

## Centre For Creative Living: Fall 2019

### *Where your inner life meets the outer world*

Through the *Centre For Creative Living*, St. Paul's Anglican Church offers contemplative practices to nurture body, mind and spirit. Participation in these helps one to live more creatively, compassionately and joyfully. They are suitable for anyone whether observant of a particular faith tradition or not. Everyone's spiritual path is respected and appreciated. This creates a very rich learning environment.

To pay fees for the activities, please go to the "Donations" page on the St. Paul's website, [www.stpaulsalmonte.ca](http://www.stpaulsalmonte.ca) and select *Centre For Creative Living*. You may also arrange to pay by cheque or cash if necessary. Subsidies are available for those for whom the fee would be a barrier to participation. For more information, please email Sue Evans, Coordinator, at [cfcl@stpaulsalmonte.ca](mailto:cfcl@stpaulsalmonte.ca). or phone her at 613-721-0033.

### Creative Practice Circles

These practices nurture our capacity to see with the heart and to express our inner voice creatively. We work cooperatively helping one another learn new skills and gratefully receive some volunteer support from local mentors.

**Drawing, Painting, Mixed Media:** Tuesdays, 1 p.m. to 4 p.m.

**Creative Writing:** Wednesdays, 1:30 to 3:30 p.m.

**Contemplative Photography:** Fridays: 1:00 p.m. to 3:00 p.m.

Fall CFCL Membership Fee: \$40 (\$60 for two circles). This entitles people to use CFCL materials and equipment and to access the CFCL library.

### Thursday Bag Lunch

Once a month, people gather to reflect on how to use their creative abilities to address social issues in a way that inspires both hope and action. Currently we are focusing on the environmental crisis.

First Thursdays, Noon to 1:30 p.m. beginning October 3<sup>rd</sup>. Non CFCL members are welcome.

## Workshop Series: Repurposing Your Wardrobe

Reduce your carbon foot print! Under the guidance of Ingrid Harris, costume designer, you will learn how to re-design, repair, resize and repurpose clothing languishing in the back of your closet (or at the Hub ☺).

This workshop will take place after Thanksgiving, dates & times TBA.

### Meditation

**Tuesdays:** 8:30 a.m. to 9:15 a.m. This is a small community of seekers who support one another whatever approach to meditation each takes.

### Feldenkrais: Active Learning Through Movement

**Balance 1:** "Getting Grounded Gracefully"

Sessions 1 to 13

Tuesdays, 9:30 a.m. to 10:30 a.m.

**Balance 2:** "Getting Grounded Gracefully" Part 2"

Continuation of the series held in the spring,  
Tuesdays, 11:00 a.m. to Noon

**Discovery:** Gentle exploration of the relationship among  
breathing, relaxation, skeletal alignment  
Wednesdays, 9:30 a.m. to 10:30 a.m.

These series of thirteen classes each begin the second week of September. They are being offered by Bill Fehlner, a Guild certified Feldenkrais Practitioner since 2009. The fee for each series is \$130. *Feldenkrais, Awareness Through Movement, and Feldenkrais Method are registered trademarks in Canada of the Feldenkrais Guild®* This ATM series was developed by Robert Webb.

### Yoga with Amelia Ah You

Fridays, 10:30 to 11:45. Beginning September 13<sup>th</sup>

Fee: \$130 for thirteen weeks

Amelia, a practitioner for over forty years and influenced by Yoga, QiGong and Somatics, combines gentle, fluid movements that are breath-centered. She encourages everybody to explore their own practice with curiosity, compassion, a sense of humour and with an open heart.

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