

THE LIGHTHOUSE

March 2020

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March 2020

The winds of March whether they come roaring in like a lion or gamboling in like a bleating lamb bring change. They carry a fresh promise of fertility for the land and imbue all flora and fauna upon this earth with a lust for life. The birds sing out challenges and invitations to nest with them while ducks squabble over the right to a mate. On the human side, the March winds bring a kind of madness - the poets feverishly write sonnets to the moon, to the trees, to the vernal equinox. It's a time to bend, to smell, to hear with a listening heart, to dance and sing and to be thankful for all that is being given.

submitted by D. Joan Thomas

March 1 Spring Outreach: Dialogue and Reflection

Moderator: Lorna Rennie

Meditation: Chris Bullock

Presenter/discussion facilitator: Chris Bullock

Greeter: Peggy Muncaster

Coordinator: Chris Bullock

This session will offer participants a chance to reflect on the spiritual implications of outreach in general and the current requests to government Greater Victoria Acting Together is wishing to present to member organizations for consideration. The meditation will invite reflection on the “big picture” in outreach; the brief presentation will set the stage for discussion of GVAT’s new draft asks. Those who attended a similar service in January will remember the lively discussion that took place there, with many divergent points of view expressed. The discussion this time round is likely to be equally lively! CHRIS BULLOCK is Vice President of the COT Board, one of the coordinators of the Church’s Wednesday Inspirational Explorations series, and a co-lead in GVAT’s Action Research Team on Mental Health and Addiction.

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
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 March

March 8 Heal the Heart, Heal the Earth

Moderator: Peggy Muncaster

Meditation leader and presenter: Kim Sibbitt

Coordinator: Peggy Muncaster

Kim Sibbitt works with a circle anagram of Heal the Heart, Heal the Earth. She pulls many lessons from this, and shares with us her journey into this medicine wheel of life cycles and aspects.

Kim is a multi media artist who is living her dream on her boat/studio on the ocean at Fisherman's Wharf in Victoria. She was born with crayons in her pockets and feels that creativity is the thread that connected the dots throughout her life. Kim believes that art, in any form, heals and it is critical to our and the planet's well being. Because we are one, what we do for one we do for the whole.

March 15 Creativity

Moderator: Catherine Kinsella

Meditation: Norm Smookler

Speaker: Dr. Monique Andrews

Greeter: tba

Coordinator: D. J. Thomas

Dr. Monique Andrews is a chiropractor, neuroscientist, and educator extraordinaire. she speaks internationally on topics such as the Neurophysiology of Subluxation, Neurodevelopment of the Pediatric Patient, Evolutionary Impact of Chiropractic on the Brain and most recently exploring the connection between Chiropractic and Consciousness.

March 22

Spring has come and time to reflect on what we as spiritual being want to see planted so we may grow and learn. To come to a place of appreciation and love moving forward amidst our growth from the life we've lived and love and shared in this world. Let there be light Harmony and love ♡♡

Moderator : Pat Miller

Mediation and Speaker: Sanjara Omoniyi

Greeter : TBA

Coordinator: Marilyn Smando

March 29 Exploring supportive relationships, spiritual and otherwise, to promote forgiveness and healing.

Moderator: April Hambly

Meditation: Laura Lane

Community Service: Small Group discussions

Greeter: TBA

March 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.

THEME FOR MARCH: DISCRIMINATION AND CHANGE

March, as the month when Spring officially arrives, is often seen as the month of change, and promise. Since it is associated with the astrological sign of Pisces, it can be seen as the month where many waters begin to flow, many paths begin to open up. But Pisces is usually represented by two fish swimming in the opposite direction, and often the paths we envisage are actually leading us in contradictory ways. So we need to be able to discriminate between the paths that will lead us to the “same old” and the paths that will lead us to real change, both individually and collectively. ---Chris Bullock

March 4 Changing Land Use Laws in the CRD. Presented by Eric Diller

Eric Diller, president of IslandTransformations.org, will discuss local government land use laws and how these laws contribute to our income inequality, high debt levels and our high emissions. He will offer solutions to these issues that provide citizens with more housing and transportation choices. (Coordinated by Frances Litman).

March 11: Heal the Heart, Heal the Earth. Presenter: Kim Sibbitt

Presentation/Workshop. Kim uses a circle anagram which becomes a medicine circle and opens an opportunity for deep healing. Kim says "The Healing Circle teaches us that there are no weakest links. All living things mirror a part of something greater than ourselves that resides within." The message of the circle is Heal The Heart, Heal The Earth and Heal The Earth, Heal The Heart; because we are one, what we do for one we do for the whole.

Biography: Kim is a multi media artist who is living her dream on her boat/studio on the ocean at Fisherman’s Wharf in Victoria. She was born with crayons in her pockets and feels that creativity is the thread that connected the dots throughout her life. Kim believes

that art, in any form, heals and it is critical to our and the planet's well being. View her video: https://youtu.be/w-uZm_AMsN0 (Coordinated by Peggy Muncaster)

March 18: Experiencing Change: Poetry and Song Circle.

Facilitators: Chris Bullock and Hendrik de Pagter). A circle where presenters and audience interact in an intimate and safe setting. Bring a poem, reading 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. (Coordinated by Chris Bullock)

March 25 Surrender: Your Ticket to Freedom—Presentation/ Workshop led by Jayka Duncan.

Presentation: Jayka will share how she finally realized that her limiting beliefs and the attached emotions had festered over decades and caused cancer in her body. In October, 2018 she started a daily surrender practice (that she still practice to this day) of allowing herself to feel all the stuffed down emotions without resistance and bringing them up to the light. In less than 4 months she went from stage 4 cancer to being cancer free and so much more. She will discuss how a surrender practice is the ticket to freedom. Surrendering does not just heal physical disease, it also has the power to bring more ease with relationships, with money, at work and with body image.

Workshop: Jayka will provide a practical explanation of her surrender meditation, and then will guide the group in a meditation.

Homework (optional): If you are interested, Jayka recommends that , before attending the workshop, you become very aware of your reactions throughout the day. Notice patterns of your behaviour, emotions, words (both to self and others) and thoughts. Ask yourself: is there is anything that you would like to let go of, such as anger, jealousy, fear, shame, guilt? Pick one to be with during this surrender meditation.

Biography:

Jayka Duncan was diagnosed with recurring breast cancer in 2016. Choosing to follow her intuition, she knew that Western medicine was not the answer. She spent 18 months trying many different kinds of holistic methods, but nothing worked. In October, 2018, she was told that the cancer had metastasized, making it stage 4. This was the moment that she surrendered, and her healing journey truly started. Four months later, in February, 2019, she was told that there was no active cancer in her body. Surrendering healed her body.

Jayka is the author of the published book *Healed by Cancer* and will bring copies for anyone who may be interested in purchasing one. She is a surrender coach: innerhealthouterwealthcoaching.com She also co-hosts a podcast: twopalsinapod.com
(Coordinated by Pat Miller)

HAPPY BIRTHDAY

D. Joan Thomas

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We Celebrate with YOU!

Book Review: *The Next Person You Meet in Heaven*, by Mitch Albom, © 2018, ASOP, Inc., HarperCollins Publisher, New York, NY.

Here is the story of a woman's reunion with five souls in her afterlife, each of whom gifts her with powerful lessons, some of whom were surprising mentors since she'd hardly remembered them from her earthly life. Highlights of this philosophical novel include reminders that everyone in our lives should be regarded as relevant and important to us, that no good deeds are ever wasted effort, that the same situation can seem to have dissimilar significance for different participants (e.g., for parents and children), and that we each have more individual gifts than we generally realize. My favourite quotation from the book is, "You only have peace when you make it with yourself." Also, I took great delight in the author's implicit revelation that our pets do have souls. Grief is faced forthrightly by Albom's characters. Debts of kindness are "paid forward" again and again in this novel. I came away from reading it with basically "good vibes," and I felt that it was actually about more about mindful and better experiencing of this present life than it was about an afterlife. *Tuesdays with Morrie* and *The Five People You Meet in Heaven* by the same author actually impressed me even more positively.

This recent effort by Mitch Albom is, nevertheless, full of worthwhile ideas, I am glad that I read it, and I am pleased to recommend it to our congregation.

—Rev. Greg Skala

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:
