

6<sup>th</sup>

# SPRING FESTIVAL of AWARENESS

at

Selkirk College

March 18, 19 & 20, 1983

Over 60 workshops: Health & Body Awareness  
Spiritual Growth  
Healing Arts  
Ancient Wisdom  
New Age Ideas

plus:

CHILDREN'S FESTIVAL - 4 years & older  
VEGETARIAN FOOD  
HOSTEL ACCOMMODATION in local halls

Pre-register by March 10 - \$18.00  
Register at the door - \$20.00  
One day at the door - \$12.00





Pre-register to:

SOCIETY FOR SELF-AWARENESS  
BOX 3603  
CASTLEGAR, B.C. V1N 3W3





TIMETABLE SCHEDULE for SPRING FE

TIME	MAIN LOUNGE	FACULTY LOUNGE	K-10	K-11	B-13	B-16	E
SATURDAY			6:30 AM (OR SO)		SUNRISE 		
#1 8:00-9:45 AM		<u>RAISING 'CHI'</u> STEVE LONES		<u>HATHA YOGA</u> LIONEL KILNER	9:00-9:45 <u>TRIANGLES</u> TRUDA PRUESSE	<u>DO-IN</u> SUSAN SIM	EX M JOY HERK
#2 10:00-11:45 AM	<u>TAI CHI</u> REX EASTMAN	<u>DREAM-BODY WORK</u> DOUG COHEN	<u>CREATIVE ATTUNEMENT</u> DAVID BARNES	<u>HEALING &amp; HERBS</u> NORBERT MAERTENS		<u>PREGNANCY &amp; CHILDBIRTH</u> K.C.C.	SI PAU Co
LUNCH 11:00-1:30 PM				MEALS IN THE CAFETERIA			
1:00-1:30	GROUP ATTUNEMENT IN MAIN LOUNGE						
#3 2:00-3:45 PM	<u>SUZUKI PIANO</u> BEATTA DANCER	<u>FINISHING UNFINISHED BUSINESS</u> DOUG COHEN	<u>ATTITUDINAL HEALING</u> JOY HERBERT	<u>BIOKINESIOLOGY</u> HENRY DORST	<u>MASSAGE</u> HAROLD EPSTEIN	WHAT IS ? "DISABLED" ? GLENYS & JOSEPH	LIGH AT-U SYLVIA
#4 4:00-5:45 PM		<u>INDIAN PRAYER DANCE</u> SWAHI RADHANANDA	<u>DEATH &amp; LOSS</u> JOY GARDNER	<u>RADIANCE</u> PETER DURVEA	<u>DREAM WORK</u> JOHN MICHAEL ERNST	<u>VIPASSANA MEDITATION</u> HECHELE CALVERT	WAL EDU WANDA
DINNER 5:00-7:00 PM				MEALS IN THE CAFETERIA			
6:30-8:00 PM	STAGE SHOW						
8:30-11:00 PM	IMPROMPTU MUSIC		9:00-11:00 PM VIDEO TAPES			DANCES OF UNIVERSAL IN THE CAFETERIA	
SUNDAY							
#5 8:00-9:45 AM		<u>SATSANG MEDITATION</u> LIONEL KILNER	<u>BIODYNAMIC AGRICULTURE</u> MARTIN & OTTO ROTHE	<u>AEROBICS TO MUSIC</u> MARGARET PRYCE			TAI QA DOUG
#6 10:00-11:45 AM	<u>TAI CHI</u> REX EASTMAN	<u>PSYCHIC/ENERGY AWARENESS</u> BONNIE WILLIAMS	<u>FREEDOM THE MAGNIFICENT</u> D. BARNES YOU	<u>BIRTH DANCE</u> REBEKAH MOORE	<u>GUIDED IMAGERY &amp; MUSIC</u> DONALD CARLSON		HEAL IN THE WARRE
LUNCH 11:00-1:30 PM				MEALS IN THE CAFETERIA			
1:00-1:30	GROUP ATTUNEMENT IN MAIN LOUNGE						
#7 2:00-3:45 PM	<u>TRADITIONAL NATIVE CULTURE</u> REDCLOUD	<u>ART AS IT IS IN HEAVEN</u> STEPHEN MAYE	<u>ASTROLOGY</u> JADE EMORY	<u>RELATIONSHIPS</u> PATRICIA & GABRIEL	<u>IRIDODOLOGY</u> LOLA KING	<u>Handwriting</u> LON WOODBURY	OPEN FIND DAVID F
#8 4:00-6:00 PM	 CLOSING CEREMONY IN MAIN LOUNGE						

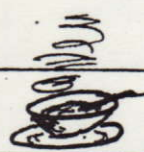






FESTIVAL of AWARENESS VI, MARCH 19 & 20, 1983

B-17	GRANITE FOYER	M-14/24	M-21	BONNIGTON BASEMENT (BB)	M-10 12 13	LAR WI
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CEREMONY — ON LAWN BEHIND MAIN LOUNGE — LED BY JOSEPH LEHMAN

EXPLORING <b>MIRACLES</b> JOY & HARRY HERBERT JUKES		LIVING ♥ ♥ HEART WADUDA MAJID	•REIKI• PHYLLIS FURUMOTO
SIGNING PAUL & BARB COSTELLO		M-14 ACUPRESSURE FOOT REFLEXOLOGY M-24	WHOLISTIC HEALTH DUNCAN & VICKY
RIA			
LIGHT WAY TO AT-ONE-MENT SYLVIA ALDEN	MUSICIAN'S JAM SARA & ERROL	REBIRTHING JEFFREY GODINE	DISCOVER NATURE DAPHNE VAN ALSTINE
WALDORF EDUCATION WANDA BERRETT		MUSIC & COLOUR YELMA WINESBURG	FLOWER ESSENCES PETER WILLIAMS
ERIA			
UNIVERSAL PEACE (SUFU DANCING) ETERIA — WADUDA			

HEALING  
CENTER

OPEN  
ALL  
WEEKEND  
FOR  
REIKI  
SHIATSU  
MASSAGE  
REFLEXOLOGY

OPEN  
ALL



WEEKEND  
FOR  
QUIET

MEDITATION


TAROT & QABALAH DOUG & JOSANA	9:00-9:45 ♀ SPIRITUAL PRACTICES — WADUDA —	MASSAGE JACOB EWING	ORIENTAL DIAGNOSIS PAUL PITCHFORD
HEALTH CARE IN THE FUTURE WARREN BELL	MUSICIAN'S JAM NO LEADER	INTENTIONAL COMMUNITIES FRANCES KREMLER	HEALING & GEMS MARY & JADE HODWITZ & EMORY
RIA			
OPEN FORUM ON FINDHORN DAVID ELLIOT		BELLYDANCING JULIE OUDES	PEACE & DISARMAMENT JEPHI SIOUX

AURA  
BALANCING  
ETC.  
DROP



IN

III

LOUNGE 



TENTATIVE SCHEDULE

SATURDAY WORKSHOPS - MARCH 19, 1983

SUNRISE CEREMONY:

\*6:30 A.M. - To acknowledge sun and earth energy, you can gather on the lawn behind the main stage area. Wear warm clothes and waterproof footwear. Led by \_\_\_\_\_?

\*7:30 A.M. - REGISTRATION in Main Lounge

TIME PERIOD #1

\*8:00 - 9:45 A.M.

STEVE LONES

- RAISING "CHI", CHINESE TECHNIQUES FOR GATHERING VITAL FORCE - "chi" is the life force which surrounds and binds us. We will use breath, movement, and mind to relax, center, heal and uplift ourselves.

Faculty Lounge

LIONEL KILNER

- HATHA YOGA - directly experiencing an unfoldment into our true nature of pure consciousness through physical movement.

K-11

SUSAN SIM

- DO-IN: SELF-MASSAGE THERAPY - learn a basic routine of simple self-massage based on acupuncture meridians. Also discussion on relationship to dietary and spiritual practices.

B-16

JOY HERBERT

- PART I: EXPLORING MIRACLES - exploring the essence of "A Course in Miracles" and how it applies to relationships, work, family, and the planet.

B-17

WADUDA MAJID

- AWAKENING THE LIVING HEART - experiences from the Heart Path via Dance, Sound, Walk, Breath, Poetry, Psychology, and other practices from the Sufis.

M-14/24

PHYLLIS FURUMOTO

- INTRODUCTION TO REIKI - a brief historical setting and explanation of Reiki and its relationship with other techniques of healing. Questions welcomed.

M-21

TIME PERIOD #2

\*10:00 A.M. - 11:45 A.M.

REX EASTMAN

- TAI CHI CHUAN - an ancient Oriental martial art of dance, meditation, and exercise. "When moving, flow like the river; in stillness . . . be as the mountain."

Main Lounge

DOUG COHEN

- DREAMBODYWORK - entering into a conscious relationship with your dream and inner life. Working with dreams furthers the evolution and integration of the self.

Faculty Lounge

DAVID BARNES

- ATTUNEMENT WITH THE CREATIVE PROCESS - the power of creativity is released through attunement. Lots of participation, question and answer, chanting, and time for dialogue.

K-10

NORBERT MAERTENS

- NATURAL HEALING AND HERBS - using herbs, the principles of balance, and the order of the universe to restore health in our human body.

K-11

KOOTENAY CHILDBIRTH

- ALTERNATIVES IN PREGNANCY AND CHILDBIRTH - exploration through birth visualization for pregnant couples and those contemplating pregnancy. Discussion and films: "MIDWIFE" and "BIRTH IN THE SQUATTING POSITION"

COUNSELLING - B-16

PAUL & BARBARA

- THE SILENT WAY - AN INTRODUCTION TO SIGNING - Participants will experience active learning of sign language in a silent presentation. Non-verbal communication can enhance and heighten our personal interactions.

COSTELLO

B-17

GORDON MACDONALD

- ACUPRESSURE - the movement of body energies, experienced through touch as a healing force.

M-14

JOAN SARELL

- FOOT REFLEXOLOGY - manipulation of the reflex centers in the feet to activate nature's own healing mechanism. Improve your personal level of health.

M-24

HENRY DORST

- BIOKINESIOLOGY AND THE FINE-TUNING - will show how we are resonant beings, with individual needs for food, exercise, and "therapy", by using our bodies as dowsing instruments.

K-11

DUNCAN JOHNSTON &

- EXPLORATION AND DISCUSSION OF WHOLISTIC HEALTH - explanation of the wholistic approach to health care, survey of various practices, and a guided experience with combined techniques using sound, colour and touch.

VICKY CHICHMANIAN

M-21

LUNCH PERIOD

\*11:00 A.M. - 1:30 P.M.

CAFETERIA

11:00 a.m. - 1:00 p.m. - Prepaid meals available only.

1:00 p.m. - 1:30 p.m. - Individual items available for those with no meal tickets.

NOON HOUR EVENTS

(Times & locations to be arranged.)

ATTUNEMENT

\*1:30 P.M. - 2: P.M. - Everyone is invited to share a few moments of silent attunement. We will focus

Main Lounge

why we have all been drawn together on this particular occasion. Come on everybody!



**TIME PERIOD #3****\*2:00 P.M. - 3:45 P.M.**

BENITA DANCER

Main Lounge

- SUZUKI PIANO TEACHING - NURTURED BY LOVE - sharing the connection of Suzuki music in life-relationships and family . . . in the Love and Light that is in all of us.

DOUG COHEN

Faculty Lounge

- FINISHING UNFINISHED BUSINESS - provides an opportunity for spiritual and psychic cleansing by getting rid of old baggage (resentments, angers, etc.), thereby replenishing and enlivening our soul.

JOY HERBERT

K-10

- PART II: EXPLORING ATTITUDINAL HEALING - the practical applications of balance, wellness and harmony for yourself, others and groups. Guided imagery and music.

HENRY DORST

K-11

- BIOKINESIOLOGY AND THE FINE-TUNING - will show how we are resonant beings, with individual needs for food, exercise, and "therapy", by using our bodies as dowsing instruments.

HAROLD EPSTEIN

B-13

- THE MEDIUM IS MASSAGE - using various forms of massage and mind-body awareness, to help release blocked energy in the body. Centering, relaxing, and revitalizing.

GLENYS SNOW &amp;

JOSEPH LEHMAN-B-16

- WHAT IS "DISABLED"? (EXPRESSIVE ARTS SYSTEMS EXPLORATIONS)- understanding the processes to walk in balance on the earth mother as human beings; integrating expressive arts, diet, and "dis"abled.

SYLVIA ALDEN

B-17

- THE LIGHT WAY TO AT-ONE-MENT - practice in the conscious use of Light with centering, visualization, cleansing, and healing. Individual and group meditation techniques for healing the Planet.

SARA &amp; ERROL HUGHES-

G-Area

- MUSICIAN'S JAM - open to anyone who enjoys playing or listening to music.

JEFFREY GODINE &amp;

TREE JACKSON

M-14/24

- BREATHING AND ALIVENESS: REBIRTHING - A TECHNIQUE FOR SELF-GROWTH - a discussion and gentle experience of the link that breathing creates between our physical, mental, and spiritual nature. The Rebirthing-breathing process explained.

DAPHNE VAN ALSTINE

M-21

- DISCOVER NATURE - learn to "read" nature through increased awareness and sharpened observation, and to become aware of the organization and relationships in nature.**TIME PERIOD #4****\*4:00 P.M. - 5:45 P.M.**

SWAMI RADHANANDA

Faculty Lounge

- INDIAN PRAYER DANCE - DOORWAY TO DEVOTION - the symbolism will be explained and several dances demonstrated.

JOY GARDNER

K-10

- LIVING WITH DEATH AND LOSS - caring for the dying and bereaved, as well as working through your own encounters with death and loss.

PETER DURYEA

K-11

- RADIANCE - Guided visualizations in an altered state induce a group experience of ourselves as powerful instruments of love, goodwill and positive change.

JOHN MICHAEL ERNST

B-13

- DREAM WORK IN A SMALL GROUP - basic introduction to dream work with practical suggestions to start your own dream group. Come with a dream to share.

MECHELE CALVERT

B-16

- VIPASSANA (INSIGHT) MEDITATION - A BUDDHIST PRACTISE - an introduction to the steps, benefits, and goals of this ancient tool. Sitting meditation, walking meditation, sharing and questions.

WANDA BERRETT

B-17

- A LOOK AT WALDORF EDUCATION - come hear and see what children are doing in Waldorf schools through an introductory talk and informal panel discussion by local Waldorf groups.

VELMA WINESBURG

M-14/24

- GUIDED IMAGERY IN MUSIC AND COLOUR - discover a better balance by tuning the human body through music. Explore past lives and learn to center through music.

PETER WILLIAMS

M-21

- FLOWER ESSENCES: NATURE'S GENTLE HEALERS - as potent catalysts for positive change, flower remedies greatly enhance one's inner attunement. The history, theory, and practice of flower essence healing will be offered.

\*(C) WORKSHOP LEADERS WELCOME CHILDREN WITH PARENTAL SUPERVISION. OTHERWISE, ADULTS ONLY, PLEASE.



## SATURDAY WORKSHOPS - MARCH 19, 1983 (CONT.)

### DINNER PERIOD

\*5:00 P.M. - 7:00 P.M.

CAFETERIA

5:00 p.m. - 6:30 p.m. - Prepaid meals available only.

6:30 p.m. - 7:00 p.m. - Individual items available for those with no meal tickets.

### SATURDAY EVENING

\*6:30 P.M. - 11:00 P.M.

Main Lounge

6:30 p.m. - 8:00 p.m. - STAGE SHOW - music, Eastern dancing, juggling and magic.

8:30 p.m. - 11:00 p.m. - IMPROMPTU MUSIC OFFERINGS - acoustic instruments only, please.

Cafeteria

8:30 p.m. - 11:00 p.m. - DANCES OF UNIVERSAL PEACE - as led by Waduda Majid Eaton - Sufi dancing from Hindu, Buddhist, Zoroastrian, Hebrew, Christian, Chinese, Islamic and other traditions. All are invited to join in!

K-10

9:00 p.m. - 11:00 p.m. - VIDEOTAPES - Ram Dass on "Human Relationships (30 min.), on "Social Responsibility" (35 min.), and Stephen Levine on "Death, Dying, Grieving, Pain" (50 min.)

*With thanks to the Custodians for their part in the smooth flow of this Festival, we would respectfully ask everyone to be out of the building by 11:30 p.m., so that cleaning can take place before the early birds are back at 7:30 a.m.*

### TENTATIVE SCHEDULE

## SUNDAY WORKSHOPS - MARCH 20, 1983

### TIME PERIOD #5

\*7:30 A.M. - REGISTRATION in Main Lounge

\*8:00 A.M. - 9:45 A.M.

LIONEL KILNER

- SATSANG MEDITATION AND SAMADHI - a direct means of maintaining present awareness and joy, and expanding through direct experience into our true nature which is pure God consciousness.

Faculty Lounge

MARTIN & OTTO ROTH

- WHAT IS BIODYNAMIC AGRICULTURE? - methods used, relating to our own experiences in growing fruit trees. Namely: composting, biodynamic preparations and sprays, soil care, and using the constellations.

K-10

MARGARET PRYCE

- FUN AEROBICS TO MUSIC - and rhythmic movements to music and then floor stretching exercises and relaxation. Two sessions: 8:00 - 8:45 and 9:00 - 9:45. Bring blankets and running shoes.

K-11

JOAN SARELL

- HAND REFLEXOLOGY - stimulation of organs and glands of the body through manipulation of reflex centers in the hands. Improve and maintain your personal level of health.

B-16

DOUG REDWING &

- EXPLORING TAROT AND QABALAH - the Tree of Life gives us the supreme opportunity of viewing the interrelatedness of astrology, numerology, and tarot at a glance.

J. STARBUCK - B-17

JACOB EWING

- MASSAGE: A MEDIUM FOR ENERGY MOVEMENT - this workshop will be a hands on experience in which the benefits of massage and energy movement will be explained.

M14/24

PAUL PITCHFORD

- ORIENTAL DIAGNOSIS: THE PULSE OF LIFE - Oriental diagnosis in general with emphasis on pulse diagnosis as a microcosm for indicating all conditions of the bodymind.

M-21

### TIME PERIOD #6

\*10:00 A.M. - 11:45 A.M.

REX EASTMAN

- TAI CHI CHUAN - an ancient Oriental martial art of dance, meditation, and exercise. "when moving, flow like the river; in stillness . . . be as the mountain."

Main Lounge

BONNIE WILLIAMS

- PSYCHIC AWARENESS = ENERGY AWARENESS - practical techniques to increase your psychic awareness, and thus bring more clarity and understanding into your life and the reality you create.

Faculty Lounge

DAVID BARNES

- FREEING THE MAGNIFICENT YOU! - layers of conditioning keep YOU bound; let's release this already existing transcendent character and heal body, mind, heart, and world.

K-10

REBEKAH MOORE

- BIRTH DANCE - flexibility, strength, and relaxation for birth and rebirth. Opening up through bodywork, breathing, bellydance, improvisation, and ritual movement.

K-11

DONALD CARLSON

- GUILDED IMAGERY AND MUSIC - to experience a reverie induced by the imagination.



B-17 shrinks, new relationships may evolve between care-giver and receiver of care - and new responsibilities as information explodes, and the world opens - G-Area - MUSICIAN'S JAM - open to anyone who enjoys playing or listening to music.  
 FRANCIS KREMLER - INTENTIONAL COMMUNITIES TODAY - a group sharing on the "ideal vs. real" polarity of community life, working towards some answers to: how can we bring our community visions onto the earth?  
 M-14/24 - HEALING PROPERTIES OF GEMS - sharing experiences using crystals and gemstones. Exploring techniques use the life force within gems at the physical, attitudinal and spiritual levels.  
 MARY HODWITZ & JADE EMORY - M-21  
LUNCH PERIOD \*11:00 A.M. - 1:30 P.M.  
 CAFETERIA 11:00 a.m. - 1:00 p.m. - Prepaid meals available only.  
 1:00 p.m. - 1:30 p.m. - Individual items available for those with no meal tickets.

NOON HOUR EVENTS - (Times and locations to be arranged.) Kite-flying & games outside. Videotapes and spiritual choir and singing.

ATTUNEMENT \*1:30 P.M. - 2:00 P.M. - A chance for everyone to feel the impact of our vibrational energies as we attune together. A focus on healing for the planet.  
 Main Lounge

TIME PERIOD #7 \*2:00 P.M. - 3:45 P.M.  
 RED CLOUD - TRADITIONAL NATIVE CULTURE - learning our place in life.  
 Main Lounge

STEPHEN MAYE - ART AS IT IS IN HEAVEN - we will be playing with colour, line, sound, and silence; touching these as ways to draw from and Know Thyself.  
 Faculty Lounge

JADE EMORY - ASTROLOGY - creatively using zodiacal influences in dealing with our emotional needs, sexuality, care options, spiritual evolution and our conscious resolution of past life karma.  
 K-10

GABRIEL DINIM & PATRICIA KELLY-K-11 - RELATIONSHIP WORKSHOP - a relationship gives us the opportunity to experience our creativity, presence love, as well as our fears to love.

LOLA KING - IRIDOLOGY - a study of the iris of the eye to help determine inherent weaknesses and toxicity within the body.  
 B-13

LON WOODBURY - INNER HARMONY AS SEEN THROUGH YOUR HANDWRITING - learn a few key aspects of handwriting, giving you a more objective self-awareness of your inner harmony.  
 B-16

DAVID ELLIOT - OPEN FORUM ON FINDHORN - join a circle of people who will share impressions of their stay at Findhorn an international spiritual community in northern Scotland.  
 B-17

JULIA OUDES - MIDDLE EASTERN DANCE (BELLYDANCING) - basic exploration of bellydancing as practiced in the west, with focus on how it enhances awareness of female energy. Bring a cloth or veil.  
 M-14/24

JEPHI SIOUX - PEACE AND DISARMAMENT - peace is no longer a utopian ideal but essential for human survival. Our attitudes and actions can create world peace.  
 M-21

TIME PERIOD #8 \*4:00 P.M. - 6:00 P.M.  
 CLOSING CEREMONY - A time for coming together and sharing from the heart, creating a bond that will sustain us for another year.

THANK YOU ALL FOR COMING AND SHARING IN THIS WONDERFUL HAPPENING: THE SPRING FESTIVAL OF AWARENESS, 1983. WE HOPE TO SEE NEXT YEAR AROUND THE SAME TIME: MARCH 16, 17, AND 18, 1984.

WITH LOVE: Harry and Nora, Peter and Bonnie, Sid, Darleen, Lorna, Julie, Suzie, Doug, Graeme, Thor and Mary, Sheila and Shawn, Craig, Lola, Betty, Lil and all the rest.

\*(C) WORKSHOP LEADERS WELCOME CHILDREN WITH PARENTAL SUPERVISION, OTHERWISE, ADULTS ONLY, PLEASE.



## GENERAL INFORMATION

Approximately 60 workshops, each 1 3/4 hours long, will be offered over the weekend. Registration for the weekend will start at 5:30 p.m. Friday Evening at the Main entrance to the college. Participants are asked to wear comfortable clothing and bring blankets and pillows where necessary (for meditation, massage, etc.).

ACCOMMODATION - Floor space for your sleeping bags and foamies is available at \$1.00 per person per night. Kitchen facilities (stove, sink, dishes) are \$1.00 per adult per night extra. This year we will have two halls in Robson available for families with children, Scout Hall for adults and children over six years, and Nordic Hall for adults only. Please preregister soon, as they fill up quickly. For those preferring hotel or motel accommodation, local prices can be provided on request. ABSOLUTELY NO OVERNIGHT ACCOMMODATION IN SELKIRK COLLEGE.

THE HEALING CENTER - Bonnington Basement - This area will be available throughout Saturday and Sunday for those wishing to give or receive Raiki Healing/Massage/Shiatsu/Reflexology/Aura Balancing/- - - ? Drop in and find out more about it.

MEDITATION ROOMS - M-12 & M-13 - These rooms have been set aside for those wishing a quiet space in which to center themselves during the course of the weekend.

SOCIALIZING ROOM - Cafeteria - For those wishing to sit and relax or socialize with others, the cafeteria will be available throughout the weekend for this purpose.

## THE CHILDREN'S FESTIVAL

The Children's Festival is being organized by Sharon Beckjord again. For better outdoor access, the location is in the Lardeau area this year, having switched places with the Healing Center. CHILDREN 4 AND OVER will be in the Lardeau foyer and L-10. To help pay the childcare workers, and for materials and snacks, \$3.00 per day will be requested for each child. One hour of your time is also required. Several workshops are being offered: Vegetable Juggling, Do-In, Tai Chi, Meditation, Dancing, Singing, Exploring Nature, Storytelling, etc. A variety of Films will be shown and there will be time for Arts and Crafts activities. We are hoping to have special events for those 8 and over. Details available on Friday night.

CHILDREN 3 AND UNDER will have L-12 as an activity room and L-13 as a quiet room, but MUST be accompanied at all times by either a parent or a babysitter. FOR CERTIFIED BABYSITTERS, PREREGISTRATION IS NECESSARY: Saturday and Sunday: 10:00 a.m. - 2 noon and 2:00 - 4:00 p.m. at \$2.50 per workshop period, per child. Saturday night: 8:00 - 11:00 p.m. at \$4.00 per child.

IMPORTANT: Reflecting strong feedback from 1982 Festival participants, we have indicated this year with a \*(C) on the Schedule, to which workshops you may bring children. Please be sensitive to any sounds and movements your child makes which could be disruptive to those around you and be prepared to step out of the room with your child if necessary. Some workshops are being taped, and even peaceful child sounds can be annoying. NO CHILDREN in workshops without the \*(C): see the Schedule pages.

*WANT SOME FUN??? BRING A KITE TO FLY!!!*

## FOOD: TO ENSURE EATING & TO HELP US, PLEASE PREREGISTER FOR MEALS.

An exciting menu of wholesome vegetarian meals is being provided by the Cafeteria. We have planned for only a limited number of meals at each sitting and will provide more only if prepaid registration (by March 8) indicates this is necessary. The early portion of each meal period will be reserved for those with prepaid meal tickets.

MENU & PRICES



number of meals at each sitting and will provide more only if prepaid registration (by March 8) indicates this is necessary. The early portion of each meal period will be reserved for those with prepaid meal tickets.

MENU & PRICES

SATURDAY LUNCH: Vegetarian Chili or Corn Chowder with Whole Wheat Bun & Green Salad . . . . . \$3.50/3.75/4.0  
SATURDAY SUPPER: Vegetarian Lasagna with Fish Chowder or Green Salad, Steamed Vegetables, Whole Wheat Bun with Vegie Butter & Dessert (Cake/Loaf) . . . . . \$6.50/6.75/7.0  
SUNDAY LUNCH: Borscht or Green Salad, Tamale Pie, Whole Wheat Bun . . . . . \$3.50/3.75/4.0  
ECONOMY MEAL: At each meal it will be possible to purchase either - Soup with Bun or Salad with Bun . . . \$2.00/2.25/2.5  
 Beverages, fruit, cakes/squares will be provided on a cash basis. Half price portions available for children.

\*N.B. - prices: preregistered & paid/ paid at registration desk/ paid at cafeteria.

DEPARTMENT OF CONTINUING EDUCATION & SOCIETY FOR SELF AWARENESS

SPRING FESTIVAL OF AWARENESS: PREREGISTRATION FORM

NAMES: 1. \_\_\_\_\_ \* \$18/person/weekend No. \_\_\_\_\_ @ \$18.00= \_\_\_\_\_  
 2. \_\_\_\_\_ \* \$12/person/day Sat. \_\_\_\_\_ or Sun. \_\_\_\_\_ No. \_\_\_\_\_ @ \$12.00= \_\_\_\_\_  
 3. \_\_\_\_\_ \* \$ 3/child/day 1. \_\_\_\_\_ Sat. \_\_\_\_\_ @ \$ 3.00= \_\_\_\_\_

ADDRESS: \_\_\_\_\_ \* Names & Ages: 2. \_\_\_\_\_ Sun. \_\_\_\_\_ @ \$ 3.00= \_\_\_\_\_  
 \_\_\_\_\_ \* 3. \_\_\_\_\_

PROV./STATE: \_\_\_\_\_ \* BABYSITTING SERVICE: \$2.50/Workshop/child  
 POSTAL CODE: \_\_\_\_\_ \* Sat. 10 a.m.- 12 noon \_\_\_\_\_ 2-4 p.m. \_\_\_\_\_ = \_\_\_\_\_  
 PHONE: \_\_\_\_\_ \* Sun. 10 a.m.- 12 noon \_\_\_\_\_ 2-4 p.m. \_\_\_\_\_ = \_\_\_\_\_  
 \_\_\_\_\_ \* Sat.night: 8-11 p.m. \_\_\_\_\_ @ \$4.00/child = \_\_\_\_\_

SOCIETY FOR SELF AWARENESS NEWSLETTER  
 1983 Membership: Renewal \_\_\_\_\_ New Member \_\_\_\_\_  
 Single: \$6.00 \_\_\_\_\_ Family: 10.00 \_\_\_\_\_  
 Sample Copy: \$1.00 \_\_\_\_\_ Donations: \_\_\_\_\_ Total: \_\_\_\_\_

\* MEALS: Saturday Lunch: \_\_\_\_\_ @ \$3.50=  
 \* (Children's plates Children: \_\_\_\_\_ @ \$1.75=  
 \* half price)  
 \* Soup & Bun: \_\_\_\_\_ or Salad & Bun: \_\_\_\_\_ @ \$2.00=  
 \* ~~Saturday~~ Saturday Dinner: \_\_\_\_\_ @ \$6.50=  
 \* Children: \_\_\_\_\_ @ \$3.25=  
 \* Soup & Bun: \_\_\_\_\_ or Salad & Bun: \_\_\_\_\_ @ \$2.00=  
 \* Sunday Lunch: \_\_\_\_\_ @ \$3.50=  
 \* Children: \_\_\_\_\_ @ \$1.75=  
 \* Soup & Bun: \_\_\_\_\_ or Salad & Bun: \_\_\_\_\_ @ \$2.00=

HOSTEL ACCOMMODATION: (\$1/person/night)  
 \_\_\_\_\_ Fri. \_\_\_\_\_ Sat. \_\_\_\_\_ Sun. \_\_\_\_\_  
 Adults & no children: Nordic \_\_\_\_\_  
 Family & children over 6: Scout \_\_\_\_\_  
 Family & children: Resker \_\_\_\_\_  
 " " " Robson Community \_\_\_\_\_  
 Total = \_\_\_\_\_ @ \$1.00 = \_\_\_\_\_  
 Kitchen use(\$1/adult/day) Total = \_\_\_\_\_ @ \$1.00 = \_\_\_\_\_

SEND CHEQUE OR MONEY ORDER PAYABLE TO:  
 FESTIVAL OF AWARENESS  
 c/o DARLEEN WARD  
 1689 RIDGEWOOD DRIVE  
 CASTLEGAR, B.C. V1N 2L5

Hostel & Kitchen Totals = \_\_\_\_\_  
 Newsletter Total = \_\_\_\_\_  
 TOTAL ENCLOSED = \_\_\_\_\_



# Spring Festival Songs.

## IN MY NAME

- |   |  |
|---|--|
| <p>1. Light is my Name<br/>Light from which the earth was born<br/>Light that shone on Christmas morn<br/>Light that shines in you and me<br/>Living light that makes us free<br/>Light is my Name.</p> | <p>4. Peace is my Name<br/>Peace that lies on the world at dawn<br/>Peace of the heart when fear is gone<br/>Peace of the oceans, still and deep<br/>Peace of a baby fast asleep<br/>Peace is my Name.</p> |
| <p>2. Love is my Name<br/>Love that lives in a mothers care<br/>Sings in kisses lovers share<br/>Love that greets a lonely soul<br/>Makes him one with the greater whole<br/>Love is my Name.</p>       | <p>5. Life is my Name<br/>Life that has in the silent earth<br/>Thrills each seed to vibrant birth<br/>Life that knows no end, no death<br/>Surging on with Cosmic breath<br/>Life is my Name.</p>         |
3. Joy is my Name  
Joy that sings when sap runs high  
Leaps from mountains to the sky  
Joy that laughs while the heavens sing  
Joy that moves thru everything  
Joy is my Name.

Words: David Spangler Music: Robin Henry

## Brother Sun ~ Sister Moon.

- |   |   |
|---|---|
| <p>1. If you want your dream to be<br/>Build it slow and surely<br/>Small beginnings, greater ends<br/>Heart felt work grows purely</p> | <p>3. Day by Day, Stone by Stone<br/>Build your secret slowly<br/>Day by Day, you'll grow too<br/>You'll know heaven's glory.</p> |
| <p>2. If you want to live life free<br/>Take your time go slowly<br/>Do few things but do them well<br/>Simple joys are holy</p>        |   |

Words & Music by Donovan from Brother Sun, Sister Moon



Awake - Doug Redwing 1971

Awake to who you really are:

A traveller of the universal starry ways  
Angels of the light I think you know just who you are.  
You've been sleeping through the night, now comes the light of day  
And you know when the work is done, you're going home  
But now we're standing on the earth spinning round; on Holy ground

So let's awake to what the planet really needs;  
We can bring about an age of peace and harmony  
Angels of the Light, we're not just here to sow the seed  
We can make this earth a garden, we can set her free  
Set her free from the chains of night, it's all up to you  
The dawn is a lovely light, it's all coming true

So awake to who you really are:

You're an atom, you're a planet, you're a shining star  
Angels of the light, within our hearts we hold the key  
To the jewels and the roads of the galaxies  
Once you remember what this life is about, it's all up to you  
So thank the Lord for the help coming through, it's all coming true

So let's awake to who we really are:

We're all travellers of the universal starry ways  
We're angels of the light, I think we know just who we are  
We've been sleeping through the night, now comes the light of day  
And we know when our work is done, we're all going home  
But now we're standing on the earth spinning round, on holy ground

So let's awake, to who we really are:

We're all atoms, we're all planets, we're all shining stars  
We're angels of the light, within our hearts we hold the key  
To the jewels and the roads of the galaxies  
Now we remember what this life is about, it's up to us all  
Let's thank the Lord for the help coming through, coming  
through us all  
Coming through us all, Coming through us all

---

we Are One In the Spirit

we are One in the Spirit  
we are One in the Lord,  
we are One in the Spirit  
we are one in the Lord  
And we pray that our unity  
Will this day be restored.

(Chorus:)

We will work with each other  
We will work side by side  
We will work with each other  
We will work side by side  
And we'll guard each man's dignity  
And save each woman's pride.

Chorus:

And we'll know we're God's children  
By our love, by our love,  
Yes we'll know we're God's children  
By our love.

(Chorus:)

Repeat first verse and chorus.

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Amazing Grace

We will walk with each other  
We will walk hand in hand  
We will walk with each other  
We will walk hand in hand  
And together, we'll spread the word  
That God is in this land

Amazing grace, how sweet the sound  
That saved a wretch like me  
I once was lost, but now am found,  
Was blind, but now I see.

Through many dangers, toils and snares  
I have already come.  
'Tis grace hath brought me safe thus far  
And grace will lead me home.

Amazing grace that God who made  
Life vast and full and free