



# MMC CONNECTS

*news, updates, inspirational memes and articles*

October 28, 2023



*Statement from*  
**MANITOBA MULTIFAITH COUNCIL**  
*October 8, 2023*

The Manitoba Multifaith Council condemns the terrorist attacks against Israel and the targeting of civilians. We affirm Israel's right to self-defence in response to the unprecedented violence.

Our thoughts and prayers are with all those who have been affected by these acts of terrorism, that those who are missing are soon returned to their loved ones, and we pray for a future in which dialogue replaces violence and peace is attainable.

# 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>



## The Free Press

### Prayers for peace are still needed



By: [John Longhurst](#)

Posted: 2:00 AM CDT Saturday, Oct. 21, 2023

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Read

Catholic, United, Mennonite, Presbyterian and more — Christian voices united in concern about the violence in Israel and Palestine.

A quick search online shows a number of statements about the fighting, along with prayers for peace.

## Do you have your own *Desiderata*?



By: [John Longhurst](#)

Posted: 2:00 AM CDT Saturday, Oct. 28, 2023



Share



"Go placidly amid the noise and the haste and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons."

If you were, like me, a teen in the 1970s, you may recognize that as the opening lines of *Desiderata*. Written by American Max Ehrmann in 1927, it was reprinted on posters in coffee shops and dorm rooms across North America. It was even a hit song on the radio in 1972.



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

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](#)

THE GLOBE AND MAIL 

OPINION

### The Wab Kinew I know is going to change Canada

LLOYD AXWORTHY

SPECIAL TO THE GLOBE AND MAIL

PUBLISHED OCTOBER 23, 2023

UPDATED OCTOBER 25, 2023



Manitoba Premier Wab Kinew speaks at a Premier and cabinet swearing-in ceremony in Winnipeg on Oct. 18.  
JOHN WOODS/THE CANADIAN PRESS

## The Current

with Matt Galloway



### Rachel Maddow on the history of fascism in the U.S.

11 days ago | Radio | 23:44

In her new book *Prequel: An American Fight Against Fascism*, Rachel Maddow looks at attempts to bring Nazi-inspired fascism to the U.S. in the 1930s. She tells Matt Galloway about listening to the echoes of history and what happens when stories from the past get buried.

### 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 Sci-

### 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,

Research.com in the category of best social sciences and Humanities Scientists, and in the United States, was ranked 7th best.

information that can be used in the future

REGISTRATION IS FREE

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



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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