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## May 2019:

### Care and Nurturing at the Beginning of Life

Chilling winds give way to Earth's softer breath.

Beltane's bonfires give chase to the last of Winter's frigid embrace.

Naked branches cease shivering as Sun's great furnace warms their blood sap.

Soft blossoms adorn sleepy wooden arms as flower garlands stream from Maypoles. We now celebrate the long festival of fertility and Summer growth.

We dance and unite, safe in our quest for the season's survival. Fire, Earth, Air, Water come together and create a new way of life once more.

Inside the living Earth, young seeds eagerly drink and laugh till they burst and push their new bodies upward, upward toward the Sungod who showers his love down upon the multitude of green and golden heads. A celebration of life!

*Sharon Ford*

Significant May Celebrations.

May 5 Ramadan begins

May 12 Mother's Day

May 19 World Garden Day

The Lighthouse January 2019  
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.

Working for You  
Your Board of Directors

President	Chris Bullock	250-384-8241
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Jacque Gerlach	
Secretary/Treasurer	Ron Rayner	250 474-2715
Outside Maintenance	Ron Rayner	250 474-2715
SDC Liaison	Peggy Muncaster	250-888-7664

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
Sharon Ford	sharonagnes@gmail.com
Dreanna Picard	dreannapicard@gmail.com
Marilyn Smando	250-516-9687
D. Joan Thomas	250-721-4054
April Hambly	

Rentals Esther Hart 250-896-5933

Newsletter [cotoffice2017@gmail.com](mailto:cotoffice2017@gmail.com) Submissions due by the 21<sup>st</sup>.

**SUNDAY SERVICE SCHEDULE**  
**for May**  
**CARE AND NURTURING AT THE BEGINNING OF LIFE**

**May 5: Find words of healing insight to use during internal trials of valuation**

Moderator: Laurence Beal  
Meditation: D. Joan Thomas  
Speaker: Rowland Mak  
Greeter: ?  
Coordinator: D. Joan Thomas

**May 12: Light physical movement and social connection, "dance"?**

Moderator: Laura Lane  
Meditation: April Hamby  
Speaker: Alisa Kage  
Greeter: Louisa Fiander  
Coordinator: Marilyn Smando.

**May 19: Cultural practices of relating under review for culling**

Meditation: Herb 3rd  
Moderator: Sharon Ford  
Speaker: Laurence Beal/Sharon Ford  
Greeter: Kirsty Inglis  
Coordinator: Sharon Ford

**May 26 Community service plus Extended hour**

Transmutation of appetites to higher integral expressions

Moderator: Either TBA or L. Beal

Meditation: Same as above

[I've been a bit overloaded this month with the absence of vacationers, but I am looking for people to play the two M roles-LB]

It is Community Service, small group discussions, with large group sharing

Greeter: Sharon Ford

## INSPIRATIONAL EXPLORATIONS WEDNESDAYS: May 2019

All sessions begin at 7:15 unless otherwise indicated

### **May 1 ---INVITATION TO MEDITATION, facilitated by Kathleen Heilman.**

Meditation is about turning 180 degrees and directly experiencing Self, yourSelf without any concepts about what that IS. I invite you to join me in the effortless practice of just Sitting. In doing so you may become more familiar with WHO AM I and WHAT AM I and how that connects to ALL that is. With a little right practice and right understanding you will soon realize your TRUE NATURE is something that is eternal and infinite. The teaching will always point you back to one thing only...WHAT IS IT THAT IS SITTING IN THE CHAIR.

### **May 8—"YOUR STORY" coordinated and facilitated by John Vanden Heuvel.**

We all have had important personal 'stories' that have impacted and/or enriched our lives. Do come and share 'Your Story' within a time frame of 5-10 minutes within a safe confidential circle. Your story could be an enrichment to others !

### **May 15—PRAYER, HEALING AND PERSONAL GUIDANCE, presented by Sherry Morgan**

Sherry Morgan's specialty is prayer. In this session she will help people explore connecting with spirit and receiving their own personal guidance, which is our birthright. She will also facilitate a particular meditation that can help us heal from self-limiting beliefs as we circle up in her 'Love Is Round' event."

BIO. In 1997, after completing a vision quest led by an Ojibwa medicine woman, SHERRY MORGAN began to receive messages to teach people about prayer. In 1998 she received instructions for teaching a workshop on prayer transmitted to her from a Huichol elder shaman in Mexico. Sherry has taught in 5 countries since 2000. Her specialties include helping people to deepen their experience of spiritual connection and to receive direct personal guidance.

### **May 22 TREES MATTER, coordinated and presented by Frances Litman.**

Discover what is being done to protect our urban forests and how even the smallest action can create big results.

### **May 29 HINDU MYTHOLOGY, presented by Vinod Bhardwaj, facilitated by Harinder Dhillon.**

Traditionally, all aspects of knowledge and results of thoughtful meditation were handed down in the form of stories, which could be interpreted on several planes, from the child-like to the profound. Vinod will share some of these stories, interspersed with participatory chanting, chanting that removes the cobwebs from our minds and elevates the mood away from the mundane.

BIO : Vinod is a retired civil engineer, whose love of music and community participation got him inducted into the Arts & Culture Hall of Fame in Edmonton, where he lived for around four decades. He retired to Victoria a few years ago, and has been connecting with the Island community through various Yoga and Bhakti groups.

**SCHEDULING NOTICE:** PLEASE NOTE THAT INSPIRATIONAL WEDNESDAYS IS TAKING THE SUMMER OFF. SESSIONS WILL NOT RUN DURING JUNE, JULY AND AUGUST, BUT WILL RESUME AT THE BEGINNING OF SEPTEMBER.

The coordinators of Inspirational Explorations invite contributions from as wide a range of presenters as possible. Send proposals or ideas to any one of the coordinators: Arts area and general: Chris Bullock ([chrisbullock@shaw.ca](mailto:chrisbullock@shaw.ca)) and John Vanden Heuvel ([sunvann@yahoo.ca](mailto:sunvann@yahoo.ca)); spiritual practices: Peggy Muncaster ([muncasterpeggy@gmail.com](mailto:muncasterpeggy@gmail.com)); new/rediscovered frontiers: ([patallanmiller@gmail.com](mailto:patallanmiller@gmail.com)); environment and interconnections: Frances Litman ([info@franceslitman.com](mailto:info@franceslitman.com)).

**HAPPY BIRTHDAY**  
We Celebrate with YOU!

Marie Logan	29
Cedona Holly	21