



Gitche M'Qua Centre

Path of Service: Fall Newsletter and Updates

Dear Friends:

With fall colours just coming, we enter back into reflection, study and practice. As you will see, most of our programs are taught by women, who bring us a much needed balance in an out-of-balance world. As you can also see we continue with a strong focus on End-of-Life courses and Buddhist teachings.

We are very excited that SHARON SALZBERG is returning NOV 13- 14 for a lecture and retreat, called TRANSFORMATIVE JOY. and Khenmo Drolma will also be visiting us for an evening dharma talk on Woman & Buddhism, Nov. 9th, that celebrates the Buddha's mother and other wise women.

TWO VOLUNTEER SPACES are available for the Sharon Salzberg event. Volunteers help so much in making these events happen and gives those helping needed financial support. Please contact us today, if you are interested. Limited scholarships are also available, please apply: info@gitchemqua.org

PURCHASE ONLINE TICKETS AND REGISTER TODAY! www.gitchemqua.org

In peace & service,

Andrew Blake, Program Director

P.S. Join us every Tuesday night for *zazen*, meditation practice at 7:20pm, and every other Thursday night for a new practice, Relational Mindfulness, based on Gregory Kramer's, *Insight Dialogue*.

COURSES & EVENTS:

Saturday, Oct. 17th, 1:30-4:30

DANCING IN THE DARKNESS: Creative Encounters with Death

For many of us, death brings us face-to-face with the deep seed of what it means to be human: that we are born, we live, and we die. But how do we understand this passage, and how do we use it? For all people, from children through adults of all ages, creative practices

offer an experiential and exploratory space that awakens an investigation into our ideas and wonderings about the meaning of dying and death.

This three hour workshop will explore creativity and the arts as a vehicle through which to engage questions of life and death and locate and/or re-imagine the self within our experience of dying, death and grief. This program designed for health care professionals, volunteers, caregivers, and anyone who is interested in creatively exploring their relationship to death and what it can teach us about how to live fully today.



With Lysa Toye, MSW, \$40 www.gitchemqua.org/courses.htm

Lysa is an Expressive Arts Therapist and a Master's trained Social Worker who believes in the power of creativity, play, art, ritual and the natural world to ground us in and awaken us to the full experience of being human. She works at the Max and Beatrice Wolfe Centre for Children's Grief and Palliative Care at the Temmy Latner Centre for Palliative Care, Mount Sinai Hospital, where she provides psychosocial/spiritual support and education for children and their families living with the experience of dying and death.

Saturday, October 31st and December 12th, 9am-4pm

ZAZENAKI: A Day of Mindfulness Practices

Mindfulness is a practice and a quality to embody in all aspect of our lives; it is an awareness of the present moment without any judgement or preference. During this day-long we practice bringing this awareness into our sitting, walking, mindful listening, and even into our mealtime. With guided instructions, we enter into the simplicity of sitting. In the Zen tradition it is called *zazen*, or just sitting. However, this is not a time for doing nothing, this is a rich time of being, where we become intimate with ourselves. The challenge in “just sitting” is to trust it. By also exploring “silence,” during this retreat, we enter the stillness of being; being just as we are without adding or avoiding anything. Here, we are not separate, but rather we explore our buddhanature, which includes everything in the universe.



With Andrew Blake & Angie Ferrari Blake, \$25 plus dana/donation to teachers (lunch included)

www.gitchemqua.org/eventsold3.htm

Andrew Blake is cofounder and program director at Gitche M'Qua Centre. In addition to his work as a psychotherapist, he is training as a Buddhist Chaplain with Joan Halifax Roshi with Soto Zen lineage. Andrew has studied Buddhism for 30 years now and has taught for more than half that time. Andrew volunteers his time working with individuals and families facing death, and teaches in the community in End-of-Life, meditation, and, lately, Mindful Listening. He can be reached at: info@gitchemqua.org

Angela Ferrari Blake is cofounder and executive director at the Centre. In addition to her training as a Buddhist Chaplain with Roshi Halifax, Angie works as a movement therapist, where focuses on natural movement for our “aging” bodies through pilates, yoga and fluid movement. As a practitioner of various Buddhist

traditions for the past 10 years, Angie is currently focussing on environmental mindfulness and how to be in relationship with all beings. She can be reached at: info@gitchemqua.org

Monday, Nov 9th, 7:30-9:30

WOMEN & BUDDHISM: Celebrating Saints and Wise Woman

Buddha's life is often seen as a traditional hero's journey and we can miss the significance of the women who supported him. His mother, aunt and wife all achieved enlightenment - it is a family story. The same is true in our lineage tales. There have always been great women inspiring and influencing all the masters we know so well.

In this slide lecture the Khenmo Drolma will also relate the inspiring lives of some of the great female saints of Tibetan Buddhism such as Tara, Yeshe Tsogyal and various Dakini emanations. Today, also celebrates Buddhist Mother's Day.



With Khenmo Drolma , Buddhist Nun (by donation).

www.gitchemqua.org/courses.htm

Khenmo Drolma is the Abbess of Vajra Dakini Nunnery. She is a heart student of Ven Dhyani Ywahoo, and has trained with the foremost spiritual teachers of our time including H.H. Dalai Lama, H.H. Chetsang Rinpoche (the head of the Drikung Kagyu Lineage), and Ven Pema Chödrön. She is the first fully ordained nun in the Drikung lineage and the first westerner to be enthroned as a Khenmo or Abbess. A former college professor, she enjoys sharing the Dharma in accessible ways for our time and culture.

November 13-14, 2009

SHARON SALZBERG: Lecture & Retreat

TRANSFORMATIVE JOY: Finding Joy on the Path

Behind longing, addiction, rage and confusion lies a joy accessible to all. Uncovered by the Buddha during a period of self-investigation preceding his awakening, this joy became the wellspring of his psychology and the foundation of his Middle Path. The Buddha called it 'the way to enlightenment.'

This workshop, celebrating Buddhist practice but also drawing on universal wisdom, will create opportunities to experience this joy for ourselves and to use it to deepen our understanding.

This program is suitable for both beginner and experienced meditators.

FRIDAY LECTURE Nov 13: TICKETS \$25 OR \$30 AT THE DOOR, 7PM FIRST UNITARIAN

SATURDAY WORKSHOP Nov 14: \$120 (Before Nov 2, \$125 afterwards), 10AM-5PM, MULTI FAITH CENTRE, U OF T



LECTURE & WORKSHOP: \$140 Before Nov 2, \$145 afterwards

LECTURE TICKETS AVAILABLE AT: Downward Dog, Snow Lion Meditation, Breathe & Octopus Garden or ONLINE

www.gitchemqua.org/eventsold3.htm

Sharon Salzberg is a celebrated and gifted Buddhist teacher, known for her books, *Lovingkindness* and *Faith*. In the early years of Buddhism's movement to the West, Sharon, along with Joseph Goldstein and Jack Kornfield, began Insight Meditation, and later their centre in Barre, Mass. With a truly compassionate, humorous and wise rendering of the Buddha's ancient teachings, Sharon guides us in a very human to free ourselves. In her return visit to Toronto, she invites us beyond our habits to a joy which transforms.

Saturday, November 28th, 10am-4pm

TALKING TO KIDS ABOUT DEATH: Confronting our Fears and Theirs

This workshop will identify common barriers for both family and health care providers regarding talking to children and adolescents about an impending death. It will include stories and important messages from children and their families that illustrate “best practice” guidelines for supporting children through the death of a loved one. In addition, the workshop will offer practical suggestions regarding how to move from a model of 'protecting' children from death to a model of 'preparing' children for a death. This workshop is appropriate for health care providers, volunteers, caregivers, parents, grandparents, aunts, uncles - any adult who comes into contact with a grieving child.



With Andrea Warnick, RN, \$80 www.gitchemqua.org/courses.htm

Andrea is a Registered Nurse with a Masters of Arts degree in Thanatology. She has extensive experience domestically and internationally with ill, dying, and bereaved children and adults. Andrea's passion lies in both working directly with the dying and their families, and in teaching others how to optimize their care of the dying, particularly when children are involved. Andrea travels internationally teaching about children and grief, and works with children and families as a grief counsellor in Toronto.

Program fees will be uploaded shortly to the website. Reserve your space today!

To register for any programs, including scholarships: www.gitchemqua.org

For information: email info@gitchemqua.org call 416-651-1846

In Service and Kindness,
Andrew, Program Director
Gitche M'Qua Centre for Healing & Dying