



Conscious news

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An Inclusive Spiritual Centre ■ Consciously Co-creating Community

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from the **editor's desk**

We are cups, constantly and quietly being filled. The trick is, knowing how to tip ourselves over and let the beautiful stuff out.

Welcome to the April (we're learning .. we will catch up eventually) issue of the Conscious News.

I didn't write those first two sentences. I just wish I had. They come from the pen of a fellow named Ray Bradbury. He is perhaps best known as a writer of science fiction. But he is variously described as a playwright, poet, visionary and storyteller.

I've also read recently (I don't remember where) that "We don't remember days .. we remember moments".

Often, in reviewing old (or not so old) journaling, I've found the feelings of a moment or a situation, captured most tellingly, in a few words or a few lines. Whereas, the pages of ensuing explanation, tended only to obscure the pungency of the moment.

They say, we all "have our moments". But, given the identical situation, it is striking how different those moments may be.

There is transformative power in the hearing and sharing of individual experience. I'd like to encourage those who read this newsletter to share some of your memorable "moments",

particularly those evolving around the Centre.

There are so many wonderful things happening here .. so much to experience. And .. like all living things, the Centre is a work in progress .. always changing .

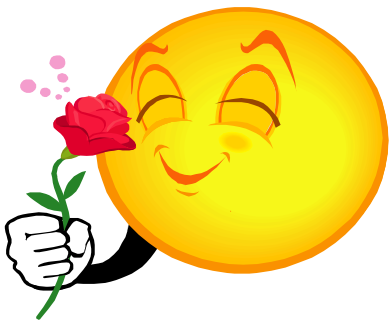
Perhaps we can just place in consciousness, the idea of capturing and sharing moments .. a few words .. a few lines .. just "letting our beautiful stuff out". Bear in mind that "beautiful" is not necessarily synonymous with "happy". Tears of joy and tears of sadness come from the same well. We never know how our experience .. our feelings .. will resonate with another. Just a few words from the heart .. can touch many hearts.

Inside you'll find some news, some stories, a few photos, an old chestnut or two and a bit of frivolity. Hope you find it a good read.

If you have suggestions or observations regarding any aspect of the newsletter please let me know. I look forward to hearing from you.

Bye for now

Ian Irvine



Thank you

◆ Thanks ...

To **Elizabeth Chomik, Judy Flynn, Karen Stock, Rev Cam, Shona Davidson**, (that's alphabetical order by first names in case you didn't notice). Thank you all for your contributions to this issue.

◆ Thanks ...

To **Alma Kennedy, Donna Holenski and Cheryl Batemen** for volunteering to co-ordinate potluck and a summer BBQ during June and July. It's good to know I'm going to get fed. These ladies also look after the food bank and the book study group. More on that next time.

◆ Thanks ...

To **Natu Radia** for co-ordinating Golfing Saturdays. Did you know that the famous golfer Bobby Jones said "Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots - but you have to play the ball where it lies."

◆ Thanks ...

go out to **Audrey, Carol, Donna and Kathy S.** for organizing the Goddess Day (May 3rd). I understand that it was a real blast. Have no photos or writeup to the time of this writing, but we'll work on it.

◆ Thanks ...

Thanks to Alvin Kaskie. I understand he stepped in for Bev for the April Karaoke.

**NOTE: Karaoke again tomorrow night!
Saturday May 17th .. 7:00 PM at the church!**

◆ Thanks ...

To all those in our, ever-evolving, music program Thanks again to all the folks in **General Eclectic (Terry, Marsha, Suzanne, Patrick and Tom)** for all their great music. And thanks to many others who are stepping in when the opportunity presents. **Ivor** sang a real cool song a couple of Sundays ago, accompanied by **Terry** on guitar. It was good to see **Linda** up singing again and **Involution** gave us some spirited music last Sunday. There's the sound "techs", recording, power point and the great taped music, all feeding into the rich musical mix, with which we continue to be blessed.

Change has been a constant for all of the eleven years I've been in this community. Change is life.

I'm told that the sign used by the Chinese to signify "chaos or change" is the same one that they use for "opportunity". But I can't seem to find it in any of my type fonts.

Themes for Future Newsletters

The suggested theme for April was "A time of rebirth: how has CCL changed your life?" Much of what appears in the following pages speaks to "change" But since "journeys" and "change" are what life is all about, I guess that shouldn't be too surprising.

Please don't feel too restricted by the "themes" that are suggested now and then. For instance, a few fond or thoughtful "father moments" might be nice for the June issue. Send your contributions, comments, suggestions, articles, poetry, funny storeys, anecdotes etc. to conscious.news.connect@gmail.com or you could also just talk to me in church (I'm approachable). If you don't know me to see me, just ask and someone will point me out.

But don't hold off on your "moments". Capture them as they go by .. or they are likely to just disappear 'into the ether' again. I will keep your contributions anonymous, if you so desire. If you'd like to share, you don't have to hold them, till they fall in some particular 'slot'. I'm a little averse to being 'slotted' myself.

Oh! Did I mention the email address? conscious.news.connect@gmail.com



The Benefits of Volunteering at the CCL

Written by: Judy Flynn

Quite often we hear about all the things the Centre needs or all the opportunities there are at the Centre to volunteer. What doesn't get talked about so often is what's in it for me. Now that sounds like a selfish thing to say. But the truth is that there is always a payoff for us in anything we do. Volunteering makes us feel good in a variety of ways and for a variety of reasons.

Volunteering at our Centre allows us to feel like we are part of something greater than ourselves. Painting walls, cleaning up, creating programs and events fosters a feeling of ownership and being part of the community. Friendships are created and deepened as we work side by side with others with similar interests.

Expressing our talents in teaching Funday school, singing, playing a musical instrument, baking cookies or creating posters creates a sense of well-being and accomplishment. This is also of benefit to others. As we step up to express our talents, we inspire others to do the same. And it gives them the opportunity to support us in the expression of our magnificence.

Volunteering also can affect our everyday lives in unexpected ways. One of the basics of our teaching is that what we put out there comes back to us. As we give, we receive. Now this probably sounds like a contradiction to my first statement about there being a payoff in volunteering. The key word here is "as". If we give grudgingly or with the intent to get something for it, Universe will give back to us the same way. Giving in order to get is a poverty consciousness

that will create more poverty in our lives. If we give with an open heart and with joy and generosity, we get to receive in the same manner.



There is only One Power, One Presence, One Source and as I go deep within to the center of myself I connect with the One Mind. I can feel this One when I feel joy and love in my heart. I see the presence of God everywhere when I look in nature.

When I see a flower growing slowly releasing it's wonderful scent and showing off it's beautiful colours. A flower knows that it is beautiful and reaches to the sky to connect with it's source unfaithfully. I too know that I am Beauty.

How could anything or anyone not be beautiful if they are one with their Creator. I am made in the image and likeness of God I am a perfect creation of the One Spirit. I let go of any thoughts that are contradictory to this. I am connected to God I am a perfect

expression of the One. My beauty shines through my eyes, my skin, my smile and my laugh. I feel my beauty within each and every cell of my outer and inner body. My beauty is everywhere that I am. It touches me everywhere physically, mentally, emotionally and spiritually. I am perfect, whole and complete just as my Creator is. I take loving care of myself because I know that I deserve to be loving to myself.

I lovingly release this treatment into the Law knowing it is already made manifest and so it is. Amen.
Elizabeth Chomik



Rev. Cam's

April Message

By Rev. Cam Hamoline

Reading last month's newsletter reminded me of what a great community we have built. Our newsletter is a great read and provides a good sense of what our community is and what it stands for. There are so many people stepping up to make our community a thriving, growing success. Often, people in our community tell me how our Centre and our wonderful spiritual principles are making a difference in their lives. I think our Centre tends to attract people that are committed to personal growth, those who have made personal growth a priority. Those committed to growth tend to make the CCL their spiritual home and tend to become long time supporters and members of our Centre.

Our vision statement, "Consciously Co-Creating Community" implies that in building our community we are consciously harnessing the One Power for good. We have set an intention that makes room for Infinite Intelligence to work for us. Infinite Intelligence knows exactly how to sustain and grow our community. We must keep the faith, hold the vision and let impersonal principle do the work of creating. As we do this, our

community grows and we are able to make a greater positive difference in our city.

I am excited thinking about next month's upcoming New Thought conference. I anticipate with delight this upcoming wonderful celebration. I am grateful to Dianne Matt, Judy Flynn and Kathy Almey for their leadership and work planning this event.

I am also grateful to the many others who contribute. Our community is rallying around as we prepare for the conference. We are doing improvements to our buildings, painting, minor repairs, working our flower beds, tidying and cleaning. We have accomplished so much in a short while and we continue to move forward. We are a peaceful, loving community that supports individual thinking. I feel very blessed to be a part of it all.

Rev. Cam



Seeds for the Soul



Everything I Need to Know I Learned in Kindergarten

~ Robert Fulghum ~

Most of what I really need to know about how to live and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandbox at nursery school. These are the things I learned:

- ◆ Share everything -- Play fair -- Don't hit people.
- ◆ Put things back where you found them -- Clean up your own mess
- ◆ Don't take things that aren't yours -- Say you're sorry when you hurt somebody
- ◆ Wash your hands before you eat -- Flush --
- ◆ Warm cookies and cold milk are good for you -- Live a balanced life.
- ◆ Learn some and think some and draw and paint and sing and dance and play and work every day some.
- ◆ Take a nap every afternoon -- When you go out into the world, watch for traffic, hold hands and stick together.
- ◆ Be aware of wonder.
- ◆ Remember the little seed in the plastic cup? The roots go down and the plant goes up and nobody really knows how or why, but we are all like that. Goldfish and hamsters and white mice and even the little seed in the plastic cup -- they all die. So do we.
- ◆ And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: look.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think what a better world it would be if we all -- the whole world -- had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap.

Or if we had a basic policy in our nation and other nations to always put things back where we found them and cleaned up our own messes.

And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.



Life Ebbs ... Life Flows

Short form - long journey

The little girl stretched out on the kitchen floor, drawing intently. Her mother looked over her shoulder and asked what she was drawing. "I am drawing God" the beautiful little girl said nonchalantly. "Oh Honey!" her mother responded, "You can't do that. Nobody really knows what God looks like". Her beautiful, wise little girl replied. "They will when I'm finished".



A somewhat older little boy, had, over the years, developed pretty definitive ideas of what he liked and what he didn't .. what kind of people were his kind of people. He wouldn't have said he was judgmental .. just discerning .. confident .. in control .. and he knew what he liked and what he didn't. He knew what was worthwhile and what was just fluff. Then one day, in an instant, everything changed. His lovely wife told him she had fallen love with another man. She wanted to live with the other man. And she did.

After much pain filled time, a very kind and patient counselor, directed the much older little boy to a group of people, dedicated to the support of those suffering through similar loss. He was highly skeptical. After all, what's the point of telling a group of total strangers all about 'his'



Photo taken by Shona at CCL Block Party September 2006

heartbreak? How could they possibly understand? Rather reluctantly, but desperate in his misery, he began to attend the group.

The first thing he noticed was how few of the people in the group seemed to be 'his kind'. He wasn't judgmental you understand .. just discerning. In time he began to detect, that he had more in common, with more of these people, than he had originally thought. In time, he was asked to become a facilitator for the group. In time, as he proceeded down this new path .. he began to see himself and all of

the people of the group, were one, in oh so many ways.

In time, the slightly younger little boy set out to find a wider community .. a wider opportunity to practise what he had been reading and learning. In time, he had the good fortune to become the editor of a newsletter .. in a

place where he's unlikely to hear that "nobody knows what God looks like" .. in a place where there's likely to be quite a few, down on the floor, drawing with the little girl.

Now the grateful, privileged and much younger little boy gets to practise and grow his appreciation for the many, many ways that human beings express themselves .. their creativity .. their perfection.

Zen says "Judgement keeps us locked in the past"
Steven Covey says "Seek first to understand .. then to be understood".
Deepak Chopra says "Non-judgement creates silence in the mind"
The Dali Lama says "My religion is kindness"



Photo taken at one of Andrea Schroeder's creativity workshops.



Feelings—May 7, 2008

Shona McClaren

Sometimes words cannot fully express what we feel in our hearts.

At the present time I am very aware of the place inside that has no need for words; where words distract from the feelings of wonder and mystery.

The recent death of my mum and also our good friend Braden remind me that the painful feelings of our losses are a measure of all the blessings we have given and received from all our loving relationships. All I want to do is feel the wonder and mystery. I feel softened, strengthened and supported in my grief by God's Love.

Shona also sent the following poem. She says it was written around the spring of 2000, when she was coming out of the 'dark ages' after her 30 year marriage ended. A group of women from the Centre (henceforth known as the Bali Babes) got together for a trip to Bali.

Spirit Dance for Spring

Love and beauty all round
Touch me with a freedom sound.

Hear the darkness,
Sing the light,

Dance the dance of wisdom's sight,

Throw my spirit to the skies,

Live life through the whole world's eyes.

Prayer Treatment: Metamorphosis

Karen Stock

God is all of Creation. God is Life and I am that Life. I am One with God. I am an individualized expression of Life in the web of Life. In this way I am related to all and everything. Therefore I have my rightful place in humanity and creation. I have my rightful place here on earth. The breath of life is God given. I breathe freely. I feel good about who I am and where I stand. I feel safe here on earth and among humanity. I deserve to have a beautiful living space just because I am. My life has purpose that is derived out of being. In this way my life feels joyful.

At the time of spring the old engrained embodied thoughts, emotions and feelings are dissolving. Through the process of inner transformation I am freed from all old beliefs mind-sets, and feelings. It is the metamorphosis from the caterpillar, to the cocoon into the beautiful butterfly. Spirit works from the inside out. The metamorphosis is taking place in the inner silence hanging in the air of the branch of Life. The cocoon exposed to all weather and all storms is protected by the Grace of God. Winter is over, spring is here. The new Life has started. The old shell of the cocoon is dissolving while the butterfly is starting to emerge. This is my rebirth. With the arrival of summer the butterfly is free to enjoy her newfound freedom drinking from the nectar of Life. Life is easy, light and playful.



I feel free like a butterfly playing in the sun. In my God-given beauty I receive the best of Life. The fields of flowers are vast and magnificent. It is the playground of Heaven on Earth. I receive freely from God's Abundance. I give freely with the light touch of a butterfly. In the fall the fruit of this eternal dance are revealed which turn into the seeds for further growth next spring. I am grateful for the Dance of Life. I let go and I let God.

'In a time of much war in China, the old farmer's only son, with their only horse, was tilling their small field. That night the horse ran away. The neighbors came and said, 'It's a very bad thing. You have such bad luck.' The farmer said, 'We'll see.' But the next day the horse came back with half a dozen other wild horses. The neighbors came again and they said, 'What tremendous luck.' The farmer said, 'Maybe.' On the third day the son, while trying to ride one of the wild horses, fell and broke his leg. Again, the neighbors came and said what bad luck it was, and the farmer said, 'We'll see.' The next day the king's soldiers came to force all able-bodied men in the village to fight in the army.'



And so I was thinking that we'd give this last page a real cool name like, say "Reflections". But then I thought nah, it might be nicer to just wind up with a little romance.



*One beautiful December evening Huan Cho and his girlfriend Jung Lee were sitting by the side of the ocean. It was a romantic full moon, when Huan Cho said "Hey baby, let's play Weeweechu."
"Oh no, now now, lets look at the moon" said Jung Lee.
"Oh c'mon baby, let's you and I play Weeweechu. I love you and it's the perfect time," Huan Cho begged.
"But I would rather just hold your hand and watch the moon."
"Please Jung Lee, just once play Weeweechu with me."
Jung Lee looked at Huan Chi. She loved him so much and she said, "OK, we'll play Weeweechu."
Huan Cho grabbed his guitar and they both sang
"Weeweechu a Merry Christmas, Weeweechu a Merry Christmas ...*

Hey! What'd you expect. This is a church newsletter, for heaven's sake.
OK so its not a full moon, there's not an ocean in sight and they're not even sitting down and .. I suppose I could have waited till Christmas, but that's just sooo far away.
And I did promise a little frivolity.
Just call me "Ed"



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Neil and Clara have both generously indicated that a substantial donation will be made to the Centre for Conscious Living with each transaction.



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GAMBLERS ANONOMYS:

Meetings Thursdays and Saturdays at the Centre for Conscious Living Hall from 7:30 - 8:30 pm.

We feature an open speaker the first Saturday of the month.

For more information, call 582-4823 and leave a message.



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