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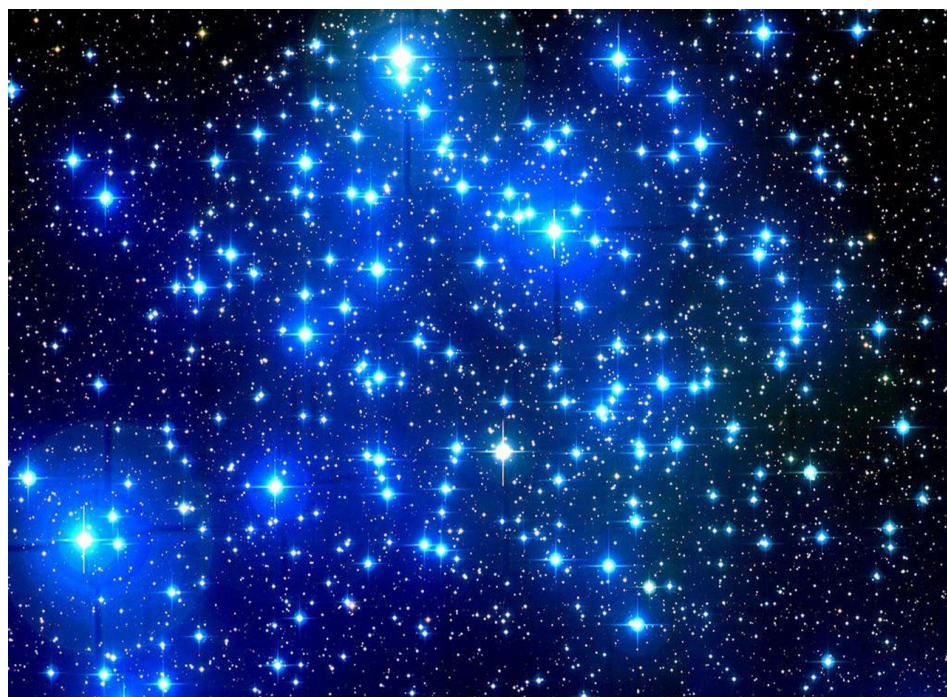
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Lou Hammond**

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The Favoured Dynamics of Fluidity with Stability

In the last of the summer months, we have a series of four topical explorations, each having something to do with the dynamics between fluidity and stability. First, the stability in view would be the reliability of the spirit to be compelling positive change. Then, on the second look, we'll be allowing for stillness in its appropriate phase of growth processes. Week three; the stable community is a support for each to emerge, flow into expression. Last and fourth week in August, we'll continue the way we've been going. Right-on into a community service, with talk devoted to exploring the value in aiming toward a fluid meeting of minds when each has the most stable of a subjective view.



The Lighthouse August 2017
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.

Church of Truth – Community of Conscious Living
Sunday Service – 11:00 am

Working for You
Your Board of Directors

President	Brian Martin	778-430-1872
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Lorna Rennie	250-361-2079
Secretary/Treasurer	Deborah Hawkey	250-813-1747
Outside Maintenance	Bill Israel	250-744-0590
SDC Liaison	Bill Israel	250-744-0590

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
Jane Campbell	250-588-6722
Linda Chan	250-380-6383
Chris Porter	250-588-6722
Marilyn Smando	250-516-9687
D. Joan Thomas	250-721-4054

Rentals Esther Hart 250-896-5933

Newsletter dbhawkey@gmail.com Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE

August 6

Deeper Connection in the Flow of the Spirit

Co-ordinator: Bill Israel
Moderator: TBD
Meditation: Bill Israel
Speaker: Adam Yaghi
Greeter: TBD

August 13

Summer Fallow: Allowing Stillness while Maintaining Growth

Moderator: D. Joan Thomas
Meditation: Norm Smookler
Speaker: Anna Lachmuth
Greeter: Moneca Gabriel

August 20

Opening to Unity and Harmony

Coloured mandalas will provide an entry point to explore our relationships to each other and to the world, cosmos or universe.

Coordinators: Linda Chan & Marilyn Smando
Moderator: TBA
Reflective Meditation: You and your chosen coloured mandala
Sharing of reflections: Individual and group
Greeter: Colin Lee

It is Linda Chan's Birthday and she will bring a cake to share with others.

August 27

What is a meeting of minds when we're all subjective?

Coordinator/Moderator/ Laurence Beal
Meditation TBA
Greeters: TBA

The discussion topic will be the title question, "What is a meeting of minds when we are all subjective in our perspectives. We'll be sitting around tables in small groups, discussions can be ongoing during a mandala making exercise.

Speaker's Bio:

August 6 Adam Yaghi is the Resettlement Assistance Program Housing Coordinator at the Intercultural Association of Greater Victoria. Adam is a Palestinian refugee himself and has just completed his PhD at the University of Victoria on Ethnic American Literature.)

August 13 Anna Lachmuth is an Ayurvedic Health Practitioner and a student intern at the California College of Ayurveda, working toward becoming a Certified Ayurvedic Specialist (doctor). She is also a certified yoga teacher and Thai yoga massage practitioner. She studied Buddhism and yoga in India. Anna now spends her summers in Victoria and practices out of the Villa Ananda Retreat Centre in Mexico in the winter.

**Wednesday Meditation Circle
Church of Truth
111 Superior St.
Free or by donation
Everyone Welcome
7-8:30 p.m.**

August 2, 9, 16, 23 & 30



We come together with the intent of deepening our relationship with the soul and group soul consciousness.

Format For the Evening Includes:

7 p.m. Opening of Meditation Circle and Welcome (Opening of the Circle, Lighting of Candle, Welcoming People to our Sacred Space, Sharing of “Flower Essence”)

A Short Guided Process to Prepare for the Body for Meditation followed by Chanting the sacred “OM” three times before we enter into Silent Meditation.

7:15 p.m. to 7:45 p.m. Silent Meditation.

At 7:40 p.m. ring chimes once and Attendees are invited to Silently and Individually set a Meditation Intention to the Service, Love & Healing of Others or continue with Silent Meditation.

7:45 p.m. Ring Chimes three times. Silent Meditation Ends and Attendees will be invited to stay for the Sharing Circle or quietly leave.

7:47 p.m. Sharing Circle begins – Attendees are free to contribute to the circle anything they wish to share stemming from their meditation and day to day life. There will also be an opportunity to light a candle(s) and set an intention.

8:20 p.m. Closing of Sharing Circle - Take-away Thoughts, Toning or Chanting, Put out the Candle, and Close the Circle.

HAPPY BIRTHDAY

We celebrate with YOU!



Michelle Pederson	August 1
Valerie French	August 2
Don Morris	August 15
Linda Chan	August 20
Patti Huot	August 30

Life at Midlife

I am no longer waiting for a special occasion; I burn the best candles on ordinary days.

I am no longer waiting for the house to be clean; I fill it with people who understand that even dust is Sacred.

I am no longer waiting for everyone to understand me; it's just not their task.

I am no longer waiting for the perfect children; my children have their own names that burn as brightly as any star.

I am no longer waiting for the other shoe to drop; It already did, and I survived.

I am no longer waiting for the time to be right; the time is always now.

I am no longer waiting for the mate who will complete me; I am grateful to be so warmly, tenderly held.

I am no longer waiting for a quiet moment; my heart can be stilled whenever it is called.

I am no longer waiting for the world to be at peace; I unclench my grasp and breathe peace in and out.

I am no longer waiting to do something great; being awake to carry my grain of sand is enough.

I am no longer waiting to be recognized; I know that I dance in a holy circle.

I am no longer waiting for Forgiveness.

I believe, I Believe.

Mary Anne Perrone

Submitted by Lou Hammond

