

Affirmation of the Month

By Dr. Luther King

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of the whole.” And so it is. Thank you, Dr. Martin Luther King for the blessing of your wisdom.

Quote of the Month

“If we were able to maintain a calm and peaceful mind all day long, we would never experience any problems or mental suffering. For example, if our mind remains peaceful all the time, then even if we are insulted, criticized, or blamed, or if we lose our job or our friends, we will not become unhappy. No matter how difficult our external circumstances may become, for as long as we maintain a calm and peaceful mind, the situation will not be a problem for us. Therefore, if we wish to be free from problems there is only one thing to do – learn to maintain a peaceful state of mind.”

Geshe Kelsang Gyatso, from *Introduction to Buddhism*

Songbooks: Now that we have our new songbooks, you are welcome to take an old one home with you. Please leave the new ones at the hall.

Please note: From time to time we will take pictures or videos of people at services or events to put on our Website or Facebook. Please let us know if you do not want to be included in this.

Positive Living Centre of Victoria Centre News for April 2013

Kim's Korner

“The sole meaning of life is to serve humanity.”
Leo Tolstoy

Serving humanity can seem so huge, but it does not have to be great works like those of Mother Theresa and other notable spiritual leaders. Our service to humanity can be as simple as keeping our personal environment clean through spiritual practices, like daily forgiveness work. Albert Schweitzer said of forgiveness, “I must practice unlimited forgiveness because, if I do not, I should be wanting in veracity to myself for it would be acting as if I myself were not guilty in the same way as the other has been guilty toward me.” Another healing and cleansing practice is living to the best of our ability in surrender, having no agenda, just walking in peace knowing that God is in charge, and is trustworthy. Isn't that a novel idea in a world that often appears to be obsessed with control? Then there is perhaps the greatest healer, allowing; allowing the unfolding of humanity to just be, with no thought of right or wrong. Letting go and trusting in my often used quote from the Desiderata, “no doubt the universe is unfolding as it should.” Trusting that beyond our finite vision, beyond appearances, there is a divine plan that is unfolding perfectly.

In the end these individual spiritual practices are the transformers of humanity because it takes us into what Abraham, an entity channeled by Ester Hicks, calls the *vortex*. In the *vortex* we are immersed in Spirit. Can there possibly be any greater service to humanity than the expansion of Spirit through us?

Submitted in love, Rev. Kim

President's Remarks

The Board had a very successful Planning session on March 10. We hope you will enjoy what we have in store for you; some new ideas and some repeats. Also Michelle Marier has been kind enough to donate her Co-op membership card number to the Centre as a fundraiser. So when you get your Gas or Groceries at Co-op locations throughout the Greater Victoria area, give them the membership number **29857** and we will benefit from the rebate.

Bless you all,
Bonnie

Pastoral Care Cards: Do you know someone in our congregation who is ill or in need of a pick me up? Contact Jeni Hillier at 250 598-8802 or j.hillier@shaw.ca. She would be happy to send a card.

Announcements & Events

Movie Night: Thursday, April 18th at 7:30pm

August Rush “A drama with fairy tale elements, where an orphaned musical prodigy uses his gift as a clue to finding his birth parents.” This movie is highly recommended by Louise! Popcorn & drinks available.

Coming in May:

Spring Delight Concert: Saturday, May 10 at 7:30pm

This special evening of entertainment will include a variety of musical selections and exceptional artists. You will hear delightful strains from the harp, recorder and piano as well as vocal solos, duets and chorus. Refreshments will be served at intermission. Please come and support our fundraiser for the PLC and relax in the lightness of the spring evening.

Blessings, Louise

Spring Bus Tour: Saturday, May 25

Mark your calendars as we will once again be heading up island on a bus for a fun day with friends. More details and an itinerary will follow. Please see Coralie for more information.

Thrifty Foods Gift Cards: Good news! We have already reached our maximum of \$1000.00 for the year (May-April), so until May we won't get the benefit of using the cards. But don't throw them away; we will let you know when you should start using them again. It is a fantastic and easy way to fundraise!