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Subject: MMC CONNECTS
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To: info.manitobamultifaith@gmail.com



MMC CONNECTS

news, updates, inspirational memes and articles

September 17, 2023

SEPTEMBER
18 - 20
MON, TUES, WED
10AM - 7PM

LOCATION 
SAINT BONIFACE CATHEDRAL

THE F WORD STORIES OF FORGIVENESS

EMAIL: LOUISA@CONSULTANTSHEXT.COM



Louisa Hext



The F Word Exhibition was created by The Forgiveness Project, an organisation that uses personal stories to explore how concepts of reconciliation, conflict resolution and dialogue can be used to break cycles of violence and restore hope.

As the **North America coordinator** for The F Word: Stories of Forgiveness, Louisa shares perspectives around forgiveness, reconciliation and conflict resolution and how they can be used to impact positively on people's lives.



MANITOBA
MULTIFAITH
COUNCIL

the f word:
stories of forgiveness



Typology sorts people into groups based on religious beliefs



By: [John Longhurst](#)

Posted: 2:00 AM CDT Saturday, Sep. 16, 2023

THE POSITIVE EFFECTS OF spirituality & religion ON MENTAL HEALTH

A HALF-DAY
WORKSHOP
8:30 AM – NOON
NOVEMBER 6TH
MONDAY

In the past, spirituality and religion were seen to be detrimental to one's mental health. Research over the past several decades, demonstrates that with suitable assessment and intervention, spirituality and religion can have positive effects on one's mental health.

This workshop will outline some of the mental health benefits of spiritual wellbeing through the lens of practitioners, lived experience and religious leaders.

PANEL DISCUSSION

Mental health and importance of spirituality within the framework of services and support

Tara Snider | Dr. Randy Goossen
Dr. Chris Summerville

TESTIMONIAL ON LIVED EXPERIENCE

Hermann Dueck

PANEL DISCUSSION

Mental Health from a faith perspective

Reverend Michael Thibert | Rabbi Kliel Rose
Dr. Natashi Ali

TABLE DISCUSSIONS AND WRAP UP

Registration fee \$15.00 | Sara Riel Inc. 66 Moore Street, Winnipeg

Register on-line: <https://www.eventcreate.com/e/spirituality-religion-mental-health>



grand rounds

WITH DR. HAROLD KOENIG

VIRTUAL
VIA ZOOM
NOON – 1:15 PM
NOVEMBER 10TH
FRIDAY



Dr. Koenig serves as Professor of Psychiatry and Associate Professor of Medicine at Duke University Health Systems; Adjunct Professor in the Division of Psychiatry in the Department of Medicine at King Abdulaziz University in Jeddah, Saudi Arabia; Visiting Professor, Department of Psychiatry, at Shiraz University of Medical Sciences, Shiraz, Iran.

Dr. Koenig is the lead author of the Handbook of Religion and Health, 3rd edition, 2023 and frequently gives training sessions on spiritual readiness and prevention of moral injury. The focus of his grand rounds today will focus on the relationship between spirituality and mental health. In 2023, Dr. Koenig was ranked 10th in the world by Research.com in the category of Best Social Sciences and Humanities Scientists, and in the United States, was ranked 7th best.

Overcoming Barriers to Spiritual Health

Understand the differences between the terms religion, spirituality, faith, and humanism

Be aware of the extensive research showing a connection between religion/spirituality and all aspects of health

Be aware of how to apply the findings from research to clinical practice

Have resources to learn more about the research and clinical applications, information that can be used in the future

REGISTRATION IS FREE

Register on-line: <https://www.eventcreate.com/e/grand-rounds-koenig>



Interfaith Health Care
Association of Minnesota
Association interreligieuse
en soins de la santé
de Minnesota



Whether it's gazing up a beautiful sunset on a warm summer evening, welcoming

a newborn child into the world, or the excitement of exploring a new place, everyone can fondly recall a moment in which they felt truly happy. But how, after having endured the hardships of the last few years, can we bring ourselves to not only inhabit, but ultimately embody that feeling?

To elevate ourselves to a place where we can inspire feelings of joy in others, and move forward with assurance that we're ready and able to affect positive the change we so sorely need.

Look inside and see what will make us smile once again and continue to build hope for the future. We hope this gives you an idea of the fertile space we hope to explore in the new

2024 Multifaith Calendar Reclaiming Our Happiness

What's New for 2024:

Over the years, the Multifaith Calendar has been privileged to feature aboriginal seasons and moons according to different First Nations, including Nisga'a (northwestern BC) and Ojibwa (eastern BC to western Quebec and in the upper and mid-west in the US), Cree (across western and central Canada and Quebec as well as in Montana), and Coast Salish (Pacific Northwest).

This year, the 2024 Multifaith Calendar features moons and months as observed by the Mi'kmaq First Nations.

The Mi'kmaq are a First Nation of Indigenous people whose territory—called Mi'kma'ki—spans the maritime provinces of Nova Scotia, New Brunswick, Prince Edward Island, and parts of Newfoundland and Quebec. The Mi'kmaq have lived there for 11,000 years and their language is one of the Eastern Algonquian family of languages. The Mi'kmaw Moons names denote the passage of time by reflecting activities in the natural world through the seasons.

[CLICK HERE FOR ORDER FORM](#)

Manitoba Multifaith Council acknowledges that the Province of Manitoba is located on the territories of Treaties 1 through 5, and on the ancestral lands of the Anishinaabe, Cree, Ojibway-Cree, Dakota, Dene and Inuit peoples, and on the homeland of the Red River Métis Nation.

We respect and honour the Treaties and agreements that were made on these lands we share, and we remain committed to strengthening our relationships with First Nations, Métis and Inuit in the spirit of reconciliation and collaboration.

We rely on word of mouth referrals for much of our activities. If you appreciated this sharing of information, news and resources, please tell your friends by sharing this email on your social networks or forwarding to their email address.

We appreciate your support!

SHARE



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