all throughout the people and things we judge, regardless of their form. Oneness/Love feels like a vast,

infinite, formless field of kindness, purity and light ~ the world we see literally dissolves in it ~ but to know it, we must first deepen our relationship with the Higher Truth we Are within.

If we want to be effective, loving communicators in our personal relationships and with the world, we must learn to surrender to this natural state of Innocence and the unconditional Love it teaches.. From here, we practice extending this Blessing to others; eventually, to all beings throughout all happenings and time.

Jewel will touch on specific ways to connect with this pure Essence and the Voice for Love that guides us within, as well as specific strategies for experiencing the same in others. She will also, depending on the flow of time, share specific guidelines for communication and setting of intentions in personal relationships, as we learn to ever more deeply Love One another and our Selves.

"Every moment, in every second, gives us another chance to Love."
c. Julia Day 2020. www.juliaday.ca

Feb23: Hindu Mythology and Sacred Chanting
Moderator: Peggy Muncaster
Meditation Leader and Speaker: Vinod Bhardwaj
Coordinator: Peggy Muncaster

Vinod Bhardwaj will present and lead a combination of sacred chants and stories. Vinod is a multifaceted personality, an engineer and planner by profession, but an ardent musician by nature. Before moving to Victoria ten years ago, he lived in Edmonton, where he was inducted into the Arts and Culture Hall of Fame. Vinod is a story teller as well, and loves to regale his audience with little stories from Hindu mythology, which have timeless messages.

February 2020 INSPIRATIONAL EXPLORATIONS:

Inspirational Explorations (IE) Wednesdays in 2020 will begin on February 8, and run till the end of May. All sessions are held in the Church and begin at the NEW TIME of 7.30 p.m. Ideas for sessions are always welcome; please contact one of the coordinators mentioned below.

Draft Theme: FRUITFUL CONNECTION

Most of February is governed by the sign of Aquarius, the Water Bearer. In archetypal psychology, water is most often linked to the dimensions of feeling, flow and change. We cannot grow fruit in February, at least in the Northern hemisphere. But we can grow the fruit of connection, or warm relationship. It is not for nothing that the event

most celebrated in February is Valentine's Day. Though Valentine's Day has become identified with the sphere of romantic love, we might see this day, and this month, in the wider context of fruitful connection, the cultivation not of the soil but of our connection with the spark of spirit in others and ourselves, and in the earth on which we depend for our lives.

--Chris Bullock

February 5: Regenerative Agriculture. Presented by Gary MacDougall.

Learn about how one family turned their front yard into a food garden and started a neighbourhood movement. Gary MacDougall was recently featured in *Victoria News*. He will share tips for how to become food secure. (Coordinator: Frances Litman)

February 12: The Many Varieties of Love: Poetry and Song Circle. (Facilitators: Chris Bullock and Hendrik de Pagter).

Just before Valentine's Day, it seems appropriate to reflect on the wider variety of meanings and applications covered by this four-letter word. In the circle, presenters and audience interact in an intimate and safe setting. Bring a poem or song—either your own or someone else's—or simply come to listen. The theme is offered as an invitation, not an essential requirement. (Coordinator: Chris Bullock)

February 19: February 19 - Exploring Lyme Disease (Facilitators: Catherine Kinsella and Kirsty Inglis)

Lyme disease is finally becoming more recognized and identified in the medical system, the popular press and social media. Catherine and Kirsty have both had Lyme disease and now work to help others who are suffering from this bewildering, debilitating condition. They will each briefly share their stories and the tremendous difficulties, learning and hidden gifts encountered throughout years of healing. Interactive discussion will follow and a group healing blessing will be sent out to all those who are struggling with Lyme disease.

Catherine is an RN who contracted Lyme disease in 2013. Although it took only 8 weeks from the time she first developed symptoms to when she received a diagnosis, she went from being very healthy to being bedridden. Her journey back to health was long and complex, and made much more challenging by a lack of knowledge and awareness about Lyme disease within the healthcare system. After regaining her strength, Catherine started to advocate for changes to the healthcare system to increase awareness and improve care for those with Lyme disease.

After an early career working as an economist, Kirsty became severely disabled as a result of late stage Lyme disease. Her descent into disability left her non-functional as a human being. After finding that Western medicine was unable to help, she slowly – and

somewhat reluctantly – opened up to a broader understanding of what medicine truly is. She started replacing pharmaceuticals with plant-based medicines and later she learned to act upon the internal messaging she was receiving about what her body needed to heal itself. Supported by a wonderful team of medical and alternative practitioners she underwent a miraculous transformation. From being bedbound and severely cognitively impaired, Kirsty became 100% well and medication-free within two years. In this time Kirsty learned not only how to heal herself but also how to guide others through their own healing. Since her remarkable recovery, Kirsty’s knowledge has been strengthened by working with traditional healers in Latin and North America and through quiet contemplation and connection to nature.

(Coordinator: Pat Miller)

February 26: Hindu Mythology and Sacred Chanting (Facilitator: Vinod Bhardwaj)

Vinod Bhardwaj will present and lead a combination of sacred chants and stories. Vinod is a multifaceted personality, an engineer and planner by profession, but an ardent musician by nature. Before moving to Victoria ten years ago, he lived in Edmonton, where he was inducted into the Arts and Culture Hall of Fame. Vinod is a story teller as well, and loves to regale his audience with little stories from Hindu mythology, which have timeless messages. (Coordinator: Peggy Muncaster)

HAPPY BIRTHDAY

Madge Tolmie	1
Paul Monfette	1
<u>Sharon Ford</u>	5
Louisa Fiander	10
Pat Miller	18
Hendrik de Pagter	20
Troi Leonard	25

We Celebrate with YOU!

Membership Renewal

It’s time to renew memberships for 2020. Feel free to print and complete the forms on the next few pages or pick up the form at the church.

The AGM will be on May 3, 2020 immediately following the service.

**CHURCH OF TRUTH - COMMUNITY OF CONSCIOUS LIVING
GUIDELINES FOR MEMBERSHIP Renewal**

2020

1. Attendance at our services.
2. A strong desire to participate in our community demonstrated by attending services and getting involved as a volunteer and/or by giving your financial support.

Our Mission Statement says it well:

"We are a supportive community of spiritual discovery. We are a gathering of unique individuals, exploring and allowing our diverse expression of belief. We respect the interconnectedness of all life. We welcome all who are willing to commit themselves to participating in our collective creation. Together, we share our sacred place, this adventure ... this celebration!

Please complete the membership renewal application at the bottom of this form.
Your annual \$10.00 membership fee is due before the AGM in April.
Your continued membership is based on your active participation in our community.

Name: _____

Mailing Address:

Postal Code _____ Telephone _____

E-mail (optional) _____ Date: _____

Please indicate your birthday: Day _____ Month _____
(for acknowledgement at Birthday Sundays)

Amount enclosed with application: \$ _____ (Rcvd. by Treasurer _____)

Please include me on the community contact list. _____

Check what you would like to have listed:

Name _____ phone _____ home address _____ email address _____

See participation form

Church of Truth – Community of Conscious Living

Participation Information Form

The Board invites you to consider how you want to participate and the benefits you wish to receive from your participation in the Church of Truth – Community of Conscious Living.

Please complete the form below. (check all that apply)

Participation

Sunday morning greeter _____	Flowers _____
Coffee serving/cleanup _____	Maintenance _____
Provide Snacks for after service _____	Child Minding _____
Gathering/putting away music and order of service _____	Other _____

Areas of Interest/Expertise

Spiritual Directions Committee _____	Moderator _____
Choir/Music _____	Speaker _____
Meditation _____	Fundraising/Functions _____
Workshops _____	Other _____

Benefits

Please share anything you would like the Board to know about the benefits you wish to receive from this community. (Please use another sheet if more space is needed.)

Name: _____ Phone Number _____

Email address:
