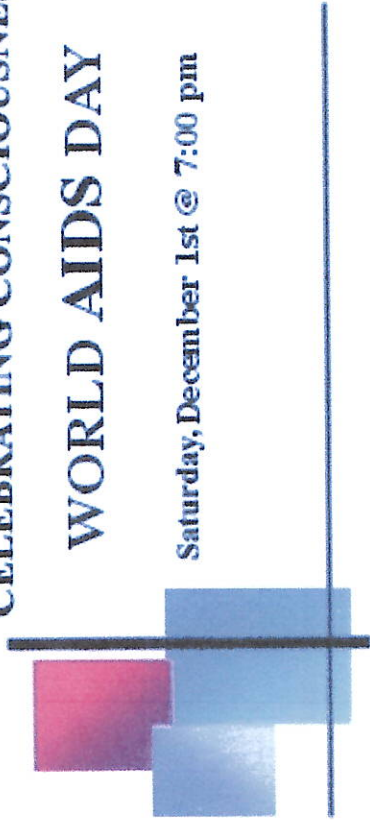


An Evening Meditation

CELEBRATING CONSCIOUSNESS

WORLD AIDS DAY

Saturday, December 1st @ 7:00 pm



Featuring: Labyrinth, Multi-faith Chanting & Healing Circle

COST: 2 Hours of your time

Free will donation

Promoting Awareness and Education of the HIV/AIDS pandemic in Africa and the particular work of:



Event held at and sponsored by:
St. Andrew's United Church
92 Main St., Port Dalhousie 905-935-7231

CELEBRATING CONSCIOUSNESS WORLD AID'S DAY

BACKGROUND:

Last year the Healing and Meditation Group (presently One With Spirit) with the able assistance of St. Andrew Church staff and council instituted a program to recognize the devastating effects of HIV Aids in Africa and the work of the Stephen Lewis Foundation.

Today, we gather again to continue to build awareness but also to give thanks to the Stephen Lewis Foundation in continuing its amazing work in Africa and other economically poor countries. We, in Canada, recognize as a 'have' country that our own poor have insurmountable difficulties when afflicted not only with poverty but disease, can you imagine what the reality is when you are poor and afflicted with a transmittable disease in a economically poor country?

It takes relentless courage to work on behalf of a people and a disease that others who have resources have chosen to abdicate! So today we say THANK YOU to the Stephen Lewis Foundation and it many supporters and donors on behalf of ourselves and our brothers and sisters in Africa and other 'have not' countries for being the pebble that is creating ripples of world wide consciousness to a pain filled, multi-level atrocity.

**Namaste - "the divine in me welcomes and
gives thanks to the divine in you"**

**on behalf of
One With Spirit
gloria grace & friends**

The Evening's Program

• silent reflections of gratitude-sacred sanctuary
accompanied with the sounds of a crystal bowls and African drums

• welcoming remarks
a preview of the evening's itinerary and questions

• guided meditation
through the use of colour and sound, visualizing a world healed of
HIV Aids and Poverty

• a walk of thanks-gymnasium
participants are encouraged to walk through the **labyrinth
reflecting again on the wonder of people who help under
insurmountable odds

• closing remarks & refreshments-friendship room
a word or two of thanks to All in attendance
and an opportunity to socialize and share

** Labyrinths can be found in almost every religious
tradition around the world. The Kabbala, or Tree of Life,
found in the Jewish mystical tradition is an elongated
labyrinth, the Hopi medicine wheel, Ti Betan sand
paintings, though not walked are mandalas, a kind of
labyrinth created through a meditative state.

Labyrinths are sacred paths used for meditations,
reflections, and guidance "to walk a sacred path is to
trust that there is guidance to help us live our lives on
this planet."

Suggestion for Walking the Labyrinth:

- †Remove Shoes
- †Before entering, reflect on a question, a problem, a healing.... you
are seeking
- †Ask for guidance within your particular belief system
- †Walk gently Pause if you need toAllow
- †Upon exiting the Labyrinth sit or stand quietly outside the
labyrinth and reflect on your journey.