

Lifestyles



Ready to rev

Cubs from 4th Georgetown "A" pack are busy getting their Kub Kars ready for the North Halton District Kub Kar Rally being held Feb. 18 at Knox Presbyterian

Church Hall in Georgetown. Shown here at the "pit stop" are, from left, Phil Terry, Stephen Dame, and Aaron Green. (Photo by Jean Layman)

Women's spirituality studied through gathering

"Women's Spirituality: Empowerment and Promise/Experience spirituelle des femmes: sources d'action et d'esperance" is the theme of a national, ecumenical gathering of women that will be held June 1-4, at Carleton University in Ottawa.

It will be a time for women to reflect on their faith journeys, and to explore how movement, storytelling, prayer, music, Bible stories, and other experiences can be sources of empowerment in their lives. Through a process of identifying both the signs of hope and the obstacles that hold them back, personally and collectively, the women gathered will be encouraged to reach for the biblical promise of a new creation. Celebration and creative expressions of faith and struggle will be an integral part of the four-day event.

Resource persons and workshop leaders will be drawn from many parts of Canada. Among them are the Rev. Ruth Blaser, Executive Director of the Division for Church and Society for the Evangelical Lutheran Church; Jessie MacLeod, a former Christian Educator with the United Church of Canada and Sister Vivian Man-

cini, a Roman Catholic retreat director, who is currently working on a Master's degree in spirituality.

The 27 workshops will provide skills and insights to enable women to deepen their understanding of spirituality and to relate their personal experiences to social and political issues. Some of the workshops offered will be bilingual, and there will be simultaneous translation in the plenaries.

International guests include representatives from two unique prayer movements that are organized by women at the grassroots worldwide: Alice Jean Finlay and Eileen King from the International Committee for the World Day of Prayer, and Shirin Samuel, Executive Secretary of the Fellowship of the Least Coin. Joan Parajon, a church woman from Nicaragua is also expected.

The ecumenical conference is sponsored by the Women's Inter-

Halton leads way in drug education

The Halton Board of Education will be a "key player" in drug education across the province, said Board Director Bob Williams recently, following the formation of a Ministry of Education drug committee.

Education Minister Chris Ward announced the formation of the Drug Education Advisory Committee Jan. 9 to review the province's drug education and to make recommendations for change.

But the Halton board has had a program in place since the 1970s, said Mr. Williams, and it is a program likely to be a model for other school boards.

"The province is likely to adapt the model we've used here for several years," he said, "what we've been doing in Halton will be the basis for what will be done in the province."

Sue Amos, co-ordinator of Physical and Health Education for

the Halton board, said drug education is already given to elementary students in Halton's public school system.

As the students' level of maturity increases, different drugs are introduced to them in education programs, including every day drugs such as aspirin, and more serious drugs considered to be narcotics.

While "it's a little too early to tell" what impact the Drug Education Advisory Committee, chaired by a North York Director of Education, will have on the Halton board, Mr. Williams says the board does not expect radical changes.

"We've already got a program that we're pretty happy with," he said.

Day-long workshop looks at environment

Envirowatch I '89 will be presented Saturday, Feb. 18 at Holy Cross Church hall.

Members of POWER (Protect Our Water and Environmental Resources) and other environmentalist groups will make presentations concerning problems currently facing the environment.

Registration for Envirowatch I is \$5 per person and includes lunch. The event runs from 9:30 a.m. to 4:30 p.m.

To register, call Barb Halsall

(873-0344), Rita Landry (878-7817), Ruth French (853-1328), or Marjorie Kirkwood (853-0039).

Tasty Recipes BAKED LENTILS WITH CHEESE

- 1 cup dried lentils, rinsed
- 1 cup chopped onions
- 1 cup canned tomatoes
- 1 cup water
- 1 clove garlic, minced
- 1 bay leaf
- 1 tsp. salt
- pinch each of sage, marjoram, thyme and pepper
- 1/2 cup sliced carrot
- 1/2 cup chopped sweet green pepper
- 1/4 cup sliced celery
- chopped fresh parsley (optional)
- 1 1/2 cups shredded cheddar cheese

In 8-cup baking dish, combine lentils, onions, tomatoes, water, garlic, bay leaf, salt, sage, marjoram, thyme and pepper. Bake, covered, in 375 degree oven for 30 minutes. Stir in carrot, green pepper and celery. Bake, uncovered, for 40 minutes longer, or until liquid has been absorbed and flavours have blended. Sprinkle with parsley (if using) and cheese. Bake, uncovered, for 5 minutes or until cheese has melted. Makes 6 to 8 servings.



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