  
**“When you know better, you do better.” – Maya Angelou**

**Get Your Winter Gala 2017 Tickets: Deadline Tuesday, January 24 @ Midnight**

**Your Last Chance to Join the Fun with the IJ Community...a Time to Kick Back, Reconnect with Your Tribe, Celebrate our Volunteers**

Mark your calendar for **Saturday January 28, 2017** and get out your glad rags and dancing shoes. The beautiful Marconi Centre will again be the venue for an evening of fine dining, dancing, raising funds – through a raffle – for the Bursary Fund and celebrating our volunteers.  More importantly, it’s a time to reconnect and have fun!  Tickets are $49.95 per person and to get your tickets NOW contact:

Fred: [ijcanadatreasurer@gmail.com](mailto:ijcanadatreasurer@gmail.com)

Ambrose: [ijsocialevents@gmail.com](mailto:ijsocialevents@gmail.com)

Cash/cheque/e-transfer accepted!

The theme -- Be the Best Version of You -- means the blings the thing, so get out those fancy duds and strut your stuff!

**Schedule of Events (all times approximate)**

Doors Open at 6:00 pm (check out those Raffle items)

Dinner: 7:30 pm

Volunteer Awards: 8:30 pm

Dance the Night Away: 9ish

**“Sankalpa” – Meditative Group Intention Setting Call for March 2017 IJ Intensive January 26**

Join us for a Sankalpa (group intention setting) conference call on **Thursday,** **January 26 at 8:00 p.m**. Let's create a strong spiritual field of attraction by jointly setting a heartfelt intention for a March IJ filled early and easily and sending it out to the universe.  The number to call is 1-416-915-9475. The access code is: 252332. This is a Toronto call so use your long distance plan if you have one or Skype (voice only). Let's fill this IJ and give another two tribes the opportunity to raise their self-awareness and open their hearts.

**Reminder: Weekly Meditation every Thursday**

IJ community member Doug Thicke is hosting weekly meditation sessions. The format is simple: arrive for 7:30 p.m. with water bottle and blanket (Apt 3, 565 Riverdale Ave); 30-40 minute silent meditation; conversation; done by 9:00 p.m. Drop in, drop out! In other words, come if and when you can (no prior commitment required); “drop in” quietly if you need to be late but want to join. “Drop out” early if you have family commitments or other reasons to leave. For any questions email Doug at [dougthicke@gmail.com](mailto:dougthicke@gmail.com). For more information: <https://www.facebook.com/events/857697417666344/>

**Inner Journey Intensive March 9-12 - Early Registration Date is January 26**

The next opportunity for those you care about to attend the awesome IJI is coming soon and the early registration date closes this week. If you have started the conversation to invite friends and family, now is the time to "close the sale," as they say. If you haven't broached the subject, time is of the essence to give them a chance to think it over and still register in time for the discount.  Remember all facilitators are willing to support you by talking directly to your contacts or helping you to answer their questions; don't hesitate to reach out.  Synandra ([synandra.lechner@gmail.com](mailto:synandra.lechner@gmail.com)) is acting as the Enrolment Coordinator and can help arrange those conversations.

If you have a few people who might be interested in learning more, you can also set up an information evening at your home and invite a facilitator to lead the session.

**Who’s Who on the Coordinating Circle?**

**Keep in touch with the folks who keep the IJC humming**

* Administration: **Evan McBride**
* Chair: **Eric Girouard –** ijcanadachair@gmail.com
* Communications: **Mark McCondach -** Inner.journey.canada@gmail.com
* Enrolment: **Synandra Lechner (Interim)** – synandra.lechner@gmail.com
* Finance: **Fred Owen** – ijcanadatreasurer@gmail.com
* Love & Care: **Violetta Borowski –** ijcanadalandc@gmail.com
* Production: **Julie Desmarais –** ijcanadaproduction@gmail.com
* Social: **Ambrose Baptista –** [ijsocialevents@gmail.com](mailto:ijsocialevents@gmail.com)
* Volunteer: Position Vacant – Any takers? Let us know.

**IJC COURSES AND UPCOMING EVENTS**

**THIS WEEKEND - Body Embraced**

Date: Jan. 28-29

For more information, contact Maria at: [maria1@magma.ca](mailto:maria1@magma.ca)

**Winter Gala 2017**

Date: Saturday January 28, 2017

Where: Marconi Centre, 6:00 p.m. – 11:00 p.m.

For more information: <https://www.facebook.com/events/1206635339404084/>

**SAVE THE DATE - IJ Annual General Meeting**

Date: Wednesday February 22, 2017

Where: Ottawa Citizen, 1101 Baxter Rd, Ottawa, 7:00 p.m.- 9:30 p.m.

**REGISTERING ONLINE IS JUST A CLICK AWAY!** <http://www.innerjourneycanada.com/online-registration.html>

**SOCIAL MEDIA**

**To all of our Facebook followers:***A kind reminder that our Facebook page is intended as medium for providing information on upcoming Inner Journey events and workshops, and as a forum for the sharing of your thoughts and experiences around your IJ seminar – before, during and after – in a way that is reflective of IJ values: open, honest, respectful, supportive, safe and non-judgmental of others. Some comments and posts may not reflect the views of IJ Canada or its members.*  
**Facebook:** [Inner Journey Canada](http://www.facebook.com/" \l "%21/groups/38117217352/" \t "_blank)  
**Facebook:** [Oneness Ottawa](http://www.facebook.com/home.php?sk=group_198888090130579&ap=1" \t "_blank)  
**Twitter:** [https://twitter.com/Oneness\_Ottawa](https://twitter.com/Oneness_Ottawa" \t "_blank)