



# Illumination

Interfaith Unity

## ILLUMINATION

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Spring Rain Sangha's 1-Day

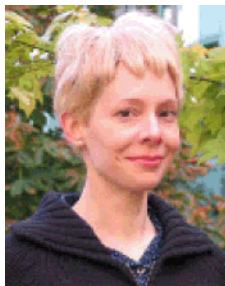
Metta Meditation Event:

## A SPECIAL DAY OF LOVING-KINDNESS

## CORRESPONDENT REPORT

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By: Lisa Gorecki, Interfaith Unity Correspondent



At the front of the room, in a large white alcove, sits a 16-foot-high Buddha statue. Its eyes are gently closed, its expression serene. The vases of colourful flowers that surround it make its cool shade of ivory even more soothing to the eye.

Across the street, on Kingston Avenue, the cars are whizzing by. They are driving so fast, without any signs of slowing down, that I wonder if they have all read the sign in the middle of the nearby car-dealership parking lot that reads "Dodge." Dodge: "to avoid, by movina suddenlv." But what are they all



Above: entrance to the meditation centre.

Below: SRS teachers, Jim Bedard (left) and Philip V. Starkman (right)

## INTERFAITH UNITY RESOURCE CENTRE

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