

Discuss secrets of contentment at Lifetree

How to live a satisfying life, even in difficult times, will be explored at Lifetree Café this coming Wednesday (Sept. 25).

The program, entitled Secrets of Finding Contentment: Live a Satisfying Life, will feature a filmed interview with Justin Mayo, who organizes senior proms for senior citizens.

"I'd say it's the most incredible dance you'll ever go to," Mayo said. "We've learned that when you love and focus on others, the most empowering, incredible experiences really do happen."

This free session will run from 7 until 8 p.m. at St. James' Church at 6025 Old Church Rd. in Caledon East. Snacks and beverages will be available.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting. Questions about Lifetree may be directed to Bruce Neville at 416-579-9977 or Desiree Neville at 416-579-6748.