

Six-week program for arthritis sufferers starts soon

The Arthritis Society will hold a six-week Arthritis Self-Management Program starting April 19 at its Burlington office.

The course, which will run from 1 to 3 p.m. on

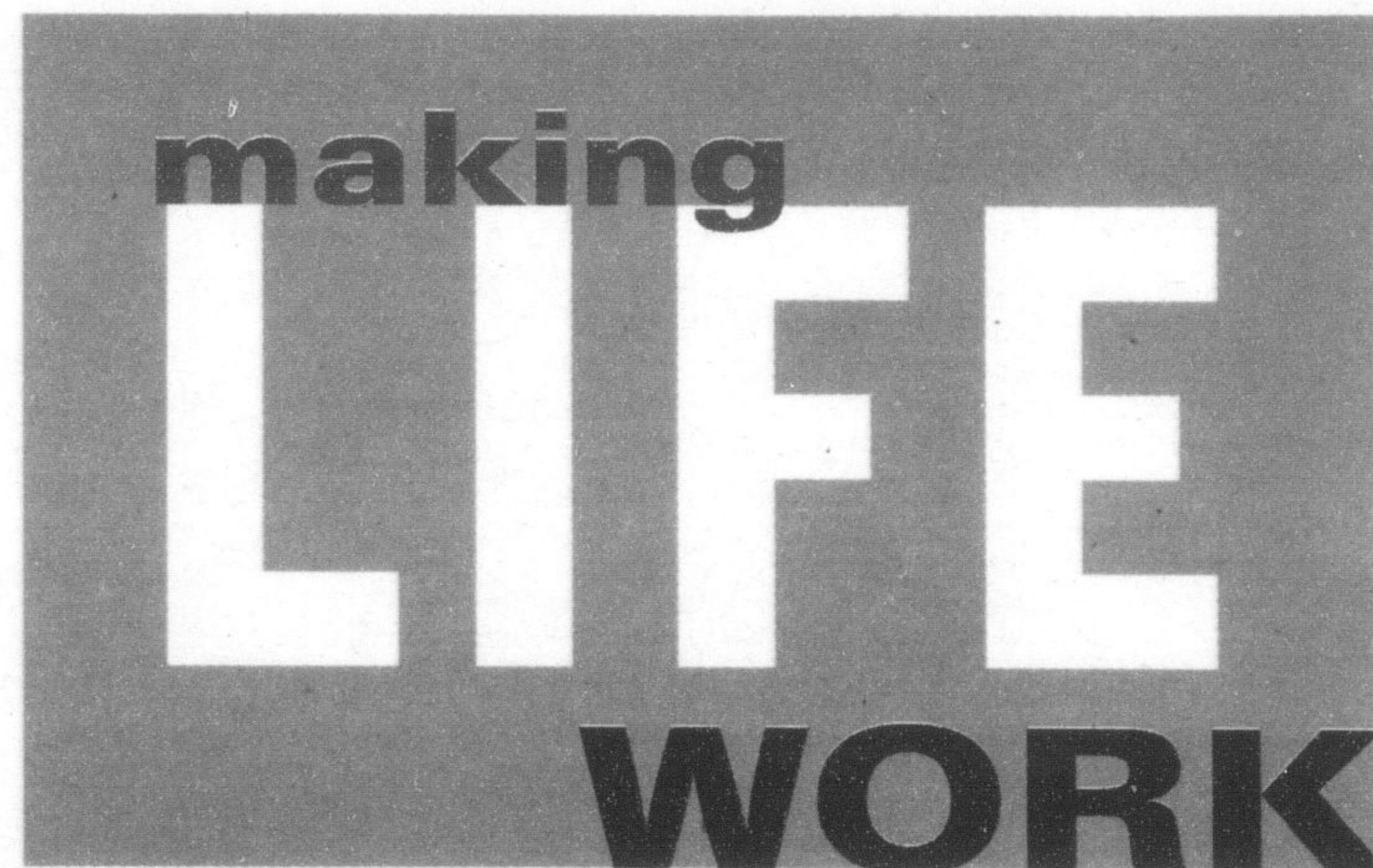
Tuesday afternoons, is designed to strengthen and enhance oneself and one's ability to manage their arthritis and direct their care.

The sessions will be led by trained volunteers

and compliment prescribed treatment programs provided by healthcare professionals.

The cost is \$35, which includes all materials. Call (905) 632-9390, ext. 22, to register. It's nec-

essary to attend all six sessions, held at 460 Brant St., suite 11. The Arthritis Self-Management Program is sponsored by the Arthritis Society and in part through a grant from Pfizer.



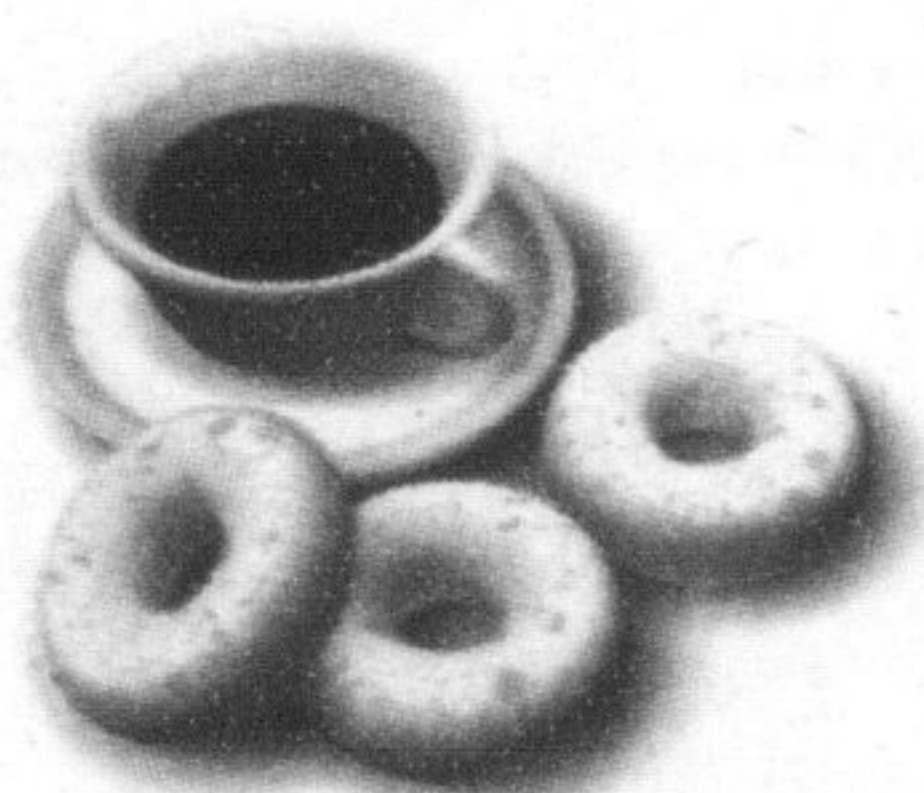
MARCH 27TH TO MAY 15TH

8

Characteristics of people who succeed in life and love

Ever wonder why some of us achieve our goals, and others of us seem to be confined to survival mode?

Over the next weeks, Jim Danielson will share 8 powerful biblical insights which might challenge some of our ideas of life and faith. The topics are...



GOOD FRIDAY COFFEE HOUSES

A casual environment to experience the meaning of Easter
Friday, March 25th
7:00 pm

Burlington
Tansley Woods
Community Centre
1996 Itabashi Way

Milton
Milton Senior Centre
500 Childs Drive

1. **My Future is Coming!**
March 27th
Like it or not, our future is racing toward us. Our future is not an optional experience, but where and who I am in the future is absolutely optional. The choices and changes I make today will determine where I spend tomorrow. Where will I be three years from now? Every action or non-action has a future implication. This talk is about pointing our lives toward the future that we want.
2. **Be Totally Unbalanced.**
April 3rd
Mediocrity always demands balance. 'Everything in moderation' is the mantra of the dispassionate. Think about it, frisbees and slugs are balanced; so what? Talents and passions are the way we were created 'out of balance.' Success never denies passion in order to establish balance. This talk challenges us to embrace our inner geek!
3. **Go With Your Gut.**
April 10th
We cannot hang on to 'energy-drainers' and accomplish the significant. Our instincts tell us when things are out of sync - the question is what will we do? What part of my life makes me 'cringe?' That's the very part that needs to be repaired or replaced. This talk is about knowing the difference and knowing what to do.
4. **Take Lots of Small Steps.**
April 17th
Our culture has taught us about 'instant gratification.' We want to experience the significant today. Frustration sets in when our life goals cannot be achieved in one giant movement. The irony is instant gratification always keeps us from the significant. This talk explains the power of a long journey in the same direction.
5. **Hate Well.**
April 24th
This seems like an oxymoron to most of us. How can I hate and experience a positive life? Our reality is that whether or not we are going to hate is really never an option; love cannot exist without hate. The question that determines the trajectory of our life is, 'what will I hate?' What we hate says a lot about who we are. How we hate says much about how we will succeed in life and love.
6. **Never, Ever, Play Fair.**
May 1st
The secret to destroying every relationship in life is, always keep score and always give others exactly what they deserve. When we rise above our baser urge to 'play fair,' it means that we choose to enter a new realm called 'grace.' 'Playing fair' is a continual spiral of brokenness and pain. By refusing to play, we discover a secret to building healthy relationships.
7. **Tick Off All the Right People.**
May 8th
What I should do, and how someone else might respond, are two very different issues. Living to please everyone always means abandoning our integrity and living a life of duplicity. What if it were okay to make choices according to values, rather than according to our fear of someone else's reaction? This talk is about gaining confidence in our choices.
8. **Give it Up and Gain it All.**
May 15th
There are many ways to find success, but if they do not involve humility, our successes will be marked by the scorched earth of the failed relationships that we have left behind. Pride values, 'who is right.' Humility values, 'what is right.' By choosing to value integrity over 'saving face,' we place ourselves firmly on the path to successful living. This talk is about giving up the façade in order to gain the significant.

Sundays at 10:00 am
Milton Senior Centre
500 Childs Drive
Milton

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www.thesanctuary.ca

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