

Lent 2018 - Weekly Focus

to deepen your faith and prepare your heart for the greatest feast of the year.

Listening, Engaging in dialogue, and seeking justice and reconciliation.

Blanket Exercise

For many thousands of years, the Nêhiyawak (Cree), Nahkawe (Saulteaux) and Dakota, Lakota, Nakota (Assiniboine) have lived on this land. They offered assistance to the first European travelers to this territory and shared their knowledge for survival in what was at times a harsh climate. We seek a new relationship with the Original Peoples of this land, one based in honour and deep respect. We begin by acknowledging the traditional territory upon which we gather.

The blanket exercise is a teaching tool to share the historic and contemporary relationship between First Nations and non-First Nations people in Canada. The KAIROS Blanket Exercise is an interactive learning experience that teaches the Indigenous rights history we're rarely taught. Developed in response to the 1996 Report of the Royal Commission on Aboriginal Peoples—which recommended education on Canadian-Indigenous history as one of the key steps to reconciliation, the Blanket Exercise covers over 500 years of history in a one and a half hour participatory workshop.

Blanket Exercise participants take on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they walk through pre-contact, treaty-making, colonization and resistance. They are directed by facilitators representing a narrator (or narrators) and the European colonizers. Participants are drawn into the experience by reading scrolls and carrying cards which ultimately determine their outcomes. By engaging on an emotional and intellectual level, the Blanket Exercise effectively educates and increases empathy. Ideally, the exercise is followed by a debriefing session in which participants have the opportunity to discuss the experience as a group. This often takes the form of a talking circle. **Summary video at www.kairosblanketexercise.org**



The Blanket Exercise will be at **St. Cecilia Church Hall**, 5020 – 7th Ave. Register early for the last time to experience the Blanket Exercise during Lent. Time commitment about 2 hours.

- Sunday, March 11 at 2 pm – Adult participants

Last opportunity during Lent

Each exercise is limited to 30 participants.

Use one of these ways to sign up:

- Text Ray at 306-536-8920
- Email blanket@stcece Regina.com
- Phone Melita at the St. Cecilia office, 306-545-4051



Source: Regina Catholic Schools TRC Commitment Logo