



VOLUME 3, NUMBER 1

JANUARY 2005

Coming Events

LIGHT is pleased to announce our upcoming events for January - April 2005.

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 January, with discussion following.

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

Dates

Friday, January 21 7:00-9:30 p.m.

The Seventh Seal (96 min.)

This landmark film by the great Swedish director Ingmar Bergman, released in 1957, deals with issues of death and spirituality that are ultimately timeless. Set in the time of the Crusades in the 14th century, the film is a skillful blend of realistic drama and the allegorical - most famously, a chess game played against a black-robed figure representing Death. Facilitated by Mark Burch

Friday, February 18 7:00-9:30 p.m.

Siddhartha (95 min.)

Based on the novel by Hermann Hesse, this is the story of a young Brahmin who leaves his wealthy parents to become a *sadhu*, a wandering ascetic. It is a glorious evocation of the Buddha, and of each person's search for self-knowledge and the divine within. Facilitated by Richard Bredsteen

Friday, March 18 7:00-9:30 p.m.

To be announced.

"Sacred Vibration"

A Concert of Sacred Music

Sunday, January 9, 2005 - 7:00 p.m.

Location: 85 Lenore St.

LIGHT is sponsoring a concert of sacred music with Deborah Judith, a pianist, composer and recording artist. Deborah will present a very special performance and exposition of conscious music, including compositions by the mystic/teacher G. I. Gurdjieff and Thomas de Hartmann. She will also premiere new pieces composed especially for this event. Please read LIGHT's interview with Deborah Judith on page 4.

As space is limited, please RSVP if you wish to attend this event by contacting LIGHT at 287-2087. You are invited to bring a snack to share with the group following the concert.

We greatly look forward to a delightful evening of music, companionship, and sharing of food.

LIGHT Lecture Series

The talks, with discussion following, will be held on the first Tuesday of the month in February, March and April. 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, February 8

Judee Regan

"Meaningful Work: A Conscious Choice"

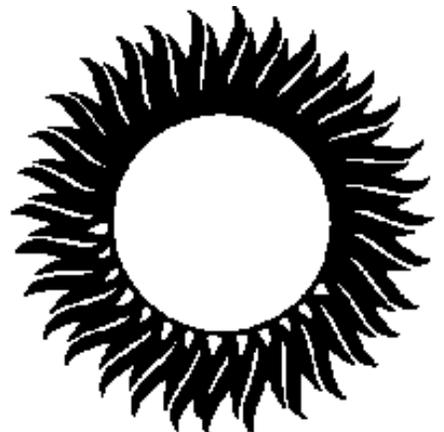
Tuesday, March 8

Jane Powell

"Body Talk: Communicating With Your Innate Wisdom"

Tuesday, April 5

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



LIGHT Donates Books to Winnipeg Public Library

In September, **LIGHT** donated 144 children's books to the Winnipeg Public Library. Branch head Rick Watkins of Cornish Library accepted a cheque for \$2,377 from Douglas Staley, president of **LIGHT**, and conveyed his appreciation to the organization for their generous gift.

The books, which were selected by **LIGHT** in consultation with City of Winnipeg librarians, were chosen for their spiritual content and developmental themes. They are intended to introduce children to tolerance of cultural, social and religious differences, and to promote greater interfaith and cross-cultural understanding and a more peaceful community. Many of the books are wonderfully illustrated by accomplished graphic artists: their visual impact stimulates the imagina-

tion of the reader and enhances the impact of the stories.

Included in the donation were a selection of books by Manitoba children's authors: the late Sheldon Oberman (*The Shaman's Nephew*, *By Hannukkah Light*, *The Always Prayer Shawl*, *Island of the Minotaur*), Carol Matas (*The Freak*) and Joe McLellan (the *Nanabosho* series). The collection also included titles by internationally acclaimed authors such as Brian Wildsmith (*Saint Francis*), Frances Tyrrell (*The Huron Carol*) and Idries Shah (*The Lion Who Saw Himself in the Water*, *The Magic Horse*, *The Boy Without a Name*).

Following the book donation, Manitoba storyteller Jamie Oliviero presented a storytelling workshop to a small but appreciative audience of children and adults.

LIGHT is planning a further donation of children's books to the Winnipeg Public Library in 2005.



Rick Watkins (left) and Douglas Staley

LIGHT's Inaugural Series of Spiritual Films

"Film is incomparably forceful, so forceful at times that it can deliver a potent idea very deeply into our structure, or so vigorously dislodge us from who we think we are that we're thrown back upon search itself, pried away from all the answers we thought we had and thrust into new questions. And that, I would argue, is exactly where we ought to be."

Stephen Schiff

These thoughts, taken from Stephen Schiff's "Toward a Cinema of the Spirit," first published in *Parabola* magazine, describe exactly where we have wanted to be in launching **LIGHT**'s first Film Series this fall.

On Friday evenings in September, October and November, groups of people interested in seeing how films can help us to examine some of these questions gathered in the cozy Fireside Room at Robert A. Steen Community Centre. Each of those evenings consisted of the following: viewing a film containing themes and images of spiritual import, followed by a discussion



which never failed to engage the audience members in a thoughtful exchange of ideas.

The three films that were shown were: *Waking Life*, an unsettling inquiry into the nature of reality, consciousness and dreaming, facilitated by Ervin Bartha; *Baraka*, a moving photo essay exploring both sacred and profane elements of 20th century life, facilitated by Douglas Staley; and *The Cup*, a disarming study of attachment and compassion among a group of exiled Tibetan monks in India, facilitated by Walter Isaac.

Like the folks at "Cinema of the Spirit" - a project recently launched by *Parabola* - we believe that "an active inner watching may be one of the keys to the sort of transformation many of us seek," and so our aim is to continue these spiritual film evenings once a

month in the new year. See page 1 for the first two we have scheduled.

Look for announcements about upcoming films on our website - and while you're there, check out the links to some other amazing spiritual film sites.

Feel free to email us your suggestions for future films. We try to keep them under 100 minutes to allow time for discussion afterwards. As always, admission is free. Hope to see you in the new year.

LIGHT's Fall Lecture Series

This fall, **LIGHT** presented three talks on Tuesday evenings at Charisma restaurant that were very well received. The ambience and warm hospitality of Charisma provided a perfect setting for the presentation and discussion of a variety of important topics related to human spirituality and growth.

On October 5, Doug Tataryn, Ph.D. gave a detailed talk, using state of the art technology, on the topic "Emotions and Spirituality." Doug is a clinical and research psychologist in private practice who has extensive experience in the fields of psychotherapy and emotional well-being. He has developed a comprehensive map of the types of human emotions and how they relate to individual growth and spiritual development. The audience was invited to explore and

share their own emotional experiences and relate them to the template presented by Doug.

The second talk, given by Ervin Bartha on November 2, was entitled "Walking the Walk With Death." Ervin is a writer, multimedia artist, recording engineer and student of esoteric teachings who has explored the meaning of death and transcendence in a variety of spiritual paths. He deftly wove teachings about conscious living, conscious death and the meaning of human life drawn from many of the world's great spiritual traditions. Members of the audience were invited to recognize the inevitability of their own death and remember that every day is a precious gift from our common Creator.

The final talk, on December 7, was presented by Mark Burch. Mark teaches at the University of Winnipeg and has lectured extensively on environmental

topics and voluntary simplicity. His fascinating talk, titled "Spirituality and Voluntary Simplicity," explored the idea of a more simple lifestyle that encompasses respect for all human beings, other life forms on earth and the natural world. He illustrated his talk with quotations and examples from many spiritual traditions and suggested practical ways of living a more gentle, respectful and spiritual existence in a world that is increasingly dominated by consumerism, materialism and lack of respect for the natural world.

Over 100 people attended the three talks, which were videotaped by Ervin Bartha and are now available from **LIGHT** for viewing. Further talks at Charisma restaurant on themes of spiritual importance are planned for the spring of 2005.

Eckhart Tolle is emerging as one of the most original and inspiring spiritual teachers of our time. Eckhart, who is not aligned with any particular religion or tradition, but excludes none, travels and teaches throughout the world. These quotations come from his latest book, *Stillness Speaks*.



By giving your full attention to this moment, an intelligence far greater than the egoic mind enters your life.

Your unhappiness ultimately arises not from the circumstances of your life but from the conditioning of your mind.

A simple but radical spiritual practice is to accept whatever arises in the Now -- within and without.



As you go about your life, can you be aware of yourself as the awareness in which the entire content of your life unfolds?

True intelligence operates silently. Stillness is where creativity and solutions to problems are found.

How wonderful to go beyond wanting and fearing in your relationships. Love does not want or fear anything.

Human interaction can be hell. Or it can be a great spiritual practice.

A great silent space holds all of nature in its embrace. It also holds you.



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LIGHT Interview: Deborah Judith and Sacred Music

LIGHT recently spoke with musician and recording artist Deborah Judith about sacred music and her own experience of performing music with a spiritual content. Deborah has been involved with music almost all her life. She began piano lessons at age four with her mother and later studied the violin. She received a Bachelor's degree in Music, in Piano Performance, from the University of Manitoba in 1981 and later took master piano classes at the Banff School of Fine Arts. For the past 16 years, Deborah has taught piano and composition to beginners and advanced students alike. At 18 years of age her interest in mysticism and the meaning of life was awakened and she has explored spiritual teachings, primarily the Fourth Way, to the present day.

Deborah first came in contact with sacred music when she was introduced to the compositions of G.I. Gurdjieff and Thomas de Hartmann. This powerful music made an immediate impression on her and she introduced this music into her performing repertoire. She was also inspired to compose her own pieces based on music she "heard" with her inner consciousness: *"The music comes through me and takes me to a greater place that touches the Divine or Sacred. It has a re-balancing effect that is healing to my personal heart and touches my inner being."*

Deborah explained the process of composing and performing this type of music this way: *"It is an extended exploration, an almost endless composition, in which I enter a space where time vanishes and I reach an energy or presence greater than myself."*

Deborah has recorded a number of CDs of sacred music based on her own compositions and the music of Gurdjieff/de Hartmann. Information on these recordings is available on her website (www.deborahjudith.com).

Those interested in music lessons in piano and composition can reach Deborah at 783-7707.

