

Our Lady of the Angels Region



Ignatian Corps plans info session for volunteers at Blessed Sacrament

■ The Ignatian Volunteer Corps is seeking volunteers (age 50 and older) to work with the poor in the Los Angeles Area two days a week beginning in September 2006.

Volunteers are invited to share their talents and life experience with organizations that assist the poor and reflect on their experience in the Ignatian tradition," said Jennifer Mangali, L.A. regional director.

An information session will be held April 12, 11 a.m.-1 p.m., at Blessed Sacrament Church in Hollywood. To RSVP or for more information, contact Mangali at (310) 937-8280 or la@ilvc.org, or visit www.ilvc.org.

Survivors of crime learn about healing teas

■ Victims and survivors of crime were recently invited to a presentation about the healing properties of tea at the Archdiocesan Catholic Center.

"Energies in the body don't flow properly when you have gone through trauma or victimization," said George Lamoureux, head herbalist of the Tea Garden and Herbal Emporium in West Hollywood to a couple dozen participants. Lamoureux holds a master's degree in Traditional Chinese Medicine.

Unexpressed or unresolved anger can affect the liver and the digestive system, he

noted. Others who have suffered trauma and grief have closed off their hearts to being able to feel love again. Still others experience kidney disorders.

Herbal tea has a calming effect and works internally to help restore the body to balance and harmony, added Lamoureux. It promotes the healing powers of the body, mind and spirit.

Mark Ukra, owner, educated participants on how tea leaves are processed to make different kinds of tea with various kinds of healing effects. He offered demonstrations on the Asian art of making a pot of tea using contemporary tea pots.

Founded in 1988, the Tea Garden and Herbal Emporium specializes in the use of therapeutic herbal teas from around the world.

"The path to healing is a very personal journey," said Elo Carrillo, coordinator of Victims' Ministry for the archdiocesan Office



HEALING TEA — Mark Ukra pours a cup of Ethos tea to nourish the body and relax the mind.