

Winter – Spring Special Lantern Sessions



Faith and Evolution
Do Monkeys go to Heaven: Faith and Evolution
Sponsored by Mercy Centre for Ecology and Justice

<http://thelantern.ca/new/faith-and-evolution/>

This session will explore the following the following questions:

- *What is evolution?*
- *Why the fuss about evolution?*
- *How have we responded?*
- *Does evolution rule out God's existence?*
- *Theology of Evolution*

Guest Speaker: Rev. John McCarthy SJ

Scientist, author and Jesuit priest, John McCarthy SJ, was recipient of the 2002 Canadian Environment Awards Gold Medal (Lands and Forests category) for his work in boreal forest conservation in Newfoundland. He regularly speaks on the subject of Christian faith and ecology and publishes on lichenology as well as ecological theology and spirituality. A new lichen has been named after him- *Acarospora maccarthyi* K. Knudsen & Kocourk.

Date: February 15, 2017

Location: The Lantern

35 Barnes Rd, St. John's

Time: 7:15-9:15pm

For more information or to register contact: Mary Tee, RSM

Call: 722-0082 or email: mcej@live.com

Please register by; February 13th, 2017

There is no cost to attend this event.



**ATSA - The Truth Behind the Stories:
atsa presents the facts on fentanyl**

<http://thelantern.ca/new/atsa-the-truth-behind-the-stories/>

In an effort to enhance awareness of the problems associated with fentanyl, atsa invites you to register for an information session providing expert knowledge of this powerful drug. Sergeant Geoffrey Green of the RCMP will provide insight into the presence of fentanyl in our community and the risks that it poses for both users and those who work with them.

Where: The Lantern on Barnes Road (parking available at both the Lantern and Basilica)

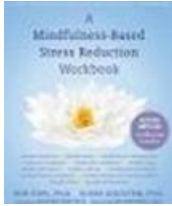
When: 12:00-1:00pm, Friday, February 24, 2017

Cost: \$5-**Bring your own lunch**

Presented by: The Addictions Treatment Services Association (atsa)- a provincial non-profit association that formed and incorporated in 1987. It is dedicated to the advancement of addictions treatment services in the province of Newfoundland and Labrador.

Space is limited-please register by emailing
atsaawareness@gmail.com

www.atsanl.ca



Mindfulness Based Stress Reduction (MBSR)

<http://thelantern.ca/events-programs/mindfulness-based-stress-reduction/>

Mindfulness Based Stress Reduction

Is a well-respected and researched program developed by Jon Kabat-Zinn, now offered all over the world. The Course is a powerful approach to stress management. It teaches mindfulness practices that help focus on the present moment to change the way we handle stress, pain, illness and the overall challenges of daily life.

The MBSR 8- Week Course:

- Provides guided instruction in mindfulness meditation practices including gentle mindful movement
- Teaches ways to use mindfulness to still the anxious mind
- Provides learning about the stress response and how to influence that response through various mindfulness practices
- Shows ways to use mindfulness to become more skillful in personal and work relationships
- Increases participant understanding of the self care practices important for resilience, inner strength and balance

Facilitator: Maureen Barry MSW, RSW

Maureen has received extensive training in facilitating MBSR, and is a recognized teacher for the Program. She is a therapist, coach and facilitator with over 30 years therapeutic and teaching experience in personal wellness, and stress reduction. Over the past number of years Mindfulness has become a core part of Maureen's work with individuals and groups.

Dates:

Free Information Session: Tuesday, March 14, 7-8pm (register by email)

8 Week Course Schedule: April 6 – May 25, Thursdays 6:30-9:00pm

Day Retreat: TBA

Location: The Lantern (course and information sessions)

Course Cost: \$325

(includes the MBSR workbook with guided m3p meditation practices, and day retreat and lunch)

To register and/or information please call 685-6027 or email: mbsr.stjohns@gmail.com

Web:<https://mbsrstjohns.wordpress.com/>

Facebook: [Mbsr St. John's](#)