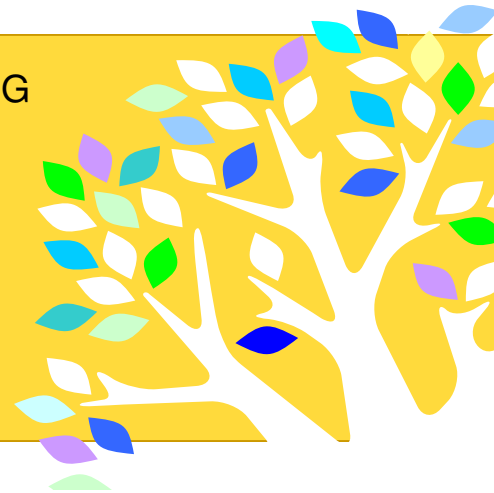


THE LIGHTHOUSE OCTOBER 2009



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**Contact:**

111 Superior St.  
Victoria, BC V8V 1T2  
250-382-5412  
<http://cot.rd123.ca/>

# Walking Our Talk

Rev. Cedona Holly

As teachers, healers, ministers, parents, partners etc. we speak about how OTHERS should be and how this world would be such a great place if only THEY would get it together and be more compassionate, loving, forgiving, etc.

I guess everyone at our beautiful little Church is already walking the path of BECOMING the change we wish to see. Perhaps we need no more direction in walking our talk....or do we?

I have come to see just how challenging it is for us to become congruent on all levels. We find it difficult to see ourselves clearly and even more challenging when others see things about us we can't seem to see, and don't particularly want to! It is ever so much easier to complain about others than to actually transform ourselves!

So, here we are, with four weeks coming up in October focusing on "Walking Our Talk". What does it take? What does it look like? What are the challenges? Where have we become successful? Perhaps we shall be given tools to integrate into our own lives?

As October approaches, with our upcoming Community meeting to discuss Spiritual Leadership, we have invited the four Ministers associated with our Church to discuss their views. Come find out what they have to say about "Walking Our Talk" in the context of Spiritual Leadership. Perhaps their views will spark new insights and inspiration within our Community as to how to meet our Spiritual needs more fully in the coming months and years. We welcome you all.

# *The Lighthouse October 2009*

**A Newsletter for Friends of the Church  
The Church of Truth - Community of Conscious Living**

We are a supportive community of spiritual discovery that encourages and supports the concept that the responsibility to connect with Spirit or the Divine is ultimately that of the individual.

Through study and contemplation we can attune to Spirit or the Divine, giving us greater insight into our place in the structure of life as well as our interconnection with all things. We respect the inter-connectedness of all life. Moreover, in achieving a deeper attunement with Spirit we can be of greater service to our community and to our world.

We acknowledge and respect the contributions of all established religions.

Programs established or sanctioned by the Community respect each individual's path to spiritual growth.

“Within our Church community there exists a rich field of changing elements made up of the collective energies of our community. We strive to reflect the ecology of our community in ways which encourage exploration and respect for our diversity.”

**We welcome all who want to share this sacred place, this adventure, this CELEBRATION**

## **Sunday Service - 11 am Working for you - Your Board of Directors**

<b>President</b>	<b>Brian Martin</b>	<b>778-430-1872</b>
<b>Past President</b>	<b>Roy Leaman</b>	<b>778-430-1905</b>
<b>Treasurer/SDC Liaison</b>	<b>Esther Hart</b>	<b>294-6416</b>
<b>Secretary</b>	<b>Eleanor McKinnon</b>	<b>474-2715</b>
<b>Rentals</b>	<b>Patti Huot</b>	<b>385 0941</b>
<b>Inside Maintenance</b>	<b>Nathaniel Poole</b>	<b>984-4024</b>
<b>Outside Maintenance</b>	<b>Marie Logan</b>	<b>652 8586</b>

**Community Care Liaison – Lorna Rennie 361-2079**

**Newsletter—Deborah Hawkey Email [dbhawkey@gmail.com](mailto:dbhawkey@gmail.com)  
Newsletter Submissions welcomed by the 15th of each month**

### **Spiritual Directions Committee**

<b>Brian Martin</b>	<b>778-430-1872</b>
<b>Cedona Holly</b>	<b>642-1060</b>
<b>Joyanna Wilkinson</b>	<b>361-3181</b>
<b>Esther Hart</b>	<b>294-6416</b>
<b>Nikki Menard</b>	<b>1-250-537-9380</b>

Linda Chan <http://cot.rd123.ca/>

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

# Sunday Service Schedule for October 2009

## Walk the Talk

<b>Sunday October 4</b>	Speaker: Gordon Thurston Moderation: Esther Hart Meditation: Carol Douglas
<b>Sunday October 11</b>	Speaker: Cedona Holly Moderation: Deborah Hawkey Meditation: Cedona Holly
<b>Sunday October 18</b>	Speaker: Greg Skala Moderation: D. Joan Thomas Meditation: Brian Martin
<b>Sunday October 25</b>	Speaker: Joan Hopper Moderation: Joyanna Wilkinson Meditation: Joan Hopper

A Gift of Love  
From June Swadron



This is just to remind you  
that you are loving and  
lovable..

Just in case you forgot to  
say this to yourself today.

[http://www.youtube.com/watch?v=cVOJPeRwKek&feature=pyv&ad=3.](http://www.youtube.com/watch?v=cVOJPeRwKek&feature=pyv&ad=3)

# Thoughts...

By Lorna Rennie

For some reason I feel drawn to jot down some thoughts about the Church of Truth, Community of Conscious Living, so maybe I'm meant to share them via the newsletter.

Perhaps every person who comes to church has a different perspective and/or reason for coming. I realized recently that my perspective is one of experiencing the church service as part of a package. My package includes coffee and tea preparation, perhaps helping with chairs set-up or greeting or anything that needs attention followed by the formal hour of music, meditation, prayer, message, then fellowship - catching up with friends and meeting new people over coffee - and ending with clean-up and more visiting with whoever is left to help.

Most of this package has been part of my life for about 25 years. I don't think I've ever decided not to go to church based on who's speaking or what's scheduled on a particular Sunday, because the

speaker or community service for example is just a small part of the package. If I haven't particularly resonated with the message given by someone, I may have received a real nugget from the invocation or the meditation or in a conversation with someone before or after the service. I go to church because I like to serve and there is such opportunity for that to happen in so many ways. There is also time to reflect or music to fill me or words to inspire me and I always feel blessed in some way no matter how the service is presented.

Sometimes I get so caught up during the week with "busyness" that I devote little or no time to spiritual matters, at least consciously. But no matter what happens Sunday, some aspect or many aspects will bring me back to the path and help me carry on with more awareness. It seems I rely on my Sunday package to bring balance to my life and I cherish it.

## Let Yourself Off the Hook

By Esther Hart

Three and a half years ago I started a business. I was sure that this was my vehicle for creating financial freedom. It's a good business and I've derived great satisfaction from being able to assist people in creating more vibrant health for themselves. Yet, I have not achieved the financial success that I anticipated.

For a long time I blamed myself, thinking that I was doing something wrong. It triggered my underlying belief that I can never be enough or do enough.

Recently, I felt that I was being advised that my leadership was no longer needed. (This was a misunderstanding that was later cleared up.) At first I felt angry and betrayed and then the thought came to me that I create everything in my life and so I created this. I also became aware that this new

situation afforded me a great deal of freedom. I celebrated.

Some time later I shared this story with a colleague and she said, "So you've **let yourself off the hook.**" For a few seconds I spiraled into my sense of not being enough. Then I heard a giggle in the back of my head and felt a smile come to my lips. *The Voice* said, "Esther, over the last few months you have felt more freedom, happiness and joy than you have for many years. It's not because your physical situation has changed. It is, in fact, precisely because you have **let yourself off the hook.**"

I then had a vision of a wall with coat hooks and people hanging on the hooks flailing. I saw clearly that I had expended a lot of energy getting nowhere because I had myself on the hook of thinking I

should do certain things in order to achieve certain outcomes.

My joyful experience came from doing what I'm inspired to do. It may not be the most fun thing I can think of at the moment but it's what I feel "propelled" to do. My deepest desire is to remember who I really am – infinite source. This does not require accomplishing anything from a material perspective.

I remember some time ago someone said something that I was about to use to beat myself up. Again *the voice* came to me and said, "Esther, nothing she can think or say about you can diminish your value." I started to sit up straighter. Then *the voice* said, "Esther, nothing you can think, do or say can diminish your value." I sat up even straighter. Then *the voice* said, "Esther, nothing you can think, do or say can increase your value." My value is eternal. Nothing in this human experience affects that in any way. WOW. I've been repeating that story for many years and yet it's only recently that it has really integrated. My moments of forgetting are fewer and they last a much shorter time.

I have been assisted greatly in trusting my knowing by reading and practicing my version of the philosophy that Robert Scheinfeld presents in *Busting Loose from the Money Game*.

I'd love to hear from you. How did you feel about reading this? If you did let yourself off the hook, what did you experience?

\*\*\*\*\*

## Passing the Torch

It's been a pleasure for me to work with Deborah on the newsletter over the last few months. Your responses have been very much appreciated. What seems to be most appreciated is when there are articles written by and submitted by you, the members. Please keep them coming.

As of this month, Deborah has agreed to take on full responsibility. Please support her and each other by sharing your thoughts and sending them to her by the 15th of each month.

Thank you for allowing me the privilege to serve in this way and thank you Deborah for stepping in.

Esther Hart

I now mostly live in the knowing that I can only have perfect experiences. Whatever the "I" that is the true me chooses is what I'll experience. I can't make a mistake. I can't fail. I am always enough, always doing enough. And so is everyone else.

I challenge you to "**let yourself off the hook**". Set a time frame – a day, a week, a month – and do only what you are inspired to do. Become the observer of what you are choosing. You might be worried that you won't do what you think needs to be done. You might be surprised. There are days when I think I want to stay in bed. Previously if I stayed in bed after that thought, I would feel guilty or justify staying in bed. Then a few minutes later something would come to mind that I wanted to do and I'd hop out of bed. I had wasted the time in bed feeling guilty. Now if I stay in bed, I watch to see what will propel me to get up. That's not to say that I ignore appointments. When I have been inspired to set an appointment, I keep it because it was inspired in the first place. It's not so much that I'm doing different things as that I'm being different. I'm treating myself as a valuable treasured being.

There is so much more to be said about how I got to this place. I'm in the process of writing a whole book about it.

## Open discussion September 9, 2009

Sixteen people attended the discussion. They were invited to suggest issues that were important to them, things they felt are important to keep and things they would like to change. The following issues were listed:

Like hearing stories from the community members  
Not every Sunday  
Hear from ministers more often  
Music, music and more music  
Singing and chanting  
Flowers  
Name change  
Mission statement and purpose update  
Same people serving too often  
Need more volunteers to get involved  
Too much emphasis on social aspects  
A more focused spiritual approach  
(Paid) spiritual leader  
focused spiritual leadership  
hire choir or music director  
more meditative time  
explore topics more deeply over extended time  
music committee – expand music repertoire  
outreach  
church activities outside Sunday services – spiritual and social  
monthly Sunday afternoon singing, chanting, movement  
monthly spiritual movies  
financial self-sufficiency  
support for members in what they do  
increasing membership.

The three most urgent issues were determined to be  
Name change  
Spiritual leadership  
Mission and Purpose

The draft mission and purpose that was printed in the last newsletter was circulated. There was agreement to send them to the board as is.

There was agreement that discussion regarding a name change would be best after agreement was reached on the nature of the style of spiritual leadership.

The next discussion will be on the style of spiritual leadership and everyone is invited to write a letter of their vision of spiritual leadership for this community and bring it to the discussion at 7:00 on Monday October 19.

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### VOLUNTEERS NEEDED:

Thanksgiving pot luck for after church on Sunday October 11. Volunteers needed to assist Patti Huot. For more information contact Patti at 385-0941

**AND...**

For the clean up on October 17 from 10- 4. If you want more details call Marie Logan at 652-8586



# PosiPalooza!



**Harold Payne**  
2 Time Posi Award  
Nominee



**David Roth**  
Time Posi Award  
Nominee

## The Concert Tour of



Presents

## *"Music that Matters" In the Round!*

**7:00 pm Tuesday  
November 10**

**Victoria Conservatory of  
Music  
Alix Golden Hall**

**Corner Quadra & Pandora**

**Tickets**

**\$20**

**Available from Brian and  
Laura**



**Richard Mekdeci**  
President  
emPower M&A



**Sue K Riley**  
Vice President  
emPower M&A

20% of the proceeds from tickets sold by Brian and Laura will be donated to the Church of Truth Community of Conscious Living

## Upcoming Events

**Fall Garage Sale – A huge thank you to Marie and all her team who orchestrated a hugely successful garage sale.**

### “Fruit Day” – First Sunday of the Month:

Sunday, **October 4** will be “Fruit Day” which happens on the first Sunday of each month. We invite you to bring some fruit to Sunday Service - All types of fruit are welcome with gratitude which will be given to “Our Place Society” for the homeless on Monday morning by members of our Church’s new Outreach Committee. Please place your contribution in the baskets at the front of the Church on Sunday. We will say a Community prayer and blessing over the collected fruit during the service

**Open Discussion** Monday, **October 19th – 7:00 pm**, for everyone interested in sharing their ideas for the spiritual style of leadership of our church community. In the Sanctuary of the Church.

HAPPY  
BIRTHDAY

*We celebrate with you!*

Oct. 6 Vonnie Varner  
Oct. 10 Bernadine Sperling



Oct. 16 Greg Skala  
Oct. 26 Lorna Rennie

## MONTHLY EVALUATION FORMS

The Spiritual Directions Committee invites you to respond to our monthly programs in a heart-felt and candid manner. We encourage you to respond in ways that go beyond that of personal likes or dislikes to evaluate the essence of what has been presented.

Please consider and respond to the weekly presentations in terms of their continuity and coherence, depth of coverage of the theme or topic, relevance to your own life and that of the community, implications for spiritual growth and understanding, plus value and meaning they inspire in you that extends beyond the actual Sunday

service. Do they challenge you to think outside the box in any way? Do you feel supported in your life journey and a deeper connection to others as a result of your presence or participation in any of the services?

All responses will be held in confidence and given due consideration by the SDC for the purpose of refining our future presentations.

Please know that your sharing will be an ongoing strengthening contribution to our community Spirit. Thank you

There is a tear-off form on the back.



## ANGELS NEEDED

We are looking for volunteers to assist with preparing coffee/tea Sunday mornings before the service and/or helping with clean-up afterwards. The morning duties involve arriving at church about 10:30am to start the coffee urn and ginger tea, set up the tea service cart (with cups, saucers, spoons, sugar), put the snacks on a plate etc. The clean-up involves putting dishes in the dishwasher, washing the coffee urn and teapots and general tidy up in the kitchen.

It seems to work best if a volunteer can assume the job for a month at a time although any assistance would be much appreciated. If you are able to help or would like more information about the job please feel free to talk with Tracy or Lorna at church.

Thank you,

Tracy

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## September 2009 MONTHLY EVALUATION TEAR-OFF

Please complete this form and give it to a board member or drop it in the collection basket. Or alternatively, copy the form, paste it into an email and send it to Brian Martin at [martinlex@shaw.ca](mailto:martinlex@shaw.ca)

Week 1- Nikki Menard

Attended \_\_\_\_ Didn't Attend \_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Week 2- Cedona Holly

Attended \_\_\_\_ Didn't Attend \_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Week 3- Joyanna Wilkimson

Attended \_\_\_\_ Didn't Attend \_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Week 4- Brian Martin

Attended \_\_\_\_ Didn't Attend \_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Name (optional) \_\_\_\_\_