

# THE LIGHTHOUSE

October 2017

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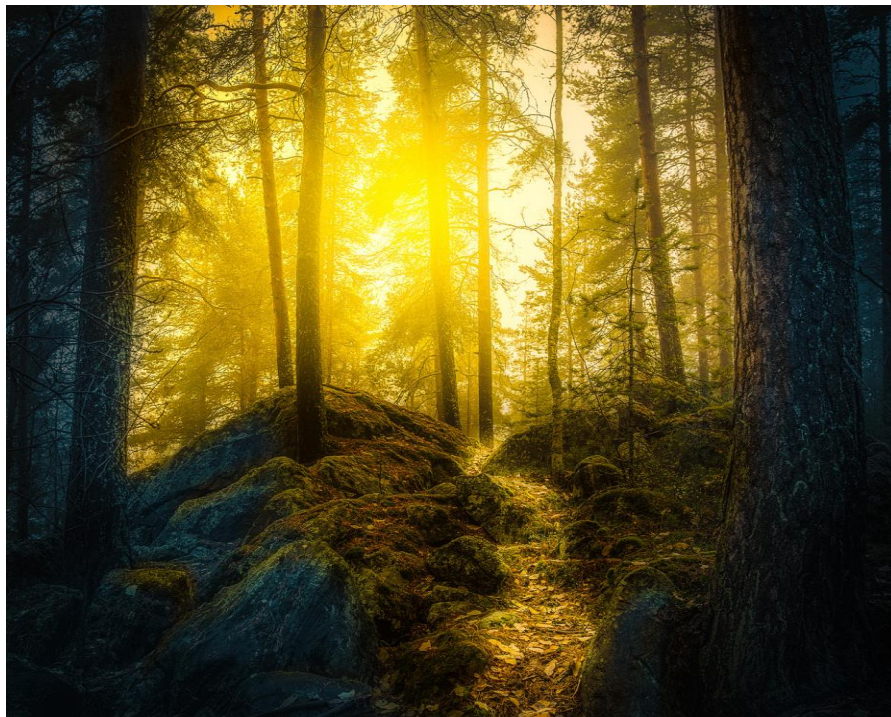
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## Journey of the Heart, Mind and Soul, Part 2

The Journey continues in a season of thankfulness. The Sun has started his descent into the Southern Hemisphere and no longer brings us "an early cup of sunshine and a saucer of day" (Miriam Waddington).

The reaped harvest is safely stored and now the mind turns inward to reflection. The body seeks warmth from the fires and hot drinks for red noses and chilled fingers. The heart seeks the warmth of love, while the soul leads the way through the darkness, deepening thoughts into inner understanding of thankfulness.

Submitted by Laurence Beal, SDC



The Lighthouse October 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	
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

## **October 1                    Social Inspiration for Creativity**

**Moderator:** Pat Miller  
**Meditation:** TBA  
**Facilitation:** Laurence Beal  
**Coordinators:** Linda Chan and Laurence Beal  
**Greeter:** Linda Chan

We are having a playful service breaking down into small groups for co-creating stories of the journey. All settings and all actors invited. Expressions welcome: Rap, Improv, Mime & Interplay.

## **October 8                    Gratitude**

**Meditation:** Linda Chan  
**Speaker:** Sanjara Omoniyi  
**Greeter:** Laurence Beal

## **October 15                    The Great Transition of Death**

**Various roles:** The Men's Group  
**Greeter:** TBA

The Men's Group will be leading the service, sharing their experiences from their recent retreat where they explored the great transition of death.

## **October 22                    Harvest of the Soul**

**Co-ordinator:** D.Joan Thomas  
**Moderator:** Marie Logan  
**Meditation:** Norm Smookler or D.Joan Thomas  
**Speaker:** Chris Bullock

**October 29**

**DAY OF THE DEAD Celebration  
(A "community-like" service)**

**Coordinator/Moderator:** Bill Israel

**Greeter:** TBA

**Meditation:** You Tube Music (Mexican)

Plan for the following:

Come in Halloween costume of your choice - perhaps in a favorite garb of your deceased beloved. Bring a "relic or memento" of a loved one who is departed (for display on centre table)

Prepare to speak to your "memento of deceased loved one" in a small group

Bring a favourite food of your "dearly departed" for sharing in a common meal after the service.

**Speaker's Bio:**

Sanjara is a dedicated member of our community. 7 years ago she emigrated from Germany to Canada and soon after found her spiritual family at the Church of Truth. This unique community has helped her to grow roots here on beautiful Vancouver Island. She is grateful that the CoT community has given her the opportunity to grow and allowed her to explore creative expressions of her spirituality.

Sanjara has experienced many life transitions, from marriage and motherhood in Nigeria, to re-integration into German culture and now, as someone creating a new life for herself in Canada.

As she travelled the path of self-discovery, Sanjara opened her Self to being fully alive and developed her understanding of Heart -Centered Awareness. The depth and the brilliant simplicity of her teachings come from her compassionate heart and her longing to explore the depths of her own soul.

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

**October 4, 11, 18 & 25**



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.

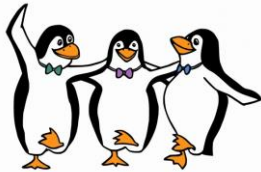
At 7:40 p.m. ring chimes once and Attendees are invited to Silently and Individually set a Meditation Intention to the Service, Love & Healing of Others or continue with Silent Meditation.

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!*



Chris Bullock	October 12
Greg Skala	October 16
Lorna Rennie	October 26

**LESSONS FROM THE PACHAMAMA ALLIANCE: NOVEMBER SYMPOSIUM**

**FACILITATORS:** Michael Tacon and Chris Bullock

**DATE:** Saturday, November 4, 2017

**PLACE:** Church of Truth, 111 Superior St.

**TIME:** 10-4 p.m. Some snacks and refreshments but bring a lunch.

**COST:** \$15 donation. This event is a fundraiser for the Church of Truth.

In 1995, the Achuar, an indigenous group in the Amazon rain forest in an area spanning Ecuador and Peru, reached out to American activists Lynne and Bill Twist, for help in protecting their territories from the advance of oil companies interested in exploiting the land for fossil fuel extraction. Lynne and Bill went back to San Francisco to found the Pachamama Alliance, an organization that has organized journeys to the Amazon for North Americans to learn from indigenous tribes there, and has raised millions of dollars to help the Achuar purchase and protect their land.

However, the Pachamama Alliance also does work deeply relevant to all North Americans, not just those who have been in contact with the Achuar and other Amazon peoples. The message of the Achuar to Lynne and Bill, and all North Americans, was that indigenous land and culture would never be safely protected until North Americans were able to escape from and change the “dream of the modern world,” the dream that happiness could only come from endless and spiritually deadening consumption of material goods. As an

alternative vision, the Achuar referred to an ancient prophecy, shared by many Andean and Amazonian indigenous cultures, that the a time would come when the Eagle – representing intellect and the mind – and the Condor – representing wisdom and the heart – must come together to ensure the continued existence of humankind.

To fulfill this prophecy, and help change the “dream of the modern world,” the Pachamama Alliance evolved the Symposium as a teaching tool, using video and up-to-date research to explain how the “dream” has evolved to the point where we have dramatically overshot the earth’s carrying capacity, and to present viable alternatives in both vision and action to move us away from our present disastrous course towards a more fulfilling and connected existence. The connectedness that Pachamama works towards is not just in our relations to the other beings who share our world, but also in the connections between environmental sustainability, social and economic justice, and spiritual fulfillment. Pachamama’s point, and it’s one that we, as facilitators, deeply resonate with, is that none of these three is possible without the other two.

“Lessons from the Pachamama Alliance” is a shortened version of the Pachamama Symposium, with some discussion also – thanks to material supplied by Linda Chan—of the new educational programs Pachamama is developing to train environmental, social and spiritual activists. For more information on the November event,

contact [chrisbullock@shaw.ca](mailto:chrisbullock@shaw.ca)

Submitted by Chris Bullock

### **The Way**

When times are hard  
And I’m troubled in my soul  
I gotta dig a little deeper  
Search with more sincerity  
On my way to being whole  
I need to seek to find the answers  
In the heart of all that’s troubled  
In the storm that’s in my life  
And in the pain of desolation  
In the heat and strife of life  
I find myself  
I find myself  
I find myself  
My faith, my trust, my honour!  
And live my life in truth!



And share my life in Love!  
In the fire of thy Will.

Submitted by Troi Leonard