

Meditation with crystal bowls and more with therapist and artist Domenico Panaccione in potton



THE SCOOP

MABLE HASTINGS

On July 8, the Municipality of Potton Cultural Committee will present a Meditation with Crystal Bowls and more concert with Therapist and Artist Domenico Panaccione at the CABMN Feather in the Wind Senior Centre located in the former St. Paul's Anglican Church Hall, 309 Principale in Mansonville starting at 7 p.m.

Attendees are encouraged to be part of a sound meditation experience while letting themselves be lulled by the vibrations of these sacred instruments.

"I attended several workshops in Canada, the United States, France and other countries, which led me along the road of sound. With the knowledge I've acquired and my own experiments, I've developed my own sonotherapy technique. In all simplicity, I share this technique using various instruments, including Crystal Singing Bowls, along with other tools that are part of my life (stones, essential oils, etc.). The emission of these special sounds brings about mental release, deep meditation and relaxation," shares Panaccione.

He adds that, "The sound touches us at all levels and beyond words. Crystal Singing Bowls came into my life 20 years ago. I share them with others and help them find the bowl that vibrates best for them. After 8 years spent in Europe spreading the word about crystal bowls and creating many events, I've been back in Quebec since 2013. I now share my new experiences and the new therapeutic tools I discovered during my stay in Europe through these types of consultations."

\$20 per adult and \$10 for youth ages 12 to 18. \$5 from each ticket will go to the CABMN for use of the

space. Payment can be made at the door. Please note that due to limited space, those planning to attend should reserve their space by contacting Jason Ball at 819-580-2449 or emailing: swamp_ophelia@yahoo.com

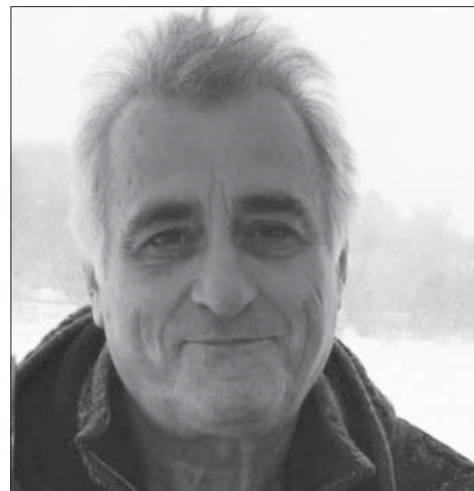
Prior to the Pandemic, Panaccione had made a presentation to the cultural committee and while there was interest, the pandemic occurred and gatherings were put on hold.

"I felt that this unique experience would be well received in our community," said Municipal Councillor Jason Ball. "It is a pleasure to finally bring Dimenico's gift to Potton."

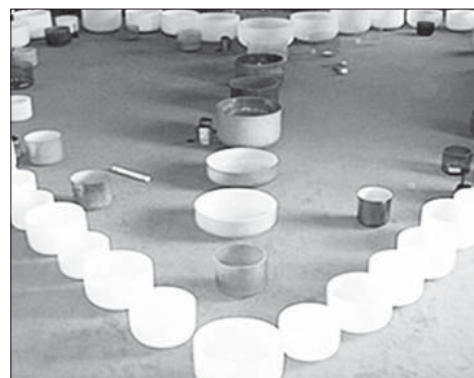
Panaccione offers animation activities in schools, hospitals, associations and others. He feels this brings joy, promotes healing and alleviates suffering.

"I also give concerts, group workshops and outside consultations. You can call on me for long-distance energy treatments and energetic cleansing of premises."

The benefits of crystal healing bowls must be seen and heard and this rare opportunity is sure to provide all who attend with a unique experience.



PHOTOS COURTESY



Reilly House celebrates annual strawberry festival summertime sweet tradition and wonderful Eastern Star donation!



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The Reilly House located at 302 Principale in Mansonville is a venue for social interaction and community support. On July 1st the Reilly House will hold its Annual Strawberry Social and Porch Sale! The Reilly House in operation for some forty years now is a must stop on a trip to Potton.

From 10 a.m. to 3 p.m. you can enjoy purchasing a variety of bargain priced items at the always popular porch sale while enjoying some strawberry shortcake or items from the daily menu. Whatever your reason for stopping by

you won't be disappointed.

The Reilly House also recently celebrated a \$5000.00 donation from the Owls Head Chapter #35 Order of the Eastern Star of Mansonville. The funds will be used for upcoming necessary repairs.

In a recent presentation The chapter thanked the Reilly House volunteers for the many years of service to the community and wished them many more. Special mention was made of two long time members of the Owls Head chapter, the late Marjorie and Robert "Bob" Newell who were also longtime supporters of the Reilly House since it began. At the Reilly House they served in many capacities and Bob was president for over 15 years. Both Owl's Head Chapter and Reilly House know that Marjorie and Bob would be pleased.

The Donation was presented by Rick McWilliam the very last Worthy Patron of Owl's Head Chapter, to Lorna Lamothe (volunteer and daughter of the late Mavis and Arthur Aiken) and Derek Lacoste on behalf of the Reilly House.

Mark your calendars for the July 1 strawberry social and sale!



COURTESY

Left to right: Lorna Lamothe, Derek Lacoste and Rick McWilliam the very last Worthy Patron of Owl's Head Chapter presents the sizeable donation from Eastern Star Owls Head #35.