



Conscious news

Volume 2 Issue 11 ■ November 2007

An Inclusive Spiritual Centre ■ Consciously Co-creating Community

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from the editor's desk

Welcome to the November issue of the Centre for Conscious Living newsletter, *Conscious News*.

In this issue, we have many little gems for you to read and reflect on.

Rev. Cam's Quips features an article titled "*Clouds of Emotion*". Cam's perspective always presents the silver lining to every situation. Thank you, Rev. Cam for all you do in your leadership role.

Our reports this issue come from **Alvin Kaskie**, on the *Karaoke* and *Unfold Your Musical You* programs. **Kathy Sawatsky** has written a piece on Spiritual Cinema Night. **Andrea Schroeder** has an update for us on her creativity workshops.

Our teen group had it's first event in October, with a corn maze. Read about it on page 10. Thanks to **Wes Krahn** for the photos and to **Beverley Fredborg** for her article, and last but not least, **April Ulrich** for coordinating the event, and introducing the group with an article.

Dianne Matt, coordinator of the Secret Pal program, has a few words for us. Mark your calendars for the Secret Pal lunch on December 2 at Papa George's. Bring a gift and Christmas cheer for your pal as you reveal your identity!

The congregant spotlight is on **Andrea Schroeder** this month. See page 3 to learn more of what's behind this bubbly personality. You'll also see that Andrea has talents in writing, as she contributed to the *Seeds for the Soul* column this month. Thanks Andrea, for all your energy and love.

Shona Davidson has written a summary of the Energy Workshop Expo held on October 28th. Thanks to all practitioners who worked together to raise community spirit, as well as a tidy sum of money for the Centre.

Thanks to **Ian Irvine** for his talents behind the camera lens. You give a whole new meaning to capturing memories on film!

Marcus Ogibowski has submitted a poetry piece to remember those who have sacrificed and whom we honor on Remembrance Day. Thank you, Marcus, for your beautiful thoughts and sincerity.

Speaking of remembering, we all have some memories of the Centre, no matter how long we have been a part of this wonderful community. Be sure to check out page 14 for a trip down memory lane. Thanks to **Ivor Lockhart** and **Ian Irvine** for their contributions. *Memories... misty water colored memories... (ok I promise not to sing... Edith Bunker voice... just imagine it!)*

Thank you to every one who has contributed to this issue of the newsletter. I appreciate the sense of community when organizing this project. Your stories, photos, and reports make my job fun and easy. Thank you, thank you, thank you! (Did I say thank you??)

Till next month, everyone!

Smiles and Hugs,
~Liz van Reenen



Thank you . . .

◆ **Thanks ...**

To **Dianne Matt** for coordinating the Secret Pal Program this year. Tell us all the secrets, Dianne! Curious minds need to know!

◆ **Thanks ...**

To all of the **third year SOM students** for their treatments on Sunday mornings. We have a good group of “soon to be practitioners” in the works.

◆ **Thanks ...**

To **Brenda** for taking on the position of hospitality coordinator. We appreciate the energy it takes to make our coffee time open to us every Sunday.

◆ **Thanks ...**

To **Wes Krahn** for organizing the work party and to all those who helped make the Centre look beautiful with paint and hammers and ladders. Great fun and great food was shared among the wok party volunteers!

◆ **Thanks ...**

To **Ian Irvine** who has faithfully sat and kept me company as he learns the recording “ins and outs”. Thank you for your photography talents which make this newsletter look absolutely fabulous!

◆ **Thanks ...**

To **everyone** involved in the Energy Work Expo and made it a success!

◆ **Thanks ...**

To **Rev. Cam** for his energy and time in teaching classes this fall. We appreciate your knowledge and guidance as we learn! We are chomping at the bit start the next class in January, Spiritual Economics.

◆ **Thanks ...**

To **Shona** for volunteering to do the music lyrics on power point for Sunday services. You make it look so easy!

Thanks to everyone at the Centre for being a part of our community. You all make a difference!

Themes for Future Newsletters

Please submit articles, poetry, funny stories, and anecdotes that fit with the following themes to CCL newsletter editor, at emvr68@yahoo.ca. Deadlines for each issue are outlined below, but I appreciate receiving articles early. Thank you all for making this newsletter a community effort!

◆ **December: Christmas: The Joy of Giving: Deadline December 1st, 2007**

◆ **January: A New Year – A New Beginning: Deadline January 3rd, 2008**

◆ **February: Its all About Love: Deadline February 1st, 2008**

◆ **March: Jumping into Joy, What Makes you happy? Deadline March 1st, 2008**

◆ **April: Easter – A time of rebirth: how has CCL Changed Your Life?: Deadline April 1st, 2008**

◆ **May: Spring – Springing into Action: Dedications to CCL Volunteers Deadline May 1st, 2008**



CCL Spotlight:

Andrea Schroeder: Designing an Authentic Life

Andrea Schroeder is a living example of how the Centre transforms dreams into reality. Initially attending the Centre for the wisdom of the Science of Mind classes, Andrea has blossomed and has

made CCL an integral part of her life, and her career aspirations.

Andrea's path to the Centre began a few years ago when she attended a *Celebrate your Life Conference*.

"I made a decision that I wanted to meet more people like me, spiritually. The

conference inspired me to find a similar community here, locally."

A friend kept inviting Andrea to come to the Centre, "but at the time, Starbucks had more

appeal," Andrea admitted, but gradually she felt a "pull" to go and check it out.

After attending classes for awhile, Andrea became more comfortable with the people, and started attending Wednesday night meditation nights, and Sunday services. "I remember doing a

reading at a Wednesday night service and it wasn't even any thing I wrote, and I was sooo nervous! Now, I can read things at Sunday service that I actually write and I am much more confident," Andrea smiled.

Loving and supportive community

When asked about what she likes most about the Centre, Andrea appreciates the loving and supportive community. "The classes ground me in the teaching, to be able to live from that place. I feel connected to Spirit and I can express more of myself in my life."

Andrea would love to see more people come out to the variety of events at the Centre, "and it would be nice to see different people at the events too," Andrea commented.

A Centre for ALL things

"I am excited about more practitioners and new ministers being trained. I also have this vision that we have more events that show we are more than just a church; that we can incorporate our lives into it - the Centre can be a part of every aspect of our lives, not just on Sundays."

Shift in Workshop Focus

Andrea began using her talents in holistic interior design. Andrea taught people about how texture and color make a person feel, and assisted them in "choosing how you want to feel within your living space, and designing from that perspective."

After awhile, Andrea realized that she wanted to support people in their process, and "not impose her own ideas on their living space, which is a very personal thing," Andrea said, "People wanted me to decide for them and I wasn't comfortable with that."

The classes at the Centre, going to Rev. Cam for treatment, and a Kelly Tobey



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Andrea Schroeder: Designing an Authentic Life

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workshop entitled “Discovering and Expanding Your Inherent Greatness” helped Andrea shift the slant of her workshops, to fit more within her personal mission for her business. “Now it is about sharing my own true gifts, and allowing things to flow from there.” Andrea stated.

Marketing is biggest challenge

“I find I have blocks around pushing people, and feeling I might come on too strong. Yet, when people are interested, I find I don’t always give them enough info. I am learning to just be me and be involved in things I love. When I do that, the relationships build from there, and I will attract the right people to my workshops.”

The future

While Andrea loves doing workshops in a space she created specifically for that purpose, she “also sees how opportunities to explore creativity, and play with creativity, can serve the centre as another opportunity for people to explore and express themselves.”

Andrea is considering changing the workshop format, to accommodate smaller groups of people.

Andrea is developing pod casts of the meditations that she uses to get people in tune with their creative energy. “The pod casts go



along with the interactive creative journaling book that I am working on, so people will receive the ability to download the pod casts when they buy the book.” Andrea explains, “I am also working on a creativity game as a part of my Creative Journaling workshops, called “Creative Self-expression Game” and this is based on using creativity for self-exploration and empowerment.”

In the future, Andrea will be doing a “Lunch and Learn”

session with Cheryl McClure of the Mental Health Resource Centre to expose facilitators of mental health groups to new alternative healing methods.

Andrea is certainly walking her walk in an authentic life, using the tools of the teachings at the Centre to weave her dreams into realities. We all support you in your journey, Andrea!





Secret Pal

Program

Reflections by Dianne Matt

Hey! All you Secret Pals! You know who you are!

It's almost time again for us to get together for our annual Christmas Dinner. I made reservations for 1:00 pm Sunday, December 2, 2007 at Papa Georges. They've been very accommodating to us in the past, and we can be as noisy as we want. This is truly an exciting event. Come out with a little Christmas gift for your Secret Pal, and reveal your identity!

If you're not a Secret Pal, and would like to join us for lunch... come on along! We'd love to have you join us!

The Secret Pal program will be starting up again in the New Year. Being a secret Pal is a wonderful way to get to know, to care for, and to give selflessly to someone. It is also a great way to learn to receive. This program has really enriched my life, and I encourage everyone to be involved.

I will be stepping down from being coordinator, and I'm looking for someone to take over. This is a treat to oversee... the coordinator of this program is privy to many exciting little secrets, and stories! Please see me, and I will pass on the instructions.

So write the date on your calendar!

1:00 PM on Sunday, December 2, 2007
Papa Georges Restaurant
River and Osborne

See you there!

Many Blessings,
Dianne Matt

Spiritual Cinema Night

Reflections by Kathy Sawatsky

Spiritual Cinema Night was introduced to the CCL as an alternative yet complimentary avenue to spirituality, as a community builder and as a fundraiser. We had shaky beginnings as we popped our own popcorn, melted huge pots of butter, and tried different snacks from juice, to carrots sticks to cookies. We showed a variety of movies and had many shorter films from the Spiritual Cinema Circle. Some of the movies were difficult to understand, and some were simply weird. We even had people leave, if the movie was too dramatic. Once we tried *Dinner and a Movie*, and had a great time making pizza and salad before the show.

During those "early days", we dealt with a borrowed screen, borrowed speakers, borrowed DVD player and borrowed projector. (Thanks to all our lenders!)

Our first year, the cinema night was held in the CCL Hall, where Wes had to make wood and carpeted coverings for all the windows to keep it dark, and we had to pull out and stack chairs every time, and clean up the enormous mess that I made in the kitchen.

Our attendance varied. Some nights only a few people would show up and during our bigger nights with "The Secret" and "The Celestine Prophecy, we would have hundreds of people over the course of a few days.

These days we hold our spiritual cinema nights in the Church. (No more stacking and unstacking chairs!) We have purchased a screen and a projector, and our brand new popcorn maker was a generous donation

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Rev. Cam's Quips . . .

Clouds of Emotion

By Rev. Cam Hamoline

As I write this message, I am sitting in my office, looking out of the window, watching the sun occasionally poke through clouds that are rolling by. I am reminded that sometimes we forget that we don't need to make the sun shine, that we just need to keep the faith, trusting and knowing that our Universe sustains itself with no effort on our part. We do well to remember that Life can be trusted, that Infinite Intelligence is always at work; that the sunshine surely returns when the clouds have passed by. We can choose to remember that our emotions do not need to cloud our faith, to remember that our emotions pass just as surely as do the clouds. We do not need to let the clouds of our humanness prevent us from

knowing that the truth of our being closely resembles the light of the sun that is ever shining through the shadow of our human condition.

We know that the truth of our being still shines even when temporarily covered by clouds of emotion. We find our way to the Spirit by walking fully into and through our feelings, through our humanness, not by trying to bypass it. Our feelings are simply the effects that flow from mental causes, simply the embodiment of our belief. Knowing this, gives us the opportunity, to take our power, learning how to manage our emotions. We master our human condition by applying the Law of Cause and effect to our daily living.

We find that the great Law of Cause and effect is like a guardrail along the spiritual path. It is ever guiding us along the straight and narrow pathway that leads us back toward our Creator; back to the place from whence we came. We believe that each individual finds their way to this heavenly place. We believe that each of us is an individualized point of God Consciousness, that Infinite Intelligence leaves none of us behind. In this way, we remember that the sun is always shining; we keep the faith.

And when we forget this truth, we have our spiritual community to remind us of who we are. Every Sunday, I am reminded of the difference we make in each others' lives and of the difference that we are making in our world. We have created a safe place to be real with each other, a safe place to heal, to grow and to empower. We are blessed to be part of a loving, supportive community. I am blessed!



Seeds for the Soul



I am love

By Andrea Schroeder

i relax into myself, into the part of me that knows i am love.

as i become present with this part of me, i feel my heart expand, i feel myself expand into the knowing that everything is love.

divine love swirls in and around and through me and everything.

divine love is all there is.

i am a being of love, i am an expression of love, i am love personified. i remember this in every moment. all of my interactions with others are based on giving and receiving love. i let my loving nature shine through everything i do.

it is such a delight to be love, to give love, to receive love, through everything that i do. i am nourished by the infinite love that flows through me. i am grateful for the nourishment and for the pure bliss of being love. i am grateful for the opportunity to choose love in every moment.

and as i pour my love out into the world, i pour my

words out into the infinite mind where they may expand and grow into greater and greater expressions of love. and so it is.

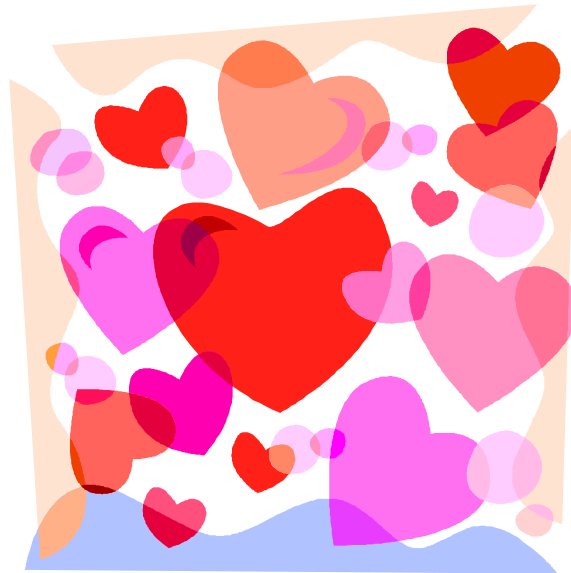
The power, beauty and bliss that flow from Love set the stage for my life. All of my experiences flow from this place, from me either embracing the Love that I am, or cowering from it, hiding behind my blocks.

The Science of Mind teaches Love and Law. As I have grown in my willingness to open to Love, my perspective on Love has grown to include Law as Love in Action. How could Law be anything but Love?

Law consistently and patiently mirrors the limits which I have placed on my life, through the conditions in my life, so that I may see them clearly and wash them away. This allows me to grow into a greater experience

of life, greater joy, greater abundance, greater expression. This truly is Love in Action.

If you have a Seeds for the Soul topic and would like to be a guest columnist for future issues of the newsletter, email your article to Liz at emvr68@yahoo.ca. Articles are subject to editing for length and content.



CCL Program Reports

Spiritual Cinema Night

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from our congregants. We also had a DVD player donated from Olivia Ulrich and we continue to have free movies for the kids.

Wes and I have become slightly more savvy with advertising for bigger shows, and we now have a spiritual cinema night following.

Alba, our daughter, has been helping out with cash at the door and sets up the movie downstairs for the kids. It really is a family affair.

Also, we are so grateful for all the volunteers who often miraculously show up at the right time. I can say that we have grown through our venture and we continue to enjoy putting on Spiritual Cinema night every third Friday of the month!

ccl music programs

Karaoke has developed a loyal group of attendees. It has been so much fun for us that I really thought we would start doing it twice per month. However, on second thought, I have decided to keep it at once per month at least for the time being. I am so proud of the people who have come out to support the Karaoke night. There have been many benefits. We have raised approximately \$1400 so far which means that the Karaoke equipment has already paid for itself and the new sound board is also almost paid for. Soon, Karaoke will start generating a little extra money to go towards whatever the Board deems appropriate. Another benefit has been to give people a chance to have an unusually good time together, and to get the experience of singing with a great sound system in our own church. Also, we have had a few new people start attending our Sunday services after they came out to a Karaoke night. The benefits to all this just continue coming!

The Unfold Your Musical You has also developed a small group of regulars. They have been invaluable to me for keeping me interested, excited and inspired about participating in the music program at CCL. Without them, I might have faded away completely. Due to changes in my life, I have decided to start spending my Sundays getting involved in other church communities where I have musical friends from my past. However, I will continue to do the Unfold Your Musical You once each month. It is my goal to meet other musicians at other churches and eventually have them join me and members at CCL in the monthly Unfold Your Musical You. I am excited at the prospect of developing our Music Program at CCL into a larger community of performers so that everybody benefits in a myriad of ways.

Thank-you to the participants in these two programs for supporting me; and I especially want to thank Rev. Cam for providing such a free space in which to create all that I have done. Thank-you to the Board for believing in me; and a big thank-you to our loving and wonderful congregation for your smiles, singing and love.

I love you all.
Alvin Kaskie



Energy Work Expo

By Shona Davidson

Photos: Ian Irvine

On Saturday October 28th, members of the Centre hosted a very successful, first-time Energy Work Expo.

The event realized over \$300, which will be applied to upcoming winter heating costs. However, as it is with most events around the Centre, the day was about much more than money. It was about relaxation, peacefulness and meditation. It was about serving those within the Centre community and it was one more way of reaching out to those not presently attending the Centre. We had the chance to explore, with open minds, a variety

of complementary health practices. It was about sharing passions and getting to know one another better. We had an encouraging response to the

inclusion of the Expo in the advertisement in the Aquarian. All those attending, were given the opportunity of experiencing a variety of healing modalities, including Reiki, Reflexology, Therapeutic Touch, QiGong, Breath of Life, Healing Touch and Aura Balancing.

Complementary health practitioners from our Centre included, Vivian Blouin and Karen Stock (who offered Reiki), Shona McLaren (Reiki and Reflexology), Kathy Sawatsky (Therapeutic Touch), Norman Blondin (Therapeutic Touch and QuiGong). Sandra Martens offered Time Line Therapy and guided meditation. Hazra Khan demonstrated the CHI Machine, Hot House and the Electro Reflexology Energizer.

Tony Bishop offered treatments in Breath of Life, Healing Touch and Aura Balancing.

We are grateful to Dr. Darin Feasey, who gave an informative talk and a demonstration of Network Chiropractic.



Missing from group photo
Kathy Sawatsky and Tony Bishop

of complementary health practices. It was about sharing passions and getting to know one another better. We had an encouraging response to the

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Energy Work

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Thanks to all of the practitioners for giving so freely of their time and talents. Thanks to Cheryl Bateman for her presence and help making the day run smoothly; also, to Kathy Primrose for

helping with the organization. Special bouquets to our events coordinator, Audrey Beaudry for conceiving and organizing this event for us. You did a great job Audrey.

Our Centre is graced with many dedicated, gifted and generous people involved in various

health practices and many who use and enjoy the benefits of their services. This was an energizing and uplifting experience and it is proposed that another such event be held in



January or February, 2008, where even more, will be given the opportunity to participate and enjoy the experience, in whatever way they are so moved.



CCL Teen Group Report

By April Ulrich

Photos: Wes Krahn

Wow it is November already! The pumpkins are in the compost and I am putting the skeletons back in my closet for yet another year. I am sure some of the C.C.L. Youth Group members (they have yet to agree on their official name) had a great time trick or treating. I can't wait to hear all about it.

For those who may not know me, I am April Johnston-Ulrich and I am the organizing assistant of the Youth Groups activities for the coming year. I con-



sider myself the "assistant" because after belonging to the Centre for a few years you realize, nothing here is done by one person, it takes the Universe and a few key people to put together a good program. Plus we see this group as perfectly capable of being involved and implementing their own program, as a group. They are quite a smart, talented group of young adults (parents and guardians should be proud) that I believe make great choices for themselves, so I see my role as a facilitator of those choices and as supervisor when they are on sugar highs! I have already received some great ideas from the group (we really need a name) and some of the interests expressed were in drama, singing, crafts and surprise...eating (these are teenagers!) One more thing they all agreed on was more field trips!

CCL Youth Group had their first, of we know will be many outings on Oct. 14. We went to try our luck at the Amazing Corn maze and some even made it



through the Haunted Forest, though all started into it! We had a beautiful day and a lot of fun, but since this is the "Youth Groups report" I would rather you hear what they thought of the day. I asked the group, if they had time, to submit their account of the day and I want

to thank Beverley for taking the time to reply, her account of our day follows this article.

Our next get together will be on Saturday, November 10th when there will be a concert at the Centre to help raise funds for the Youth Group's (we really need a

name) future get together. The entertainment will be provided by one of our own Youth Group members Beverley Fredborg and Alvin Kaskie starting at 7:15 pm and will be followed by the singing group "Mindset". Tickets are \$10 at the door.

I want to thank Wes Krahn for helping out on the field trip and for organizing the Mindset concert!

If you have any questions or suggestions about the Youth Group and their activities, please do not hesitate in contacting me, and this of course includes the members themselves. I can be reached at ibcharlie@msn.com The yet to be named youth group is for those who are 12 to 17 years of age.

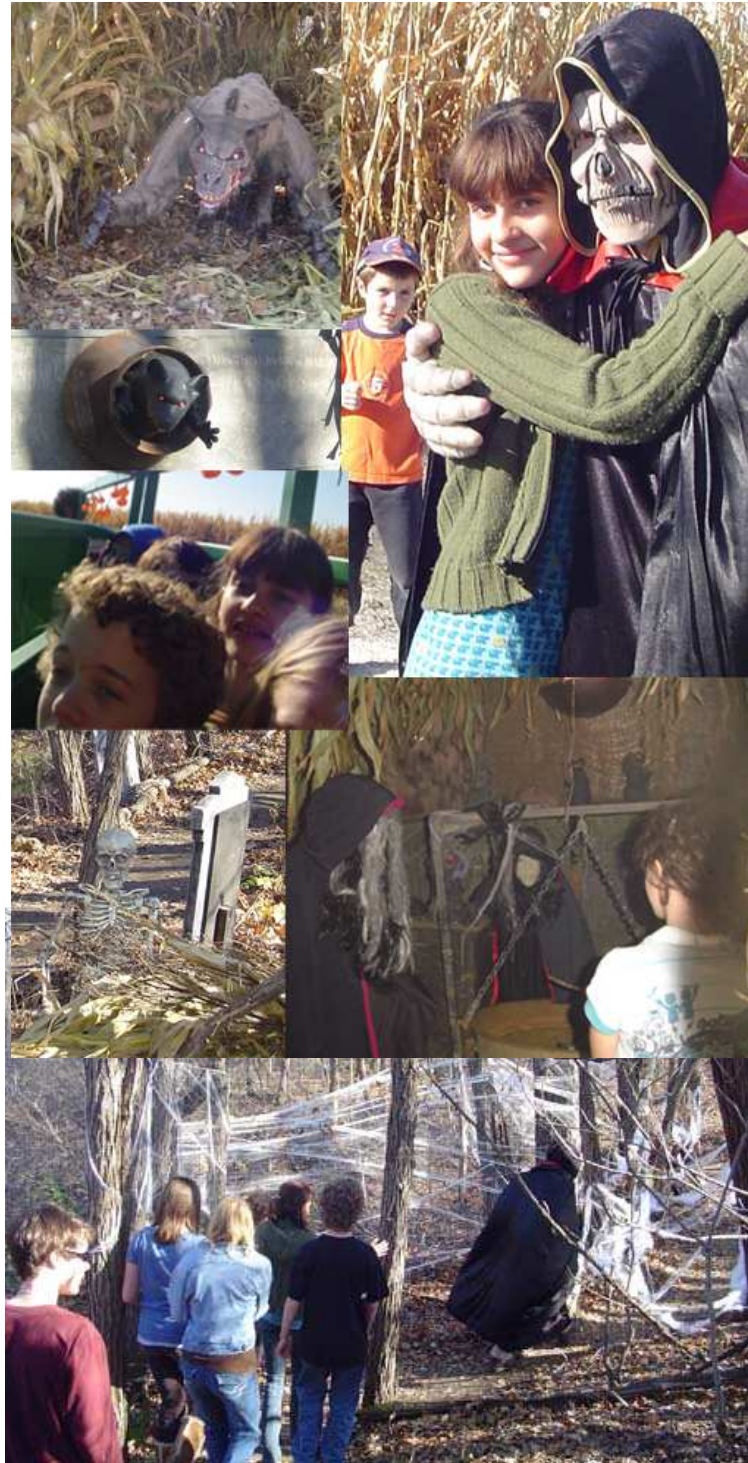


Corn Maze

By Beverley Fredborg

On Sunday, October 14, 2007, the Centre Youth Group went on their first outing, to A Maze in Corn. We had a ton of fun! The lesson we learned on our out-

ing was about intention. April gave us a piece of paper secretly and it said either an 'I' or an 'N' on it. If you got an 'I' on your paper, you had to intend to finish the corn maze and if you got an 'N', you didn't have to try. It was interesting to see the results of our experiment! The corn maze was great and we had lots of fun going through the "haunted forest" with our friend, Death, the tour guide. We played on the giant hay pyramid and petted the animals at the petting zoo. It was really fun to get out and enjoy such a nice day. When it was done, we were sad it was over. We still haven't picked a name for the youth group yet. I suggested 'Happy Penguins', but some weren't too pleased. Oh well. We had a ton of fun and we're always going to remember what fun we had at the Corn Maze.



Creativity Workshops

Update by Andrea Schroeder

I started to do Creativity Workshops at the centre because creativity, to me, is such a powerful and gentle tool for empowerment and growth. I love using fun creative play to express what I am learning at the Centre - gratitude, intention, empowerment, growth, love, community, joy, expansion. I find bringing my creativity into my spirituality helps me to express myself in new ways, and really ground the teaching at the centre, allowing me to live in a more loving and empowered space. These workshops are my way of encouraging others to find their own way of using their creativity as fuel for positive change in their lives.

The next Creativity Workshop is scheduled for **Friday, November 9**, the theme is Appreciation Cards. We will be using guided meditation, journaling and creative play to explore and expand gratitude, and make a set of appreciation cards.

This will be the last Creativity Workshop happening at the CCL for this year. In the New Year, I would like to revisit the format in which I am presenting my workshops at the Centre. If you have any thoughts, ideas or preferences around time of day or day of the week when you would like to attend a Creativity Workshop, please let me know. I am also open to your ideas on possible themes to explore in the workshops. I want the workshops that I do at the Centre to serve the community, so I welcome all feedback on how my workshops can best work for you.

Feel free to contact me at 774-6977 or andrea@ABCcreativity.com.

Wishing you all a creative, colorful and inspiring November!

December issue of *Conscious news*

- ◆ Review of the Mindset Concert being held at the Centre on November 10, 2007.
- ◆ An interview with Dianne Matt, President of the CCL Board.
- ◆ Report on the Winnipeg Harvest Dinner, organized by Alma Kennedy and Ivor Lockhart, and supported by the many people who step up and volunteer at the Centre!
- ◆ If anyone has stories or poems that fit with the theme of The Joy of Giving, please submit your articles to Liz at emvr68@yahoo.ca.



CCL
Bake Sale
December 2!

Get a jump on
your Christmas

Baking and come and see what
goodies are available for sale at
the CCL Bake sale to be held on
December 2nd at the church.

Talk to
Kathy Almey for
more information,
and to donate
baked goods to
raise money for the
Centre.



Remembrance Day

a poem by marcus ogibowski

my brother has fallen
and I'm not sure I understand
away from me he fought in a foreign land

my husband has fallen
and I'm not sure why
alone now through the clouds I fly

my dad has fallen
and I'm not sure where
can someone tell him I care

my son has fallen
and I'm not sure how
I am alone now

and a mother cries
my breast has gone cold
it was necessary I am told

and a father cries
we never saw eye to eye
I didn't get a chance to say goodbye

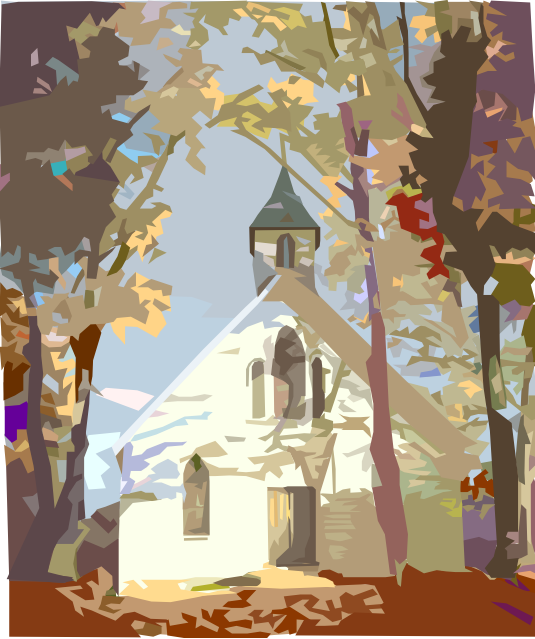
and a lover cries
unfinished is our song
how could it all go so wrong

and a soldier cries
why oh why
as warm tears cloud his eyes

and a country cries
give us peace and understanding
give us time our hearts need mending

and a people cry.....

Memories... Memories...



Finding a Church

By Ivor Lockhart

Back in early 1999 I felt the need to take my life in a spiritual direction. And so, in my characteristically logical manner, I consulted the Winnipeg

telephone directory and selected five churches, intending to visit them one at a time before deciding upon the one which was a “best fit” for me.

One Sunday morning in March I set out to find my first choice. I arrived at a small unit on a strip mall on Marion Street. In the window was a sign which read “Centre for Self-Awareness”. Inside were a number of people and on the wall at the entrance was a notice entitled “Why We Hug” and an explanation as to why they did. Clearly, these were a friendly bunch of folks and they made me feel very welcome. Although the hugging felt a little strange at first, I soon grew to like it since most of the huggers were women!

I received a program and a songbook and found a seat among the 10 or so rows of chairs. Up front, in the corner, was a lectern from which the service was conducted. The service got under way, somewhat following the format we use at our Centre today. The musical accompaniment was provided by a portable organ which the organist brought with her every Sunday, and we sang songs like “Zippety Doo Dah” and “Oh! What a Beautiful Morning”. Service ended with the chairs being swept aside and the congregation, totaling perhaps 25 people, forming a circle and singing, “Let There Be Peace On Earth”.

I met Reverend Tim Peterson and his wife, Linda, and members of the congregation, among them Jean Paton, Judy Flynn (the organist), Margaret Horton, and Paulette Bessette. I learned that Reverend Tim and his family had moved here from Edmonton about 5 years earlier to start the first New Thought church in Winnipeg, and that the first services were held in a Holiday Inn hotel

room; Jean Paton, Margaret Horton, and Paulette Bessette being among the five original congregants.

Over the next two months I visited the Centre for Self-Awareness services sporadically. I began giving thought to moving on and trying my next choice in churches. Then, on May 20th, something happened which was to change my plans entirely. I had a stroke.

One of the first people to visit me in hospital was Reverend Tim. He asked me how he could help me. I asked him something I had never asked of anyone before. Choking back tears I said, “Pray for me.” He began to do a Spiritual Mind Treatment for me, stating that I was “whole, perfect, and complete.” This did not make a lot of sense to me because I was paralyzed on my right side, unable to leave my bed, totally dependent on others, and filled with fear! How could he even suggest such a thing?

Over the following days and weeks I received many visits from many people at the Centre for Self-Awareness. This truly amazed me because these people hardly knew me! I was overcome with gratitude at their kindness and thoughtfulness.

Reverend Tim’s treatment must have planted a seed in my consciousness because I gradually regained my ability to function. Once I was able to walk again, I made daily visits to the hospital chapel where I would sit and declare my intention to recover completely, asking for God’s help. I maintained a very positive attitude, determined to fully recover and, five weeks after my stroke, I discharged myself from hospital. And, as you might expect, I did recover completely.

As for those other four churches I had selected, they never got a second thought. After I left hospital I returned to the Centre for Self-Awareness, for I knew that this was the place for me. I had found my spiritual home.



Memories... Memories...

Opening Night at the Centre

In keeping with the idea of "honoring all paths" there were representatives at the ceremonies, from several faiths, including Anglican, Aboriginal, Bahai, Jewish, Buddhist.



Photo: Ian Irvine



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