

2006 December  
Volume 2, Issue 10

# Manitoba Humanist

Published by and  
for the  
Humanist  
Association of  
Manitoba

President: Barrie  
Webster

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**Editor: Catherine Ousey**

**HAM**

## **Winter Solstice Party**

Viscount Gort Hotel  
1670 Portage Avenue (at Route 90)

Saturday December 9 at 5:00 PM

**Everyone welcome**

Dinner may be ordered from the coffee shop menu  
**Please rsvp Barrie Webster 475 – 1266**

Games and music

Charity of choice: The Sexuality Education Resource Centre

## **Coming soon**

**Humanist Association of Manitoba**

### **Annual General Meeting**

**Saturday January 13 4:00 PM**

**After dinner speaker: David Northcott**

**Topic: Why is Winnipeg Harvest still necessary?**

**Mark your calendars (Bring a non-perishable food item for Wpg Harvest)**

## HSC Spiritual Care To Be More Inclusive

At the November members' meeting HAM listened to Pat Frain, director of Spiritual Care at the Health Sciences talk about new directions.

She told the members that there is a plan to rename the department, The Hope and Healing Centre and to make it more inclusive of all faiths and those with no religious affiliation.

This is in line with the four principles of the department: Inclusivity, Diversity, Hope and Healing.

She assured the members that there is a "sanctuary" available for patient and family use, not a "chapel." In the sanctuary there are no religious symbols of any kind. If a particular faith or community wishes to have such symbols, they bring their own.

When a spiritual caregiver meets with patients or their families they respect all beliefs. They do not use religious

terminology unless the patient or family member uses them. They only pray with the patient if asked.

Ms. Frain asked the members whether there was anyone who might be interested in volunteering for the spiritual care program. She said she would like to be able to offer humanists and atheists someone from our community to help. She also challenged the members to think about how they would respond if they were called to someone with a religious belief. Could we respect that?

Ms. Frain then asked the members to tell what atheists and/or humanists need from the department. Some suggestions included: humour, music, (CD, DVD player, TV) pictures of nature, pet visits, talking to someone about the family while looking at picture albums, help with writing stories, letters,

privacy, respect, fostering communication between family members.

One member asked Ms. Frain why a pamphlet about the spiritual care department was not available to patients on admission. She was also asked why non-religious activities were not announced on the PA system at HSC but announcements for religious ceremonies were.

(Editor's Note: HAM has been informed that HSC now gives pamphlets outlining the services of the Spiritual Care Department to patients at admission.)

Members were very impressed by the talk and one member was heard to say that he was glad the information went both ways.

"She listened to what we said," he stated, "and showed willingness to include us."

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*"She (Ms. Frain) asked whether there was anyone who might be interested in volunteering for the spiritual care program."*

## Member Profile: Lorraine James



Lorraine has been involved with the stage from a very young age. She remembers being impressed by a Punch and Judy show in elementary school. By junior high, she aspired to be an actor, appearing in class plays. In high school she chose drama as an elective. She has trained in improvisation and acting since high school both in Vancouver and here, including at Manitoba Theatre for Young People, the Prairie Theatre Exchange. So it was no surprise that she has been in many productions in Winnipeg.

Lorraine was born in Winnipeg in 1968. She has a younger brother and a half-sister in this city and an older brother in Jamaica. Her family is very important to her although some of them are rather fundamentalist in their religious faith.

At the age of 13 Lorraine and her family moved to Edmonton, where she first realized that actors can live and work in Canada and are not just found in Hollywood. That is where she attended High School and took drama. "My friend Lisa first suggested I should become an actor," Lorraine said.

She has appeared in stage plays, movies, TV shows such as "Just For Laughs," and many local productions such as those of Femme Fest, a celebration of female playwrights. As Lorraine said, the plays are, "by women, for everyone."

Last summer Lorraine was hired for two days' work in an indie movie called, "You Kill Me." This movie will be shown at the 2007 Sundance Film Festival and may be released to video stores. Here is a link to information about the movie: <http://www.us.imdb.com/title/tt0796375/> While working on this movie she met Ben Kingsley, Tea Leoni and Luke Wilson. She had one scene with Ben

Kingsley. Lorraine said, "I had to keep my cool the entire time, treat the stars like fellow co-workers, but inside I was all excited and a little bit star-struck." It was quite an experience and confirmed in her the goal of being able to make a living at her chosen craft. Like many local actors, she finds it hard to pay the bills with acting jobs, which are not always numerous. For this reason she also works at Pier One Imports. She finds that her sales job conflicts with her values, so she is hoping to be able eventually to support herself by acting.

Lorraine first became aware of HAM when she met Dennis Ousey and other humanists at the atheist "meetup" meetings. These are meetings that are arranged online by people wishing to meet informally with others who are like-minded. She began to attend some of the HAM dinner meetings and enjoyed some of the speakers. She likes being a part of the community of humanists whose views are compatible with her own.

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## **Two wolves**

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two 'wolves' inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old man simply replied, "The one you feed."