



THE LIGHTHOUSE MAY 2012

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Who Are We?

We are pondering the question ‘Who are We’ in the month of May.

We can look at this individually ‘Who am I’?

Or we can look at it collectively ‘Who are We?’

Collectively we may see ourselves as part of a community/group: or part of the human race: or part of the Cosmos.

In looking at ‘who or ‘what’ we are, we may over simplify. (Mind Body and Spirit) However in looking for self-development it appears we may be motivated, yet our inhibitions and fears unravel as we truly discover who we are. If we really want to know ourselves we need to look sincerely and with integrity at our wounds of an emotional, feeling, or psychological nature.

This awareness or self-healing comes when we really want to care for ourselves in every way. There will then be healing of the consciousness. To be a whole, healed, integrated person is the goal. To change as I heal, integrate and grow I return to what I have always known as the ‘real’ me. Oh yes, we have all had the idea given to us of being no more or less than the point of light, or consciousness itself.

Now we will examine the collective ‘We’. Although there are many layers of human social organization from Nations to Provinces to Cities to Religious Groups and Community Organizations we all are all one under the Great Whole of the Cosmic Community. While there is a sense that all of this appears to have order and purpose there is also a sense, beyond our human understanding, of transition towards ONENESS , a coming together. Many are feeling this as individuals.

When a collective of individuals pool their human potential, the reflection of the common focus becomes the visible and identifying quality to those looking from the functional “outside”. When the creative principle is owned and expressed by the collective, instead of a flat or static group identity being formed, the potential for a dynamic and fairly incomprehensible fullness defies final and limited identification. We can create way beyond the past proofs of accomplishment, in owning this potency for creation.

Written by Laurence Beal SDC

The Lighthouse May 2012

**A Newsletter for Friends of the Church
The Church of Truth - Community of Conscious Living
Sunday Service – 11:00 am**

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 may 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

President	Patti Huot	250-385-0941
Past President	Esther Hart	250-896-5933
Vice President	Roland Guenther	778-433-4386
Treasurer	Hanna Figon	250-412-7446
Secretary	Cynthia Pattison	250-661-8687
Rentals	Esther Hart	250-896-5933
Outside Maintenance/SDC Liaison	Sanjara Omoniyi	778-433-4386
Inside Maintenance	Dancing Wolf	250-418-0694

Your Spiritual Directions Committee Members are:

Trish Coleman	250-721-1973
Laurence Beal	250-380-6249
Hendrik de Pagter	778-440-5234
Elissa Giles	250-598-8803
Dancing Wolf	250-418-0694

Community Care Liaison – Lorna Rennie 361-2079

Newsletter—Deborah Hawkey Email dbhawkey@gmail.com

Newsletter Submissions welcomed by the 21st. of each month

Linda Chan <http://cotvictoria.ca>

Rev. Joan Hopper Pastoral Care for free consultation call 250-384-3637

Sunday Service Schedule for May 2012

June 3

I Am Both Self Esteem? Ego?

Coordinator: Stephen Kinsella
Moderator: Bob Winkenhower
Meditation: Stephen Kinsella (music and hold the silence)
Speaker: Stephen Kinsella
Greeter: Linda Chan

June 10

I Am-One with Likeminded People (Birds of a feather Flock Together)

Coordinator: Laurence Bell
Moderator: Lorna Rennie
Meditator: Laurence Beal
Speaker: Melanie Lichtinger
Greeter: Don Norris

June 17

I Am- I Am Here For You - Holding Space

Coordinator: Hendrik de Pagter
Moderator: Elvira Parrella
Meditation: Susan Blackwood
Speaker: Roland Guenther and Hendrik de Pagter
Greeter: Jennifer Sagar

June 24

I AM- Inspired Creativity and Healing

Coordinator: Dancing Wolf
Moderator: Facilitator:
Community Service Dancing Wolf
Meditation: Stephen Greaves
Greeter Joyanna Wilkinson



Happy Birthday
We Celebrate With You!

May 18 – Roland Guenther
May 20 – Patricia Coleman
May 21 – Cedona Holly
May 29 – Marie Logan

Editor's note: Due to the fact that many people did not receive the March newsletter, we are reprinting Bernadine's article at the request of Church members.

The "I" Within the Storm

Don't we just love those unexpected "gifts" the Universe sends us from time to time, in order to integrate spiritual teachings?! No doubt we can all give numerous examples of this. Here's a fairly recent one from my own life.

About eight months ago after increasing concerns about balance and mobility challenges, I asked the doctor for a referral to a neurologist. In the interim I was sent for an MRI. When the results came back I was told they weren't good. The report said that there was brain atrophy, decreased blood supply and possible demyelination. She said she was sorry to leave me hanging, that it would still be around nine more months to get into any neurologist (I had already waited at least a month), and to try not to worry too much. Also, to report any further symptoms so that I could possibly get in sooner. (Apparently, unless I came down with diabetes, very high cholesterol or a serious heart condition, however, I didn't qualify!)

You can imagine what condition I was in when I walked out of that office! Had this been a few years ago, I shudder to think how I might have dealt with this situation. Needless to say, my head was filled with worse case scenarios, terrifying myself more with each passing moment.

Hanging on my bathroom wall for the past few years has been a framed print with the inscription "Serenity is not freedom from the storm but peace within the storm." To say that I was not residing in that place at that point in time was an understatement.

This time I realized that I could ill-afford to indulge my reclusive nature. I reached out to several people in this spiritual community. This was definitely beyond my comfort zone as I didn't know these particular people well, but I felt the need to take the risk and be

vulnerable. The responses I received were so loving and supportive that something in me shifted at a core level.

On August 13, 2011, I wrote the following note to myself: "I am now aware that throughout my life, my mind carried the belief system that there was a shortage of love in my life, for I believed myself to be unloveable. It was this faulty belief system that caused my brain to atrophy. The Universe arranged for me to find out about this when I was strong enough to shed this illusion. I was then placed in a position to choose to reach out to others, rather than to become a reclusive victim. The loving responses and support I received have touched me so deeply that I now see ever more clearly that I was under a deep illusion about the shortage of love. I now claim full responsibility for creating this situation, these thoughts in my brain that caused it to atrophy and diminished its blood supply - its life force. IN SO DOING, MY BRAIN CELLS DANCE WITH JOY, AS THEY LOVINGLY REGENERATE!!!"

After this healing of my psyche, I released the need for a particular outcome, for I knew that this was far better than any would-be "cure" I could ever possibly undergo. In many respects, I became that still-point in the eye of the storm. Nevertheless, I made a decision to be proactive. I made an appointment with an excellent craniosacral therapist, added a couple of additional supplements to my regime, and was blessed to find a neurologist who could see me on very short notice. Unfortunately, although he was known for his brilliance he also had a reputation for having an extremely abrasive and uncompassionate bedside manner. I prayed to see him differently, and as God's representative. (Thank you, Rev. Joan Hopper!)

John went with me to the appointment and we both found this neurologist to be very compassionate, sensitive and thorough, with an excellent bedside manner! After studying the imaging, the report and giving me a thorough neurological exam, I was given a "clean bill of health." He said that he sees dozens of similar MRI's daily and was not the least bit concerned. He felt that I was doing just fine, and no follow-up was necessary. And many people say that neurologists never give good news!

In closing I would like to say that this experience for me has encapsulated not only the monthly theme but the four weekly ones for March as well: ~ becoming more "steady as I go", finding that Love truly is the way Home, finding new ground, and continually remembering to recentre. Life, for me, is now filled with constant miracles and much joy! This month is an invitation to all to look more deeply at that "I" within the storm and where we reside on the spectrum. Is it our pattern to want freedom from the storm(s) of life, or peace within them?

With Love, Blessings and Gratitude to each and every one of you.

Submitted by Bernadine Sperling SDC



UP CLOSE

With Janet Taylor

Born in northern Ontario, my father moved so often that I was at twelve schools before graduating from high school in Vancouver. My wandering mentally ill misogynist father wasn't about to educate a girl so I worked my way through business college. I worked initially in employment, human relations and later looked after my first husband's consultancy in management training and development.

He turned out to be gay. After a few years in Toronto and Vancouver I very sadly opted out of the marriage. My second marriage lasted twenty-seven years before I gave up trying to make it work.

For many of us certain happenings prompt us to create change. Here are a couple of mine:

In 1982 I went into the hospital and signed permission for a double radical mastectomy. After surgery I woke up in the recovery room with the nurse slapping my face and hollering "Wake up, Janet, you don't have cancer!" Elation! I remain intact!

The surgeon had cut into one breast and found that the lump was full of water so he sewed me up again and dismissed me. He couldn't figure out how such a mistake was made.

The evening before the surgery was scheduled the physician who was to do the anesthetic came around. He sat down beside me, held my hand in both of his and chatted with me for over an hour. Later when I learned about how healing can take place I understood that the doctor had healed me, took the time to sit there with me until the deed was done.

As soon as my stitches were removed I left my husband. He didn't stay left as I agreed to try again. Mistake. In 1986 I got mononucleosis. My doctor said that when older women get mono it doesn't go away, will keep recurring so I will never be well. This is the prevailing opinion in western medicine. I left my husband again. After lolling around with the mono and after effects for a few years two women opened an holistic healing centre so I went to see what they were doing. I worked there and got to pick the brains of visiting teachers and presenters at the annual Spring Festival of Awareness at Naramata which was organized by the people at the healing centre.

I started to learn healing methods, became a Reiki Master and learned many other healing modalities including some qi gong, and more recently the Yuen Method, EFT and Emotion Code which all come under the heading of Energy Psychology. Later because of the kundalini awakening I became a spiritual healer. Along the way I started to get back some physical energy and the mono has not recurred. For this I thank my teachers and mentors.

I do not have much trouble doing the gratitude dance because I have been so truly blessed.

There is a long list of reasons why a person might experience a spontaneous kundalini awakening. For many it can happen because of trauma or an accumulation of traumatic happenings which was as it was for me in 1996.

Synchronicity kicked in: One evening when I was wondering why I was such a mess I was flipping through TV channels and hit on a program about Kundalini. Because my symptoms seemed to be what they were talking about I contacted the Toronto physician who was featured on the program and she directed me to a transpersonal psychologist in Vancouver. The doctor had just published a book and told me to get it. I found in her book definitions for all the strange things that were happening. I hadn't had a vocabulary for the paranormal occurrences, had no idea what they were called. Although my thinking seemed always to be different from family and friends, I'd never heard of kundalini awakening before it happened to me.

My symptoms were severe on all levels — physical, emotional, paranormal. I credit the transpersonal psychologist, Richard Clarke, with saving my life.

In 1980 an American Spiritual Emergence Network was set up by Drs. Christina and Stan Grof and Michael Murphy of Esalen so that people going through spiritual crises could find helpers. It was Christina's idea because she felt that too many were wrongly diagnosed, put on medications and/or in a psych ward, all of which had happened to her. They had a referral list of therapists who had the experiential understanding. "Spiritual crisis" might include people who have had near-death experiences, kundalini awakening, out of body experiences, psychic opening or any kind of awakening experience.

I felt that we needed our own Canadian version so set up a national Spiritual Emergence Service Society recruiting for our referral list qualified professional therapists in our own country who have experiential understanding. <http://www.spiritualemergence.net>

After doing this for twelve years, in 2008 Dr. Brian Farlinger in Vancouver took over the responsibility for the network allowing me to retire. Brian has the resources to make happen some things I would have liked to be able to do. The main one is to set up a residential facility for those who might need 24-hour care or just a place to be when their lives are falling apart because of uncomfortable symptoms of spiritual crisis.

I am still totally awed that I was blessed with the gift of awakening and so thankful. "Awakening" is not an end point but a beginning of a new study and a new way of living and thinking.

It has been such a privilege to meet many wonderful people in the spiritual community and finally to find others who think the way I do. How could I ever have guessed that becoming a senior citizen would be so much fun?

Oneness Wednesdays in May



Explorations on the New Cosmology and the Work of Brian Swimme

Drop-in on May 2, 9, 16, 23 & 30th
Church of Truth, Community of Conscious Living
111 Superior Street, Victoria, BC
7:00 p.m. to 8:30 p.m.
Free or by Donation
Information: <http://cotvictoria.ca> or Linda at (250) 380-6383

This series will be an exploration of Brian Swimme's work using the following DVD presentations: **Journey of the Universe, The Earth's Imagination and the Power of the Universe.**

May 2: Journey of the Universe Film Viewing with post film discussion facilitated by Gertie Jocksch

*Journey of the Universe tells the 14 billion year epic story of the cosmic earth- human experience. Set on the Greek island of Samos, the film weaves scientific discoveries in astronomy, **geology**, biology and ecology with insights from the world's cultures. Beginning with the universe and the unfolding of life on Earth, exquisite imagery, provocative metaphors and enlivening musical score invite us to embrace a profound participatory role in the flourishing of the Earth community.*

Journey of the Universe Film Trailer:

http://www.youtube.com/watch?v=665rLZ0_HjU

May 9: Journey of the Universe, Education Series (a) The Passion of Animals + (b) Indigenous Ways of Knowing - DVD Showing + Discussion facilitated by Gertie Jocksch

a. The Passion of Animals With Scott Sampson, Paleontologist

The compelling story of Earth's fossil record touching on topics ranging from the ancient ecosystems of dinosaurs to the co-evolution of the human with other species.

b. Indigenous Ways of Knowing With David Begay, Professor of Physics and Nancy Maryboy

An invitation to understand Navajo ways of knowing. The speakers describe a worldview that is place-based, emphasizing kinship and connection which intimately orients the human within a interrelated and unified cosmos.

May 16: Earth's Imagination – DVD Showing + Discussion facilitated by Bill Wilson

"In The Earth's Imagination, cosmologist Brian Swimme places the human psyche within the fifteen billion year cosmic process in order to highlight the directions in which human consciousness is evolving today and into the future."

May 23: Power of the Universe : The Power of Allurement- DVD Showing + Discussion facilitated by Gertie Jocksch

*We will explore the Power of allurement. It's the way in which the whole universe holds itself together. At the level of the galaxies, we call this the gravitational interaction. Gravity is what keeps the galaxies in place; it's what draws the stars together. At the level of molecules, it has a different name: it's called the electromagnetic interaction. The atoms and molecules in our **body** are being held together moment by moment by the attractive force of electromagnetism. The word allurement points to all these various forms of attraction.*

May 30: Power of the Universe: The Power of Emergence - DVD Showing + Discussion facilitated by Gertie Jocksch

We will explore the power of emergence. We've discovered that the universe is not a place; it's a story, a story of an irreversible sequence of emergent events. For a long time we thought that the universe was an established realm that had its major creativity happening only at the beginning of time. We now understand that the universe is an ongoing creative event. Stars came forth, galaxies came forth, planets have emerged, life burst into existence. This power of emergence could also be called ongoing creativity. In some ways, it's the greatest discovery in the history of the human sciences—that the universe as a whole, and each being within it, is permeated with the power of emergence.

About Gertie Jocksch:

Gertie Jocksch is a Sister of Charity of Halifax. She holds a Masters of Divinity and a Doctor of Ministry from Regis College and the [University](#) of Toronto. Gertie's ministry experience include, Hospital Chaplaincy, Director of Field Education at Regis College, Campus Ministry and Director of Graduate Theology Programs at St. Mark's College in Vancouver. A passion that continues to evolve Gertie's ministry is her concern and care for Earth. This ministry included participation in the development of the Centre for Earth and Spirit. Presently Gertie coordinates the work of Programs in Earth Literacies as well as facilitating programs. Gertie also teaches in the area of Ecotheology and ecofeminism.

Visit: www.earthliteracies.org



Talent Show 2012

I will be hosting the talent show this year which is Saturday, May 19th at 7 pm. It has always been a very special and fun event started several years ago by Ella Brown. It has been an opportunity for many of us to discover and develop some of our hidden talents.

The show will honour monologues, song, playing a musical instrument, dance, readings, poetry, magic, or others skills. Although the theme is “School’s Out”, you are free to interpret as you will or not at all.

To be part of this program, the act, the participant(s), time estimate (10 minutes max) and a short line or two of what the act is about should be submitted to me no later than May 10th which is the deadline for all entries. This will help in organizing the program.

Booking the church for rehearsal Friday daytime and evening and Saturday daytime, please call Esther at 250-896-5933. Be considerate of others when reserving the length of time sought.

As in the past, for participants and audience a donation of \$10 is suggested. All moneys going to the Church fund.

Help is needed in reception, refreshments, p.a. system and clean up.

Thanks in advance.

Bob Winkenhower
Email: rwinkenhower@gmail.com
Phone: 250-388-9465

COME MAKE A JOYFUL NOISE

Our intrepid choir will once again raise its collective voice in praise and celebration. New hearts and voices are welcome to join the fun. Rehearsals will commence at 10am sharp on Sunday, February 5th. Ability to follow the bouncing ball (or waving hand in this case) is more important than skill at reading music. We will explore new and old repertoire for musical fun and perhaps a few performances along the way.

For those who wish to explore and share their talents with our community I will also be available to guide , arrange, accompany or otherwise assist you in gaining some wonderful experience in smaller combinations of singers and/or performers.

Our intention is to offer a rich and varied musical component in our Sunday services.

Brian Martin, Choir Director

JOAN HOPPER

Spiritual Counselor and Practitioner

Joan's name and telephone number appears in the Church Newsletter each month. Joan is a fully trained and certified Spiritual Practitioner and is always willing to be available for anyone who requires help in the way of spiritual prayer and healing.

As a 'healing practitioner', Joan completed a three year course with her Science of Mind studies during the 1970's. This particular study included a four-month practical Course which required her attendance and completion, in San Diego.

Joan is still very much involved with her Spiritual studies and she is always ready and available to help anyone, at any time, who requires Spiritual help and support.

Call 250-384-3637

Deep Love in Action

In Transition is the theme of the month. And for today it is Deep Love in Action. A week ago it was Easter. In the Christian mythology Jesus was nailed to the cross, died, and rose from the dead again. Agnus Dei he was called, the Lamb of God. So why the Lamb?

During the last couple of days a group of 5 spiritual seekers, courageous, curious and adventurous, met for a Shameeah ceremony. This is an intense

communication with nature, using a mechanical technique of homeopathy combined with deep spiritual connection to nature like in shamanism and in addition to that a process of transforming low vibrating energy in high vibrating energy, a process we know from alchemy.

We wanted to find out first hand, what that meant, this Lamb of God, carrying the sin of the world and being sacrificed. For that purpose we asked the one who should really know about lambs, we asked the sheep by using a little bit of sheep's milk for our purpose. This is what we experienced:

We felt so cuddly, soft and gentle. We only wanted to feel safe in the flock, in the herd, amongst friends, as a part of a group. We were simple minded, childlike innocent, naïve. We were happy to follow some shepherd, some guru who tells us where to go and what to do. We trusted, yes we were over credulous. Thinking did not really work, our brains got foggy, our thoughts as well. We felt defenseless, helpless, the perfect victims. As an inevitable consequence of that, all kinds of abuse came up, to the degree of being sacrificed. And still we were so nice, loving, accepting, forgiving. We even thought we would save the world through our sacrifice.

Yes, somehow more or less similar to that we thought love would be. However all this acceptance and loving just drained us and we were fighting to stay awake. This is not a high spiritual experience. A deep spiritual truth connects you with your inner source of energy, it nurtures you, sets you free. Not so here. So what was going on here? There seemed to be no solution, no redemption. I will tell you:

We had used the milk of a domesticated sheep, of a sheep which was denatured, weakened, stripped from its natural abilities to survive, stripped of all aggression. What was left was the perfect creature used all over the world in religious ceremonies to be sacrificed in order to set us humans free of our sins. What a weird concept! Putting our problems, our guilt on a sheep and killing it. This concept is so absurd that it is hard to believe that it is being practiced. Now it is not only a sheep of God, it is the lamb of God, an immature young creature completely defenseless. And now the religions wanted to tell us that this is what God wants us to be! Well, it is actually what the ones in power all over the world want us to be, because then we are easy to rule, to use, to take advantage of.

Was Jesus a lamb of God? By God, he was not.

He was much more like another archetype of sheep. In astrology we have the sheep, the ram called Aries. It is an energy of Mars, the God of War. It is the

energy that is connected with spring, waking up, getting going. The sun is in this sign right now at the end of March and in April for another week or so.

Jesus was absolutely unconventional, he did not follow any rules or old teachings, he did not bow or bend down or back up; not from political nor from religious authorities. He was irreverent enough only to accept this part of himself as authority that he called the father. He was not all accepting, not always smiling and forgiving, not always healing and blessing. He was angry and enraged enough to chase out the money lenders from the temple. He was unwavering, unbending in standing up for the truth. He had no tolerance for accepting any other than the highest truth.

This dear friends, is **Deep Love in Action.**

The sugarcoated being nice is a weakened state of consciousness, it is actually closer to self-sabotage than to real love.

We all who are walking the path of Spirit, see ourselves in a transition, an in between state of consciousness, on a crossroad that demands a choice:
Are we okay being the lamb after 10,000 years of domestication or are we going to reclaim the sheep as God has created it, the sheep in its wildness, its beauty, its freedom, not needing neither a shepherd nor a guru? Are we going to reclaim Aries, the ram, the warrior as a part of us?

In Wikipedia I found that a core expression of Aries energy is: *I am*. Is there any more spiritual, more profound expression than that?

I am! That is the absolute presence in this moment. That is showing up in all our truth. That is what we pray for in our statement of being, when we say: Let my contribution be that of a whole person. A whole person; that is not a person stripped of all the things we do not like. A whole person, that is a complete “I am” with all of me.

Submitted by Roland Geunther



Serenity's Path

My mind is a garden
With petal, plant and bush
With soil that is rich and clear sparkling brook.
This garden that I Am.
Spirit nourishes the roots of my Being.
Tis the Light of my Soul
That allows me to grow.

I Am the gentle fragrance of the rose
Yet I too am the sting of the nettle
That guards the edge of the path,
Meandering through this Enchanted Land.

Stooping now to pick a weed.
Or so to think it seems
For soon it returns, as if to say,
That it has its place to.

There are murky ponds
And crystal pools.
Valleys and meadows
And mountains high.

At times the path climbs upon the edge
Of jagged crevice or becomes the trestle
Crossing vast chasms of fear.
At times it is felt as a Radiant Glow,
Supporting and caressing my feet below.

Looking back, soon I see
That all is but memories,
Experiences past.

Each side of the Now
Is bright and full
Of blossoms sweet, a land that is blessed.
With balance, joy and happiness.
Ahead lies a mysterious quest,
Yet one that ensures success,
If I but stay on the path.

For my choice, it is
To tarry here or forge ahead.
To look back viewing the memories
Of long ago.
Or try to perceive a future lent
Of unknown event.

Or may I just enjoy this moment
Of Light and Love Serene,
That is this Path of Life.

Stephen Graves
spiritquestca@shaw.ca

On my way home from Oneness Wednesday tonight, which featured the second segment in the month of Non-Violent Communication presentations, I became delightfully aware of how very grateful I am for the dedication of Pat Miller and Linda Chan. They are so devoted, and have been for years, to the rich programming of Oneness Wednesdays for the Church.

The offerings are often so stimulating that people don't want to leave after the program ends and tonight was no exception. Pat had to turn the lights off to encourage people out the door. Then I laughed out loud as I headed up Superior St. and saw a cluster here and a cluster there of people still continuing to talk. Since the group at church had earlier been hearing about identifying feelings and needs, I readily identified my feeling of gratitude to Pat and Linda for their dedication and their ideas and contacts and ability to find people and topics that are of such interest. I obviously have a need for learning and connection and social interaction that continues to be met through their offerings. Thank you Linda and Pat!

Submitted by Lorna Rennie