

VANCOUVER  
**PWA**  
COALITION

# Newsletter

## \$\$ COALITION RECEIVES FUNDING \$\$

The Vancouver Persons With AIDS Coalition is very pleased to announce a contribution of \$27,000.00 from the Health Promotion Branch of the Federal Government, effective February 1, 1987, for a term of one year. This is the first time a Coalition of people with AIDS has ever been funded by the Federal Government. Once again, we are extremely proud that we have led the way! The one year contribution is allotted for administrative expenses and one salary.

It is still as important as ever for the Coalition to continue their fundraising, to enable any P.W.A. or P.W.A.R.C. the opportunity to explore alternate therapies. The Coalition has been sponsoring people up to \$200.00 at a time for these purposes. Another purpose of fundraising is to allow us to expand our library which now consists of video and cassette tapes, as well as a large selection of books. Please feel free to drop by our office between 1:00 - 5:00 p.m. Monday through Friday to see what we have to offer.

Our next fundraiser will be on Sunday, February 15th at Heaven, 1251 Howe Street. In the theme of Valentine's Day, we have called this event "Hearts and Flowers". Some of the talent (not to be missed) are The Bovines. We will also have a dating game, hug squad, a contest for the couple who have been together the longest (you must be out there), and much much more. For those of you who know and love Bill Monroe, yes! he will be M.C.ing this event. Tickets are now on sale for \$7.00 at the Coalition office (1170 Bute Street), Little Sisters Book and Art Emporium, Doll and Penny's Restaurant, Buddy's, and The Castle Pub. We are really looking forward to the evening and hope to see you there.

Sharon Holtzberg

## PERSONAL STORIES FROM THE LOUISE HAY WORKSHOPS

On January 31st-February 1st, Michael Setters and Friends sponsored a weekend workshop with Louise Hay, a woman we have previously spoken of for the work she does not only with P.W.A.'s, but all persons with Ability. What varied from the Portland workshop was the much larger amount of people from Vancouver present. Not only was our P.W.A. Coalition in attendance, but many medical people in all fields who have learned to recognize that the first step to feeling well is to feel well about oneself. We do not need permission to feel good or to love oneself because as persons on this planet we all have that right! I had the personal pleasure of attending with another Coalition member a private luncheon given for Louise by Michael Setters and attended by a varied group of people working together for well-being. I felt not only honored to have been asked to attend, but more importantly to proudly represent the Vancouver Persons With AIDS Coalition, of which there is no such group even similar in Seattle. That evening I was joined at dinner by Louise, and her assistant Joseph, (another wonderful person) and just speak casually to a woman who I am now able to call my friend. She is very proud of the work she does for all P.W.A.'s in her weekly workshop in Hollywood, where over 400 persons with Ability meet in what Louise says is one of the most powerful experiences to go through. The workshop in Seattle closed with a meditation and healing circle dedicated to all P.W.A.'s and P.W.A.R.C.'s. This was a very beautiful and emotional time for all the people in attendance. I cannot describe how it is to be lying in the lap of Louise Hay with over two hundred people sending out feelings of love and well being. My heart still beats stronger just remembering this experience and how I wished I could bottle that feeling in the room to share with all my friends. We all can come a very long way, and through the work of people such as Louise, the P.W.A. Coalition, and the many new people learning to open their hearts, we shall go even further. For more information on upcoming workshops of Louise Hay, and available tapes and books (some of which are in our library) call or stop into our office, and remember LOVE YOURSELF, YOU ARE WORTH IT!!

Most people living with a life-threatening dis-ease today, were brought up by parents who either didn't love them, or who didn't know how to express their love in a manner that children could understand. Louise Hay has taken it to task to put the love back into the lives of the seemingly hopeless.

Forgive everyone and everything in your past, starting with yourself, and then actively forget it. Love must be unconditional: If you need some ask for it: and do it now. Living in the present is the key to self empowerment and regaining your health.

As a Minister of the Church of "Science of Mind", Louise teaches that we are solely responsible for what we think and what we say becomes our future. Dis-ease is a physical manifestation of a pattern of thinking or belief we have, which no longer is true for us. Changing your thinking is a paramount to successfully healing your life. I use the word healing to encompass the areas of spirit, mind and body.

I didn't go to Seattle January 31st, because I attended this same workshop in Portland, Oregon in November, and then in December I went to Murrietta Hot Springs in California for an extended version of the same workshop in the form of her first ever week long intensive training program. What I gained from those two experiences has changed my life in ways that are obvious to everyone who knows me.

Joseph Reid

I went down to Seattle on Thursday, as I wanted to hear Louise speak at Unity. I enjoyed very much what she had to say there, and at the luncheon on Friday, and the lecture on Friday afternoon, as well as the workshop on Saturday and Sunday. Much was work I have previously done, but was able to look at many things at a deeper level. Also there was some new ah ha's for me to look at. It was good as an affirmation of what I have been doing. In all I thought it was a rewarding experience. Durb

## ON-GOING STORY (2)

Once upon a time not too very long ago, I complained a lot. I lay in my hospital bed and lamented my misfortune. I spent my first stay in hospital silently cursing my fate. I say silently, because I was too embarrassed to curse out loud. Why me? Why me?, was my constant refrain. Sometime after my discharge from hospital I received an answer. I read an article about a young man who had received third-degree burns to ninety-five percent of his body. My question slowly paled as I opened my eyes to the suffering and pain all around me. Why me? Because I needed to be shown just how self-centred my concern had always been. I needed to be taught to get out of my little "me" and see others who were much worse off than I could have ever been. The answer was unexpected and, at first, somewhat puzzling. Slowly but surely I stopped asking "why me", and started asking "why them?". You know, the more concerned I became for others the less time I had to be concerned with me. I have discovered the best way to heal my pain is to try to heal another's pain.

I now practice, in secret, taking upon myself all the suffering and pain of my friends and enemies and in return give them joy and well being. I breathe in their suffering, transform it into joy and breathe out joy. I never consider asking "why me?" anymore because I received an answer. I had to be taught a lesson and I have learned it well. A Sufi proverb sums everything up: "I complained about not having any shoes until I saw a child with no feet".

Love and Peace  
Allan

## SEX, SEX, SEX

Now that I have your attention, here's a report on our closed meeting which had sex as a topic.

Most, if not all of us, went into shock upon diagnosis, and the thought of sex was the last thing on our minds. However as time went on, we noticed that we weren't dead, and neither were other parts of our anatomies (although some

## SEX, SEX, SEX CONT'D

report a certain degree of comatoseness).

At this point, some people opt for celibacy, others go it alone, and still others face the perils of the social whirl and the anxieties of rejection. Sure, we know about safe sex, and the fact that we're no more infectious than almost half the gay men around (maybe even less), still, most of us felt like damaged goods. "Who would want to sleep with me?. We wondered (but as one of our members pointed out that's how he felt before diagnosis anyway). We also wondered, how does one bring up the subject tactfully when with someone interesting (on the other hand, saying "I have AIDS" is not a commonly used line; so it does have the virtue of novelty). One useful suggestion, from those of us who have tried it, is to visit San Francisco. Since they've dealt with the situation longer and on a larger scale, having AIDS is no big deal, or at least not important enough to get in the way of things that really count like relationships. Strictly speaking (and the stricter the better, I say,) the topic of sex is different from the topic of sex; but it seems that most people really want a meaningful (hate that word) relationship with emotional intimacy, rather than just slam-bam sex (on the other hand, some of us, though not many, are just horny).

In the final analysis, everyone, from those of us who are vanilla, to those of us who are interesting (I have never claimed to be unbiased), felt that it was interesting and even beneficial to discuss the whole area of sex and relationships. So no doubt they will continue to come up as topics for future meetings (probably ad infinitum

Taavi

## MEETING WITH MINISTER OF HEALTH

On January 13th, a delegation from the Vancouver Persons With AIDS Coalition had a successful meeting with the Hon. Peter Dueck, Health Minister for the Province of British Columbia.

The Coalition was represented by Kevin, Warren, Sharon and Brian Peel (loaned by AIDS Vancouver as a resource person on Home Care). We met with the Minister and four members of his staff in his office in Victoria. We presented a brief to the Minister and had an open discussion for forty minutes on the major concerns and needs of persons with AIDS - Hospice, Home Care, upgrading acute care hospitals, experimental drug costs, medical plan coverage of experimental treatment, provincial AIDS policy and educational policy. (A copy of the brief is available in the office).

The Minister and his staff listened quite carefully to everything we had to say and thanked us for our comments. We came across as sane, rational articulate people with a genuine desire to co-operate with the government in finding solutions to problems - we were non-confrontational.

We know the province is forming an AIDS Advisory Board and we hope that we will be asked to sit on the board in the future. If that happens we will have a major voice in government policy making.

Kevin Brown

## KNOW YOUR RIGHTS

Travelling by VIA Rail or Greyhound Bus Lines Canada and U.S.A.? P.W.A.' and P.W.A.R.C.'s who require a travelling companion need only pay for one fare. You'll need a letter from your doctor stating that because of health reasons you require a travelling companion. Your destination and the date of your departure, which you present when purchasing your ticket.

### EXCUSE ME

The item we ran under the heading "Concerns" in our last issue needs some clarification. Neiman-Marcus which was responsible for firing a P.W.A. is no longer associated with Holt Renfrew.

### FREE LAW CLASSES

The People's Law School is conducting a series of law classes, which include topics such as: Your day in small claims court, What's in a will? Welfare rights and GAIN and You and your lawyer. For further topics as well as their dates, locations and times call 734-1122 Monday through Friday, between 9:00 a.m. - 5:00 p.m.

### BABA TAAVI'S SPIRITUAL CORNER

With all their attendant anxiety, frustration, and melodrama, it seems perfectly clear that intimate relationships are the Universe's joke on mankind. Except for one's own relationships, of course, those are always very, very significant.

# Psychoimmunity & the Healing Process

A Seminar With  
**Jason Serinus**

editor, *Psychoimmunity and the Healing Process*

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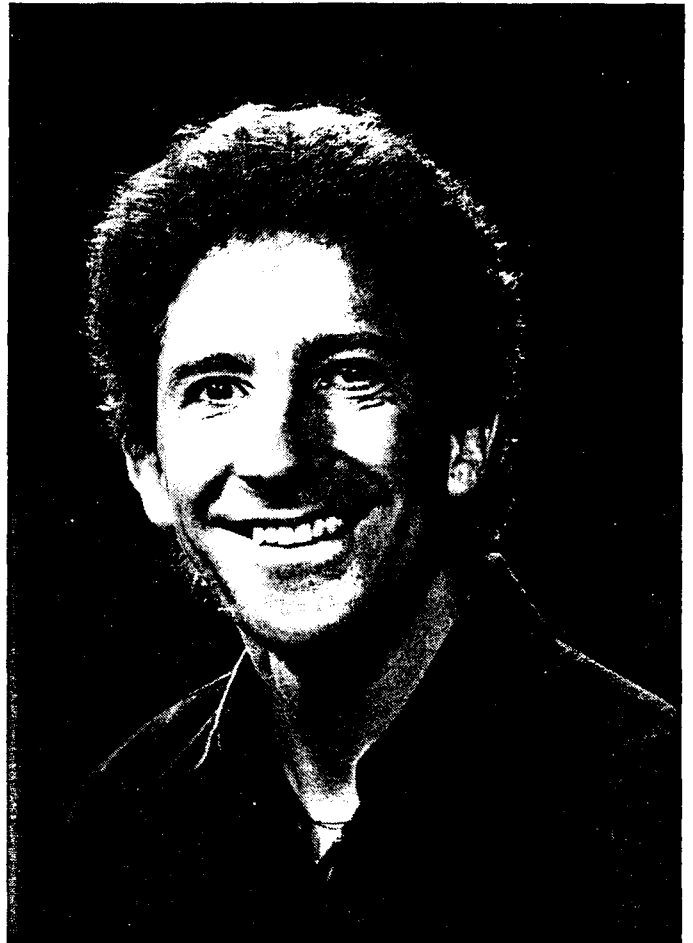
This seminar will speak to the heart of the healing process, with a special focus on the mental and spiritual aspects of healing AIDS, immune dysfunction and other dis-ease. We'll ground our discussion in an understanding of psychoimmunity, our capacity to unite mind with body in the *transcendence* of dis-ease states. Through lecture, question and answer, group chakra meditation and healing tone, we will access our own innate abilities to achieve health and balance in our lives.



Jason Serinus is a healer, writer, performer and holistic health activist who knows in his heart that AIDS can be healed. He has published information on holistic approaches to AIDS since 1983, culminating in the release of *Psychoimmunity and the Healing Process: A Holistic Approach to Immunity & AIDS* (Celestial Arts, 1986), a definitive 344-page book which integrates positive information derived from holistic, psychological, medical and intuitive sources. Jason maintains a bodywork/energy balancing practice in Oakland, California which fosters alignment of mind, body and spirit.



*The Psychoimmunity* text, featuring contributions by Elisabeth Kübler-Ross, MD, Jack Schwarz and Kevin Ryerson, Mediator (trance channel known for his work with Shirley MacLaine in *Out on a Limb*) will be available at the seminar.



Christopher

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SPONSORED BY THE VANCOUVER PERSONS WITH AIDS COALITION

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**THURSDAY, FEB. 19TH 7:30 p.m. AT THE ACTOR'S INSTITUTE 944 HOWE STREET**

**(bring a pillow if you want to sit on the floor)**

**COST: employed \$5.00; unemployed by donation; PWA/ARC free**

**For registration or further information, call 683-3381**

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**Meet Jason at a book signing at Little Sister's, 1221 Thurlow St.  
Thurs. Feb. 19th. 4 to 5 p.m.**

# BUTE STREET GALLERY

## Series considers terminal illness

Bute Street Gallery, 1170 Bute Street, near Davie. Hours: Monday to Friday, 10 to 5 pm, evenings, 7 to 10 pm.

The Terminal Series is a suite of five large prints by Tom McAuley. It will hang in the Bute Street Gallery from Tuesday, February 17 through March 28. McAuley attempts to visually describe the five stages of experience during a terminal illness such as AIDS.

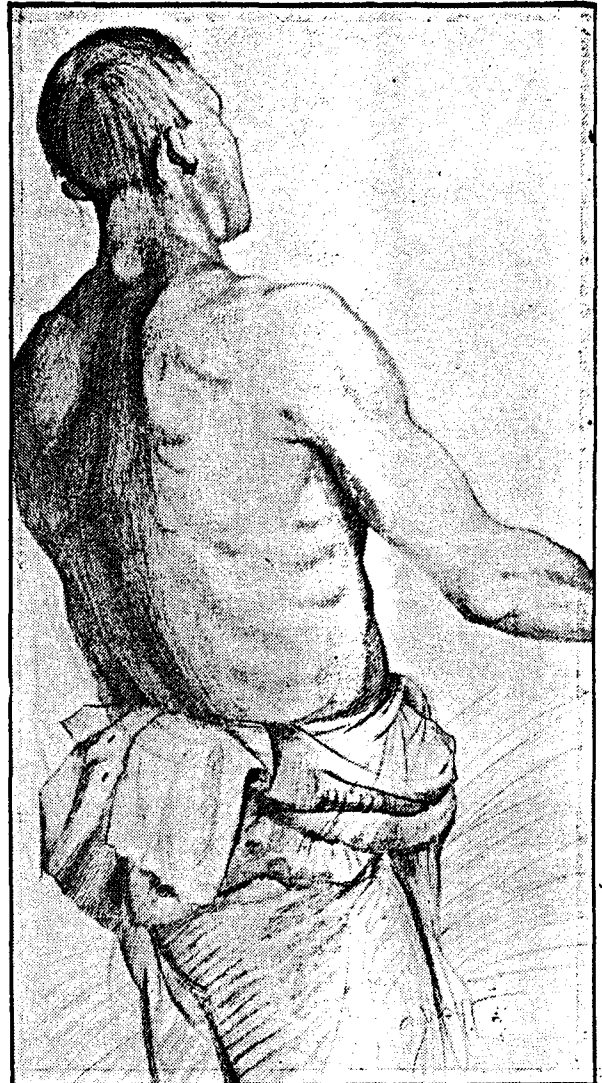
*No, Not Me!* pictures the initial denial stage. *Why Me?* delineates the bargaining stage. *Yes, Me, Whose Fault!* portrays the stage of anger. The depression stage is envisioned in *Yes, Me, My Fault!* Finally, the acceptance stage is delineated in *Yes, Me!*

McAuley studies fine arts at UBC. He has sold a number of silkscreen prints through the Bute Street Gallery. His print, *Miss Rege Strayshen*, illustrated here, suggests his overprinting style. McAuley exhibits under the pen name Tómasin.

An opening of the Terminal Series will be held Tuesday evening, February 17, from 7:30 to 10 pm at the Bute Street Gallery.



*Miss Rege Stration*, silkscreen print by Tom McAuley.



*Man of My Dreams*, graphite portrait by Shannon Hodges (*Shalala*).

## Black artist sketches dreams

previewed by Michael MacKillop

Shannon Hodges is an artist recently arrived from California. An exhibit of his portraiture opens at the Bute Street Gallery on February 3 at 7:30 pm.

His subtle use of graphite captures the visual essences of his nocturnal dreams. Balancing composition with character, he often achieves an ethereal quality, signing his work *Shalala*.

In Vancouver for study at Emily Carr College, Hodges matriculated at San Francisco's Academy of Art last year, after two years at Parson' School of Design in Los Angeles. Now aged 25, Shannon was born in Portland, Oregon.

## ONGOING EVENTS

### Sunday Nights : HEALING CIRCLE

Open to P.W.A.'s, P.W.A.R.C.'s, friends and supporters. One hour of relaxation, visualization and sharing of healing energy. It's from 7:30 till 8:30 p.m., at the V.G.L.C.C. , 1170 Bute Street

### Tuesday Nights: HOLISTIC THERAPY

P.W.A.'s and P.W.A.R.C.S only. It was decided that for the closed tuesday meetings, we would try specific topics. The meetings would focus on people's feelings about the suggested topic, and how they are dealing with it in their life. The following are some of the suggested topics:

February 17: How are family, friends, and community dealing with your diagnosis? And how are you dealing them?

March 3: Dealing with fear of travel, not having your support system at hand.

March 17: Self-image

Any more suggestions for topics? Call the office (683-3381) and leave a message for Benoit.

### Tuesday Nights: OPEN TO ALL

Those meetings are held every other week, and are open to everyone. This is an occasion to explore the holistic approach to health.

February 10: Imagination in stress reduction and healing.

February 24: Ego strength as a factor in staying well. Pat Tucker (our guest) is doing a study about that.

\*\*\* Take note that all Tuesday Night Meetings are held at St. Paul's Hospital, (Comox Building - 1056 Comox Street, Room LM 5 in the basement) from 7:30 p.m. - 8:30 p.m.

### Friday Nights: Tai-Chi Classes

Learn the ancient chinese "Meditation in motion". You may join the class at any time. Open to everybody, from 7:30 - 8:30 p.m. at the V.G.L.C.C., 1170 Bute Street  
\*\*The Wednesday night Tai-Chi class has been cancelled.

### Mondays at Noon: Business Meetings

of the P.W.A. Coalition. Open to P.W.A.'s and P.W.A.R.C.'s. A way to share responsibilities and decisions. The business meetings are held at the Coalition office, 1170 Bute Street.

Note: Due to applying for inclusion under the B.C. Societies Act, we will be having a general meeting February 20th at which we will elect a Board of Directors. For nominations or further information call the office.

### Social Evenings?

If anyone is interested in playing cards, or just having a social relaxing evening with other P.W.A.'s or P.W.A.R.C.'s, please call Michael Welsh at AIDS Vancouver 687-2437.

FEBRUARY 1987

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PURPLE HAZE FUNDRAISER  HEALING CIRCLE	2 BUSINESS MEETING	3 HOLISTIC THERAPY - P.W.A.'S AND P.W.A.R.C.'S ONLY	4	5	6 TAI-CHI	7
8  HEALING CIRCLE	9 BUSINESS MEETING	10 HOLISTIC THERAPY OPEN TO ALL IMAGINATION STRESS RED.	11	12	13 TAI-CHI	14
15 HEARTS AND FLOWERS FUNDRAISER 8:00 P.M. HEAVEN 1251 HOWE	16 BUSINESS MEETING	17 HOLISTIC THERAPY P.W.A.'S AND P.W.A.R.C.S ONLY DEALING WITH DIAGNOSIS	18	19 JASON SERINUS 7:30 P.M. ACTOR'S INST. AUTHOR OF PSYCHOIMMUN- ITY AND THE HEALING PROC.	20 TAI-CHI  GENERAL MTG. NOON - RE: ELECTION OF BOARD OF DIRECTORS	21
22 HEALING CIRCLE	23 BUSINESS MEETING	24 HOLISTIC THERAPY OPEN TO ALL  EGO STRENGTH WITH PAT TUCKER	25	26	27 TAI-CHI	28