

# Art therapy helps bring pent up feelings to surface

• from DOING on page 10

That's where all that earlier hand-holding comes in.

"We are all supportive," said Ms Chamberlain. "If someone needs a hug, if someone needs to talk — whatever unfolds."

That is also her philosophy of teaching.

Heeding her own advice to "not push against the river," Ms Chamberlain has been known to throw away her game plan if it doesn't fit with the vibe she gets from the class on any given night.

Being able to read that vibe comes courtesy of years spent exploring heal-

ing arts such as yoga, tai chi and healing touch.

Teachings from a medicine man during a stint on an Indian reservation have helped sharpen her intuition.

And she applies her knowledge of colour theory — or how hues affect emotion — to her classes.

After the circle, Ms Chamberlain may take the group through visualization exercises, asking them to follow her on an imaginary walk through a forest.

Or she may turn on the tunes, and encourage them to sway to the music.

The point is to bring pent up feelings to the surface.

When those feelings are transmitted onto paper or canvas, the results can be powerful.

And emotion is something Ms Chamberlain knows a bit about.

"I had a lot of things happen in my life growing up," she said. "I had a lot of traumatic things."

The most recent blow was the death of an older sister after a long battle with cancer.

For weeks afterward, Ms Chamberlain found herself unable to do so much as lift a paintbrush.

"I was thinking 'I'm supposed to be calm, I'm supposed to be dealing with this,'" she said. "But then I thought,

no, I'm not. I'm human, too."

When she was finally able to paint again, the result was a piece that all but howled with fury.

But it helped release a little of the pain, too.

Today, Ms Chamberlain is still struggling with her sister's death.

But she is also out there, doing her damndest to get better.

"You are allowed a certain amount of time, get it out. Then get out and help someone," she said of her strategy.

And, simple as it sounds, making a conscious effort to look at the brighter side of things helps.

That means letting go of negative emotions, replacing them with positive ones.

In an art therapy class, painting can help others achieve that.

"I want to help them get to the point of getting it out before they get sick or go crazy," she said.

Ms Chamberlain's classes run from 8 to 9:30 p.m. The cost is \$10 per session, and participants are asked to bring their own supplies.

Supplies are low-cost and basic, and some are always on site for those who arrive empty-handed.

For more information, call Naturally Be Wellness Centre at 854-1654.

## NEW LIFE

6620 THIRD LINE, MILTON  
"Only 1/2 km South of Derry Road"  
Phone: (905) 878-3358  
Church Affiliated with the  
Pentecostal Assemblies of Canada

Senior Pastor — Rev. Dan Rogge  
Children — Mrs. Natalie Rogge  
Worship — Mrs. Esther Kessler  
Youth — Rev. Gord Clark

### FALL SERVICE SCHEDULE

**NEW** 9 am - Early Worship Service  
9:30 am - Sunday School  
10:45 am - Second worship Service  
6:30 pm - Evening Praise Celebration  
Children's Programs & Nursery Available

CAPTIONING PROVIDED FOR DEAF/HARD OF HEARING  
EVERY SUNDAY AT 10:45 A.M.

### SUNDAY NIGHT CELEBRATIONS

WEEKLY AT 6:30 P.M.

Set aside your cares, worship God with us  
& allow His peace to come into your life!  
He cares for you!  
This week: we honour special guest, Greg  
McCombs, Pastor of Milton Alliance.  
Kid's Praise Choir/Kids Club



& "ENLARGE YOUR CIRCLE OF LOVE"



## Religious Service Directory

### Growing In Love

Have you ever felt like you've been looking for love in all the wrong places? Have you ever dreamed of a wonderful relationship, or wished for romance and intimacy, only to find your dream was elusive, your wish was out of reach?

Or, perhaps you realized your dream, and found that in reality it was more of a nightmare than anything else. Emotionally, you may have been lacerated on the hard pavement of death, divorce, separation or abuse.

Every individual needs to be loved! Love changes things! Love can bring healing to the private pain of the past and soothing comfort to the heartache of disappointment.

I read a story of a man, who, walking down the street, passed a used-book store. In it, he saw a book, through the window, with this title, *How to Hug*. Thinking it might be an interesting book, he went in to buy it. He was disappointed to find out that it was a certain volume of an encyclopaedia covering subjects beginning with the words "How" through "Hug".

Churches can sometimes be guilty of giving people an encyclopaedia on theology instead of a practical demonstration of how to live out true Christianity. The

challenge of every believer is to "flesh out" faith in Christ and to demonstrate to a sceptical society that a relationship with Christ can transform any individual.

Within the greater community of Christian faith, dedicated ministers strive to create environments wherein people can see faith in action. Congregation members seek to provide places where people can experience the benefits of real love and acceptance.

Churches may not be perfect, but they are still seeking to make a significant impact upon the moral fibre and spiritual character of the community. If you have been disappointed by a church in the past, don't blame God. Don't depart from the faith.

Rather, be motivated to begin your spiritual journey again, to start with a clean slate in a new assembly. Release forgiveness. Receive forgiveness. Let healing flow!

Find a church to call home - the local church directory below should help you. Be faithful in your attendance and you'll be surprised at the many positive changes that will result in your life as you grow in love!

**St. Paul's UNITED CHURCH**

- Minister - Rev. John Benham  
- Interim Minister - Rev. Dr. John Ambrose  
- Director of Music - Judy Hunter

Come to Worship  
**SUNDAY OCTOBER 3, 1999**  
10:30 a.m. INTERGENERATIONAL WORSHIP (no Church School classes)  
**WORLDWIDE COMMUNION SUNDAY**  
& Facilities are fully wheelchair accessible  
Visit our Website:  
<http://www.globalserve.net/~stpaulsmilton/>  
Information Line 878-8895

**St. George's Anglican Church**  
Lowville  
7051 Guelph Line (just north of Derry Road)

**SCHEDULE OF SERVICES FOR SEPTEMBER**  
8:30 am - Alternating Morning Prayer and Holy Communion  
10:30 am - Alternating Holy Communion and Morning Prayer. Nursery & Sunday School provided  
10:30 am - Youth Service in the auditorium  
**SERVICE OF PRAYER FOR HEALING**  
7:00 pm - Sunday, September 26  
**Rector: The Rev. Canon Charles F. Masters**

For additional information call the church office at 878-1363

**HOLY ROSARY PARISH**  
<http://www.golden.net/~wts/hamilton/p-holyrosary-m.html>  
878-6535 (T.T.Y. 878-9044)

**HOLY ROSARY CHURCH**  
139 Martin Street  
Mass at 5:30 pm Saturday  
9:00 am, 10:30 am & noon Sunday

**ST. PETER'S CHURCH**  
9th Line & Britannia  
Mass at 9:00 a.m. Sunday  
Rev. Earl Talbot, P.P.

**Grace Anglican Church**  
317 Main St. E., Milton  
the Church on the Hill 878-2411  
**Rev. Dr. Mark McDermott**

**SUNDAY SERVICES**  
8:00 a.m. - Holy Communion  
10:00 a.m. - Sung Eucharist  
(Nursery Program, Church School & Prayers for Healing)

**THURSDAY**  
10:00 a.m. - Holy Communion

& WHEELCHAIR ACCESS THROUGH PARKING LOT DOORS

**Milton Alliance Church**  
2850 DERRY RD.  
(between the Fire Hall and Hospital)  
Phone 878-5664 • Fax 878-6676

**Pastor Greg McCombs - Senior Pastor**  
11 a.m. SUNDAY MORNING WORSHIP SERVICE  
Sermon Topic - "What is true Worship?"  
11 a.m. ADVENTURELAND FOR CHILDREN  
Tues. 7 p.m. JR. HIGH - (gr. 6-8)  
Wed. 7 p.m. PIONEER CLUBS (ages 4-12)  
Thurs. 7 p.m. SR. HIGH (gr. 9-OAC)  
For more info on our ladies', men's, youth's, and children's ministries, please call the church office.

**MILTON GOSPEL HALL**  
306 Ontario St. N. • 878-2022

10:00 a.m. - The Lord's Supper  
11:45 a.m. - Sunday School  
6:30 p.m. - Gospel Service

Wednesday 7:30 p.m.  
Prayer and Bible Study

I give unto my sheep eternal life; they shall never perish, neither shall any man pluck them out of my hand. John 10:28

**MILTON BAPTIST CHURCH**  
THOMPSON & NIPISSING ROADS • 875-1626

Pastor - Rev. Greg Macaulay  
Sunday, October 3rd  
Sermon: "That Horrible Question-Why Lord?"  
Morning Worship - 11:00 am  
Church School - 9:45 am  
7:00 pm Special Mission Presentation  
"Bolivia-1999" - John & Ruth Lawrence  
Affiliated with Baptist Convention of Ontario & Quebec

**The Salvation Army Church**  
Milton  
100 Nipissing Road, Unit 3

**Pastors:**  
Captain's Dan and Wendy Broome

Saturday, Oct. 9th 10 am - 2 pm  
Children's Carnival & the Dedication and Official Re-Opening of Our newly renovated Church

Sunday, Oct. 10th 11 am  
Service of Thanksgiving  
Special Guests Lieut. Colonel's Bram & Ruth Meakings

For more information please call 876-2420

**BAHÁ'Í**

Monthly Devotional Meeting  
"An Interfaith Spiritual Gathering"  
Join Fellow Miltonians in a Gathering of Spiritual Readings and Devotions.  
"Bring a Favourite Passage to Share"

Date: Thursday, Oct. 14, 1999  
Time: 7:00 - 8:00 pm  
Place: Hugh Foster Hall, Milton  
Info: (905) 878-0011

Next Gathering: Thursday, Nov. 11, 1999

**Milton Bible Church**

Worships at the  
Milton Senior's Activity Centre  
500 Childs Drive

10:00 am MBC in the Word  
11:00 am MBC in Worship

Pastor: Rev. James A. DeMarsh  
876-3586

**Milton Christadelphians Ecclesia**

Why is there so much Evil and Suffering in the world?  
You are invited to come and hear a talk on this subject at:

**HUGH FOSTER HALL**  
**VICTORIA SQUARE**  
**MILTON**  
Mon Oct. 4th, 8:00 pm  
(God Willing)  
The Dawn Christadelphians  
[www.biblenews.org](http://www.biblenews.org)