

# THE LIGHTHOUSE

September 2017

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### Contact:

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## Journey of the Heart, Mind and Soul.

When September's winds start to blow away the doldrums of a latent Summer, we pick up the journey of life and in anticipation of adventures to come, we read the brochures of discovery. Journey is all around us: First breath of life for the new born; First day at school for the child and First day at college/University for the older sibling. The mind revels in the joy of knowledge on offer! New shoes may be needed for the journey of pilgrimage but shoes are symbolic of fresh starts, physical or mental and as the soul says, "interior or exterior journey?" So many places to go, towards the light or to the dark side, before we take that last breath, or find that last love.



The Lighthouse September 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	orcasafe@gmail.com
Marilyn Smando	250-516-9687
D. Joan Thomas	250-721-4054

Rentals Esther Hart 250-896-5933

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

## **SUNDAY SERVICE SCHEDULE**

- September 3**      **“The need for tact and diplomacy even in the heat of impassioned expression”**  
Coordinator:      Bill Israel  
Moderator:      Marvelous Trudeau  
Meditator:      Marilyn Smando  
Speaker:      TBA  
Greeter:      TBA
- September 10**      **"Journey into the Heart of Consciousness: Redefining Everything You Thought You Were"**  
Coordinator:      Linda Chan  
Moderator:      Frances Litman  
Speaker:      Ramana  
Meditation:      Ramana  
Greeter:      John Vanden Heuvel  
"Together we can directly explore the depths of love and consciousness" ---  
Ramana
- September 17**      **Journey of a Healthy Soul**  
Coordinator:      D. Joan Thomas  
Moderator:      Lorna Rennie  
Meditation:      Jennifer Sager  
Speaker:      Reverend Joan Hopper  
Greeter:      TBA
- September 24**      **Journey to the Heart**  
Coordinator:      Jane Campbell  
Moderator:      Louisa Fiander  
Speaker:      Sherry Morgan  
Meditation:      Jane Campbell  
Greeter:      TBA

## Speaker's Bio

**Ramana:** Name "Ramana" after Sri Ramana Maharshi in 1993, Papaji asked him to share the message of awakening to Heart, Consciousness and Truth to groups and individuals.

In 1997, Ramana combined his years as a Transpersonal psychotherapist, hypnosis, NLP, biofeedback, Taoist philosophy, creative visualization with his studies of ancient Indian teachings (from masters throughout India) to create "Radical Awakening and the Opening to Heart Consciousness" which precipitates an opening into the true self of Being. He has found that when Being is in alignment with the true self, the space of unbounded love and energy emerges, which sometimes opens deep healings at a physical, mental, emotional and spiritual level.

He now resides in both New York and India. Since 1997, he has traveled full-time as a wandering, homeless mendicant, travelling throughout the United States, Canada and the East sharing his work, Radical Awakening and the Opening to Heart Consciousness, and has trained hundreds of practitioners to continue his work. His Amazon best-selling book, Radical Awakening: Finding the Calm in the Storm of Overwhelm, on Kindle, at its launch went to #1 on Amazon and was chosen as the 'hot pick of the week'. He is currently working on a print version of the book.

Ramana continues to share his work of awakening and heart world-wide, and holds the holy mountain in India, Arunachala dear to his heart. Each year, he takes individuals on a 21 day pilgrimage to Arunachala. For more info, please visit: <http://radicalawakening.org/> or email: [ramana.awakening@gmail.com](mailto:ramana.awakening@gmail.com)

Ramana's Victoria Event Poster:

 [Ramana Event Poster \(11 X 17\).pdf](#)

**Rev. Joan Hopper:** Shortly after joining the Church of Truth in 1987, Joan was asked by the resident minister, Rev. Richard Di Castri, if she would consider applying to the Mother Church in Pasadena, for ordination.

Because Joan had already studied for eight years and had qualified as a Healing Practitioner with The Church of Religious Science, she was allowed to challenge the Ordination Examination Requirements, and was subsequently ordained in this Church, in 1988.

Joan became an assistant minister to Rev. Di Castri, and held regular Meditation Services every Monday evening. Her Ministerial duties also included Spiritual Counselling and making visitations to Church members who were temporarily too sick to attend Church.

Joan eventually retired from her Ministerial services and membership, but is still, very much, a constant and continuous - Student of Spiritual Studies. She has recently completed two advanced Courses in 'Way of Mastery' and continues to offer Spiritual Healing and Counselling whenever she is called upon.

**Sherry Morgan:** In 1982, a special calling experience set Sherry's life on a spiritual path. In 1995, she left on a two-year quest to find her teacher. This teacher, [Don David Wiley](#), has supported her learning ever since.

Following a vision quest in 1997, Sherry began to receive messages to teach people about prayer. Don David transmitted teachings to her the following year and she began teaching in 2000. She has since taught in 5 countries: Canada, USA, Mexico, England and Wales. Sherry has also learned much about prayer from Ojibway and Náhuatl elders, from her initiation as a [quiatlzques](#) (a person who works to establish relationship with the weather to benefit her village), from her sacred mountain work since 2001, from her students and from her own daily prayer practice.

Sherry greets the weather in beautiful Victoria, BC

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

**September 6, 13, 20, & 27**



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!*



Ella Brown	September 23
Moneca Gabriel	September 25
Chris Porter	September 27

## **CAN YOU HELP?**

Many of you know that our Church community contributes financially to Our Place every month and that the proceeds of Fruit Sunday every month also go to Our Place to supplement their Nutrition Bar.

Several community members also volunteer regularly in various ways at Our Place, which is always looking for more help. They offer so many programs and services to people who have no home and therefore none of the amenities we take for granted or not enough money for their rent and good food.

I volunteer at the clothing station which is attached to the hygiene station, where people line up each morning to be able to have a shower. For the last few weeks donations of almost everything have decreased and I find myself repeating again and again “no I’m sorry we have no socks, no underwear, no belts, no shirts, no pants, etc.” for men mostly but also some days for women as well.

Sometimes clean socks and underwear turn up in a bin of freshly laundered towels which I help fold when there’s not much to hand out and all the clothes are already out on the hangers. Last week I was so happy I had just found both socks and underwear so I could hand them to a young man who had just asked. He’d found some pants he could wear to a job interview but there were no shirts and he was waiting his turn for a shower. I ran to the storage area and rummaged around among unopened and therefore unsorted bags and hit the jackpot right away with four clean short-sleeved dress shirts. He quickly picked one just in time for the shower and he was so humbly grateful it made my heart sing.

It’s unfortunate there are no laundry facilities at Our Place and I know of only Anawim House where people can go to clean their clothes. In the meantime it seems a lot of people depend on Our Place to pick up socks and underwear and other clothing, often just to wear while they’re washing what they have on.

I wrote the above after last week but today there were actually no donations whatsoever in the storage area and there were only some women’s clothes that were left from yesterday for me to put out. It’s the worst I’ve ever seen it.

I’m letting you know in case you happen to have some underwear or socks you bought that just didn’t fit right or were the wrong colour or style and you just haven’t decided what to do with them. Any men’s clothes would especially be appreciated. I would be happy to take anything to Our Place for you or you can drop off any donations at the front door – they will be very grateful! Thanks for your consideration.

Submitted by Lorna Rennie  
August 15, 2017

## **FALL CLEAN-UP – MARK YOUR CALENDAR – SEPTEMBER 23!**

It's that time again to come together to spruce up the inside and outside at our lovely church building and property.

Inside, the carpets have been professionally shampooed and Laurence did a professional job of cleaning the tile floors with an electric scrubber, so we have made a good start. Still remaining are the normal necessary jobs like removing the many cobwebs, cleaning windows, making order out of chaos in the cupboards, etc. I'm also hoping someone will be willing to tackle removing the grungy caulking around the washroom sinks and re-doing it. Please let me know ahead of time if you are that person!

Marie will be available to advise people who prefer to work outside about the clean-up and maintenance required there.

Once again it would be wonderful if anyone wanted to contribute a pot of soup or other goodies to share in a community noon meal. It's always a good time and a great way to get to know each other better.

We'll plan to work from 9 a.m. to mid-afternoon so if you can drop in any time for as much time as you can spare, it will all help. Thank you!

Lorna  
Inside Maintenance

### **Tapping into the Power of Ancient Indian Ceremony (*Puja*): Purity as Personal and Global Transformation**



**Flower Puja**

When the going gets rough in our lives, where and how do we seek solutions? How do we cope when those difficulties progress into a storm of overwhelm? Within that storm, is it possible to access the calm at its center?

For those of us on a spiritual or self-improvement path, we might turn to a positive attitude, self-analysis, or introspection. Or, maybe it requires sheer willpower. But why does it seem, these days, that our time-tested solutions so often fail to bring the comfort they once did?

Many people have been tested by this volatile political climate. At best, our continuously unsettling losses, health challenges, and unexpected life changes have unearthed old patterns of fear, anxiety, and even panic. At worst, mind, body and spirit become exhausted. Without hope, without refuge, our long-time psychological and spiritual practices no longer seem to serve us as they once did.

However, reaching this point—often referred to as a “dark night of the soul”—can herald the opportunity for a major transformational shift. The energy we’ve used to hold everything together (or back) can give way to a flood of what Carl Jung called *numinous* (or sacred) energy. It is here that the laws of the physical world move into the background. What emerges is what I call, *The Realm of Sacred Transformation*.

In the ancient Indian Vedic teachings, there is a science for tapping into that *numinous* energy for powerful transformation. This precise science has been handed down through the centuries in the form of a sacred ceremony to our Divine natures called a *puja* (which translates to ‘flower’ in Sanskrit, a seminal part of the puja). In a *puja*, one first creates a sacred space, and then our Divine aspects are invoked through the ancient art of Mantra.



Ramana Awakening and Journey of Solutions invite you to:

## **Discover the Transformational Power of Sacred Ceremony**

*Come to the Flower Puja with Ramana*

**CHURCH OF TRUTH, 111 SUPERIOR STREET**

**FRIDAY, SEPTEMBER 22ND, 7 PM - 9 PM**

**(Doors open at 6 PM for Meditation and Pre-Program)**

**Puja will start at 7 PM (Please be on time)**

**Please bring a flower as an offering for the ceremony**

Suggested evening donation: \$20 or more (\$10 for the financially challenged)

After expenses, all proceeds go to the Om Shanti Widows and India School Funds

For more information: <http://ramanainvictoria.weebly.com/> and <http://journeysofsolutions.org/>

Submitted by Linda Chan