

SPARK discussion - March 2019

Emily Levine, *The Gift of Life and Death*. April 2018 TED Talk. Emily is a philosopher/ comic who has been diagnosed with Stage 4 lung cancer. Her TED Talk espousing her beliefs on science and the human condition is well worth listening to.

The State of Marriage - The United Church Observer, January/February 2019 sparked discussion of a Daily Essay contained in the February 13th, 2019 *Globe and Mail*. A delightful account of how a good marriage is like a compost heap! Check it out at www.globeandmail.com/life/first-person and then scroll down to February 13th.

The Wisdom of the Enneagram, Don Richard Riso. The first definitive guide to using the wisdom of the enneagram for spiritual and psychological growth. The ancient symbol of the enneagram has become one of today's lost popular systems for self-understanding based on 9 distinct personality types.

Discussion on the testimonies of Gerald Butts and Michael Wernick, Privy Council Clerk, concerning SNC Lavalin. Communication is key to ensure that all people are on the same page.

Pack It Up, Pack It In, Fioma Tapp, United Church Observer. A discussion on the Swedish tradition of "death cleaning". How to lighten your load one last time.

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Ayesha At Last, Uzma Jalaluddin. *Pride and Prejudice* with a modern twist. A captivating romance set in the Muslim community. "Smart, witty, romantic and utterly charming." Deals with issues of arranged marriage, racism in the work place and community.

Monsoon Wedding - recommended movie

And A Bird Sang, Diane Bestwick, 2014. Diane is a Nanaimo author who taught in China. When Lei becomes pregnant with her second child, she faces the anguish of continuing her pregnancy or being forced to abort as required by Chinese law. The book presents a realistic backdrop for the universal challenge of women who must decide between subservient obedience or honouring their inner voices.

Other local authors: Marie Legault. *Mental Wards to Blackboard*
Grant Corriveau. *Uplift: A Pilot's Journey*

Art of Lent, Sister Wendy Beckett. One daily piece of art accompanied by a short reflection. Available on Kindle, Kobo or check the Libby app at the Library (VIRL).

Between Gods: A Memoir, Alison Pick, 2014. Brave and honest, this book offers an intimate portrait of a woman seeking to heal from inherited family trauma and find the beginnings of peace within her own soul. A poignant and powerful memoir of family, religion, love and healing.