



### Community Calendar

**Ongoing:**

Seeking Students for Level 1 Usui Shiki Ryoho Reiki Training for Class in January. Cost = \$100 and includes textbook. Dates to be determined based on students needs. Contact [ladyament@gmail.com](mailto:ladyament@gmail.com) or call 250-638-6263.

Healing Touch Clinics at Knox United Church, by appointment. Practice group for various Healing Touch methods also available. Call Julie at 250-638-0743.

Tibetan Buddhist Study Group with support from the Kootenay Shambhala Center – explore the Shambhala teachings of Chögyam Trungpa Rinpoche. Call Penny at 250-615-3272 or email [pbasky@citywest.ca](mailto:pbasky@citywest.ca) for more info.

**November:**

Nisga’a Youth and Elders of all ages are invited to attend upcoming workshops to learn about Nisga’a feast system. Non-Nisga’a may request to attend and will be approved based on space. Workshops are: Stone Moving Feast Nov. 5 to 30, Nisga’a Wedding Dec. 4 to 31 and Pickup feast, Nisga’a New Year Jan 3 to 30. For more info. call Julie Squires 250-635-4422 or Marlene Robinson 250-638-8696.

Freebie Sunday at Dea Motres Yoga Centre on November 29. Classes at 10:30am, noon, and 1:15pm at 4619 Lakelse Ave #205. For more info. call 250-635-3336 or visit [deamotresyoga.com](http://deamotresyoga.com).

Ten Thousand Villages Sale – Volunteers are needed to help set up (Nov.18-24) and run (Nov. 27-28) the sale being held in the River Industries building at 4603 Keith Ave. This non-profit event helps provide income to Third World people. For more info. see [www.tenthousandvillages.ca](http://www.tenthousandvillages.ca), to volunteer call Lisa at 250-635-0762.

**"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has."** - Martin Luther King, Jr.

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### Small Wellness Steps

For some people, picking out their clothes the night before reduces stress. Having a coordinated outfit can also bolster self-image and self-confidence. Try it, perhaps you'll like it!

It may sound silly, but remember to eat three meals plus snacks throughout the day. Many people ignore their stomachs in favour of completing tasks. Though it may truly be worth it to you to occasionally skip a meal, YOU and your health are worth taking time for.

### Small Green Steps

Doing your laundry, running your dishwasher, vacuum cleaner, bread maker, charging cell phones, etc., after 5pm reduces energy demand during peak hours (9-5). Therefore, more 'clean' energy can be used to run these appliances when our energy demands are lower, reducing carbon emissions.

Use recycled paper. Compared to non-recycled it takes a lot less energy and water to make, and of course it saves trees. Thanks to consumer demand, manufacturers are now able to meet or exceed quality standards with recycled papers. Speaking of paper, it has two sides. Try to use both sides whenever possible; either for the project at hand, or later as 'scrap' paper.

# The Story of the Stonecutter - A Japanese Folktale Retold

Once there was a stonecutter. He worked all day cutting and shaping stone into pieces for grand buildings, into tools, and sometimes even into statues. The work was hard, and slow. One day, as he worked by the side of the road, all the traffic was forced to a halt so that a golden litter, with golden curtains, carried by eight strong servants, could pass. As the litter passed the stonecutter saw the seal of the emperor on the golden litter and thus he knew that it was because of the emperor that all people were forced to wait. The stonecutter was working at the time on a particularly large stone, cutting it from the base of a mountain. He leaned against the stone, sighed, and wished "If only I could be the emperor" he said "then I wouldn't have to work all day in the hot sun and everyone would stop their business so that I may pass." The Spirit of the Mountain was listening and decided that if his stonecutter was unhappy, his new wish should be granted. And so it was. The stonecutter found himself being carried in the golden litter, dressed in the finest silks. And so he was happy. In time he came to forget his old life as a stonecutter, and lived only as the emperor.

One day, as he walked in his palace gardens, he began to sweat. 'The sun has power over the emperor' he thought to himself. And so he looked beyond the palace wall, up at the mountain, sighed, and wished. "If only I could be the sun" he said "then I would be the most powerful being of all". The Spirit of the Mountain was listening and decided that if his stonecutter was unhappy, his new wish should be granted. And so it was. The emperor found himself high in the sky with his golden rays touching everything. And so he was happy. In time he came to forget his old life as the emperor, and lived only as the sun.

One day, as he shone most brightly and fiercely on the world, melting the shaved ice the children ate and making even the emperor sweat, a cloud crossed his face. He shone more brightly, trying to pass his rays through the cloud, but he failed. As the cloud moved on, and the sun could once again look down on the world, he looked at the mountain, sighed, and wished. "If only I could be a cloud" he said "then I would be more powerful than even the sun." The Spirit of the Mountain was listening and decided that if his stonecutter was unhappy, his new wish should be granted. And so it was. The sun found himself turned into a cloud that floated through the air and blocked the sun whenever he wished. And so he was happy. In time he came to forget his old life as the sun, and lived only as the cloud.

One day, as he blocked the sun and rained on the fields, he came upon a mountain. He wanted to rain on all of the mountain, but he was too small and he could not. And so he looked at the mountain, and sighed, and wished. "If only I could be the mountain" he said "then I would be so large that no cloud could rain on all of me. The sun would warm me but never make me sweat. The emperor would gaze at me to reflect on my beauty and sigh at my magnificence." The Spirit of the Mountain was listening and decided that if his stonecutter was unhappy, his new wish should be granted. And so it was. The cloud found himself as the mountain, huge, magnificent, and ageless. And so he was happy. Until...

One day, as the mountain stood tall and blocked the clouds, he felt a pain in his foot. He looked down and saw a stonecutter chipping away a large stone. He looked around the stonecutter and saw a beautiful statue that the stonecutter had completed earlier that day. He looked at the statue, sighed, and wished. "If only I could be a stonecutter" he said "then I could have the power to chip away at the mountain and make from the stone the most beautiful statues in the world. The Spirit of the Mountain, who was now living as a stonecutter, was listening, and decided that if his stonecutter was unhappy, his new wish should be granted. And so it was. The mountain found himself as a stonecutter, with the power in his hands to create the most beautiful statues in the world. And so, having found himself, he was happy for all his days.

## Inspirational Quotes

"If you don't know the trees you may be lost in the forest, but if you don't know the stories you may be lost in life." -  
*Anon. (Siberian Elder)*

"Life is known only by those who have found a way to be comfortable with change and the unknown. Given the nature of life, there may be no security, but only adventure." - *Rachel Naomi Remen*

"To achieve great things, two things are needed: a plan, and not quite enough time." - *Leonard Bernstein*

"The vision that you glorify in your mind, the ideal that you enthrone in your heart - this you will build your life by, and this you will become." - James Allen

"Without a sense of caring, there can be no sense of community." - *Anthony D'Angelo*