

Foodshare to host release party for fundraising CD

After a lengthy process, the launch of the CD, *Songs for Supper*, is almost here.

The CD is a compilation of songs by local artists and will be sold as a fundraiser for the Acton Foodshare.

The launch of the CD will take place on Saturday, April 17 at the Roxy on Mill St. in Acton and will begin at 7 p.m.

Foodshare is very excited about the

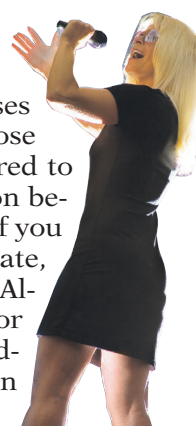
project and is looking forward to a great evening. Songs featured on the CD will be performed live by each of the selected artists.

Admission is \$5 and a donation of a non-perishable food item. The CD will be available for \$10 and all proceeds will go to the Acton Foodshare.

Everyone is invited to come and support local music and the foodbank.

The Acton Foodshare is also look-

ing for local businesses and stores to join those who have already offered to stock and sell the CD on behalf of the food bank. If you would like to participate, please contact Tim Alberts at 905-702-7470 or go to www.actonfoodshare.com and leave an email.



THERAPY THOUGHTS



Natalie Haynes
Psychotherapist
B.A., R.P.C., R.I.H.R.

Spring clean your Emotional Clutter

Time to clean out the old and allow for the new. What if you applied that idea to your emotional life? Clean out your old issues and make room for new and exciting ways of being.

Spring cleaning gives us an opportunity to freshen up the house, clear out a few closets and get rid of the clutter that has been collecting over time. The task of clearing out our closets or our basements or wherever the clutter accumulates can cause considerable procrastination. We hold onto our clutter because it feels easier than figuring out what to do with the "stuff". The problem is that every time we look at that ever evolving pile of clutter in the closets, we feel stressed, heavy and anxious.

Same holds true for our emotional work. Cleaning out the clutter of our unresolved emotions can seem overwhelming. We hold onto our feelings because looking and dealing with them is daunting. The fear is "What am I going to do with this feeling when I let myself look at this issue that I have been holding on to?" So just like our cluttered closets, we close the door, find something else to do and continue to repress those emotions. Unresolved feelings do not go away, they create stress and anxiety and heaviness in our lives.

Just like spring cleaning, working through our emotional clutter can be challenging and yet uplifting. When we let ourselves experience our unresolved emotions, we get rid of what is old and unnecessary and keep what is valuable to us. And when the job is done, we feel lighter, energetic and more powerful.



905 702-1944
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cornerstonehealth.ca

SCOTT/KAHN

Bob and Becky Scott are pleased to announce the upcoming wedding of their daughter
Lerah Scott to Derek Christopher Kahn.
Chris is the son of Henry and Debbie Kahn of Kentucky, U.S.A. The wedding will take place in the port of St. Thomas in the U.S. Virgin Islands on Sept. 15th, 2010.
Our wish for them is a life filled with love and friendship.

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braintumour foundation OF CANADA

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