

Thank You

Many thanks and a multitude of blessings to the following contributors to tonight's event!

Marva's Hair and Beauty
64 St. Paul's St. West,
St. Catharine's ON
905-687-7276

Mary Paolone Pharmacy
124 Welland Ave.
St. Catharine's, ON
905-684-2367

IGA—Ridley Square
111 Fourth Ave.,
St. Catharine's

St. Andrews' United Church
92 Main St.,
Port Dalhousie, ON
905-935-7231

Stangl's Aqua Zone
374 Fourth Avenue, Unit 9,
St. Catharine's

Dec 1/2006

2007
An Evening Meditation

WORLD AIDS DAY

Labyrinth
Multi-faith Chanting
Healing Circle

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



Stephen Lewis
FOUNDATION

Lessening the pain of HIV/AIDS in Africa

"Dancing with the Divine"
A New Series of Community
Healing Events



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

An Evening of Meditation profiling HIV/AIDS and the particular work of the Stephen Lewis Foundation in Africa originated through a simple plea of a woman to 'Creator' asking how she can help when she herself was limited in resources- (her prolonged illness has physically restricted her and her active source of income was nil). As the Creator, "Mother of Us All" always does, She answered the woman lovingly, gently and humourously - pray, listen, share your prayers with others; then pray some more, listen some more and share some moreSo she prayed, she listened, she shared and she realized that her prayers, meditations, i.e listening to the 'Universe' focused energy and attention on the pandemic. In her way she was doing something that did not require money nor any specific physical ability. An idea germinated.

An opportunity to create a venue to implement the idea was initiated through sharing with the Healing and Meditation Group of St. Andrew's United Church, Port Dalhousie, who not only welcomed it but have put time, energy and resources into making it happen. To keep true with the woman's meditations with the 'Great Spirit' the Evening will focus on people praying, listening and sharing positive energy to create a difference. Every day we are hearing more and more that we create our realities through our thoughts and feelings - conscious or unconscious. The evening will provide all who attend a way to create and share thoughts and feelings that find not only a cure for HIV/AIDS but also for the apathy that has allowed it to become a PAN-DEMIC in Africa.

Participants will have the opportunity to expand healing through three forms of mindful activities: (1) Voice - chanting, humming, repeating key words, phrases in different faith languages that advocate healing and assistance NOW. 2) Reflective Walking - a labyrinth will be available to walk, dance, sit within to create an energy of celebration that the apathy that allowed the disease to reach critical mass in Africa has been dissolved knowing there is something one CAN do. 3) Healing Circle - a facilitator will guide participants to visualize a planet without HIV/AIDS, full of beings - humans and others - taking responsibility for each other in whatever way we can.

We hope the evening will allow us all to know that there are many ways to help - when one door is closed, the courtyard awaits !!

Registration opens at 7:30 pm

Schedule of Events

Welcoming Remarks

Concurrent Sessions at

8:00—8:20
8:25—8:45
8:50—9:10

- 1) Labyrinth — upstairs gym
- 2) MultiFaith Chanting — Sanctuary
- 3) Healing Circle — lower hall

Please proceed to the event of your choice
at the sound of the bells
or remain in the area to repeat an event

Refreshments at 9:20 p.m. in lower Hall