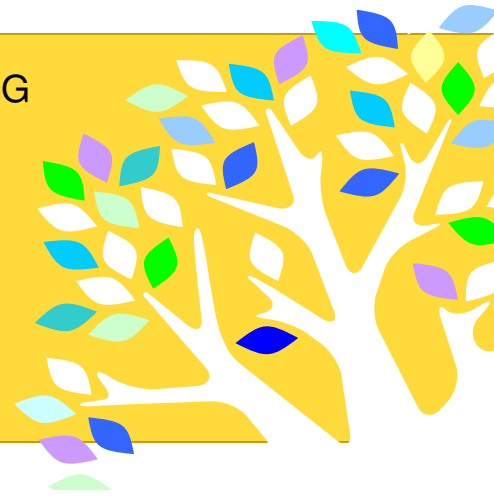


THE LIGHTHOUSE SEPTEMBER 2009



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Contact:

**111 Superior St.
Victoria, BC V8V 1T2
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<http://cot.rd123.ca/>



Chop Wood Carry Water

When this theme was mentioned for our consideration for September, I immediately volunteered to write the newsletter introduction because it resonates so deeply with me. I am shocked at the lack of words that come to me as I sit here, ready to write....

Now I am reminded that this phrase puts me in mind of the story of *Siddhartha** and his search for enlightenment. He followed many teachers. He practiced many methods. In the end he took people back and forth across a river in a boat. Day after day he did that same thing. He was no long searching. He was “being” human. Living life. That was his “spiritual practice”. The complete phrase as I remember it is “Before enlightenment, chop wood carry water. After enlightenment, chop wood carry water.”

There was time when I was suffering greatly in my struggle with staying sane. My deepest hope at that time was that one day I would get to the place that I could wake up each day and just live – not try to fix myself, not try to find reasons for why I’m fluctuating between ecstasy and desperation, not constantly trying to figure out “why”. Then one day I became aware that I was upset and was okay with being upset – I just was. I celebrated.

That was many years ago and I’ve come through many highs and lows since then. Or as I often say, “Sometimes I spend more time forgetting and other times I spend more time remembering.”

Continued on page 3

The Lighthouse September 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

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

Community Care Liaison – Lorna Rennie 361-2079

Newsletter—Esther Hart/Deborah Hawkey Email esther@estherhart.com

Newsletter Submissions welcomed by the 15th of each month

Spiritual Directions Committee

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

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

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

Sunday Service Schedule for September 2009

Chop Wood, Carry Water

Sunday September 6	Speaker: Marvelous Trudeau – Showing up Moderation: Trish Coleman Meditation: Carol Douglas
Sunday September 13	Cedona Holly - Faith, love, humility, surrender
Sunday September 20	Speaker: Rev. Joan Hopper Meditation: Rev. Joan Hopper
Sunday September 27	Brian Martin - Community Service

Continued from cover

At the moment I am in a place of more remembering and in this place, I am content to live my life as it shows up – not striving, not seeking – simply “being” human.

I look forward to hearing the interpretations of this phrase that will be shared with us throughout the month by Nikki, Cedona, Joyanna and Brian as well as others in our community.

Esther Hart, Board/Spiritual Directions Committee Liaison

* If you received this by email and you click on *Siddhartha* you will go to a web site where you can listen to a reading of *Siddhartha* by Hermann Hesse. The site is http://www.archive.org/details/siddhartha_ap_librivox

Fruit Delivery at Our Place

Linda Chan and I want to share a bit with you about our adventures at Our Place Society (dedicated to helping the homeless).

The first surprise for me during our delivery in July was receiving the biggest hug EVER from the greeter at the drop off door! Lots of LOVE at Our Place! I noticed as we went upstairs that Linda felt right at home and was gifted with big hugs from old friends. We were invited up to be welcomed by

Rev. Al Tysick and Linda graciously introduced me to some of the staff she knew. We ended up helping out by making sandwiches that day, as they were short staffed. Having made sandwiches for the homeless before at Amma’s Kitchen I knew the drill and so felt comfortable with our task. As always, I felt uplifted.

During the second delivery in Aug. we ended up in the lower kitchen cutting up lots of melons and

preparing other fruit. We discovered they do order fruit each week, so our Church delivery supplements their regular order of fruit, which usually can use supplementation.

In addition to cutting up fruit I ended up slicing a whole humungous carrot cake several feet wide, topped with gobs of icing, as well as another cake! Then off we went to peel GARLIC upstairs! Going with the flow! It was quite a full 2 hours of helping out and as usual there was the feeling of camaraderie amongst the volunteers.

Then Linda and I went off to Cafe Bliss where we love to sit amidst organic offerings of healthy fare...

We look forward to including more of our Community in the future. Let's see what we can come up with in the fall to make a difference. Volunteering is one of the greatest ways to shift our energy. I always feel uplifted as Spirit seems to give dispensations of grace when I help in this way. All are welcome aboard!

Rev. Cedona Holly
Outreach Community Co-ordinator

Reflections On The Word Truth

Rev. Cedona Holly

For me, there are two distinct versions of the word truth. One is truth, with a small "t". From the Vedantic (Hindu-Yogic) point of view, this version of the word truth has an opposite, which is lie. This word is held in the laws of duality: truth-lie.

The other word Truth, with a capital "T" is an ascended state and non dual. It has no opposite other than perhaps: ego. Again, from the Vedantic point of view it is an ascended state, held beyond the duality of the lower mind.

This "absolute" Truth is the highest state. It has synonyms: God, Love, Eternal Oneness, Essence, Atman, THAT etc. To align with Truth is to align with the Infinite Eternal Oneness, our true nature.

Many people are repeating Gandhi's wisdom: BE the change you wish to see in the world.

What does it mean to speak truth? What does it mean to NOT speak truth? How do we stay in the old paradigm of corruption and contribute to the problems of the world when we are not impeccable in speaking truth?

How many of us are really open and willing to see the truth in every area of our lives? Are we challenged as the Community of Conscious Living to align with the word truth because it asks so much of us? Have we considered deeply what it means if we detach ourselves from the other word Truth, the very highest we can align with?

When I made the commitment to speak truth I noticed just how much I had been covering up. Without such a commitment I would not have noticed. It is still challenging to speak truth in each moment, but I find there is a freedom which comes with this way of being. I find this keeps me on a kind of razor's edge of impeccability! I see that it is only fear which keeps me from speaking my truth, even to myself.

Aligning with Truth and truth are powerful alignments and help us all move into the next paradigm with ease and Grace, as we are upheld in a high state of clarity.

As we prepare to discuss the Community's almost unanimous decision to change our name I wanted to share my personal views on the words Truth/truth.

This is a Soul Painting of the Church of Truth August 2, 2009.



Painting and Interpretation channeled by Nikki Mennard

There is a very strong connection between the heavens and the earth. The energy flows freely interconnecting with each other joining as one. There is so much wealth and abundance here to be shared with the multitudes.

Divine Energy connects body, mind and soul in a powerful union flowing through each of us as we emanate our love and wisdom and our humanness.

There is a birthing process or shall I say rebirthing process that once started nature takes her course of which we cannot control. To embrace such a birth and rejoice in the Divine plan is our essence. Obstacles enhance our drive and determination to love the All and the One.

Each one of us is precious in the gifts we have to offer for ourselves, each other and the greater. The

gifts are plentiful, varied and exciting to be shared freely.

We are cradled. We are protected as we journey forth on this great adventure. Our diversity is our unity.

Rejoice, dance the dance of life with passion and joy. Revel and play with these gifts and be filled more deeply with Divine Essence. The Great Mystery surrounds us, flows through us, in everlasting love. Our very nature is interconnectedness, interdependence and co-creative.

Such joy, such bliss, such ecstasy to be in love, with love, shared love. Take pleasure at our foibles as we grow, evolve in the mysteries of life and beyond.

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 – September 12th, 9 am to 2 p.m. Church of Truth – (Corner of Superior & St. Lawrence). Rain or Shine. FASCINATING AND USEFUL ITEMS FOR EVERYONE! Donation of items in good repair and **volunteers** for **Saturday** and **Friday** evening appreciated. Queries to Marie at 250-652-8586

“Fruit Day” – First Sunday of the Month:

Sunday, **September 6** will be our third “Fruit Day” which will happen 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 Wednesday, **September 9th – 7:00 pm**, for everyone interested in sharing their ideas for the future of our church community. In the Sanctuary of the Church.

We celebrate with you!

September 9 Lori McElroy
September 23 Ella Brown
September 25 Moneca Gabriel



HAPPY
BIRTHDAY

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

July 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

Week 1 Cedona Holly - Opportunities for our Soul's Evolution Attended _____ Didn't Attend _____
Comments: _____

Week 2 Esther Hart - Opportunities for Experiencing Abundance Attended _____ Didn't Attend _____
Comments: _____

Week 3 Brian Martin - Opportunities for Greater Intimacy Attended _____ Didn't Attend _____
Comments: _____

Week 4 Joyanna Wilkinson - Opportunities for Sharing Your Personal Awakenings Attended _____ Didn't Attend _____
Comments: _____

Name (optional) _____