

National Conference for Young Women living with breast cancer.

I am 59 but in my heart most of the time I feel much younger. I wanted to attend to this Conference to nourish my well being which is still growing after having breast cancer 12 years ago. I also wished to meet other women to share my new **bilingual** book: *Du caillou au sequoia/From Stone to Sequoia*, I just published about my experience, including the tools I have used who helped me to recover beside the medicine.

I attended to 3 workshops : 1-*Body, Mind and Spirit Connection*, Dr. Robert Rutledge. My healing journey is in the sense he presented: the importance to change in my life the things I have to.

2-Coming Out A: *Lesbians Speaking Out About Cancer*, by Chris Sinding and Jennifer Alexander. I saw a very powerful video about the specific problems of lesbians suffering a breast cancer. I don't think there is something like that in French. I want to do a follow-up about it to have it done or at least French subtitles.

3- *The Lebed Method* with Lise Houle and Rosemary Kelly. I experienced the Movement and Dancing with music. I already have shared the informations to few people.

Thanks so much to the Quilt Project who helped me to attend to this fabulous Conference.

Biography:

For more than 30 years, she had several functions within the Catholic Church. In 2001, she left that institution in favour of a Christian Protestant Church, the United Church of Canada. She finally feels comfortable in the expression of her faith, has found a place as a fully-fledged female and where her life partner and relationship are recognised.

Because she changed to a different church, however, she was fired as hospital chaplain. To obtain justice she turned to the Commission for work relations and she won her case after two years.

Since, she works as a freelancer in communications. She is involved in spirituality and **prevention for health issues.**



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