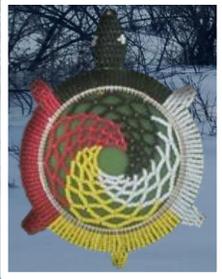


Indigenous and Community Relations Circle



Walking together towards healing and reconciliation and right relationship with all

January 2026



Celebrating Reconciliation Month 20th September 2025: A Time of Healing and Welcome

Reconciliation Month is a deeply meaningful time for reflection, healing, and renewed commitment to walking together in truth and respect. This year's celebration at **St. Kateri Tekakwitha Aboriginal Catholic Parish** was especially significant, as we had the privilege of welcoming **Archbishop Murray Chatlain** to our community for the first time since his installation as Archbishop of Winnipeg on April 4 at St. Mary's Cathedral.



The Archbishop's visit carried special significance because of his lifelong dedication to walking alongside Indigenous communities. We felt truly fortunate to welcome a shepherd whose ministry has been shaped by listening, accompaniment, and solidarity. The gathering reflected this spirit and included sacred drumming, a pipe ceremony, the Sacrament of the Anointing of the Sick, and Holy Mass, concluding with a feast. A special moment of the celebration was the honoring of parishioners who had attended residential schools, acknowledging their courage and resilience.

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The welcome offered to the Archbishop was deeply rooted in Indigenous tradition. One of the elders greeted him with a traditional brushing ceremony, gently brushing his body from head to toe. This sacred act symbolized cleansing,

respect, and spiritual preparation before entering the Eucharistic celebration. It was a powerful expression of hospitality and spiritual openness.

As a community, we then honored the residential school survivors present among us. They were gifted medicine bundles tied with pieces of cloth and acknowledged through a sacred honoring ceremony. In a profound gesture of humility and shared healing, the elder brushed down the Archbishop once more inviting him fully into both the community and the ongoing journey of reconciliation.

The ceremony lasted for two and a half hours, the Archbishop and the accompanying priests joined the community in silent, respectful observation. This sacred silence created space for reflection, remembrance, and collective healing. It was a time when words were unnecessary, and presence itself became prayer.

The celebration then moved into the liturgy, carried forward in a spirit of unity and sacred purpose. The ceremony became a powerful and prophetic moment where faith, Indigenous tradition, and reconciliation met with honesty, generosity, and hope.

We are deeply grateful to everyone who made this gathering possible and for the ongoing journey of healing that we continue to walk together. Five of us RNDMs **Sheila Madden, Sandy Steward, Giang Pham, Jacinta Dkhar, Trinh and Bonnie Dickie** were present as witnesses and participants in this meaningful celebration, grateful to be part of a moment that affirmed healing, welcome, and reconciliation.

Jacinta Dkhar RNDM.

RETURN TO SPIRIT

Jacinta and I attended the "Return to Spirit" workshop from November 25th to 29th, 2025. The workshop left a profound impression on me, focusing on reconciliation with myself and others, and especially on listening to and understanding the stories of the indigenous people.



I came to this workshop by chance, but sometimes chance encounters lead to meaningful and memorable experiences. Jacinta introduced it to me, and with Giang's explanation, that path led me to attend the workshop. Initially, I approached it with the mindset of someone entering into a dialogue, but over those four days, the story I experienced was actually a return to my own life story. This unexpected experience surprised me and helped me embark on this sacred journey more fully.

If I were limited to only two words to describe this workshop, I would begin with “BLESSING”. Blessing because I spent four days reconnecting with my inner self. Rewriting my life story, I learn to read it again with a spirit that is open and full of love. Held by an atmosphere of trust, I found the courage to offer my story to my companions. When the day’s learning settled into the silence of night, I found myself able to name what had remained unnamed within me—an invisible image rising to the surface. The recognition felt like a sacred touch, and it filled me with quiet happiness.

The word that would follow “blessing” is “reconciliation.” In those four days, I began calling family and friends to voice the things I had kept buried within me for 35 years. After each conversation, I wondered what had moved me to reach out. What began simply as homework slowly became something deeper: the hidden corners of our relationships were spoken aloud, heard, and held with harmony on both sides. It was a profound experience of reconciliation—an inner movement I hadn’t expected. I wasn’t very brave at first, but through those dialogues I received so much: love, understanding, and even a clearer sense of who I am through their eyes. It became a lesson in reconciliation and forgiveness, one that made life feel lighter and freer.

The last thing I want to share is perhaps the lesson I learned through introspection. Looking back on those four sacred days, I looked in the mirror so much. I repeatedly learned how to return to my inner self to read the colors on my face, the moments when I smiled, the reflections I'd seen throughout the years. All of this shaped my identity at this moment. By practicing reflecting on my own life story, I learned love and appreciation to step into the stories of others. And perhaps that's what the course wanted to convey to us, like a quote from the Little Prince: **“It is only with the heart that one can see rightly; what is essential is invisible to the eye”**.

I bring my sharing to a close with a quiet, grateful heart. Grateful for the chance to retrace my own sacred journey. Grateful for the companions who received my story with openness. Grateful for the crossroads of encounters, the atmosphere we created together, and the way we were all drawn back toward truth and reconciliation. I hope that this experience becomes a gift I can offer to those I meet and share life with.

Tuyet Trinh Nguyen Rndm

BEADING

Beading is more than just a craft-It's a thread that weaves together generations, culture, and identity. The workshop in Neil Balkwell organized by Circle of Allies emphasized indigenous teaching about the art, how heritage and community bonds are woven into every stitch. The colors, designs and symbols used in beading hold specific meanings and are chosen carefully to convey messages and express identity. The elders who shared or taught us how to bead were eager to teach every detail of

beading passing Knowledge from grandmother to her son and to the learners in different group.



It is empowering to hear her say that once you hang on to a skill, you can build on it and keep learning other things. Everything we do is done in the presence of God and with awareness of what we are doing. We were reminded that all beads are like the eyes of God. During our beading we made mistakes but the elders said, **we all make mistakes nothing is perfect, imperfections are part of the journey, no one is perfect only God is perfect.** Inspired by these words we began our beading Cabz Pin- **“Every Child Matters”**. Each of us made one, and it was gifted to us.

This workshop was a celebration of culture identity, community, and the power of passing down Knowledge. It was beautiful to see how beading bridged generations, carrying forward traditions and creating new memories. And as the threads of our beading intertwined, so did our hearts and stories.

Binita Soreng RNDM

Christmas Celebration at Regina Public Library

Celebrations unites community, family and people together. On 10th of December I was very fortunate to participate in the Christmas celebration at Regina public Library organized by Phyllis littletent one of our Kokum's. Phyllis littletent together with her family has been performing healing and reconciliation program through powwow and round dance at the Regina Library every Wednesday throughout year.

This program is open for everyone. Since Library is located in downtown Regina, People from Library, different nationality, especially First Nations community spends their time and they join in singing and dance with the



family whenever this program is being performed. This gives Indigenous people

and others an opportunity to participate and unite them, as it brings joy and healing through singing and dance. As per understanding always they have new visitors as it brings curiosity to many those who come to new in the Library. Christmas was last year's last performances. Many families together with the kids joined in celebration. We shared food and did round dance together with the people.

Celebration is incomplete without Santa's gifts, as like all Christmas, Children were delighted to get lots Christmas candy from Santa. People were happy and appreciated the togetherness of everyone in the program.

Pricilla Lugun Rndm

Being Connected

I have always loved learning new things, especially skills that involve creating something by hand such as beading, knitting, or quilling. These practices allow me to slow down, focus, and express creativity in a meaningful way.



Among these interests, beading has become especially meaningful to me because it connects me more deeply with Indigenous people. Beading is more than a craft; it carries stories, traditions, and cultural teachings. I had learned how to bead a Turtle Medicine Wheel dream catcher before, but I did not understand its deeper meaning until I had the opportunity to attend a beading cabz pin *Every Child Matters* workshop led by Tracey George Heese. She helped me understand the significance more deeply.

As I worked with beads to create the cabz pin or dream catcher, I learned the meaning behind each design and message. Each bead was placed with intention, reminding me that learning can happen through my hands as much as through my mind. I made many mistakes along the way, but each one taught me that I am not perfect. Patience became an important lesson—learning not to lose hope or give up, but to keep going. Sometimes, I even added an extra bead. Tracey explained this beautifully: the extra bead represents the Holy Spirit—for healing, for prayer, for protection, for loved ones, and etc. And it means God’s presence within my work.



Another important lesson I learned is that the thread represents life’s journey—the unseen strength that holds everything together with care, hope, and love. The beads tell the story, but the thread holds the story together. In this way, everything becomes one.

Beading is not only enjoyable but also deeply reflective, patience, intention, and personal growth. Through beading, I not only gained a new skill but also a deeper understanding of social responsibility and cultural respect. I am grateful for the opportunity to participate in the beading workshop, as it reminded me that creativity can be a meaningful pathway to learning, connection, and hope.

Thuong thi Truong Rndm

Christmas
Celebration at Regina
Public Library



Beading Workshop



Christmas Celebration with Allies group



Prayer Service to Our Lady of Guadalupe at St Cecilia Church