

## Personal histories will be explored at Lifetree Café

The lifelong impact of a tumultuous past will be discussed this coming Wednesday (Nov. 13) at Lifetree Café.

The program, entitled Getting Past . . . Your Past: And Making the Most of Your Future, will feature a filmed interview with author and actor Michael Fosberg, creator of the one-man show, Incognito.

At the age of 32, after growing up in a middle-class white family, Fosberg contacted his estranged birth father and discovered a fact that had been kept from him: Fosberg's father wasn't who he thought he was.

“Imagine discovering you're not the person you thought you were,” he said.

The discovery prompted Fosberg to consider how the past shapes us and what might allow us to change directions.

The program will run from 7 to 8 p.m. and admission is free. Snacks and beverages will be available.

Lifetree Café is St. James' Anglican Church, 6025 Old Church Rd., Caledon East

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 Mark Tiller at 905-584-8506 or [jmarktiller@gmail.com](mailto:jmarktiller@gmail.com)