



VOLUME 2, NUMBER 2

SEPTEMBER 1, 2004

Coming Events

LIGHT is pleased to announce a full slate of events planned for Fall and Winter 2004.

There is *no admission charge* for any of these events.

LIGHT Film Series

LIGHT will be presenting a series of films (on video) with spiritual themes once a month, starting in September, with discussion following.

Location: Robert A. Steen C. C.
980 Palmerston Ave. - Fireside Room
(side entrance off the parking lot)

Dates

Friday, September 17 7:00-9:30 p.m.

Waking Life (99 min.)

A highly original, visually innovative film about the nature of reality, dreaming states, human destiny, and many other things. This movie encourages you to question all your assumptions about the meaning of life and death.

Facilitated by Ervin Bartha

Friday, October 22 7:00-9:30 p.m.

Baraka (96 min.)

This cinematic "guided meditation," filmed in 24 countries on six continents, unites religious ritual, the phenomena of nature, and man's own destructive powers into a web of moving images.

Facilitated by Doug Staley

Young Spirits

The **Young Spirits** series will continue by presenting an afternoon storytelling workshop conducted by Jamie Oliviero. At this time, LIGHT will also officially donate close to 300 children's spiritual books to the Winnipeg Public Library, as part of our long-term goal of furthering the spiritual development and understanding of the children and young adults of Winnipeg.

Location: Cornish Library
20 West Gate

Saturday, September 25 1:00-4:00 p.m.

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Friday, November 19 7:00-9:30 p.m.

The Cup (94 min.)

Set in a Tibetan monastery in Northern India, this film - directed by Khyentse Norbu, himself a Buddhist monk - provides insight into the spiritual life of Tibetan Buddhists in exile.

Facilitated by Walter Isaac

Sunday, December 19 2:00-5:00 p.m.

Films for children - titles TBA

LIGHT Lecture Series

The talks, with discussion following, will be held on the first Tuesday of the month in October, November and December.

Attendees are invited to a buffet at reduced rates, starting at 6:30 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
83D Sherbrook St.

Tuesday, October 5

Doug Tataryn, Ph.D.

"Emotions and Spirituality"

Tuesday, November 2

Ervin Bartha

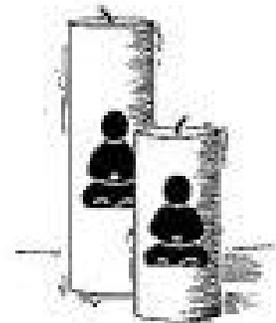
"Walking the Walk With Death"

Tuesday, December 7

Details are still being firmed up - check our website for further information.

We cannot teach people anything; we can only help them discover it within themselves.

- Galileo



Bike Ride for Tibet's Independence

LIGHT board member Sharon Wisemyn, along with her partner Parzifal Herzog, participated in a 600+ mile "Peace Ride for Tibet's Independence," from April 10th to 24th, organized by the International Tibet Independence Movement. The riders began in Washington, D.C. and arrived in Toronto at the same time as His Holiness the Dalai Lama. After her arrival back home in Winnipeg, she wrote this account of her experience.

We are back from what felt like a pilgrimage. Starting with a peaceful demonstration at the Chinese Embassy in Washington, D.C., and moving through rural Pennsylvania (Amish country) to Buffalo, Niagara Falls and Hamilton, then finally to Toronto and the Chinese Consulate there. Each day brought new adventures, challenges and people with it.

Parzifal and I were needed to drive the second support van for about 3/4 of the days, so our tandem bike was only used for photo opportunities on those days. Parzifal did some solo riding, but that depended on the availability of the back-up bike. We intended to be useful in whatever way we could and we got our wish. I figure we logged about 225 kilometres on our bike. I'm really proud of our non-stop run along

the lakeshore of 50 miles from Hamilton to Toronto.

Miraculously, our bike made it the whole way in spite of small jet hatches, security checks which dislike anything out of the ordinary, x-ray machines too small and general rough handling all along the way. For it was this bike that Parzifal wanted to take on a Ride for Tibet from the beginning when we inherited it from Kema, his meditation teacher, in 1998.

The logistics of moving 18 people, their bikes and all sleeping gear, duffle bags, and basic food supplies in two vans was really something. We stayed mostly in churches - not surprisingly, Unitarian churches answered the call the most - though we stayed in United, Methodist and Catholic as well during our 14-day journey. We also stayed on an organic farm, on a rolling estate with 14 polo ponies and many riding horses, and then at two small student apartments. We met wonderful and generous people that we were able to connect with deeply and quickly. Lots of tears at the morning leavings.

We took part in many presentations to bring the story of Tibet's oppression to as many people as possible. We ate lots of delicious

Tibetan food made by our fellow riders after a full day of biking. I heard incredible stories from the riders of escape over the Himalayas, torture and murders of family members. There was a real difference in the experiences of the three who grew up in Tibet, from those who grew up in the exile community in India and those who lived and went to high school as teenagers in the U.S. The loss of culture is so swift in the latter case.

We survived cold winds and rain, lack of sleep, constant moving. We loved the new friends, the challenge, the learning. What a thrill it was to be cheered by the crowd waiting for the Dalai Lama's arrival at the Royal York Hotel as we came riding in with our neon green "Free Tibet" t-shirts.



LIGHT Film Series

The LIGHT Film Series will host its first evening of film and conversation this fall. Each film featured in this series examines spiritual questions and themes in unique and engaging tones. The films are all under 100 minutes to allow time for audience participation. We have invited community members to briefly introduce the films and to facilitate discussion afterwards. Admission is free.

If there are any films you would like to suggest for our winter series (keeping in mind the time limit), please let us know.

The Four Agreements

- 1. Be impeccable with your word** - Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.
- 2. Don't take anything personally** - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
- 3. Don't make assumptions** - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
- 4. Always do your best** - Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

- Don Miguel Ruiz

Young Spirits

(Continued from page 1)

On Saturday March 20, LIGHT presented an afternoon workshop of book reading and storytelling in conjunction with the Winnipeg Public Library, Manitoba Arts Council and the Manitoba Writers Guild. The event was held at picturesque Cornish Library and featured readings by local storyteller Jamie Oliviero and a storytelling workshop led by Joe McLellan.

The afternoon began with an announcement of the titles of the children's spiritual books chosen by LIGHT for donation to the twenty branches of the library. The books include works by local authors Sheldon Oberman, Carol Matas and Joe

McLellan, as well as titles by internationally recognized children's authors such as Frances Tyrrell, Brian Wildsmith and Idries Shah. The books are currently being assembled by the Acquisitions department of the library and will be formally donated at a Young Spirits event planned for September of this year.

Jamie Oliviero read from Sheldon Oberman's award-winning book *The Shaman's Nephew* as a tribute to



Joe McLellan and Sierra Noble

Sheldon, who was unable to attend the event due to illness. This was followed by a two hour workshop on the art of storytelling led by Joe McLellan. Joe enthralled the audience with his colorful stories, many of which were based on his childhood experiences.

An added bonus to the afternoon proceedings was the fiddle playing of special guest Sierra Noble. Sierra is only 14 years old, but is already an accomplished fiddle player and is blessed with a highly developed social conscience and love of stories and fables. She and Joe combined their talents to bring many of Joe's stories alive with the sound of music, drumming and words.

LIGHT Lecture Series

LIGHT inaugurated its first Lecture Series this spring at Charisma restaurant. Guests were treated to a friendly, relaxed atmosphere and a stimulating discussion of ideas.

Three of the four talks involved a "Consciousness Café" discussion format which was very well received by all who attended. In this process, participants form a number of small groups and share their ideas and feelings based on a number of focus questions. One person from each group is picked to remember the themes and issues that arise from the first question and then shares these with the next group. For the next question, the composition of each group changes, except the person who was designated to remember the themes from the previous question. In this way everyone is able to partici-

pate in the dialogue and a "connective field of consciousness" emerges.

The four talks in the Lecture Series were each unique and stimulated a great deal of discussion and sharing:

Connie Phelps of the Centre for Spiritual Awareness was the inaugural speaker on March 30. She presented a Consciousness Café experience on the theme of non-violence. Participants were treated to Connie's heartfelt talk on alternatives to violence and the importance of peaceful conflict resolution.

On April 27, Darlene Tataryn led participants in a discussion of the use of dance and organic movement as means of healing and expression. There was a sharing of experiences related to physical posture and tension during the Consciousness Café portion of the presentation, followed by an experiential exercise of deep relaxation led by Darlene.

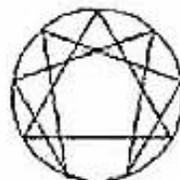
Doug Staley and Sharon Wisemyn led a Consciousness Café discussion on the topic of Astrology on May 18. Participants were asked why they believe (or disbelieve) in Astrology and how astrological ideas could be presented to the larger community in a way which would be useful both individually and collectively.

The final talk in the series took place on June 15 and was hosted by Joe McLellan. Joe is a Roman Catholic Deacon who also has a strong foundation and understanding of Aboriginal spirituality. He shared his knowledge and experience of the meeting place between the Aboriginal and Christian spiritual traditions to an enthralled circle of guests.

Spiritual Dimensions of Astrology

Doug Staley gave a talk on spiritual astrology to a group of 35 people on May 29, 2004. The event was co-sponsored by LIGHT and the Manitoba Astrology Association.

Doug began with the distinction between Essence and Personality. He used many handouts to skillfully link



astrology with sacred geometry, the seven rays, the enneagram and other spiritual approaches.

Hopefully this will be an annual collaboration.



L I G H T

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A Tribute To Sheldon Oberman

LIGHT recently spoke with Jamie Oliviero, who will be presenting a storytelling workshop at Cornish Library on September 25, about his friend and mentor Sheldon Oberman. Sheldon was a teacher, author, storyteller, friend and inspiration to many in Winnipeg. Sheldon died on March 25, 2004 after a lengthy illness and will be dearly missed.

Jamie knew Sheldon for more than twenty years and worked with him in the Winnipeg School Division, Winnipeg Folk Festival and Winnipeg Children's Festival. Sheldon had a great influence on Jamie, as he did on many other aspiring authors and storytellers:

"Obie made me aware that I was a storyteller and that stories define who we are, how we communicate ideas from one generation to another."

Sheldon was a great teacher, and not just in the classroom but in all realms of life:

"What he offered was something greater than himself. He passed on his joy and enthusiasm for life and learning so that others were inspired and absorbed in his unbounded enthusiasm."

According to Jamie, Sheldon was a real person, genuine and completely true to himself. He was truly a 'mensch' in the Jewish tradition. When we asked Jamie for a story which characterized his relationship with Sheldon, he said:

"When I first came to Winnipeg from New York City I was amazed that some people in Manitoba actually lived in cabooses and thought this was so neat. Years later my wife read in the paper that a caboose was for sale in Hadashville on a bend on the river. We visited the site, which was in wild bush in the middle of nowhere, and loved the caboose. When we returned home we phoned the owner and made an offer. The voice on the other end was Sheldon, who used the caboose as a writing retreat! He sold us the deed to the caboose and we moved it onto our property in Lorette. The caboose is still there and we can sense Sheldon's energy and presence whenever we go inside."



LIGHT Has a New Executive Director

Judy Slivinski, who has been LIGHT's Executive Director since its inception almost two years ago, has decided that her current commitments no longer allow her to continue in that capacity. Her contribution to the start-up of LIGHT has been immeasurable; we wish her all the best in her future endeavours.

Fortunately, we have found someone else (who has been a friend of LIGHT for some time) to step into the job: Zanna Joyce, whose mix of skills, experience and personal values, seems to be a perfect fit for what we were looking for in an E.D. Welcome aboard, Zanna!

Website Update

Check out LIGHT's website at www.lightinc.org. There have been a lot of changes to it in the past few months, including:

- many new writings and links added
- lots of new graphics

Also, our Gallery of Sacred Art will undergo a major expansion and enhancement this Fall.

If there are events that you think should be included on our Events page, let us know.