



Indigenous and Community Relations Circle



*Journeying together towards healing,
reconciliation and right relationship with all
October 2026*

Dear Sisters and friends as we enjoy the beauty of fall season, our eyes are delighted by the stunning colour and wonders of creation. It reminds us of the Psalm 96:12 "Let the fields and everything in them exult. Then the trees will shout for joy". Even if the tree shed their leaves and prepares for the winter, we are reminded that there is beauty and purpose in every season of life. This month, we are delighted to share with you some of our experiences, reflections and thoughts as we continue to participate in various missions.

Walk in A Good Way

On this day, September 30th, and every day, we pray for the children who never returned home, for survivors and their families, and ask God to guide us in healing and reconciliation with Indigenous Peoples. That was took place at the Resurrection Parish. I had the opportunity to hear from Indian Residential School (IRS) Survivors, honour their stories and resilience, and experience the powerful live performance of *Have You Seen Nikosis?*

One thing that impressed me was hearing the prayer in the Cree language. It was especially meaningful because many Indigenous children were not allowed to speak their own language at residential schools. The stories shared by IRS survivors were sad and difficult to hear, but I was inspired by how they overcame those



experiences and continued to be strong, positive, and good people. Their resilience and strength are truly meaningful.

The performance “Have You Seen Nikosis?” was so powerful, especially when the parents realized that they had lost their child and began searching for him everywhere. Sadly, their child never came home. It brought tears to my eyes just imagining what the parents must have felt and how terrible and heartbreaking that experience was for them.



I thank God for giving me the opportunity to learn and understand a little more about their experiences and the struggles they have faced. It has helped me develop greater empathy and appreciation for their stories.

At the same time, there was another performance that gave me hope—the mini powwow, which showed how Indigenous traditions and culture continue to be embraced and passed on to the younger generation. It was beautiful to see the connection between generations and the continuation of these traditions.

Thuong thi Truong RNDM



I had the privilege of attending the Powwow in Treaty 4 Territory in Fort Qu’Appelle, and it was truly an inspiring experience. The gathering was open to everyone, yet it was so much more than a performance. It was a sacred ceremony, a joyful reunion, and a celebration of life itself. The week-long event included a feast, a parade, honouring

ceremonies for elders and veterans, and special activities for students. It was a beautiful time where generations met teachings were shared, and the entire community was welcomed into a circle.

At the heart of the celebration were the drum groups. The singers, mostly men, sat together in a circle and sang powerful, prayerful



songs that carried the heartbeat of the Mother Earth.

The most moving moment was the sacred Grand Entry, when everyone stood in deep respect. First entered the Elders, the veterans and the flag carriers, followed by all the dancers from tiny tots to adults entering the circle together. Their beautiful regalia was stunning with every colour, bead and feather story of family, identity and resilience passed down through generations.

Attending the Powwow taught me the deep power of community and belonging. I saw that faith is not just spoken but lived through drum, dance, and song. What inspired me most was how healing and spirituality were shared together in the circle. I was reminded that we are all connected and that culture and faith can walk together in a good way. Most of all I learned respect, humility and the joy of celebrating life as one community.

Binita Soreng RNDM

Myanmar Community Gathering

This summer, the Regina Catholic Myanmar community shared many beautiful moments of faith, friendship, and gratitude. Each gathering reminded us that when we come together, we truly become one family.



One special highlight was the visit of Fr. Joachim and Fr. Augustine from Rome. Their presence brought great joy as we gathered at St. Cecilia Parish for Holy Mass. Sisters Pricilla, Thuong, Binita, and I were happy to join our Myanmar Catholic family in this wonderful celebration.

On July 26, the Myanmar Catholic community gathered for a special Mass in honor of St. Joachim and St. Anne, the grandparents of Jesus. It was a beautiful celebration that



reminded us of the precious gifts of family, faith, and the generations who pass these values on to us. The community had a special opportunity to honor the elderly members of our

community, priests, and Sisters. Through songs, gifts, and heartfelt expressions of appreciation, we shared our love, gratitude, and respect for them.

We also shared a special Thanksgiving Mass with Fr. Michael from Fort Nelson before his return to his home country. Our farewell gathering was filled with gratitude, friendship.

As we look back on these summer memories, we are reminded that the greatest gift is our community, who pray together, support one another, and celebrate together. With thankful hearts, we give praise to God for these joyful moments and pray for His continued blessings on our Regina Catholic Myanmar family.

Nwe Ni Oo (Helen) RNDM

A JOURNEY OF FAITH, CULTURE, AND HEALING

From August 18-20, about forty Priests, Religious, Deacons, lay ministers, Archbishops Murray Chatlain and Albert Le Gatt, and others serving Indigenous communities gathered at the Sandy-Saultaux Spiritual Centre for prayer, learning, sharing, and relationship-building

Our journey began around the Sacred Fire, where we introduced ourselves, shared our stories, and reflected on what it means to walk together as one Church and one family in Christ. Through prayer, ceremony, the drum, sweetgrass, tobacco, and teachings from Elder Elaine, we were invited to deepen our understanding of Indigenous spirituality and our connection with the Creator, Mother Earth, and all creation.



In small groups, we shared both the joys and challenges of ministry, including language barriers, cultural differences, and the need to listen and learn with humility. We also reflected on the importance of creating greater space for Indigenous peoples to express their faith through their own traditions, symbols, music, art, and spirituality.

One especially meaningful moment for me was the Eucharistic celebration. The singing of the St. Kateri choir and parish community created a beautiful and prayerful atmosphere. I was deeply honored when Marcia invited me to bless the priests and archbishops'. Seeing their smiles as I offered the blessing was a simple yet very special and humbling experience.

The evening of remembrance touched me deeply. We were invited to write a letter to someone we love who has died and bring it to the Sacred Fire. I wrote to my dad, telling him how much I love and miss him, asking him to pray for us and bless our family, while assuring him that we continue to pray for him. Placing my letter into the fire was an emotional experience a moment of love, gratitude, prayer, and trust.

These days at Sandy-Saultaux reminded me that healing can begin when we make space to remember, grieve, listen, and place our deepest feelings into God's hands. More than a program, this gathering was an invitation to walk together with greater humility, respect, and openness.

Around the Sacred Fire, through prayer, ceremony, Eucharist, and fellowship, we were reminded that we do not walk alone. We are called to continue this journey together with one another, Indigenous communities, all creation, and the Creator who gives us life.

Jacinta Dkhar RNDM

In God's Hands

Life is amazing and surprising all the time! Sometimes it went on the way I expected, and sometimes not. The important thing I want to say that I am always in God's hands, no matter it is. Let I shared with you my experience a miracle. Before I went home in Vietnam for my home visit, I must renew my work permit and visa. And I did receive the work permit and started to apply for my visa. I waited and waited just like Mother Euphrasie usually said "be patience and have courage". I waited with hope that I could receive the notice about the visa soon.

The day I received an email from Immigration that now I could send my passport to an office in Ottawa. I was so happy and I called Sister Veronica to let her know and she will book a flight tickets for me. Somehow I counted wrong the day they could send back my passport – ten days business – it meant I couldn't count Saturday and Sunday but I did. The tickets were already booked. What should I do when the time came near and no sign of my passport? Do I need to change my tickets? And how much will it cost and a lot of things will follow like inform the Sisters and my family again in Vietnam if I change? The atmosphere surrounded me seem to be so heavy. It was my stupid mistake, but I learned many lessons from this mistake. I shared it with the Sisters, and with Kokums when we prayed rosary together. I was so tense but still trust in God.



I believed that Sister Veronica was the same breathe with me at that time. She even called me "Are you ready?" "Yes, I am". I said. I supposed to go to the airport at 4:00pm, so we made a deal, if I couldn't receive my passport on that day before 2:00pm, we will cancel the tickets. The day came, in the morning no sign at all. If you have the experience about waiting something to come or to happen, you could imagine myself in that situation. My heart beat so fast and heavy. At noon time I checked it again and it was...there. I could breathe again and relax. I didn't know how hard I jumped and danced even kneeled down to thank God for a miracle. I know that God never leave me alone. He is always there beside me to support, to trust, and to help through many beautiful people around me.

Thuong thi Truong RNDM

Opening Day of Catechism Classes at Saint Philip Minh Parish

On September 13, we celebrated a beautiful opening day. This year, our parish has around 150 catechism students. What remains within me now is the lingering “flavour” of the word “**NEW: N – Nourishing the life of faith, W – Willingness to learn, E – Energy to mission.**”



N- Nourishing the life of faith becomes the first and essential movement of this new catechetical year. The opening celebration reminded me of the mission to care for the faith of the children here. Their faith is like small seeds born from Vietnamese culture and continuing to grow in a new cultural Canada.

E - Energy to mission: I recall the words my parish priest said to me that day: “*Energy to mission, sister.*” His words became a deep moment of reflection for me that day and in the days that followed. I began naming the things I have personally experienced—ways I can regain energy for my mission. Let me share them with you:

- **Becoming a relationship with God**
- **Belonging to community**
- **Balancing Missions – Community – Contemplative life**
- **Bringing back the fire of my mission**
- **Breathing with the rhythm of nature**
- **Befriending my inner thoughts**
- **Bantering with my sisters and friends**
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W - Willingness to learn: When the ceremony ended, Father Anthony continued telling me: “*Sister, help the children feel that they want to learn.*” That first day of school carried a sense of overflowing hope. Both the catechists and the children were excited about the plans for the New Year ahead.

I felt truly joyful realizing that I could identify several ways to nourish the energy I need for my daily mission. And what about you? I’m sure you also have a long list of your own. Tonight, try naming them—you may find it quite delightful to discover. Thank you for listening to my simple reflections. Let us continue praying for one another in our shared mission.

Teresa Trinh RNDM

Summer Round Dance

During this summer I was very fortunate to attend the Round dance with the Phyllis Littlelent group. They have been part of this healing program almost 4 years. This summer we were told that it was her last year for the parks performance.

I am very grateful to Phyllis and her family organizing this beautiful healing program which attracted many. Phyllis has been performing round dance in the parks throughout Regina almost every summer for four years.



This time was her last performances and she hoped that some others would continue this beautiful works which will connect many indigenous and bring healing and reconciliation. One of the

beautiful part of the dances I see , all are welcome no matter where you come from.

Whenever I participated in the dance, I enjoyed dancing; in particular I admired lady backup singers. As the drums were played lady backup singers would sing without hesitation, and their voices align with the drum and they sing until the program is over.

I admire their energy and commitment to these beautiful traditions. One of the highlight during dance is to pray for those that are celebrating birthdays and anniversaries. I also saw many young children coming to this program. I am so thankful to see parents encouraging their children to be part of this so that in future they carry out these beautiful traditions.

Pricilla Lugun RNDM



Thank you