

**Inside:**

**P2 Who We Are**

**P2 Board of Directors**

**P2 Spiritual Directions  
Committee**

**P3-P6 Sunday Service  
Schedule**

**P6 Oneness Wednesday &  
Meditation**

**P7- P8 HeartBeat  
Meditation by Elsie Mary  
Poliquin**

**P8 Happy Birthday**

**P9-P10 The Game of Life by  
Lou Hammond**

**P 11 Church Secretary  
Wanted, Baker Wanted for  
Monthly Birthday Cake.**

**P11 Our Place needs  
assistance in Keeping  
Family Members Warm and  
Dry by Providing New or  
Gently Used Items**

**P12: Katharina Nolla's  
Book Launch on January  
22nd + Excerpt from her  
book "Beyond the  
Periphery"**

**CARRYING THE LIGHT  
INTO THE WORLD**

In the Christian tradition, early in January comes the Feast of the Epiphany, the time when the Three Kings were lead to the stable by a star and found the Christ Child. In the Greek and Eastern churches, this time is known at the “Day of Light.” This day signals the carrying of Light into the world. The tradition is that the Three Kings went back to their native lands and started spreading the word about what they had seen. In a more universalist perspective, the Three Kings and the different gifts they gave the Christ Child can be seen as three aspects of the self, three qualities needed to bring into the world the light of whatever revelation is birthing at the beginning of the New Year. Generally, frankincense is taken to symbolise holiness or a devotion to the sacred, myrrh to symbolise sacrifice, or the willingness to go into the depths, and gold to symbolise earthly power. Gold, in a modern interpretation, represents the skill of finding the strategies to bring vision into practical existence. Without these three Kingly gifts, revelation, however powerful, will have no impact in the world. The astrological influences in this month suggest there is a fourth Kingly gift, the gift of transcending boundaries, and breaking open fixed concepts. As Leonard Cohen puts it, the “crack in everything” is “where the light comes in.”

Submitted by Chris Bullock, SDC

The Lighthouse January 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
Past President	Sanjara Omoniyi	250-900-0281
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Marvelous Trudeau	250-384-2563
Secretary	Sanjara Omoniyi	250-900-0281
Treasurer	Ron Rayner	250-474-2715
Outside Maintenance	Deborah Hawkey	250-813-1747
SDC Liaison	Bill Israel	250-744-0590

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
Chris Bullock	250-384-8241
Linda Chan	250-380-6383
Jennifer Sagar	778-440-5234
D. Joan Thomas	250-721-4054
Leonard Thornton	250-598-4303

Rentals Esther Hart 250-896-5933

Newsletter [dbhawkey@gmail.com](mailto:dbhawkey@gmail.com) Submissions in by the 21<sup>st</sup>.

# SUNDAY SERVICE SCHEDULE

## Theme: Carrying the Light Into the World

### January 1: Fool's Gold: The Crack in Conceptualized Values.

I have often found myself looking back, with enough distance in time, to regard a past event in which my part could only, so much later, be seen to be the part of a fool. Yes, in time, with gained wisdom from the trail of living, we all have seen things from later perspectives which throw a spin of humor into the recollection. Monica says she gets the jist or gest or jest of the theme along with the ...just jest and jist of the necessary adjustments which might go bump in the night. — Laurence Beal

**Moderator:** Marvelous Trudeau

**Meditation:** Troi Leonard

**Speaker:** Monica Gabriel

**Greeter:** Bill Israel

**Coordinator:** Laurence Beal

**Moneca Gabriel** is a multi-faceted member of our Community who is passionate about life..... For 40 years, she taught school and loved it; she was a teacher-trainer and leadership facilitator and has led workshops since 1975. She has been on the international staff with Landmark Education, is a Certified Purposeful Life Coach and continues to dedicate herself towards bringing positive shifts in the mind, the heart and the soul of people's lives.

Moneca is committed to making a difference in this world ..... Currently she is actively involved with two projects which are near and dear to her heart.— Raising funds to directly support Kenyan student education. She has started fundraising for building interlocking blocks for housing which will also provide work for Kenyan students. — Having available Empress Splendor Trees bare roots that businesses and individuals can purchase. These are the fastest growing hardwood trees which will absorb at least 11Xs more carbon dioxide than other types of trees.

For more info – **Landmark Education:** <http://www.landmarkworldwide.com/>; **Kenyan Education Endowment Fund:** <http://www.kenyaeducation.org/>; and **The Empress Splendor Tree:** <http://worldtreecop.com/empress-tree/>

### January 8: Frankincense: Awakening Devotion to the Sacred

Frankincense, one of the gifts of the Magi, is a unique fragrance distilled from the resinous bark of shrubby trees, grown mainly in Lebanon, Yemen and N. Africa. In Hebrew, frankincense means pure or white as the drops of resin were milky white. and were used in many types of sacred ceremonies. It is thought frankincense was given as a gift to Jesus to symbolize his stature as a spiritual leader, bringing to mankind the message of the indwelling light of spirit. In His life and teaching Christ Jesus embodied and demonstrated the power of that Great Light for all men.

This week we focus on the power expressed through frankincense to help ground spirit into matter and awaken in mankind greater spiritual aspiration, helping to inspire devotion to the indwelling spiritual light and the realization of the Kingdom of Heaven within. In what ways has this Christmas awakened deeper devotion to the spirit of light and truth within ourselves and how is that appearing in our outer lives?

**Moderator:** Peggy Muncaster

**Meditation:** Leonard Thornton

**Speaker:** Eileen Curteis

**Greeter:** Marie Logan

**Coordinator:** Leonard Thornton

**Eileen Curteis**, a Sister of Saint Ann, is a Reiki Master teacher and practitioner, who has treated and taught numerous people over the last twenty-four years. After the closure of Queenswood Retreat and Spirituality Centre where she had worked for seventeen years, Eileen carried on the legacy of the former Queenswood by obtaining a fifteen year trademark for Queenswood School of Reiki. She then went on to co-found with Sharon Burkmar and other dedicated women, Queenswood Holistic Healing and Spirituality Society. Preceding this, Sister Eileen was a teacher, principal and educator for twenty-seven years. Her greatest passion lies in her healing ministry and in the literary arts. She has authored eleven books to date and has become an accomplished poet, artist and writer, as well as being a producer of six CDs and three films.

### **January 15: Myrrh: The Light Inside the Dark.**

**Moderator:** Chris Bullock

**Meditation:** Ariel Lade

**Speaker:** Junie Swadron

**Coordinator:** Chris Bullock

**Greeter:** TBA

**Junie Swadron** is an author, playwright, psychotherapist, teacher and writing coach. Her book, *Re-Write Your Life: A Transformational Guide to Writing and Healing the Stories of Our Lives* (2009), is based on 21 years of guiding literally thousands of students to write their life stories. Earlier, in 2002, she co-wrote and produced a play to help dispel myths and stigmas about mental illness entitled, *Madness, Masks and Miracles*. It's about the madness or the dark night of the soul that she believes most, if not all, of us go through as we walk our human journey, the masks we wear to hide the madness, shame, pain, grief and fear and the miracles that allow us to finally remove the masks and find freedom.

## January 22: Gold: “An Incredibly Profound Talk.”

Be inspired! Be entertained!

Be awakened to the spiritual gold in your everyday stories!

- Do you want to be renewed by soulful stories?
- Do you want to awaken your inner story-teller?
- Do you want free snacks?

If you answered “yes” to one or more questions, this talk is for you.

In this ***Incredibly Profound Talk***, acclaimed comedian, Diana Kuch weaves personal stories, comedic tales, and ancient truths, into a luminous tapestry that demonstrates what our ancestors have always known; *stories infuse matter with spirit, uncover the spirit in matter, and show us what matters.*

This talk encourages you to tap into your own stories. As you connect with all the tales you hold, you grow in an understanding of your deepest values. In addition, you become aware of the golden treasure-house of your own wisdom and creativity.

Our narratives, even the mundane and ordinary, hold many gifts. Stories provide insights when making decisions. Stories move us through transitions. Stories infuse our lives with energy and restore our spirit.

The power of our simple, everyday stories connects us to each other, and to what teachers like Marianne Williamson, and the Dali Lama, name, as one of the most important spiritual truths, “We are all the same.”

**Moderator:** Troi Leonard

**Meditation:** Leonard Thornton

**Speaker:** Diana Kuch

**Greeter:** Jennifer Sager

**Coordinator:** Jennifer Sager

**Diana Kuch** is a comedian, host, story-teller, and wild food forager.

Ever-devoted, she strives to cure two modern ailments, C.S.D. (Chronic Seriousness Disorder), and N.D.D. (Nature Deprivation Disorder.) Diana also wrestles with a personal eating disorder, O.C.N. (Out of Control Nibbling.) She was recently banned from an Oak Bay Potluck.

Diana is best known for her trilogy of sold out comedy specials: ***How to Lick a Vegetarian***, ***Celebrating Imperfection***, and ***Potluck Universe***. In 2016, she premiered her new show: ***Laugh More, Stress Less***, at the Victoria Conference Centre. The standing-room only crowd laughed, pounded their chests, and rolled in the aisles.

When not writing, performing, or eating, Diana can be found in her gumboots roaming the magical rainforests. She has a favorite mossy perch, where she stands and tells jokes to giant cedars.

**January 29th- Community Service – Reflections: A look at what community means to us.**

Some questions to reflect on: What draws or influences you in being a part of our community? What appeals or attracts to you in being a part of our community? How can this relationship (community to you, you to the community) flow back.....? How might you contribute to our community?

There will also be a questionnaire which we would like everyone to complete. Post Community Service, there will be a vegan gluten-free soup made by Linda Chan. Please bring finger food(s) to complement the soup for our potluck lunch.

**Coordinators:** John Vanden Heuvel and Linda Chan

**Oneness Wednesday Presents:**

**Meditation Circle  
Church of Truth  
111 Superior St.  
Free or by donation  
Everyone Welcome  
January 4, 11, 18 + 25  
7-8:30 p.m.**



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

*HeartBeat Meditation by Elsie Mary Poliquin at December 18th Sunday  
Service: Joy and Solstice Celebration*

**HeartBeat:**

Take Three deep breaths.... Place left hand on your heart...

Feel your heartbeat-connect with your HeartBeat - continue to feel your Heart...close your eyes.

Listen, listen, listen  
Hear the Heartbeat of the All - Herein lies the simplicity  
and profoundness of the All  
Here in lies the simplicity and profoundness of Life...

Within the Heart of a Rainbow,  
Lies the Brilliance of All Mankind

Within the Heartbeat of Mankind,  
Lies the Heart of the Raindrop-

And so it is, the connectiveness of All-  
Beating in the Heartbeat of All...

Listen, listen hear the Heartbeat of the all  
In this instant the All-

Herein, lies the simplicity and profoundness of Life -

Will we as a humanity allow and accept  
the Heartbeat of the All?

Allow-Listen-Be still, Embrace  
the Sacredness of Life-

Love embracing All  
Allow-Allow

As we view the Whole Planet Earth-  
This too, the Heartbeat of All

Beyond our widest and wildest Imagination-  
Life is vibrant with possibility

Unseen untold treasures within the whole,  
The Heartbeat of the whole.

Listen listen to the Heartbeat of the All...

The next moment arrives...

A gift of insight  
A gift of inspiration  
A gift of Creation --- not known to man at present-

However, within the heartbeat of the raindrop  
Lies the Heartbeat of the All-  
All is-  
Beyond one's wildest imaginings...

Creation is--  
Creation is Love  
Creation is insight  
Creation the inspiration of the heartbeat within...

Choose to Allow-  
in this instant the All-  
Within in the Heartbeat-

You are the Miracles Heartbeat of God.

And so it is-  
continue to feel your Heartbeat-  
The Heartbeat of God....

My gift of the Season to you..... Blessings of Joy and Gratitude....

Submitted by Elsie Mary Poliquin

*HAPPY BIRTHDAY*  
*We Celebrate with YOU!*



John Vanden Heuvel	January 11
Marvelous Trudeau	January 12
Laura Lane	January 13
Agnes Amundrud	January 20
John Flowers	January 24
Brian Martin	January 25
Esther Hart	January 26

*Excerpt of talk given by Lou Hammond as part of Panel Discussion at Community Service: Playing the Game of Life on November 27th.*

## **The Game of Life**

What incites us towards expansion of consciousness?

How am I playing the game? Is it a game or is there a deeper level of meaning?

It certainly feels like a game, a rigged game. It's really hard to figure out what is going on here and if you don't want to play anymore, too bad, you're stuck with it.

Three things that have helped me:

1. By using the mind/body/spirit connection – finding balance - What I call my Trinity

My body is my avatar for this experience of life

My mind is the playing field, the place where the physical and Divine can connect. The mind can perceive the game from the Avatar's perspective and ask for the Coach's input.

Spirit is the Coach, the one with the knowledge and perspective that I don't have and knows the rules.

I lose my balance when I forget about the coach and start playing the game MY way.

Emotions are physical, add thoughts, and get feelings – what I do with these feelings is my choice

I can get lost in the physical part. I can get lost in the mind part. The Spirit part (the Coach) is what helps me get unstuck to bring back balance.

Seeing that everyone else is also this trinity helps me love, forgive and show compassion for others.

Margaret Mead's quote “Never forget that you are all absolutely unique, just like everyone else”

Following the philosophy “Be open to everything and attached to nothing” helps me go into the Observer position.

2. By putting myself in the observer position (non judgment – being open and unattached – bypassing the ego) I can ask questions of my observations. Putting myself in the Observer position helps me align with spirit (listen to the coach better).

3. A most helpful question is what is this mirroring in myself ?

When I physically/emotionally/intellectually react to something outside of me, what is it shining its light on inside of me?

When I see hate, suffering, turmoil, etc. outside myself, what is it provoking Inside me?

When I QUESTION it: Then I usually see that love, compassion, understanding are missing in what I see outside. This gets me to look at the space inside and realize that there is a space there that needs love, compassion and understanding. The HURT of what I see outside is happening inside me too.

I can, without judgment, accept it as it is, which opens a space to bring in love. I can send love to this situation or person, or I can send hate – it is a choice. By putting myself

in the Observer position I can see more clearly that I have a choice: to be in judgment or be in love. I can choose to move past my ego reaction and open myself to divine love and reflect that back instead.

When I was young I remember struggling with Jesus' command of love they enemies. I realized at the time that I just wasn't ready to do that as I didn't understand how. So I kept a space open around that so that my understanding of how that works would eventually come to me. Now I think I do.

The bad stuff out there, our enemies, are opportunities to grow my love, because I can chose to be a transmitter of divine love. I don't need to involve the intellect, I don't need to understand why even, I just need to see that this is a place that needs love and I can give it love. If we are all one, then when I project love I also receive love. If I project discomfort to something outside myself, I receive discomfort.

Holding an outcome of MY choice brings me too far back to mind and body. When I can just send out love without any expectations, I feel a sense of balance between my body, mind and spirit, and all is as it should be.

This past year or so I have had the pleasure of witnessing a growing number of people and organizations around the world making space and time for prayer and meditation at specific times where millions of people focus on sending love to various places like Syria, and the USA election. The win of Donald Trump, who seems a promoter of fascism and hate has stirred up the worries of the world, but he may just be a great opportunity for us to practice the power of love, and whenever two or more are gathered in my name we can become transmitters of divine love and the love that is within us will reflect back out into the world.

When Stephen Harper was in power, I, like a lot of people, didn't like his actions and wanted him gone. Even though I sent him letters, which he probably never read, and signed petitions and attended rallies, etc. I also sent him love every day. I saw him as someone badly needing love. I saw myself as capable of feeling love for his trinity, Stephen's avatar. I still did the physical things such as writing letters etc.

And I still felt angered by some of his actions, but in the playing field of my mind, I realized that I could expand past the physical, past the limitations of my mind and invite spirit in to bring balance to my trinity.

And today he is no longer Prime Minister. However we do have a new Avatar in power who also needs our love. Just like Donald Trump is calling us to love rather than hate his avatar.

The more I practice being in the observer position, seeing what happens outside of me as reflections of myself, the more I practice being a transmitter of love, the easier it becomes. There are still times when I fall into this is a stupid miserable game and I don't want to play anymore but I am aware that I don't have to stay stuck there, that I can make

choices, I can call on the love of Spirit, I can get back up and get back into THE GAME OF LIFE with renewed vigor, understanding that all I really need to know about the game is that listening to my coach will get me through it so much easier.

Submitted by Lou Hammond

\*\*\*\*\*

**SECRETARY WANTED**

The Board cordially invites you to join our responsive team and contribute your consummate secretarial skills in service to our wonderful community. Training and assistance will be provided to ease your way into the process. Please contact any Board member or myself to embrace this opportunity.

Brian Martin, President

**Baker Wanted**

As I announced on November 20, I'm going to retire in the New Year from baking monthly birthday cakes. It's been over 20 years and to be truthful sometimes it has felt more like a chore than a joy. So I think it's time to let it go. I'm happy to still honour and announce the names of the birthday people each third Sunday as has been the routine (although in months of five Sundays or other special activities I varied it sometimes). There may be others among us who would like to contribute a birthday cake now and then, if not regularly. And I acknowledge the others who have taken a turn along the way, like Eleanor McKinnon, especially in my birthday month. As I also said, some people may be tired of gluten-free cake for the last year or so – I thought if I'm going to make it I want to eat it too! – so the field is wide open now. I lovingly pass the spatula.



Submitted by Lorna Rennie

\*\*\*\*\*

During This Season of Goodwill For All **OUR PLACE** is asking for assistance.

Help Us Keep Our Family Members Warm & Dry By Providing The Following New Or Gently Used Items:

- |               |                    |                    |
|---------------|--------------------|--------------------|
| Socks         | Boots              | Tarps And Bungee   |
| Blankets      | Long Underwear     | Cord Ties          |
| Sleeping Bags | Leggings for Women | \$5 Mcdonald Cards |
| Scarfs        | Jeans for Men &    | Thank You For Your |
| Jackets       | Women              | Generosity         |

\*\*\*\*\*

## BOOK LAUNCH

*Katharina Nolla's book launch is scheduled for January 22, 2017*

*Here is an excerpt from her book "Beyond the Periphery"*



The lights went out and it was obvious that there will be no more dancing in the streets as Leni faced the rubble of the bombed-out buildings executed by the war that for the second time implied to end all wars on this planet of God's creation. At that moment, she experienced a sudden surge of heat rushing through her body. Accompanied by an urge sweet and enticing to inflict on the "others" as was done to her. She was twelve years old, and she recognized that she stood at a crossroads where she was forced to choose the outcome of her destiny. - Surge forward, or decline the call to action.

Decades later, as the current war casualties pile up at an alarming rate and the blood-stained survivors stare from the televised news on a scale not seen before, their eye pleading as hers once had, "doesn't the world care?" Her answer is: It is no longer a matter whether the world cares or not but a matter of are we willing to change, and who says we are too small to make a difference?

Leni's words offer the reader an opportunity for contemplation and self-analysis. It is a work of her inner journey. Join in her courage and exploration.

In the words of this book, you will discover yourself, as I have done. - You will discover your desires that drive you. Your desires that serve you, and those that don't. My intent is to encourage readers to journal their own pages of self-discovery to find their flow of wisdom as I sought to find myself. The words may be faint at first - but one must have faith - as they will become clear and inspire confidence as you complete your own book of life. My advice is to listen to its messages. They are your greatest treasure, the vehicle of your transcendence. This is the mystery that is beckoning on the horizon as the walls of the old paradigms are now crumbling, and you reclaim a sense of your knowing.

Submitted by Katharina Nolla

